THE

PEARL

SPA AND WELLNESS

JUMEIRAH

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SPA RITUALS

R E L A X

THE SIGNATURE PEARL EXPERIENCE *2 hours 30 minutes* *from AED 1690*

Body Exfoliation | Hair and Body Mask | Body Massage | Fresh Facial

Ensure your every need is catered to with our signature journey. Starting with a full-body exfoliation followed by a nourishing hair and body mask. Allow your mind to relax while the frangipani scent fills the air, then feel all your tensions release as you enjoy a full-body massage and a fresh facial.

R E N E W

MEMORIES OF ARABIA *1 hour 15 minutes* *from AED 890*

Body Exfoliation | Hair Oil Treatment | Body Mask

Begin your authentic beautifying ritual with a full-body coffee exfoliation. Allow the rich emollient oils of camel milk and the warm aromas of honey to envelop your body. A traditional, deeply nourishing hair treatment concludes the experience, leaving your skin rejuvenated and nourished.

R E C O V E R

JET LAG RESCUE *2 hours* *from AED 1290*

Body Exfoliation I Body Massage I Scalp Treatment I Fresh Facial

Indulge in a deeply re-energizing journey of luxurious sensation and bring your body back into balance. This treatment begins with a Himalayan salt and plant essence therapy exfoliation, designed to relieve stress and fatigue while gently stimulating the body's circulation. The journey continues with a stress-releasing full-body massage and concludes with an express reviving facial and scalp treatment.

MASSAGE SELECTION

R E L A X

WELLBEING MASSAGE *60 minutes / 90 minutes* *from AED 700 / 995*

Take time to de-stress both mind and body with a relaxing massage. Long strokes, kneading, and friction motions apply gentle pressure between muscles and bones, guiding blood flow toward the heart. Natural essential oils address your unique body-care needs, promoting overall well-being.

R E N E W

PEARL BESPOKE MASSAGE *60 minutes / 90 minutes* *from AED 730 / 1030*

Enjoy an exclusive massage experience tailored to your preferences in both timing and therapist's touch, using a blend of our signature The Pearl Spa oils and specialized massage techniques.

A personal consultation ensures a unique treatment designed to suit your wellness needs.

R E C O V E R

TENSION RECOVERY MASSAGE *60 minutes / 90 minutes* *from AED 730 / 1030*

A combination of deep tissue, Swedish, lymphatic drainage, and acupressure techniques releases deeply seated tension from the body. This specialized full-body massage stimulates circulation, removes accumulated toxins, and relieves water retention.

MASSAGE SPECIALTIES

TABLE THAI MASSAGE *60 minutes / 90 minutes* *from AED 700 / 995*

This traditional Thai massage, inspired by yoga and reflexology, is a specialized oil-free treatment consisting of slow, rhythmic compressions and stretches along your body's energy lines.

Performed on a table, it incorporates the use of thumbs, palms, forearms, elbows, and feet to expertly apply pressure.

PREGNANCY MASSAGE *75 minutes* *from AED 850*

A nourishing and harmonizing experience that helps restore skin comfort and body balance. This full-body massage replenishes energy while focusing on your specific massage needs.

FOOT REFLEXOLOGY *60 minutes* *from AED 700*

An ancient Chinese pressure point therapy that focuses on the feet. Reflexology stimulates energy meridians, which relax and promote a sense of balance and reawakened energy.

LAVA SHELL MASSAGE *60 minutes* *from AED 700*

Hand-crafted porcelain shells are used to deeply relax your muscle tensions thanks to their self-heated properties. The warm, smooth shells are glided over the body with varying pressures, techniques, and precision. Hydrating oil moisturizes the skin, while the shells help to revitalize and rebalance the body and mind.

DETOX LIPOSCULPT CUPPING MASSAGE *75 minutes* *from AED 850*

Re-sculpt your body with a combination of cupping and hands-on massage, performed with a potent formula to detoxify, address cellulite, and enhance slimming, providing your body with the ultimate deep cleanse. This treatment includes a targeted lipo-sculpting massage using the Bellabaci Detox Concentrate.

MASSAGE ADD-ON

Dry Body Brushing 15 minutes *AED 125*

An invigorating technique using a natural bristle brush to exfoliate the skin, stimulate lymphatic flow, and promote circulation, leaving the skin smooth, radiant, and rejuvenated.

Silicone Cupping 15 minutes *AED 250*

Bellabaci International celebrates the therapeutic benefits of a modernized cupping massage system to deliver instant results. Incorporating Bellabaci into your treatment enhances body detox, muscle and stress release, skin glow, and addresses sleep disorders.

Swiss Crystal Salt Scrub 30 minutes *from AED 490*

Steeped in historical traditions from 200 years of evaporation and intense mineral formation, the Swiss Alp salts are highly rich in therapeutic minerals, ingots, and vitamins. This intense body scrub deeply cleanses the skin, removes toxins, and leads to the re-activation, renewal, and regeneration of skin cells.

Algae Detox Wrap 30 minutes *from AED 490*

A detoxifying and re-mineralizing body wrap that stimulates microcirculation and drains toxins through increased sweating.

BODY TREATMENTS

PERFECT SHAPING RITUAL *75 minutes* *from AED 890*

Exclusively developed for The Pearl Spa and Wellness, this result-oriented ritual drains fluids, reduces water retention, stimulates circulation, and promotes lipolysis for smoother and firmer skin. This shaping ritual combines the cooling effect of the Cryofit bandages with the Lympho Palper Rouler massage, targeting the deep cutaneous adhesions of the skin.

HYDRAFACIAL KERAVIVE SCALP *45 minutes* *from AED 1500*

This unique, relaxing experience deeply cleanses, exfoliates, and hydrates the scalp, removing impurities and stimulating circulation to improve scalp health.

BACK CLARIFYING TREATMENT *60 minutes* *from AED 1150*

This Signature Hydrafacial Back treatment is the best way to deeply cleanse, decongest, hydrate, and protect the neglected skin on your back.

LYMPHO PALPER ROULER *30 minutes* *from AED 490*

This localized massage uses the 'Lift and Roll' movement of the skin tissue, targeting cellulite and the lymphatic system. Dr. Burgener Svelt Body Oil aids in slimming and detoxifying. The treatment ends with a light lymphatic massage to drain fluids from the treated areas and eliminate water retention.

COUPLE EXPERIENCE

TOGETHER TIME MASSAGES *from AED 1600 / 2200 per couple*
60 minutes / 90 minutes

Spend special pampering time for two, indulging in luxurious massages side by side in the same room to enhance your connection through relaxation.

SUITE TIME ADD-ON *from AED 1990 / 2590*
30 minutes

Enjoy 30 additional minutes in the privacy of our couple's suite, featuring a steam room, bathtub, and outdoor terrace—the perfect place to celebrate time together.

ONE DAY FULL BODY RETREAT

Personal Training | Iyashi Dôme Detox | Pearl Bespoke Massage | Wellness Lunch | Superfood Natural Facial | Private Yoga or Sound Healing Therapy

from AED 3500 per person
from AED 6000 for a couple

Escape the chaos of everyday life and indulge in a one-day retreat, tailored to reset your body and mind. Begin the day in the fitness center, where our experts will guide you through a customized plan, followed by a detox in our infrared Iyashi Dôme. Continue with relaxation in the spa, enjoying a bespoke massage and facial, along with a wellness lunch. Finish the day with a private yoga or sound healing session that will leave you in a meditative state, ready to face the world with a renewed spirit.

CUSTOM FACIALS

Optimize skin longevity targeting specific concerns

Brighten, Clarify, Hydrate, Lift, Sensitive Skin, Smooth Wrinkles

BOOSTER FACIAL BY BIOLOGIQUE RECHERCHE

from AED 1250 / 1450

60 minutes / 90 minutes

These treatments are suitable for every face and fully customizable to achieve your personal results. Your facial can also be designed to better prepare or accelerate the healing process of your skin following any cosmetic procedures. All 90-minute facials include the Remodeling Face Machine, which combines the power of four currents for immediate and long-lasting re-sculpting results.

VIP O2 OXYGENATING FACIAL BY BIOLOGIQUE RECHERCHE

from AED 850

45 minutes

Both men and women will enjoy the oxygenating and anti-pollution benefits of this facial, with smoothing and face contouring that give you an immediately radiant complexion.

PEARL LIFT FACIAL BY DR. BURGENER

from AED 1590 / 2090

60 minutes / 90 minutes

Relish in this divine and stimulating, power-packed facial with collagen and elastin for long-term lifting results. Commencing with The Pearl Spa face polish, combined with bespoke The Pearl Spa serums and a luxurious pearl mask, this treatment ensures the most decadent experience, leaving skin visibly younger and lifted. Further regeneration is achieved with a unique upgrade of ultrasound technology to enhance the lifting effect and ensure longer-lasting results.

SUPERFOOD NATURAL FACIAL

from AED 700

60 minutes

The Sodashi signature facial harnesses the power of nutrient-enriched botanicals and holistic massage techniques. This bespoke facial is customized to address your specific skin concerns, revealing a radiant and revitalized complexion.

CELEBRITY HYDRAFACIAL

from AED 2550

90 minute

Make the most of your skin health with M-007, the latest breakthrough delivery technology from Hydrafacial that amplifies any treatment to create faster, more visible results, thanks to its regenerative peptides. Depending on your skin's needs, your facialist will complement your experience with Circadia®'s finest serums, highly concentrated in hyaluronic acid, chrono-peptides, and natural botanicals to deeply hydrate, protect, and repair your skin while restoring plumpness, radiance, and addressing the signs of aging. This premium Hydrafacial treatment includes a targeted neck and décolleté add-on, as well as your recommended retail home care.

Get ready for spectacular results and continue your self-care at home with your Vital Defense or Skin Energizing System.

HYDRAFACIAL CLASSIC, DELUXE, PLATINUM

from AED 700 / 850 / 1150

30 minutes / 45 minutes / 60 minutes

The Hydrafacial Classic provides deep cleansing and hydration.

The Hydrafacial Deluxe includes customized boosters and LED light for specific skin concerns.

The Hydrafacial Platinum includes lymphatic drainage, boosters, and LED therapy for a comprehensive rejuvenating treatment.

FACIAL ADD-ON

Silicone Cupping Face Lift 30 minutes *AED 490*

Add an instant glow and lift to your face with this targeted face cupping therapy, customized to your specific needs.

Led Light Face Mask 15 minutes *AED 200*

Enhance your treatment with an LED face mask that helps improve your skin's natural radiance, promoting collagen production, reducing redness, and improving overall texture and tone.

Bright Eyes 15 minutes *AED 200*

This luxurious anti-aging eye addition is the perfect enhancer to upgrade any Sodashi facial or body massage. Gotu kola herb extract promotes circulation in the delicate eye area, while arnica, chamomile, and rosewood reduce puffiness and dark circles.

WELLNESS SPECIALTIES

Low touch therapy

IYASHI DÔME INFRARED DETOX *30 minutes / 45 minutes* *from AED 390 / 550*

This holistic, versatile, 100% hands-free and touch-free solution is designed for both men and women seeking a deep body detox to eliminate toxins, particularly heavy metals, or those looking to slim, regenerate their cells for anti-aging benefits, or prepare and recover from sports activities.

The longer session includes a full-body composition analysis and the Iyashi Dôme infrared sauna experience.

Boost your immune system and maintain your body detoxification and shape with our series, available for 10 treatments.

CRYSTAL HEALING *60 minutes* *from AED 750*

The Crystal Healing is a deeply relaxing and restorative experience that combines the power of crystals with the ancient healing art of Reiki. This unique treatment is designed to balance and harmonize your chakras, promote deep healing, and leave you feeling refreshed, energized, and centered.

SOUND HEALING THERAPY *60 minutes* *from AED 750*

Sound healing therapy uses aspects of music to improve physical and emotional health and well-being. The sounds permeate our system, restoring harmony. Some people experience deep healing during sound therapy as the vibrations open, clear, and balance their chakras, releasing stuck energy. Sound healing helps reduce stress, balances, and clears the mind, and leads to a renewed sense of purpose, well-being, calm, and happiness.

MEDITATE AND BREATHE *60 minutes* *from AED 750*

Ground yourself while meditating and practicing mindful breathing. Feel the breeze from the beach or lush gardens and enhance your stay as you rediscover your inner peace.

FLOATING SOUND EXPERIENCE *60 minutes* *from AED 2000 privatized*

Explore the ultimate relaxation with our Floating Sound Experience. Immerse yourself in the tranquility of our indoor pool, surrounded by the soothing vibrations of crystal bowls. As you float weightlessly, allow the celestial sounds to wash over you, inducing a state of deep relaxation and rejuvenation.

Signature experience

SLEEP RITUAL *60 minutes* *from AED 750*

Begin with a sleep spritz and relaxing tea ritual while you enjoy a foot bath and massage. Followed by an aromatic breath exercise, the therapist will continue with a 20-minute back massage and complete the journey with a 20-minute scalp massage.

DETOX IMMUNE BOOSTING THERAPY *2 hours 30 minutes* *from AED 1490*

Iyashi Dôme | Face and Body Mask | Scalp Treatment | Body Massage

Boost your immunity and detox your body with this targeted ritual. The treatment begins with a body composition analysis, followed by an Iyashi Dôme session to deeply eliminate toxins, particularly heavy metals and fat reserves. The infrared rays relax your tensions while preparing your skin to fully benefit from the rejuvenating body mask. The ritual continues with an energizing full-body and scalp massage.

FITNESS

PERSONAL TRAINING *60 minutes*	*from AED 550*
TECHNOSHAPE SCULPTING WORKOUT *60 minutes*	*from AED 550*
MOBILITY STRECTHING *45 minutes*	*from AED 350*
THAI STRECTHING ON MAT *60 minutes*	*from AED 700*
AERIAL YOGA *60 minutes*	*from AED 750 privatized*
PRIVATE YOGA *60 minutes*	*from AED 550*

TENNIS & PADEL

COURT RENTAL *60 minutes*	*AED 300*
PRIVATE LESSON *60 minutes*	*AED 600*

POOLSIDE WELLNESS TAPAS

Discover our Poolside Wellness Tapas at the outdoor pool.



THE

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