



pause
spa
CHATEAU BERGER

THE **pause** THE PLACE TO BE



Ready to relax? Evoking the glamor and cosmopolitan vibe of Tinsel Town, this serene sanctuary has been inspired by the stars offering the kind of pampering one could only dream of.

'Pause Spa Château Berger' at Paramount Hotel Dubai is a sensational timeless haven where relaxation, utterly restorative pampering, and indulgence are most certainly always on the agenda. A serene space where you can PAUSE time to rediscover well-being and beauty.

The décor is a sublime all-white refinement where purity is particularly present. The atmosphere, the scents, and the visual comforts offer all-around tranquility and awakening of the soul.

The treatments are matched with style only by your surroundings, with therapists trained according to the rituals and celebrated skills of French Brand, Château Berger signatures, the emphasis is on serenity and renewal. PAUSE the outside world and experience the perfect marriage of Paramount glamour and Pause reflection.



CHATEAU BERGER

CONCEPT AND PHILOSOPHY



DISCOVER CHATEAU BERGER WITH THE CONCEPT "BEAUTY ANY AGE"

These three women, a mother and two daughters, representing two generations and these different skin tones created an innovative product line with the watchword "Dare TO STAY YOUNG".

They studied the secrets and the properties of the ingredients from the land and sea, including the perfect resistance of some to climate variations, and transformed their extraordinary potential into targeted anti-aging actions. Its uniqueness, its flagship assets, its personalization, its sensorial word, its experience in the field of spa, its medical expertise in the person of a renowned plastic surgeon, make Chateau Berger a brand of value and a brand that has a soul.

Because our life expectancy is considerably longer, because each one confronts the stress of contemporary life, because the preservation of our youth capital has become a demand, Chateau Berger selected innovative active ingredients, developed in synergy, that can reproduce the effectiveness of cosmetic surgery to combat aging. They are intended to prolong skin quality, density and youthfulness, proving volume and radiance with an immediate visible effect on your beauty.

Visible results on the skin are the daily proof of its rejuvenation. Chateau Berger optimizes your beauty capital.



FACIALS

ESCAPE TO HOLLYWOOD 'SIGNATURE FACIAL'

Vitamin C Glow and Anti-Aging
75 minutes / 640 AED

This highly specific facial treatment contains powerful benefits of Vitamin C combined with three different types of lifting massages to firm sagging skin. Imagine seventy-five minutes of uninterrupted precision and expert techniques with a relaxing hand massage for the perfect finish. Look forward to smooth, radiant, and glowing skin as a result.

A DREAM AMONG DREAMS

Plumping and Restorative
75 minutes / 610 AED

specific movements which leave the skin smoothed and plumped. A unique experience that encourages water circulation within the epidermis and restores the skin's ideal hydric balance. The skin tissue is lifted and becomes radiant and supple.

HAUTE COUTURE DEEP LIFTING FACIAL

Contouring and Lifting Facial - *New!*
60 minutes / 520 AED

Re-defining and contouring using a targeted deep massage to lift, firm and tone the facial muscles. This age-defying and restorative treatment incorporates synchronized movements to smooth fine lines and wrinkles. A combination of Dr. Fogli's innovative stem cell serum and the deeply moisturizing effect of "La Crème" are used in this timeless beauty treatment.

DREAM OF BEAUTY

Detoxifying White Clay Facial
60 minutes / 520 AED

The detoxifying facial treatment cleanses and purifies your skin while restoring its water balance. The pores are tightened, the skin purified and the complexion evens out. Your face restores its transparency, freshness and glow.

WELCOME TO DUBAI

Anti-Jet Lag Cryotherapy Facial
60 minutes / 520 AED

Cryotherapy balls are used to provide an instant "power lift" by flash-cooling the skin for a refreshed, radiant and glowing complexion. Signs of aging and fatigue are promptly erased by completely relaxing the facial features.

FLASH BEAUTY FACIAL

30 minutes / 300 AED

A booster facial for all skin types and a perfect pre-occasion treatment for radiant looking skin. This express treatment includes double cleansing, exfoliation, Velvet Beauty mask, and Chateau Berger's Signature moisturizer.



MASSAGES

JOURNEY OF THE SENSES 'SIGNATURE MASSAGE'

Chateau Berger Bespoke Massage

60/90 minutes – 550/690 AED

This manual tailor-made massage is individually customized. Our spa therapists will draw on their know-how to perform a massage to meet your expectations of the moment. This exclusive massage will help remove body muscle tensions by promoting overall relaxation with gentle movements. It provides extremely relaxing and regenerating benefits.

BE ZEN

Deep Tissue Massage

60/90 minutes – 550 / 690 AED

A deeply relaxing massage using long strokes and kneading movements. Be Zen helps to improve overall circulation and flexibility, focusing on the skin's deepest layers and muscles. A genuine workout for the body.

CANYON REVIVER

Hot stone Therapy

75 minutes - 550 AED

A holistic massage to de-stress the mind and body using hot volcanic stones. This treatment will melt away muscle tension, improve sleep quality and promote deep relaxation.

TIME OF A DREAM

Hawaiian Lomi-Lomi Massage

60/90 minutes - 470 /660 AED

Originated from the island of Hawaii, this massage releases tension and deeply purifies. It heals and renews the vital energy through soft and flowing movements reminiscent of the waves breaking on Hawaiian beaches. The sensory escape includes smoothing movements and gentle stretching for the relaxation of the body and the spirit.

ROAD TO BALI

Balinese Massage Technique

60/90 minutes - 440 /640 AED

A relaxing massage with techniques originating from Bali, Indonesia. This treatment uses thumb stroking pressure and mild stretching that promotes deep relaxation and removes muscle tension.

INVIGORATING WALK

Foot reflexology

45 minutes / 420 AED

This treatment begins with a combination of massage movements to warm up the muscles, followed by reflex pressure points on the feet which correspond to specific glands and organs in the body. Stress and muscle tension are relieved while having this deeply relaxing treatment starting from the toes up to the knee.



HAMMAM

THE ORIENTAL DELIGHTS

Hammam + Black Soap + Specific Château Berger Rhassoul Mask

60 minutes / 420 AED

A purifying hammam experience with a vigorous kessa glove exfoliation and eucalyptus to eliminate toxins and impurities. The Rhassoul mask recharges and deeply cleanses dull skin.

ROYAL HAMMAM

Hammam + Black Soap + Rhassoul Mask + Let's Go Massage

90 minutes / 630 AED

The body is carefully rubbed with a textured mitt and covered with the fragrant froth of soap, which cleanses and revitalizes the skin, creating a feeling of relaxation and well-being.

Special aromatic oils and circular massage movements in the typical hammam fashion are used to revitalize the muscles and eliminate tension. The argan oil keeps the skin soft and moisturized.

CHATEAU BERGER "SIGNATURE HAMMAM"

Hammam + Black Soap + Rhassoul Mask + Shea Butter Hair Mask + Journey of the senses massage

120 minutes / 785 AED

In pure oriental tradition, the treatment begins in the hammam with a hot and humid steam bath including the scent of

eucalyptus. Excellent for overall relaxation. The exfoliation will eliminate toxins and impurities from the skin whilst the peppermint rhassoul mask will deeply cleanse and tone the skin. The scalp and hair are treated with the shea butter mask. The texture and subtle scent make for a truly sensory experience of beauty. The care continues with an invigorating and revitalizing argan oil massage and it finishes with an olfactory dimension thanks to the Damask rose petal mist. All in all, it is an extraordinarily unique well-being experience.



SLIMMING & DETOX

MADEROTHERAPY

60 minutes / 425 AED

A holistic slimming massage technique using wooden instruments to shape and help reduce the appearance of cellulites. Using specialized and intense movement, this treatment promotes toning and reshaping whilst also helping to detoxify and eliminate water retention.

SLIMMING MASSAGE

60 minutes / 425 AED

This massage combines firm and vigorous movements such as kneading, twisting, friction and rolling on zones where cellulite and water retention have taken hold for a more defined shape and muscle tone. A refreshing and cooling muscle gel is applied at the end of the treatment.

For optimal results, we recommend combining Maderotherapy and Slimming Massage in a series of 60 minute treatments.

3 Sessions = 950 AED

6 Sessions = 1890 AED

BODY POLISH & WRAP

TICKET TO TOP-NOTCH SWEETNESS

Body Scrub and Argan Oil Body Wrap

60 minutes / 490 AED

This extraordinary exfoliating body treatment, rich in Vitamin E and antioxidants, combines aromatherapy and the effectiveness of invigorating body scrub for softer and smoother skin. The argan oil wrap refines, hydrates and illuminates the skin whilst immediately giving the body its radiance back.

TO THE TOP

Exotic Himalayan Salt Body Scrub

30 minutes / 280 AED

Eliminate dead surface skin cells and impurities whilst improving circulation and moisturizing the skin simultaneously. The fascinating earthy scent and brilliant energizing recipe featuring Himalayan salts will awaken you to satin smooth skin. This scrub illuminates the skin, restoring its natural softness.

PACKAGE

FORME ET ECLAT

Shape & Sparkle:
2 Hours Package / 1095 AED
Receive a special Spa Gift

- Oriental Delight Hammam (60 minutes)
- Slimming Massage (60 minutes)

EVASION ULTIME

Ultimate Escape
3 Hours Spa Package / 1260 AED

- Oriental Delight Hammam (60 minutes)
- Escape to Hollywood Signature Facial (60 minutes)
- Journey of the Senses Signature Massage (60 minutes)

VIVRE UN REVE

Living a Dream
2 Hours Spa Package / 850 AED

- Be Zen Massage (60 minutes)
- Dream of Beauty Facial (60 minutes)

BIEN ETRE MAGIQUE

Magical Couple's treatment
2 Hours and 15 minutes Spa Package / 1980 AED

- Time of a Dream Massage (60 minutes)
- California Dream Facial (75 minutes)

SPA FACILITIES

Pause Spa Château Berger Offers nine spacious treatment rooms privately designed for men and women and includes a Couples Suite, so couples can enjoy a shared treatment. In addition to your treatment, spend time at the separate male and female thermal area's which includes a sauna, steam room, ice fountain, bucket shower and experience shower. The use of the thermal facilities is included when making a reservation. Alternatively, access to the facilities is at an additional charge.

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquility. For this reason, we kindly request that all cell phones be switched off or on silent. To protect the modesty of our guests, photography is not permitted in any area where others may be undressing or disrobed. Robes and slippers are provided and underwear must be worn at all times during treatments. Disposable underwear is supplied for ladies and gentlemen. All treatments can be enjoyed by both male and female guests; in accordance with local laws and customs, the gender of the therapist will always be that of the guest. Lockers are available. If you are a hotel guest, we recommend valuables be kept securely in your guest room safe. Paramount Hotel Midtown is not responsible for any loss, damage or theft of any valuable items left unattended whether in a locker or not.

ARRIVAL TIME

You are welcome to arrive any time before your treatment to make use of the facilities. If you wish to enjoy whirlpool, steam room or ice fountain prior to your treatment, we recommend you arrive no later than 30 minutes before your scheduled treatment time. Arriving late will reduce the time of your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest will not be delayed; the full value of your treatment will be charged for the time reserved.

CANCELLATION / NO SHOW POLICY

If you must cancel or reschedule your appointment, we request 24 hours advanced notice allowing us to offer the time to other guests. Cancellations made within 24 hours or those who fail to arrive for scheduled appointments will be charged the full-service fee.

PAYMENT & GRATUITIES

Services may be settled in cash, by credit or debit card, a valid voucher or charged to your hotel room if you are an in-house guest. All treatment prices include service charges and any additional gratuity is entirely at your discretion. All prices are in AED and inclusive of Dubai Municipality fees, Service Charge and VAT.

HEALTH MATTERS

When making your reservation, please notify our reception team of any medical conditions, allergies or physical ailments in order for us to give you the best possible experience. If you are pregnant or think you may be pregnant we have specially designed treatments that provide maximum benefits for expectant mothers. Due to the changes occurring inside the body, we do not perform full body massage or body treatments on expectant mothers within their first or final trimesters and some treatments should be avoided throughout.

GIFT VOUCHERS

Spa vouchers make the perfect gift and may be purchased for a specific treatment or a cash value to redeem against treatment and products. All gift vouchers are valid for 3 months from the date of purchase. Gift vouchers must be used within the timeframe and are non-refundable.

HOURS OF OPERATION

Spa Reception & Facilities: 10am – 11 pm

For more information or to make a reservation, kindly contact the Pause Spa Château Berger reception team by dialing +971 4 246 6750. Extension number from guest room 7750 or e-mail pausespa@paramounthotelsdubai.com

AGE RESTRICTIONS

Pause Spa Château Berger is an adult-only sanctuary catering exclusively to guests aged 18 years or older. Children, even if accompanied by an adult, are not permitted within the Spa facilities or treatment area.

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