

AWAKEN

ATLANTIS THE ROYAL

THE A-LIST

MASSAGE & ENERGY THERAPIES

	DURATION	AED
AWAKEN Massage	1 hour 30 minutes	960
	1 hour	760
AWAKEN Chakra Balance	1 hour 30 minutes	960
AWAKEN Hypno-Healing	1 hour	760
AWAKEN Energy Therapy	1 hour	760

THE LOCAL LIST

AUTHENTIC ARABIC INFUSIONS

Desert Sand & Date Sugar Infusion	1 hour	760
Gulf Salt & Moringa Leaf Infusion	1 hour	760
Desert Duo	2 hours	1,520
Gulf Duo	2 hours	1,520

WELLNESS À LA CARTE

MASSAGE THERAPIES

The Golden Hour	1 hour 30 minutes	1,200
Massages Of The World	1 hour 30 minutes	960
<i>(Balinese, Thai, Ukrainian, Indian, Philippine Hilot or Russian)</i>	1 hour	760
Holistic Marma Massage	1 hour 30 minutes	960
Deep Tissue Cryo Massage	1 hour 30 minutes	960
Sports Recovery Massage	45 minutes	580
<i>(Upper Or Lower Body)</i>		

COUPLE WELLNESS

Sweet Love	2 hours	2,880
Twin Flame	2 hours 30 minutes	3,480
The One	3 hours	3,980

FAMILY WELLNESS

Family Bond Ritual - Per Person	1 hour 30 minutes	1,080
Family Massage Therapy - Per Person	1 hour	760
	1 hour 30 minutes	960
Soon-To-Be / New Parents Massage	1 hour	760
Teen Spa Massage	1 hour	760
Teen Spa Facial	1 hour	780

SKIN HEALTH

ADVANCED

The Face Method With Hydrafacial MD	1 hour 30 minutes	1,320
The Classic Hydrafacial MD	1 hour	1,080
The Booster Hydrafacial MD	30 minutes	680
The Back Method With Hydrafacial MD	30 minutes	680
Hydrafacial MD Series	3 sessions	1,980

FOR THE FACE

Royal Gold Facial	1 hour 30 minutes	1,080
Cryo Brightening	1 hour 30 minutes	980
Holistic Facial	1 hour 30 minutes	980
<i>(Age-Defy, Purify or Hydrate)</i>		
The Method By Augustinus Bader	1 hour	880
Sturmglow	1 hour	780
Skin Tones	1 hour	780

FOR HIM

Cryo Energy	1 hour 30 minutes	980
Anti-Aging	1 hour	780

FOR THE BODY

Cryo Cellulite Treatment	1 hour	880
The Body Method By Augustinus Bader	1 hour	880
Detox Body Buff & Wrap	1 hour 15 minutes	850
After-Sun Soother	45 minutes	580

All prices are quoted in UAE Dirhams and are inclusive of 7% municipality fee, 10% service charge and 5% VAT where applicable.
Prices are subject to change without prior notice.

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HAMMAM SENSORIUM DURATION AED

BATHHOUSE COLLECTION

The Royal Sensorium	2 hours	1,460
The Golden Goddess	1 hour 30 minutes	980
The Elements Hammam	1 hour	760
Men's Meteorite Hammam	1 hour	760
AWAKEN Bathhouse Culture	1 hour	760
Teen Hammam Therapy	1 hour	760

AWAKEN MOMENTS

MICRO MOMENTS

Instant Glow Facial	45 minutes	580
Back, Neck & Shoulder Massage	45 minutes	580
Head, Scalp & Neck Massage	45 minutes	580
Foot Reflex Massage	45 minutes	580
<i>Instant VIP - Upgrade</i>	30 minutes	620

MACRO MOMENTS

Supercharged Wellness	Half-day Well-cation	2,220
Holistic Detox	3 hours	2,160
The Royal Treatment	2 hours 30 minutes	2,220
Night Queen	2 hours	1,460
Recovering Traveller	2 hours	1,460

AWAKEN IN-ROOM

IN-ROOM SERVICES

In-Room Massage	1 hour 30 minutes	1,920
	1 hour	1,520
In-Room Facial	1 hour 30 minutes	1,960
	1 hour	1,560

FITNESS À LA CARTE DURATION AED

PHYSICAL & MENTAL FITNESS

Personal Training - For One	1/5/10 Sessions	320/1,440/2,560
Personal Training - For Two	1/5/10 Sessions	600/2,700/4,800
PNF Assisted Stretching	45 minutes	220
Stretch Pod	30 minutes	160
Studio Classes	45 minutes	180
Aquatic Classes	45 minutes	180

SPIRITUAL & EMOTIONAL FITNESS

Guided Meditation		
For One Person	45 mins	240
Group Class	45 mins	180
Yoga & Bodywork		
For One Person	45 mins	240
Group Class	45 mins	180
Sound Healing Session		
For One Person	45 mins	240
Group Class	45 mins	180

ASSESSMENTS

Body Composition Testing	15 mins	Complimentary
Functional Fitness Analysis	30 mins	120

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