



SHUIQI

SPA & FITNESS



A Journey Into Another World...

ShuiQi Spa & Fitness presents a memorable experience, awakening your senses, within awe-inspiring and serene water surroundings set over two magnificent floors within the Royal Towers of Atlantis, the Spa provides a sublime range of traditional treatments, bathing options and water therapies. With his and her separate areas and sessions, every guest can find the ideal treatment or therapy. The six Laconium thrones in his quarters serve to stimulate circulation and strengthen the body's defense system. Walk the earth-hue natural stone steps along streaming water pathways to one of the 27 treatment rooms or discover the secluded Royal Spa Suite. We welcome each guest and visitor warmly, extending an invitation to sample our spa products, talk with our spa hosts for assistance in personalising your treatment, or enjoy the fitness centre overlooking the pool and outdoors. We delight in being your guide into a tranquil place of serenity, opulence and pure indulgence.

Shiseido Treatments



Shiseido Signature Treatments

Exclusively Designed for ShuiQi

The ShuiQi Spa & Fitness - Face and body experience

2hrs 30 Mins - Aed 1,600

The perfect combination for a man or woman...

Commencing with our Kuroho Body Bliss; A thorough body exfoliation to exquisitely and expertly exfoliate, cleanse and leave your body luxuriously smooth. A blissful Qi body massage follows; finishing with a specialised facial. A sublime fragrance of Ylang Ylang, Rose and Jasmine is introduced within this spa experience, ending with a soothing and calming refreshment of Jasmine tea.

The ShuiQi Spa & Fitness - Japanese Ritual

4hrs - Aed 4,480 (within the Royal Spa Suite)

Lose yourself in ShuiQi's Royal Spa Suite. An exclusive and private Spa, just for you...

An infused rose petal foot bath awaits you, allowing you to completely indulge and relax, followed by a Japanese inspired body bath to enrich your senses. This ritual continues with a full body Qi massage and Shiseido's most beautiful and premium facial, Future Solution LX Facial Ceremony for her, and for him, the Time Fighting Facial - incorporating a sublime scalp massage.

Included within this package is a taste from Japan including an elegant Sushi selection and a delicate Japanese Green Tea.

SHISEIDO



Facial Collection For Ladies*

Perfect Purifying Facial

'Feel Hydration** - Look Matte' 1hr - Aed 600 1hr 15 Mins - Aed 700

Give your skin power over shine, imperfections and dehydration. A deep cleansing facial treatment that works to regulate, balance and rehydrate. Skin is polished to perfection; gentle steam is applied to clean the pores, combined with a deep cleansing mask. This facial will help limit oil production and keep the skin shine-free.

Hydro-nourishing Facial

'Moisture** - Consistent Skin' 1hr Aed - 685 1hr 15 Mins - Aed 750

Now skin can create its own moisture. An intensive hydrating and soothing facial treatment for dry/sensitive skin. Skincare feeds the skin with thirst quenching ingredients to give a cushioned plumpness back to the skin. A specialised Japanese mask will enrich the skin with comfort and moisture.

* Please note that extraction is not included within Shiseido facials.

** Upper layers of epidermis. Please note that a 1 hr 15 minutes facial includes exfoliation and a facial steam, in contrast to a 1 hr facial.

Ultimate Radiance Facial

'Luminosity and Brightness' 1hr Aed - 685 1hr 15 Mins - Aed 750

For brighter, clearer and radiantly glowing skin. If you have pigmentation concerns or dull, cloudy, lacklustre skin, Ultimate Radiance Facial is your answer. This facial will help to counteract pigmentation, and give that ultimate glow to your skin.

Super Refining Facial

'The Ultimate Skin Renewal' 1hr - Aed 700 1hr 15 Mins - Aed 800

Smooth, even and retexture your skin, combining the vitality of nature and the power of science. An advanced resurfacing technique to effectively balance the thickening layer of the epidermis and bring fresh, radiantly healthy skin cells to the surface.

Wrinkle Lifting Facial

'Sculpt, Lift and Refine' 1hr 30 Mins - Aed 950

Give your skin supple resilience, firmness and richness. Utilising an Anti-Ageing skin care line renowned for its luxuriously rich textures, preventing the formation of lines. This facial will help to restore your youthful energy. Including a specialized skin lifting technique. The result: a better toned, lifted and nourished skin.

Pure Beauty Boost

'Matte, Purify, Perfection' 30 Mins - Aed 400

This facial will help limit oil production, and keep the skin shine-free. (please note this facial does not include massage).

Facial Collection For Ladies and for Men

The Facial Collection includes a deep cleanse, steam, exfoliation and mask. Combined with hot Japanese 'oshibori' towels to enhance relaxation and allow skin preparation to receive SHISEIDO's advanced facial products. Includes a truly unique, specialised and unwinding Qi facial massage, incorporating a Japanese Spa Secret, Qi Massage Cream that contains Japanese and Chinese plant extracts. The massage is designed to relax, firm and define facial contours. Stimulating tsubo points to release tension and stress, resulting in wonderfully radiant, plumped and rejuvenated skin.

Super Corrective Beauty Boost 'Total Anti-ageing' 30 Mins - Aed 400

Using the latest time-fighting formula serum, 'In just one day, you can achieve timeless skin' (please note this facial does not include massage).

Advanced Eye Brilliance and Lip Contour Treatment 30 Mins - Aed 400

'Reawaken, Rejuvenate and Firm' This advanced treatment will reawaken and leave the eye area looking alleviated from dark circles, puffiness and fatigue.

Future Solution LX Eye and Lip Contour Ceremony 45 Mins - Aed 475

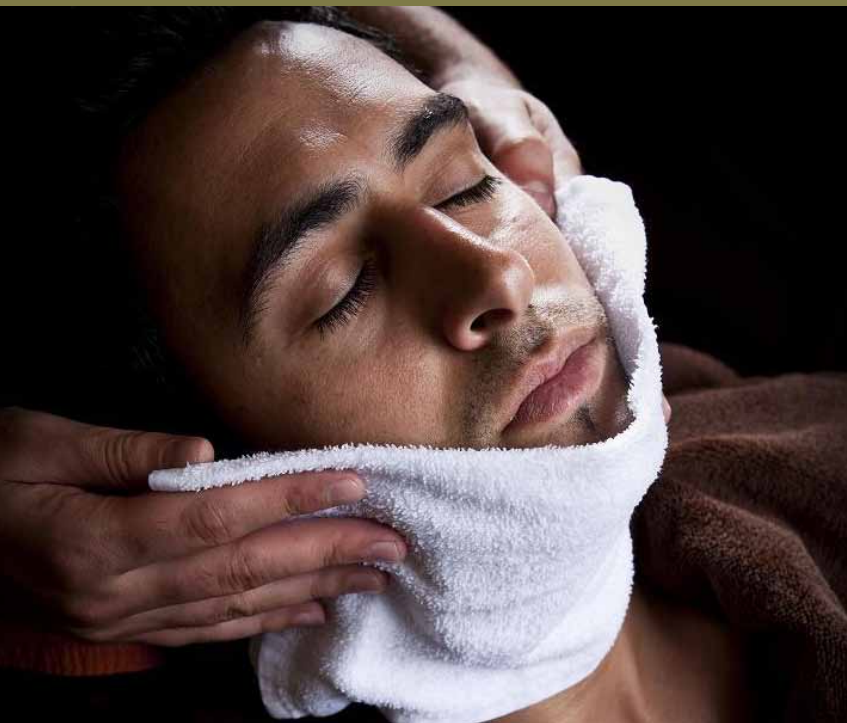
A premium targeted treatment to help prevent wrinkles and sagging around the delicate eye and lip contour area.

Future Solution LX Facial Ceremony

'The science of Shiseido. The future of infinite beauty' 2hrs - Aed 1,530

An exclusive and beautiful, Qi Facial combining SHISEIDO's most luxurious and advanced skin care line, Future Solution LX, specially developed to maximize skin beauty and smooth the signs of aging.

This particular path to beauty includes a specialized mask to lift and sculpt the facial contours, together with a unique massage cream combining the Future Solution LX fragrance of Rose, Plum and Cherry Blossom. This facial ritual also incorporates a scalp, hand and foot massage. Concluding with a 'taste' of SHISEIDO, combining Japanese Green Tea to truly indulge the senses.



Facial Collection for Men*

Deep Cleansing Detox Facial

'Feel Hydration - look matte' 1hr - Aed 600 1hr 15 mins - Aed 700

A deep cleansing and detoxifying facial treatment that works to regulate, balance and rehydrate. Skin is polished to perfection; gentle steam is applied to clean the pores, combined with a deep cleansing mask. This facial will help limit oil production, and keep the skin shine-free.

Damage Defence Facial

'Soothe and Comfort' 1hr - Aed 600 1hr 15 Mins - Aed 700

This facial tackles concerns of male skin: dehydration, sensitivity, dryness and oiliness, which are all aggravated by daily shaving. To soothe, calm and moisturise the skin, a specialised Japanese Mask technique will be applied during this facial treatment.

Time Fighting Facial

'Anti ageing Skincare' 1hr Aed - 600 1hr 15 Mins - Aed 700

A high performance facial focusing on wrinkles and fine lines. This facial will help reduce roughness and boost firmness on the skin. An all-encompassing time-fighting treatment to leave your skin with maximum hydration and firm to the touch.

* Specific Body Methods, additional to Qi.

Body Collection

For Ladies and for Men

'East Meets West': A Combination of Eastern Traditions and Western Style Techniques

These massages boost lymphatic micro circulation. Unique Japanese techniques allow for positive energy flow, stimulating tsubo points and allowing the channels of energy to flow positively. Combined with hot Japanese 'oshibori' towels to enhance relaxation and allow skin preparation to receive SHISEIDO's advanced Body products.

Body Collection For Ladies

Kuroho Spa Journey's

'A true Japanese tradition. A creation of sublime spa journeys.' The following journeys incorporate a premium line of body products, containing KUROHO, a fragrance treasured by the Japanese aristocracy in the 9th century, and still used today. This modern arrangement is an exhilarating, revitalising fragrance.

Kuroho Body Bliss 'Total Body Replenishment'

2hrs Aed 1,100

A thorough body exfoliation to exquisitely and expertly cleanse, polish and leave your body luxuriously smooth. A blissful Qi body massage follows, followed by an application of our replenishing body cream.

Kuroho Body Moisture 'Luxurious Moisture'

1hr 30 Mins - Aed 750

This body massage concludes with the application of replenishing body cream, specially designed to provide nutrients, moisture and give a complete alluring beauty.

Kuroho Body Polish 'Smoothed and Refined Skin'

45 Mins - Aed 420

A thorough body exfoliation to exquisitely and expertly cleanse, polish and leave your body luxuriously smooth. Concluding with an application of Shiseido's replenishing body cream.

* Specific Body Methods, additional to Qi.



Total 'Zen' Delight 'Beautifully Fragrant Skin'

1hr 30 Mins - Aed 750

The fragrance of joy, the fragrance of brilliance. The burst of sparkles changes to a dewy, modern sweetness. A translucent and profound sensuality enfolds you in many layers.

Body Sculpting* 'Shape, Contour and Sculpt'

1hr - Aed 650

This body massage targets cellulite and local water retention, and helps stimulate the senses and refine your silhouette.

Hip, Leg and Thigh Sculpt* 'Targeted Contouring'

45 Mins - Aed 550

This specialised treatment soothes legs and feet and reduces the uncomfortable sensation. Your silhouette will also feel more refined and sculpted.

* Specific Body Methods, additional to Qi.



Body Collection for Men

Deep Cleansing Back Treatment 'Detoxify and Relax'

1hr - Aed 650

A special treatment for the back. If you are suffering from break-outs and pimples on the back and shoulders, this is the perfect fix. Incorporating deep cleansing with gentle steam to clean the pores together with a deep cleansing mask to detoxify and re-mineralise. An application of appropriate body products concludes this treatment.

Quick Tension Release 'Targeted Stress Massage'

30 Mins - Aed 360

Concentrates on key stress areas such as the neck, shoulders and back to ease away stress, leaving you feeling deeply calm and relaxed. Why not combine it with one of our Qi Facials?

* Specific Body Methods, additional to Qi.

Body Collection for Ladies and Men

Relaxing Massage 'Relax and Unwind'

1hr 30 Mins - Aed 750

Unwind under the skilful hands of your Beauty Therapist. A prescribed application of Body products will leave you with a sense of well-being and inner calm.

Deep Tension Relief 'Relieve Tired Muscles'

1hr - Aed 600

A massage technique that focuses on the body tensions. Aims to release the chronic patterns of tension in the body through slow strokes and finger pressure on the tensed areas, either following the muscle fibres. Ideal for Men and avid sport fans.

Japanese Jet Lag Therapy

'Stress relieving indulgence' 1hr - Aed 600

The perfect spa indulgence for after a long flight or when you feel a loss of energy and fatigue. Starts with our 'Qi' back, neck and shoulder massage to reduce tensions, leaving you feeling truly relaxed. Includes a delightful Japanese scalp treatment. Your feet and lower legs will be massaged to relieve feeling of heaviness and alleviate excess water retention. This wonderful treatment combination will relax the body and mind while rejuvenating and reawakening the senses.

Japanese Scalp and Shoulders Massage

'Well-being and True Relaxation' 45 Mins - Aed 390

A deeply relaxing and unwinding experience. Let your thoughts escape under the skillful hands of your therapist. This treatment will reawaken the senses giving incredible tension relief through delicate massage and specific pressure points.

* Specific Body Methods, additional to Qi.

Japanese Bathing Ceremonies

For ladies and for men

Journey of Well-being and Inner Calm

The ultimate in spa indulgence to help you relax and unwind... a journey from beginning to end. This spa ceremony commences with a Japanese foot bath ritual followed by an all-over invigorating body exfoliation to polish your skin to perfection. You will then be immersed into a beautifully fragrant Japanese hydro-therapy bath. While bathing, you will be served with a refreshment of your choice and you will select your scent for the remainder of the treatment and then be left to relax and unwind. A Shiseido Qi Full Body Massage will follow, stimulating tsubo points and allowing positive energy.

Replenishing Bathing Ceremony

2hrs 30 mins - Aed 1,320

This bathing ceremony concludes with the application of replenishing body cream, specially designed to provide nutrients, moisture and give complete alluring beauty.

Sculpting Bathing Ceremony

2hrs 30 mins - Aed 1,320

This bathing ceremony targets cellulite and local water retention, helping to stimulate the senses and refine your silhouette.

Zen Bathing Ceremony

2hrs 30 mins - Aed 1,320

The fragrance of joy, the fragrance of brilliance, the burst of sparkle changes to a dewy, modern sweetness. A translucent and profound sensuality will enfold you in many layers, leaving your skin incredibly smooth and beautifully fragrant.



Shiseido spa packages

'A perfect combination of shiseido treatments'

We are Pleased to Recommend Four Shiseido Perfect Treatment Combinations:

Journey of Relaxation 2hrs 15 mins - Aed 1,380

- Relaxing body massage
- Hydro-nourishing facial

Journey of Senses 2hrs 45 mins - Aed 1,530

- Relaxing body massage
- 1hr 15 mins facial to choose from our collection
- Japanese scalp and shoulders massage

Journey of Energy 2hrs 15 mins - Aed 1,380

- Deep tension relief*
- Qi 1hr 15 mins facial

Journey of Refinement 1hr 30 mins - Aed 685

- Blissful body polish
- Body sculpting*

* Specific Body Methods, additional to Qi.

ShuiQi Treatments



Traditional Thai Massage

90 Mins - Aed 654

This traditional Thai massage treatment applies pressure along the meridians in order to unblock trapped energy and improve vitality. Thai massage relaxes and revitalises the entire body by stretching joints gently and balancing all the major muscle groups. Thai pyjamas are provided for your use during the treatment.

Sport Aqua Vitae

90 Mins - Aed 654

This ultimate relaxing experience combines deep, vigorous massage with steaming hot towels and aromatic herbs of arnica, rosemary and bay laurel. Feel your body sigh in relief, as tension bound within muscles is unravelled and released by this energising treatment.

Swedish

60/90 Mins - Aed 510/654

During this traditional body massage, your therapist varies the amount of pressure applied to meet your specific needs and preferences. The pressure and rhythmic strokes work effectively on muscles, blood circulation and nerve endings, thus providing an excellent all-round treatment.

Desert Hot Stones

80 Mins - Aed 816

Inspired by and incorporating the vital energy of the Arabian Desert, the Desert Hot Stone therapy is a deeply soothing and healing treatment that relaxes and balances body and soul. Smooth, hot basalt stones are applied gently to warm and release areas of tension, with particular attention paid to the shoulders, back and legs. The smooth, flat stones provide deep comfort and a vital reconnection with nature. Expect to emerge re-balanced, renewed and re-energised.

Herbal Infusion

60/90 Mins - Aed 510/654

A deeply nurturing herbal massage serves to help the body unwind, alleviating stress and restlessness. A fragrant combination of lavender and lavand that complements the massage to make this a uniquely relaxing and rejuvenating aromatherapy experience.

Detoxifying Seaweed Body Massage

60/90 Mins - Aed 510/654

First, a detoxifying massage with juniper and cypress oil helps the body eliminate excess water retention, restore vitality and promote an overall feeling of wellness. Then to aid the body in gentle cleansing of toxins, the session concludes with the application of a mineral rich seaweed serum fortified with a potent blend of herbal extracts.

Foot Retreat

90 Mins - Aed 510

This treatment, performed on the soles of the feet, not only offers a sublimely relaxing experience, but also provides benefits to the body as a whole. The therapy focuses on points of the soles corresponding to specific areas of the body; when stimulated, these points can rectify imbalances so as to help the body to repair itself.

Lymphatic Drainage

90 Mins - Aed 654

This toning / slimming body treatment incorporates special lymphatic drainage techniques to help eliminate toxins from the body more effectively and improve cellular metabolism. The result is a deeply hydrated, luminous and silky soft skin.

Reflexology Massage

60 Mins - Aed 450

Reflexology is an astounding ancient healing art based on the principles that there are reflexes in the hands and feet that correspond to every part, organ and gland in the body. Stimulating nerve endings has an effect on the whole body's nervous system, which promotes healing. Reflexology corrects and balances the pathway energy in the whole body.

Jet Lag Recovery

60/90 Mins - Aed 510/654

This special treatment provides a stimulating aromatic scalp and full body massage designed to release deep-rooted tension. Energising evergreen essences of silver fir and white pine are blended with pink grapefruit and green mandarin, then gently warmed and applied vigorously to the scalp, neck and shoulders. A restorative full body massage, including a hand and foot treatment, completes the restorative journey.



Balinese Massage

60/90 minutes - Aed 510/654

Based on the healing expertise of the Balinese, a breathtaking massage handed down through generations. Using traditional Balinese techniques such as thumb circling, gentle stretches, hand over hand, and long knead stroking to stimulate and heal the body system, restore balance and feel spiritually renewed.

Mother To Be Massage

90 Mins - Aed 510

Our pure natural pregnancy oil combined with gentle massage techniques is especially tailored to relieve the stress and tension many expectant mothers experience. What a lovely and welcome way to pamper the mother-to-be!

Opening Times | Fitness Centre: 6am – 10pm | Spa: 10am – 10pm

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ATLANTIS

THE PALM, DUBAI

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