

Have you tried our newest spa therapy?

Soul Healing

T H E R A P Y

An Immersive Experience

Nourishing Foot Bath , Aroma Inhalation, Singing Bowl Healing Sound,
Hot Basalt Stone Therapy, Aromatic Thai Herbal, Warm Abdomen
Pillow, Lavender Eye Pillow, Exotic Champaka Mist, Tingsha Bell,
Post Treatment Refreshment

AED 449 90 Minutes

AED 649 120 Minutes

Valid at Selective Outlets



SOUL

S E N S E S

SPA & WELLNESS





Imagine a world where you experience infinite bliss and serenity...

Welcome to Soul Senses Spa & Wellness UAE... a universe of soothing sounds, invigorating aromas and relaxing touches.

A sanctuary in itself where tranquility meets luxury and time stands still.

Our intimate, world-class offerings have been carefully crafted to ensure that every minutest detail which is provided by us is always a memorable one with an unparalleled experience.

We have combined the best techniques and products with skilled professionals providing exclusive services to usher you into stillness and relaxation with vitality beyond imagination.

So loose yourself in a number of our signature treatments or perhaps a package, specially designed to reconnect your mind, body and spirit.

Our treatments and therapies are inspired by the very first meaning of the word 'SOUL', which has been deeply rooted in the heritage of wellness, by blending ancient secret techniques and ingredients, we offer the perfect amalgamation that shall heal the spirit itself.

All our centers across the city are conveniently located.

'You are never too far away from Soul Senses Spa & Wellness'.



Classic Treatments

Hot Oil Head Massage

An ideal way to deal with stress is to get a blissful and a perfect head massage. It is safe, simple and yet the most effective therapy, which is popular for relieving numerous symptoms of stress. This type of therapy gives amazing results and treats various conditions such as the relief of a headache, removal of physical and emotional stress, treatment of neck, shoulder and upper arm pain, calming of stiff muscle areas, treatment of eye strain etc.

30 mins AED 175

Foot Reflexology

Known as zone therapy, it is an alternative medicine involving application of pressure to the feet with specific thumb, finger, and hand techniques with minimal use of oil or lotion. It is based on a pseudoscientific system of zones and reflex areas that purportedly reflect an image of the body on the feet with the premise that such work effects a physical change to the body.

30 mins AED 175
60 mins AED 250

Back, Neck & Shoulder Massage

Relieve yourself with the built up tension in your muscles with energizing Neck, Back & Shoulder massage. Neck Massage can alleviate neck pain, stress headaches and more. Additionally, it goes a long way to relieving headaches also. The result is an improved appearance. The effects exist for a long time and soothe the Neck, Back & shoulder areas.

30 mins AED 200
45 mins AED 275

Thai Traditional Massage (Thai Yoga Massage)

A Thai Massage aims to relieve pain in joints and sore muscles through a vigorous yet comfortable set of assisted yoga-like stretches. It stimulates different pressure points to improve circulation of the blood and internal energy. The deep and continuous strokes into the muscle tissue result in easing of muscle pain and any tension to restore the former elasticity. Sore muscles and joints relax and retrieve normal functioning which soothes pain and de-stresses the body

60 mins AED 375



Classic Treatments

Swedish massage

The best known type of therapy work in existence. Its long gliding strokes is scientifically designed to stimulate the flow of blood and therefore increasing oxygen, improving clogged in the arteries and decrease muscle toxins. This massage will surely give you the agility and vigor you need for your daily activities.

60 mins AED 375

Aromatherapy Massage

Calms, balances and harmonize the body with this enchanting massage technique. Infusing essential oil blends to penetrate your nostrils and signal your brain for peace and relaxation. We combine long, mild pressure stroke that works on your blood circulation and lymph drainage boosting self healing in the body. Its helps the body actively fight infection while you are relaxing.

60 mins AED 375

Deep Tissue Massage

The type of massage that penetrates the deeper muscles and fascia layers. It uses deep, strong and steady pressure to relieve the tensions from your body. It is designed to manually work on the physical and psychological stress and improve your athletic performance to combat pain and muscle spasm. The intense point-grip-release technique makes you relax, decrease depression and lower anxiety.

60 mins AED 375

Balinese Massage

This revitalizing massage therapy uses the combination of acupressure, reflexology and aroma therapy utilizing the knuckles and hand pressure technique. It cures muscle tissues; relieves joint pain and eases stressed muscles. This is the best treatment to regain harmony of body and mind.

60 mins AED 375



Enjoy Extra Relaxation (Applicable for add on)

Classic Time Add On

15 mins AED 100

Classic Time Add On

30 mins AED 175





Premium Treatments

Moroccan Bath (Valid at selected locations)

Rediscover your glow with steam, scrubbing and a sense of well-being. The black soap combined with Argan oil and loofa scrub which eliminates all dead skin cells and gives your body a thorough cleansing it needs. Lavish your body and senses with this pampering body treatment that will renew your skin to its youthful glow.

60 mins AED 425

Hot Oil Therapy

Drift away into a state of blissfulness with this herbal infused hot oil massage therapy design to detoxify and soothe the central nervous system. It promotes a feeling of warmth and comfort with each stroke. It uses medium pressure to ease the body discomforts and increase blood flow. Joint mobility technique is incorporated to rejuvenate the mind, body and soul.

60 mins AED 425

Thai-Aroma Combination

The time-honored healing technique of “Nuad Boran” is the old way of acupressure on vitality lines and assisted yoga posture of stretching. We have infused the proven benefits of aroma touch therapy to further increase and boost in the immune system, making the body renewed and energize.

60 mins AED 425

Premium Treatments

Soul Senses Signature Massage

A combination of the palm and thumb pressure will work manually on the postural muscles and release the aching knots on your neck and shoulder. Ideal for any person who have a very active lifestyle, work vigorously and doing strenuous sports activities. The combination technique would ease away your stress and relax you at the same time. Let the healing touch of our therapist work their remedy and give you the much needed rest to give your mind and body tranquility.

60 mins AED 425

Hot Stone Massage

Take a break and heal your body and soul with this healing stone treatment. Each stone placements and strokes has sedative effect to relieve chronic pain, reduce muscle tension, regulate blood circulation and promote deep relaxation.

60 mins AED 450

Herbal Compress Thai Ball (Bolus Massage)

Melt away your body aches with this ancient technique of “poultice” or “herbal hot compress” combined with acupressure. This treatment will boost your emotional and physical well-being, assist in alignment and postural strengthening as well as stimulate your lymphatic flow to relieve your stress and make you deal with everyday life actively.

60 mins AED 450

Full Body Moisturising Scrub

Get a glow and give your body a healthy boost with a full body exfoliation that will leave your skin silky smooth . Wake up your senses with uplifting scents of Eucalyptus or simply pick the relaxing Lavender.

45 mins AED 375



Enjoy Extra Relaxation (Applicable for add on)

Premium Add On

15 mins AED 100

Premium Add On

30 mins AED 200



Royal Treatments

The Kahraman: Natural Baltic Amber Royal Treatment

Our Amber Royal Treatment delivers a powerful Two hours long bio-energetic therapeutic spa experience. Amber is an organic substance, a fossilized resin from ancient Baltic forests, guarded in the ground by nature itself, a precious time capsule - a true gift of nature.

120 mins AED 799

This royal treatment begins with recreating the atmosphere of the ancient Baltic forests - using a flower water spray along with a revealing foot ritual. This is followed by a full body exfoliation: your therapist will envelop your body in soothing argan & sweet almond oil, and proceed to sprinkle on, the magical grains of golden amber powder exfoliator salts. The soothing scent evokes the atmosphere of the ancient forests, a sweetness to awaken the senses. Step into the shower and wash of the Dead Sea salt grains so that you may now immerse into a 45/ 75 minute long body massage ritual that will awaken and restore the mind-body-spirit balance, it will alleviate stress or anxiety, will boost awareness, concentration and reflexes.

You will finish of this journey in time while enjoying an amber body wrap that will have you cocooned, protected and ready to take on the world again.



Royal Treatments

Lava Shell Massage

For an ultimate calming massage, the Lava Shell Relax treatment is a soothing solution. As the marine, polished sea shells are glided smoothly over the body, you will instantly drift into a blanket of warmth, falling into a state of tranquility. Experience deep tissue relaxation of your feet, legs, back and shoulders as the therapist eases the tension knots, unblocking an energy flow and releasing a sense of balance to your mind, body and soul.

60 mins AED 625

The Four Hands Massage

Let this soothing and nurturing massage of "Purva Karma" or four handed massage set you in deeper state of mind and body relaxation. The technique of slow, rhythmic but deep movement of two therapist in synchrony will guide your mind preceptors to relax and "let go" of everyday things and just succumb to th

60 mins AED 600



Soul Serenity Body Rituals

This List is not valid on Membership Redemptions

Calming Pure Bliss

Your choice of treats.....with the help of our experts' relieve those muscle tensions with this treatment that combines exotic & essential ingredients from across the globe. There are truly very few things you can compare to this experience.

- Full Body Massage (60 Mins). Thai Traditional / Aromatherapy / Balinese.
- Body Scrubs (30 Mins).

90 Mins AED 580

Top To Toe Ritual

This Spa ritual is a treat for revitalizing the body mind & soul. with our recommendations of these combined of these combined treatments you will rediscover the new you. Our experts will begin with an exfoliation of your choice to remove the dead skin cells & improve the texture of your skin, followed by the massage of your choice from the below with a final balancing touch of a Moroccan bath. where you get pampered with the luxurious products with style.

- Massage of Your Choice (60 Mins). (Swedish / Aroma / Deep Tissue).
- Moroccan Bath (60 Mins)

120 Mins AED 625

Pure Harmony

A treat to yourself to unwind & relax your body mind & soul.....indulge in the most uniquely crafted therapies which can be customized to get the best results in you. Never to forget the beauty & glow for the new 'YOU'.

- Soul Senses Signature or Thai Aroma Massage (60 Mins)
- Guinot Facial (without machine) (45 Mins)
- Nourishing Scalp Massage (15 Mins)

120 Mins AED 649



GUINOT

INSTITUT • PARIS

Welcome to Guinot world!

For 40 years, GUINOT's mission has been to make women more beautiful through exclusive and innovative care methods.

GUINOT has elected the Institut de Beauté as the only professional venue for serious practice of its methods of care through qualified beauticians.

Women have found in the Institute of Beauty a professional place where the beautician, like a "Doctor in Beauty", prescribes the product best suited to their skin.

Today GUINOT has become "the reference" of the Beauty Institute.

GUINOT benefits from an international presence: 11,000 Institutes in 70 countries around the world, including 1,800 Beauty Institutes in France who practice GUINOT proprietary care protocols and offer the products recommended and prescribed by beauticians to consumers.



Guinot Facial & Skin Care

Hydraclean

The Hydra clean treatment is designed to deep cleanse the face paying particular attention to the T-zone (Nose Are), thanks to its patented heated electrode. The Hydraclean Treatment is the only deep cleansing treatment that acts simultaneously on both sweat and sebaceous (oil) glands. This heating electrode diffuses gentle heat that rids the skin of toxins and excess sebum.

Proven results

- -93% reduction of blemishes on the skin
 - -97% reduction of oil
 - +2.3% of radiance in the complexion after a treatment
- The 30-minute treatment combines deep cleansing with extractions and a relaxing massage, leaving the skin clear and radiant.

45 mins AED 340

Classic Hydradermie

Guinot Star Treatment This advanced non-invasive procedure penetrates active ingredients deep into the dermis of the skin by the use of the Hydradermie machine to bring you amazing results. With a specific gel serum for every skin type everyone can benefit from Guinot's star treatment. From anti-ageing to rebalancing this facial is for you. Experience renewed radiance, smoothed features, purified pores and hydrated skin. The treatment starts with mild ionisation using gentle massage movements of the rollers to help the plant based active ingredients penetrate into the skin, deep cleansing it and revealing its inner beauty. Next, high frequency action is used to oxygenate and energise the cells, as well as create an antibacterial effect. A customised mask and relaxing massage completes the treatment, leaving your complexion balanced, healthy and glowing.

60 mins AED 475



Guinot Facial & Skin Care

Hydradermie Plus

With age and fatigue, the contours of the face become heavier and less defined pronouncing heavier and less defined pronouncing the signs of ageing. Hydradermie Lift provides a 'youth revolution' by stimulation facial muscles to give them new tone and exert a lifting effect on your facial features. Tension vanishes, proper circulation is re-established and toxins are eliminated.

With Visible results from the first session, this revolutionary salon treatment will leave your skin smoother, firmer, more radiant and younger looking.

60 mins AED 420

Hydradermie Plus & Lift Deluxe (Hydradermie Double Ionisation & Hydradermie Lift)

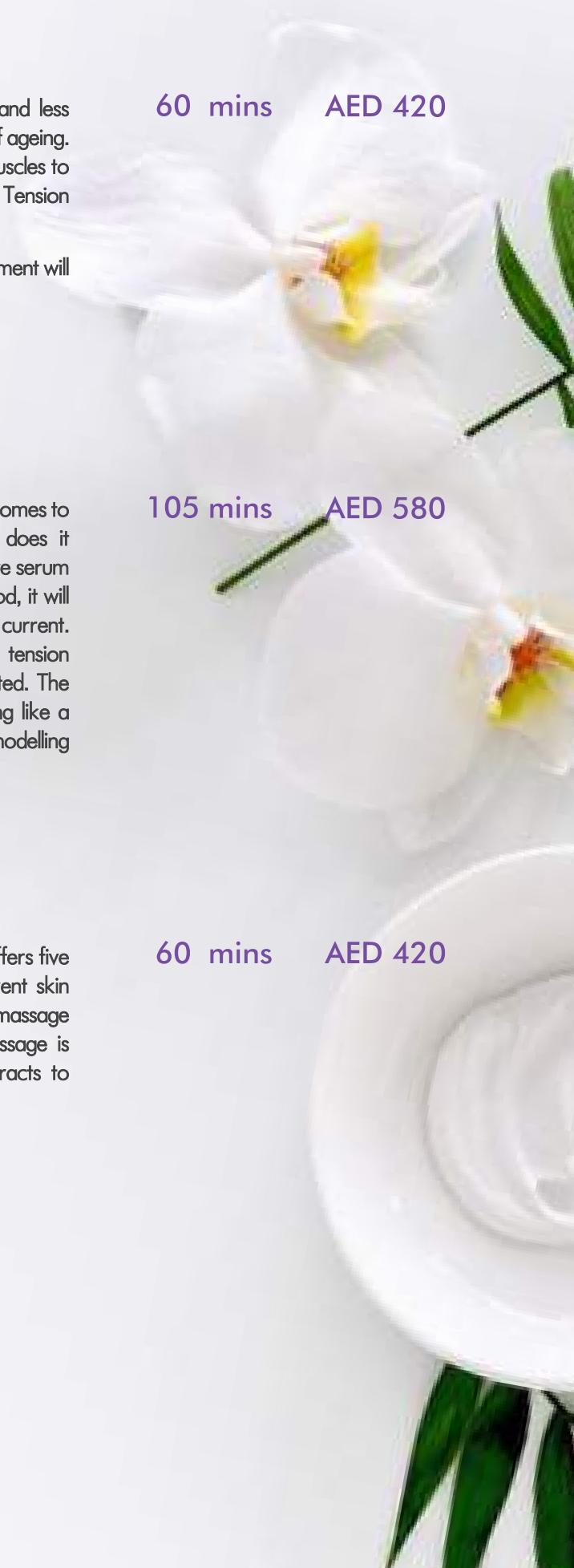
This treatment has been given the name deluxe for a reason, when it comes to anti-ageing and toning this is the best facial for you. Not only does it incorporate the active ingredients of an anti-ageing face, neck and eye serum gel deep into the skin using the Hydradermie double ionization method, it will also firm the muscles of the face and neck using a muscle stimulating current. With this luxurious facial often described as a non Surgical facelift, tension vanishes, proper circulation is re-established and toxins are eliminated. The muscles are then gently exercised to regain volume and tone, acting like a gentle body building session. The treatment is completed with a modelling massage to nourish, revitalise, firm and further tone the skin.

105 mins AED 580

Aromatic De-stressing facial (No Machine)

Drawing from nature, the Guinot holistic hands on Aromatic facial offers five super concentrates of essential oils that are suited to all the different skin types. This aromatherapy treatment incorporates a deeply relaxing massage technique to de-stress your features and release tension. The massage is followed by a refreshing fig based mask that contains plants extracts to nourish, brighten and smooth all skins.

60 mins AED 420



Guinot Facial & Skin Care

Liftosome

The Liftosome treatment restore radiance and vitality to the skin while firming, strengthening and lifting the features. The pro-collagen concentrate containing marine collagen will stimulate the production of elastin fibres and provoke an in depth firming action. Next the heating thermo lift mask infuses the cells with a new energy boosting cell regeneration. As the mask sets, it redefines the contours of the face. The active ingredients in the anti-age serum smooth the features and oxygenate the cells and skin to complete the firming effects of the treatment.

Liftosome will give you immediate result. This facial is highly recommended prior to a special occasion due to its immediate visible results. In less than an hour your face will have a fresh and glowing skin.

60 mins AED 475

Hydra Peeling Hydroboration

Action: Eliminates Dead Surface cells.

Eliminate dead cells using mechanical action, allowing new cells to Emerge Natural cellulose particles. Breaks connections between dead cells due to enzymatic action to promote mechanical action .

*Papaya Extract

60 mins AED 525
(Recommended
minimum 3 session)

Hydra Peeling PH

Action: Exfoliates skin deep-down, Target Brown Spots and Pigmentation

Break connections between cells to more easily eliminate them Biolactone

Exfoliates skin deep-down and targets pigmentation

Phyticacid (derived from rice grains)

60 mins AED 630

Age Summum

The Treatment that targets signs of ageing

Signs of ageing are immediately erased:

Diminished Wrinkles and

Fine Lines

Firmer Skin

Radiant Skin

50 mins AED 475





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INTERNATIONAL AWARD WINNING SPA



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