



**GUERLAIN**  
SPA



WELLNESS IS  
an art







# KNOW - HOW & daring

Guerlain opened its Institute and aesthetic training school in 1939. It has since trained all its Beauty Experts there, inspiring them to be ambassadors for Guerlain excellence. Throughout the world, these Experts carry out treatments requiring tremendous technical skills, such as the 19-minute facial treatment, which is considered as an industry standard. Spurred on by its pioneering and enterprising vision, Guerlain has been developing massage techniques that combine tradition and innovation for more than 80 years.

With its years of know-how and expertise, Guerlain ensures that every single treatment is an outstanding and personalised experience. Guerlain Beauty Experts perform Guerlain protocols with perfect skill, while being attentive to each individual. The diagnosis stage allows the Experts to adapt their movements and pressure to meet precise needs and expectations. A unique experience absolutely unforgettable.

# AWAKEN the senses

Rare orchids with outstanding longevity properties, healing bee products... Since it was founded, Guerlain has been inspired by nature, respectfully drawing on its sensoriality and effectiveness. This unique quest for perfection is echoed at every single Guerlain Spa. Inside each haven, complex rituals are performed to the most exacting standards, the result of extensive development and research. So that every single Guerlain treatment, throughout the world, may be an unforgettable experience.





# HAMMMAM ritual

The Guerlain Spa at One&Only The Palm invites you to discover 'The Hammam Suite', a temple of serenity where each treatment unfolds step by step. A sanctuary of wellness, The Hammam Suite 'Désert d'Orient' is the perfect place in which to enjoy a treatment with someone special.

Each experience includes different layers of true oriental rituals: body exfoliation, heated slabs, steam session, body massage... Our 'Désert d'Orient' Hammam Ritual reveals an exotic sensory journey where exquisite pleasure and sensuality intermingle.

## SIGNATURE TREATMENTS

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### **DÉSERT D'ORIENT HAMMAM RITUAL** 1 HR • 1 HR 30 • 2 HRS • 2 HRS 30

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This journey begins with a deep body exfoliation and a Guerlain body wrap to prepare your skin. Following true oriental tradition, you then enter the steam room which confers its soothing benefits. The wrap combined with the virtues of the steam room purifies your skin, eliminates toxins and soothes muscle pain. Rounded off with a personalized massage with one of the four Guerlain scented Massage Elixirs, this treatment leaves your skin soft and silky, and plunges you into one of our sensory universes. A luxurious feeling of wellbeing takes hold of you.

### **ONE&ONLY SOLAR EVASION** 1 HR 30

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This sensory and relaxing face and body treatment prepares your skin for tanning and prolongs your healthy glow after soaking up the sun. Prior to your treatment, your body is pampered with a smoothing exfoliation, leaving your skin cleansed, refined and silky soft. Your body is then revitalised thanks to a soothing massage. The masterful ballet of soft and harmonious massage therapy provides a profound sense of absolute relaxation and escape.

### **DUBAI HARMONY** 1 HR 30

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This treatment is the perfect harmony between a treatment and a massage, creating an incredible feeling of wellbeing and lightness. By alternating between hot and cold temperatures, the skin gets regenerated, the complexion illuminated and tissues re-oxygenated. A sequence of flowing manoeuvres with draining effect stimulates reactivation of the circulation and relieves the body of any muscle tension.





## THE ART OF TAILOR-MADE

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### **TAILOR-MADE TREATMENT** 1 HR • 1 HR 30 • 2 HRS

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A tailor-made facial treatment to create. Following a complete diagnosis, the Beauty Expert creates perfect blends to meet the needs of your face. Purifying, hydrating, re-densifying or regenerating, a treatment with infinite customization.

### **IMPERIAL FACE SCULPT** 1 HR

PROGRAM OF 4 OR 8 SESSIONS

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Thanks to meticulous facial and morphological diagnosis and a series of expert gestures, this high-tech sculpting massage brings firmness, radiance, and youthfulness to your skin. Its deep muscle work helps redefine the contours of the face, lift the cheekbones, open the eyes, and smooth out wrinkles. The power of the gesture at the service of your face for an impeccable lifting effect.

# ORCHIDÉE IMPÉRIALE AGE REVERSE

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## **ULTIMATE BLACK ORCHID** 1 HR 30

PROGRAM OF 4 OR 8 SESSIONS

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The masterpiece of Guerlain treatment is a rare and precious luxury where the symbiosis of gestures and the power of Black Orchid work together to support the skin's self-preservation mechanisms.

It is the ultimate talisman for preserving and prolonging youth, resulting in skin that glows with health and flawlessness.

## **AURA NOBILE** 1 HR 30

PROGRAM OF 4 OR 8 SESSIONS

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Thanks to the prodigious powers of the Gold Nobile orchid, endemic to the Himalayan region, this anti-aging facial treatment brings light and youth to the skin. It combines the art of digitopressure with the ancestral power of gua sha to sculpt the face, oxygenate the skin, and revitalize cells. The draining and detoxifying facialist techniques deliver immediately visible results: infinitely lifted features, a radiant and flawless glow, and a youthful aura that shines brightly.

## **IMPERIAL LONGEVITY** 1 HR 30

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Guerlain is inspired by the infinite longevity of the orchid to create its most complete exceptional anti-aging treatment, with highly regenerating and redefining powers. The skin regains its perfect qualities to the eye and to the touch, it is soft, velvety, and sublime.





## YOUTH REPAIRING POWER

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### **ROYAL HONEY REPAIR & RENEW 1 HR 30**

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The Abeille Royale range offers all the healing benefits of bee products. By combining fine rice powder exfoliation with a purifying massage using warm plant-infused pouches, it intensely repairs and smooths the epidermis for a rested and luminous face. A true youth catalyst that acts on key skin reconstruction processes for a smoothing and firming effect.

## INTENSE BODY ENHANCEMENT

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### IMPERIAL BODY SCULPT 1HR • 1HR30

PROGRAM OF 4 OR 8 SESSIONS

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Powerful and immediately effective, this slimming treatment sculpts the silhouette, reduces cellulite, and drains toxins.

The deep and intense motions of drainage and kneading stimulate the metabolism for lasting results. The body is naturally reshaped with more harmonious curves.

### INTENSIVE BODY THERAPY 2HRS

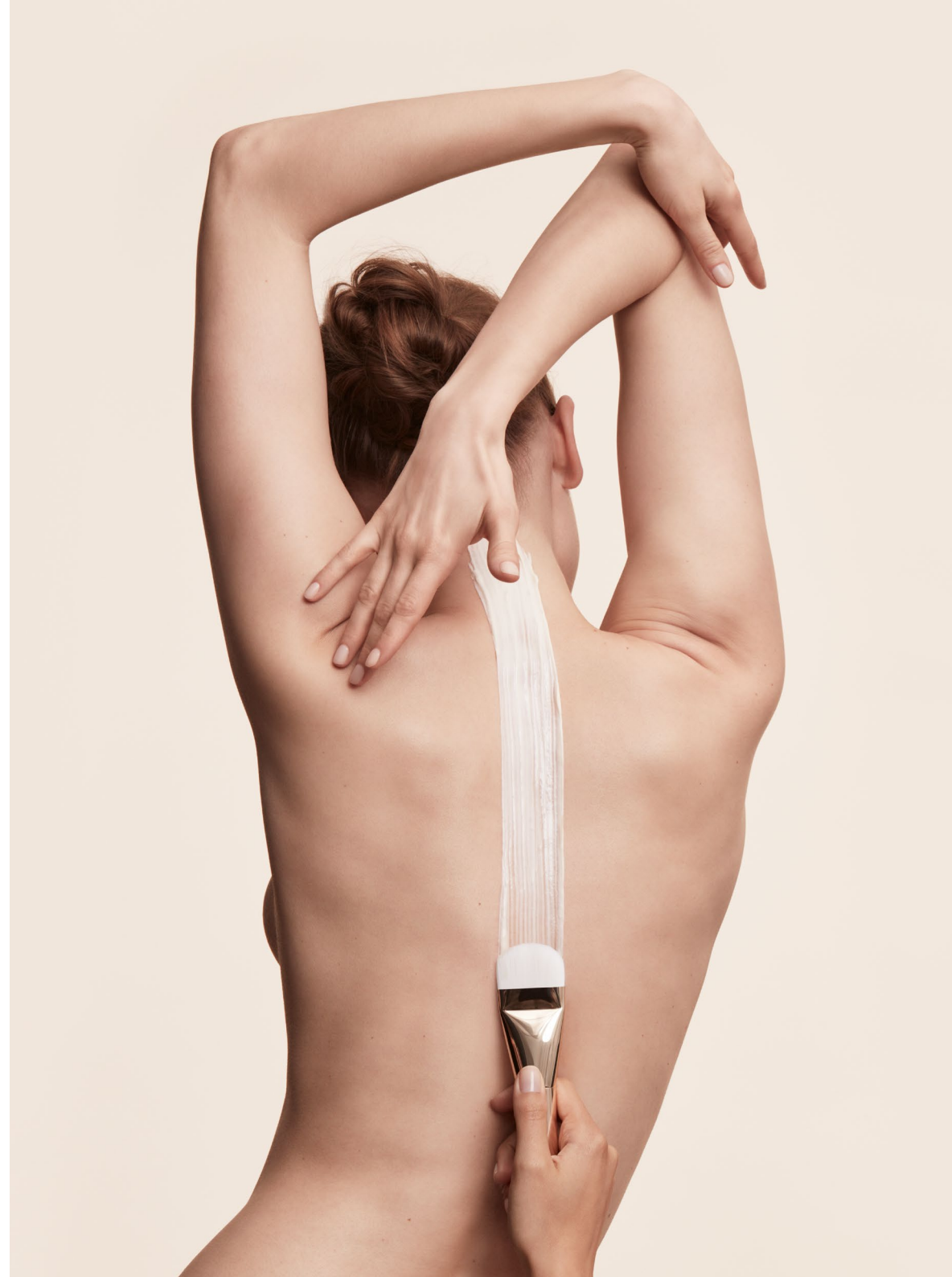
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Scrub, wrap, personalised massage... This global treatment is a sensorial experience that deliciously enhances the body.

### BODY POLISH 1H

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The skin is clear and refined, as soft as silk... an invitation to well-being.





## RELAXATION & ENERGY

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### **DEEP MUSCULAR MASSAGE** 1HR • 1HR30

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This powerful ritual is based on five of the most effective ancestral methods in the world. It sculpts, strengthens and tones the muscles, releasing tension for deep relaxation.

### **IMPERIAL RELAXING MASSAGE** 1HR • 1HR30

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Paying tribute to Eau de Cologne Impériale, this signature Guerlain massage arouses all the senses. It stimulates circulation, promotes oxygenation and brings about irresistible relaxation.

### **4-HAND IMPERIAL MASSAGE** 1HR • 1HR30

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A true choreography of four hands, this massage with expert gestures promises a wonderful feeling of well-being and lightness.

### **BLISSFUL MUM** 1HR • 1HR30

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Designed to improve the skin's elasticity and stimulate circulation, this massage can be performed after the first trimester of pregnancy or at the beginning of motherhood.

## RELAXATION & ENERGY

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### **HOT STONE MASSAGE** 1 HR • 1 HR 30

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Thanks to the use of hot stones, this massage deeply warms muscles and stimulates the nerve endings to activate blood circulation and improve complexion. The drainage and detoxifying effect is immediate, blood circulation and energy flow are naturally restored.

### **FOOT REFLEXOLOGY** 1 HR

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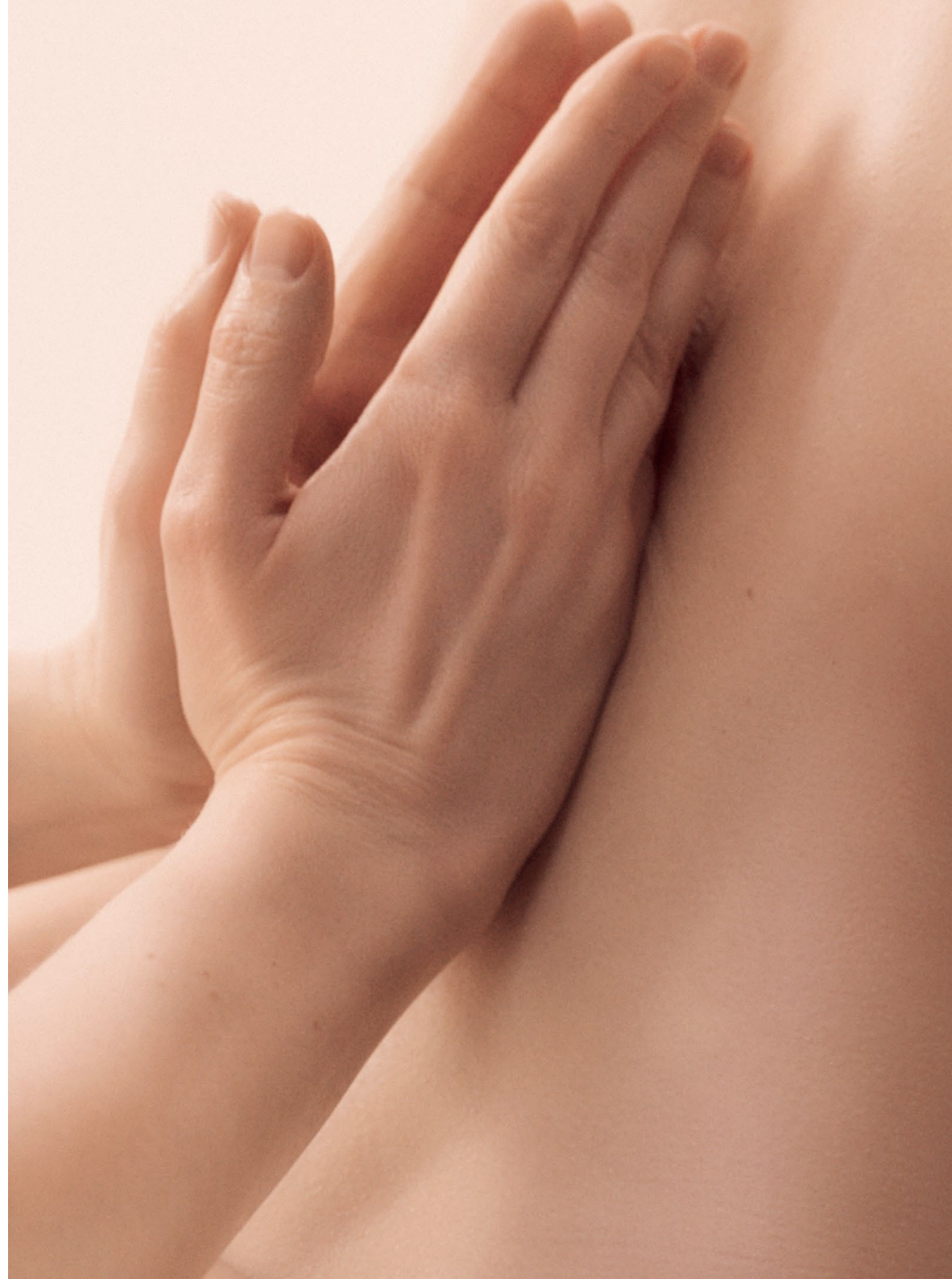
A reflexology foot treatment speeds up recovery by improving venous and lymphatic circulation, and stimulates the elimination of toxin build up associated with muscle exertion. It brings a sensation of lightness to the legs and feet, and considerably reduces muscle cramps and soreness. The session is accompanied by an invigorating scrub surprisingly relaxing.

### **THAI MASSAGE** 1 HR • 1 HR 30

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This ancestral dry massage takes its cue from natural traditional medicines. Acupressure and stretching techniques inspired by yoga awaken the body's energy flow and release any physical tension.

The massages proposed are for the purpose of stress reduction, wellbeing and beauty.  
We recommend that you consult a healthcare professional for any medical examination.





## SYMPHONIC JOURNEYS

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### **SECRETS OF INDIA** 1HR

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The Legend of Shalimar inspires this unique massage that transports you to the far reaches of India. During this journey, the hands of the Guerlain Beauty Expert are guided by the rhythm of music, perfectly harmonized for this Indian dream.

### **WHISPERS OF OUESSANT** 1HR

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This invigorating massage takes you on a journey to the island of Ouessant, a Celtic and wild land where bees deliver their most beautiful treasures. The music, designed in perfect harmony with the gestures, enchants the senses and offers a revitalizing escape rich in emotions.

## TREATMENTS FOR MEN

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### SKIN SAVER FACIAL 1 HR 30

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This treatment includes a scrub, exclusive face massage, mask and eye contour treatment to restore radiance and comfort to the face.

### ENERGIZING FACIAL 1HR

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The skin regains all its freshness and purity thanks to a scrub, massage, mask, and eye contour adapted to each skin type.

### MUSCULAR ENERGY 1HR • 1HR 30

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This aesthetic massage stretches the muscles, leaving them suppler, and also works on blood circulation to balance the body and mind.

All the other treatments in our catalogue are suitable and available for men.





## THE ART OF MAKE-UP

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### MAKE-UP APPLICATION 1HR

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For a special occasion or simply to be perfect and irresistible every day, Guerlain imagines a makeup session that combines expertise and pleasure.

### MAKE-UP LESSON 1HR

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We all dream to master the Make Up Artist gestures.... Guerlain lets you in on the most effective beauty secrets to enhance your face.

### BRIDAL MAKE-UP 2HRS30 (1HR + 1HR30)

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For the most wonderful day of your life, opt for tailored make-up in two stages. Guerlain crafts a tailored makeup in order to have the perfect look on the big day.

## EXCEPTIONAL PAMPERING

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### SCULPT YOUR FACE & BODY 2 HRS 30

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Imperial Face Sculpt (1 hr)  
Imperial Body Sculpt (1 hr)  
Focus Face Ritual (30 mins)

### MOTHER'S PAMPERING 3 HRS 30

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Blissful Mom (1 hr)  
Tailor-made Treatment (1 h30)  
Complete Feet Treatment (1 hr)

### SHINE WITH BEAUTY 4 HRS

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Tailor-made Treatment (1 hr)  
Body Polish (1 hr)  
Imperial Relaxing Massage (1 hr)  
Make Up (1 hr)

### BOOST YOUR ENERGY 2 HRS 30

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Deep Muscular Massage (1 hr)  
Aura Nobile (1 h30)





## GUERLAIN FEATURING ITS EXCEPTIONAL PRODUCT COLLECTIONS AT

### *One&Only*

THE PALM

*Dubai*

A selection of Guerlain products is available for purchase at the Guerlain Spa boutique. Indulge in Guerlain's realm of exceptional fragrances, the sensuality of their luxurious textures and let yourself be seduced by the extraordinary range of cosmetics available at One&Only The Palm, Dubai.

#### **THE EXCLUSIVE COLLECTIONS**

Lovers of beauty will appreciate Guerlain's timeless and elegant fragrances. Each with its own individual character and exquisitely designed bottle, where the precious materials and absolute refinement of the Exclusive Collections encapsulate Guerlain spirit.

#### **THE ART OF SKINCARE**

Guerlain's research has always focused on the quest for perfect skin by creating outstanding skincare products that blend active, natural and rare ingredients. Like precious jewels, every beautifully crafted jar encases an efficient and refined product that has been carefully formulated and delicately perfumed, to ensure each use is a truly sensory experience.

#### **THE MAGIC OF MAKE-UP**

Shimmering powders and extraordinary lipsticks... an exclusive selection for Dubai has been chosen from the Guerlain collection for an illuminating effect.

#### **GUERLAIN SPA GIFT CERTIFICATE**

Give the treasured gift of Guerlain – an experience as luxurious as it is unforgettable. Select from our wide array of Spa treatments and Guerlain products.

# TERMS AND CONDITIONS OF SALE

## **YOUR CUSTOMISED SPA**

Transform a Guerlain Spa into your own exclusive setting for an afternoon of treatments with friends, or any other specific request. We are here to make your dreams come true. Don't hesitate to contact us for a customised offer.

## **GUERLAIN BEAUTY BREAKS**

Treat someone special to an unforgettable and luxurious experience with Guerlain Spa Beauty Breaks. Choose your gift from a wide selection of treatments and products by Guerlain.

## **GUERLAIN AESTHETIC MASSAGE**

The massages we offer are for beauty and aesthetic purposes. If you are looking for therapeutic massages, we recommend consulting a physician for advice.

## **TREATMENT DURATION**

For efficient planning, the duration times listed correspond to the treatment time inside the Spa. To make the most of your experience, we suggest you arrive 10 minutes before your scheduled appointment time.

## **PEACE OF MIND**

In order for you to experience your Spa visit with complete peace of mind, we have safes available in each of our treatment rooms for you to store your personal valuables but we recommend that no jewelry be worn at the Spa. The management and Ambassadors accept no responsibility for the loss of money or valuables of any kind brought into the Spa premises.

## **A TRANQUIL SETTING**

Our Spa is a place to relax and unwind, so we kindly ask you turn off your mobile telephones in order to make the most of your experience and preserve the peaceful environment for other visitors.

## **RESERVATION AND CANCELLATION POLICY**

In order to secure the most suitable schedule for you, we recommend that you anticipate your treatments by reserving an appointment. Should you need to cancel or reschedule your appointment, as a courtesy we ask that you provide 24 hours' notice to avoid incurring the full therapy fee or voiding gift certificates. Cancellations made within less than 24 hours will incur a charge of 100% of the treatment price. The minimum age of 16 is required to access the Spa or to have a treatment.

## **LATE ARRIVAL**

Late arrivals may result in lost treatment time unless our schedule enables us to offer you the full service.

## **SPECIAL CONSIDERATION**

Guest who have high blood pressure, heart conditions, have any other medical complications, or are pregnant are advised to consult their doctors before signing up for any spa services. Kindly inform your Spa therapist of any existing medical conditions.

## **GUERLAIN SPA**

One&Only The Palm, West Crescent, Palm Jumeirah  
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From 10am to 9pm from Sunday to Saturday

**GUERLAIN**  
PARIS