

## Balinese Massage from Indonesia

Skin rolling, thumb strokes and drumming movements using luxurious oils from Bali.

60 minutes

## Elemis Aroma Stone Relaxing Ritual

Eases muscle tension and rebalances mind and body by using warm stones placed at energy points.

75 minutes

## Elemis Mother-To-Be

A combination of safe pregnancy massage techniques and specialised positioning to ensure ultimate comfort and pain relief.

75 minutes

## Reflexology

A deep relaxing treatment, which uses pressure massage to the feet reflex points and stimulates the body's own healing system.

60 minutes

## Shiatsu Massage

Works on flexibility and relaxes muscles by combining acupuncture with stretching techniques.

60 minutes

## ABSOLUTE INDULGENCES

### Elemis Absolute Spa Ritual

Skin-specific facial and well-being or deep tissue body massage with essential Elemis oils.

120 minutes

### Exfoliation and Special Massage

A body rub treatment using Exotic Lime and Ginger Salt Glow followed by a massage.

90 minutes

### Elemis Exotic Exfoliation

Deep cleansing and softening of skin using Elemis Exotic Lime, Ginger Salt Glow and Exotic Island Flower body lotion.

30 minutes

### Elemis Frangipani Monoi Moisture Melt Scalp Massage

A pressure point massage to enhance the scalp and mental clarity.

30 minutes

### Luxurious Signature Foot Soak and Massage

Soothe heavy, tired feet with a warm mint foot soak and massage. Also includes hot stone therapy.

30 minutes

### Elemis Pro-Collagen Hand and Nail Treatment

Conditions and strengthens cuticles and nails with anti-ageing cream to ensure irresistibly smooth, youthful looking hands.

30 minutes

## ELEMIS LUXURIOUS AROMA SPA BODY WRAP RANGE

### Cellutox Aroma Spa Ocean Wrap

Eliminates body toxins, reduces water retention and improves dimpled appearance through a body scrub, aromatherapy and essential oils.

90 minutes

### Musclease Aroma Spa Ocean Wrap

Eases the pain of rheumatism, arthritis, muscle spasm and fatigue through an infusion of sea plants and essential oils.

90 minutes

### Exotic Frangipani Nourishing Body Wrap

Drenches the skin with moisture through exotic aromas, fragrant Tahitian coconut and Frangipani flowers.

60 minutes

### Exotic Coconut Rub and Milk Ritual Wrap

A traditional Balinese recipe which combines coconut, mungbean, spices and lavender, to leave your skin radiant.

60 minutes

## IONITHERMIE FIRMING TREATMENTS

### The Ultimate Ionithermie

Special treatment for the hips, thighs and abdomen.

### The Deluxe Duo

Treatment focusing on firming and toning of bust/chest and arms.

### The Derriere Delight

Treatment for lifting, firming and toning the gluteal muscles and smoothening cellulite.

Series of 3 sessions, each 90 minutes

Series of 5 sessions each 90 minutes

Series of 10 sessions, each 90 minutes

\* All treatment series must be paid in full after first treatment and are non-refundable. All series include a complimentary homecare kit.

For bookings or enquiries, please call +971 4 883 6000 or e-mail: [thespa@jaihoteles.com](mailto:thespa@jaihoteles.com)  
All prices are inclusive of 10% Municipality Fees and 10% Service Charge. All prices are in UAE Dirhams.