

AWAKEN

ATLANTIS, THE PALM

The A-List

MASSAGE & ENERGY THERAPIES

	DURATION	AED
AWAKEN Massage	1 hour	720
	1 hour 30 mins	920
AWAKEN Energy Therapy	1 hour	720
AWAKEN Chakra Balance	1 hour 30 mins	920
AWAKEN Hypno Healing	1 hour	720

The Local List

Desert Sand & Date Sugar Infusion	1 hour	720
Gulf Salt & Moringa Leaf Infusion	1 hour	720
Desert Duo	2 hours	1,380
Gulf Duo	2 hours	1,380

Wellness À La Carte

MASSAGE THERAPIES

Massages of the World	1 hour	720
Balinese, Thai, Indian,	1 hour 30 mins	920
African Rungu, Philippine Hilot		
Deep Muscle Stone Massage	1 hour 30 mins	920
Salt & Crystal Massage	1 hour 30 mins	920
Stretch & Align Massage	1 hour	720
	1 hour 30 mins	920

COUPLE WELLNESS

Sweet Love	2 hours	2,880
The One	3 hours	3,880

FAMILY WELLNESS

Family Massage Therapy – Per Person	1 hour	720
	1 hour 30 mins	920
Soon-To-Be / New Parents Massage	1 hour	720
Teen Spa Massage	1 hour	720
Teen Spa Facial	1 hour	780

Skin Health

FOR THE BODY

The Body Method By Augustinus Bader	1 hour	880
Slimming Cellulite Treatment	1 hour	880
Rose Radiance Body	1 hour	680
Detox Body Buff	45 mins	580
After-Sun Soother	45 mins	580

FOR THE FACE

Collagen Cure By Dr. Burgener	1 hour 30 mins	1,080
The Method By Augustinus Bader	1 hour	880
Triple Brightening	1 hour	820
Reiki Gemstone Facial	1 hour	820
Rose Radiance Gold Facial	1 hour	820
Cryo Anti-Aging For Him	1 hour	820

ADVANCED

The Method With HydraFacial	1 hour 30 mins	1,280
The Classic HydraFacial	1 hour	980
The Booster HydraFacial	30 mins	580
The Back Method With HydraFacial	30 mins	680
The Scalp Method With HydraFacial	30 mins	680
HydraFacial MD Series	Series of 3	1,980

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

	DURATION	AED
MICRO MOMENTS		
Instant Glow Facial	45 mins	560
Back, Neck & Shoulder Massage	45 mins	560
Head & Neck Massage	45 mins	560
Reflex Foot Massage	45 mins	560
VIP Upgrade		560
MACRO MOMENTS		
WELL + BEING	Half day	1,760
Metamorphosis	3 hours	1,580
The Firming Method	2 hours	1,480
Self Love	2 hours	1,440

Fitness À La Carte

	DURATION	AED
PHYSICAL & MENTAL FITNESS		
Personal Training – For One	1 / 5 / 10 sessions	320 / 1,440 / 2,560
Personal Training – For Two	1 / 5 / 10 sessions	600 / 2,700 / 4,800
Cryotherapy		
Per Session		350
Per Series	3 / 5 / 10 sessions	900 / 1,350 / 2,400
Stretch Pod	30 mins	160
PNF Assisted Stretching	45 mins	220
SPIRITUAL & EMOTIONAL FITNESS		
Guided Meditation		
For One	30 mins	160
Class	30 mins	120
Underwater Yoga Class	1 hour	160
Outdoor Yoga / Bodywork		
For One	45 mins	220
Class	45 mins	160
ASSESSMENTS		
Body Composition Testing	15 mins	Complimentary
Functional Fitness Analysis	30 mins	120

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