

A MEMORABLE OCCASION...

AN ESCAPE...

A SOLUTION...



AT ASSAWAN SPA AND HEALTH CLUB, WE OFFER AN EXPERIENCE. AN OPPORTUNITY FOR EACH AND EVERY GUEST TO CREATE THEIR ULTIMATE JOURNEY TO WELLBEING, RELAXATION OR REJUVENATION. EACH TREATMENT AND SERVICE WE OFFER HAS BEEN HAND SELECTED AND EXCLUSIVELY DEVELOPED TO ENSURE THAT YOUR JOURNEY WITH US PROVIDES YOU WITH EXACTLY WHAT IT IS YOU ARE SEARCHING FOR.

WELCOME TO THE ULTIMATE DESTINATION IN WELLBEING, RELAXATION & REJUVENATION!



AN INVITATION TO EXPLORE YOUR OPTIONS

Complimentary Spa Consultation

Please invite one of our Spa Experts to come up to your Suite and assist you in choosing the correct treatment or program to ensure you achieve your desired outcome.

Our treatments have been developed utilizing world leading products and techniques combined to deliver results. Taking into consideration today's hectic lifestyle's, we have set out to bring you an offering that complements your needs as an individual whether it be in Mind or Body and we are committed to assisting you make the right choice so your journey and experience is memorable as well as solution orientated.



MEMORABLE OCCASIONS

Create memories that will last you a lifetime by celebrating your special occasion with us in Assawan. Elegance, sophistication with magnificent surrounds ensures your special celebration is memorable.

Ideal for proposals of Marriage Anniversaries, Birthdays, Celebrations of Love or quite simply an excuse to spoil yourself, family, friends or loved ones.



ROMANTIC MOONLIGHT SWIM

This is the ultimate romantic experience. The perfect celebration for your Proposal of Marriage, Honeymoon, Anniversary, Birthday or quite simply a celebration of love. This journey of pure romance commences with a truly relaxing couples massage followed by a secluded moonlight swim in our private infinity pool finishing with Champagne and Roses and gifted with monogrammed Burj Al Arab Bath Robes as a keepsake of your Celebration.

THE GIFT OF SPA

Spoil your special person with an Assawan Spa Gift Voucher. Choose from any one of our Menu of Treatments and Services, Packages and Programs to gift the opportunity of experiencing the Ultimate Destination in Wellbeing, Relaxation and Rejuvenation.

ASSAWAN SPA TEA

Complete your Ultimate Spa Journey in our Relaxation Lounge whilst you sit back, relax and enjoy a fine selection of gourmet treats from Assawan Spa Cuisine served on the famous Burj Al Arab Tower accompanied by your choice of fresh juice, coffee or herbal tea infusion. Champagne is available upon request .

Assawan Spa Tea can accompany any one of our treatments, packages or programs to complete your Ultimate Spa Experience in true Burj Al Arab style.

BRIDAL AND WEDDING PACKAGES

Radiance and Beauty await you on your special day as you journey on an enlightening Perfect Body and Glowing Skin program of Wellbeing, Relaxation & Rejuvenation designed exclusively for you and your body. During your program, we will guide and support you to focus on experiencing your most healthy and light feeling body, radiating vitality, glowing skin and a peaceful mind so you will look and feel just like you have been dreaming of for your wonderful Wedding Day.

Ultimate Wedding Package

A comprehensive program working with our team of specialist trainers, nutritionist and beauty therapists to prepare you for your special day. Choose from a dedicated 6 week or 12 week program including Nutrition, Fitness, Beauty and Spa Treatments.

Beautiful Bride Package

Spend the day before your wedding in complete relaxation whilst we prepare you from head to toe. Following your bridal consultation, together we can choose the right combination of treatments and beauty enhancements for your skin and body.

Wedding Bliss Packages

Plan and prepare for your special day in the weeks leading up to your wedding as we work together to ensure you are radiating vitality, perfect body and glowing skin. Includes Bridal Consultation and Beauty for Life program.

RELAXATION FOR THE SOUL

Chakra Balancing Hot Stone Massage + Assawan Spa Tea

Wellbeing Full Body Massage + Assawan Spa Tea

Organic Herbal Bag Massage + Assawan Spa Tea



WELLBEING

We have taken an integrated approach to developing our Spa and Health Club offering to ensure we capture the essence of what is required as a result of today's lifestyle. Treatments and programs in Fitness including Assessments & programming as well as private or group sessions for Mind Body have been developed to cater to your needs.

Our team of qualified therapists and trainers are available to discuss your basic or comprehensive needs to ensure we provide you a solution whether it be from 2 days to 2 months.

If your request includes a preference to take appointments & sessions in the privacy of your suite we are able to facilitate most requests.

WELLBEING FOR LIFE

Combining a passion for good food with a renewed sense of strength comes from identifying your needs and working a strategy for moving forward. Take the time to discover the right combination for you and your body by working with our team of specialised wellbeing and fitness professionals delivering revolutionary personalised and exclusive performance training and nutrition programs that will change your life.

WELLBEING FOR LIFE PROGRAMS

Ultimate Wellbeing for Life Program

A completely integrated 12 week program including our Ultimate Fitness, Nutrition and Relaxation programs combined to enhance your life.

Ultimate Fitness Program

Transform your body and fitness in 12 weeks with this Bespoke 1-2-1 program including Fitness Assessment and Programming, Personal Training sessions, Initial Nutritional Consultation and follow up workshops.

Ultimate Fitness Retreat

An action packed program developed to combine the very best in physical fitness instruction and training, healthy dining, spa treatments and personal mentoring.

Ultimate Rejuvenation Program

Rejuvenate face and body with this combination package incorporating your choice of Beauty For Life Glowing Skin and Perfect Body programs to restore a glowing and youthful complexion.

Ultimate Relaxation Program

A Blissful program of Massage therapy incorporating 6 of our very popular massage treatments Including: Around The World Massage, Wellbeing Body Massage 55 min, Organic Herbal Bag Massage, Aromatherapy Massage 55 min, Balinese Massage 55 min and Foot Reflexology Massage.

FITNESS FOR LIFE

Take the time to identify where your physical state is and develop the right combination of movement and strength techniques to assist you in reaching a much stronger physical state by working body and mind in a way that is complimenting to your personal being.

FITNESS FOR LIFE PROGRAMS

All programs include physical assessment, programming and personal fitness sessions.

Fitness for Wellbeing

Fitness for Weight Loss

Fitness for Ultimate Fitness

Fitness for Wedding Bliss

Fitness for Detox

Fitness for Stress Relief

Fitness for Diabetes Care

Fitness for Life

Each program can be developed according to your length of stay and requirements

FITNESS ASSESSMENTS & TRAINING

Fitness Assessment

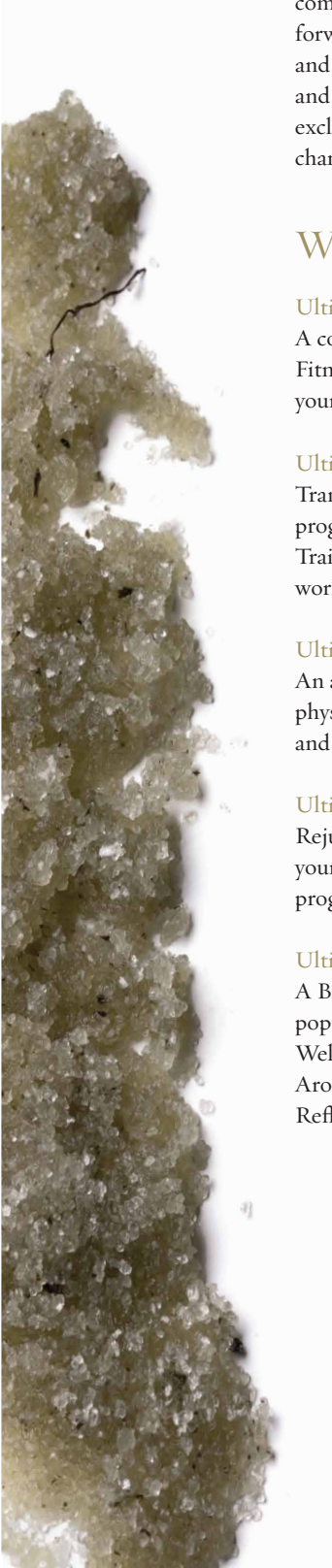
Fitness Programming

Personal Training Session

Private Training Session in Studio

Group Wellbeing and Fitness Classes

1-2-1 Mind Body Session





RELAXATION

We understand that many of our guests are here to enjoy their Ultimate Hospitality Experience and for many of you, this equates to pure relaxation. Our Facilities coupled with our Massage Treatments are perfectly designed to deliver this experience for you.

We have massage treatments for Aromatherapy, Stretching, Chakra Balancing, Deep tissue as well as our world famous signature combination massage. We also offer Zone Therapy massage for particular areas such as back, neck & shoulder as well as feet therapy.



BODY MASSAGE

Burj Al Arab Aroma Warm Candle Massage & Gift

Experience an aromatic warm sensory massage utilizing warm wax from your choice of scented candle Exotic, Vanilla or Rose. Includes the beautiful La Ric candle as take home gift in true Burj Al Arab style.

Assawan Around the World Signature Massage

Carefully selected techniques from traditional Shiatsu, Thai, Swedish and Balinese massages are combined to form 85 minutes of sheer bliss.

Chakra Balancing Hot Stone Massage

This holistic treatment begins as the body is massaged with aromatherapy oils using volcanic hot stones. Gentle stretching helps release deep-seated tension around the neck and shoulders and stones are positioned along the spine and on the energy points.

Wellbeing Body Massage

A classic Swedish Massage utilizes long, flowing strokes, using THÉMAÉ nourishing Baume des Quatre Thés.

Organic Herbal Bag Massage

A real sensory treat! Soaked warm bags of Organic herbs & seaweed are gently massaged; releasing the precious seaweed oils on to your body. Choose from: chamomile calm, peppermint pleasure, fennel fusion

Balinese Massage

A traditional form of Indonesian massages comprising of a variety of techniques including skin rolling, kneading and stroking, acupressure and reflexology combining both dry and oil massages.

Aromatherapy Massage

This massage is essential, professional and specific. Based on consultation and smell-testing, aroma therapeutic oils are incorporated with a full body massage designed to uplift, calm or balance the mind and body.

Thai Massage

Originating in India and based on Ayurvedic principles, this massage has been adapted as the traditional Thai massage that is popular today. The therapist performs dry techniques of gentle stretching and manipulations throughout the body.

Prenatal Massage

This relaxing full body massage is designed especially for mothers-to-be and is targeting the most concerned areas using THÉMAÉ nourishing Baume des Quatre Thés. The treatment leaves the feeling of pure relaxation and rejuvenation for both mother and baby.

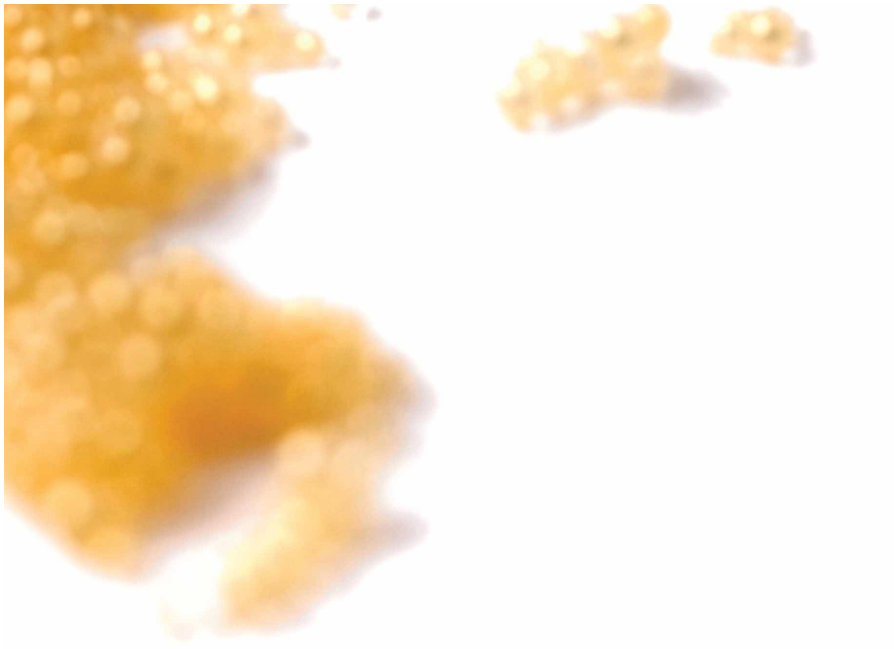
ZONE THERAPY to target specific areas

Foot Reflexology Massage

The ancient Egyptians, Chinese and Indians discovered that through finger pressure on specific reflex points on the feet, many ailments could be relieved. Also known as zone therapy, it is believed to have a beneficial effect on parts of the body as it stimulates specific points and initiates self healing by the body. Today this age-old art is very popular and is proving extremely effective in treating imbalances.

Tension Relief Back Massage

Using THÉMAÉ's nourishing Baume des Quatre Thés, this massage is focusing only on the back to relieve stress and tension, affecting the whole body. Ideal for today's hectic lifestyle.



REJUVENATION

Working with World Famous Product houses to develop Face and Body Treatments that not only offer an amazing treatment journey, but ensure your skin and body will carry on the affect once you leave the Spa.

Borrowing from nature, incorporating the elements, we have brought together an offering comprising the benefits of precious metals such as Platinum and Gold, Caviar and organic seaweed from the sea, combination of 4 Teas from the earth, and essential oils blended to perfection each offering a completely unique experience and outcome.

Our rejuvenation treatments will definitely please you.

FOR THE FACE

Platinum Rare Facial by La Prairie

Talk about a skin's investment. From the anti-aging experts at La Prairie comes a new head-to-toe treatment with infusions of pure platinum to restore balance and a sense of wellbeing. Two therapists are working in sequence to pamper your skin using the high performance Platinum Collection.

Pure Gold Facial by La Prairie

La Prairie's exquisite Gold standard for anti-aging. The pure golden drops of Cellular Radiance Concentrate Pure Gold visibly lift, brighten and energize.

Caviar Facial by La Prairie

Pure luxury that instantly firms skin giving it an enhanced tone and texture. Caviar pearls, a face and eye massage and a two-phase Caviar Mask will transform even the dulllest complexions into radiant and luminous skin.

Eye Bliss Treatment by La Prairie

Perfect for all skin types who are concerned with those first signs of ageing which appear around the eye area, a blissful, firming and hydrating treatment to reduce the appearance of fine lines and protect against the harmful effects of the environment.

Pure Anti-Ageing Ceremony for Face by THÉMAÉ

The ultimate anti wrinkle ceremony, combination between Japanese movements, tonic movements, Japanese stimulation and deep massage created to improve the skin's firmness. This treatment will make your skin glow and you will feel totally relaxed.

Organic Environmental Defence Facial by Voya

Suitable for all skin types, this deeply cleansing back, face and scalp facial will leave the skin calm, cleansed, rebalanced and a visibly clearer complexion.

FOR THE BODY

Caviar Body by La Prairie

Luxurious caviar – nature's most exquisite bounty, is the source of this exclusive nourishing and energizing total body treatment.

Pure Firm And Tone Ceremony by THÉMAÉ

A combination treatment, using suction-cup massage followed by Green Tea body wrap to firm, lift and tone your body.

Pure Body Scrub Thé Au Nepal by THÉMAÉ

The skin's radiance will revive thanks to being massaged and rubbed with this exfoliating paste, a blend of apricot oil, Shea butter and bamboo powder and Complexe des 4 Thés®.

Organic Dry Body Brushing & Massage Ritual by Voya

Dry skin brushing helps remove the outer layer of dry, dull skin improving the absorption of skin treatments and encourages cell rejuvenation. Starting from the soles of your feet, working all the way up to stimulate lymphatic system, followed by full body massage with intensely hydrating Organic seaweed oil.

Tangle Me Up Organic Body Wrap by Voya

An anti-ageing and anti-cellulite body treatment helping to relax tired and lethargic muscles, relieving stress and fatigue. Commencing with a body brush to exfoliate, followed by Organic seaweed wrap will improve suppleness and elasticity of the skin, with its anti oxidant compound to protect cell damage it tones and stimulates skin.

Organic Bladderwrack Seaweed Body Polish by Voya

The combination of mineral rich Organic hand harvested Bladder Wrack and Seaweed infused massage oils makes this a very powerful antioxidant treatment for tired and dull skin.

GLOWING SKIN AND PERFECT BODY RITUALS

Extreme Indulgence by La Prairie

This luxurious ritual which comprises of a caviar facial and caviar body treatments is designed to have an immediate firming effect and to leave your skin with a youthful all-over glow.

Pure Deluxe Ceremony Face and Body by THÉMAÉ

This ritual commences with our Pure Tension Relief Back Massage alleviating any muscle pain and tension followed by our enriching anti ageing facial enriched with white tea and soya protein stimulating cell renewal and skin protection against aging.

Organic Environmental Defence Face and Body by Voya

Bringing together two very cleansing, stimulating and relieving treatments to bring you back to life, whilst making you and your skin glow. This ritual combines Voya's Organic Defence Facial with Tangle Me Up Body Wrap.



BEAUTY ENHANCEMENTS

At Assawan we appreciate that a great deal of work and effort goes into maintaining a perfectly groomed appearance. To do so, we have sourced industry leaders and world first products and techniques to be able to meet your needs.

BEAUTY FOR LIFE

Make the commitment to retaining your youthful complexion and slow down the ageing process by regularly treating your skin by a qualified therapist using products to suit your particular requirements for Face and Body. Our Beauty for Life Programs are designed to give you the results to be confident and luminescent every day.

Combination programs including Glowing Skin and Perfect Body are tailored to your preference of treatments. Please request for your Complimentary Spa Consultation to create the appropriate program for you.

Ultimate Rejuvenation Program

Rejuvenate face and body with this combination package incorporating your choice of Beauty For Life Glowing Skin and Perfect Body programs to restore a glowing and youthful complexion.

Glowing Skin Programs

Platinum	Glowing skin analysis + 4 Platinum Rare Facials
Gold	Glowing skin analysis + 4 Gold Facials
Caviar	Glowing skin analysis + 4 Caviar Facials
Pure or Organic	Glowing skin analysis + 4 Pure or Organic Facials

Perfect Body Programs

Caviar	Perfect Body Analysis + 4 Caviar Body Treatments
Pure or Organic	Perfect Body analysis + 4 x 55 min Pure or Organic Body Treatments

PRECIOUS SKIN PLATINUM & GOLD BODY JEWELRY

The ideal accessory for your special occasion. Precious Instant Tattoos made from 99.9% Pure Platinum and Gold Foil are a world first Body Direct Temporary Jewelry.

Enhance your look during your vacation or prepare for your special event or celebration with our stunning collection of tattoos. Plan and create your own unique design for your memorable occasion. Please ask to see our collection of Platinum and Gold Body Jewelry. Platinum Gold Bridal Designs and Artistic designs available for you to choose from.

Gold	Platinum
Bridal designs	Artistic designs

EYE-LASH EXTENSIONS

Enhance your natural lashes with our Eye Lash Extensions, which can be customized to suit your needs, whether you'd like your lashes longer, fuller or more dramatic overall.

For more information, please contact our Spa Reception Team.

GROOMING FOR HANDS AND FEET

The harshness of the elements, soaps and chemicals we are exposed to on a daily basis can play havoc with our hands and feet. Together with industry leaders, we have developed a range of treatments and services using the very best products to restore perfection and ensure you can continue to maintain the effects of each treatment at home with a select range of home care products.

Perfect Hands and Feet by La Ric

Executive Manicure & Pedicure by La Ric

Heavenly Hand And Foot Ritual by La Ric

- Paraffin wax for hands or feet

- Nail art for hands by Minx

- Nail art for feet by Minx

GROOMING FOR FACE AND BODY

A comprehensive offering of face and body grooming including waxing, threading, make up application are available upon request, please do not hesitate to ask.



HOW TO SPA

How early should you arrive?

Allocate a minimum of 15 minutes prior to your treatment to allow yourself ample time to change and enjoy the facilities. Arriving late will only shorten the time available for your spa treatment. Remember your treatment must end on time to prevent further delays, regardless of how late you start.

What if I arrive late for my appointment?

Due to other guest bookings, we are unable to provide an extension of scheduled treatments and full value rate of service will be charged.

Am I allowed my mobile phone?

Please turn off mobile phones and pagers. Any sound or music equipment must only be used with headphones. We are trying to promote a tranquil environment.

Are there medical benefits to visiting a spa?

The guaranteed benefit of visiting our spa is your immersion in a relaxing, stress-reducing environment. Stress reduction is one of the major contributors to good health. Many of our spa treatments are geared toward easing a variety of discomforts, aches and pains while delivering intense skin care benefits.

Should I avoid visiting if I am pregnant?

On the contrary, although you should avoid treatments involving deep pressure, aromatic oils, minerals and heat, other treatments are beneficial in enhancing your pregnancy experience.

Can someone help determine which treatments are best suited for me?

Our staff can help you plan a program to suit your needs. Speak to our qualified reception team when making your bookings for advice and recommendations.

Cancellation and no show policy

A 2-hour cancellation notice period is required to avoid being charged 100% of a scheduled appointment for our Burj Al Arab in-house guests. The same terms apply to a no show.

A 24-hour cancellation notice period is required to avoid being charged 100% of a scheduled appointment. The same terms apply to a no show.

Do I need to shower prior to any treatment?

Please shower before any body treatments.

Should I take my jewellery off?

Please do not bring valuables to the spa. We do provide lockers, however we can not assume any responsibility for lost or stolen items.

What do I wear for my treatment?

The spa will provide robes, towels, slippers and disposable underwear where applicable for your use. Undergarments should be worn to ensure your complete privacy and modesty throughout your time with us. Swimwear or own undergarments may be worn if preferred.

How must I respect other guests?

The spa environment is one of tranquility and relaxation. Please respect our peaceful ambiance as well as the privacy of other guests.

Are children allowed in the spa?

Children under the age of 16 years should be accompanied by a parent or nanny.

Where do I meet my therapist?

After changing, unwind in the relaxation area where your therapist will greet you and escort you to your treatment room.



Am I allowed to eat in the spa?

We do not allow eating in the spa area. However, we do allow drinking as it is important to drink plenty of water two hours before and after exercise, massage or body treatments, in order to flush toxins from the body. We also provide our healthy eating menu in the Assawan Ampitheatre.

Where do I go after my treatment?

Unwind and enjoy the tranquility and serene surroundings of our spa in the relaxation area.

How can I feel this good at home?

Professional recommendations and prescriptions are available from our treatment specialists and can be purchased at Assawan Spa Boutique.

How can I purchase a gift certificate?

Certificates can be purchased for a specific service, package or amount at the spa reception.

How do I pay for my treatments?

You can settle all payments at the reception. No refund will be given on treatments or retail products.

Is there a limit to the number of spa treatments I should plan in a day?

You can have as many as you like. Our reception staff will advise on the best order for your treatments.

How long should I stay in the steam or sauna room?

The sauna is dry heat that warms your muscles and starts the relaxation process. We recommend up to 10 minutes at a time. The steam room is wet heat that is effective in opening the pores and wonderful for the respiratory system. We recommend 5 – 6 minutes at a time. Both sauna and steam are beneficial before or after all spa treatments.

Should men shave before their facial treatments?

Shaving amenities are provided in the changing room. However, it is recommended that men shave a few hours before their facial appointments, rather than just before.

What if I am late for my appointment?

Arriving late will simply limit the time for your appointment, lessening its effectiveness and your pleasure and may result in our having to reschedule your appointment.

How do I make a reservation?

Treatments are available between 09:15 and 22:00. Advance booking is essential. Please call the Spa Reception on 04 301 7338 /7480/7553 or visit us to book a convenient time for you. All treatments must be guaranteed by credit card at the time of booking. At the time of reservation, please advise us if you are using skin medication, have allergies, have recently undergone cosmetic surgery or are pregnant. Acknowledging these conditions will allow us to make the relevant reservation.

Please note that some people may be unable to use the spa due to infectious diseases and other conditions.



SPA BOUTIQUE AND GIFTING SERVICE

To continue your treatment benefits, a comprehensive offering of home care products including those recommended by your therapist or trainer are available in Jannah Al Juwan Spa Boutique on Mezzanine level of the Spa & Health Club. We have also developed a fine selection of gift items for you to select from so you can spoil yourself and loved ones back home.

For Burj Al Arab branded leisure and gift items, please visit our other Burj Al Arab boutiques located close by Spa Boutique on Spa Mezzanine level or Lower Lobby level by the Greeting desk.

Gift wrapping is available delivered to your suite and if you are unable to carry your purchase in your luggage, we can arrange for it to be sent via courier to your desired destination upon your request.

EXCLUSIVE MEMBERSHIP

If you appreciate the luxury and space and exclusivity our Spa and Health Club can offer you, our membership package including complete use of our Spa and Health Club facilities, Swimming Pools and Private Beach could be just what you are looking for to enhance your lifestyle in Dubai.

Please ask our Guest Service Executives if you are interested in our Spa and Health Club Membership package.