



Rejuvenate your body, mind and soul...



Take a deep breath and relax amid the palatial surrounds of Elixir Spa.....

Elixir (life) is more as a sanctuary from today's hectic lifestyle than simple health facilities.

Our Spa is definitely more than the sum of certified therapists, a carefully selected treatment menu and well equipped facilities. It is a place to relax and rejuvenate and take a moment for yourself, a place that appeals to all your senses, and creates an ambiance and an atmosphere, providing a sense of retreat, where one can escape from daily cares.

You can walk into Elixir's Spa feeling sore, tense and stressed and hours later, walk out a different person.

We aim to make our guests live an unforgettable Spa experience.





Arrival Time

Please check in at the Spa Reception at least 15 minutes prior to your scheduled appointment. Arriving late will result in a reduction of treatment time.

Cancellation Policy

Because treatments are reserved especially for you, appointments cancelled with less than 6 hours notice will incur a cancellation fee of 50% of the reserved treatment cost or AED 190 per hour per person if no treatments have been selected. The full reserved treatment cost of AED 380 per hour per person will be imposed for a "no-show".

Payment

Cash and all major Credit Cards are accepted.

Refund

Spa treatments and Spa memberships are non-refundable, non-transferable and non-exchangeable unless otherwise stated.

Spa Protocol

We kindly request that Mobile Phones be turned to silent mode and that the noise be kept to a minimum to allow all guests to enjoy the serenity of the Spa. Children under 15 years are not permitted in the Spa. Smoking and consumption of any alcoholic substance is not allowed.

Special Considerations

Before undertaking Spa treatments, please consult your health practitioner if you have any medical conditions such as high blood pressure, heart condition or any other medical complication. Guests are asked to complete a health questionnaire. Please advise reception if you have any health issues or concerns.

Contact Lenses

We recommend you to remove your contact lenses before your facial treatment. Please bring your own case and solution for lenses.

Valuables

Jewelry and valuables may be placed in secure drawers in the treatment rooms; however we recommend that no jewelry be worn in the Spa. The Management accepts not responsibility for the loss of money or valuables brought to the Spa.

Accidents or Injuries

Elixir Spa shall not be liable for any accident or injury suffered by any member or guest.

Extra Time

We offer private changing and showering facilities in each of our treatment rooms,. In addition to your treatment time, we allow 15 minutes for changing and showering. Extra time is charged at AED 90 for each 15 minutes or part thereof. Please let us know in advance if you require extra showering or changing time so that we may reserve your room.



Elixir Signature Treatments

Body Massage

Elixir Deep Tissue Massage (60 / 90 mins)

AED 480 / AED 620

Deep tissue massage uses firm pressure and slow strokes to reach deeper layers of muscle and fascia (the connective tissue surrounding muscles). It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

Elixir Swedish Massage (60 / 90 mins)

AED 480 / AED 620

Refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart. It involves the use of kneading, stroking, friction, tapping, and vibration and may provide relief from stiffness, numbness, pain, constipation, and other health problems.

Elixir Aromatherapy Massage (60 / 90 mins)

AED 480 / AED 620

Aromatherapy massage uses mostly relaxing, stroking movements, known as effleurage, along with some kneading and some frictions. The more energetic petrissage and the massage needs to be soothing! The therapists will also include finger pressures into the treatment at various acupressure points.

Traditional Thai Massage (60 / 90 mins)

AED 480 / AED 620

Traditional Thai massage uses no oils or lotions. The recipient remains clothed during a treatment. There is constant body contact between the giver and receiver, but rather than rubbing on muscles, the body is compressed, pulled, stretched and rocked. Relieve aching muscles and promotes relaxation.



Elixir Signature Treatments



Thai Herbal Ball Hot Compress Massage (90 mins)

AED 720

The Thai Herbal Compress technique offers several potential health benefits: It induces deep relaxation, relieves stress and fatigue, boosts both emotional and physical well-being, assists alignment and postural integrity of the body, improves circulation of blood and lymph and stimulates the internal organs. The hot compresses are ideal for alleviating pain, stiff, sore or pulled muscles and ligaments, chronic back aches, arthritis, even skin conditions, migraines and chronic stress or anxiety. The blend of traditional Thai herbs used in these compresses has a relaxing and invigorating effect on the body and mind, soothing sore and overworked muscles while giving the body's energy reserves a huge boost.

Hot Stone Therapy Massage (90 mins)

AED 720

Hot stone massage is a specialty massage where the therapist uses smooth, heated stone as an extension of his or own hands, or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles.

Maternity Massage (60 / 90 mins)

AED 480 / AED 620

Pregnancy massage specifically tailored to expectant mother's need. It's also called pre- natal massage

The mother's body should be fully positioned. And supported during massage using pillows and paddings .Proper positioning ensures comfort for safety of mother and baby.

Elixir Foot Reflexology (45 mins)

AED 380

Focused pressure technique, usually directed at the feet or hands. It is based on the premise that there are zones and reflexes on different parts of the body which correspond to and are relative to all parts, glands and organs.

Body Scrub and Exfoliating Treatments



Elixir Dead Sea Scrub and Mud Wrap (90 mins)

AED 650

Dead Sea Salt is wonderfully therapeutic, especially when mixed with essential oils. Psoriasis and Eczema are effectively treated with the use of Dead Sea salt products, along with other general skin disorders. Dead Sea Salt is also soothing for tired and aching muscles.

Sugar Scrub (60 mins)

AED 450

Sugar scrub hydrates your skin because the sugar is combined with oil and often an aromatic and uplifting essential oil. Remove the outermost layer of dead skin cells, without causing pain.

Lemongrass Salt Scrub (60 mins)

AED 450

Containing an abundance of minerals and trace elements which are vital for youthful and healthy looking skin, sea salt is mixed with lemongrass- blend oil to deeply cleanse, buff roughness away and stimulate circulation while creating warm in the body.





ELIXIR LUXURY SPA PACKAGES



The Royal Treatment (165 mins)

AED 1,000

Enjoy the lavished style of our royal treatment.

Steam bath removed the toxins from skin and opening the pores and help clean the outer skin follow with the body scrub of your choice to look vibrant and youthful, eliminate dead skin cells. Experience the holistic healing of physical body soul, healing with scent of aromatic body massage makes you feel relax and stress free.

The Oriental Experience (150 mins)

AED 890

Experience 90 min Thai herbal ball compress massage.

To release your body from muscle pain, relaxation and detoxify your skin. 60 min of Eminence citrus deep cleaning facial.

Spa Natural Bliss (90 mins)

AED 550

Exfoliating your skin with a body scrub of your choice to remove dead skin cells, relaxing your body for the medium to firm pressure of Swedish massage.



Facials

CITRUS C DEEP CLEANSING FACIAL – PORE DECONGESTING TREATMENT (60 mins)

AED 550

This facial offers a great exfoliation; hydration and a deep-deep pore cleanse using pure vitamin C from fresh pink grapefruit, lime and grapes. Calming Coupe rose C Serum will soothe the skin after extractions, while healing herbs will repair and brighten the skin. Highly recommended for those with oily or congested skin this treatment will keep your skin smooth and healthy preventing future breakouts and congestion.

SWEET RED ROSE FACIAL (AROMATHERAPY FACIAL) (60 mins)

AED 550

In this gentle facial treatment, hand-picked velvety Bulgarian rose petals, Hibiscus & Calendula flowers will soothe and hydrate even the most sensitive & delicate skin. Natural anti-inflammatory ingredients will heal the skin after extractions. The soothing crushed sweet red rose petals nourish and plump dehydrated layers of skin during a comforting massage. Skin Indications: sensitive, irritated, dehydrated.

ORGANIC AHA PAPRIKA FACIAL – HOT 'N' COLD SIGNATURE FACIAL! (90 mins)

AED 650

The Éminence paprika treatment offers a truly exquisite facial with products that are so natural you can see the fresh fruit pulp, seeds and smell the fresh herbs. It includes cleansing, exfoliation and a unique paprika masque along with a relaxing facial massage to smooth fine lines and relax both mind and body. The tingling hot sensation of this uncommon facial is cooled with the application of a chilled Stone Crop Masque, helping to detoxify, oxygenate and renew the skin.

EIGHT GREENS FIRMLING FACIAL – A WOMAN'S BEST FRIEND! (90 mins)

AED 680

The Eight Greens range combines the natural properties of estrogen derived from Yucca plant with antioxidants and oxygenating ingredients, for a firm, fresh and smooth skin. As we age, our estrogen level depletes and we experience skin imbalance. The phytoestrogen will come to regulate the oil and collagen production in our skin, making this a revitalizing, balancing anti aging facial.

ELIXIR NAIL BAR



Elixir Spa Manicure (60 mins)	AED 200
Elixir French Manicure (60 mins)	AED 250
Express Manicure (30 mins)	AED 110
Elixir Spa Pedicure (60 mins)	AED 270
Express Pedicure (30 mins)	AED 130
Polish Upgrade (45 mins)	AED 50





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