

WELCOME TO WELLBEINGS

Welcome to Wellbeings, where every treatment is designed to ease tension, elevate your senses, and support your overall wellbeing.

Massage Therapies

60 min | AED 510 • 90 min | AED 710

Each massage is thoughtfully customised following a detailed consultation, allowing your therapist to blend techniques that meet the precise needs of your body and spirit. Every treatment is designed to melt tension, restore balance, and guide you into a deeper state of relaxation.

Wellbeings Signature Stress Relief Massage

A deeply soothing massage using slow, flowing movements to ease tension and settle the mind. This gentle ritual melts stress, restores comfort, and guides the body into a state of complete relaxation.

Deep Tissue Sports Massage

A powerful therapeutic massage targeting deeper layers of muscle to release chronic tension and improve mobility. Ideal for relieving tightness, supporting recovery, and restoring physical balance.

Balinese Massage

A comforting ritual inspired by traditional Balinese healing. Long, sweeping strokes, gentle pressure, and soft stretches work together to calm the mind, improve circulation, and restore inner harmony.

Royal Thai Massage

A revitalising, movement-based treatment combining stretching, pressure-point techniques, and rhythmic compression. This dynamic ritual enhances flexibility, improves energy flow, and leaves the body feeling open, refreshed, and rebalanced.

Detox Restore Massage

A light, rhythmic massage designed to stimulate lymphatic flow, reduce water retention, and support natural detoxification. Experience a sense of clarity, lightness, and renewed vitality from within.

Pre & Post Natal Massage

A nurturing and supportive treatment created to ease pregnancy-related discomforts. Gentle, restorative techniques relieve tension, improve circulation, and provide deep comfort for mothers before and after birth.

Couples Massage

60 min | AED 740 • 90 min | AED 1,100

A harmonised massage experience enjoyed side by side. Each therapist personalises the treatment to your individual needs, creating a shared moment of deep relaxation and connection.

Express Customised Massage

30 min | AED 280

A focused massage tailored to your chosen area — back, neck, head, or feet. Perfect for relieving specific tension and providing quick, effective rejuvenation.

Wellbeings Enhancements

Enhance your treatment with a personalised upgrade

Therapeutic Oils

Virgin Coconut Oil — AED 50
Arnica Oil — AED 80
Magnesium Oil — AED 80

Restorative Add-Ons

Ear Candle Ritual — AED 200
Sound Healing — AED 100

Heat & Therapeutic Enhancements

Hot Stones — AED 80
Himalayan Salt Stones — AED 80

Facial Boost

Signature Mask Infusion — AED 100
Express Facial — AED 300

Signature Facials

Fire & Ice

75 min | AED 650

A luxurious facial contrasting the comforting heat of warm compresses and hot stone massage with an invigorating cooling mask and chilled facial spheres. Gentle exfoliation leaves skin smooth, refreshed and radiant.

Hyaluron Super Facial

75 min | AED 650

A deeply hydrating facial combining exfoliation, Wherteimar's Éclat skincare and a replenishing mask to plump the skin and soften the appearance of fine lines, leaving it supple, smooth and luminous.

Vitamin C Facial

60 min | AED 650

A revitalising Vitamin C facial to brighten dull skin and improve the appearance of uneven tone, leaving the complexion refreshed and beautifully luminous.

Anti-Aging Caviar Facial

90 min | AED 900

An indulgent facial featuring Wherteimar's Luxury Caviar collection and a nourishing mask to soften the appearance of fine lines and enhance firmness, leaving mature skin supple and radiant.

Gentleman's Facial

60 min | AED 570

A purifying facial tailored to men's skin, combining deep cleansing, exfoliation and a targeted mask to address excess oil and congestion, leaving skin clean, smooth and refreshed.

Longevity Sculpt

45 min | AED 550

A restorative facial combining microbiome-friendly skincare with a chilled Diamond Eye-Roller Gua Sha massage to hydrate, soothe and enhance facial definition. Warm compresses complete this deeply relaxing experience.

Customized Facial

60 min | AED 570

A personalised facial tailored to your skin's needs, with a choice of soothing care for sensitive skin, deep hydration for dehydrated skin or purifying care for oily and congested complexions. Your therapist will select the most suitable formulations and techniques to leave your skin feeling soft, balanced and refreshed, with a healthy-looking glow.

Body Rituals

Aromatic Body Polish

30 min | AED 280

A luxurious full-body exfoliation combining Wellbeings Signature Oils with natural exfoliants to reveal soft, smooth and nourished skin. Gentle rhythmic movements and delicate aromas leave you feeling refreshed and renewed.

Arabian Desert Scrub

30 min | AED 280

Inspired by the Arabian desert, this aromatic body exfoliation blends natural exfoliants and fragrant oils to polish and soften the skin, leaving it silky smooth, radiant and refreshed.

Firming Anti Cellulite Treatment

45 min | AED 390

A restorative body treatment combining firming formulations with targeted massage to nourish and hydrate the skin, leaving it feeling smoother, more supple and refreshed.

Signature Rituals

Wellbeings Deep Serenity Ritual

90 min | AED 850

A soothing mind-body ritual combining calming sound healing, a personalised aromatherapy massage and a refreshing facial boost. Unwind from head to toe and emerge deeply relaxed, with soft, radiant skin.

Chakra Balancing Ritual

90 min | AED 850

A restorative ritual inspired by the body's seven chakras, combining singing bowl meditation, full-body massage and emerald crystal placement. Warm stones, reflexology and gentle stretching complete the experience, inviting deep relaxation and a sense of inner balance.

Arabian 1001 Night Ritual

120 min | AED 850

Inspired by Middle Eastern beauty traditions, this indulgent ritual combines a mineral-rich desert sand scrub, warm herbal cushion massage and Moroccan mint pouches. A camel milk and date extract facial completes the journey, leaving skin nourished and radiant.

Couples Experience

120 min | AED 1,250

Immerse yourselves in a harmonious wellbeing journey. Your experience begins with a 60-minute massage of your choice, enriched with a tailored upgrade selected just for you. Conclude with a nurturing express facial that brightens and restores—leaving you both relaxed, renewed, and radiantly connected.

IV Vitamin & Detox Drips

A personalised wellness infusion delivering essential vitamins, minerals, antioxidants, and amino acids directly into the bloodstream for maximum absorption. These targeted blends support immunity, detoxification, skin glow, energy, metabolism, recovery, and overall wellbeing.

A powerful therapy for those seeking deeper nourishment from within.

For details on available drips and pricing, please speak with a member of our team.

Holistic Healing

Our holistic therapies are designed to create lasting transformation, supporting emotional balance, mental clarity, and energetic harmony over time. Offered as structured programmes, these sessions work progressively to help you realign from within and experience deeper, long-term wellbeing.

Neuro-Linguistic Programming (NLP)

A transformative mind-body approach that helps release limiting patterns, shift perspective, and support emotional resilience.

Hypnotherapy

A guided therapeutic journey that works with the subconscious mind to ease stress, support behavioural change, and promote inner calm.

Mindfulness Activities & Arts and Crafts

Personalised sessions that cultivate presence, reduce mental tension, and encourage steady, grounded clarity.

Crystal Healing

An intuitive energy-balancing therapy using the vibrational power of selected crystals to harmonise the body's energetic field.

Energy Healing

A gentle, restorative experience designed to clear stagnation, rebalance energy flow, and promote emotional and physical ease.

Sleep Therapy

A soothing programme that helps calm the nervous system, quiet the mind, and support healthier sleep rhythms.

15-minute complimentary initial session included.

Further details available upon consultation with our wellness practitioner.

COMPLIMENTARY WELLNESS THROUGHOUT YOUR VISIT

- Sound Therapy and Frequency Healing — all music tuned to 528 Hz (Solfeggio frequency) in all treatment rooms
- Aromatherapy blends chosen daily for optimal health
- Handcrafted wellness teas and beverages available in the wellness lounge
- Mindfulness Activities & Arts and Crafts

Please arrive 15 minutes before your appointment and enjoy our spa wet facilities.

Bathrobe, Slippers and Towels are provided for your convenience.

CANCELLATION POLICY

To avoid a full charge, kindly provide at least 24 hours' notice for cancellations.

Service Charge & Municipality Fee

All prices are in UAE Dirhams and are inclusive of 10% service charge, 7% municipality fee, and 5% VAT.

DAMAC MAISON
AYKON CITY



LET'S GET SOCIAL

WELLBEINGS.ME

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In-house guests: Dial 161 from your room



WELLBEINGS
HOLISTIC HEALING

Enter the world of Wellbeings

*Refined spa rituals. Personalised treatments.
Wellbeing that extends far beyond your stay.*