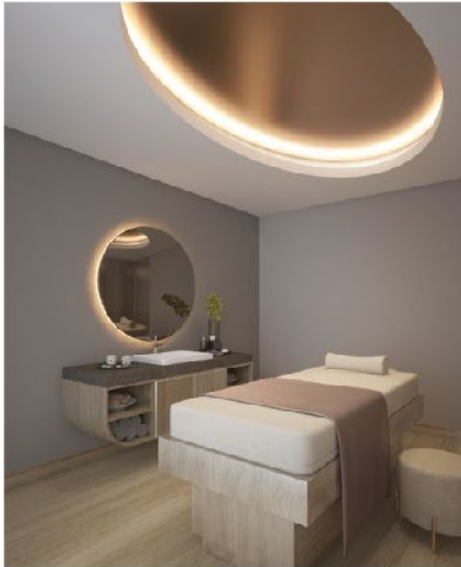




pause
spa
CHATEAU BERGER

THE *pause* THE PLACE TO BE



'PAUSE SPA CHATEAU BERGER' at Paramount Hotel Midtown Dubai is a marvelous invitation to rediscover well-being and beauty.

The place speaks by itself. Evoking the glamour 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. A sublime refinement, an enchanted parenthesis out of time. An awakening of the senses by the atmosphere,



the scents and the visual sensations. A real moment to live for; a total let-go. The treatments are matched with style only by your surroundings, with therapists trained according to the rituals and celebrated skills of French Brand Chateau Berger. PAUSE the outside world and experience the perfect marriage of Paramount glamour and Pause reflection. Close your eyes and indulge yourself with our expert products.

We are taking care of you...
Only you.

CHATEAU BERGER CONCEPT AND PHILOSOPHY

DISCOVER CHATEAU BERGER WITH THE CONCEPT "BEAUTY AT 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 the 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, providing 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.



THE HOLLYWOOD GLOW 'SIGNATURE FACIAL'

Specific Rejuvenating Anti-Aging
75 minutes - AED 640

This RESULT-DRIVEN signature facial treatment uses all of the virtues of vitamin C combined with our cutting-edge Dr. Fogli's serum, delivering immediate and long-lasting results. A perfect skin booster for any occasion to give your skin a visibly radiant and youthful-look. For a complete pampering experience, a relaxing neck and shoulder massage is included.

TO THE STARS "SIGNATURE MASSAGE"

Chateau Berger exclusive massage
60/90 minutes - AED 550/660

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 needs, our proven techniques will help melt away muscle tension, knots and stiffness.

DREAM OF BEAUTY

Detoxifying Facial with White Clay
60 minutes - AED 520

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.

GOING MY WAY

The Youthfulness of the Face and the Decollete
Oriental fusion facial massage – 45 minutes - AED 420

Drawing inspiration from oriental disciplines combining acupressure movement and lymphatic drainage techniques. This treatment consists of synchronous petrissages and percussion movements to stimulate cutaneous microcirculation, which relaxes the muscles and mitigates expression lines. This precise gesture leaves a tonic plumped skin with a visible tensor effect.



A DREAM AMONG DREAMS

Plumping Facial Treatment
60 minutes - AED 640

This treatment includes facial massage techniques and draining specific movements leaving the skin plumped and renewed. Embodied with natural lifting technique inspired by a long history of French beauty and result-driven skincare. Say goodbye to skin dullness and dehydration, and feel the immediate radiance and plumping effect.

WELCOME TO DUBAI

Anti Jet Lag Cryotherapy Facial
60 minutes - AED 520

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.

ROAD TO BOLLYWOOD

Ayurvedic Technique Massage (*Ayur: science, Veda: life*)
60/90 minutes - AED 420 640

An invigorating traditional Indian massage with hot sesame oil. This treatment restores vitality, balances energy, and removes muscle tension with a collection of warming, lightly pressured, and rhythmical techniques.

THE TIME OF A DREAM

Lomi-Lomi Massage
60/90 minutes - AED 470/690

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.

CANYON REVIVER

Hot Stone Massage
60 minutes - AED 475

A holistic massage for the mind and body using hot volcanic stones to melt away muscle tension and to reduce muscle pain.

BE ZEN

Deep Tissue Massage
60/90 minutes - AED 550/690

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.

SUDDENLY IT'S SPRING

Slimming Massage
60 minutes - AED 430

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.

LET'S GO

Back, Neck and Shoulders Massage
30 Minutes - AED 280

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

INVIGORATING WALK

Foot Reflexology
45 minutes - AED 420

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.

TO THE TOP

Body Scrub with Himalayan Salts
30 minutes - AED 280

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.

TICKET TO TOP-NOTCH SWEETNESS

Body Scrub + Argan Oil Wrap
60 minutes - AED 490

This extraordinary exfoliating body treatment, rich in vitamin E and antioxidants, combine aromatherapy and the effectiveness of a reinvigorating 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.

ABSOLUTE VELVET TIME

Creamy Mask Wrap + Head Massage
30 minutes - AED 280

Experience thirty minutes of total relaxation as the body is coated and wrapped in a creamy mask that magnifies the skin with a velvety softness. This hydrating body wrap is completed with a relaxing head massage.

ESCAPADE DE REVE - AED 1800

Dream Getaway : 3 Hours Spa Package
Receive a Special Spa Gift Set

- Hydrotherapy Bath (30 mins)
Exfoliating Himalayan Salt Scrub and Skin Nourishing
- Body Wrap (60 mins)
- To the Stars Signature Massage (30 mins)
- The Hollywood Glow Signature Facial (60 mins)

UN MOMENT UNIQUE - AED 750

A Unique Moment : 2 hours Spa Package

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

BIEN-ETRE EN DUO - AED 1400

Treatment for Two : 2 hours Spa Package

- The Time to Dream Massage (60 mins)
- Going My Way (60 mins)

SPA FACILITIES

Pause Spa Château Berger offers seven spacious treatment rooms privately designed for men and women including the couple's room, for a shared treatment. In addition to your treatment, spend time at the dedicated male and female thermal areas which includes whirlpool, steam room and ice fountain. 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 – 10pm

For more information or to make a reservation, kindly contact the Pause Spa Château Berger reception team by dialing +971 4 248 3366. Extension number from guest room 3366 or e-mail pausespamidtown@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.

For Pause Spa customers with children aged 4 to 10 years old, complimentary access to the Kids Studio Club is provided for 1 hour. To avail this service, a prior appointment is required and bookings are subject to availability. Terms and Conditions apply.



PARAMOUNT HOTEL MIDTOWN

Al Mustaqbal Street Business Bay
Dubai UAE

Direct number : 04 248 3366
Extension number from guest room : 3366
pausespamidtown@paramounthotelsdubai.com