




SOFTOUCH
Wellness سوفتاش الصحة



Softouch's wide range of luxurious face and body treatments

A whole new dimensions of Spa opens up as we learn to touch to communicate with you in a manner that honors your uniqueness and body type. The spa experience then becomes a context where your true nature can blossom and unfold. Inevitably, this is what each of us seek.

Softouch's wide range of luxurious face and body treatments are tailor-made through a diagnosis to further customize product selection and treatment for your body nature. Our spa menu offers a range of therapies for rejuvenation, detoxification, stress relief, skin care and personalized fusion Spa treatments to avoid monotony & to deliver the desired results.



Massage Therapy

Classic Swedish massage

Swedish massage includes long, relaxing strokes, kneading, friction, tapping, and shaking motions. Improved circulation, relief of muscle tension, relaxation and well being are some of its benefits. Your body will feel rested and your mind at ease after a completely pampering experience.

Duration: 90/60 minutes AED 450/280

Traditional Balinese Massage

An ancient deep tissue massage technique involves the use of oils. Pressure is applied to release areas of tense, knotted tissue as well as long massage strokes and skin rolling techniques to relieve stress and tension to improve circulation. The massage is performed using a mixture of essential oils, which combined with the massage techniques applied promotes harmony of the mind, body and soul.

Duration: 90/60 minutes AED 550/380





Traditional Thai Massage

Thai Massage, known as “passive yoga”, offers an ultimate body work out. The stress will be depleted from the muscles and it helps to increase your energy levels. Let our experts take all the pressure away allowing you to enjoy stretching, flexibility and toning benefits.

Duration: 60 minutes AED 350

Hot Stone Therapy

Allow the deep, penetrating heat of volcanic basalt stones melt the tension away. Heat to the muscles enhances relaxation, circulation and the healing process of a therapeutic massage. This modality can combine energy work to help balance the body. Perfect for those that demand a deep tissue massage to help stubborn muscles relax.

Duration: 90/60 minutes AED 600/400



Sports Massage

Perfect for a very active or athletic individual who seeks a muscle-intensive massage modality. Sports massage concentrates more on specific areas of the body along with stretching. It is ideal for recreational lifestyles to help relieve discomfort or pain from over activity.

Duration: 45 minutes AED 280

Reflexology

A foot treatment incorporating pressure points that mirror the body's key systems. Since ancient times, the Chinese have practiced foot reflexology to heal the body and mind to maintain balance and equality. It is a natural and non-medical approach towards healing.

Duration: 60/30 minutes AED 320/160



Lymphatic Massage

The lymphatic system is essential for the body's drainage system for cleansing and filtering out toxins. Congested lymph pathways can cause soreness, aches, pains and flu-like symptoms. This helps to clear the "passage-ways".

Duration: 60 minutes AED 350

Mother To Be

During pregnancy several discomforts and changes can happen to a woman's body. She will leave relaxed, pampered and stress-free. Pregnancy massages can help alleviate upper and lower back pain, aching knees and overall fatigue often associated with pregnancy.

Duration: 45 minutes AED 280



Express Treatments

Neck & Shoulder

This relieves the spasm and stiffness of neck, shoulder and upper back muscles and is an effective remedy for cervical spondylosis.

Duration: 30 minutes AED 180

Leg & Feet

This relieves spasm, stiffness, muscle cramps, sciatic pain, and knee & ankle pain. This massage improves lymphatic and blood circulation and is effective on swollen feet.

Duration: 30 minutes AED180

Nourishing Scalp Treatment

A gloriously relaxing yet invigorating experience. Let our therapist iron out the stress and strains of life as she massages the scalp – one of the main tension holding sites of the body.

Duration: 30 minutes AED 180



Body Scrubs & Wraps

Full Body Polish

A rich creamy-textured skin refining body scrub to remove impurities and rough skin. Gentle and deep-cleansing, Pevonia's Body polish uses natural jojoba granules to activate the blood circulation without harming the fine capillaries, leaving skin soft, silky and smooth. Performed within every body wrap and self tan or as a sole treatment. Choose from two natural extract aromas papaya and pineapple or mango and passion fruit.

Duration:30 minutes AED 295

Splendor Exfoliate

This special treatment is the beginning to a smoother, silkier body. An aromatic mixture of moisturizing oils, aromatic oils and sea salts are applied and massaged in circular motions all over the body.

Duration:60 minutes AED 355

Aromatic Moor Mud Wrap

This unique holistic, healing black magma dates back over 40,000 years. As warm Aromatic Moor Mud rich in 350 natural vitamins, minerals and enzymes is generously applied to the entire body, sore muscles, aches and pains are alleviated. This superb mud offers a gentle thermal action which stimulates and invigorates the body bringing a state of deep relaxation and well being.

Duration:60 minutes AED 355
90 minutes AED 495 (Including Body Scrub)

COFFEE SCRUB

Green Coffee Body Wrap for Cellulite

This wrap stimulates your body's ability to break down fat, increase metabolism and eliminate water retention. 100% pure micronized Green Coffee, naturally rich in Chlorogenic acid, polysaccharides and proteins as well as essential oils will smooth and enhance the skin's overall texture thus visibly reducing spongy, dimply, cellulite areas.

Duration: 60 minutes AED 375

90 minutes AED 525 (Including Body Scrub)

Yogurt Wrap with Mango-Passion Fruit Body wrap

Firming and brightening, this delightful tropical body wrap counteracts aging, evens skin tone, and delivers invigorating and toning benefits.

Combining the tropical extracts of mango and passion fruit, this wrap is rich in malic, tartaric, and citric acids, as well as anti-aging ingredients. The skin emerges revived, refreshed, smoother, firmer, and vividly bright

Duration: 60 minutes AED 475

90 minutes AED 695 (Including Body Scrub)





Signature Therapies

Thai Herbal Compress Massage

This long lasting massage begins with 40 minutes of aromatherapy massage from head to toe followed by a blissful Thai herbal compress massage. This massage is very effective for relieving muscular pains, aches and spasm.

Duration: 75 minutes AED 700



Softouch Harmony

With a harmonious blend of scrubs, massage and facial, Softouch Harmony is a total relaxing ritual. This special treatment begins with a scrub to a smoother, silkier skin followed by various rhythmic massage strokes. Softouch Harmony also includes a skin type relaxing mini-facial

Duration: 100 minutes AED 800





Swiss French spa line launched in 1991, Pevonia spa care bases its philosophy on the use of exceptional nature's finest marine and botanic organic resources and advanced manufacturing processes, innovative holistic spa treatment to deliver outstanding visible, professional results and an unsurpassed spa experience. Pevonia placed in the healing hands of expertly-trained, highly educated skin care specialists. These skilled professionals' administer outstanding skin care treatments to spa guests around the globe.

Facial Treatments

Refresher Mini-Facial

Have little time? You still have time to get pampered with this facial, designed for the person on the go. Enjoy the soothing steam and a perfect blend of cleansing, customized mask, toning and moisturizing. Unwind and relax.

Duration: 30 minutes AED 155

Prescriptive Facial

Not certain of the facial that's best for your skin? Let our aesthetician design one for you. Feel the soothing steam as your skin is deeply cleansed with enzyme exfoliation, extractions if needed and a customized treatment mask. Your therapist will tailor make your facial treatment according to your skin type & concerns.

Duration: 60 minutes AED 400

Deep Cleansing Facial

This is a deep pore cleansing facial, including an enzyme peel with steam to melt away impurities. Light extractions are performed, followed by an ampoule, complimentary mask and moisturizer to balance and rejuvenate your skin. All skin types – Ask your therapist about the choice of high active ampoules to suit your skin concerns.

Duration: 75 minutes AED 500

Gentlemen's Facial

This facial will dissolve impurities, deep clean and hydrate your skin. You will experience complete relaxation and your therapist will customize your facial treatment according to your skin type & concerns.

Duration: 60 minutes AED 400

Luminous “C” & “SEA” Facial Mask Treatment

Pamper and protect your skin with this high-tech, medically formulated Vitamin C. Designed to promote change in your skin and to reduce the signs of sun damage and aging. This facial will hydrate, nourish, and protect your skin with its vitamin enriched, anti-oxidant formulation. It creates a more even, firmer, and radiant complexion.

Duration: 75 minutes AED 700

Caviar Facial for Him & Her

This amazing treatment revitalizes, hydrates, and firms the skin through a synergized blend of rich botanicals. Vegetable extracts, crushed pearls, and marine caviar are layered together for deep penetration, resulting in a firmer, youthful, glow. Includes a luxurious Caviar hand & arm massage.

Duration: 75 minutes AED 895

MILA D'OPIZ
SWISS BEAUTY

Perfection from Switzerland that goes under the skin

In 1938 as the company founder Mila Opitz first began to manufacture and sell a biological face cream, no one had any idea that she was laying the basis for the impressive career of this Swiss cosmetic company. The Mila d'Opiz' vision is to provide people with the means of making them feel good about their skin.

A brand is a promise, a promise to the clients and to the future. The brand values of

Mila d'Opiz Switzerland are the epitome of higher quality, naturalness, modern care and beauty.

Quality has always played a central role for Mila d'Opiz. It shows in the product itself, in the high value ingredients and their formulation. Mila d'Opiz is synonymous with the highest quality. Naturalness is also central to Mila d'Opiz. It has been given meaning through the active ingredients and raw materials used and the production procedures employed. Naturalness can also be seen in the way Mila d'Opiz listens to the wishes of the customers. This, together with the highest quality standards are the reasons why Mila d'Opiz is so trusted by professionals.

Try Mila d'Opiz skin care, your skin will cherish.

Facial Treatments

Skin Whisperer – Luxury Whisperer Treatment

Eternal youth... a dream come true with the innovative Skin Whisperer beauty care! A revolution on your skin with the powerful anti-ageing complex and plant stem cells. This treatment increases the collagen and elastin production in your skin, promotes firmness, reduces wrinkle-depth and gives you smoother and rejuvenated skin.

Duration: 75 minutes AED 1500

PHYTO de LUXE - Gold Treasure Treatment

A first class anti-ageing treatment that targets the prevention of photo-ageing and hormonal ageing. The treatment will reduce visible fine lines and wrinkles, strengthen the skin tissue and deeply nourish to correct early signs of premature skin ageing.

Duration: 75 MINUTES AED 1200

Caviar White Truffle Treatment

The combination of exclusive black caviar and highest quality argan oil has a highly efficient effect on your skin. These natural ingredients restore and nourish the skin, slowing down the ageing process. The treatment will stimulate skin regeneration and protect the skin cells from free radicals.

Duration: 75 Minutes AED 1000

Brightening Treatment

This treatment helps to reduce pigmentation disorders and to even your skin tone. The natural oils nourish, regenerate and soothe your skin. The micro-circulation in your skin will be stimulated and will leave you with a clear, healthy glow.

Duration: 60 Minutes AED 600

Swiss Power Treatment

A true energy booster for your skin! The treatment protects, energizes, soothes and deeply hydrates. The vitamin-complex increases your skin's resistance against environmental influences, providing anti-oxidants. Your skin will be deeply hydrated and soft to touch.

Duration: 60 Minutes AED 800

Body Treatments

Theo-Caffeine Meso Patch Treatment

This treatment is the cosmetic therapy answer to the unpleasant appearance of cellulite. The active ingredients deeply enter the skin via the pores on hip or abdomen area. The fatty cells are broken down and the development of new cells is prohibited, and excess fluids are drained as well. Your skin will appear more toned, firm and elastic. Increase your results with frequent treatments. Your spa therapist will assist you with a personalized plan.

Duration: 60 minutes AED 460



Bust Shaping & Firming Treatment

Your skin's regeneration gets a boost and your décolleté will reveal younger looking skin. During this treatment you will enjoy a smooth peeling, anti-age or lifting serum massage and a toning mask. Your skin feels smooth and rejuvenated, firm and elastic.

Duration: 30 minutes AED 180

Bust and Thigh - Firming & Detox Treatment

Proteins, vitamins and minerals restructure the skin deeply, activating the collagen levels in the dermis. The purifying mask will balance your skin's natural oil levels and remove any impurities, leaving you with restructured, smooth and clear skin. The intense cooling sensation adds to the slimming effect of this treatment. The slimming and detoxing qualities of the mask improve the appearance of your legs. You will walk out of the treatment room with a fresh spring to your step!

Duration: 60 minutes AED 400

HERBAL MASK – for back or full body

This treatment is ideal to even and purify your skin, deep cleansing the areas of concern. The cooling herbal mask soothes the skin and promotes its healing process. The body exfoliation prepares your skin to receive all the benefits of the mask. Your skin's oil balance is restored and will feel silky soft.

Duration: 30 minutes AED 140 or 60 minutes AED 280

General Tips:

1. Allocate a minimum of 15 minutes prior to your treatment to allow yourself ample time to change and get ready. Arriving late is a breach of etiquette and will shorten your massage.
2. Remember to turn off your mobile phones to enjoy a tranquil environment for complete relaxation.
3. If you have any health concerns, please inform our therapist before going for a massage. Please inform him/her if you are pregnant or have any allergies, heart problems, or have any medications, or any recent surgeries that may hamper the treatment process.
4. To make a reservation you can call on extension 4359 or visit the spa. Treatments are available between 9 am to 9 pm. Advance booking prior to your intended treatment time is recommended. Guests with any infectious diseases, or open lesions are refrained from using the spa.
5. A 4 hour cancellation notice period is required to avoid being charged 50% of a scheduled appointment.
6. Please do not bring any valuables or jewellery to the spa. We are not responsible for any lost or stolen personal items.
7. The spa will provide towels slippers and disposable under garments during your spa treatment. We do ensure your complete privacy and modesty throughout your time with us.
8. Our spa environment is one of tranquility and relaxation. Please respect our peaceful ambience as well as privacy of other guests.
9. It is appreciated that you take massage better on empty stomach or keep an interval of at least 1 hour after food. Drink lot of warm water during the days of treatment and this helps to flush out toxins from the body.
10. Please remove any contact lens before treatment to prevent any injury to the eyes.
11. You can purchase our products & Gift Vouchers from the spa reception.
12. Rest for one hour is advised after the massage; restrain from cold exposure, swimming, sun, drinking cold water/food for an hour after oil therapies.

Have a wonderful Spa experience!!!





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Timings 9am - 9pm