Serenity

The Art of Well Being

SPA MENU

Serenity - The Art of Well Being provides the perfect environment and personalized experiences to relax, heal and revitalize. The Serenity menu has been created for those seeking effective holistic and modern therapies that result in an improved and healthy quality of life. Our carefully selected skin care brands provide those who seek us with the widest choice of treatments and home care options, for looking and feeling your best.

★ STAR TREATMENTS

The treatments marked by a star are the most popular and favored by our clients.

01. SIGNATURE TREATMENTS

★ SENSES OF DUBAI

90min | AED 1,320

Relying on the most traditional ingredients of the UAE, the signature treatment from Serenity - The Art of Well Being, at Fairmont the Palm, is a true journey through the best that Dubai has to offer.

The treatment starts with a salt scrub with oud oil. Prepared carefully by the Serenity team, these ingredients contribute to the purification of your skin, letting the pores breathe and preparing the skin for the next step: the pearl wrap. This is one of the most famous products of Dubai, recognized for its health-giving properties. Naturally rich in magnesium, which encourages the removal of the toxins in the skin, pearls are also a powerful antioxidant, helping to fight free radical damage and minimize the signs of premature aging, while boosting the skin's reparative properties, by triggering the production of fibroblasts, for a more youthful and even skin tone. Pearls are also acknowledged for supporting the production of melanin, the body's natural defense against the sun.

To finish the treatment, you will be able to enjoy a full body hydration with rose and goldleaf oil, which will enhance the pearl's advantages. While hydrating and nourishing the skin, the goldleaf in the oil stimulates collagen production and strengthens elasticity for a smoother, firmer, looking skin.
After the treatment, enjoy peaceful moments in our relaxation room, with a date-infused tea, a product of the region as well, to improve your wellbeing sensation.

Senses of Dubai is a luxurious journey, inviting you to embrace tranquillity, nurture your skin, and unveil UAE's beauty secrets.

Add-ons

Swiss Eye Specialist | AED 400

UPGRADES*

Indian Head Massage 30min | AED 295
Back Massage 30min | AED 295
Reflexology 30min | AED 295

01. SIGNATURE TREATMENTS

SERENITY JOURNEY
120min | AED 1,360

A journey of tranquility, this deeply relaxing and nourishing massage followed by a soothing facial treatment, was designed to promote inner balance and calmness, for a complete sense of wellbeing.

Add-ons
Extraction | AED 275
Swiss Eye Specialist | AED 400

SERENITY IMMUNITY BOOST
90min | AED 1,200

A full body massage with energizing and detoxifying blended oils designed to help boost our immune system, reduce stress and maintain good health

Add-ons
Extraction | AED 275
Swiss Eye Specialist | AED 400

02. AURUM SUITE

AURUM SUITE

60min | AED 1,370 - 180min | AED 1,960

A luxurious and private suite for those who seek to indulge in the very best at Fairmont The Palm. The Aurum Suite is designed to spoil and indulge guests with its own private steam room, sauna, jacuzzi, experience shower, double treatment room and lounge area. The Aurum Suite is perfect for those that wish to celebrate a special day, spoil a loved one or simply have the ultimate Serenity - The Art of Well Being experience. To complete the experience, a complimentary bottle of champagne is included.

Add-ons

Product: Kassa Glove & Black Soap 200g | AED 301.75

Extra Bottle of Champagne | AED 935

03. COUPLES

ILA COUPLES EXPERIENCE + AURUM SUITE
120min + 60min | AED 3,760

For couples to experience together, a ritual to reconnect on a physical, emotional and spiritual level.

Add-ons
Swiss Eye Specialist | AED 400
Extra Bottle of Champagne | AED 935

★ SERENITY JOURNEY + AURUM SUITE
120min + 60min | AED 3.720

A deeply relaxing and nourishing massage for couples to enjoy together, followed by a soothing facial treatment to promote inner balance.

Add-ons
Swiss Eye Specialist | AED 400
Extra Bottle of Champagne | AED 935

THALGO ILES PACIFIQUE RITUAL + AURUM SUITE
90min + 60min | AED 2,820

A journey over the waters of the Pacific for two. Three sensory stopovers on Polynesian islands, from which the body returns replenished and relaxed.

Add-ons
Swiss Eye Specialist | AED 400
Extra Bottle of Champagne | AED 935

THALGO MARVEILLE ARTICQUE RITUAL & AURUM SUITE
90min + 60min | AED 2.820

Powerful and sensory ritual, born from the reunion of the hot and the cold, for a unique experience.

Add-ons
Swiss Eye Specialist | AED 400
Extra Bottle of Champagne | AED 935

UPGRADES*
Aurum Suite + 60min | AED 890

04. HAMMAM

CHARME D'ORIENT

RITUAL OF HAMMAM
60min | AED 700

The Ritual begins with steam and a scrub with Black Soap and a Kassa glove, followed by a wrap with a purifying Ghassoul mask, leaving your skin breathtakingly soft and silky.

TURKISH BATH CEREMONY
60min | AED 700

The Ceremony begins with steam and a scrub with Black Soap and a Kassa glove, followed by a massage in a cloud of foam. leaving your skin smooth and nourished.

★ ROYAL HAMMAM
90min | AED 850

Our most prestigious Hammam with a complete body and face treatment, incorporating Cleopatra's secret recipe: the whitening mask with honey & royal jelly.

05. FACIAL TREATMENTS

ILA

GLOWING FACE THERAPY
60min | 800AED

Specialised marma massage techniques restore
natural luminance, whilst reducing inflammation.
The skin glows with radiance.

Add-ons
Extraction | AED 275

UPGRADES*
Foot Scrub 10min | AED 130
Indian Head Massage 30min | AED 295
Reflexology 30min | AED 295

05. FACIAL TREATMENTS

SWISS LINE

★ LE GRAND SOIN AU COLLAGÈNE
90min | AED 1,200

Comprehensive skin transforming treatment harnessing highly acclaimed ingredients and technologies comparable to non-invasive aesthetic procedures. Fortified with pure collagen, peptide technology, pure silk and plant-based growth factors, this transformative facial will rejuvenate stressed, dull or aged skin. Adds significant fullness to your skin & radiance to your complexion.

Add-ons
Extraction | AED 275
Swiss Eye Specialist | AED 400

SWISS BRIGHT
75min | AED 900

Powerful brightening and de-aging actives help treat and prevent skin discoloration resulting in unsurpassed brightening, glowing and toning skin results.

Add-ons
Extraction | AED 275
Swiss Eye Specialist | AED 400

SWISS SMART
60min | AED 900

Pharmaceutically graded ingredients to enhance skin resiliency and targeted concerns. This fully personalized treatment uses all Age Intelligence Boosters! Especially designed for skin that needs an instant "de-stress" of any kind. It's a smart and fast way to look your best.

Add-ons
Extraction | AED 275
Swiss Eye Specialist | AED 400

UPGRADES*
Foot Scrub 10min | AED 130
Indian Head Massage 30min | AED 295
Reflexology 30min | AED 295

05. FACIAL TREATMENTS

SWISS LINE

HYDRA-SOOTHING FACIAL
60min | AED 800

Rehydrating and replenishing, this treatment is ideal for tired and travel-weary skin. It uses our Hydra-Oxygen Ampoules to dramatically boost the skin's water levels and counteract signs of fatigue.

Add-ons
Extraction | AED 275
Swiss Eye Specialist | AED 400

PURITY FACIAL
60min | AED 800

This “detox” facial, ideal for adult skin prone to impurities. Featuring a professional mask with a high concentration of keratolytic enzymes used to clear the skin while calming irritation and visible redness.

Add-ons
Extraction | AED 275
Swiss Eye Specialist | AED 400

UPGRADES*
Foot Scrub 10min | AED 130
Indian Head Massage 30min | AED 295
Reflexology 30min | AED 295

05. FACIAL TREATMENTS

HOMMAGE FOR MEN

EXPRESS DEEP CLEANSE
30min | AED 450

This energizing facial by Hommage includes a deep cleansing and exfoliating mask. Facial massage will leave the skin looking rested and revived.

Add-ons
Extraction | AED 275

DEEP CLEANSE
45min | AED 550

This energizing facial by Hommage includes a deep cleansing and exfoliating mask. Facial massage will leave the skin looking rested and revived. Includes a relaxing head, neck and shoulder massage.

Add-ons
Extraction | AED 275

INVIGORATING BACK FACIAL
45min | AED 550

This unique specialty treatment focuses on hygiene and maintenance of the often neglected and congested back. Deep cleansing, mask and hot towels and to the enjoyment of the relaxing back massage.

Add-ons
Extraction | AED 275

★ AGE DEFENSE FACIAL
90min | AED 850

The ultimate facial treatment for men, designed specifically to diminish fine lines and signs of fatigue. Skin energizing antioxidant products will nourish skin, improve moisture balance, restore elasticity and leave skin looking rested and refreshed.

Add-ons
Extraction | AED 275

UPGRADES*
Foot Scrub 10min | AED 130
Reflexology 30min | AED 295

05. FACIAL TREATMENTS

HYDRAFACIAL

SWISS LINE HYDRAFACIAL
60min| AED 1,000

Using advanced Hydrafacial technology and Swiss Line collection of Age Intelligence masks. Especially designed for skins that needs an instant "de-stress". Deep cleanse and detoxification of the skin with a lymphatic drainage massage to help reduce puffiness, followed by an exfoliation with glycolic acids to allow an extraction of blocked pores. Next, an application of hyaluronic acid, antioxidants and Vitamin E, which is delivered deeply into the skin using the painless vortex infusion tip. LED lights therapy will help to target congestion and increase the production of collagen and elastin.

SWISS LINE CELL SHOCK HYDRAFACIAL
90min | AED 1,200

The ultimate Hydrafacial experience is a luxury tailored solution to satisfy all needs with an extra touch that is often hard to describe skincare x-factor. Swiss Line advanced collection with the latest Syndeo technology & add on JLo booster cleanses, exfoliates to truly restore youthful, healthy looking skin while addressing your specific concern. The therapeutic benefits of the LED light therapy together with the brightening mask leaves your skin with an immediate healthy glow.

HOMMAGE FOR MEN HYDRAFACIAL
45min | AED 800

A personalized facial treatment designed just for men, it combines innovative skincare formulations and cutting edge Hydrafacial technology to deeply cleanse, extract and hydrate the skin.

UPGRADES*
Foot Scrub 10min | AED 130
Indian Head Massage 30min | AED 295
Reflexology 30min | AED 295

06. BODY TREATMENTS

ILA

ENERGISING & DETOXIFYING BODY SCRUB
30min | AED 370

The exfoliation promotes the elimination of toxins and tension. On a subtle level, it cleanses and strengthens the bio-energy fields leaving mind, body and spirits uplifted.

Add-ons
Swiss Eye Specialist | AED 400

ROSE & ALOE SUN COOLER BODY WRAP
60min | AED 670

This full body experience refreshes and replenishes sun-damaged or overheated skin. A gentle massage and a cooling wrap calm and soothe sunburn or sensitivity, while restoring balance and strength.

Add-ons
Swiss Eye Specialist | AED 400

★ CHAKRA WELLBEING
120min | AED 1,360

This holistic ritual works on the muscles, lymph and nervous sytem as a whole. Based around 7 blends of chakra-balancing essential oils, it involves deep relaxation of the nervous system. lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye to restore and relax every sense.

Add-ons
Swiss Eye Specialist | AED 400

UPGRADES*
Express Facial 30min | AED 360
Indian Head Massage 30min | AED 295
Reflexology 30min | AED 295

06. BODY TREATMENTS

THALGO

MARINE BODY SCRUB
30min | AED 370

With its creamy and soothing texture due to Chondrus Crispus red algae, this scrub delicately exfoliates the skin.

ILES PACIFIQUE BODY SCRUB
30min | AED 370

Ultra-sensory, this scrub combines white sand of Bora-Bora, sea salt, coconut shells and vegetable oils to exfoliate and gently nourish the skin.

MARINE DETOX BODY WRAP
60min | AED 670

The algae will help to reshape and firm the silhouette. A real marine sensation with a massage to re-energise and nourish the body.

UPGRADES*
Express Facial 30min | AED 360
Indian Head Massage 30min | AED 295
Reflexology 30min | AED 295

06. BODY TREATMENTS

THALGO

SCULPT & FIRM BODY WRAP
60min | AED 670

A firming and slimming body wrap to break down cellulite and elimanate water retention.

★ ILES PACIFIQUE RITUAL
90min | AED 910

A journey over the waters of the Pacific. Three sensory stopovers on Polynesian islands, from which the body returns replenished and relaxed.

MARVEILLE ARTICQUE RITUAL
90min | AED 910

Powerful and sensory ritual, born from the reunion of the hot and cold for a unique experience.

UPGRADES*
Express Facial 30min | AED 360
Indian Head Massage 30min | AED 295
Reflexology 30min | AED 295

07. MASSAGES

INDIAN HEAD MASSAGE
30min | AED 370 - 45min | AED 470

Massage with scalp and neck focused movements. This Indian technique helps to stimulate circulation and reduce stress.

BACK MASSAGE
30min | AED 370 - 45min | AED 470

Localized massage that relieves muscle tension in the back, shoulders and neck.

LEG MASSAGE
30min | AED 370 - 45min | AED 470

Local massage on the legs contributing to the immediate relief of leg fatigue, fighting fluid retention and stimulating blood circulation.

REFLEXOLOGY
30min | AED 370 - 45min | AED 470

Feet massage with rhythmic pressure on reflex points.
It stimulates blood circulation and recovers energy from the affected organs.

UPGRADES*
Foot Scrub 10min | AED 130
Express Facial 30min | AED 360
Aurum Suite 60min | AED 890

07. MASSAGES

RELAX MASSAGE
60min | AED 650 - 90min | AED 850

Full body massage with light pressure to improve blood circulation and muscle relaxation.

Add-ons
Swiss Eye Specialist | AED 400

DETOX MASSAGE
60min | AED 670 - 90min | AED 890

Full body relaxing massage using marine products to help release toxins.

ADD-ONS
Swiss Eye Specialist | AED 400

MOTHER-TO-BE MASSAGE (AFTER 12 WEEKS)
60min | AED 690 - 90min | AED 890

A nourishing treatment, this is a full body relaxing massage, done in an adapted position for comfort.

4 HANDS BALINESE MASSAGE
60min | AED 1.170 - 90min | AED 1,860

Full body balinese massage featuring two therapists giving a smooth and balanced treatment to relieve stress.

Add-ons
Swiss Eye Specialist | AED 400

UPGRADES*
Express Facial 30min | AED 360
Aurum Suite 60min | AED 890

07. MASSAGES

LYMPHATIC DRAINAGE MASSAGE
60min | AED 670 - 90min | AED 890

Localized massage. applying gentle pressure along the lymphatic system to help eliminate toxins and drain excess fluids.

Add-ons
Swiss Eye Specialist | AED 400

SLIM MASSAGE
60min | AED 690 - 90min | AED 890

Full body massage with dynamic movements and specific techniques to help reduce cellulite.

Add-ons
Swiss Eye Specialist | AED 400

DEEP TISSUE MASSAGE
60min | AED 690 - 90min | AED 890

Full body massage applying pressure to specific points with vigorous movements that relieve muscle pain and accumulated tensions.

Add-ons
Swiss Eye Specialist | AED 400
Hot Stones (light pressure) | AED 70

SPORTS MASSAGE
60min | AED 690 - 90min | AED 890

Full body massage with strong pressure and stretching to relieve muscles, tendons and ligaments.

Add-ons
Swiss Eye Specialist | AED 400
Hot Stones (light pressure) | AED 70

UPGRADES*
Express Facial 30min | AED 360
Aurum Suite 60min | AED 890

07. MASSAGES

HOLISTIC MASSAGE

60min | AED 710 - 90min | AED 910

Full body massage with medium pressure and with specific essential oils to eliminate toxins and rebalance energy levels.

Add-ons

Swiss Eye Specialist | AED 400

ABHYANGA MASSAGE

60min AED 710 - 90 min | AED 910

Full body detox and de-stress massage performed with herbal oils.

Add-ons

Swiss Eye Specialist | AED 400

HOT STONES MASSAGE

60min | AED 710 - 90min | AED 910

Full body massage with vulcanic hot stones used to relieve pain and muscle tension.

Add-ons

Swiss Eye Specialist | AED 400

UPGRADES*

Express Facial 30min | AED 360

Aurum Suite 60min | AED 890

07. MASSAGES

THAI MASSAGE
60min | AED 650 - 90min | AED 850

Full body massage with stretching movements and acupressure techniques. Done with clothes and without any oil.

SHIATSU
60min | AED 750 - 90min | AED 930

Full body japanese massage with pressure points along the meridians to rebalance the energy. Done with clothes and without any oil.

UPGRADES*
Express Facial 30min | AED 360
Aurum Suite 60min | AED 890

08. JUNIOR
(UP TO 15 YEARS OLD)

JUNIOR FACIAL
30min | AED 470

This facial treatment introduces junior spa goers to the benefits of relaxation and a skin care regime.

★ JUNIOR MASSAGE
30min | AED 350 - 45min | AED 450

Relaxing body massage with natural oils for relaxation and an exceptional spa experience.

Junior treatments may be booked daily, between 10am and 9pm

Junior treatments must be booked in combination with a treatment for the parent, of the same length and done in the same room.

Juniors (up to 15 years old) are not allowed to use the facilities of the Thermal Oasis, nor the ones of the relaxation areas.

OTHER SERVICES

AURUM SUITE
60min | AED 960

A luxurious and private suite for parents to enjoy with their children. The Aurum Suite is designed to spoll and indulge guests with its own private steam room, sauna, jacuzzi, experence shower. double treatment room and lounge area. To complete the experience, healthy beverages for parents and children are included!

09. PACKAGES

TIME FOR ME
120MIN | AED 1,360

This is the Serenity retreat - so you can get out of the rut | and relax, have time for yourself. This package includes breakfast, a body scrub, a full body massage, a facial and lunch.

Add-ons
Swiss Eye Specialist | AED 400

DETOX
120min | AED 1,130

Purify your body and boost your energy with this revitalizing Serenity package, which includes a body scrub. a body wrap and detox massage.

Add-ons
Swiss Eye Specialist | AED 400

HOLISTIC
120min | AED 1,025

This holistic treatment begins with a body massage. followed by a relaxing head massage, using a blend of holistic essential oils.

Add-ons
Swiss Eye Specialist | AED 400

UPGRADES*
Aurum Suite 60min | AED 890

10. THERMAL OASIS

Serenity - The Art of Well Being invites you to join this journey of tranquility and to find the time to relax in our Thermal Oasis. Simply close your eyes and enjoy our facilities that include:

Sauna
Steam Room
Jacuzzi
Relaxation Areas
Experience Showers
Ice Fountain

The minimum age requirement for access to the Thermal Oasis is 16 years old.

Hotel Guest
Half day - AED 75
Full day - AED 125

Non-hotel Guest
Half day - AED 200
Full day - AED 400

Ladies only
Mondays, 10am to 2pm - AED 250

Should you have a treatment booked with us, the access to the Thermal Oasis is complimentary on that day.

BRANDS

ILA created luxury organic skincare, spa products and treatments. Using the finest natural plant and mineral ingredients, wild-harvested in remote, untainted regions by artisan producers who value traditional, sustainable practices.

THALGO offers natural algae products with rare qualities. The active ingredients of algae are in a free state and the fine quality of the powder enhances skin penetration during a hot bath or one application.

CHARME D'ORIENT is a pioneer and a reference in the oriental cosmetics and beauty rituals, with the mission to share its vision of the oriental cosmetic Made in France, based on authenticity and efficiency.

BRANDS

swiss line
BY DERMALAB

SWISS LINE are skincare experts with a passion for skin biology and beauty. The philosophy is simple: intelligent skincare respects and works with the skin, not against it. The award-winning formulas embrace natural actives and skin-identical ingredients.

HOMMAGE

HOMMAGE is the ultimate luxury skincare solution for today's moder man. The range of timeless and intuitive products are formulated with top shelf ingredients, forming a fuss-free routine that fits into every man's lifestyle seamlessly. There are many rituals that make a man, and rituals bring results
- taking time to invest in our skin is one of them.

Hydrafacial®

HYDRAFACIAL delivers instant and long-lasting results that you can see and feel. The Syndeo machine is a non-invasive beauty device that uses patented technology to thoroughly cleanse. exfoliate, extract and hydrate the skin. Used in combination with our luxury skincare brands, it merges soothing and invigorating spa therapies with advanced medical technology to achieve instant and lasting results.

SPA ETIQUETTE

- Reservations must be made directly with Serenity by telephone or e-mail. Please reserve your treatment as early as possible to ensure availability, particularly when booking multiple treatments and packages.

- Guests who are not staying at the hotel are required to pay 100% of the value of the treatments at the time of booking in order to guarantee the appointments.

- Should you require any service change or cancellation, please notify our team with a minimum of 6 hours' in advance. In case of non attendance or cancellation in advance less than 6 hours, we reserve the right to charge the full treatment value.

- We recommend that you arrive at least 30 minutes before your treatment begins. This allows you to fill-in our health form, relax and enjoy the facilities.

- Late arrivals cannot receive an extension of treatment time due to other appointments and specific scheduling.

- Late arrivals will be charged 100% of the value of the treatment(s) booked.

- Serenity cannot be held responsible for lost or stolen items. Please avoid bringing valuables with you.

- The use of swimming suit is mandatory while using the facilities.

- The minimum age requirement for access to the Thermal Oasis is 16 years old.

- Juniors (up to 15 years old) are not allowed to use the facilities of the Thermal Oasis, nor the ones of the relaxation areas. Junior treatments may be booked daily, between 10am and 1pm. Junior treatments must be booked in combination with a treatment for the parent, of the same length and done in the same room.

DISCOVER OUR TREATMENTS
AND OUR WELLBEING PROGRAMS THAT WILL
REVITALIZE MIND, BODY, AND SOUL.

All prices are in dirhams and are inclusive of
7% municipality fee. 10% service charge and 5% VAT.
Prices subject to change without previous notice.
*Upgrade service prices may differ from single price services.

Opening hours: daily, 10 am - 9 pm|

SERENITY - THE ART OF WELL BEING

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