

Beauty, health and wellness for the body, mind and soul. Explore our wide range of treatments, experience our special silken touch, and exult in the soft bliss that follows every session at the cure.

## NAIL CURES

Beautiful, perfectly maintained nails are essential to the way you feel about yourself. The cure's special manicure and pedicure sessions make sure you feel nothing less than perfect!

**Shape & Polish** (15 min - Plain / French - Dhs35 / Dhs40)

A 15 minute nail makeover – have your babies filed, buffed and polished to perfection, in a snap!

**Essential Manicure** (40min - Plain / French – Dhs70 / Dhs75)

Feel pampered by specialist care products from OPI and NailTek, as they maintain your hands at optimum beauty levels, incorporating nail shape, cuticle conditioning, a massage and nail paint. When it comes to fantastic looking hands, this treatment is simply essential!

**Essential Pedicure** (45min - Plain / French – Dhs80 / Dhs90)

This conditioning treatment will leave your feet feeling soft and pleasurable. OPI and NailTek professional products are worked into a regime consisting of nail trim and shape, cuticle conditioning, softening of hard skin, a foot massage and application of nail paint.

**Spa Manicure** (60min - Dhs90)

This divine beauty experience gives your hands the star treatment. Your nails are shaped, the cuticles neatened. Then, a revitalising hand scrub removes dead skin cells and a mask moisturises your hands. Your hands and arms are massaged into relaxation. Finally, your nails are painted in the colour of your choice, bringing an end to this most Hollywood of treatments!

**Deluxe Spa Pedicure** (75min - Plain or French - Dhs140)

Our ultimate luxury spa pedicure will leave you feeling as though you're walking on air. This pedicure refreshes, exfoliates, moisturises and hydrates. First up, Purifying Tea Tree Bath softens your feet, AHA callus softener is then gently applied as a preparation to an exfoliating scrub with natural sugar crystals and vitamin to remove dead skin cells and tough calluses. An OPI Hydrating clay mask with cucumber and green tea essences further soothes the senses. Your feet are massaged to help eliminate the build up of toxins and reduce water retention, with an OPI lotion providing light-weight moisture for the skin. In addition, your nails are cut and filed, and the cuticles trimmed. Finally, colour is applied to your toes at the end of this decadently luxurious experience.

**Manicure and Pedicure Combo** (60min - Plain / French - Dhs140 / Dhs150)

Why not have your hands and feet both receive the star treatment, simultaneously! Save time, feel relaxed, and leave our salon feeling sexy from hand to toe!

**Bio Sculpture Gel**

Colour gel  
French gel

(2hrs – full set Dhs250 / Refill Dhs200)  
(2hrs – full set Dhs300 / Refill Dhs250)

## FACIAL CURES

Using only the finest ingredients available, all Dermalogica products are non-comedogenic and contain no occlusive mineral oil or lanolin, no irritating artificial colours or fragrance and no drying S.D. alcohol or formaldehyde - giving your face the purest possible benefits.

**Skin Booster Facial** (50min - Dhs250)

This treatment achieves great results in the minimum of time, with a perfect blend of cleansing, exfoliation, mask, toning and moisturising. It's suited to all skin types, and as the name suggests, will provide an exciting boost to your facial contours.

**Dermalogica Deep Repair Facial** (75min – Dhs330)

Leave all your daily stresses behind you, as your therapist takes you into her care. This facial concentrates on your biggest skin care concerns, be it dryness, oiliness, dehydration, sensitivity, lines, wrinkles or a combination of the above. Our deep cleanse facial, with the help of the steamer, eliminates breakouts and cleanses the skin from the inside out. The ensuing face, neck and shoulder aromatherapy massage is a revitalising treat, stimulating blood circulation and nourishing your skin tissues. This luxury facial also includes a relaxing scalp massage or a hand & arm massage. How's that for being pampered!

**Dermalogica Multi-Vitamin Facial** (75min – Dhs350)

Our most popular treatment is a stunning catalyst for vitamin repair and hydroxy acid exfoliation. The facial includes a non-irritating vitamin power exfoliation and vitamin recovery masque to noticeably improve elasticity, tone and texture of the skin. Cleansed, revitalized, suitably pampered - your skin deserves the best, and with Dermalogica's Multi-Vitamin Facial, it receives just that!

**Dermalogica AGE smart Facial** (75min/ 90min - Dhs375)

This amazing facial really helps to combat the signs of aging. AGE smart is ideal for any client of any age who wants to control the structural manifestations associated with skin aging.

**Electro – stimulation Facial** (90min – Dhs 400)

**Microdermabrasion Facial** (90min – Dhs 450)

## BODY CURES

Massages that soothe, caress and leave you with a spring in your step. Come experience the cure's bouquet of dedicated body treatments.

### Neck & Shoulder Massage (20min - Dhs45)

Have the muscle tension in your neck and shoulders eased away in a matter of minutes. When pressed for time, combine it with your manicure - simply divine!

### Pressure Point Foot Massage (20min - Dhs50)

This treatment increases blood circulation, re-energises your body & reduces stress levels – what's not to like?!

### Back Massage (30min - Dhs150)

This is a much needed balm against the daily wear and tear of life. Our personalised back massage relaxes and eases tension in those areas of your body where muscle problems most often occur. It eliminates stress by reducing tension, stimulating circulatory and lymphatic systems and reducing the build up of harmful toxins in the muscles. A must-have treatment for all Dubai-ites!

### Facial for the Back (50min - Dhs200)

What a spectacular treatment this really is, simply lie down and relax. Start the treatment with a back scrub under steam, extractions followed with a deep tissue massage working on all the stress areas. Then your feet, hands or scalp are massaged while a detoxifying masque is working ultimate results on your new and glowing back. Simply divine! Perfect for all skin types. Excellent for backs with breakouts

### Reflexology (30min/60min - Dhs90/150 in main area) (30min/60min - Dhs130/230 in treatment room)

A holistic treatment based on the principle that there are reflexes in the feet that correspond to parts of the body. The treatment works by applying pressure to these points, thus releasing blockages in the energy pathways and leading to noticeably improved all-round health. A beautiful, relaxed experience. One Lilian Terry Foot Treat Oil session will help bring about a sense of calm to your rushed life.

### Full Body Swedish Massage (60min - Dhs250)

This most requested of massages is all about general relaxation - our therapist goes to work on your legs, arms, back, neck and shoulders – aiding body circulation, enhancing muscle tone and reducing muscle tightness, and your body is all the more healthier and happier for it at the end.

### Full Body Balinese Massage (60min - Dhs250)

The South East Asian culture has given birth to some very enticing massages, and this most exotic of treatments consists of deep pressure being applied to release areas of tense, knotted tissue. Then, long massage strokes and skin rolling techniques are used to relieve tension and improve circulation. The melange of oils, in tandem with the massage techniques, are essential in harmonizing your mind, body & soul - leaving you content and softly blissed out.

### Full Body Hawaiian Massage (60min - Dhs250)

If the Swedish massage is too vigorous for your liking, opt for the relaxing Full Body Hawaiian option instead. Working on the soft tissues of the whole body, the therapist gently glides her hands over your body, applying pressure to the underlying muscles in a series of repetitive long movements. The motion alone is enough to lull you into a sense of warm comfort. Your body and mind will really feel the difference.

### Full Body Sports Massage (90min - Dhs350)

This is a wonderfully effective massage, comprising a range of deep, rhythmic movements applied using every part of the fingers, thumbs, knuckles, heel & palm of the hand, elbow, forearm and a full arm stretch. The treatment is deep and intense, with our skilled therapist coaxing tension and toxins out of your body, manipulating muscle fibers to help loosen tight muscles and improve circulation. Not just for pro athletes, the massage conditions and relaxes, in addition to making you feel more rejuvenated than you have in ages.

### Hot Stone Massage (90min - Dhs370)

Hot stone massage from Soothing Stone is the ultimate in massage. Once you experience the incredible sensations that can only be attained with these specially harvested lava stones, you'll never go back to a regular massage again. Hot Stone massage creates longer lasting results as the heat from the stones penetrates through the tissues and muscles much deeper giving a more effective result. Be aware, you will never want this massage to end.

Why not upgrade your 60 minute body massage for an extra 15 minutes to include face, décolleté and scalp for only Dhs35. That will help you achieve the feeling of ultimate relaxation. Highly Recommended!

## THALGO BODY TREATMENTS

### Indoceane (1h45min - Dhs 475)

Like nectar to the gods in ancient times, the new Thalgo Indocéane Spa Ritual treatment offers new life to the body, mind and spirit in a step by step complete body relaxation ritual, including Indoceane Sweet and Savoury Body Scrub, Rain Shower, Relaxation Bliss Full Body Massage, finishing with Indoceane Sublime Body Wrap and Indian Head Massage.

### LC 24 Slimming treatment (2hrs - Dhs 555) Package of 6 treatments Dhs 3,330

This treatments consists of Thalgomince Exfoliators to stimulate and prepare the skin, Thalgomince Cream LC 24 to sculpt and refine the figure and Thalgomince Gel to stabilize the slimming results

## WAXING CURES

Waxing lightens your body hair over time. Because wax gets into the hair follicle and pulls the hair from the root, it grows back less thick than when the shaft is shaved. Here at the cure, all waxing treatments are started with a gentle cleansing process. A warm cream wax is then applied to the area, followed by the actual hair removal process. Finally, a soothing after wax lotion is applied to calm the skin. Our waxing treatments are quick, painless and clean, for a skin surface that's pure and pretty.

Underarms	(15min – Dhs40)
Half-arm	(20min – Dhs45)
Full Arm	(30min – Dhs60)
Full arm + Underarms	(45min – Dhs90)
Bikini Line	(20min – Dhs45)
Brazilian or Full Bikini	(45min – Dhs95)
Half Leg	(30min – Dhs65)
Full Leg	(45min – Dhs100)
Full Back	(45min - Dhs120)
Full Body	(120min – Dhs300)

## THREADING

This fast, neat hair removal treatment is excellent for eyebrows and facial hair.

Upper Lip	(10min—Dhs20)
Eyebrows	(15min—Dhs30)
Full Face (excluding Eyebrows)	(30min—Dhs50)

## TINTING

Eyelash and eyebrow tinting accentuates the beauty of your eyes, with an effect that lingers between 4-6 weeks. If you've not had tinting before, do have a simple patch test 48 hours prior to the treatment to ensure you don't develop any allergy to the tinting products. If you're sensitive to make-up or make-up removal products, tinting is a convenient and very pretty choice for you.

Eyebrow Tinting	(15min – Dhs40)
Eyelash Tinting	(20min - Dhs55)

## EYELASH EXTENSIONS

(20-30min - Dhs120-150)

Enhance your natural eyelashes by adding some individual extensions to create a fuller, longer look. Perfect for all special occasions. Lasts 4-10days.

## PARAFFIN TREATMENT

(20min – Dhs50)

Melted scented wax is applied to your hands and feet, soothing them in warm comfort. If you suffer from poor circulation, rheumatic conditions, dry, flaky or sallow skin or dry cuticles, stiff joints and split nails, our Paraffin Wax treatment is the perfect cure for you. Your Paraffin Wax session can be easily complemented with an essential manicure or pedicure.

## EAR CANDLING

(45min - Dhs160)

Feel relaxed and cleansed. In this wonderful treatment, the small tapered end of a candle is gently placed in your ear; the candle is lit and slowly begins to burn. The warmth of the smoke softly dislodges foreign debris, softens old ear wax and helps evaporate excess moisture. This treatment is fantastic if you suffer from persistent earache, pressure in the sinuses, headaches, excessive wax or are simply a very frequent flyer!

## SPECIALISED TREATMENTS

for Ingrown Nails, dry skin and problem cuticles - free NailTek treatment. (15min—Dhs30 each)  
Quick Dry Drops (8Dhs Hands or Feet)

## CALLUS TREATMENT

(15min - Dhs45)

This is a fantastic treatment for removing tough hard skin on dry / cracked heels to achieve the softest and smoothest skin you have had in ages. Absolute essential for the sexy-sandal-look!

## FOOT SCRUB

(10min - Dhs40)

## FAKE BAKE SPRAY TAN

(20min – Dhs175)

This great treatment will give you a perfect radiant tan. The Fake Bake formula is non-greasy and quick drying, works instantly for a streak-less tan that will last 7-14 days. Enjoy a year round tan that helps hide stretch marks, varicose veins and uneven skin tone. Great for all special occasions.

## GIFT VOUCHERS

(From Dhs100)

What a lovely way to surprise a friend or a colleague! Every woman loves being pampered, even more so when this happens unexpectedly. Gift Vouchers from the cure allow you to gift a special treatment, a beauty product or jewelry, which can be availed at a convenient time and date. Go ahead and make someone's day, present them with a beauty Gift Voucher today!

Opening Hours:	9am to 8pm Saturday to Thursday
Location:	Bld'10 Dubai Media City (BBC world)
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