

THE A-LIST

THE A-LIST	DURATION	AED	
		WEEKDAY	WEEKEND
MASSAGE & ENERGY THERAPIES			
AWAKEN Massage	1 hour 30 mins	1,020	1,120
	1 hour	820	970
AWAKEN Chakra Balance	1 hour 30 mins	1,020	1,120
AWAKEN Hypno-Healing	1 hour 15 mins	920	1,020
AWAKEN Reiki Energy Therapy	1 hour	820	970
AWAKEN Couple's Massage	1 hour 30 mins	2,040	2,240
	1 hour	1,640	1,940

THE LOCAL LIST

AUTHENTIC ARABIC INFUSIONS			
Desert Sand & Date Sugar Infusion	1 hour	760	910
Gulf Salt & Moringa Leaf Infusion	1 hour	760	910
Desert Duo	2 hours	1,580	1,780
Gulf Duo	2 hours	1,580	1,780

THE GOLD LIST

24KT GOLD EXPERIENCES			
Golden Hour Massage	1 hour 30 mins	1,200	1,300
24KT Gold Age-Defying Facial	1 hour 30 mins	980	1,180
	1 hour	830	930
Royal Gold Journey	2 hours 30 mins	2,200	2,400

WELLNESS À LA CARTE

MASSAGE THERAPIES			
Deep Tissue Massage	1 hour 30 mins	1,080	1,180
	1 hour	880	1,030
Deep Tissue & Hypervolt Massage	1 hour 30 mins	1,180	1,280
Massages Of The World	1 hour 30 mins	1,020	1,120
	1 hour	820	970
Holistic Marma Massage	1 hour 30 mins	1,020	1,120
Lymphatic Massage	1 hour	820	970
Restore Aromatic Massage	1 hour 30 mins	1,020	1,120
	1 hour	820	970

COUPLE WELLNESS

Sweet Love	2 hours	3,360	3,560
Twin Flame	2 hours 30 mins	3,880	4,080
The One	3 hours	4,280	4,480

FAMILY WELLNESS

Family Bond Ritual - pp	1 hour 30 mins	1,080	1,180
Family Massage Therapy - pp	1 hour 30 mins	1,020	1,120
	1 hour	820	970
Soon-To-Be/New Parents Massage	1 hour	820	970
Teen Spa Massage	1 hour	820	970
Teen Purify & Balance Facial	1 hour	880	1,030

SKIN HEALTH

ADVANCED FACE			
The Ultimate Hydrafacial	1 hour 30 mins	1,320	1,420
The Classic Hydrafacial	1 hour	1,080	1,230
Advanced Holistic Biotech Facial	1 hour 30 mins	1,050	1,200
	1 hour	900	1,000
Wild Kashmir Purifying Facial - with extraction	1 hour 30 mins	1,180	1,280
	1 hour	1,080	1,230
The Method, Augustinus Bader	1 hour	980	1,130
Rose Radiance	1 hour	880	1,030

FOR THE BODY

Cryo Cellulite Treatment	1 hour	880	1,030
Rasayana Detox Body Polish	1 hour	500	600
Rasayana Detox Body Purification	1 hour 15 mins	590	690
After-Sun Soother	45 mins	680	830
Cryo Air Therapy	Add-On	120	170
Hypervolt Percussive Therapy	Add-On	120	170
Celluma Led Light Therapy	Add-On	120	170
The Hydrafacial Eye or Lip Perk	Add-On	380	430
The Hydrafacial Neck & Decollete Perk	Add-On	500	600

HAMMAM SENSORIUM	DURATION	AED		FITNESS À LA CARTE	DURATION	AED	
		WEEKDAY	WEEKEND			WEEKDAY	WEEKEND
The Royal Sensorium	2 hours	1,880	2,080	PHYSICAL & MENTAL FITNESS Personal Training - <i>for one</i> PNF Assisted Stretching Mat Pilates Personal Training - <i>for one</i> Studio Classes Aquatic Classes	1 session	380	430
The AWAKEN Hammam	1 hour	920	1,020		5 sessions	1,520	1,520
The Elements Hammam	1 hour	920	1,020		10 sessions	3,040	3,040
					45 minutes	220	370
					1 session	380	430
					45 minutes	220	270
					45 minutes	220	270
AWAKEN MOMENTS				EMOTIONAL & SPIRITUAL FITNESS			
MACRO MOMENTS				Yoga & Bodywork - <i>for one</i>	45 minutes	320	370
Supercharged Wellness - <i>half day package</i>	half day wellcation	2,220	2,470	Yoga Nidra Sleep Therapy - <i>for one</i>	45 minutes	320	370
Holistic Detox & Adrenal Boost	2 hours	1,200	1,400	Guided Meditation - <i>for one</i>	45 minutes	320	370
Sleep Well, Awaken Well	2 hours	1,680	1,880	Sound Therapy - <i>for one</i>	45 minutes	320	370
Self Love	2 hours	1,680	1,800	Yoga / Meditation	45 minutes	180	220
Skin Biome Reset & Restore	2 hours	1,380	1,580	Sound Therapy Classes	45 minutes		
MICRO MOMENTS				ASSESSMENTS			
Back, Neck & Shoulder Massage	45 minutes	620	670	Body Composition Testing	15 minutes	-	-
Foot Reflex Massage	45 minutes	620	670	Functional Fitness Analysis	30 minutes	120	120
The Back or Scalp Hydrafacial	30 mins	680	730				
Instant VIP - <i>upgrade</i>	30 minutes	680	730				
	1 hour	1,000	1,100				
AWAKEN IN-ROOM							
IN-ROOM SERVICES							
In-Room Massage	1 hour 30 mins	1,920	2,140				
	1 hour	1,520	1,790				
In-Room Facial	1 hour 30 mins	1,960	2,260				
	1 hour	1,560	1,910				

Fitness facilities and services are exclusive to in-house guests.

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.

Weekdays are Monday to Thursday, while weekends are Friday to Sunday. Public holidays follow weekend pricing.