RAFFLES

THE PALM DUBAI

SPA BROCHURE

FACIAL *treatments.*

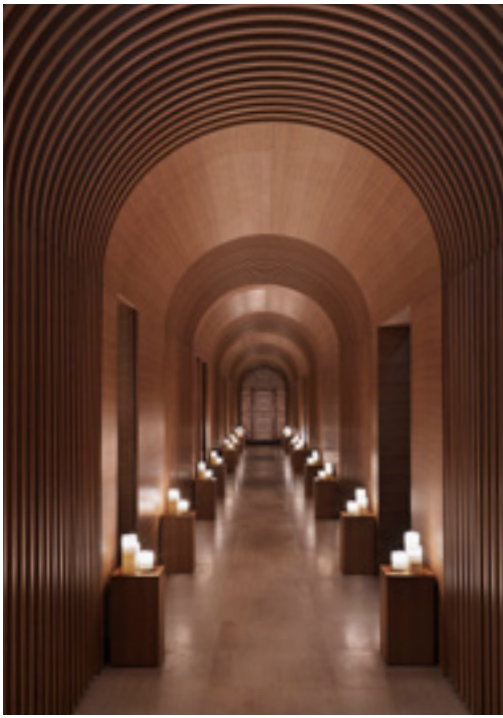


KO BI DO ROYAL REGENERATING MASSAGE
60 minutes | 800 AED

Combining the precise and rhythmic movements of Dermapuncture®, this one-of-a-kind expert massage boosts cells' youthfulness for a visible and immediate natural lifting and tightening of the skin. This treatment stimulates the tsubos (or accupressure points), significantly smoothing and sculpting the entire face.

KO BI DO GLOBAL ANTI-AGEING TREATMENT
90 minutes | 1000 AED

This exceptional treatment combines powerful Géto extract with Dermapuncture® techniques and a jade Ridoki roller for a truly natural facelift.





KO BI DO REDENSIFICATION TREATMENT
60 minutes | 800 AED

This wrinkle-reducing treatment acts deeply on the face and neck, leaving the skin toned, smoothed, and plumped.

KO BI DO INSTANT YOUTHFULNESS MASSAGE
30 minutes | 400 AED

This treatment using natural facelift techniques, is suitable for the skin's most delicate areas and provides immediate results.



BALINESE FLOWERS AND FRUITS MASSAGE
90 minutes | 900 AED

This treatment will leave the skin truly blemish free and the complexion radiant, thanks to oxygenation techniques that combine natural active ingredients from tropical flowers and fruit acids (AHAs).

FIVE BALINESE FLOWERS MASSAGE
60 minutes | 700 AED

Originating from Bali, the blend of five tropical flowers provide intense moisturization, balancing the skin's microbiota and brightening the complexion.

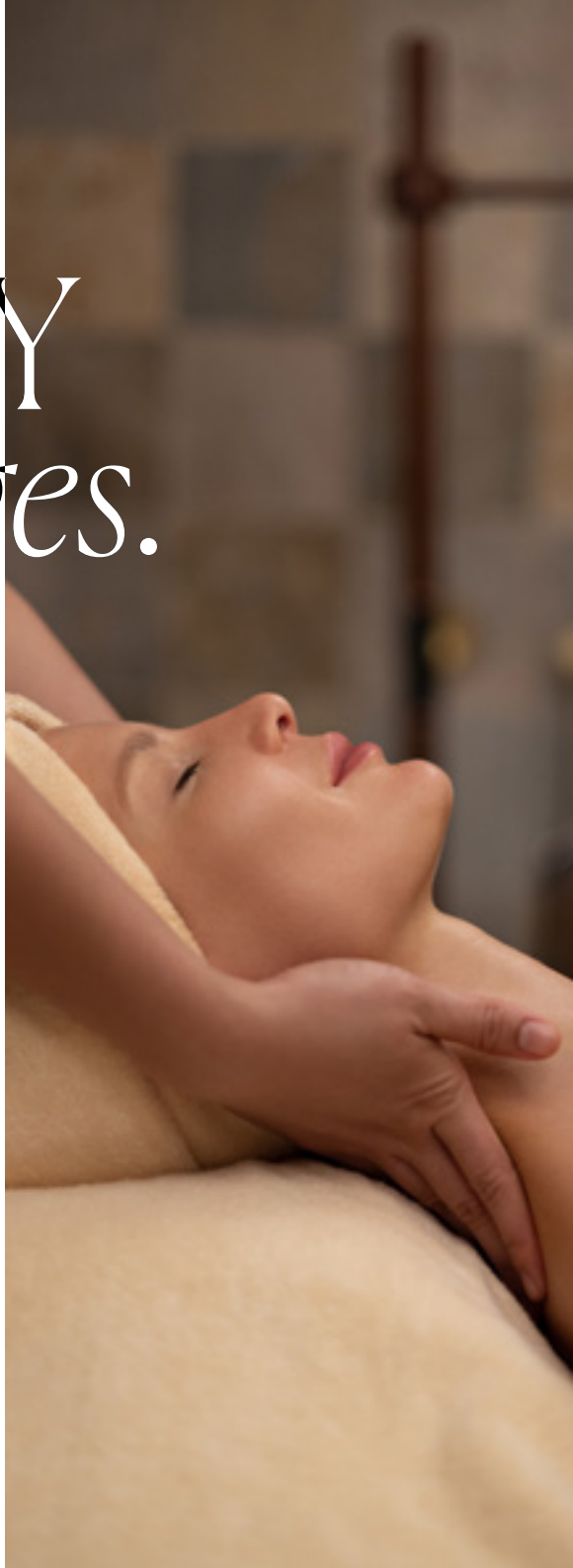
BALINESE FLOWERS MASSAGE
30 minutes | 400 AED

A deeply cleansing and radiance boosting facial treatment combined with a beautifully mood enhancing tropical flower fragrance.



FACIAL *treatments.*

BODY *massages.*



TRADITIONAL ORIENTAL MASSAGE
60 minutes | 650 AED
90 minutes | 850 AED

This full-body massage with warmed Argan oil will transport you to the heart of North Africa, whilst you are gently enveloped in slow, rhythmic massage movements.

ROYAL BALINESE MASSAGE
60 minutes | 650 AED
90 minutes | 850 AED

Escape to a sensory universe of tranquility with this ancestral Balinese massage using a tropical nut melting body balm. Let go with traditional deep stretching and gentle body rocking.



SUBLIME POLYNESIAN MASSAGE
60 minutes | 650 AED
90 minutes | 850 AED

A massage passed down by Polynesian healers using the slow rhythms of Lomi-Lomi. The delicate notes of the Tiaré flower will accompany you throughout this relaxing experience.



INDIAN AYURVEDIC MASSAGE
60 minutes | 650 AED
90 minutes | 850 AED

Enjoy this invigorating hot-oil massage inspired by traditional Abhyanga. The energetic, alternating pace will release any tension and relax the body and mind.



SHIRODHARA ROYAL CARE
60 minutes | 700 AED
90 minutes | 900 AED

An exceptional treatment targeting insomnia and tension release through a warm sesame oil gently streamed onto your third eye. A deeply therapeutic head massage follows leaving you with a lasting sensation of lucidity and peace of mind.

THAI MASSAGE
60 minutes | 700 AED
90 minutes | 900 AED

The traditional Thai massage rebalances both body and mind by targeting the body's general suppleness with positions that resemble yoga movements. Revitalizing and energizing.

LEG AND FEET REFLEXOLOGY MASSAGE
30 minutes | 400 AED

Experience a resulting lightness with this invigorating and draining massage based upon acupressure techniques.

BACK DELIGHT MASSAGE
30 minutes | 400 AED

Discover this relaxing hot-oil massage that pays particular attention to the back, neck and shoulders.


BODY
massages.

BODY *treatments.*



PAPAYA PUREE SCRUB*
30 minutes | 350 AED

Discover this natural exfoliating treatment from Siam using our smooth, fine-grained Papaya Purée. Gently exfoliates resulting in baby soft skin.





SUBLIME TAHITIAN MONOI SCRUB*
30 minutes | 350 AED

Inspired by Polynesia with Tahitian Monoi, Tiaré flowers, sugar and coconut powder, this skin smoothing treat is perfect for even the most sensitive of skins.

**We recommend combining with any of our face or body treatments for the ideal wellness experience*



HAMMAM *rituals.*

DYNAMIC STRETCH HAMMAM
60 minutes | 650 AED

Enjoy a unique stretching experience while you relax in the perfumed Hammam steam. A purifying Kessa Mitt exfoliation using traditional Beldi Black Soap and Rhassoul clay body masque follows, leaving your skin deeply cleansed and refreshed.

RELAXING NORTH AFRICAN HAMMAM
120 minutes | 1250 AED

Allow your body and mind to be transported to North Africa during our most indulgent Hammam experience. Your skin will be left toned and silky after the detoxifying properties of a natural clay body wrap followed by a deeply relaxing massage.



SLIMMING *and* DETOX.

UDARABYANGA MASSAGE
60 minutes | 650 AED

Following traditional Indian medicine, this treatment relaxes the central zone of the body - the core of our emotions. This comprehensive treatment includes a massage of the back, abdomen, feet and neck, providing detoxification of the tissues and restoration of the whole body.

BRAZILIAN MASSAGE
60 minutes | 650 AED

Inspired by traditional Brazilian medicine, the treatment uses an array of kneading and friction techniques, boosting tissue detoxification and drainage, while rebalancing the body for harmonious grounding. This treatment promotes deep relaxation and is a source of renewed energy and lightness.

SPA *rituals.*

GRAND HAMMAM RITUAL
120 minutes | 1250 AED

Enjoy a unique, gentle stretching experience in the Hammam followed by a purifying Kessa Mitt scrub using traditional Beldi Black Soap. A Rhassoul clay masque and Traditional Oriental Massage follows with warmed Argan oil.

GRAND IMPERIAL YOUTHFULNESS RITUAL
120 minutes | 1250 AED

Stemming from ancestral Japanese beauty methods, this ritual comprises techniques known to this day as the most effective ways to restore and prolong the youthfulness of the face, neck, and chest. Includes an aromas and colours Hammam, a back massage and 60-minute KO BI DO face treatment.

GRAND SUBLIME RITUAL FROM POLYNESIA
120 minutes | 1250 AED

This ritual, inspired by Polynesian beauty traditions aids in restoring both your physical and mental energy. Including an aromas and colours Hammam, Tahitian monoi scrub and a sublime Polynesian massage.





GRAND FELICITY RITUAL FOR TWO
120 minutes | 1250 AED per person

Share a blissfully relaxing and unforgettable moment together. This ritual includes an aromas and colours Hammam, a spiced aromatic scrub, and Indian Ayurvedic massage.



GRAND TRAVELER'S RITUAL
120 minutes | 1250 AED

Reach deep down to refuel your energy stores and reset your internal clock with this special treatment routine. Including a detoxifying body cocoon, relaxing back and leg massage including specialized drainage techniques and your choice of either a 20-minute Balinese Flowers or KO BI DO Face treatment.



MLX QUARTZ BED FOR PSAMMOTHERAPY

60 minutes | 650 AED
90 minutes | 850 AED

Allow yourself to be luxuriously immersed in alpha quartz sand while experiencing a touchless dynamic flow massage, inversion gravity, accented by the therapeutic sound benefits of singing bowls. The bed is inspired by the ancient practice of Psammotherapy (Sand Bathing) re-imagined for the 21st century – delivering proven anti-inflammatory action, relief from chronic pain and deep relaxation – profound goodness for body, mind, and spirit.

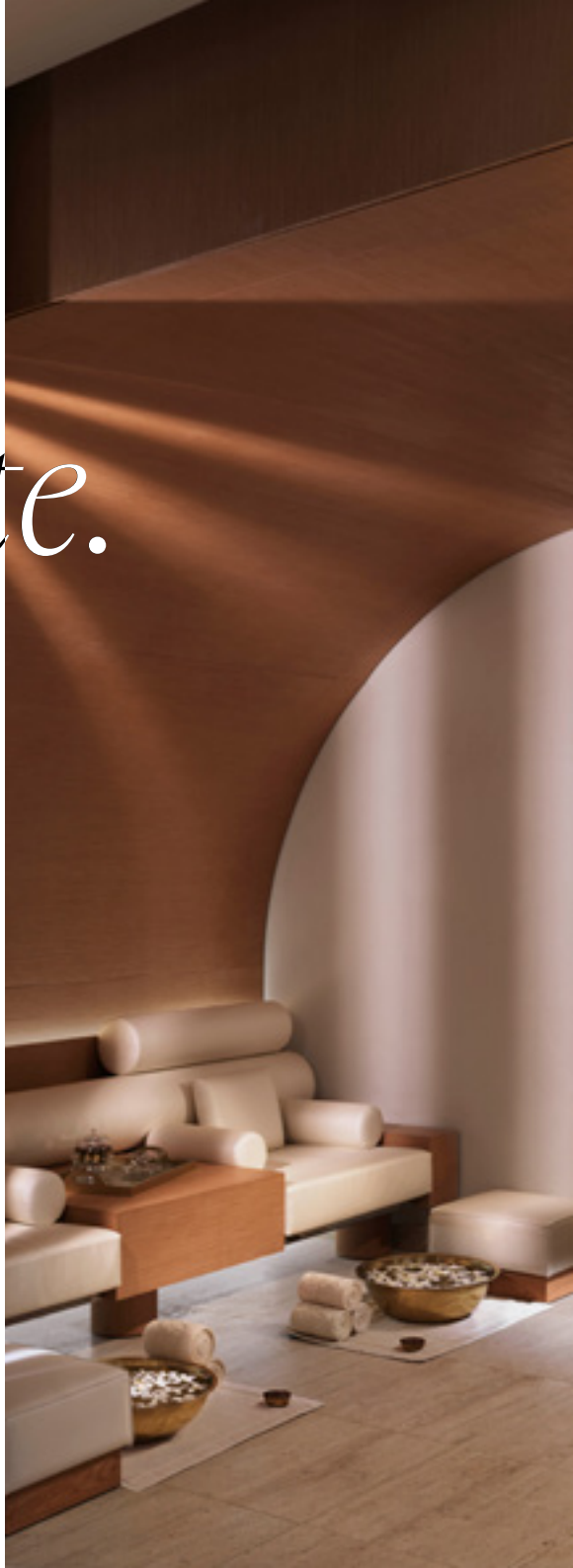

RAFFLES
signature
experience.

SPA *etiquette.*

SPA ACCESS – The minimum age requirement to access the Raffles Spa and Fitness Centre is 18 years old.

RESERVATIONS – Advanced reservations are recommended in order to avoid disappointment. Please arrive at least 30 minutes prior to your scheduled appointment time in order to complete a brief health consultation and enjoy the Spa facilities. Please advise us of any health conditions that may affect your Spa experience at the time of reservation. Treatments are invoiced when making the appointment. No reimbursement may be made for treatment cancellations or modifications not made 12 hours in advance.

MOBILE PHONES AND ELECTRONIC DEVICES – For the enjoyment of all guests using the Spa facilities, please ensure that all mobile phones and devices are switched off upon arrival at the Spa.



PREGNANCY – We welcome mothers to be in their 2nd and 3rd trimesters.

LATE ARRIVALS – Appointments run to schedule and late arrivals will not receive an extension of time.

CANCELLATION POLICY – 12 hours' notice is required to cancel a reservation or move to an alternative day. No shows or cancellations with less than 12 hours' notice will be charged in full.

REFUND POLICY – Retail products and gift certificates are non-refundable and may not be exchanged for cash.

LOSS OR DAMAGE – All personal items are the responsibility of our guests to secure safely in the lockers provided. Raffles Hotel & Spa cannot be held responsible for any loss or damages incurred whilst using the Spa facility.

INJURY – Proper attire must be worn whilst using the Raffles Spa and Fitness facilities including; swimwear and non-slip shoes in the swimming pool and appropriate footwear and exercise attire in the Fitness Center. Raffles Hotel & Spa cannot be held responsible for any accidents or injuries suffered by our guests whilst using the facilities.

PRICING POLICY – All prices are in UAE Dirhams, inclusive of 7% Municipality Fee, 10% Service Charge and 5% VAT.

Contact us
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Opening Hours Daily | 10 AM – 10 PM

RAFFLES

THE PALM DUBAI

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