

Escape  
Experience  
Emerge

**S O U L**  
wellness & spa



Escape the fast pace of urban life to the tranquil haven of Soul Wellness and Spa that rejuvenates your body, clears your mind and reawakens your soul.

Experience pure relaxation with our signature luxury treatments, where science and nature combine, providing the unique wellness and skincare results you desire. Immerse yourself within our enriching body oil massages, blissful facials and invigorating body treatments.

Emerge feeling brighter, rejuvenated, centred and ready for the journey ahead.

Soul Wellness & Spa – Escape. Experience. Emerge.

# Signature Treatments

## Wellness Signature Treatment

Commence your holistic spa experience with our unique Wellness Signature Treatment including a relaxing foot ritual, followed by a Dead Sea salt body scrub to slough away dry skin. A chakra balancing massage is then performed using aromatherapy oils and gem stones designed to take you on a journey of sheer bliss to balance and rejuvenate the body. Your treatment concludes with a wellness herbal tea ceremony for a truly delightful experience that will leave you feeling relaxed, restored and rejuvenated.

Includes: Foot ritual, full body exfoliation & full body aromatherapy chakra massage followed by wellness tea ceremony.

AED 850 - 120 minutes

## Couples Dream

Unwind within the decadence of your private suite with someone special. Celebrate and awaken your senses with our fresh strawberries and sparkling refreshments. Drift away in your own private jacuzzi. Then begin your own personal treatment experiences with an exfoliating foot ritual, followed by a bespoke full body massage, designed to relieve your tension, relax your muscles and revive your overall wellbeing.

Includes: Private spa suite, romantic setup, foot ritual, full body massage of your choice.

AED 1,000 - 120 minutes

# Massages

**The art of massage is a centuries-old healing technique used by civilizations around the world to promote health, release tension and restore vitality. Massage techniques vary from culture to culture creating an array of treatments that we know today. Soul Wellness & Spa brought together the finest and most beneficial selection of massage techniques from around the world to you.**

## Soul Spa Signature

Envelop your skin with one of the three organic massage oils customised to suit your preferences and experience the benefits as it gently soaks into your skin during your bespoke full body massage, whether you desire relaxation or relief from muscular tension.

AED 550 - 60 minutes

AED 750 - 90 minutes

## Free Style Deep Tissue

A slow, deep massage that delivers pressure to the inner layers of muscles and connective tissue to ease tension, relieve chronic pain and restore movement. You'll walk out rejuvenated and ready for life's next challenge.

AED 500 - 60 minutes

AED 700 - 90 minutes

## Balinese Massage

An ethnic massage that stimulates deep tissues, relieves muscle soreness, improves blood circulation and eliminates toxins. Tension areas are eased away with firm, deep pressure, percussion movements and pressure circles. Created to restore body and mind to a natural balance.

AED 450 - 60 minutes

AED 650 - 90 minutes

## Swedish Massage

This ultimate relaxing massage uses long, soothing strokes to relieve the body from stress and tension while stimulating blood circulation.

AED 450 - 60 minutes

AED 650 - 90 minutes

## Thai Massage

We use ancient combinations of body rocking, rhythmic acupressure, and deep assisted stretches to relieve stress and tension, alleviate muscular and joint pain, improve flexibility, and stimulate circulation.

AED 500 - 60 minutes

AED 700 - 90 minutes

## Hot Stone

Inspired by traditional native American Indian practices, this relaxing massage uses heated stones to generate energy and create a sense of balance. It relieves and melts deep-seated muscle tension promoting a calming experience.

AED 550 - 75 minutes

AED 700 - 90 minutes

# Facials

**Beauty is a personal endeavour and a reflection of your soul. Providing you with vast selection of treatments from an array of the finest products where science & nature combine to deliver simplistic beauty with visible results.**

## Teami Detox Facial

Reveal your skin's natural radiance. Green Tea Detox Facial will eliminate skin impurities and replenish with necessary superfood nutrients. Be amazed by the powerful yet gentle ability of the Detox Facial, including extractions of blackheads that will leave your skin feeling purified, clean, and renewed. This facial is perfect for all skin types needing a deep cleanse.

AED 500 - 60 minutes

## Teami Glow Facial

Teami Glow Facial is infused with rose petals, cinnamon bark and jojoba oil that provides skin with dewy hydration and natural glow. This facial works into the deeper layers of the skin leaving it soft, nourished and radiant. This is perfect for all skin types needing that extra hydration and luminosity.

AED 500 - 60 minutes

## Teami Repair Facial

Teami Repair Facial is infused with chamomile tea, jojoba oil and Sea Buckthorn to provide the ultimate antioxidant and skin renewal benefits. The ingredients from this facial seamlessly absorb into the deeper layers of the skin, leaving it soft, nourished and healthy-looking. This facial treatment is formulated for all skin types, especially those with dark spots and sun-damaged skin.

AED 500 - 60 minutes

## Teami Soothe Facial

Teami Soothe Facial is infused with lavender, sage and blue tansy oil that provides a calming sensation to sensitive skin. Perfect for all skin types, this facial treatment soothes redness and helps calm, nourish and comfort the most sensitive and delicate skin.

AED 500 - 60 minutes

## Margy's Monte Carlo Firming Collagen Facial

Exceptionally pure, active ingredients are used to transform the appearance of the skin, revealing brightness, suppleness and stimulates lax facial muscles. The texture of the skin is smoothed, the complexion unified and fine lines and wrinkles minimized.

AED 950 - 60 minutes

AED 1,150 - 90 minutes

## Margy's Monte Carlo Brightness Revealing Facial

This anti-aging treatment treats the skin while deeply nourishing and replenishing all layers. Redefining radiance and facial contouring, it delivers instant results and cumulative skincare benefits. Ideal for any skin type showing signs of aging, the skin will appear ultra-luminous, firmer and tighter.

AED 750 - 60 minutes

# Body Treatments

Cleanse, refresh and renew with our carefully selected body treatments. Each treatment is designed to nourish the body and calm the mind providing a moment of wellness and inner bliss.

## Margy's Monte Carlo Detox & Anti-Aging Body Wrap

This anti-aging body treatment firms the contours of the body. Formulated with marine collagen, it allows cellular renewal which tones and tightens, incorporating the best active ingredients to restore the elasticity of the skin.

AED 550 - 60 minutes

## Margy's Monte Carlo Sea Peel

The Sea Peel helps to detox and remove dead skin cells. This treatment reveals the skin's healthy color, restoring its firmness and tone, as well as renewing its glow. It makes the skin appear visibly smoother and firmer while fatigue and exhaustion are eliminated.

AED 300 - 30 minutes

AED 450 - 60 minutes

## Margy's Monte Carlo Detox & Anti-Cellulite Body Wrap

A detoxing and innovative treatment that stimulates blood circulation, helps eliminate fatty tissue deposits and reduces the "orange-peel skin" effect. It helps eliminate fluid retention, improves skin tone and reduces the appearance of cellulite.

AED 550 - 60 minutes

# Enhancements

**Upgrade your treatments by choosing one or more of our carefully designed service enhancements. It is available on facials, body therapies and massage services without adding additional time to the treatment. All enhancements are required to be booked and received with a treatment.**

## Valeur Absolue Massage Oil

Upgrade your massage with the Valeur Absolue Harmonie oil infused with Lavender and Neroli for a relaxing, calming and balancing experience or Vitalite oil infused with Vetiver and Grapefruit oil to stimulate and energize your body while welcoming the beneficial elements of this wellbeing elixir.

AED 75

## Collagen Boost

Choose between Pure Collagen, Vitamin C, Botolift or Hyaluron mask to reinforce hydration, smooth fine lines and wrinkles instantly.

AED 150

## Hot Stones

Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress during any massage treatment.

AED 100

## Eye Contour Treatment

Upgrade any spa treatment with this targeted eye contour lift collagen mask. Working to slow the aging process and by improving hydration, elasticity and suppleness of the delicate eye contour area. The result, fine lines and wrinkles are smoothed and dark circles under the eyes are reduced.

AED 150

## Back Exfoliation

Relaxing scrub will hydrate and slough away dry and dull skin to unveil the skin's natural radiance.

AED 100

## Revitalize

Revitalize and soften hands or feet with an exfoliation that improves hydration, brightness and suppleness.

AED 100

# Express Treatments

**For those short on time, make every moment count and indulge in our express spa treatments. Designed to address your individual needs in targeted treatments.**

## **Teami Express Facial**

Suitable for those with limited time, Teami Express Facial uses natural ingredients to hydrate and soothe all skin types.

AED 250 - 30 minutes

## **Sole Relief**

Designed to provide relief to your tired feet and calves, this divine massage will stimulate blood circulation and reduce swelling of the legs.

AED 275 - 30 minutes

## **Margy's Monte Carlo Initiation Facial**

The mini version of our facial includes a gentle cleanse, a deep tissue face massage combined with our best seller the Extra Rich Firming Mask, delivering maximum results in minimum time.

AED 350 - 30 minutes

## **De-stress Back Massage**

Release the tension with a personalised massage that will help you unwind. Loosening up the tight muscles caused by busy modern lifestyles, this treatment will improve circulation, induce deep relaxation and ease away chronic muscular aches and pains.

AED 275 - 30 minutes



# Spa Etiquette

Our spa environment is one of relaxation and tranquillity, for this reason we kindly request that cell phones be switched off or kept silent. In order to protect the modesty of our guest, photography is not permitted in any area where others may be undressing or disrobed.

Towels, Amenities, Robes and Slippers are provided. Underwear must be worn at all times during treatment. Disposable underwear is provided for your comfort during the treatment.

All treatments can be enjoyed by both male and female guests: in accordance with local laws and customs, the gender of the therapist will always be that of the guest. Lockers are available; however if you are a hotel guest we recommend valuables be kept securely in your guest room safe. The Sheraton Grand Hotel Dubai, is not responsible for any loss, damage or theft of any valuable items left unattended whether in a locker or not.

## **AGE RESTRICTION**

The Soul Wellness & Spa is an adults only sanctuary catering exclusively to guests aged 18 years and older. Children, even if accompanied by an adult are not permitted within the gym, spa facilities or treatment area.

## **CANCELLATION POLICY**

Booking cancellation less than 3 hours prior to scheduled appointment are subject to a full treatment cancellation fee.

## **HEALTH MATTERS**

When making your reservation, please notify our reception team of any medical conditions, allergies or physical ailments in order for us to give you the best possible experience.

## **ARRIVAL**

It is recommended you arrive at least 30 minutes prior to your appointment in order to enjoy the Spa Facilities.

Arriving late will reduce the time of your treatment, thus lessening its effectiveness and spa journey. Your experience will end on time so that the next guest will not be delayed; the full value of your treatment will be charged for the time reserved.

## **PAYMENT & GRATUITIES**

Services may be settled in cash, by credit or debit card, a valid voucher or charged to your hotel room if you are a hotel guest. All treatment prices are inclusive of service charge, any additional gratuity is entirely at your own discretion.

All prices are in AED and inclusive of all government taxes and fees.

## **SPA VOUCHERS**

Spa vouchers make the perfect gift and may be purchased for a specific treatment or a cash value to redeem against treatments and products. All vouchers are valid for 6 months from the date of purchase; vouchers must be used within the time frame and cannot be extended and are non-refundable.

## **HOURS OF OPERATIONS**

Spa reception and facilities: 10:00 AM until 10:00 PM

Spa treatments: 10:00 AM until 10:00 PM

For more information or to make a reservation kindly contact the Spa Reception by dialling +9714 503 4100 or book directly from our website [www.soulwellnessandspa.com](http://www.soulwellnessandspa.com)

In house guest may contact the Spa Reception by dialing 4100.

## **Soul Wellness & Spa**

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