



AL MAHA
A LUXURY COLLECTION
DESERT RESORT & SPA

Dubai

LIFE IS A COLLECTION OF EXPERIENCES
LET US BE YOUR GUIDE



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AYURVEDA

Ayurveda, the traditional Indian medicinal system for healing, is not only used to treat diseases but is the complete way of life. Ayurvedic theory states that everything in the universe is connected and emphasis is placed on the prevention of body ailments in addition to curing them. It is the most natural way to refresh, eliminate toxic imbalances from the body, and to regain resistance and good health.

Softouch Ayurveda operating at Al Maha, a Luxury Collection Desert Resort & Spa combines Ayurveda tradition, quality, hygiene and luxury.





AYURVEDA DOCTOR CONSULTATION

Ayurveda is approached on a highly individualistic basis in that the treatment varies from person to person. In order to get the best results when wanting to treat a disease, a consultation with our highly specialized doctor can be booked with one day's notice prior to starting treatment at a rate of AED 250. The doctor will then be able to assess which course of treatment will suit the individual at best. Besides assessing diseases it is also important to do a check on healthy people in order to prevent the occurrence of diseases.

MASSAGE THERAPY

Abhyangam

60 MIN AED 350

This massage is done with selected Ayurvedic oils that are applied to the head and body with soothing and relaxing strokes. This is very good for general health, prevents early aging, occurrence of diseases and improves the quality of sleep. This massage enhances proper blood circulation and provides deep relaxation, giving a feeling of complete wellbeing.

Marma Massage

60 MIN AED 450

Marma, a vital point, is a juncture on the body where two or more types of tissue meet. The masseur applies pressure with the fingers, thumb or palm at certain vital points to nurture physical and mental rehabilitation. This massage is superb for overworked, tired, stressed muscles to help stretch the body and alleviate fatigue.

Elakkizhi

75 MIN AED 750

One of the most relaxing and refreshing massages that you can enjoy. This is a massage with warm roasted medicinal leaves packed in bags where you can enjoy a head to toe massage with Ayurvedic oils for a relaxing period of 75 minutes. This massage is very good for relieving spasm and stiffness of the muscles, lubricating the joints, strengthening the spinal muscles and relieving not only joint pains but puts a special focus on back pain. This massage also enhances the peripheral blood circulation, cleanses the channels of circulation and expels the toxins through the sweat. It also helps to tone the skin and can be very relaxing.

Spine Care

60 MIN AED 600

This is not a massage but a treatment for your spine. The therapy will start with the application of warm herbal poultice after anointing oil. Luke warm oil is allowed to stay on the lower back, upper back or neck for 30 minutes in a dam made with dough. This treatment relieves occupational tension build ups, stiffness of the neck, shoulder and upper back muscles, spasm, pains and aches. This is a very effective treatment for sciatic pains and spondylosis.

Udwarthanam (Ayurvedic Anti Cellulite)

75 MIN AED 560

This massage starts with an oil massage followed by the application of herbal powder. This powder is like a scrub to exfoliate cellulite, deplete fat and strengthen the muscles. It removes impurities, dead skin cells and stimulates the increase of lymphatic circulation.





EXECUTIVE RITUALS

Shirodhara

75 MIN AED 750

This is a unique massage of Kerala, in which a steady stream of decoction or medicated oil flows on the forehead in a peculiar pattern. A 45 minutes full body massage is included in the process. This massage is very effective for mental relaxation, sleep disturbance, headaches, hair problems and skin diseases.

Navarakizhi

90 MIN AED 890

This Massage is performed with Ayurvedic oils for the whole body which is done in the first phase of this treatment. This is followed by a massage with warm rice (medicinal rice, Navara) bags dipped in milk and herbal decoction. This massage rejuvenates and nourishes tissues, softens and moisturizes the skin, enhances complexion, strengthens the body muscles and improves the nervous function and vitality.

HAIR CARE

Ayurvedic Hair Care

60 MIN AED 490

This treatment includes an Ayurvedic scalp massage with hair rejuvenating oils, and the application of a traditional herbal paste added with or without henna. The hair is then washed with the so called Thali paste, a herbal shampoo, which does not remove the natural oil of your hair.

SIGNATURE TREATMENTS

Stress Away

90 MIN AED 1200

This is the ideal Ayurvedic treatment for both mental and physical relaxation. Undergoing this treatment will relieve headaches, muscle aches and pains and swelling of the feet. It will also help with sleep disturbance, constipation and other discomforts of a jetlag.

Scrub n' Trim

90 MIN AED 1100

This massage is designed to aid the reduction of weight and includes a vasodilating massage with herbal bags in oil, decoction, and an herbal powder scrub afterwards. Repeating this treatment helps with the fight against obesity.



EXPRESS TREATMENTS

Ayurvedic Neck & Shoulder

25 MIN AED 310

In this treatment fresh herbs are cooked in Ayurvedic oils and packed into bags which are then applied over the neck and shoulders after a traditional hand massage. This relieves the spasm and stiffness of neck, shoulder and upper back muscles and is an effective remedy for cervical spondylosis.

Ayurvedic Leg & Feet

25 MIN AED 310

In this treatment fresh herbs are cooked in Ayurvedic oils and packed into bags which are then applied over the legs and feet after a traditional hand massage. This relieves spasms, stiffness, muscle cramps, sciatic pain, and knee & ankle pain. This massage improves lymphatic and blood circulation and is proven effective on swollen feet.





TREATMENT PACKAGES

Rejuvenation Program

AED 3000 / 3 days

AED 5000 / 5 days

AED 6650 / 7 days

This treatment program includes detoxification and rejuvenation of the body by using herbal oils and medicines which nourish the body tissues. This therapy increases a person's health span by improving the quality and purity of structural mechanisms in the body.

Slimming Program

AED 3000 / 3 days

AED 5000 / 5 days

AED 6650 / 7 days

In Ayurveda, losing weight is not about starving or suppressing your appetite. It is about balancing your fat metabolism. With the right therapy which is tailor made to suit your constitution, one can reduce weight in a healthy way. The treatments include special massages, herbal medicine & advice on your diet.

Panchakarma Program (Detox)

AED 12600 / 14 days

AED 17850 / 21 days

Is the ultimate mind-body healing experience. This is a five-fold treatment, which includes different massages, herbal teas and treatments like Nasyam (nasal drops), Virechanam (purgation), Vasthy (Enema therapy) and more. This is for the mental and physical wellbeing and tones the body, mind, breath, nerves and purifies the blood.

GENERAL TIPS:

Kindly be present at least 10 minutes prior to your treatment to allow yourself ample time to change and get ready.

Please remove contact lenses before the treatment to prevent any injury to the eyes.

It is recommendable to take the massage or treatment on an empty stomach, or with an interval of at least one hour.

Drink plenty of warm water during the days of treatment, this helps to eliminate toxins from the body.

In case of any health concerns it is advised to always consult a doctor before going for a massage. Kindly inform the doctor whether you are pregnant, have any allergies, heart problems, or if you are taking any medications. Also inform whether you have had any recent surgeries that may hamper the treatment process.

After the massage undergoing oil therapy, it is advised to rest for one hour and refrain from exposure to cold, swimming, sun, drinking cold water and eating cold food.

When undergoing treatment programs avoid sleeping during the day, eating heavy & oily meals, yoghurt, direct exposure to the cold, keeping awake at night and over exertion.

When wanting to continue your spa experience at home and obtain maximum results from your treatment, professional recommendations and prescriptions are available from our treatment specialists.

Have an evocative Ayurveda experience!