

*One&Only*

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RELAX



AUTHENTIC REVITALISATION

At One&Only Royal Mirage, our wellness experiences blend timeless rituals with the highest levels of luxury.

A serene haven dedicated to your well-being, One&Only Spa invites you to rebalance and recharge. Step away from the everyday and indulge in a moment crafted solely for you.







## SIGNATURE TREATMENTS

Our exclusive Signature Treatments are uniquely crafted for One&Only Royal Mirage, blending traditional techniques with modern innovation for a deeply personalized experience.

### TRADITIONAL HAMMAM EXPERIENCE

60 minutes

Immerse yourself in our traditional Hammam experience, where warm steam sessions prepare your skin for a deep cleanse with traditional black soap, followed by an invigorating 'Loofah' body scrub.

### ROYAL HAMMAM

90 / 120 minutes

Indulge in the ultimate Arabian ritual, beginning with a deep cleanse using traditional Moroccan black soap and exfoliation with a Loofah. Next, experience the nourishing benefits of a 'Ghassoul' wrap and a soothing white clay face mask. Your therapist will then apply green tea shampoo and conditioner, completing this head-to-toe cleansing ceremony. Finish with a relaxing Shea Butter massage on a warm marble slab, leaving you feeling deeply cleansed, nourished, and utterly relaxed.

### INDULGENT HAMMAM BY MAROCMAROC

90 minutes

Embark on a sensory journey with MarocMaroc, where the richness of argan, the majesty of the rose, and the essence of almond blossoms come together to offer you a truly authentic and traditional experience. Indulge in the timeless beauty of Moroccan rituals, designed to awaken your senses and rejuvenate your spirit.

### GOLDEN HAMMAM

60 / 90 minutes

Experience the ultimate Eastern beauty ritual with our exquisite Golden Hammam. Begin with a deep cleanse using eucalyptus black soap in the steam room, followed by an invigorating Kessa glove exfoliation. Nourish your skin with Rassoul, shea butter, and honey, and indulge in a golden facial with a gold honey masque and anti-aging cream.

Extend your journey to 90 minutes with a relaxing full-body massage, enhanced by aromatic oils for complete rejuvenation.



## ONLY BODY

Indulge in our relaxing body treatments designed to rejuvenate, detoxify, and restore, leaving you feeling renewed from head to toe.

### NATURE'S RESONANCE EXPERIENCE

70 / 100 minutes

Created exclusively for One&Only Resorts, Nature's Resonance by ESPA is a uniquely developed spa experience built upon two pillars: eco-therapy and vibrational energy. The immersive treatment draws on the beneficial powers of binaural beats, the Solfeggio scale, and the natural rhythms of Arabia, to harness the positive energy of the earth's vibrations. Restore harmonious balance between nature and the inner you.

Immerse yourself in a sensory journey where rhythmic soundscapes blend seamlessly with flowing massage movements, guiding you into a deeply soothing state. This transformative experience leaves you feeling balanced, connected, and in harmony with yourself and the natural beauty that surrounds you.

### ESSENCE OF ARABIA

120 minutes

Purify and rejuvenate your body and mind with this deeply cleansing ritual. Enjoy a full body exfoliation, followed by a nourishing wrap and personalized aromatherapy massage, complemented by a revitalizing scalp massage. Experience refreshed, smooth skin as toxins are eliminated, tension is released, and you emerge feeling re-energized and revitalized.

### PRE & POST NATAL MASSAGE

60/90 minutes

Embrace the changes in your body and calm your mind with this soothing, tailored treatment. Customized to your needs and stage of pregnancy, the purest, most gentle formulas nurture your skin, while an expert massage eases tight, tender muscles, leaving you in a state of blissful relaxation.

### HOLISTIC BODY RITUAL

120 minutes

Bring harmony to your mind and body with a truly holistic experience. Enjoy a full body exfoliation, a warming hot stone massage, a soothing scalp massage, and a rejuvenating facial, all designed to relieve tired muscles, strengthen your body, and awaken your senses. Tailored to your unique needs, this experience will leave you feeling comforted and balanced.

### BODY WRAP

60 minutes

Purify your body or deeply replenish your skin with a personalized body wrap, designed to reveal instant results. Choose from detoxifying algae or nourishing Marine Mud to leave your skin refined, toned, and beautifully radiant. A soothing scalp massage completes the experience, enhancing your relaxation.







## ONLY FACE

Experience radiant skin with our tailored facials, using advanced techniques and premium ingredients to achieve a glowing, youthful complexion.

### VEGAN FACIAL

90 minutes

ESPA's revitalizing treatment combines a Gua Sha massage for enhanced radiance. Lethargic skin gets a boost with the power of Gua Sha, promoting blood flow and nutrient delivery. Experience the glow with Overnight Glow Enzyme Peel, Gua Sha massage, and a Clean & Green Detox mask.

### PERSONALIZED FACIAL

60/90 minutes

Experience instant renewal with our tailored Tri-Active™ facial. Skin looks clear, quenched, and naturally beautiful. Includes skin analysis, triple cleanse, exfoliation, facial massage, personalized mask, soothing scalp massage, and extraction (if needed).



#### PURIFYING GLOW HYDRAFACIAL

30 minutes

Indulge in a rejuvenating experience that deeply cleanses, extracts impurities, and hydrates your skin. Potent serums rich in antioxidants, peptides, and hyaluronic acid work to refresh and nourish your complexion, leaving you feeling revitalized.

#### REJUVENATING HYDRAFACIAL

60 minutes

Revitalize your tired skin with a rejuvenating HydraFacial™ combined with the power of ESPA's natural skincare. Begin with a personalized deep cleanse, followed by exfoliation and extraction to purify your skin. Next, indulge as your skin is bathed in antioxidant rich solutions and deeply hydrating Hyaluronic Acid. A targeted Multi-Peptide Dermabuilder smooths lines and wrinkles, while red or blue LED light therapy addresses specific skin concerns, leaving you with a radiant, refreshed glow. Specially chosen ESPA serums and moisturizers will leave the complexion smooth and radiant.

#### ULTIMATE HYDRAFACIAL

90 minutes

Instantly refresh and revive your skin with a luxurious HydraFacial™ enhanced by ESPA's natural skincare. Begin with facial lymphatic drainage to kick-start detoxification, followed by a deep cleanse, exfoliation, extraction, and hydration. Your skin will be infused with rich antioxidants, deeply hydrating Hyaluronic Acid, and Multi Peptides. Afterward, enjoy a personalized ESPA facial mask, finishing with red or blue LED light therapy to target redness, hyperpigmentation, or breakouts. Calming ESPA serums and nourishing moisturizers leave your skin plump, radiant, and revitalized.

#### SIGNATURE HARLEY STREET FACIAL

60 minutes

Revitalize and heal your skin with our high-performance facial, designed to neutralize free radical damage using potent antioxidants. This treatment features a double clinical cleanse and a deep tissue muscle massage, infused with 111SKIN's signature NAC Y2 complex – the powerful Dramatic Healing Serum formula – to strengthen the skin's lipid barrier and soothe irritation. Ideal for all skin types.

#### DE-PUFFING FACIAL WITH CRYO GLOBES

60 minutes

Re-energize and rejuvenate your skin with this revitalizing treatment, designed to boost microcirculation and reduce puffiness. By increasing oxygen flow, it brightens and firms your complexion, leaving your skin looking radiant and refreshed. Ideal for combating the effects of pollution, this treatment includes a soothing Cryo Globes massage to sculpt and contour your face, perfect for tired or stressed skin.

#### CELESTIAL BLACK DIAMOND LIFT FACIAL

90 minutes

Firm, lift, and tighten your skin with our most advanced anti-wrinkle facial, featuring 111SKIN's potent Intensive Collection to promote a youthful, sculpted look. This comprehensive treatment includes an accelerated peel and antioxidant rich formulas, enhanced by diamond absorption to reduce pigmentation and brighten the complexion. A smoothing wand and signature massage work together to minimize deep lines, sculpting your face along its natural contours for a visibly firmer and more lifted appearance. Perfect for those seeking a radiant, youthful glow.



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## MASSAGES

Relax and unwind with our soothing massages, each designed to relieve tension, restore balance, and promote deep relaxation.

### AROMATHERAPY MASSAGE

60/90 minutes

Quieten your mind, release tension, and nourish your skin with a holistic, deeply restorative experience. Tailored to your physical and emotional needs, specially selected aromatherapy blends work to relax, cleanse, or energize, while an advanced massage eases muscle tension and soothe anxiety. You'll leave feeling balanced, re-energized, and restored to a state of inner calm.

### SWEDISH MASSAGE

60/90 minutes

Revive your body and uplift your spirit with an invigorating massage designed to work where you need it most. Combining traditional Swedish techniques with pure, nourishing oils, this treatment boosts circulation, relieves tight, aching muscles, and reawakens your body from head to toe.

### HOT STONE MASSAGE

60/90 minutes

Experience lasting relaxation for both mind and body with this aromatherapeutic journey. A personalized hot stone massage melts away deep muscle tension, while pure aromatic essential oils calm the mind, relieve stress, and recharge your spirit, leaving you feeling completely rejuvenated.

### DEEP MUSCLE MASSAGE

60/90 minutes

Restore comfort, flexibility, and ease of movement with an intensely effective massage. Combining active stretching and targeted massage using expertly blended aromatherapy oils, this treatment relieves deep-seated tension in your neck, shoulders, and back. Muscular pain is reduced, leaving you feeling stronger, more energized, and rejuvenated.

### THAI MASSAGE

60/90 minutes

Inspired by ancient healing traditions, experience an ancestral dry massage that combines intense stretching with deep pressure point techniques to energize your body's flow and release physical tension. You'll emerge feeling revitalized and free from stress.

### LYMPHATIC FLOW RENEWAL

60/90 minutes

Experience a specialized body treatment that employs advanced massage techniques to tone and firm your skin. The journey begins with body brushing to stimulate circulation, followed by a lymphatic drainage massage to help eliminate toxins. The experience concludes with a stimulating massage that revitalizes your mind and tones your skin, enhancing lymph flow throughout.

### TIBETAN SOUND MASSAGE

60/90 minutes

Soothe away stress and reconnect with the present moment through this holistic and blissfully re-balancing experience. Unique in every way, it combines sound exercises with deeply therapeutic massage to release both physical and emotional tension, relax your mind, and restore a positive spirit. Enjoy the calming effects of Tibetan singing bowls, sound exercises, a full body massage, and a soothing scalp massage for complete rejuvenation.





## COUPLE TREATMENTS

Reconnect and relax with our bespoke couple treatments, offering shared moments of blissful serenity in our private, tranquil suite.

### COUPLE HAMMAM TREATMENT

90 minutes

Indulge in a peaceful experience in a private, serene setting. Delight in a 60-minute Moroccan Hammam, immersing yourselves in fragrant steam, gentle exfoliation, and invigorating rinses. Afterward, unwind together with a 30-minute couples massage.

This exclusive retreat beautifully blends traditional Moroccan wellness rituals with soothing massage, rejuvenating both body and soul.

### OPTIMAL RELEASE

90 minutes

Experience the ultimate couple's retreat, starting with a 30-minute full-body scrub that exfoliates and invigorates your skin, followed by a 60-minute customized massage tailored to your individual preferences. Enjoy a rejuvenating journey together in a private couple's room, where you will both relish a perfect blend of exfoliation and massage designed to relieve stress and enhance your well-being.

### TOTAL HOLISTIC DUO RITUAL

120 minutes

Immerse yourselves in a journey of pure indulgence and connection. Enjoy a one-hour personalized massage, thoughtfully tailored to your individual needs, followed by a bespoke facial designed for two. This unique experience unfolds in a tranquil couple's room, providing an exquisite blend of relaxation and revitalization.





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## MICRO COLLECTION

Our express treatments deliver targeted results in minimal time, perfect for those seeking quick yet effective beauty and wellness solutions.

### POST-SUN SALUTATION

30 minutes

Calm, comfort, and hydrate sun-exposed skin with our restorative post-sun treatment. Experience a gentle exfoliation to cool your body and remove dead skin cells, if suitable. Then, indulge in a soothing wrap designed to restore hydration, reduce redness, and comfort your skin.

### BACK, NECK AND SHOULDER MASSAGE

35 minutes

Relax and relieve muscle tension with our localized back, neck, and shoulder massage. Using nourishing oils, this targeted treatment focuses on areas of stress, melting away knots and tightness.

### INSTANT FACIAL

40 minutes

Reveal a clear and refreshed complexion with our express facial, customized to your needs. Natural actives cleanse, rebalance, and hydrate, while aromatic oils relax your mind. Enjoy a skin analysis, double cleanse, exfoliation, personalized mask, and a soothing scalp massage.

### FOOT MASSAGE

60 minutes

Enhance your recovery with our reflexology foot treatment, designed to boost venous and lymphatic circulation while aiding in the elimination of toxins from muscle exertion. Experience a delightful lightness in your legs and feet, significantly alleviating muscle cramps and soreness.

### BODY SCRUB

35 minutes

Restore your skin's natural softness and radiance with our deeply exfoliating treatment. Perfect for prepping your skin for other therapies, a blend of natural exfoliants and pure oils remove dull, dry cells while delivering rich nourishment. Your skin will feel smooth and supple, looking vibrantly healthy thanks to ESPA's natural body polish and nutrient-rich body serum.

## HAIR SALON

Transform your look and embrace your unique style at our exquisite hair salon, where expert stylists and personalized services await to enhance your beauty and confidence. Experience the art of hair care in a relaxing atmosphere tailored just for you.

### LADIES

Shampoo & Cut

Shampoo, Blow & Dry

Shampoo, Cut & Blow Dry

Rollers

Hair Styling

Styling Advanced (Hair Up)

Hair Touch Up

Roots Colour

Hair Colour Corrector

Hair Colouring

Highlight/Low Light Half Head

Highlight/Low Light Full Head

Hair Straightening

Hair Treatment

Deep Hair Treatment

Protein Hair Treatment

Keratin Treatment

Hair Botox Treatment

Hair Extension

### GENTLEMEN

Wet Shave Only

Full Head Shave

Beard Design + Wet Shave

Gent's Hair Cut

### CHILDREN

Shampoo, Cut







## PEDI:MANI:CURE STUDIO

Bastien Gonzalez is renowned worldwide for his distinctive method of treating feet and hands. Drawing from his expertise as a French podiatrist, he has created exclusive treatments that seamlessly blend wellness and beauty for feet, nails, and hands.

### BASTIEN'S DUO

75 minutes

Experience the ultimate relaxation with this synchronized four-handed treatment that rejuvenates your nails, hands, feet, legs, and arms.

### BASTIEN'S PEDICURE

60 minutes

Experience a thorough pedicure that combines nail care, skin treatment to eliminate dryness, and a soothing massage from toes to legs to relieve tension.

### BASTIEN'S MANICURE

45 minutes

Experience an exceptional three-step manicure that includes cuticle and nail care, a natural beauty finish, and a thorough massage of your forearms, wrists, hands, and fingers.

### PARAFFIN TOUCH

20 minutes

Experience the soothing warmth of this silky wax, designed to enhance the absorption of moisturizers for deeper skin hydration.

### FOOT 'REFOUNDATION' MASSAGE

35 minutes

Indulge in a specialized treatment for your feet and legs, perfect for relieving tiredness after a long flight. A relaxing massage from toes to knees to enhance muscular flexibility, joint mobility, blood circulation, and skin elasticity.

### COLOUR TOUCH

20 minutes

Choose your favorite lacquer color from our selection, all free from formaldehyde, toluene, and DBP. The treatment includes nail reshaping.

### FRENCH TOUCH

30 minutes

A white line is applied to the nail tip, topped with a natural soft pink lacquer for a flawless French manicure. The treatment includes nail reshaping.



## PERSONAL TRAINING SESSION

45 / 60 minutes

Enjoy a personalized training session that's tailored just for you! Work one-on-one with a certified fitness trainer who will help you achieve your specific goals and needs.

## ASSISTED STRETCHING SESSION

30 minutes

Join our class to experience a wonderful balance of relaxation and energy! This full-body stretch helps you become more mindful of your body while safely increasing flexibility without any strain.

## CORE TRAINING SESSION

30 minutes

Experience the benefits of a core training session that focuses on enhancing your overall fitness and wellness. Strengthening your core muscles not only improves your posture and stability but also reduces the risk of injury.

## SHADOW BOXING

30 / 45 minutes

Join our shadow boxing session for a dynamic workout that combines punching and movement without the need for an opponent. This engaging exercise boosts your cardiovascular health, enhances coordination, and builds muscular endurance, making it a fun and effective way to stay fit.

## HIIT TRAINING

30 / 45 minutes

Experience HIIT (high-intensity interval training), where you push yourself to the max with quick bursts of intense exercise, followed by short recovery periods. This technique keeps your heart rate elevated, helping you burn more fat in less time while delivering an energizing workout.

## PRIVATE YOGA SESSION

60 minutes

Discover the benefits of Asanas (yoga postures), meditation, breathing techniques, and stretching. This practice, rooted in Indian tradition, emphasizes breath control, simple meditation, and the adaptation of specific body postures for enhanced well-being.

## SUSPENSION TRAINING

30 / 45 minutes

Transform your body weight into a personalized workout that grows with you. Suspension Training combines bodyweight exercises to build strength, balance, flexibility, and core stability all at once. Utilizing the TRX Suspension Trainer, this versatile tool harnesses gravity for effective performance training.

## TABATA TRAINING

30 / 45 minutes

Experience a timed interval workout that alternates between 20 seconds of maximum effort and 10 seconds of rest, repeated eight times for an intense four-minute challenge. This method pushes your limits for an ultimate fitness boost.

## SPORTS GUN MASSAGE

30 / 45 minutes

Revitalize your body and boost recovery with our exclusive Sports Gun Massage therapy. Ideal for fitness enthusiasts, athletes, or anyone needing relief from muscle tension and soreness, this specialized percussive therapy is designed to enhance your well-being.

## SPORTS TRADITIONAL MASSAGE

30 / 45 minutes

Experience the rejuvenating benefits of Sports Traditional Massage, a time-honored therapy that combines deep tissue techniques with ancient healing wisdom. Specifically tailored for athletes and active individuals, this massage enhances performance, accelerates recovery, and promotes overall wellness.





غرفة البخار ١  
Steam  
Room 1

#### ONE & ONLY SPA

Open daily from 9am to 9pm.

To make an appointment at our One&Only Spa, please inform the reception or get in touch with our Spa team at ext. 2140/2141.

#### ORIENTAL HAMMAM

Open daily from 9am to 9pm.

Ladies only: 9am to 1pm  
Mixed Gender: 1pm to 9pm

To make an appointment at our Oriental Hammam, please inform the reception or get in touch with our Hammam team at ext. 2130/2131.

#### HAIR SALON

Open daily from 10am to 8pm.

To make an appointment at the hair salon, please inform the reception or get in touch with our spa team at ext. 2130/2131.

#### PEDI:MANI:CURE BY BASTIEN GONZALEZ

Open daily from 10am to 8pm.

To make an appointment at the Bastien Studio, please inform the reception or get in touch with our spa team at ext. 2187.

#### FITNESS CENTER

Open 24/7 and attended daily by a fitness coach from 7am to 9pm.

To make an appointment at our Fitness Center, please inform the reception or get in touch with our fitness team at ext. 2130/2131.

#### EXTERNAL GUEST

A fee applies to use the facilities only.

#### CHECK-IN PROCEDURE

Guests are advised to arrive 15 minutes before their treatment is due to start. Any delays will result in reduced treatment times to avoid disruption to other guests.

#### AGE POLICY

Guests under 16 years can only receive manicure and pedicure. An adult same gender must always accompany minors and for the entire duration of the treatment. Massages and body treatments can only be received by guests of 16 years or older.

#### CANCELLATION POLICY

Cancellation of treatments less than 6 hours in advance and no show will be charged 100%. For further information please contact our One&Only Spa.

#### GIFT VOUCHERS

All gift vouchers follow applicable terms & conditions.

#### RESERVATIONS

Schedule your appointments two to five days in advance, to ensure a preferred treatment or therapist is available.

All reservations must be secured by a credit card and a valid telephone number.

#### GENDER POLICY

In accordance with the local cultural norms, treatments are exclusively administered by therapists of the corresponding gender. Only couple treatments can be performed by two female therapists.

#### HOTEL GUESTS

Receive complimentary access for One&Only Spa indoor plunge pool, steamed shower, sauna, relaxation, fitness studio and changing rooms.

**One&Only Spa**

1st Floor, Health & Beauty Institute, The Residence, Ext. 2140

**Oriental Hammam, Fitness Centre, Hair Salon**

Ground Floor, Health & Beauty Institute, The Residence, Ext. 2130

**Pedi:Mani:Cure By Bastien Gonzalez, Fitness Studio**

Ground Floor, The Palace, Ext. 2187



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