



OBEROI SPA

MENU



The Oberoi

BEACH RESORT

AL ZORAH



The Oberoi Spa has an elegant, contemporary design with open spaces and natural light; the perfect setting for guests to relax and unwind with a signature Oberoi massage, a body treatment, facial, hand or feet therapy.

We request you switch off all gadgets while experiencing any of our treatments. Instead, focus on enjoying quiet time with yourself. Silence is a powerful catalyst for relaxation, healing and nurturing wellness from within.

Welcome to The Oberoi Spa at The Oberoi Beach Resort, Al Zorah.

A Customised Experience

We desire that you experience healing in its fullest sense; which means that the ideal therapy for you is based on what your body and mind actually demand.

Our experienced spa team will work with you to customise therapies. All you need to decide is whether to spend 60, 90, 120 minutes or half a day at our spa, and then allow our team to deliver an experience that you will cherish forever.

45 mins - AED 400

60 mins - AED 495

75 mins - AED 525

90 mins - AED 685

120 mins - AED 950

** all 45 minutes treatments available as an add-on*

Prices are in AED, inclusive of 5% VAT and 10% service charge.

ALQVIMIA

ALQVIMIA use 100% natural products and promise one of a kind experiences, with methods based on ancient alchemic wisdom, and treatments that evoke physical, energetic and emotional sensations.

ALQVIMIA believes that the balance between mind, body and spirit is essential to beauty; holistic care is requisite for internal and external wellbeing.

The ALQVIMIA method determines the appropriate treatment for you using a Polarity Test to check your energetic balance of Yin and Yang, and a Biological Age Test to discern your metabolic age, physical health and condition.

Oberoi Signature

Duration: 75 minutes

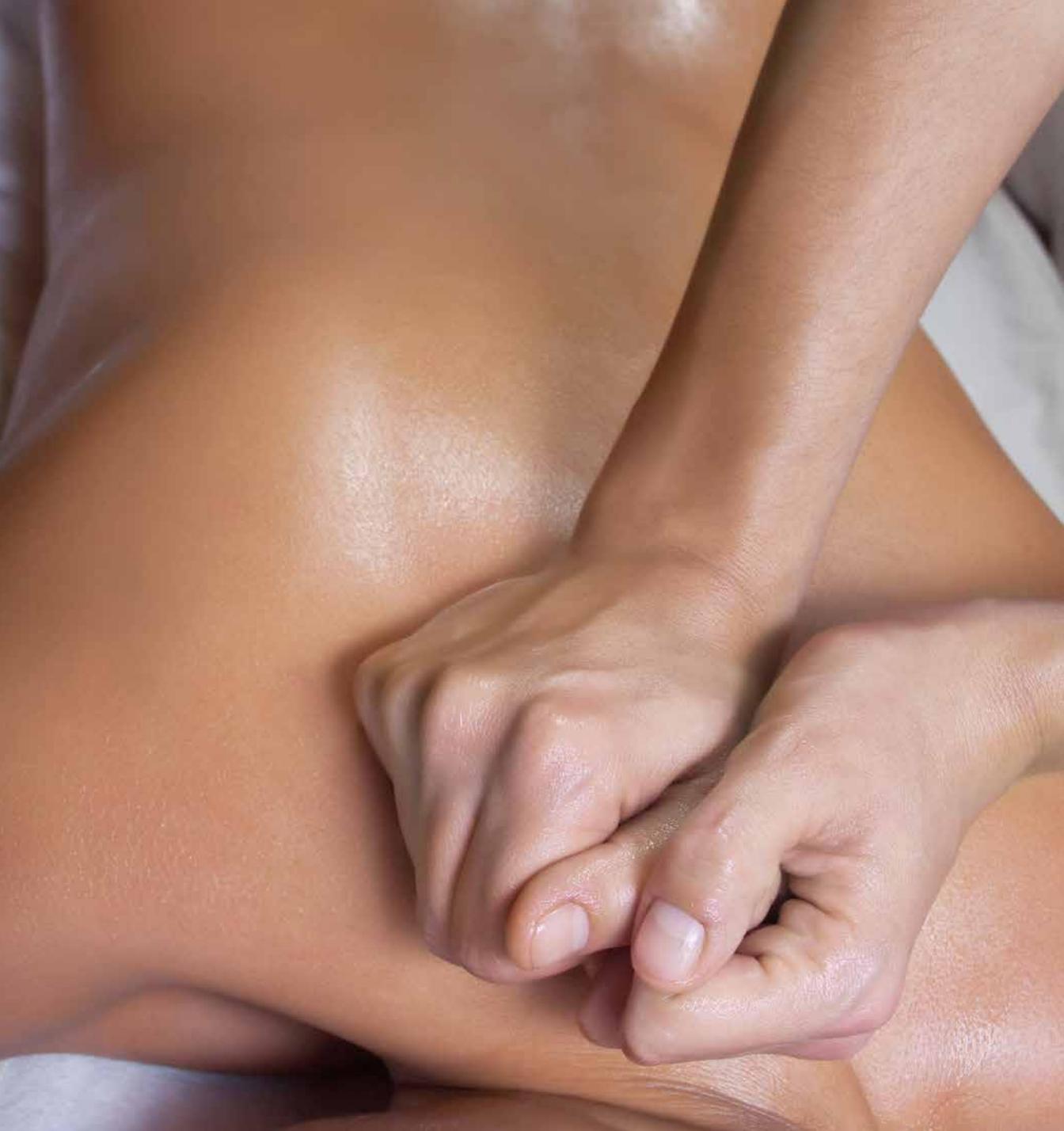
Relax your mind, body and senses with our signature holistic massage. Your therapist provides you with a combination of rhythmic soothing strokes, excellent for releasing muscular tension, increasing circulation and relieving physical and mental stress. Customised to suit your specific needs.

Aromatherapy

Duration: 60 minutes

The blissful aroma of natural oils extracted from herbs and flowers will soothe your senses as your therapist delivers a massage that will infuse the body, mind and spirit.





ALQVIMIA Experiences

Peace and Serenity

Duration: 90 minutes

A holistic treatment for the face and body, designed to dissolve stress and envelop you in the aura of physical and mental wellbeing you need to live your life from a place of inner harmony.

Queen of Egypt

Duration: 90 minutes

Cleopatra, one of the most fascinating and seductive women in history, inspired this delicious ritual of beauty that uses Dead Sea wraps and salts, along with nature's purest incense and myrrh, to rejuvenate your skin and spirit, leaving it looking and feeling beautifully radiant.

Mother To Be

Duration: 90 minutes

Make this magical time even more special with a spa ritual especially for you. Enjoy a body massage with Body Stretch Stopper Body Oil and an Absolute Beauty facial treatment. There has never been a better time to look after you.

Eternal Youth

Duration: 120 minutes

The exclusive formula used in Eternal Youth facial and body treatments help restore, rejuvenate and leave you with glowing, younger looking skin. This ritual uses the exclusive Eternal Youth products; a range formulated to attain holistic harmony for body, mind and spirit, while restoring and rejuvenating. Includes a Biological Age Test.

Garden of Desire

Duration: 120 minutes

- Sensuality Woman - Enhance and increase your sensuality to seduce, attract, charm and enjoy with a facial and body ritual inspired by the extraordinary properties of rose, neroli and jasmine.
- Seductive Man - A facial and body ritual designed for men and based on an extraordinary blend of powerful essential oils, together with oils from seeds and exotic woods to recharge masculine energy.

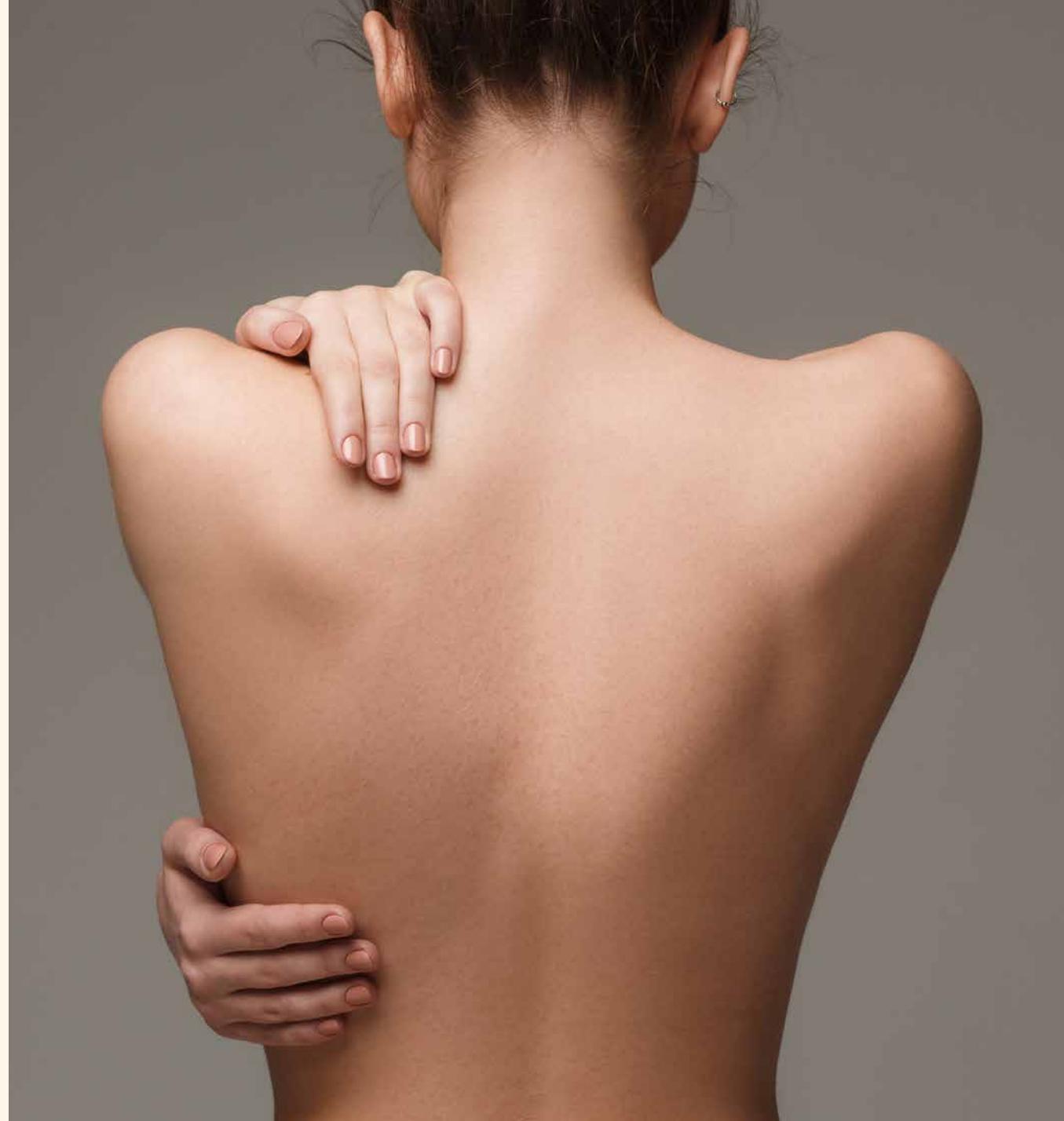
Body Treatments

Silhouette Body Treatments

Duration: 60 minutes

Let us help you choose a made-to-measure Silhouette treatment for your personal needs and desired results using our kinesiology test in order to obtain a beautiful slender figure, and smooth, nourished skin.

- **Shape Reducer**
Has a draining, lipolytic effect that improves micro-circulation and catalyses the exchanges needed for reduction, toning and cell renewal.
- **Body Sculptor**
Shapes the figure through lipo-reductive, restructuring action. It firms, moisturises, tones and stimulates the skin. It is suitable for those who want to reduce fat in specific areas.
- **Anti-Cellulite**
Improves elasticity, smoothness of the skin and promotes lipolysis. The anti-cellulite oil is applied with a massage of various techniques that disperse accumulated fats and fluids.
- **Firming**
Restores firmness to the skin and helps recover skin tone. ALQVIMIA Body Oil for Firm and Healthy Skin is applied for its firming, toning, nourishing and rejuvenating effects.





Absolute Beauty Facials

These personalised facial treatments use products from ALQVIMIA's Absolute Beauty range and include a facial scrub, a face mask and moisturisation.

- **Nourish**
Duration: 60 minutes
Suitable for dry skin.
Stimulates the epidermis, helping to keep the skin young and supple.
- **Calm**
Duration: 60 minutes
Suitable for sensitive skin.
A reconstituting treatment with a calming, decongestant, deeply moisturising effect.
- **Balance**
Duration: 60 minutes
Suitable for sensitive skin.
Rebalances excessive oil secreted from the sebaceous glands and encourages their normalisation in order to harmonise the skin.
- **Rejuvenate**
Duration: 90 minutes
Suitable for mature skin.
Activates deep cellular regeneration and visibly softens existing fine lines, with antioxidants that counteract premature ageing.
- **Illuminating**
Duration: 60 minutes
Suitable for tired, dull looking skin.
Helps restore your skin's natural radiance and stimulates cellular regeneration for healthy looking, glowing skin.
- **Eternal Youth**
Duration: 90 minutes
Suitable for fatigued skin.
The Eternal Youth range uses natural products of the highest quality in a unique, deeply regenerating treatment to activate fresh and youthful looking skin. Includes a Biological Age Test.
- **Revitalising for Men**
Duration: 60 minutes
Suitable for all skin types.
Calms and soothes the skin, especially sensitive or irritated masculine skin.

Hamмам Scrubs

A hammam scrub is a deep cleansing, Mughal tradition that removes dead skin cells, stimulates the circulation and leaves your skin looking radiant. The use of hydrotherapies prior to experiencing a hammam is essential for efficacy of the treatment.

- **Essential Hammam**

Duration: 45 minutes

In a dedicated hammam room, your body is cleansed and then vigorously scrubbed with an exfoliating glove, leaving your skin looking and feeling like new.

- **Luxury Hammam**

Duration: 60 minutes

This traditional hammam involves a deep cleanse, a vigorous full body scrub, a nourishing body mud, a conditioning hair cleanse and a scalp massage that will leave you feeling like new, from top to toe.





Hands, Feet & Hair

Perfect Hands or Feet

Duration: 45 minutes

Regenerating, nourishing and refreshing treatments for your hands or feet that help strengthen the skin's own natural protection systems and are ideal for softening your skin. Treatments include nail cutting, shaping, buffing, scrubs, masque, massage and removal of hard skin.

*Does not include nail polishing.

Wellness Foot Reflexology

Duration: 45 minutes

A non-clinical foot reflexology massage in which pressure is applied to the acupressure points on your feet, activating the vital reflex energy points and aiding circulation throughout the body.

Vitalising Scalp

Duration: 45 minutes

A head massage using warmed hair oil to stimulate the circulation, rehydrate dry hair, promote gloss and reduce hair fall. After washing, it is left to dry naturally, leaving glossy-looking, nourished hair.

Advanced Treatments

Energy balancing with Volcanic Hot Stones

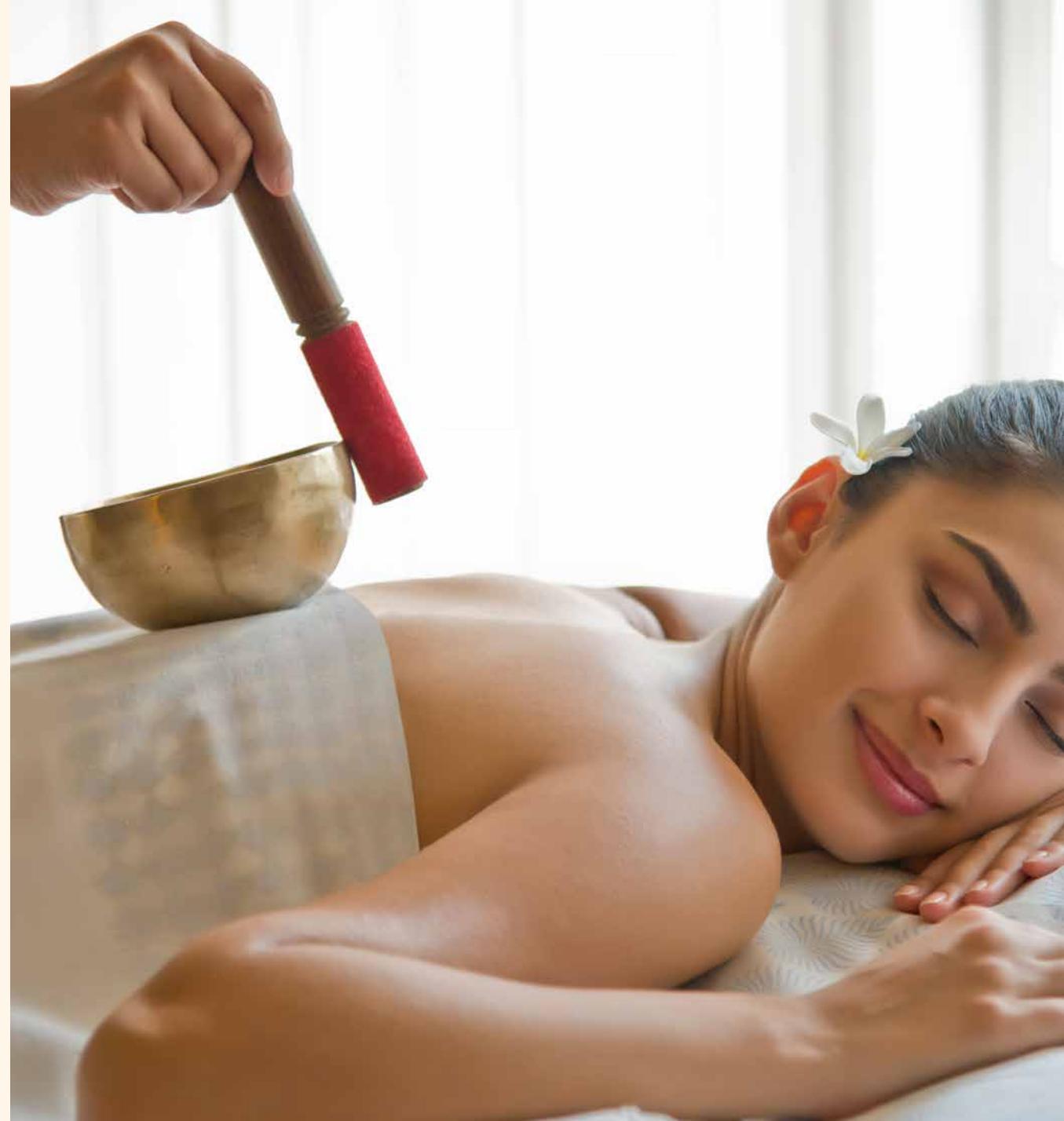
Duration: 90 minutes

Smoothened volcanic stones, suffused with the earth's energies, glide over and knead your body, stimulating deep relaxation and promoting good sleep.

Energy balancing with Himalayan Singing bowl

Duration: 90 minutes

Long, stimulating massage strokes help remove blockages in the body's energy points while a Himalayan singing bowl creates a sound bath experience of sonic vibrations that promote a deeply meditative, relaxed state.



For the Complete Spa Experience

To ensure your spa experience is a relaxing journey into a different world, we recommend the following:

- Kindly switch off your mobile phone or set the ringer to silent to ensure total relaxation.
- Arrive at the spa reception area 10 minutes prior to your appointment in order to change and relax.
- Gentlemen who are having a facial are advised to shave at least 3 hours before their therapy.
- Schedule your therapy at a time when you will be able to relax for at least one hour after the therapy.
- Guests with high blood pressure, heart conditions or other medical complications and ladies who are pregnant should consult their doctor before undertaking spa therapies.
- Home spa: many of the body and skin care products that we use in our therapies are available for purchase. We encourage you to ask your therapist how to use these products to continue your spa experience at home.
- The spa is designed for guests 16 years and above.

Reservation and Cancellations

All spa therapies can be scheduled or cancelled at the spa. We understand that unavoidable circumstances may arise and cancelling your appointment might be necessary. If you find yourself unable to keep your appointment, please contact the spa at least 4 hours prior, to avoid the full charge of our service.

For spa reservations, please dial extension 4821.

Hours of Operation: 09:00 – 21:00



