



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 CHATEAU 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 BERGERS CONCEPT 'BEAUTY AT ANY AGE'.

It all started with three women: a mother and her two daughters, representing two generations. This union created an innovative product line with the motto «DARE TO STAY YOUNG».

The brand was created whilst studying the secrets and properties of ingredients from the land and sea, resulting in the skin's perfect resistance to any climate offering the extraordinary gift of anti-aging.

Combining uniqueness, flagship assets, personalizing treatments, honest and holism ingredients, and a vast experience in the field of wellness; together with medical expertise connected to a renowned plastic surgeon, make Chateau Berger a brand of value and a brand that has a soul.

Due to the overwhelming demands of life and the need for youth preservation. Chateau Berger has selected innovative active ingredients developing a synergy that can reproduce the effects of cosmetic surgery. Prolonging skin quality, density, and youthfulness, providing volume and radiance with an immediate visible effect on beauty is the effortless verification of Chateau Berger's capabilities of optimizing beauty.

FACIALS

THE HOLLYWOOD GLOW SIGNATURE FACIAL

Vitamin C Glow and Anti-Aging

75 minutes / 650 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 / 620 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 a supple.

"HAUTE COUTURE" DEEP LIFTING FACIAL

Contouring and lifting

60 minutes / 550 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 / 530 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 / 530 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 EXPRESS FACIAL

Cleanse, Exfoliate and Moist

30 minutes / 320 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

THE A-LIST RESTORATIVE RITUAL **New!**

Lava Shell Massage

90 minutes / 780 AED

A deeply relaxing massage using naturally heated shells to gently ease muscle tension, melt away stress, and restore a profound sense of calm. Soothing, flowing movements encourage deep relaxation, while the ritual begins with a refreshing facial cleanse to hydrate and illuminate the skin, followed by a full-body massage experience.

JOURNEY OF THE SENSES 'BESPOKE MASSAGE'

Château Berger's Customizable Massage

60 – 90 minutes / 610 – 760 AED

Escape away and indulge in a bespoke signature massage treatment by Chateau Berger. A moment of pure relaxation that brings a feeling of serenity and lightness. A perfect way to leave fatigue and everyday stress behind. Tailored to your need, our proven techniques will help melt away muscle tension, knots and stiffness

BE ZEN

Deep Tissue Massage

60 – 90 minutes / 595 – 745 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 Massage

75 minutes / 620 AED

A holistic massage to de-stress the mind and body using warm volcanic stones. This treatment melts away muscle tension, improves sleep quality and promotes deep relaxation.

TIME OF A DREAM

Hawaiian Lomi-Lomi Massage

60 – 90 minutes / 510 – 720 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 / 495 – 690 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 / 450 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.

GLAMOROUS MOM-TO-BE

Pre-natal Massage (4-7 months)

60 minutes / 585 AED

A blissful pregnancy massage designed exclusively for expectant mothers. This rejuvenating therapy combines gentle techniques and soothing oils to ease the discomfort of pregnancy, alleviate muscle tension and promote relaxation leaving you feeling nurtured and connected to the miracle of life within you.

LET'S GO

Back, Neck and Shoulders Massage

30 minutes / 300 AED

A medium pressure massage focused on the priority tense areas such as the upper and lower back, the neck and the shoulders. It eliminates the stress, harmonizes the energy flow and eases pain from muscle tension. Relaxing treatment starting from the toes up to the knee.

HAMMAM

THE ORIENTAL DELIGHTS

Hammam

60 minutes / 695 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.

CHÂTEAU BERGER SIGNATURE HAMMAM

Hammam + 60 minutes Massage

120 minutes / 1050 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.

BODY POLISH AND WRAP

TICKET TO TOP-NOTCH SWEETNESS

Body Scrub and Body Wrap

60 minutes / 535 AED

This extraordinary exfoliating body treatment, rich in Vitamin E and antioxidants, combine aromatherapy and the effectiveness of rein-vigorating body scrub for soft and smooth skin evident to the touch. Enjoy a wonderful moment of well-being. The argan oil wrap refines, hydrates and illuminates the skin whilst immediately giving the body its radiance back.

TO THE TOP

Himalayan Salt Body Scrub

30 minutes / 330 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.

SLIMMING AND DETOX

MADEROTHERAPY

60 minutes / 495 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 / 495 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 = 1200 AED

6 Sessions = 1950 AED

PACKAGES

ÉVASION ULTIME

Ultimate Escape

3 Hours Spa Package / 1500 AED

- Oriental Delight Hammam (60 minutes)
- Signature Massage (60 minutes)
- Dream of Beauty Facial (60 minutes)

VIVRE UN RÊVE

Living a dream

2 Hours Spa Package/ 950 AED

- Be Zen Massage (60 minutes)
- Cryotherapy Facial (60 minutes)

BIEN ÊTRE MAGIQUE

Magical Couple's treatment

2 Hours and 15 minutes Spa Package/ 2450 AED

- Time of a Dream (60 minutes)
- Escape to Hollywood Signature facial (75 minutes)



AGE RESTRICTIONS

Pause Spa Chateau Berger is an adult-only sanctuary catering exclusively to guests aged 16 years or older. Children, even if accompanied by an adult are not permitted within the Spa facilities or treatment area.

CANCELLATION/NO SHOW POLICY

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

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.

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 & 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; however, if you are a hotel guest, we recommend valuables be kept securely in your guest room safe. The Paramount Hotel 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 a shower, steam, or sauna 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.

SPA 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 vouchers are valid for 3 months from the date of purchase; vouchers must be used within the time-frame and cannot be extended and are non-refundable.

HOURS OF OPERATION

Spa Reception & Facilities: 10am – 10pm
For more information or to make a reservation kindly contact the Pause Spa Château Berger reception team by dialing +971 4 246 6750 or e-mail pausespa@paramounhotelsdubai.com

In-house guests may contact Pause Spa Château Berger dialing 7750 from the telephone in guest rooms.

PARAMOUNT HOTEL DUBAI

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

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