

AWAKEN

ATLANTIS THE ROYAL

THE A-LIST

MASSAGE & ENERGY THERAPIES

	DURATION	AED
AWAKEN Massage	1 hour 30 minutes	1,020
	1 hour	820
AWAKEN Chakra Balance	1 hour 30 minutes	1,020
AWAKEN Hypno-Healing	1 hour 15 minutes	920
AWAKEN Reiki Energy Therapy	1 hour	820
AWAKEN Couple's Massage	1 hour 30 minutes	2,040
	1 hour	1,640

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	1,580
Gulf Duo	2 hours	1,580

THE GOLD LIST

24KT GOLD EXPERIENCES

Golden Hour Massage	1 hour 30 minutes	1,200
Royal Gold Facial	1 hour 30 minutes	1,200
Royal Gold Journey	2 hours 30 minutes	2,200
Golden Cloud Hammam	1 hour	1,000
Golden Cloud Couple's Hammam	2 hours 30 minutes	4,840

WELLNESS À LA CARTE

MASSAGE THERAPIES

Deep Tissue Massage	1 hour 30 minutes	1,080
	1 hour	880
Massages Of The World	1 hour 30 minutes	1,020
	1 hour	820
Holistic Marma Massage	1 hour 30 minutes	1,020
Lymphatic Massage	1 hour	820
Cryo Air Therapy	Add-On	120
Hypervolt Percussive Therapy	Add-On	120
Celluma Led Light Therapy	Add-On	120

COUPLE WELLNESS

Sweet Love	2 hours	3,360
Twin Flame	2 hours 30 minutes	3,880
The One	3 hours	4,280

FAMILY WELLNESS

Family Bond Ritual - <i>per person</i>	1 hour 30 minutes	1,080
Family Massage Therapy - <i>per person</i>	1 hour	820
	1 hour 30 minutes	1,020
	1 hour	820
Soon-To-Be or New Parents Massage	1 hour	820
Teen Spa Massage	1 hour	820
Teen Spa Facial	1 hour	880

SKIN HEALTH

ADVANCED

The Ultimate Hydrafacial	1 hour 30 minutes	1,320
The Classic Hydrafacial	1 hour	1,080
The Back or Scalp Hydrafacial	30 minutes	680
The Eye or Lip Perk		380
Holistic Purifying Facial - <i>with extractions</i>	1 hour 30 minutes	1,180
Cryo Brightening Facial	1 hour	1,080
Cryo Cellulite Treatment	1 hour	880

FOR THE FACE & BODY

The Method, Augustinus Bader	1 hour	980
Sturmglow	1 hour	880
Skin Tones	1 hour	880
Anti-Aging For Him	1 hour	880
Rose Radiance	1 hour	880
After-Sun Soother	45 minutes	680

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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AWAKEN MOMENTS			FITNESS À LA CARTE		
	DURATION	AED		DURATION	AED
MICRO MOMENTS			PHYSICAL & MENTAL FITNESS		
Instant Glow Facial	45 minutes	680	Personal Training - <i>for one</i>	1 session	380
Back, Neck & Shoulder Massage	45 minutes	620		5 sessions	1,520
Head, Scalp & Neck Massage	45 minutes	620		10 sessions	3,040
Foot Reflex Massage	45 minutes	620	PNF Assisted Stretching	45 minutes	220
Instant VIP - <i>upgrade</i>	30 minutes	680	Stretch Pod	30 minutes	220
MACRO MOMENTS			Studio Classes	45 minutes	220
Supercharged Wellness - <i>Half Day Package</i>	half day wellcation	2,220	Aquatic Classes	45 minutes	220
Holistic Detox	3 hours	2,220	EMOTIONAL & SPIRITUAL FITNESS		
Dream Catcher	2 hours	1,680	Yoga & Bodywork - <i>for one</i>	45 minutes	320
Self Love	2 hours	1,680	Yoga Nidra Sleep Therapy - <i>for one</i>	45 minutes	320
AWAKEN IN-ROOM			Guided Meditation - <i>for one</i>	45 minutes	320
IN-ROOM SERVICES			Sonic Meditation With Dolphins - <i>per person</i>	45 minutes	380
In-Room Massage	1 hour 30 minutes	1,920	Sound Therapy - <i>for one</i>	45 minutes	320
	1 hour	1,520	<i>Sound Journey through the Elements</i>		
In-Room Facial	1 hour 30 minutes	1,960	<i>Relax & De-stress</i>		
	1 hour	1,560	<i>Balance & Release</i>		
HAMMAM SENSORIUM			<i>Heart to Heart - Couple / Family Healing - per person</i>		
The Royal Sensorium	2 hours	1,880	Meditation / Yoga / Sound Healing Classes	45 minutes	220
The Elements Hammam	1 hour	920	ASSESSMENTS		
The Meteorite Hammam	1 hour	920	Body Composition Testing	15 minutes	0
The AWAKEN Hammam	1 hour	920	Functional Fitness Analysis	30 minutes	120
The Hypnotic Hammam	1 hour	920			
The Hypnotic Hammam For Couples	2 hours 30 minutes	4,440			

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