

THE SPA

— BY SENSASIA —

GRAND PLAZA MÖVENPICK MEDIA CITY



REJUVENATE IN THIS SLEEK SANCTUARY

CREATE YOUR OWN STATE OF HAPPY

Set on level 4 of Grand Plaza Mövenpick Media City, THE SPA by SensAsia is an urban escape from the frantic pace of Dubai life. Built from the award-winning, UAE-born and cult-followed SensAsia Urban Spa brand, we have designed this unique spa experience around an expertly-curated menu of treatments and customisable journeys – where you choose how you want to relax, replenish and revive.

Founded in 2004, SensAsia Urban Spas ignited the boutique spa revolution by combining a clever menu of super-effective services with a hint of playfulness.

And we're all about the details. From our foot cleansing welcome ritual, personalised consultations and devoted, hand-picked staff to our heated neck pillows and legendary (and locally-famous!) ginger tea, SensAsia is proud of the pedestal we have been placed upon by our loyal and long-term clients.

Enjoy your SensAsia experience.

PBGCC DAY SPA OF THE YEAR 2018

LUXURY LIFESTYLE AWARDS WINNER 2016 & 2018

MESPA BEST INDEPENDENT SPA 2012, 2013 & 2015

WHAT'S ON FAVOURITE SPA 2012

AHLAN BEST SPA IN DUBAI 2011 & 2012

THE SPA

BY SENSASIA

BESPOKE JOURNEYS

Here's where we help you truly escape. Our complete sensorial journeys, designed only for THE SPA by SensAsia, can be personalised with a trip to our Tasting Bar, where your expert therapist will guide you through argan butters, dead sea salts and oils from the Orient such as orange blossom, vanilla and amber – to ensure your treatment is exactly what you need in the moment.

THE REPAIR

75MIN

This restorative and deeply invigorating journey begins with a Dead Sea salt polish, paired with the warmed oil you have personally selected, to aid the elimination of toxins and remove dead skin cells. Continue with a seriously softening, muscle-melting Dead Sea mud wrap, promising to re-mineralize and detoxify your body, while improving circulation.

THE REVIVAL

90MIN

A no-mess, fuss free alternative to this region's most sought after skin sloughing ritual – the hammam. You'll reap the same benefits, and far more, beginning with skin exfoliation using the body polish of your choice. A warmed ghassoul clay mask, blended with orange blossom floral water is then cocooning you only to reveal revitalised, renewed and deeply hydrated skin. Buh-bye leather limbs!

+ *JET-AWAY*

150min

+ *MELTED SHEA BUTTER MASSAGE*

150min

Combine with the Jet-Away Massage for the perfect flight day fix OR pamper yourself silly with a Melted Shea Butter Massage.

THE LUXE

75MIN

Escape to Morocco with this enriching total body treatment. Pink crystals and argan shell are combined with coconut and pink clay from the Sahara desert to gently exfoliate the skin, followed by a white honey and royal jelly body mask. Luxe to the max with this brightening mix of powerful superfoods, paired with a warmed body milk of your choice, targeting all areas of pigmentation and uneven skin tone.

+ *30 MINUTE MASSAGE*

+ *60 MINUTE MASSAGE*

Complete the ritual with a 30 or 60 minute massage.

THE DREAM

120MIN

This really is what dreams are made of. Start with a 60-minute sleep inducing, light pressure point massage. Then, good enough to eat, warmed shea butter is drizzled over the skin to quench and restore, while you are wrapped in a heated blanket. Let your imagination wander and feel your mind calm during a heavenly scalp massage, before we peel you off your bed.

THE MOTHER-TO-BE

120MIN

The ultimate indulgence for every maxed-out mum-to-be, where she can feel the benefits before, during and after baby arrives. We begin with gentle exfoliation using pink crystals and argan shell, to breathe new life into those increasingly hard-to-reach areas. Our specialised, bump-friendly massage follows, delivered by the most expertly-trained hands in the city.

'*SUPER MUM*'

180min

Enhance your massage with nourishing argan butter and The 'PLUMP'ed-UP Facial.

BODY POLISHES & WRAPS

Our decadent body polishes use exfoliants that stimulate, smoothen and perfect the skin's appearance, and all can be sampled and selected at our exclusive Tasting Bar, located at THE SPA by SensAsia's reception. Match your mood by selecting the carrier oil and moisture application you are most drawn to on the day.

All body polishes and wraps include a 20-minute back massage, carried out during moisture application.

BODY POLISHES

60MIN

HOT SALT AND PEPPER SCRUB

SUGAR DADDY

ALUM STONE POWDER

DEAD SEA SALT

PINK CRYSTALS AND ARGAN SHELL

Body Polishes can be added onto any treatment

30MIN

MOISTURE APPLICATIONS – SELECTED AT THE TASTING BAR

Shea Butter | Amber | Oriental | Orange Blossom | Fleurs Body Milk



BODY WRAPS

60MIN

THE GHASSOUL

NOURISHING SHEA BUTTER

WARM MILK AND HONEY

Body Wraps can be added onto any treatment

30MIN



SENSASIA SIGNATURES

Much-loved, cult-followed and continually demanded by our long-term clients, these treatments are brought to you from the SensAsia Urban Spa menu. If any of our Signature Packages don't meet your needs, tell us, and we can create one just for you.

BEE MY HONEY

120MIN

Get your honey ready with this seriously softening honey-based body polish, followed by a warm milk, honey, black sesame and almond oil wrap. Top it off with a 60-minute massage. Oh yes please!

INCLUDES: Foot Cleansing Ritual | Body Polish | Body Wrap | Body Massage | Refreshment

THE LUXE COCO RITUAL

120MIN

A seriously indulgent and skin soothing treat for a tired body. A gorgeous, gritty coconut scrub and warm scented coconut oil massage to rejuvenate and nourish. Luxe to the max with hot stones.

INCLUDES: Foot Cleansing Ritual | Body Polish | Body Massage | Refreshment

THE ESSENTIAL SPA RITUAL

120MIN

A complete journey into sensory heaven for the face and body, and the ultimate introduction to VIE Collection therapies. This SensAsia bestseller combines a 60-minute full body massage with an intensive Anti-Ageing or Skin Resurfacing Facial, prescribed to your needs.

INCLUDES: Foot Cleansing Ritual | Body Massage | Facial | Refreshment

THE URBAN LIVING

90MIN

Today's urban lifestyles leave our bodies clogged up and run down. Let your skin breathe freely with a body polish of your choice from our Tasting Bar to exfoliate and soften the skin, followed by a relaxing 60-minute massage.

INCLUDES: Foot Cleansing Ritual | Body Polish | Body Massage | Refreshment

FACIALS

Get your glow on with our hand-picked and targeted facial treatments from VIE Collection. Take advantage of VIE Collection's expertise in anti-ageing cosmeceuticals in fighting skin maturity.

A GLYCO GLOW

60MIN

RESURFACING. Peel away the years with this unique skin-refining facial, including glycolic acid exfoliation. Target blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a brighter, younger-looking complexion.

BETTER THAN BOTOX FACIAL

60MIN

SMOOTHING. An uplifting facial, designed as a supplement or alternative to Botox and fillers and targeting the forehead, smile lines and neck area. Starts with a three-step process for precise, complete and effective action on established lines.

THE 'PLUMP'-ED UP FACIAL

60MIN

RADIANCE. A cocktail of vitamins is blended to suit your skin's needs of the day, directly inspired by mesotherapy, for complete revitalisation against the signs of ageing. Breathe new life into your skin, revealing your natural radiance.

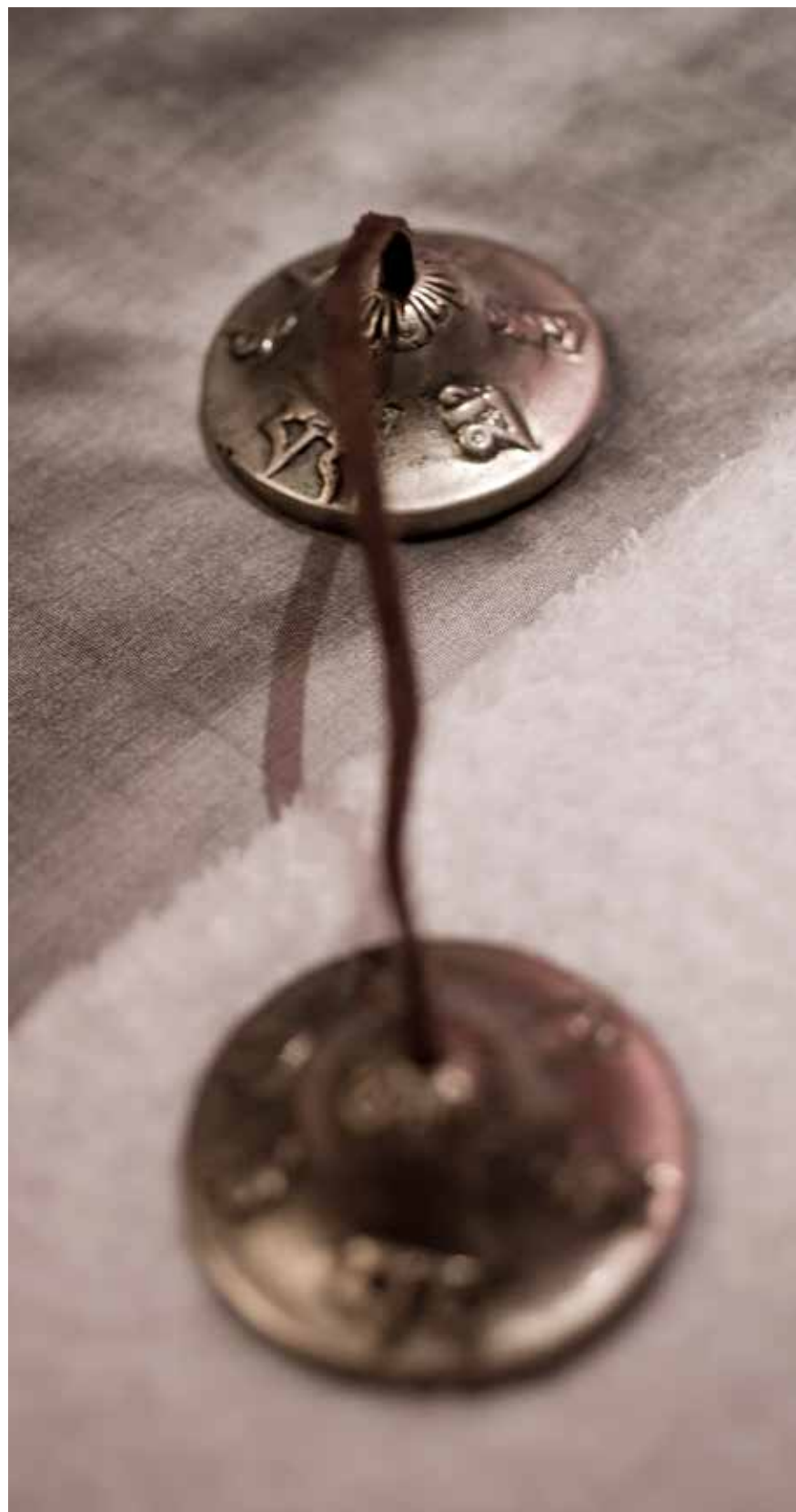
A prescription and post treatment consultation will be given to you as part of your facial should you wish to maintain that glow and boost anti-ageing at home.

FACIAL ADD ONS

15MIN

COOLING CUCUMBER EYE MASK | MORE TIME PLEASE | FOOT MASSAGE | ALL ABOUT EYES





MASSAGES

PAMPERING ARGAN STONE MASSAGE

120MIN

A totally indulgent, powerful massage. Super skin-softening and nourishing argan butter works with heated river stones to target tightly wound muscles and relax the entire body.

DEEP HOT STONE MASSAGE

90MIN

A unique, intensive and restorative massage therapy using heated river stones to target tired muscles.

THE 'KNEAD'-IT MASSAGE

60/90MIN

A mix of targeted deep tissue massage techniques. Perfect to relieve muscular tension, exactly where you 'KNEAD' it.

THE BALIN-EASE MASSAGE

60/90MIN

Firm, flowing and fabulous, this long-term SensAsia favourite offers a melting pot of massage styles.

NURTURING MOTHER-TO-BE MASSAGE

60/90MIN

Our specialised, bump-friendly massage is UAE famous. Choose to prevent stretch marks, relieve fatigue, hydrate the skin or ease fluid retention.

THE RECOVERY

60MIN

Shrug off any post-workout tension with a lot of stretching, kneading and accupressure. Our signature blend of lemongrass, geranium and lavender will bring you back to life.

THE ULTIMATE RECOVERY

90MIN

Shrug off any post-workout tension with a lot of stretching, kneading and accupressure, plus heated herbal poultices to encourage lactic acid out, and recovery in. Our signature blend of lemongrass, geranium and lavender will bring you back to life.

JET-AWAY

60MIN

The hi-flyers cure to jet lag. Balance the full body, eliminate lactic acid and re-adjust with energising cedarwood, ginger, orange and jasmine.

WARM CANDLE MELT MASSAGE

60/90MIN

An indulgent massage with aromatic melted shea butter, mixed with powerful essential oils. Choose from vanilla, ylang ylang, our signature blend and more.

THE SLEEP E-ZZZ MASSAGE

60/90MIN

Drift away to the sound of delta waves and enjoy a deeply relaxing Chinese pressure point massage to heal the soul, relieve tension and lull the body into a state of lavender-infused slumber.

MASSAGE ADD ONS

15MIN

TECH NECK | THE HOT PACK | GO UPPER CLASS | COOLING CUCUMBER EYE SOOTHER | HOT STONES | THE QUICKEST BACK POLISH | THE WORK-A-HOLIC | MORE TIME PLEASE | GREEN MAGIC GEL | A G&T

SPA TIME – JUST FOR HIM

The Charme D'Orient body and SensAsia Signature massages for men are specifically designed for the gentleman who lives life on his front foot. Each treatment is tailored to your skin type and mood on arrival, to ensure that you reap the best physical and therapeutic benefits from your spa experience.

THE GENTLEMAN'S TONIC

90MIN

This right-on rubdown drives away dry skin with our Dead Sea salt scrub blend. Followed by a 'KNEAD'-it massage using stretching and trigger points to ease muscle tension, target stubborn knots and banish stress.

THE CLASSIC G&T

45MIN

GLUTES & THIGHS, that is, which are kneaded and stretched, followed by a botanically-infused gin cocktail of your choice from the bar. Just the tonic following a long, hard day – and a 'pick-me-up' for the evening ahead.

THE CLEANSING FACIAL

75MIN

Deep pore-cleansing, complete with face massage and an issue-specific mask. An excellent choice of treatment for tired, neglected skin, or when you just need to put the zing back in!

THE REJUVENATING FACIAL

55MIN

A skin-conditioning acid peel, cleansing massage and hydrating mask to brighten and tighten your complexion. Great for irritation, razor bumps, fine lines, sun damage and congested skin.

THE DEAL MAKER

30MIN

The quickest, tension-taming, back, neck and shoulder rub down. Guaranteed to melt away tension, relieve tight muscles – and get you back in the game.



THE PRODUCTS

As wellness industry pioneers, THE SPA by SensAsia has carefully selected globally-recognised brand partners to perfectly complement the SensAsia Signatures range of products and treatments.

You will be in sensorial heaven with Charme D'Orient's range of customisable body rituals – designed based on the Parisian beauty brand's core principles of travel, sensuality, harmony and cultural heritage.

Peel away the years and take skincare to the next level with the targeted range of facials from VIE Collection – specialists in advanced formulas that breathe new life into skin.

HOW TO SPA

OPENING HOURS

THE SPA by SensAsia is open every day from 9am to 10pm.

ETIQUETTE

THE SPA by SensAsia is a sanctuary for the senses. For the consideration of others, we request that visitors keep noise to a minimum, including mobile phones.

SPA ARRIVAL

We suggest that you arrive at least 20 minutes prior to your scheduled appointment to customise your treatment, change into your robe and slippers and complete a pre-treatment consultation.

UNDERWEAR, DO I OR DON'T I?

If you don't dig them for your massages then DON'T, but please DO for scrubs and wraps to avoid salts and things in the wrong places. Sorry guys, it's a DO for all spa services.

SPA RESERVATION, CANCELLATIONS AND PAYMENT

For an appointment, please contact THE SPA by SensAsia directly on +971 4 525 7720 or by email to: hotel.grandplaza.spa@movenpick.com. For online reservations, please visit our website: www.sensasiaspas.com/bookonline. For maximum convenience and flexibility, we recommend scheduling your spa treatments in advance. All appointments can be guaranteed with a credit card or room confirmation card number. For any cancellation or change of appointment, please notify us at least 6 hours before the scheduled time to avoid cancellation fees (100%). Cash and all major credit cards are accepted.

CONTRAINDICATIONS

Please let us know if you have any special health concerns when you complete the consultation on arrival. THE SPA by SensAsia reserves the right to refuse service to anyone if it is believed the treatment may worsen any existing condition.

NOW... THE TREATMENT

You'll always be draped with a towel that covers most of your body, but allows work in specific areas. You may experience a little soreness the day after a good massage – don't panic, some old kinks may have been worked out during the treatment. All treatment rooms have their own volume and temperature controls, if you are uncomfortable at any time, please let your therapist know.

GIFT CERTIFICATE

Gift cards can be purchased from THE SPA by SensAsia reception.

AGE REQUIREMENTS

THE SPA by SensAsia is an adults-only sanctuary, catering to guests aged 18 and over. Some treatments may be suitable for guests aged between 16 and 18 when accompanied by an adult, however our treatments are not suitable for children under the age of 16, and young children are not permitted in our treatment rooms.

RATE CARD

THE SPA

BY SENSASIA

GRAND PLAZA MÖVENPICK MEDIA CITY

| BESPOKE JOURNEYS | MIN | AED |
|--------------------------------------|------------|------------|
| THE REPAIR | 75 | 475 |
| THE REVIVAL | 90 | 475 |
| +JET-AWAY | 150 | 675 |
| +MELTED SHEA BUTTER MASSAGE | 150 | 724 |
| THE LUXE | 75 | 425 |
| +30 MINUTE MASSAGE | 105 | 499 |
| +60 MINUTE MASSAGE | 135 | 599 |
| THE DREAM | 120 | 890 |
| THE MOTHER-TO-BE | 120 | 875 |
| +SUPER MUM | 180 | 1010 |
| BODY POLISHES | 60 | 395 |
| HOT SALT AND PEPPER SCRUB | | |
| SUGAR DADDY | | |
| ALUM STONE POWDER | | |
| DEAD SEA SALT | | |
| PINK CRYSTALS AND ARGAN SHELL | | |
| +ADD BODY POLISH TO ANY TREATMENT | 30 | 225 |
| BODY WRAPS | 60 | 399 |
| THE GHASSOUL | | |
| NOURISHING SHEA BUTTER | | |
| WARM MILK AND HONEY | | |
| +ADD BODY WRAP TO ANY TREATMENT | 30 | 225 |
| SENSASIA SIGNATURES | | |
| BEE MY HONEY | 120 | 769 |
| THE LUXE COCO RITUAL | 120 | 625 |
| +HOT STONES | 120 | 735 |
| THE ESSENTIAL SPA RITUAL | 120 | 760 |
| THE URBAN LIVING | 90 | 610 |

ALL PRICES ARE IN AED AND ARE INCLUSIVE OF 10% SERVICE CHARGE, 7% MUNICIPALITY FEES AND 5% VAT.

| FACIALS | MIN | AED |
|---------------------------------|-----------|------------|
| A GLYCO GLOW | 60 | 510 |
| BETTER THAN BOTOX FACIAL | 60 | 560 |
| THE 'PLUMP'-ED UP FACIAL | 60 | 475 |

FACIAL ADD ONS

| | | |
|---------------------------|----|----|
| COOLING CUCUMBER EYE MASK | | 20 |
| MORE TIME PLEASE | 15 | 89 |
| FOOT MASSAGE | | 99 |
| ALL ABOUT EYES | 20 | 89 |

MASSAGES


| | | |
|---------------------------------------|--------------|----------------|
| PAMPERING ARGAN STONE MASSAGE | 120 | 780 |
| DEEP HOT STONE MASSAGE | 90 | 599 |
| THE 'KNEAD'-IT MASSAGE | 60/90 | 429/525 |
| THE BALIN-EASE MASSAGE | 60/90 | 415/465 |
| NURTURING MOTHER-TO-BE MASSAGE | 60/90 | 489/599 |
| THE RECOVERY | 60 | 429 |
| THE ULTIMATE RECOVERY | 90 | 545 |
| JET-AWAY | 60 | 415 |
| WARM CANDLE MELT MASSAGE | 60/90 | 515/599 |
| THE SLEEP E-ZZZ MASSAGE | 60/90 | 489/599 |

MASSAGE ADD ONS

| | | |
|------------------------------|----|----|
| TECH NECK | 15 | 75 |
| THE HOT PACK | | 85 |
| GO UPPER CLASS | | 55 |
| COOLING CUCUMBER EYE SOOTHER | | 20 |
| HOT STONES | | 55 |
| THE QUICKEST BACK POLISH | 15 | 95 |
| THE WORK-A-HOLIC | 15 | 65 |
| MORE TIME PLEASE | 15 | 89 |
| GREEN MAGIC GEL | | 15 |
| A G&T | 15 | 85 |

SPA TIME – JUST FOR HIM

| | | |
|--------------------------------|-----------|------------|
| THE GENTLEMAN'S TONIC | 90 | 445 |
| THE CLASSIC G&T | 45 | 345 |
| THE CLEANSING FACIAL | 75 | 490 |
| THE REJUVENATING FACIAL | 55 | 425 |
| THE DEAL MAKER | 30 | 265 |

Brought to you by  SENSASIA
— urban life —

THE VILLAGE, JUMEIRAH | GOLDEN MILE, THE PALM JUMEIRAH
EMIRATES GOLF CLUB | DUBAI MEDIA CITY