

The background is a solid teal color with a pattern of thin, white, wavy lines that resemble topographical map contours or organic, flowing shapes. These lines are distributed across the entire background, creating a textured, serene effect.

SPA ZEN





SIGNATURE RITUAL

Zen Royal Indulgence

Pamper yourself with natural elements. Begin with deep peeling to remove dead skin cells, followed by a detox bath to alleviate dryness. An essential oil massage will ease tension and calm your senses. Conclude with a hydrating facial to renew your youthful glow.

140 min - 1,250

Invigorating Melting Candle Therapy

Treat yourself to a revitalizing warm candle massage using natural ingredients like shea butter, beeswax, and essential oils. This therapeutic experience concludes with a deep-pore-cleaning facial, leaving your skin and body soft and deeply hydrated.

120 min - 995

All prices are in UAE Dirhams (AED) and inclusive of VAT,
Municipality Fee, and Service Charge.

MASSAGE EXPERIENCE

Zen Massage

Indulge in ultimate relaxation with a blend of Eastern and Western holistic techniques. Enjoy the uplifting lemongrass scents as the combination of Thai, Hilot, and Swedish massage enhances your well-being.

60 min - 525 | 90 min - 640

Balinese Massage

Originating in Bali and inspired by Southeast Asian healing practices, this treatment includes skin rolling, kneading, stroking, and pressure-point techniques. It soothes the senses and restores balance to the body.

60 min - 525 | 90 min - 640

Thai Massage

Experience an authentic non-oil massage in traditional Thai attire on special floor mats. Deep pressure, gentle rocking, and stretching sequences will mobilize your body, restoring balance and flexibility.

60 min - 550 | 45 min - 485

Anti-Stress Relaxing Massage

Enjoy an intensive massage designed to relieve fatigue and muscle stiffness. Choose from a variety of oils to suit your needs, enhancing vitality and promoting harmony in body and soul.

60 min - 525 | 90 min - 640

Stone-Therapy Massage

Heated black basalt stones are placed on key body points to release tension and soothe sore muscles. The stones' earth energy helps warm and relax the body.

75 min - 640

Deep Release Sports Massage

An energizing massage with firm pressure using hands, knuckles, and elbows stimulates muscles and tissues. It boosts elasticity, improves blood flow, and eliminates toxins, providing relief for distressed muscles and tension.

60 min - 575 | 90 min - 675



EXPRESS EXPERIENCE

Anti-Stress Back Massage

Experience a firm massage targeted at specific pressure points on your back to help release muscle tension and promote body balance.

30 min - 350

Mind De-Stress

This head ritual will calm your mind and improve blood circulation in your head, giving you relief from headaches, and reducing your stress.

45 min - 465

Foot Pressure Points

Unwind your stress by getting an intensive massage on the foot reflex area. this touch will help eliminate fatigue and improve blood circulation.

45 min - 485

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SPECIALTY BODY THERAPY

Zen Body Essential Exfoliation

Experience our sea salt body polish for gentle exfoliation, toxin removal, and silky-smooth, hydrated skin.

30 min - 350

Mud Wrap Ritual

Revitalize with our detox treatment: honey-orange peeling, eucalyptus mud wrap, and aromatic relaxing massage for soft, refreshed, toned skin.

75 min - 575

Traditional Steam Bath Purification

Refresh your skin in our hammam steam bath with a black soap cleanse and a rejuvenating body scrub.

45 min - 450

Blissful Bath

Pamper yourself with our personalized bath experience. Choose from Zen Detoxifying or Zen Nourishing options.

25 min per person - 250 | 25 min per couple - 300

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SPECIALTY FACIAL THERAPY

Dynamic Deep Cleansing Facial

Immerse yourself in our precision treatment, adeptly addressing aging signs with enzyme layers to deeply cleanse and eliminate blackheads and impurities. Your therapist will tailor a mask to unveil brighter, smoother, and revitalized skin.

60 min - 575 | 30 min - 375

Pro-Collagen Age Defy

Elevate your skin with our age-defying treatment, powered by marine-charged Padina Pavonica and Red Coral. Enjoy a tailored massage to enhance cellular function, leaving your skin nourished and radiant.

75 min - 725

Superfood Pro-Radiance

Experience a nutritional boost rich in superfoods and essential minerals, expertly crafted to rejuvenate stressed, dull skin and minimize enlarged pores. Following this treatment, revel in the radiant and renewed appearance of your skin.

60 min - 595 | 30 min - 375

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ZEN FOR MEN

The Gentleman Ritual

Find rejuvenation in our sanctuary. Start with a mint sugar scrub, followed by a peppermint oil massage to release tension. Finish with a refreshing facial for cleansed, deeply hydrated skin.

120 min - 899

Ultimate Men's Facial

Embark on a revitalizing journey with our men's facial, offering deep cleansing and refining. Enhanced with premium essential oils and potent botanicals, it leaves your skin refreshed and balanced.

60 min - 575

All prices are in UAE Dirhams (AED) and inclusive of VAT, Municipality Fee, and Service Charge.



ZEN FOR TEEN

Suitable for ages 12 to 18

Teen Superfood Facial

Rejuvenate young and sensitive skin with our nutritional boost, packed with superfoods and essential minerals. This facial revitalizes and energizes dull skin, leaving it vital and deeply hydrated.

60 min - 495

Youngster Spa Delight

Pamper your teen with Spa Zen's ultimate experience. Start with an aromatic sweet scrub, then enjoy a gentle body massage using lavender and Bergamot oil for soft, hydrated skin.

75 min - 495

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ZEN FOR MOTHER TO-BE

Recommended after the first trimester

Motherly Touch

Crafted specifically for expectant mothers, this soothing massage employs gentle strokes to alleviate tension in the back, shoulders, and legs due to the weight of pregnancy. It's an ideal method to indulge both the mother and baby.

60 min - 525

Pregnancy Ritual

An indulgent treatment tailored to address the discomforts of pregnancy. Beginning with a gentle exfoliation, it transitions to light, elongated strokes to promote circulation, followed by a personalized facial treatment to restore radiance to tired skin.

135 min - 925

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Spa Zen Boutique

Offers international skincare and body care products, spa accessories, bathing costumes, sun protection creams, and gift certificates.

Spa Zen Leisure Rewards

Earn points with every service, where 100% of your spending counts. Accumulate points and redeem them for exclusive rewards. Reach out to our team for enrollment and further details.



SPA ETIQUETTE

Reservation Tip

Book in advance to secure your spot. Walk-ins are welcome based on availability.

Arrival

Please arrive 30 minutes early to make the most of your experience. Late arrivals may result in a shortened treatment.

Facilities

Enjoy Spa Zen facilities during operating hours. Don't forget your bathing costume. Seek assistance from Spa Zen team members before using the facilities.

Belongings

Leave valuables in your room. Lockers are provided, but Spa Zen doesn't assume liability for valuables.

Relaxation Etiquette

Refrain from phone or camera use in our tranquil environment. Spa Zen maintains a smoke-free zone.

Health Advisory

Inform us of health conditions, pregnancy, allergies, or injuries when booking. A consultation card will be provided for details and includes a waiver.

Cancellation Policy

A 50% charge applies for cancellations made within 6 hours of the appointment, and 100% applies for no-shows.

Daily Operational Hours

Spa Zen: 11:00 am – 10:00 pm

Spa Facilities: 11:00 am – 10:00 pm

Health Club: 6:00 am – 10:00 am

Last treatment booking: 8:45 pm

voco®

AN IHG HOTEL

Dubai

For more information and bookings, please contact us at:

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