

Enrich the senses
and rejuvenate **your soul**
with ancient
Arabian and Asian rituals



Welcome to Anantara Spa

Rooted in the beautiful country of Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins. At Anantara Dubai The Palm Resort & Spa, this enduring belief is expressed in perfect harmony with the Middle East's rich cultural traditions, Anantara's Asian heritage and the resort's prestigious location on the eastern crescent of Dubai's iconic Palm Jumeirah.

Hideaway in a luxurious Asian inspired sanctuary that seems a world away from the bustle of the city. Our majestic spa haven extends a warm invitation to experience the mystery and intrigue of Thai and Arabian beauty and wellness traditions, as well as ancient therapeutic treatments from across Asia and beyond, and innovative contemporary techniques.

Soothing steam and bathing facilities provide the perfect prelude to body treatments, including a private Hammam suite. Melt into massages inspired by the heartfelt generosity of Bedouin desert culture. Replenishing scrubs and wraps reflect the life giving qualities of Arabia's date palm gardens. The Arabian Gulf's seawater pearls offer illuminating beauty with luxuriously radiant facials, while dynamic body treatments are cultivated from advanced western techniques to contour and redefine the silhouette. Rejuvenate with the spa's holistic cocoon room and ayurveda room. Escape the limits of space and time with the Arabian Nights signature journey collection, in which exotic Thai and Arabian therapies are evoked in exquisitely relaxing sequences performed in luxurious couple suites.

By visiting our spa you are embarking upon a pathway of holistic wellbeing that is intrinsically connected to Thailand and Arabia's enriching wonders and steeped in the mystical allure of the world's most precious health and beauty ideals.

Let worldly cares slip away and your soulful journey begin as you step into an Anantara experience of exceptional luxury in breathtaking surroundings.



At Anantara Spa,
the greatest journeys
are felt, not told

Arabian Nights

Arabian Nights, also known as A Thousand and One Nights, is a collection of Oriental tales in the Arabic language in which one amazing story evokes another. Anantara has transformed the essence of this captivating literary journey into a series of spa treatments that promises legendary therapeutic rewards.



Palm Retreat - Couple (180 Minutes)

Embark on a journey to outer wellbeing and inner fulfilment with this collection of soothing therapies, designed to satisfy all of the five senses.

Floral Foot Ritual • Exotic Herbal Bath • Arabian Exotic Scrub • Arabian Exotic Wrap • Shower • Arabian Massage • Refreshment

Dubai Romance – Couple (120 Minutes)

Create a special occasion with your loved one and retreat to a state of aromatic bliss.

Floral Foot Ritual • Anantara Milk Bath • Stress Release Aromatic Massage • Refreshment

Elemis Absolute Spa Ritual (120 Minutes)

Promising the ultimate in combined face and body therapy for pure relaxation with maximum results, pair one of the unique Elemis Facials with the powerful effects of either an Elemis Deep Tissue Muscle Massage or Stress Release Massage.

Floral Foot Ritual • Choice of Elemis Deep Tissue Muscle Massage or Stress Release Massage using Elemis Oil • Elemis Facial • Refreshment



Natura Bissé Diamond Sublime (150 minutes)

Treat yourself to a luxurious experience

A new beauty concept that counters the effects of electromagnetic pollution as well as excessive daily stress. This luxurious ritual begins with a balancing of chakras using precious gems followed by the application of a luminous blend formulated with diamond dust. This balancing ritual helps to activate vital energy and soothe accumulated tension. This exceptional treatment also includes the exclusive Diamond Experience Multisensory lifting facial which reinforces the natural defense system of the skin. It maintains a long lasting hydration, improves elasticity and gives back the natural brightness to the skin.

Floral Foot Ritual • Chakra Gemstone and Mineral Magnotherapy • Diamond Facial • Diamond Body Ritual • Refreshment

Sundari Healing Experience (120 minutes)

Restore and find balance, in body and mind. Created around the benefits of Neem, India's "pharmacy tree," the ritual blends therapeutic and aromatic herbs to balance and comfort the spirit as it treats the body: first with a signature foot scrub; then full-body exfoliation; massage with a restorative oil to release negative energy and completed by an envelopment and bath.

Floral Foot Ritual • Scalp Massage • Abhyanga Massage • Body Exfoliation • Body Mask • Shower • Body Moisturiser • Refreshment

Sandy Desert

The Arabian Desert, occupying most of the Arabian Peninsula, is home to the fascinating Bedouin people. Inspired by this culture's nomadic tradition of heartfelt hospitality, Anantara has exquisitely transformed this timeless quality into luxurious massage treatments which fuse exotic, rare ingredients that reward you with generous sensuality.

Anantara Signature Massage (90/60 Minutes)

Our signature blend of oils, combined with purpose-designed movements, stimulates the circulation and promotes deep relaxation, whilst restoring the flow of energy, or prana, along the meridian lines.

Floral Foot Ritual • Anantara Signature Massage • Refreshment

Arabian Massage (90/60 Minutes)

Incorporating pressure point work throughout the body using palm and elbow pressure to stimulate blood circulation, release muscle tension and enhance the body's energy levels, this indigenous massage offers a wealth of trusted age-old benefits.

Floral Foot Ritual • Arabian Massage • Refreshment

Traditional Thai Massage (90 Minutes)

This specific technique, passed down through the generations, is known to many as 'passive yoga' and offers the ultimate body workout. Let our expert therapists take all the pressure away, allowing you to enjoy a wealth of stretching, flexibility and vitality benefits.

Floral Foot Ritual • Traditional Thai Massage • Refreshment

Swedish Massage (90/60 Minutes)

Five variations of massage strokes manipulate each part of the body to stimulate the nervous system, improve circulation and flexibility and enhance physical and mental wellbeing.

Floral Foot Ritual • Swedish Massage • Refreshment

Elemis Deep Tissue Muscle Massage (90 Minutes)

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stresses and muscle tension.

Floral Foot Ritual • Elemis Deep Tissue Muscle Massage • Refreshment

Elemis Aroma Stone Massage (90 Minutes)

This indulgent massage incorporates the penetrating warmth of pure essential oils, which are smoothed over the body using natural heated volcanic stones to release stored-up tension.

Welcome touch • Elemis Aroma Stone Massage • Refreshment

Foot Reflexology (60 Minutes)

Experience balance and deep relaxation. This holistic treatment provides physical renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to stimulate corresponding organ groups in the upper body.

Floral Foot Ritual • Foot Reflexology • Refreshment

Ayurvedic Treatments

Ayurveda is an ancient holistic healing philosophy developed in India 5,000 years ago that guides and inspires us in the art of living a healthier and more balanced lifestyle. It recognises that we are all unique and focuses on food, lifestyle, massage, yoga and herbal remedies to suit our individual make-up.

Ayurvedic treatments offer experiences that are rejuvenating, relaxing and therapeutic. For instance warm Ayurvedic oils corresponding to individual doshas are used in full body massages to create natural balance, alleviate muscle fatigue and tension, improve circulation, calm the mind and uplift the spirit.

Sundari Marma Abhyanga Massage (90 Minutes)

Marma Abhyanga is a wonderful massage which focuses on the Marmas - the significant Ayurvedic sites on the body that can be stimulated to achieve overall health and balance.

Floral Foot Ritual • Marma Abhyanga Massage • Refreshment

Sundari Shirodhara (60 Minutes)

"**Shiro**" (head) and "**Dhara**" (flow) come together in Shirodhara by applying a continuous stream of warm oil to the forehead. This therapy profoundly coordinates and calms mind, body and spirit, enhances circulation to the brain, improves memory, nourishes hair and scalp, while releasing stress and tension.

Floral Foot Ritual • Shirodhara Massage • Refreshment



Arabian Coast

Blessed by breathtaking coral reefs, a colourful plethora of fish and highly coveted pearl oysters, the Arabian Gulf is characterised by endless natural wonders. By blending the most revered ingredients from land and sea, Anantara's collection of culturally exclusive steam and bathing therapies provide you with precious wellness journeys, empowered by nature's healing charms.

Hammam Ritual

Traditional Turkish Hammam (60 Minutes)

Traditional Hammam is an ancient body cleansing ritual and relaxing bathing experience dating back to the Ottoman Empire. Performed in the ambience of a private Hammam suite, the gentle heat of the steam and stone softens and prepares the skin for a kese mitt exfoliation, followed by an authentic foam massage using the finest handmade olive oil soap.

Date Garden

Revered as the 'tree of life', the date palm is intrinsically linked to Arabian culture and is highly coveted for its medicinal values. By harnessing the essence of this exotic fruit, as well as the most natural beauty ingredients from around the world, Anantara has created a therapeutic collection of body treatments to provide you with wondrous, exotic replenishment.



Arabian Exotic Scrub (60 Minutes)

This creamy scrub comprises dates and natural exfoliation to gently remove residues, impurities and dead skin cells, at the same time lifting the senses with a soulful aroma.

Floral Foot Ritual • Arabian Exotic Scrub • Shower • Body Moisturiser • Refreshment

Arabian Exotic Wrap (60 Minutes)

Especially designed to address dehydrated skin, this deeply moisturising body wrap incorporates the region's most prized remedial ingredients to leave your skin exquisitely nourished and radiant.

Floral Foot Ritual • Arabian Exotic Wrap • Shower • Body Moisturiser • Refreshment

Cooling Sun Soother (60 Minutes)

Rich in indigenous marula oil, mint and cucumber, this treatment offers the perfect soothing tonic for skin that has been overexposed to the sun.

Floral Foot Ritual • Cooling Sun Soother Ritual • Body Moisturiser • Refreshment



Sundari Omega 3 Body Envelopment (90 Minutes)

Layer upon layer of body nourishing ingredients are combined in the most luxurious of treatments. The journey commences with a relaxing back massage, leading into full body exfoliation with organic sugar and flaxseed oil. A nourishing soy and mango seed butter massage is followed by an aromatic mask of vetiver, mimosa and babassu, before applying a light loquat body milk to leave skin richly hydrated, smooth and soft.

Floral Foot Ritual • Back Massage • Body Exfoliation • Body Mask • Shower • Body Moisturiser • Face Massage • Refreshment

Natura Bissé Citrus Drench (60 Minutes)

Drench your skin in energising nutrients and enjoy an ideal body treatment for skin that has been damaged by the sun or free radicals. This body wrap restores elasticity and provides intense and deep hydration. Natural ingredients protect skin from dryness and premature ageing, at the same time providing rejuvenating, antioxidant and firming results from the very first session.

Floral Foot Ritual • Body Exfoliation • Body Mask • Shower • Body Moisturiser • Refreshment

Natura Bissé Bamboo Scrub (30 Minutes)

Bring back the natural balance and glow of your skin. This effective yet delicate scrub uses micro particles from bamboo to massage and exfoliate skin, as well as essential oils to enliven and stimulate the senses. The naturally beneficial qualities of this expertly blended elixir are quickly absorbed, leaving skin purified and clear of residue. The treatment concludes with a mist of olgio to nourish and calm.

Floral Foot Ritual • Body Exfoliation • Shower • Body Moisturiser • Refreshment

Slimming & Body Contour Collection

Our spa's specialist range of sculpting, detoxifying, anti-cellulite, lifting and firming treatments offer dynamic results. Harnessing potent natural ingredients and advanced state of the art techniques, expert therapists target problematic areas so that our guests emerge with a more refined silhouette, smoother skin and a feeling of purified wellbeing from the inside out.



Natura Bissé Meso Sculpting (60 minutes)

Reshape your figure with a body treatment that begins with thermo therapy to activate the circulation of the areas being treated. Choose from the Natura Bissé Mesodose to suit your needs: slimming or re-contouring. Your personalised Meso treatment is followed by application of a Thalasso sculpting body mask, which prepares your skin for remodelling.

Floral Foot Ritual • Meso Ritual • Body Mask • Shower • Firming Ritual • Refreshment

Natura Bissé Detox Marine Algae Wrap (60 Minutes)

This treatment helps your body to release toxins and absorb vital nutrients. The session begins with an exotic bamboo scrub to exfoliate and prepare skin for the next stage of the journey. Benefit from a full body application of a personally prescribed detox cocktail to boost your body's efforts to clean and detoxify. A warm cocoon helps the seaweed's rich array of minerals, vitamins and enzymes to penetrate your pores and nourish skin. A final massage works to decongest, leaving you feeling fully refreshed and purified.

Floral Foot Ritual • Body Exfoliation • Algae Wrap • Shower • Body Moisturiser • Refreshment

Natura Bissé Balneo Wrap (60 minutes)

Treat your skin to an explosion of nutrients with countless benefits. An exotic bamboo scrub exfoliates skin in preparation for the wrap. Seaweed mud from the richest waters of the world is lathered over your body, imparting extreme concentrations of essential salts and minerals. The benefits of these trace elements are further magnified by enveloping your body in a tight, warm cocoon. An excellent treatment for activating circulation and metabolism, as well as providing slimming and firming results.

Floral Foot Ritual • Body Exfoliation • Mud Wrap • Shower • Body Moisturiser • Refreshment

Sundari Anti-Cellulite Pro Contouring Body Treatment (60 Minutes)

Cellulite is an aesthetic problem which accumulates around the thighs, hips and stomach. Using sacred lotus extract - a high impact, active botanical which is known to create a smoother and slimmer looking physique - this body repair treatment fights the build-up of cellulite and tightens skin, whilst also preventing the signs of premature ageing.

Floral Foot Ritual • Anti-Cellulite Massage • Body Exfoliation • Body Mask • Shower • Body Moisturiser • Face Massage • Refreshment

Sundari Firming Experience (120 Minutes)

Designed to firm and contour, active ingredients of cardamom, rose hip and gotu kola work together to energise, revitalise and improve skin's elasticity. The ritual begins with a signature foot scrub, followed by full body exfoliation. A massage uses a stimulating, aromatic oil, and the journey ends in a relaxing bath ritual.

Floral Foot Ritual • Scalp Massage • Abhyanga Body Massage • Body Exfoliation • Firming Wrap • Shower • Body Moisturiser • Refreshment

Detoxifying Green Tea Scrub (60 Minutes)

Nourish and rejuvenate your body with the natural therapeutic properties of green tea.

Floral Foot Ritual • Detoxifying Green Tea Scrub • Shower • Body Moisturiser • Refreshment

Gulf Pearl

For thousands of years, highly sought after seawater pearls have been sourced from the Arabian Gulf. With their illustrious beauty now revered the world over as the perfect embodiment of feminine elegance, youth and natural radiance, Anantara has created a series of exquisite facial treatments with dazzling benefits.



Natura Bissé Cryo Recovery Facial Treatment (60 Minutes)

A global anti-ageing treatment to reveal rejuvenated skin

This powerful treatment combines repairing ingredients that work to visibly improve dilated capillaries, skin congestion and redness with the highly effective phytotherapeutic extracts that soften and relieve the skin while reinforcing it to combat hyper sensitivity and inflammation. It prevents the breakdown of the skin, restores the levels of collagen and protects it from external aggressors. A luxury treatment to restore the health and beauty of the skin.

Natura Bissé The Cure (60 Minutes)

Deep cleansing and detoxifying.

Experience a cleansing protocol based on cutting edge, thermo active enzymatic detoxification. Extractions are expertly performed through a nearly imperceptible extraction technique. A nano-stimulating mask, with a deliciously foamy texture, efficiently releases its moisturising, soothing and revitalising effects on the skin. The final touch is a tinted hydrating veil to provide a radiant and luminous appearance.

Natura Bissé Citrus-A –Peel (60 Minutes)

Restores and repairs damaged skin.

Treat your complexion to a boost of energy with 100% pure vitamin C. This anti-oxidant treatment relieves sun damaged skin and helps fight the signs of premature ageing. A reparative serum, containing a high concentration of vitamin C, is formulated to stimulate collagen production to renew skin firmness. A Citrus-A-Peel drenches skin with essential vitamins and nutrients, for a beautifully revitalised appearance.

Natura Bissé Neuroskin Repairing Treatment (45 Minutes)

Soothes sensitivities and calms irritations.

An extraordinary treatment that is ideally suited for skin that has been subjected to Medi-aesthetic. After skin has been gently and delicately cleansed, a soothing and draining massage is performed using a highly effective restorative formula that is rich in natural botanical elements, such as arnica and aloe vera. This is followed by a deeply moisturising and revitalising mask formulated with algae. An exquisite finishing touch provides a protective veil to even out skin tone, resulting in a renewed and naturally radiant appearance.

Elemis Pro Collagen Quartz Lift Facial (75 Minutes)

See a younger, firmer future, instantly.

An anti-wrinkle facial with proven results. Special lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted and more youthful appearance.

Elemis Tri-Enzyme Resurfacing Facial (75 Minutes)

Peel away the years for smoother, more radiant skin.

Pioneering the precision layering of three targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickened layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity.

Elemis S.O.S. Purifying Facial (75 Minutes)

Ideal for oily, problematic and congested skin types.

A Japanese Sulphur Mask contains with Vitamin C Booster Serum to help absorb sebum, calm irritation, and repair scarring, while rebalancing oil rich pores to leave a beautiful matt complexion.

For Men - Elemis Skin IQ+ (75 Minutes)

Anti-ageing booster for tired, stressed skin.

Charged with the clinically proven, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin

Advanced Facial Treatments

SRS Mesotherapy (60 Minutes)

SRS™ Mesotherapy targets demanding areas by introducing small amounts of vitamins, minerals, amino acids and other active ingredients into the middle layer of the skin (the mesoderm). It is a non-surgical procedure that rebuilds skin and creates an instant glow.

Diamond Microdermabrasion (60 Minutes)

Diamond microdermabrasion is a non-surgical way to freshen and rejuvenate skin. These treatments use a minimally abrasive diamond head to gently remove the thicker, uneven outer layer of cells from the skin.



Teen Spa

Our energising and fun range of treatments that are dedicated to teenagers' needs invite our younger guests to freshen up and enjoy pampering from head to toe. Glow with a juicy facial, give hands and feet a fancy look and treat your hair to a shiny gloss.

Natura Bissé Facial 4Teens (60 Minutes)

Experience an aromatic facial that supplies young skin with nutrients extracted from the juiciest citrus fruits. This refreshing treatment uses cleansing techniques and deep exfoliation, and delivers the many benefits of vitamin C.

Fancy Feet (30 Minutes)

This soothing, pampering treatment includes a foot scrub, foot massage and perfect polish finish.

Heavenly Hands (30 Minutes)

Enjoy a hand scrub and massage for skin that is beautifully soft, followed by a polish finish.

Goldie Locks (30 Minutes)

This conditioning treatment detangles hair, delivers replenishment after a day in the pool, and includes a shoulder, neck and head massage.

Spa Etiquette

- Please arrive 15 minutes prior to your treatment in order to complete your consultation.
- Please take time to relax in our tranquil surroundings before and after your therapy session, and enjoy a wonderful tea after your treatment.
- Please note that the spa is unsuitable for babies and children under 12 years of age as we try to ensure that all our guests benefit from the tranquility of our surroundings.
- We recommend that you leave all jewellery in your room or suite before coming to the spa.
- Please give 6 hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe before and after waxing and advanced facials.
- Men should shave prior to facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones are not permitted in the spa.
- Arriving late will reduce your treatment time.
- Guests who have high blood pressure, a heart condition, allergies, are pregnant or have any other medical complications, are advised to consult a doctor before signing up for any treatments.
- Please notify the spa receptionists of any existing medical conditions.

Treatments are available from 10:00 am – 10:00 pm

**For reservations, please tel: +971 4 567 8140
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