

AWAKEN

ATLANTIS THE ROYAL

YOU, UNLOCKED

Cleanse your body, clear your mind, lift your emotions and stir your spirit.

AWAKEN is a truly different holistic spa and wellbeing experience.

Achieve inner harmony in the most luxurious setting imaginable
and reveal the most powerful version of yourself.

Rouse your inner world.

AWAKEN.

PHILOSOPHY OF CHANGE

Each day is an opportunity to align with your higher self.
Each person's quest for wellbeing, health and happiness is unique.

At the heart of what we do is a deep belief in the power of authentic wellness experiences, focusing on holistic techniques and self-discovery, accelerated by high-tech therapies that help create meaningful change.

Our philosophy is simple: the epitome of wellness is the ability to maintain balance throughout change.

FREQUENCY TO ENHANCE WELLBEING

The four classical elements each resonate to one of your bodies –
be it physical, mental, emotional or spiritual.



Earth
Body



Fire
Mind



Water
Emotion



Air
Spirit



AWAKEN WELLNESS RANGE

Explore original core treatments from the AWAKEN A-List featuring the spa’s own holistic wellness range of aromatherapy, skin, and body care products, all produced in the UAE. AWAKEN’s wellness essences are selected for their high frequencies as much as for their distinct aroma for physical, mental, emotional and spiritual wellbeing.

All AWAKEN core products and brands are 100% vegan, cruelty free and have been created for wellness enthusiasts to aid in their journey.

AWAKEN’s therapists, who are the heart of the spa, are Reiki energy-healing certified and have completed training modalities in spatial medicine.

ELEMENTS RETREAT

Retreat within our spa facilities and relax your mind, body, emotions and spirit.

- ▶ Halotherapy Salt Cave
- ▶ Vitality Pool and Air Loungers
- ▶ Snow Fountain
- ▶ Alchemy Shower
- ▶ Aromatherapy Steam
- ▶ Charcoal Sauna
- ▶ Tepidarium Loungers
- ▶ Deep Relaxation Retreat
- ▶ Meditation Garden
- ▶ Plant-powered Refreshment Lounge



BRAND CURATION

AUGUSTINUS BADER

Inspired by over three decades of scientific innovation, Augustinus Bader's award-winning skincare is rooted in groundbreaking stem cell research. Its efficient formulas are powered by TFC8®, a proprietary cellular renewing technology clinically proven to help support the body's natural regenerative processes.

SUBTLE ENERGIES

Created with intent. Made to empower. The award-winning Australian-made aromatherapy wellness solution is backed by over 30 years of clinical research. The highly effective natural formulas deliver both performance results and empower one's physical, mental and emotional wellbeing.

KNESKO

KNESKO bridges science and spirituality with revolutionary GEMCLINICAL® skincare technology. Their collagen masks are charged with Reiki energy and infused with gemstones.

111 SKIN

Created by Dr. Yannis Alexandrides, a UK surgeon with over 20 years' experience, 111SKIN delivers professional products that address real life concerns and replicate in-clinic treatments using the most innovative ingredients for long-lasting results.

LA SULTANE DE SABA

Inspired by the enchantment of the senses and supernatural spaces, each certified organic product is deeply entrenched in the heritage and artisan traditions of wellbeing from Morocco & France with exquisite aromas that allow full sensory immersion.

EPICUTIS

The Science of Hydration: discover the power of Epicutis with TSC technology. Welcome to a minimalistic approach to skin care with anti-inflammatory properties ideal for sensitive, reactive skin where the complexity is in the ingredients and not how you use it.



THE A-LIST

MASSAGE AND ENERGY THERAPIES

AWAKEN MASSAGE

1 hour or 1 hour 30 minutes

Combining Swedish and aromatherapy massage styles with Reiki energy healing, your therapist works the major muscle groups while channeling positive energy flow to restore balance. You can select an AWAKEN massage oil that works for your immediate needs, and your preferred level of pressure in line with your element of choice.



Earth
Body

GROUNDING
Deep and focused
palm pressure to
release bodily tension



Fire
Mind

TRANSFORMATION
Invigorating pace to
help focus and clear
your mind



Water
Emotion

FLOWING
Flowing movements
and lighter pressure to
lift your emotions



Air
Spirit

CONNECTION
Rhythmical movements
and even pressure to
stir your spirit

AWAKEN CHAKRA BALANCE

1 hour 30 minutes

Our energy centres are powerful forces that when brought into harmony, align to unlock our true potential. Choreographed purposeful movements are combined with vibrational attunement to specific sound frequencies via tuning forks to clear and heal energetic debris and stagnant energy. This unique tune-up is a sensory experience with the combination of a massage and chakra balancing.

AWAKEN HYPNO-HEALING

1 hour 15 minutes

Reset your mind with this hypnotic experience comprising a full body massage with a powerfully mindful meridian head massage complete with sound immersion, deep breathwork and hypnotic suggestion to feel calm and at ease. Fully shift into the now with a positive mental state and relieve headaches, stress and incessant thoughts.

AWAKEN REIKI ENERGY THERAPY

1 hour

Completely guided by your therapists’ intuition and the ancient art of Byosen, or hand scanning, the intention is to sense energy variations in your body caused by physical ailments or emotional pain. Both hands on and hands off Reiki energy work will be used to help amplify and direct life force energy where it’s most needed to enable relaxation and speed healing.





THE LOCAL LIST

AUTHENTIC ARABIC INFUSIONS

DESERT SAND & DATE SUGAR INFUSION

1 hour

This handcrafted oud-infused exfoliator with Dubai desert sand and sweet date sugar helps reveal ultra-smooth skin. Then a Khaliiji pink clay wrap infuses and hydrates your skin with vital minerals; while our date shea butter leaves you fully moisturised.

DESERT DUO

2 hours

Our Desert Sand and Date Sugar Infusion is paired with the AWAKEN Massage for an immersive body experience filled with vital minerals, intense hydration and ultimate relaxation.

GULF SALT & MORINGA LEAF INFUSION

1 hour

This gentle scrub tones and purifies your body with Gulf salts, date seeds and moringa leaves, continued by a velvety moringa flower wrap to support your body's natural detoxification process. The treatment is topped off with a light and natural moringa shea butter for gloriously revitalised skin.

GULF DUO

2 hours

Our Gulf Salt and Moringa Leaf Infusion is combined with the AWAKEN Massage to remove impurities from your body for a complete physical, mental, spiritual and emotional alignment.



THE GOLD LIST

24-KARAT GOLD EXPERIENCES

GOLDEN HOUR MASSAGE

1 hour 30 minutes

Gold is known for its metaphysical power as the “master healer”. The Golden Hour features hot volcanic stones hand-dipped in 24-karat gold which retain radiant heat. Your expert therapist accesses deeper layers of muscle tissue while the warmed, gold infused aromatic oil awakens the richness of your spirit to amplify positive feelings.

24-KARAT GOLD AGE-DEFYING FACIAL

1 hour 30 minutes

Combining collagen and elastin boosting actives, this age-defying facial features potent ingredients such as Mogra, Queen of Jasmine and 24-karat Gold that will penetrate into the dermal layers of the skin renewing and regenerating skin cells with a sustained result. Bring a radiant glow to the skin by oxygenating deeply on a cellular level, reduce fine lines and wrinkles whilst addressing emotional needs such as stress, anxiety and hormonal balance.

ROYAL GOLD JOURNEY

2 hours 30 minutes

Combining the truly decadent Golden Hour Massage featuring 24-karat gold hot stones & the 24-karat Gold Age Defying Facial. Gold activates our basal skin cells’ strength, resilience and elasticity and similarly, delivers energy to the inner spirit.



WELLNESS À LA CARTE

MASSAGE THERAPIES

DEEP TISSUE MASSAGE

1 hour or 1 hour 30 minutes

This firm pressure massage eases fatigue, soreness, and injuries using targeted techniques to boost circulation and flush out toxins. For best results, use the steam room beforehand.

HOLISTIC MARMA MASSAGE

1 hour 30 minutes

Experience immediate relaxation and tension relief through long, firm strokes and Vedic therapy focused on Marma points for emotional balance and stress release.

RESTORE AROMATIC MASSAGE

1 hour or 1 hour 30 minutes

Release tension and rejuvenate with this sensory massage using rare aromatics to ease stress and muscle tightness.

The 90-minute session includes a Subtle Energies facial marma massage to balance emotions and reduce anxiety.

MASSAGES OF THE WORLD

1 hour or 1 hour 30 minutes

Our global therapists proudly share traditional techniques from their homelands. Choose from Philippine Hilot, Thai, Indian Ayurveda, African Rungu, or strong-pressure Balinese massage.

LYMPHATIC MASSAGE

1 hour

This massage boosts immunity by stimulating lymphatic flow, enhancing circulation, removing toxins, and oxygenating cells for improved energy, muscle, and skin health.

DEEP TISSUE AND PERCUSSION THERAPY

1 hour 30 minutes

Deep Tissue massage targets and releases deeply rooted, chronic muscle tension. When paired with percussion therapy, it enhances circulation, reduces soreness, and prepares the muscles for a more effective and deeper manual massage.

MASSAGE ADD-ONS

CRYO AIR | Localised cryotherapy using cold air to treat inflammation and aid faster recovery.

HYPERVOLT PERCUSSIVE THERAPY | Percussive therapy to reach very deep muscles and provide relief.

CELLUMA LED LIGHT THERAPY | LED light therapy to support faster muscle repair and healing processes.

WELLNESS À LA CARTE

COUPLE WELLNESS



SWEET LOVE

2 hours

Let your love flow with the perfect pairing of a 111 Skin molecular facial for refreshingly clean and hydrated skin and our signature AWAKEN massage to harmoniously sync the body, mind, emotions and spirit.

TWIN FLAME

2 hours 30 minutes

Luxuriate together with this full body treatment for two including a relaxing soak in our fireside jacuzzi, a full body champaka salt scrub to cleanse and smooth your skin, followed by an AWAKEN warm oil massage to further fan the flames of love.

THE ONE

3 hours

Create memories with your significant other as you enjoy this wellness journey and share sacred space together. This health-enhancing spa experience includes a full body treatment for renewed skin, a couple's massage and a refreshing facial coupled with plant-powered refreshments.



WELLNESS À LA CARTE

FAMILY WELLNESS

FAMILY BOND RITUAL

1 hour 30 minutes

Experience deeper connection via nurturing, wellbeing-based therapies to help strengthen family bonds. Up to 4 family members (2 adults and 2 children/teens) can enjoy a massage, mini facial and sound immersion together in a spa suite, complete with hand-crafted child-sized massage beds.

FAMILY MASSAGE THERAPY

1 hour or 1 hour 30 minutes

This massage is for parents and their children who are 12 years old and above and is perfect for up to 4 family members (2 adults and 2 children/teens). Our expert therapists modify each massage to suit all ages.

TEEN SPA MASSAGE

1 hour

This empowering massage therapy for children and teens is beneficial for both physical and emotional wellbeing by increasing dopamine; the feel-good hormone, and decreasing cortisol; the stress hormone.

TEEN PURIFY & BALANCE FACIAL

1 hour

A gentle yet effective facial for acne-prone skin, designed to clear congestion and balance excess sebum. Wild turmeric purifies, while Kashmir lavender soothes and calms. With a double cleanse, light exfoliation, and a mineral-rich mud mask, this treatment leaves the skin fresh and clear. Perfectly adaptable for sensitive skin to ensure a calming, balanced experience.

SOON-TO-BE / NEW PARENTS MESSAGE

1 hour

This was created for expectant or new parents and is modified to help you in your parenthood journey. This treatment provides gentle nourishment for the mind, body and spirit with the purest oils and techniques that nurture and ground you during this most precious life phase.

Between 9am and 2pm daily, children aged 12 and above may enjoy selected mini spa treatments together with a parent.



SKIN HEALTH

ADVANCED FACE

THE ULTIMATE HYDRAFACIAL

1 hour 30 minutes

A tailored hydrafacial featuring Epicutis bio skincare technology, this deeply cleansing, powerhouse combination includes the face, neck and décolleté and has a dramatic effect of decongesting and flushing out imbedded toxins, smoothing out fine lines and leaving your skin incredibly hydrated.

THE CLASSIC HYDRAFACIAL

1 hour

A customisable and rejuvenating skin treatment that reduces the look of lines, pores, mild acne, hyperpigmentation and uneven skin tone. The treatment includes LED light therapy, leaving you to experience truly exquisite results.

ADVANCED HOLISTIC BIOTECH FACIAL

1 hour or 1 hour 30 minutes

Transform your skin with deep hydration and enhanced cellular renewal, resulting in a plump, youthful appearance. This advanced facial features the latest in bio tech natural actives, a fusion of holistic skin science, vegan collagen, and next-generation hyaluronic acid. Witness the remarkable rejuvenation and enjoy a youthful, lifted complexion.

ROSE RADIANCE

1 hour

This treatment combines skin restoration properties with the most innovative formulas to lift, firm and sculpt. Using a three-level approach to facial massage, including our signature 111SKIN technique, this facial is ultra-hydrating and is a must have for all skin types, even delicate. A must before a big event for a flawless, even finish.

THE METHOD BY AUGUSTINUS BADER

1 hour

This science-backed treatment combines Professor Bader's TFC8® technology with a custom facial massage to boost cell rejuvenation. Powerful formulas enhance circulation, regenerate, firm, and refresh for your best skin in years.

CRYO BRIGHTENING FACIAL

1 hour

Achieve clinic-level results with 111 SKIN's fusion of science and holistic therapy using cooled, purified air at -30°C to reduce signs of puffiness, uneven texture and tone for a brightness boost.

WILD KASHMIR PURIFYING FACIAL

1 hour 30 minutes

Harnessing a blend of ancient cellular wisdom and modern science, naturally potent botanicals assist to clean the skin while ozone steam and manual extraction methods gently loosen and remove congestion from clogged pores to purify holistically. Regular sessions are required for best results.

HYDRAFACIAL ADD-ONS

THE EYE PERK | Treat dark circles and puffiness with specific eye boosters for visible results.

THE LIP PERK | A gentle lip exfoliation for plumper, fuller lips.

THE NECK & DECOLLETE PERK | A targeted treatment that hydrates, smooths, and revitalize for a youthful, radiant glow.



SKIN HEALTH

FOR THE BODY

CRYO CELLULITE TREATMENT

1 hour

Stimulating micro-circulation of the lymphatic system, this treatment helps to improve the appearance of cellulite, ease and soothe tired, restless legs and achy muscles while contouring the silhouette, targeting the clustered cells for a smooth, sleek appearance.

RASAYANA DETOX BODY POLISH

1 hour

This rejuvenating light to medium exfoliation of walnut shells, buffs away dead skin cells, reducing the signs of cellulite, as hot compresses are applied in between. Uplifting aromatics of Tulasi, Wild Turmeric and Limbu invigorate, ideal for jet lag and tired skin, followed by full body hydration to compliment the detoxification process.

RASAYANA DETOX BODY PURIFICATION

1 hour 15 minutes

Revitalize, tone, and purify with a zesty exfoliation of cinnamon, walnut shells, and essential oils. A mineral-rich clay with Spiked Ginger Lily, Spirulina, and Green Tea detoxifies, followed by full-body hydration with your choice of aromatic butters, lotions, or blends.

AFTER-SUN SOOTHER

45 minutes

Our after-sun soother takes the heat and sting out of a mild sunburn with the healing power of an aloe vera and cucumber body mask, a healing aloe gel application and a rose aloe after-sun cooling mist to take with you for continued relief.



HAMMAM SENSORIUM

BATHHOUSE COLLECTION

THE ROYAL SENSORIUM

2 hours

Experience an enriching journey of awakening and renewal and traverse a journey through the senses. A powerfully invigorating black soap and kessa glove exfoliation leaves skin cleansed and energized while a grounding rose-geranium rhassoul wrap and argan oil scalp treatment is infused via steam. A full body hot oil massage with warm amber oil completes your unforgettable Royal Sensorium hammam experience.

THE AWAKEN HAMMAM

1 hour

Support our house brand AWAKEN's locally-made hammam products that take you on a sensory tour of traditional bathhouse culture from Istanbul, Algiers, Tunis and old Phoenicia. Be enveloped in an all-natural olive, date & laurel leaf foaming soap cloud then a kessa mit exfoliation for squeaky-clean skin, a delicate rose & white clay rhassoul body mask to soften skin, topped off with our rose aloe body butter & face mist to seal in moisture.

THE ELEMENTS HAMMAM

1 hour

Bask in the heat and grounding elements of this pure & potent eucalyptus black soap and kessa mit exfoliation with a classic rhassoul mud wrap for the body and an argan oil scalp treatment to completely cleanse all impurities. A generous raw shea butter application ensures the skin's pH is perfectly balanced and skin is completely nourished afterwards.



AWAKEN MOMENTS

MICRO MOMENTS

Escape from your busy day with treatments specially made for when you are short on time and seeking relaxation.

THE BACK OR SCALP HYDRAFACIAL

30 minutes

HydraFacial vortex technology gently refines and smooths imperfections in often-overlooked areas like the scalp and back.

BACK, NECK & SHOULDER MASSAGE

45 minutes

Focused massage on the areas that hold the most tension.

FOOT REFLEX MASSAGE

45 minutes

Release pressure on aching legs and feet with a focus on reflex points and fluid reduction.

Add VIP status to any treatment with an upgrade to the VIP spa suite including a terrazzo bath and plant-powered refreshments.

MACRO MOMENTS

Clear your calendar and immerse yourself in a world of tranquility with bespoke packages.

SUPERCHARGED WELLNESS

Half-day Wellcation

Prioritise your wellbeing and realign with your personal goals during this half day wellness therapy session. Your experience will be centered around mindful movement as well as physical, mental, emotional and spiritual fitness with either a personalised training, yoga or meditation session coupled with a two-hour spa package of a body scrub and AWAKEN massage. Immerse in the Elements Retreat, then enjoy an al-fresco dining experience with pool and beach access.

HOLISTIC DETOX & ADRENAL BOOST

2 hours

A comprehensive purification process using highly potent active ingredients of Tulasi, Wild Turmeric and Indian Lime that work towards blood purification, energising and stimulating the cells and lymphatics whilst also boosting adrenal fatigue. The journey begins with a full exfoliation, followed by a toning detox wrap and concludes with Subtle Energies signature massages that will release tension, and increase lymphatic drainage.

SKIN BIOME RESET & RESTORE

2 hours

A deeply hydrating and restorative face and body treatment that strengthens the skin microbiome and barrier function. Infused with fermented actives, prebiotics, and adaptogenic botanicals, this therapy replenishes moisture, soothes inflammation, and supports microbial balance. A cooling Aloe Vera-based mask, enriched with Ruh Khus Neem, and Marshmallow Root, calms and nourishes the skin, while a trio of serums featuring Multi-Molecular Hyaluronic Acid, Bacillus Ferment, and botanical extracts deeply hydrate and restore barrier integrity.

SELF LOVE

2 hours

Taking time for yourself is an act of self-love; the act of receiving as much care as you give out to the world is important. This perfect pairing of a customised molecular facial for refreshingly clean and hydrated skin and our signature AWAKEN Massage to harmoniously sync your body, mind, emotions and spirit is a reminder to stay present, enjoy every moment and appreciate yourself.

SLEEP WELL, AWAKEN WELL

2 hours

Indulge in the ultimate relaxation experience designed to promote deep rest and rejuvenation. Grounding breathwork and affirmations begin the journey, followed by our signature Restore Aromatic Massage to melt away tension and enhance circulation. The healing Kasa Bowl technique uses warmed metal bowls to balance energy and encourage profound relaxation. A facial Marma Massage helps reduce stress and restore skin vitality, while a mini Nasya clears the sinuses to enhance breathing. Ideal for those seeking to relax, restore, and awaken with renewed energy and clarity.



FITNESS À LA CARTE

ASSESSMENTS

BODY COMPOSITION TESTING

15 minutes

InBody 270 provides an in-depth analysis of your current body composition including a breakdown of lean muscle mass, water retention and BMR with the latest bio-electrical impedance to learn where the body can improve.

FUNCTIONAL FITNESS ANALYSIS

30 minutes

Our fitness experts go through a personalised selection of formal tests to assess your functional fitness, focusing on flexibility, coordination, strength and muscular and cardiovascular health.

PHYSICAL & MENTAL FITNESS

PERSONAL TRAINING

1 hour

By testing limits and inspiring results, our trainers will build a foundational programme to help you train for an athletic life event. One-on-one focused training helps to keep you on track in order to achieve your fitness goals.

PNF ASSISTED STRETCHING

45 minutes

An advanced form of flexibility training and rehabilitation which involves both the contracting and stretching of the muscle group being targeted; increasing neuromuscular efficiency.

STUDIO CLASSES

45 minutes

All-in-one group exercise and focused classes; be it interval, definition, functional or total body workout to tone, sculpt and shape every muscle. Super-charge your strength, add variety to your workout or just add more activity into your day.

AQUATIC CLASSES

45 minutes

H2O TRX – CIRCUIT – KICKBOXING – RESISTANCE

A wide variety of aquatic training class options with more than 150 different water fitness exercises alters the approach to resistance in the water using isometric muscle contractions and water turbulence to tense all muscle groups including postural muscles.

Fitness facilities and services are exclusive to in-house guests of Atlantis the Royal.

EMOTIONAL & SPIRITUAL FITNESS

YOGA & BODYWORK

45 minutes

Experience varying styles of yoga and bodywork to increase your flexibility and vitality. One-on-one and group classes are available.

YOGA NIDRA SLEEP THERAPY

45 minutes

Yoga Nidra or yogic sleep uses a specific yoga posture Shavasana combined with a style of meditation that takes you to a state of consciousness between waking and sleeping. It slows down the body and mind and teaches you effortless and profound relaxation.

GUIDED MEDITATION

45 minutes

Our intuitive meditation guides will tailor your meditation journey via mental imagery with a series of breathing exercises and mantras. If you prefer, they will simply assist you with ways to enhance your state of mind and increase self-awareness and self-love.

SOUND THERAPY

45 minutes

Specialised sound frequencies create a therapeutic atmosphere promoting deep rest, emotional and nervous system rebalancing and releases feel-good hormones that help access deeper levels of inner wisdom and self-healing while in a meditative or theta brainwave state.

SOUND-HEALING SESSIONS

SOUND HEALING JOURNEY THROUGH THE ELEMENTS | Physical, mental, emotional and spiritual sound healing journey
RELAX & DE-STRESS | Uplifting yet calming and tranquil sound for complete relaxation
BALANCE & RELEASE | Therapeutic then expansive sound to release tension and feel balanced
HEART TO HEART | To build trust, connection and a sense of peace for couples & families

Fitness facilities and services are exclusive to in-house guests of Atlantis the Royal.

GENERAL INFORMATION

OPENING HOURS

Spa	9am to 9pm
Fitness Centre	Open 24 hours <i>Supervised from 6am to 9pm</i>
ALKEMY Salons	9am to 9pm
<i>Opening hours are subject to change.</i>	

RESCHEDULING OR CANCELLATION

If you wish to reschedule or cancel your reservation, please be advised that 4 hours advanced notice is required. No-show or last-minute cancellations within 4 hours of appointment time will incur a 100% charge.

ATTIRE

Bathrobes, spa slippers and disposable briefs are provided. Swimsuits or shorts are recommended while enjoying the heat and water facilities.

AGE INCLUSION

The Spa and Fitness Centre is for the enjoyment of those 16 years old and above. We welcome guests aged 12 to 15 years old between 9am to 2pm daily to enjoy select spa treatments or to use the fitness centre if accompanied by a parent or guardian aged 18+. Children under 12 are not permitted into the fitness centre, lap pool or spa facilities.

ENVIRONMENT

Silence, peace and respect are part of our philosophy. Please silence electronic devices you might have before entering the spa. The spa facilities, changing rooms and Elements Retreat are separate for men and women. Changing rooms are equipped with vanity amenities, please note we avoid single use plastic where possible and are committed to cruelty free, plant-based products and accessories.

SCHEDULE AN APPOINTMENT

To schedule an appointment, please contact our spa reservation team who will be able to help you choose the perfect treatment. We recommend advanced reservation to ensure availability. Appointments booked by guests not staying at Atlantis The Royal must be secured by pre-payment.

ARRIVAL

In order to give you adequate time to register & relax in our Elements Retreat spa facilities, we recommend to arrive at least 30 minutes prior to your treatment start time. A late arrival will affect the duration of your scheduled appointment

HEALTH CONSIDERATIONS

Kindly consult with your physician before having any treatment or using our facility. If you have any allergies or sensitivities, please make sure to inform our wellness team. Spa services are contraindicated in the first 3-months of pregnancy.

VALUABLES

We advise not to wear valuables to the spa. We provide secure lockers for your belongings, however, do not assume liability for any loss of or damage to personal items during your visit.

AWAKEN BOUTIQUE

Gift cards are available online and at the AWAKEN Boutique. To continue your practice of self-care at home, all products used during spa services are available at the AWAKEN Boutique.

ATLANTIS ATLAS PROJECT

At AWAKEN Wellness, we believe in being responsible for the wellbeing of people and planet. We prioritise sustainable practices, only use plant-based, chemical & paraben free products that are all locally produced. Single-use plastics have been eliminated and refill packs are also available for some ranges to reduce wastage and excess packaging.

AWAKEN

ATLANTIS THE ROYAL