

HOLISTIC SPA SERVICES

Wellbeings prides itself on offering a complete holistic spa experience. Following a thorough consultation our expertly trained therapists will uncover your needs and completely customise your massage, facial or body treatment. Choose from a mix of your favourite modalities or machines to restore, rest and relax.

Customized Massage Therapies

30 mins / 280 AED **60 mins / 460 AED** **90 mins / 650 AED**

Love some stretching with a mix of Thai Herbal Poultice, or deep pressure with aroma oils? Our team of industry experts is trained to perform an array of Therapies from all over the world.

Choose from:

- Aromatherapy
- Relaxing
- Thai
- Thai Herbal Poultice
- Chakra Balancing
- Balinese
- Element Stone Therapy
- Deep Tissue/ Sports
- Lymphatic Drainage
- Pre Natal Massage

*All Massages are available as an exclusive tailor made experience for couples

Customized Facial Therapies

30 mins / 320 AED **60 mins / 520 AED** **90 mins / 750 AED**

Our facials provide the perfect blend of the best hands, result driven organic products and the latest in cutting edge technology to deliver a treatment that will leave your skin feeling in awe*

Choose from:

- Hydrafacial
- Galvanic
- Anti Ageing
- Rose Crystal Lymphatic
- Organic
- Deep Cleansing
- Deep Hydration
- Lymphatic Massage
- Whitening
- Gentlemen Specific

* Upon request Facials can be booked with a state of the art 3D Skin analysis which will require advanced bookings and is priced at AED150

Customized Body Therapies

30 mins / 250 AED **45 mins / 320 AED** **60 mins / 450 AED**

Experience Satin like skin, a glowing body complexion and total rejuvenation with our award-winning Body Treatments to ensure your body is rebuilt to its very essence.

Choose from:

- Slimming Scrub & Wrap
- Energizing Coffee Scrub
- Brightening Exfoliating Peel

WELLBEINGS SIGNATURE ESSENTIALS

Couples Experience

150 mins / 1900 AED

Start with a cleansing organic scrub in a shared steam & bath and choose from a 60minute Custom Massage and Facial, performed side by side in one of our deluxe couple's suites. Finish with a glass of bubbles* and time by the pool.

*Non alcoholic option available

Rose Crystal Lymphatic Facial

90 mins / 790 AED

Our Ultimate Signature Experience. Deep cleansing followed by three luxurious masks to decongest, brighten and hydrate the skin. Lymphatic drainage followed by acupressure massage firms and reduces puffiness. A relaxing aroma massage of feet, hands, arms and scalp leaves you totally relaxed and the skin fresh and glowing.

Chakra Balancing Wellbeings Ritual

90 mins / 750 AED

Rebalance your 7 Chakras in this beautiful Ritual using ancient healing techniques. Start with a singing bowl meditation and experience a therapeutic full body Massage focusing on the awakening of dormant Chakras. 7 different Emeralds will be placed on your bodies energy centers to open up blockages. Hot Stones and Reflexology as well as an array of stretching techniques will be used to get the energy flowing evenly again.

WELLNESS THERAPIES

Oxygen Therapy

30 mins / 200 AED

Relax in our lounge whilst we help speed up the healing process by supporting additional Oxygen flow to your body. This treatment can also be added to a treatment.

Detoxification & Weight loss **60 mins / 1000 AED**

Whether it is a detox program to recharge your energy levels or a plan to reboot your lifestyle, our team and our carefully selected array of services and products can help you achieve your objectives.

Try one of these result driven treatments:

- Detoxifying Body Massage
- Detox Algae Wrap
- Detox Escape
- Detox Cleansing Ritual

Sound Healing **30 mins / 150 AED**

ESSENTIAL WELLBEINGS ADD ONS:

- Coconut oil upgrade Full Body 50 AED
- Singing Bowl Experience 20 mins 200 AED
- Ear Candle Deep Cleanse 30 mins 250 AED
- Express Facial 30 mins 250 AED
- Facial Booster Serum 100 AED
(Vit C, Hyaluronic, Peptide Cmplx, etc)

Complimentary Wellness all throughout your visit:

- Dyson Air filters throughout and built in BLUE water filters
- Halo Therapy and Air Ionization
- Sound therapy and Frequency Healing (all music tuned at 528hz Solfeggio Frequencies) in all treatment spaces
- Aroma Therapy blends chosen daily for optimal health
- Hand crafted Wellness Teas and beverages available in the wellness lounge
- Arts and Crafts

Please arrive 15 minutes before your appointment and enjoy our Spa Wet Area Facilities

Bathrobe, Slippers and Towels are provided for your convenience

Cancellation policy

Please provide 24 hours notice of cancellation to avoid a 100% charge.

**HOTEL
INDIGO®**

AN **IHG®** HOTEL
DUBAI DOWNTOWN

Service charge and Municipality fee

All prices are in UAE Dirhams and are inclusive of 10% municipality fee, 10% service charge and 5% VAT



WELLBEINGS
HOLISTIC HEALING

Enter the World of Wellbeings

Award winning Spa ceremonies and personalised Treatments based on result driven Wellness concepts.

WELLBEINGS.ME

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