

SENSASIA®
— urban spa —

EMIRATES GOLF CLUB

This is **YOUR TIME**

Nestled right next to The Majlis Golf Course, SENSASIA® Urban Spa at Emirates Golf Club is a haven of tranquility for both men and women. Very close to Dubai's pockets of luxury living and family communities surrounding Emirates Hills, this popular spa is perfectly placed for a speedy pick-me-up or hours of endless body spoiling.

Opening Hours 9am - 10pm
Contact Number 04 417 9820

Every SENSASIA treatment includes a foot cleansing ritual, your own comfy robe, and slippers, access to our relaxation room, changing facilities, refreshments and our legendary ginger tea.

2016, 2018, 2021, 2022, & 2024 - LUXURY LIFESTYLE AWARD BEST LUXURY SPA IN THE UAE

2023, 2024, & 2025 - FACT SPA & WELLNESS AWARDS BEST INDEPENDENT SPA IN DUBAI

2021 & 2022 - INTERNATIONAL SPA & BEAUTY AWARDS BEST LUXURY CITY SPA

2018 & 2019 - PROFESSIONAL BEAUTY GCC DAY SPA OF THE YEAR

2012, 2013, & 2015 - MESPA BEST INDEPENDENT SPA



BUILD YOUR MASSAGE

STARTING FROM 90MIN

Includes: Consultation | Foot Cleansing Ritual | Tailor Made Massage | Enhancement of Your Choice | Signature Ginger Tea

OUR MASSAGE, YOUR WAY...

We're here to help script a completely unique spa experience that suits you, today, in this moment, knowing that tomorrow's tale could be totally different...

HOW *long* CAN YOU SPA FOR?

How much time do you have to spend with us?

WHAT'S YOUR *objective*?

Let's select a style of massage to match your main objective, whether that's to target pain, lessen the load of pregnancy or sheer indulgence.

WHERE SHOULD WE *focus*?

Should we lead you into a state of deep tranquility, guide your body to release its tension or combine our expert techniques to achieve both? You decide and we will follow.

AND FINALLY, SELECT YOUR *scent*

Your treatment can be truly tailored to match your mood in the moment based on the uplifting, unwinding or remedial bespoke SENSASIA® Signature essential oils.

ENHANCE YOUR MASSAGE

How can we perfectly punctuate your pamper time? From heated poultices exactly where you need them, to the 'Digital Relief' upper body stretch, and simple yet sumptuous additions such as warm massage candle, muscle-melting 'Magic Gel', or eye-brightening cucumber slices, we have a whole library of enhancements to turn your treatment time into a tale of total transformation.

PACKAGES

Much-loved, cult-followed, and continually demanded by our long-term clients. Our carefully curated packages are designed to elevate your relaxation experience to new heights. Experience the epitome of relaxation, where every moment is crafted to exceed your expectations and leave you craving more.



BLISSFULLY UNAWARE

180 MIN

Let the indulgence unfold as you bask in the luxury of choice. Select either our 90 minute tension relieving **Hot Stone Massage**, or perhaps, surrender to the allure of the **Warm Candle Melt Massage**, a symphony of warmth and fragrant delight. Take your pampering to new heights with a rejuvenating 90 minute **Natura Bissé Advanced Facial**, tailored to cater to the unique needs of your precious skin. Enhanced with your choice of either **The Essential Eyes** or **Cooling Cucumber with Ice Globes**, our skilled therapists will work their magic, leaving you with a radiant complexion that reflects your inner glow. *Pure Bliss.*

Includes: Foot Cleansing Ritual | Choice of Massage | Advanced Facial | Choice of Enhancement | Signature Ginger Tea

THE ESSENTIAL SPA RITUAL

120 MIN

A complete journey into sensory heaven for the face and body. This best-selling package combines a 60 minute **Balin-Ease Massage** along with your choice of a Natura Bissé Facial, prescribed to your needs. Choose between the hydrating **Citrus Radiance Facial** or the purifying **O2 Relax Facial**, each promising a bespoke journey into radiant skin. Extend the indulgence further by elevating your massage with either **Cocoa Butter** to deeply moisturize the skin, or our **Cooling Cucumber with Ice Globes**, for a revitalized and glowing complexion.

Includes: Foot Cleansing Ritual | Massage | Advanced Facial | Choice of Enhancement | Signature Ginger Tea

URBAN LIVING

90 MIN

Today's urban lifestyle leaves our bodies clogged up and run down. Let your skin breathe freely with made in-house **Body Polish** of your choice to exfoliate and soften the skin. Our popular 60 minute **Balin-Ease Massage** follows to ease both body and mind leaving you feeling energized, refreshed, and ready to embrace the vibrant pulse of urban life once again.

Includes: Foot Cleansing Ritual | Body Polish | Massage | Choice of Enhancement | Signature Ginger Tea

BEE MY HONEY

120 MIN

A seriously skin softening session that begins with a sesame honey-based body polish to exfoliate and revitalize. You'll then be immersed in a cocoon of warmth with a warm milk, sesame, and honey wrap to nurture your skin. Finally, surrender to a 60 minute **Balin-Ease Massage** featuring Maya's Secret Massage Oil to leave you *buzzing*.

Includes: Foot Cleansing Ritual | Body Polish | Body Wrap | Massage | Signature Ginger Tea

THE URBAN REPAIR

150 MIN

Immerse yourself in a must-have, luxurious 60 minute **Balin-Ease Massage**, expertly tailored to melt away the stresses of urban living. This seamlessly pairs with the prebiotic-packed, anti-ageing **Diamond Cocoon Experience Facial** by Natura Bissé. This harmonious duo is designed to usher you into a realm of rejuvenation ensuring that you emerge not just refreshed, but utterly revitalized. The addition of the **Cooling Cucumber with Ice Globes** enhancement will give life to tired eyes and energy for the days ahead.

Includes: Foot Cleansing Ritual | Massage | Advanced Facial | Facial Enhancement | Signature Ginger Tea

THE LUXE COCO RITUAL

120 MIN

A sumptuous, skin soothing treat for a tired body. Begin with a decadent 30 minute experience featuring a luscious, gritty coconut **Body Polish**, meticulously crafted to exfoliate and soften your skin to perfection. Then, bask in the choice of a 90 minute **Balin-Ease** or **Hot Stone Massage**, expertly executed with pure coconut oil to deeply nourish and moisturize your body from head to toe. Personalise your session with the exquisite addition of **Cooling Cucumber with Ice Globes**, taking your overall experience to unparalleled levels of relaxation.

Includes: Foot Cleansing Ritual | Massage | Advanced Facial | Facial Enhancement | Signature Ginger Tea

MASSAGES

Indulge in the ultimate relaxation experience with our curated selection of massages, meticulously designed to address a variety of concerns. Let our skilled therapists ease tension, alleviate stress, and promote overall well-being with personalized techniques tailored to your specific needs.



BUILD YOUR OWN MASSAGE

90/120/180 MIN

Unique to SENSASIA, this specialised massage treatment begins with a tailored consultation, where you can curate, customise and enhance your experience based on how you feel now, and how you want to feel post-treatment. Choose your scent, style, and stroke and we'll do the rest.

THE 'KNEAD-IT'

60/90/120 MIN

A mix of advanced targeted massage techniques to provide a deeply therapeutic and revitalising experience for your muscles. Perfect for relieving muscular tension, alleviating chronic pain, and promoting relaxation exactly where you 'KNEAD'-it.

BALIN-EASE

60/90 MIN

This therapeutic ritual uses long, comforting strokes that will relieve tension, stimulate blood flow, and balance both body and mind. Upgrade to the 90 minute experience to include gentle stretching for added joint mobility.

THE ULTIMATE RECOVERY

90 MIN

Take your recovery to another level with this unique blend of massage techniques to ease muscle soreness, improve range of motion and flexibility, and boost mood and energy levels. Combined with our heated herbal poultices, this performance enhancing massage will aid in flushing lactic acid out, and recovery in.

DEEP HOT STONE

90 MIN

Turn up the heat with this detoxifying, comforting, and restorative massage that targets tired muscles and improves circulation. This soothing treatment combines the healing power of touch with the therapeutic properties of heated river stones to alleviate muscle stiffness and promote a sense of calm and tranquility.

WARM CANDLE MELT MASSAGE

60/90 MIN

Transport your senses to a state of serenity. Aromatic massage candles infused with hemp seed oil, shea butter, and powerful essential oils are melted down and delicately poured over the body, providing therapeutic benefits including enhanced skin hydration and deep relaxation.

THAI YOGA STRETCH

60/90 MIN

A dynamic, stress busting, total body stretch. Step into custom-made Thai pyjamas for an invigorating oil-free massage session. Relieve tension, increase flexibility, and stimulate blood flow with this subliminal body workout.

THE RAPID RUB

45 MIN

Tight muscles but also tight on time? This quick but stimulating session combines deep, targeted strokes to melt away tension. Really stretched for time? Have our legendary ginger tea to-go!

SMOOTH & STONE'D

120 MIN

A totally indulgent, powerful massage that uses a combination of Thai yoga stretch techniques. Heated river stones, along with your choice of super skin-softening cocoa butter or our aromatic warm massage candle, work together to target tightly wound muscles and relax the entire body.

THE RECOVERY

60 MIN

Shrug off any post-workout tension with a powerful combination of stretching, kneading and acupressure massage techniques. Reduces inflammation and improves blood circulation, speeding up your recovery.

MADEROTHERAPY

60/90 MIN

A body sculpting session using anatomically designed wooden tools that stimulate the lymphatic drainage system and apply targeted pressure to problem areas, helping to tone the skin and reduce the appearance of cellulite.

ENHANCE YOUR *experience*

CRYO MUSCLE GEL | MORE MASSAGE TIME | COCOA BUTTER |
KLORIS CBD BALM & OIL BUNDLE | DIGITAL RELIEF

FACIALS

The very latest in luxury, science, and technique has been selected to create a collection of highly effective and revolutionary facial treatments that have been expertly tailored to age, expectation, and skin type, ensuring highly effective results that redefine your skincare experience.



pHformula facials combine non-invasive skin resurfacing with active formulas to treat acne, ageing, redness, and pigmentation - without downtime. Each treatment is tailored to repair, renew, and reveal your healthiest skin.

ULTIMATE GLOW FACIAL BY pHformula

90 MIN

A revitalising ritual for skin that's lost its spark. This facial is all about restoring radiance from the inside out - using high-performance actives to brighten, smooth, and deeply hydrate. After a thorough cleanse and skin-prep, vitamin-rich formulas and fine-layer resurfacing techniques help awaken dull skin and reveal a more even, luminous complexion.

Circulation is boosted with a gentle balm massage, and a cooling peel-off mask locks in hydration while calming the skin. Perfect before an event or whenever your skin needs a visible refresh, this treatment leaves you with that glass-skin glow - polished, plump, and lit from within.

SKIN DETOX FACIAL BY pHformula

90 MIN

This multi-step facial is designed to give your skin a complete reset - clearing congestion, refining texture, and restoring balance from the inside out. It begins with a deep double cleanse and oil-controlling prep, followed by a skin permeability booster to enhance product absorption where it matters most.

Gentle exfoliation, targeted resurfacing, and optional extractions help to unclog pores and smooth the skin's surface. A detoxifying peel-off mask calms and refreshes, while finishing layers of hydration and SPF protect and perfect.

Ideal for breakout-prone, oily, or tired skin, this treatment leaves your complexion visibly clearer, softer, and more radiant - with that clean-skin feeling that actually lasts.

ENHANCE YOUR *experience*

DRY BRUSHING | THE ESSENTIAL EYES | SCULPT & GLOW |
THE COOLEST BALLS EVER | FACE GYM | LED THERAPY MASK

COMPLEXION CURE FACIAL BY pHformula

60 MIN

For skin that's acting out - and needs to be rebalanced. Created for adults dealing with breakouts, congestion, or stressed-out skin, this facial delivers a deep clean and a serious reset. After a double cleanse and skin prep, we boost permeability and apply a targeted resurfacing treatment to treat blemishes, even tone, and refine texture. Extractions can be performed where needed, and a hydrating mask calms the skin while restoring moisture.

This is your go-to for managing adult acne, hormonal flare-ups, and buildup - leaving skin clearer, smoother, and visibly refreshed.

PREGNANCY GLOW FACIAL BY pHformula

60 MIN

Craving some calm? This gentle yet effective facial has been created especially for expectant skin. This treatment focuses on hydration, balance, and that signature mama-to-be glow - using pregnancy-safe ingredients to soothe sensitivity, calm inflammation, and bring radiance back to the skin.

After a thorough cleanse and prep, skin is treated to a soft touch of resurfacing and vitamin-infused nourishment, followed by a relaxing facial massage to ease tension and boost circulation. A cooling peel-off mask helps calm hormonal flare-ups and leaves your skin looking fresh, dewy, and well-rested (even if you're not).

Perfect for pregnancy-related dullness, dehydration, and hormonal flare-ups - this is your moment of glow, no matter what trimester you're in.

TEEN ACNE CONTROL FACIAL BY pHformula

45 MIN

Designed specifically for teenage skin, this facial tackles excess oil, clogged pores, and breakouts without overwhelming or irritating the skin. We start with a deep cleanse and skin prep, followed by gentle resurfacing to decongest and calm active spots. Optional extractions target blocked pores, while a hydrating gel mask soothes and replenishes without heaviness.

Expect soothed, clearer skin after just one session - and long-term benefits with consistency. Perfect for congested, breakout-prone, and sensitive young skin.

Experience the luxury of **Natura Bissé** facials - where cutting-edge skincare meets sensorial indulgence. Tailored to your skin's needs, each treatment delivers visible results, deep hydration, and radiant, age-defying glow.

NATURA BISSÉ – DIAMOND REVIVE FACIAL

90 MIN

REVITALISE - ILLUMINATE – DETOXIFY

The Diamond Cocoon Facial you obsessed over just got a *major upgrade*. Introducing the Diamond Revive Facial—the ultimate glow-boosting, age-defying, skin-plumping experience, designed exclusively for SENSASIA. This powerhouse treatment goes deeper than ever to correct uneven tone, supercharge luminosity, and flood your skin with intense hydration.

NATURA BISSÉ – DIAMOND LUMINOUS FACIAL

90 MIN

CORRECTS - BRIGHTENS - REJUVENATES

This luxurious treatment helps blur dark spots and uneven pigmentation, evening out your skin tone while providing age-defying benefits. Utilizing a blend of advanced ingredients, applied with Natura Bissé's exclusive precision brush and an "erasing" technique, this facial reveals a rejuvenated and extraordinarily luminous complexion. Ideal for an immediate glow boost, this 90 minute session is perfect for those seeking a radiant, even-toned appearance.

NATURA BISSÉ – 3D COLLAGEN FACIAL

90 MIN

FIRM - TIGHTEN - SCULPT

A firming treatment that utilizes three types of collagen to sculpt and define your facial contour, improve skin density and lock in moisture. This innovative facial provides an outstanding lifting effect and reveals incredibly supple and plump skin. It is a reparative treatment that will enhance cellular function to fight premature ageing caused by hormonal fluctuations.

NATURA BISSÉ – THE CITRUS RADIANCE FACIAL

60 MIN

RENEW - MOISTURISE - BRIGHTEN

Replenish and restore vitality into your skin with the antioxidant power of Vitamin C. Reverse the signs of premature ageing with this nutrient-rich facial that stimulates collagen, reduces inflammation, and intensely moisturises and firms the skin. Reawaken your senses and brighten your skin tone, unveiling a hydrated and revitalised complexion.

NATURA BISSÉ – O2 RELAX FACIAL

60 MIN

PURIFY - HYDRATE - REVITALISE

Awaken your skin and restore a healthy glow with the fortifying energy of pure water and oxygen to decongest, brighten, and clarify. This exfoliating and invigorating treatment releases pure oxygen molecules into the skin, eliminating toxins and restoring its youthful tone and vitality. Perfect for any skin type, and especially beneficial for frequent travelers or anyone with dull or dehydrated skin.

NATURA BISSÉ – SKIN COMFORT FACIAL

60 MIN

SOOTHE - BALANCE - CALM

This calming facial is the perfect answer for hypersensitive or irritated skin. Pamper your skin with a combination of gentle botanical ingredients that repairs and decongests whilst visibly soothing skin, providing maximum relief and comfort from red spots and inflammation.

NATURA BISSÉ – TEEN FACIAL

50 MIN

REFRESH - EXFOLIATE - TONE

A refreshing ritual focused on infusing oxygen deep into the pores to breathe life into youthful skin while providing a surge of hydration. Tailored specifically for teens, this gentle yet effective treatment is supercharged with rejuvenating elements to target common concerns like dehydrated, dull, and acne prone skin.

MAINTENANCE FACIALS

The facial in between facials

THE EXPRESS FACIAL

30 MIN

An Invigorating facial treatment that's perfect for all skin types and anyone looking to quickly restore a glowing youthful appearance. It's the perfect beauty booster before a special event or as an introduction to Natura Bissé facial treatments.

THE PREP-STEP FACIAL

45 MIN

Short on time but serious about results? This 45-minute facial goes straight to the source – steam, extractions, and a deep cleanse to detox, decongest, and leave your skin seriously smooth.

On its own? Glow. Satisfying. Clean.

But want the ultimate facial experience? Book one of our Advanced Facials 7 days later and let The Prep-Step pave the way for real, radiant results.

THE BEARD BUFF FACIAL

30 MIN

This no-nonsense facial goes deep under the beard to cleanse, exfoliate, and clear out the grime. We also treat the rest of the face to a slightly deeper exfoliation for smooth, balanced skin all around. It all wraps up with hydration that leaves your beard soft, your skin smooth, and your face ready for anything. Scruff never had it so good.

ENHANCE YOUR *experience*

DRY BRUSHING | THE ESSENTIAL EYES | SCULPT & GLOW |
THE COOLEST BALLS EVER | FACE GYM | LED THERAPY MASK

SPA TIME **FOR TWO**

Whether you seek serenity, revitalization, or pure indulgence, our couple's massages promise a transformative journey that fosters connection and blissful harmony. Experience bliss together with packages designed to rejuvenate both body and soul.



COUPLES WHO SPA TOGETHER

90 MIN

Immerse yourself in an atmosphere of pure tranquility as you take time out with your spa partner of choice – no questions asked – in our private couple's suite! Begin with our signature 90 minute **Build Your Own Massage**, tailored to your individual preferences and needs. The warmth from the **Warm Massage Candle**, infused with luxurious shea butter and vitamin E, will nourish and revitalize the skin. To elevate your experience further, you'll be treated to the **Cooling Cucumber with Ice Globes** enhancement, to soothe tired eyes and leave your skin glowing with renewed vitality. Together, surrender to the serenity of this decadent spa retreat, leaving you refreshed, revitalized, and deeply connected.

Includes: Foot Cleansing Ritual | Massage | Massage Enhancement | Facial Enhancement | Signature Ginger Tea

MUMMY & DADDY-TO-BE MASSAGE

90 MIN

She's got the bump, but we know he's feeling it too! Take pamper time out and celebrate together in our private couple's suite - before the baby makes that a challenge! She will be treated to our ever-popular 90 minute **Nurturing Mother-To-Be Massage** – a bump-friendly escape that prevents stretch marks, relieves fatigue, and hydrates the skin. Her relaxation will be elevated with our **Lighter Legs** experience featuring Cryo Gel to reduce swelling and improve circulation. Meanwhile, he will unwind with a 90 minute **SENSASIA Signature Massage** of his choice, while also indulging in the rejuvenating benefits of our exclusive **Cooling Cucumber with Ice Globes** enhancement, ensuring a truly luxurious experience from head to toe.

Includes: Foot Cleansing Ritual | Massage | Enhancement | Signature Ginger Tea

BLISS & BUBBLES

90 MIN

Relieve all kinds of tension with a massage for two, tailored to your needs. Beginning with a 60 minute **SENSASIA Signature Massage** of your choice, followed by uninterrupted quality time together with a 30 minute nourishing **milk bath** in the secluded candle lit couple's suite jacuzzi – priceless!

Includes: Foot Cleansing Ritual | Massage | Milk Bath | Signature Ginger Tea

MASSAGE WITH INTENTION

Crafted to target your body's unique needs, these specialised massages blend expert technique with purpose-driven touch - performed exclusively by our expert Thai therapist - delivering real, tangible results where you need them most.



CHI NEI TSANG

60 MIN

Feeling heavy – physically or emotionally? Let's fix that. Chi Nei Tsang is the ultimate deep belly reset, designed to detox, de-bloat, and release everything you've been holding onto. This powerful abdominal massage works deep into your core to ease restrictions, improve digestion, flush out toxins, and even help with water retention. But fair warning – it's not for the faint-hearted! Using gentle yet firm kneading, this treatment works through deep-seated blockages, freeing up emotional stress trapped in your gut (because let's be real, your belly holds onto more than just brunch). Perfect for when you're feeling sluggish, stuck, or just need a little belly love to get things flowing again!

LYMPHATIC DRAINAGE MASSAGE

60/90 MIN

A slow, rhythmic massage that stimulates your body's natural detox system to flush out excess fluid and restore balance. Using feather-light, flowing movements - never deep pressure - this specialized treatment works with your lymphatic system's natural rhythm to reduce inflammation and ease that heavy, sluggish feeling. Enhanced with our warming Swedish Bitters infusion to support cleansing and melt away fatigue, this gentle yet effective massage helps your body release what it's been holding onto. Perfect for when you're feeling bloated, heavy, or stuck, or simply need to reset and rebalance - you'll leave feeling noticeably lighter, refreshed, and deeply relaxed.

ENHANCE YOUR *experience*

DRY BRUSHING | SCULPT & GLOW | THE COOLEST BALL EVER |
COCOA BUTTER | THE ESSENTIAL EYES

SENSMAMA

Nurture both body and baby with our specialized pregnancy massage. Tailored to alleviate discomfort and promote relaxation, indulge in a soothing experience designed to support and pamper expectant mothers.



NURTURING MOTHER-TO-BE MASSAGE

60/90 MIN

Our bump-friendly massage is locally famed! Prevent stretch marks, relieve fatigue, hydrate the skin, and ease fluid retention using specialised massage techniques whilst slightly inclined on your side. Let us balance and revive your incredible body and mind.

MUMMY MASSAGE & MORE

120 MIN

Relax the maxed-out mum to be and feel the benefits before, during, and after the baby arrives. Take some time out to melt the stress and tension away with this decadent combination of our 60 minute Nurturing Mother-To-Be Massage followed by a Natura Bissé Skin Advanced Facial.

MORE FOR *mum*

LIGHTER LEGS

15 MIN

Enjoy an extended foot cleansing ritual that includes balancing salt scrub on the lower legs before the treatment gets going. Enhanced with the use of Naura Bissé Cryo Gel, wind down with a full leg lymphatic drainage massage focused on reducing swelling and improving circulation.

SCRUB A DUB MUM

30 MIN

Improve circulation with a stimulating body polish, scrubbing away dead skin cells in those hard to reach (or see) spots! Choose between the sweetly scented Sugar Daddy Body Buff or the soothing Coconut and Rose Exfoliate.

WRAPS & SCRUBS

Revitalize your skin and indulge your senses with our luxurious body wraps and scrubs. Experience the ultimate in exfoliation and hydration as our expert therapists pamper you with bespoke treatments designed to leave your skin radiant and rejuvenated.



All body wraps include a 20 minute head massage while the wrap works its magic. After a refreshing shower, you'll be treated to a tranquil back massage during the moisture application.

WARM MILK & HONEY WRAP

60 MIN

The nourishing duo of milk and honey will perfect, hydrate and smooth the skin's appearance, giving you a youthful and natural glow.

All body polishes follow with a refreshing shower in the comfort of your suite, topped off with a 20 minute back massage during the moisture application.

THE KESSA RITUAL

90 MIN

A revitalising full-body exfoliation using a traditional kessa glove and jasmine-infused tropical flower scrub, followed by a soothing 60 minute massage with orange blossom shea butter, leaving your skin velvety smooth, intensely hydrated, and completely relaxed.

HOT SALT & PEPPER SCRUB

60 MIN

A strong exfoliate comprised of a detoxifying rock salt and ground black pepper mixture that stimulates and tones the skin.

SUGAR DADDY BODY BUFF

60 MIN

A vitamin E packed, skin softening mixture of brown sugar, sweet almond oil, and vanilla essence that is a sweet treat for the skin.

LUXE LAVENDER RUB

60 MIN

This comforting combination of pure lavender essential oil, sweet almond oil, and brown sugar will soften the skin and ease tension.

COCONUT & ROSE EXFOLIATE

60 MIN

Ideal for sensitive skin, this mixture of ground coconut, rose water, and sweet almond oil acts as a gentle exfoliator that will soothe and nourish the skin.



HOW TO SPA

OPENING HOURS

SENSASIA® Urban Spa-Emirates Golf Club is open every day from 9am to 10pm.

ETIQUETTE

SENSASIA® Urban Spa 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 gents, it's a MUST for all spa services.

SPA RESERVATION, CANCELLATIONS AND PAYMENT

To book your appointment, please contact the spa directly on 04 417 9820.

For online reservations, please visit our website: www.sensasiaspas.com. For maximum convenience and flexibility, we recommend scheduling your spa treatments in advance. All appointments can be guaranteed with a credit card.

For any cancellation or change of appointment, please notify us at least 12 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. SENSASIA® Urban Spa 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 VOUCHERS

Gift vouchers can be purchased from the SENSASIA® Urban Spa reception.

AGE REQUIREMENTS

SENSASIA® Urban Spa is an adults-only sanctuary, welcoming guests aged 18 and above. Certain treatments are available for guests aged 15 to 17 when accompanied by an adult, but our services are not suitable for children under the age of 15. Please note that young children are not permitted in our treatment rooms.

Every SENSASIA treatment includes a foot cleansing ritual, your own comfy robe and slippers, access to our relaxation room, changing facilities, refreshments and our legendary ginger tea.

PACKAGES

Much-loved, cult-followed, & continually demanded...

	MIN	AED
BLISSFULLY UNAWARE	180	1290
BEE MY HONEY	120	810
URBAN LIVING	90	670
THE ESSENTIAL SPA RITUAL	120	980
URBAN REPAIR	150	1080
LUXE COCO RITUAL	120	780

MASSAGES

Our massages win awards, find out why...

	MIN	AED
BUILD YOUR OWN MASSAGE	90/120/180	630/730/1160
THE RECOVERY	60	470
THE ULTIMATE RECOVERY	90	600
DEEP HOT STONE	90	600
SMOOTH & STONE'D	120	740
WARM CANDLE MELT	60/90	500/590
BALIN-EASE	60/90	450/550
THE 'KNEAD'-IT	60/90/120	460/560/800
THAI YOGA STRETCH	60/90	460/560
MADEROTHERAPY	60/90	440/540
THE RAPID RUB	45	350

SPA TIME FOR TWO

Create memories with your partner of your choice...

	MIN	AED
COUPLES WHO SPA TOGETHER	90	1320
BLISS & BUBBLES	90	1390
MUMMY & DADDY-TO-BE MASSAGE	90	1230

MESSAGE WITH INTENTION

Targeted massages tailored to what your body truly needs...

	MIN	AED
CHI NEI TSANG	60	680
LYMPHATIC DRAINAGE MASSAGE	60/90	440/540

FACIALS

The very latest in luxury, science & techniques...

MIN AED

ADVANCED FACIALS

ULTIMATE GLOW FACIAL BY pHformula	90	750
SKIN DETOX FACIAL BY pHformula	90	750
COMPLEXION CURE FACIAL BY pHformula	60	630
PREGNANCY GLOW FACIAL BY pHformula	60	630
TEEN ACNE CONTROL FACIAL BY pHformula	45	450
NATURA BISSÉ - DIAMOND LUMINOUS FACIAL	90	910
NATURA BISSÉ - 3D COLLAGEN FACIAL	90	750
NATURA BISSÉ - THE CITRUS RADIANCE FACIAL	60	600
NATURA BISSÉ - O2 RELAX FACIAL	60	600
NATURA BISSÉ - SKIN COMFORT FACIAL	60	600
NATURA BISSÉ - TEEN FACIAL	50	400

MAINTENANCE FACIALS

THE EXPRESS FACIAL	30	270
THE PREP-STEP FACIAL	45	380
THE BEARD BUFF FACIAL	30	260

SENSMAMA

Nourish your mind, body, & soul during this precious phase of life...

MIN AED

NURTURING MOTHER-TO-BE MASSAGE	60/90	500/590
MUMMY MASSAGE & MORE	135	970
MORE FOR MUM (ADD-ONS)		
LIGHTER LEGS	15	130
SCRUB A DUB MUM	30	270

WRAPS & SCRUBS

Stimulate, smooth, and perfect the skin...

MIN AED

BODY POLISHES

THE KESSA RITUAL	90	660
HOT SALT & PEPPER SCRUB	60	440
SUGAR DADDY BODY BUFF	60	440
LUXE LAVENDER RUB	60	440
COCONUT & ROSE EXFOLIATE	60	440

BODY WRAPS

WARM MILK & HONEY	60	440
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SENSASIA®
— urban spa —

Emirates Golf Club
Sheikh Zayed Road
Dubai, United Arab Emirates

brought to you by

SENSASIA CONSULTING
THE SPA PEOPLE.