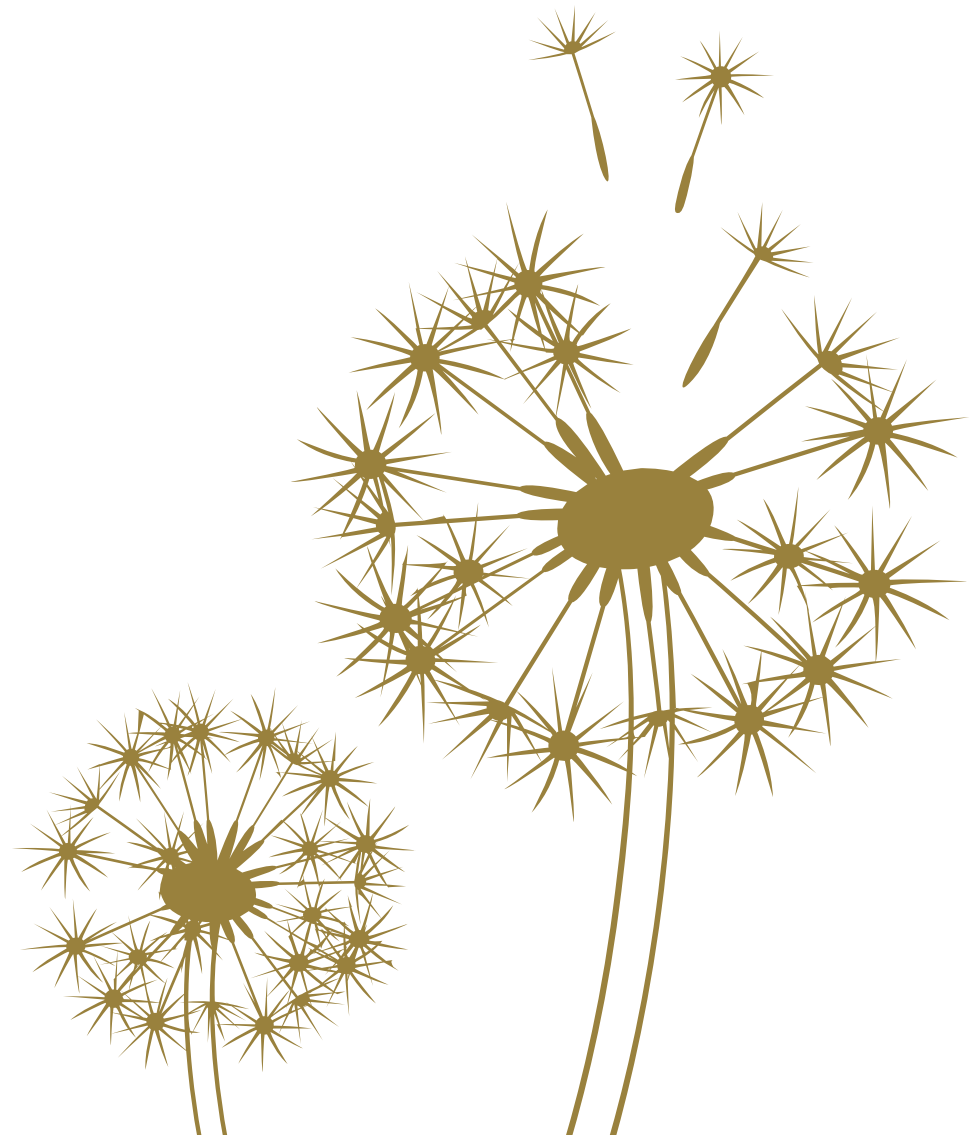




SOFTOUCH *Spa*



Sheikh Humaid Bin Rashid Al Nuaimi Street, PO BOX 3025  
For booking: 06 714 5535; In-house guest dial from rooms: 8806  
Email: [spa.ajmanhotel@softouchspa.com](mailto:spa.ajmanhotel@softouchspa.com)





**NASYA & DHOOMA** 30 Mins AED 230  
*A nasal treatment to relieve headaches related to sinusitis.*

**KARNA POORANAM** 30 Mins AED 230  
*Ayurvedic prescription for ear aches and tinnitus.*

### Signature Massages

**ANTI VOYAGE FATIGUE** 90 Mins AED 799  
*A three combo of oil massage, Elakizhi and Sirodhara; this massage is designed to relieve the Stress and strain due to long journeys. This is helpful to relieve the muscle pains and aches, Swelling on the feet, headache, sleep disturbance, constipation and other discomforts of jetlag.*

**SCRUB N' TRIM** 90 Mins AED 799  
*Combination of oil massage, Elakizhi (herbal poultices) and Udvartanam (peeling).*

### Ayurveda for Beauty

**AYURVEDIC HERBAL FACIAL** 60 Mins AED 420  
*Ayurvedic facial therapy is known to be the best for any skin type. It purifies, nourishes, and Rejuvenates skin for a luminous glow. This nature based treatment uses dosha balancing Ayurvedic products benefits to heighten the sensorial experience.*

### Express Treatments

**INDIAN HEAD MASSAGE** 30 Mins AED 230

**SUN CARE (FOR SUN BURNS)** 30 Mins AED 230

All Prices are in UAE Dirhams and Include Service Charge and Tax



## **EVERY MOMENT IS DESIGNED TO CELEBRATE YOU.**

Experience the serene resort environment featuring five treatment rooms and an outdoor Balinese Hut where you will discover the passion and pleasure of "me time". Our Spa therapists are using expert massage and facial techniques to relax and sooth the body and mind.

### **SPA ETIQUETTE AND OPENING HOURS**

Opening Hours  
Daily, from 10:00 am to 10:00 pm  
Appointments can be made at: + 971 6 714  
5535 From your room, please dial 8806

### **CANCELLATIONS**

As a courtesy to all, we ask that a four-hour notice to be given if you need to cancel or change your appointment.  
For a cancellation with less than a four-hour notification or no-show appointments, the full treatment fee will be charged.

### **ARRIVAL GUIDELINES**

Please arrive 15 minutes prior to the start of your scheduled appointment. Late arrivals will be subject to reduced treatment times.

### **MINIMUM AGE**

The Spa is an adult facility and appropriate for guests 16 years of age and older.

## **Facility Fee**

### **USE OF THE SPA REQUIRES A DAILY FEE.**

For those with a reserved spa treatment or in-room massage, there are no additional charges for spa facility use on the day of service.

### **MEDICAL CONCERNS AND COMFORT LEVEL**

Please advise us of any health conditions, allergies or injuries that could affect your treatment and the use of the facility. Guests who are pregnant, have had recent surgery or have any other medical concerns are advised to consult their physician before booking spa services.

### **JEWELRY**

Please do not bring jewelry to the spa. The Spa shall not be liable for any loss of personal items, even if stored in our lockers. If you have any specific concerns or questions you must bring it to the attention of the staff.

### **CELL PHONES, PERSONAL ELECTRONIC DEVICES AND CAMERAS**

We strive to provide our guests with a tranquil and private escape from the outside world. Please help us by turning off cell phones and personal electronic devices upon entering The Spa.

### **HOMECARE**

To continue your spa regime at home, all spa products used in the treatments are available for sale.

### **GIFT CERTIFICATE**

Our gift certificates are an ideal gift and are available at the spa reception.



# Ayurveda

## “The Mantra for Health & Happiness”

Ayurveda, (translated as 'the science of life') - is the traditional Indian health care system Developed in India about 5000 years ago. This holistic discipline focuses mainly on balancing Body, mind and spirit in harmony with nature, through diet, life style, cleansing rituals, yoga and meditation.

Our wide range of luxurious treatments is personalized for each body type, through an Ayurvedic consultation and further customizes product selection. We offer something more than a good treatment....

## We present a journey of self discovery...

**ABHYANGAM** 60 Mins / 90 Mins AED 399 / 599

This is the basic full body Ayurveda massage. This enhances proper blood circulation and Relaxes mind.

**UZHICHIL (MARMA MASSAGE)** 60 Mins / 90 Mins AED 525 / 735

A deep tissue massages concentrating the Marma points. Superb for overworked, tired, Stressed muscles to help stretch the body and alleviate fatigue.

**EXPRESS RELIEF** 60 Mins AED 525

This includes a basic full body massage and herbal treatment locally for the relief of stiffness Of neck and back.

**ELAKKIZHI** 60 Mins / 75 Mins AED 550 / 660

Massage with warm oil and herbals poultices; relieves stiff muscles, aches and pains, helps in detox and body relaxation.

**SIRODHARA WITH ABHYANGA** 75mins AED 683

A very relaxing de-stressing massage of body and oil dripping on the forehead (very effective For mental relaxation, sleep disturbances, headache and hair fall).

**STRESS AWAY** 45mins AED 473


A special Ayurvedic procedure with luke warm Ayurvedic oils poured on the head in a steady stream followed by head massage.

**UDVARTHANAM** 60 Mins / 75 Mins AED 473 / 565

Oil massage and powder scrub; exfoliates the skin, removes impurities, dead skin cells and Stimulate circulation.

**SOFTOUCH SPLENDOR** 90 Mins AED 630

A full body oil massage Abhyanga in combination with herbal facial.



**Shirodhara** comes from the two Sanskrit words “shiro” (head) and “dhara” (flow). It's an Ayurvedic healing technique that involves having someone pour liquid usually oil, milk, buttermilk, or water onto your forehead. It's often combined with a body, scalp, or head massage.

## TYPES OF MASSAGE THERAPY

**CLASSIC SWEDISH MASSAGE** 60 Mins / 90 Mins AED 405 / 610

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 for a total pampering experience.

**TRADITIONAL BALINESE MASSAGE** 60 Mins / 90 Mins AED 450 / 650

Using traditional Balinese techniques combining gentle stretches, long stroking movement, and acupressure to release tension in knotted muscles. Works perfectly for shooting the pain in joints and muscles.

**TRADITIONAL THAI MASSAGE** 60 Mins / 90 Mins AED 420 / 630

Acupressure and stretching techniques inspired by yoga are used to awaken the body's energy flow and release any physical tension.

**HOT STONE THERAPY** 60 Mins / 90 mins AED 500 / 680

Using warm stones, this natural therapy provides deep relaxation for the entire body by easing tension and releasing muscle discomfort.

**SPORTS MASSAGE** 45 mins AED 390

Perfect for a very active or athletic individual who seeks a muscle-intensive 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.

**MOTHER TO BE:** 45 Mins AED 390

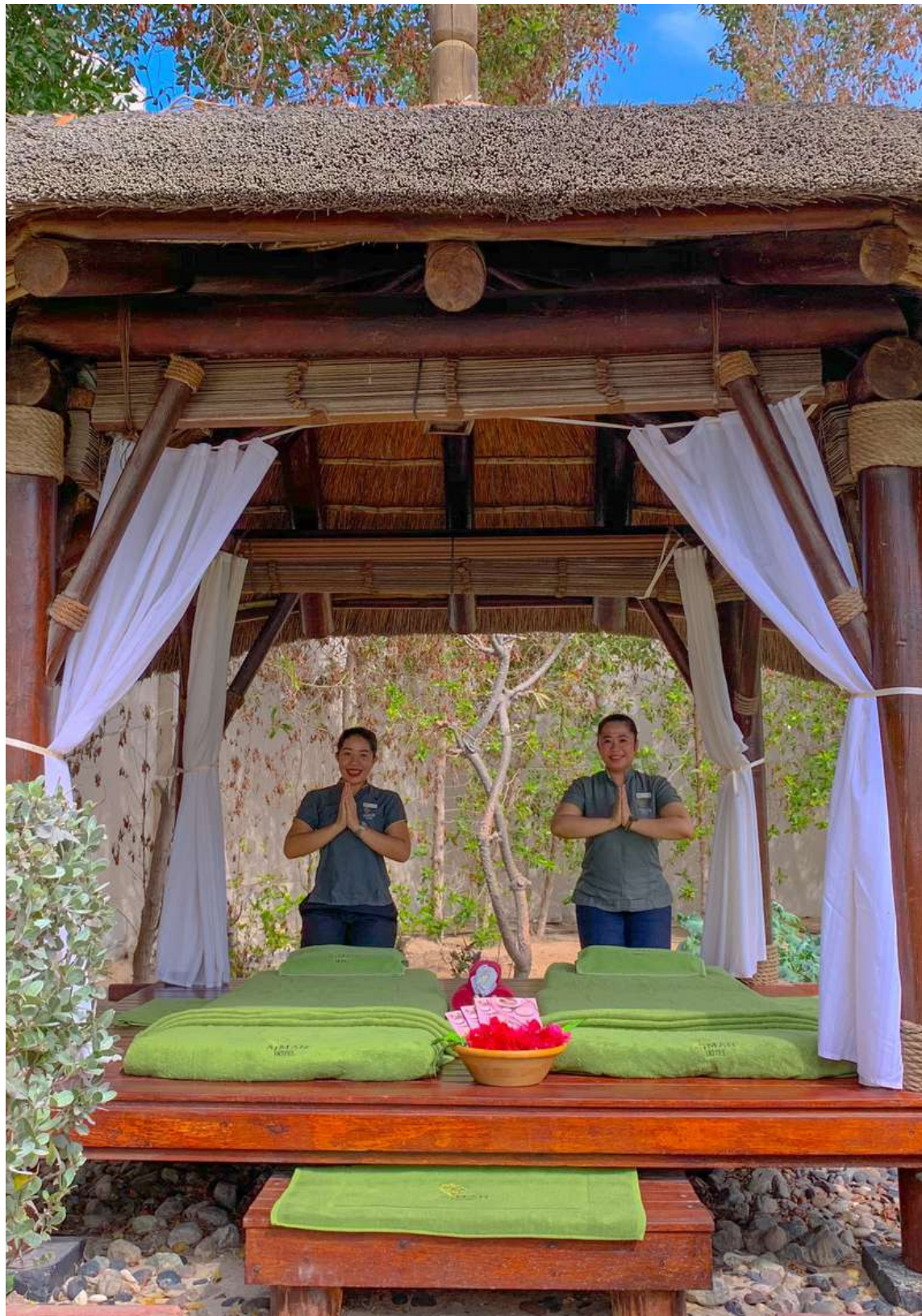
During pregnancy several discomforts and changes can happen to a women body. She will leave relaxed, pampered and stress free .Pregnancy massage can help alleviate upper and lower back pain, aching knees and overall fatigue often associated with pregnancy.

**LYMPHATIC MASSAGE** 60 Mins AED 405

The lymphatic system is essential as 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'

**REFLEXOLOGY MASSAGE** 30 Mins / 60 Mins AED 250 / 500

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



## FINE TOUCHES & BEAUTY

### NAIL

#### HAND AND FEET

Spa Manicure	60 MINS	AED 210
Spa Pedicure	60 MINS	AED 250
Express Manicure	30 MINS	AED 150
Express Pedicure	30 MINS	AED 150
Gel Manicure	60 MINS	AED 150
Gel Pedicure	60 MINS	AED 180
Gel Remover	30 MINS	AED 70
Nail Polish Change	15 MINS	AED 40

### WAXING

Eyebrow	15 MINS	AED 50
Chin & Upper Lip	15 MINS	AED 50
Under Arm	15 MINS	AED 60
Half Leg	30 MINS	AED 100
Full Leg	50 MINS	AED 130
Half Arm	20 MINS	AED 60
Full Arm	50 MINS	AED 120
Bikini Line	30 MINS	AED 120
Full Bikini	60 MINS	AED 250
Back & Chest	30 MINS	AED 120
Chest & Stomach	60 MINS	AED 240

### THREADING

Upper Lip	15 MINS	AED 50
Chin	15 MINS	AED 50
Full Face	15 MINS	AED 115
Eyebrow	30 MINSS	AED 80



## EXPRESS TREATMENTS

**NECK & SHOULDERS** 30 mins AED 260

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

**LEGS & FEET** 30 mins AED 260

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

**NOURISHING SCALP** 30 mins AED 260

**TREATMENT PRIVATE BALINESE** 60 mins AED 260

*This traditional Balinese treatment provides deep relaxation to balance the entire body and mind and is offered Outdoor in a Balinese hut and the calm surroundings of lush palm gardens and the sea.*

## FACIAL THERAPIES

**MINI FACIAL** 30 Mins AED 250

*Have little time?*

*You still have time to get pampered with this facial, designed for the person on the go. Enjoy soothing cleansing followed by exfoliation, customized mask, toning and moisturizing, unwind and relax.*

**DEEP CLEANSING FACIAL** 60 Mins AED 500

*This is a deep pore cleansing facial, including exfoliation with steam to melt away impurities. Light extractions are performed followed by customized mask and moisturizer to suit your skin concerns.*

**GENTLEMEN`S FACIAL** 60 Mins AED 500

*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 and concerns.*

## BODY THERAPIES

**FULL BODY POLISH** 30 Mins AED 265

*A rich creamy-textured skin refining body scrub to remove impurities and rough skin. Gentle and deep cleansing will leave your skin soft, silky and smooth.*

**AROMATIC MOOR MUD WRAPS** 60 Mins AED 370

*As warm Aromatic Moor Mud rich in multi Vitamins, minerals and enzymes is generously applied to the entire body, sore muscles, aches and pains are alleviated. It brings body a state of deep relaxation and well being.*

**SOFTOUCH HARMONY** 100 Mins AED 740

*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** Spa

**COUPLE TREATMENTS**

120 Mins AED 1190

Enjoy a refreshing full body scrub followed by an aromatic massage, choose the massage flavor from our wide range of luxurious collection and finish the session with a mini refreshing facial.

**HYDRAFACIAL**

Hydration is the foundation of healthy and vibrant skin. This results driven treatment is designed to remove dead skin cells and painlessly extract impurities while simultaneously infusing the skin with cleansing, hydrating and moisturizing agents.

**BOOSTER HYDRAFACIAL MD TREATMENT** 30 Mins AED 450

This treatment offers the perfect skin care solution for the aging skin by bathing the skin in rich antioxidant and deep hydrating hyaluronic acid. It starts with deep cleansing and gentle exfoliation followed by painless extraction and delivers a burst of hydration.

**HYDRAFACIAL MD TREATMENT** 60 Mins AED 800

Rejuvenating skin resurfacing treatment that immediately reduces the look of line, wrinkles, acne, hyper pigmentation, congested pores and uneven skin tone on the face and neck. This facial also uses LED light therapy for lasting skin glowing results.

**DELUXE HYDRAFACIAL MD TREATMENT** 90 Mins AED 1100

This treatment begins with Lymphatic drainage therapy to initiate the detoxification process followed by Hydrafacial MD for deep cleansing, exfoliation and hydration of the skin of the face, neck and decollete. It includes Multi peptide Dermabuilder to address fine lines and wrinkles ending with LED light therapy and a collagen mask.

