



SHUIQI

SPA & FITNESS

Treatment Menu



At the heart of this breathtaking resort lies an oasis of peace and tranquility. ShuiQi Spa & Fitness is the ideal escape from the stress and strain of everyday life, helping you to relax, unwind and rejuvenate during your stay at Atlantis, The Palm. Indulge your senses in an awe-inspiring and serene water surrounding, set over two magnificent floors in the West Tower. ShuiQi Spa has 27 treatment rooms, with separate male and female relaxation areas and changing rooms. Guests can also enjoy a secluded Royal Spa Suite, a wet area for pure relaxation and a state of the art fitness facility. A selection of bespoke treatments and rituals have been carefully crafted by our exclusive partner Shiseido, to deliver unique treatments specifically for ShuiQi. ShuiQi is home to many other well-known brands such as ESPA, Aromatherapy Associates, Bastien Gonzalez and Gentlemen's Tonic to deliver an extensive range of luxurious treatments and products. We invite you to experience the harmony between water and energy that is ShuiQi Spa & Fitness.

SHUIQI
SPA & FITNESS

SIGNATURE TREATMENTS

Shiseido Japanese Couple's Ritual	4 hrs	3900
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In the privacy of ShuiQi's 'Royal Spa Suite', this exclusive treatment begins with an infused rose petal foot bath and a Japanese inspired body bath. The ritual continues with a full body Qi massage, scalp massage and Shiseido's premium facial, 'Future Solution LX Facial Ceremony' for her, and the 'Time Fighting Facial' for him followed by an elegant Sushi selection and Japanese green tea.

Shiseido Face & Body Experience	2hrs, 30 min	1600
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The perfect spa experience for men and women commences with Kuroho Body Bliss – a thorough body exfoliation to deep cleanse, leaving your body feeling luxuriously smooth. This is followed by a blissful Qi body massage and a specialised facial.

Dubai Body Glamour Ritual	2 hrs	950
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This unique ritual begins with dry body brushing and full body exfoliation using pink grapefruit. You are then cocooned in a detoxifying fresh water mud mask, followed by an invigorating full body massage

ESPA Back, Face, Scalp Treatment with Hot Stones	2 hrs	985
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Renowned for being our 'Hero' treatment and loved by all, this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone. This includes a back exfoliation and hot stone back massage, a personalised facial and a scalp massage.

ESPA Energy Balancing Treatment	2 hrs	985
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This unique treatment is ideal for those experiencing high level of stress or poor sleep patterns. Includes a body exfoliation and facial cleanse, full body massage and scalp massage.

Bastien's Duo Nail Treatment	75 min	720
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An award-winning synchronised four hand treatment focusing on your feet, legs, hands and arms. The ultimate in manicure and pedicure luxury with total relaxation.

Morning Wellness Package	3 hrs	850
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The Morning Wellness Package is the perfect programme to wake up to, ensuring a refreshed and invigorated start to the day. Begin with a one hour personal training session and then recharge with a delicious well-being breakfast. Afterwards, relax and unwind in the spa wet facilities before you finish your morning off with a one hour full body massage.



FACIALS

Anti-Ageing Facials

Shiseido Future Solution LX Facial Ceremony 90 min 995

The exclusive Qi Facial combines Shiseido's most luxurious and advanced skin care line Future Solution LX, specially developed to maximise the skin's beauty as well as diminish the signs of ageing.

Shiseido Wrinkle Resist Facial 90 min 995

The Shiseido anti-ageing skin care line firms and restores your skin to prevent the formation of lines. Our specialised skin lifting technique will leave your skin toned and nourished.

Shiseido Super Refining Facial 75 min 865

Smooths out unevenness and retextures your skin by combining the vitality of nature and the power of science.

ESPA Ultimate Lifestage Facial 90 min 820

Our most effective and targeted age defying facial using the technologically advanced LIFESTAGE product range to address all the most visible signs of ageing. This luxurious facial will minimise wrinkles, immediately improve hydration levels whilst helping to reduce the appearance of pigmentation, large pores and redness.

Brightening Facial

Shiseido Ultimate Radiance Facial 75 min 865

For brighter, clearer and radiantly glowing skin. This facial works to counteract pigmentation and gives that ultimate glow to your skin.

Hydrating & Nourishing Facials

Shiseido Hydro Perfecting Facial 75 min 865

An intensive hydrating facial which helps to nurture and protect against environmental damage.

ESPA Optimal Skin Pro-Facial 60 min 600

This targeted facial incorporates a smoothing and lifting facial massage to refresh and brighten the complexion, and delay the early signs of ageing.

Customised Facial

ESPA Personalised Facial 60 min 650

Deeply cleanse, smooth, purify and boost your complexion with this tailor-made facial. This includes a deep cleanse, steam and extraction, facial massage, personalised mask and scalp massage.

MASSAGES

ShuiQi Swedish Massage 60/90 min 525/725

During this traditional body massage, the therapist varies the amount of pressure applied to meet an individual's specific needs and preferences.

Intense Massages

Shiseido Deep Tension Relief 60 min 620

A deeply penetrating and restorative massage that is perfect for those that are active or train regularly.

ShuiQi Balinese Massage 60/90 min 525/725

Traditional Balinese techniques are used to heal the body's system and restore balance, leaving you feeling renewed and rejuvenated.

ESPA Deep Muscle Massage 60/90 min 550/750

Specialised techniques concentrate on specific areas of concern and alleviate discomforts such as a stiff neck, lower back pain and tight shoulders.

Relaxing Massages

Shiseido Relaxing Massage 90 min 850

A deeply relaxing and unwinding experience that will leave you with a sense of well being and inner calm.

Aromatherapy Associates De-Stress Massage 60/90 min 550/750

This stress relieving massage balances the mind and soothes aching muscles.

ESPA Totally Personalised Body Massage 60/90 min 550/750

After a consultation, a massage is designed with a combination of essential oils and massage techniques to suit your individual needs.

Specialised Massages

Shiseido Body Sculpting 60 min 620

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

ShuiQi Traditional Thai Massage 60/90 min 525/725

This dry massage relaxes and revitalises the entire body through a series of stretches, targeting all major muscle groups.

Aromatherapy Associates Mother to be Massage 60 min 550

This all over body treatment, including a relaxing and rejuvenating scalp and facial massage, relieves stresses, strains and heavy legs.

Aromatherapy Associates Jet Lag Recovery 60 min 550

A back massage including lower leg treatment using the Revive body gel followed by a scalp massage

ShuiQi Desert Hot Stone Therapy 90 min 850

Hot basalt stones are applied gently to warm and release areas of tension.

BODY TREATMENTS

Shiseido Kuroho Body Bliss	120 min	950
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<p>This treatment starts with a thorough body exfoliation to expertly cleanse and polish leaving your body luxuriously smooth. A blissful Qi body massage follows, ending with an application of our replenishing body cream.</p>		
Shiseido Kuroho Body Polish	45 min	450
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<p>This treatment starts with a thorough body exfoliation to cleanse and polish leaving your body luxuriously smooth. The treatment ends with an application of Shiseido's replenishing body cream.</p>		
ESPA Ocean Bliss	60 min	535
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<p>This exceptional skin softening body exfoliation combines sea salts with essential oils selected specifically for your needs. This head to toe treatment includes a facial cleanse, exfoliation and application of our powerful Optimal Skin ProSerum to leave your skin radiant.</p>		
ESPA Detox Wrap	60 min	535
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<p>This body wrap is specifically designed to comfortably raise the temperature and induce perspiration to help speed up the elimination of toxins and improve circulation. This treatment includes a skin brush, body exfoliation, detox mud wrap and a scalp massage.</p>		
ESPA Anti Cellulite Hip & Thigh Treatment	60 min	535
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<p>A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture. This treatment includes a skin brush, detoxifying salt and oil scrub and a detoxifying massage.</p>		
Aromatherapy Associates Intense Nourishment	60 min	535
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<p>A deep treatment for dry, devitalised skin, that leaves the whole body intensely nourished and smooth. Includes a scrub, followed by the layering of hydrating rose gel and a velvety moisturising body butter.</p>		



SPA TASTERS

Our Spa Tasters are the perfect opportunity to discover one of our three premium brands and experience a variety of their luxurious treatments.

Shiseido Taster	45 min	495
Future Solution LX facial, and rejuvenating hand exfoliation and hand massage.		
Aromatherapy Associates Taster	45 min	495
A luxurious back, scalp and foot massage.		
ESPA Taster	45 min	495
Rejuvenating back exfoliation, massage and mud mask followed by a lower leg massage.		

EXPRESS TREATMENTS

Aromatherapy Associates Scalp Treatment	30 min	280
ShuiQi Back, Neck and Shoulder Massage	30 min	360
Shiseido Pure Beauty Boost	30 min	390
The pure beauty boost helps limit oil production, and keeps the skin shine-free. This facial does not include a massage.		
Shiseido Advance Eye Brilliance & Lip Contour	30 min	390
This advanced treatment reawakens and leaves the eye area looking free from dark circles, puffiness and fatigue.		
Bastien Foot Refoundation	30 min	360
A relaxing massage from toes to knees focusing on muscle tension, joint mobility, circulation and skin elasticity; includes a preliminary exfoliation performed with the Black Diamond Scrub.		
<i>To extend your spa experience, a variety of premium spa and beauty products are available for purchase.</i>		



All prices are inclusive of 10% Municipality fees and 10% service charge

MEN'S COLLECTION

Men's Facials

Shiseido Deep Cleansing Detox Facial 60 min 650

A deep cleansing facial treatment that targets your skin's imperfections and works to regulate, balance and rehydrate your face.

Shiseido Time Fighting Facial 60 min 650

This high performance facial focuses on wrinkles and fine lines, and will reduce roughness and boost firmness of the skin. This age-defying treatment leaves your skin hydrated and firm to the touch.

Gentlemen's Tonic

Founded in the heart of London, Gentlemen's Tonic affords the modern man a traditional barbershop and a variety of lifestyle and grooming services.

Royal Shave	380
Traditional Shave	250
Scalp Shave	200
Haircut	240
Beard Trim	120
Full Head Colour	336
Children's Haircut (up to 14 years old)	100

PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

Bastien Gonzalez, an internationally famous French podiatrist, has designed and developed exclusive treatments for the feet, hands, and nails whose uniqueness lies in the fusion of well-being and beauty.

Bastien's Duo 75 min 720

An award-winning synchronised four hand treatment focusing on feet, legs, hands and arms. The ultimate in manicure and pedicure luxury with total relaxation.

Pedicure de Bastien 60 min 470

An overall pedicure including a nail treatment (gentle buffing to restore the natural beauty of the nails), followed by a treatment to eliminate hard skin and dryness, ending with a toe to knee massage.

Manicure de Bastien 45 min 310

An exceptional cuticle and nail treatment, including a natural beauty finish to the nail and a thorough massage of the forearms, wrists, hands and fingers.

Colour Touch 20 min 79

Paraffin Touch 20 min 150

ZEROBODY EXPERIENCE

All the benefits of floating, a concrete method with a scientific basis, in a solution that offers a "dry" experience without having to get wet. The body, free of the need to continually regulate its temperature and gravitational alignment, can now start to unwind and produce beneficial substances such as endorphins that help to eliminate stress.

Express Floating Experience	10 min	95
Relaxation Floating Experience	20/30 min	180/250

MEDI - SPA

LPG Excellence Treatment (Face & Body)	60 min	720
LPG Lipomassage Expert Treatment	40 min	480
LPG Cellulite Smoothing Expert Treatment	40 min	480
LPG Endermo Detoxifying Treatment	40 min	480
LPG Anti-Aging Face Endermolift	30 min	425
(Replumping/Firming/Resculpting)		

Consultation by Dr. Maurizio Viel	15 min	450
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Experience the remarkable work of Dr. Maurizio Viel, renowned for enhancing your appearance with botox, soft-tissue fillers and mesotherapy.

Starting from 1350

SHUIQI FITNESS

A state-of-the-art fitness centre carrying Technogym's ARTIS range, which is a complete integrated collection of cardio, strength and functional equipment and is the first of its kind in Dubai.

Personal Training	60 min	210
Personal Training	5 sessions	950
Personal Training	10 sessions	1900
Assisted Stretching	30 min	150
Core Training	30 min	150
Couples Personal Training	60 min	315

SHUIQI SALON

Color

Full Colour		350
Roots Colour		300
Inoa Full Colour		650
Inoa Roots Colour		450
Full Head Highlights	S/L	390/470
Half Head Highlights	S/L	300/390

Cut

Ladies Hair Cut		200
Ladies Shampoo, Cut and Blow Dry	S&M/L	280/300
Ladies Shampoo and Blow Dry	S&M/L	210/240
Children's Haircut (up to 14 years old)		100

Treatments

Hair Conditioning Treatment		125
Chronologist Treatment	S/L	350/500
Keratin Treatment - Prices vary depending on hair length		
Hair Dreams Extensions - Prices vary depending on hair length		

Waxing services are available upon request.

Spa Etiquette

Opening Hours

The spa is open from daily 10:00am to 10:00pm.

The fitness centre is open daily from 5:00am to 10:00pm.

The services and facilities are for the use of guests 16 years of age and older.

Reservations

We recommend making reservations in advance, particularly if you choose to enjoy multiple bookings during your stay. The spa provides walk-in bookings based on availability.

To make the most of your spa experience and support the benefits of your treatment, we recommend you arrive 30 minutes prior to your appointment to enjoy the facilities (Jacuzzi, steam room and sauna) and the relaxation lounge.

Attire

During all treatments, your body is fully draped, except for the area that is being worked on. A robe, towel and sandals are provided for use before and after the treatment, however please bring your own swimwear for the wet facilities. Proper athletic attire and footwear are required in the fitness centre. While the spa provides lockers, it is recommended that you leave valuables in your guest room safe. The spa does not assume liability for any valuables.

Health Conditions

When making a reservation or upon arrival kindly inform the spa reception of any medical conditions, allergies, injuries or disabilities. If you are pregnant, there are a few treatments that should be avoided, however there are many relaxing treatments that can be enjoyed.

Please inform the spa reception and state the number of weeks of your pregnancy.

Etiquette

To ensure the spa environment is a haven of relaxation and tranquillity, ShuiQi is a mobile phone and smoke free zone. Please ensure all mobile phones and electronic devices are placed on silent or turned off.

Prices

All prices are quoted in UAE Dirhams and include 10% Municipality Fee and 10% Service Charge. Prices are subject to change without prior notice.

Cancellation and Reschedule Policy

If you need to reschedule or cancel your appointment, please notify the reception at least six hours in advance. With less than six hours notice, you will be charged for 100% of your treatment.

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For more information or to book, call 61020 or email dxs-spa@atlantisthepalm.com
or visit ShuiQi Spa on the Lobby floor in the West Tower



ATLANTIS
THE PALM, DUBAI
atlantisthepalm.com