



# GHAYA

GRAND HOTEL



## GHAYA SPA

ENERGIZE YOUR BODY,  
STIMULATE YOUR MIND,  
CALM YOUR SOUL



+9714 429 3300

Ext. 2080

+971 (0) 52 512 5731

[ghaya.wellnessclub@ghayagrandhotel.com](mailto:ghaya.wellnessclub@ghayagrandhotel.com)



## **AROMA THERAPY MASSAGE**

A therapeutic full-body massage using blends of essential oils personally selected for your needs. This deeply relaxing, aromatic massage works along with the pressure points of the body using soft massage techniques and essential oils. The oils, known for their healing properties are inhaled and absorbed through the skin to achieve your desired results.

**50 minutes - AED 319 only**

**1 hour 20 minutes - AED 419 only**



## **SWEDISH MASSAGE**

Therapeutic soft tissue techniques with long and flowing movements coupled with essential oils, this classical massage brings you into a state of balance and harmony.

**50 minutes - AED 269 only**

**1 hour 20 minutes - AED 379 only**



## **FITNESS MASSAGE**

**A tailored massage using specific techniques to release deep-seated muscle tension. Advanced massage techniques and hot volcanic stones are used.**

**80 minutes - AED 455 only**



## **HOT STONE MASSAGE**

Therapy melts away tension, eases muscle stiffness, and promotes deeper muscle relaxation through the usage of smooth, water-heated stones on the body.

**80 minutes - AED 455 only**



## **JET LAG MASSAGE**

**A treatment for weary travelers to get you back on track after long hours of traveling by restoring your body clock in this soothing, relaxing treatment, reinstating a sense of balance.**

**1 hour 20 minutes - AED 419 only**



## **BALINESE MASSAGE**

Traditional Balinese massage technique using a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen, and energy around your body, bringing a sense of wellbeing, calm and deep relaxation.

**50 minutes - AED 319 only**

**1 hour 20 minutes - AED 419 only**



## **COCO CREAM MASSAGE**

Indulge in this truly mesmerizing experience and enjoy the benefits of coco: rich aroma awakens your senses and stimulates the feeling of happiness, while cocoa butter nourishes and softens your skin.

**70 minutes - AED 399 only**





## FOOT MASSAGE

Pamper your feet and keep them strong and flexible. Massaging the feet can alleviate anxiety and bring about a deep state of relaxation. Foot massages improve circulation stimulates muscles, reduces tension, and often eases pain.

**30 minutes - AED 149 only**



## **SCALP REVITALIZER**

In addition to stimulating the blood flow of the scalp, increasing the probability of healthy hair growth, scalp massages are soothing whilst assisting in the prevention of headaches as well as benefiting sleep patterns. Ideal for fatigue or jet lag.

**30 minutes - AED 149 only**



## **TENSION RELIEF MASSAGE**

Focusing on the back, neck & shoulder areas to loosen muscle tension allowing your body to unwind, get rid of stiffness, and promote deep relaxation.

**40 minutes - AED 199 only**



## **DEAD SEA SALT SCRUB**

**Encourages the natural flow of circulation and body fluids. Regular scrub treatment can remove dead skin and improve the look of aging and dimpled skin for cellulite.**

**30 minutes - AED 189 only**



## **BACK TREATMENT**

It gives attention to that particular area via the following procedures: cleanse, exfoliation, steam, a mask, and a 25-minute massage.

**50 minutes - AED 139 only**



## **SEA SENSATION DETOXIFYING RITUAL**

Highly effective detoxifying body wrap provides a true source of minerals and nutrients directly into the skin layers. Your skin and body immerse feeling, cleansed, refreshed, and very soft to touch.

**(Body Scrub + Natural Mud Wrap + Massage)**

**120 minutes - AED 659 only**



## **EXPRESS FACIAL**

A facial to cleanse, exfoliate including a deep cleansing face mask. Products are selected to suit your skin condition and specific needs.

**30 minutes - AED 255 only**

## **SIGNATURE DEEP CLEANSE FACIAL**

A facial to cleanse, exfoliate including a deep cleansing face mask. Products are selected to suit your skin condition and specific needs.

**40 minutes - AED 455 only**

## CHAIR MASSAGE



**20 MINUTES**

Reduce tension, pain,  
anxiety, and stress

Alleviate neck and  
back pain Reduce  
fatigue

**AED 75 ONLY**

## STRETCHING

**30 MINUTES**

Increased range of  
motion, Enhanced  
physical and athletic  
skills, Increased  
muscle relaxation,  
Relief from stiffness,  
Improved mobility  
and flexibility,

**AED 99 ONLY**







## SPA RETREAT AND ESCAPE

### **SPA RETREAT - 3 HOURS 20 MINUTES**

Welcome drink, Steam Relaxation, The Dead Sea Salt Body Scrub, Dead Sea Mud Body Wrap, Scalp Revitalizer, Aromatherapy, MassageFootMassage

**SINGLE 899 AED / COUPLE 1449 AED**

---

### **SPA ESCAPE - 4 HOURS 20 MINUTES**

Welcome drink, Steam Relaxation, The Dead Sea Salt Body Scrub, Balinese Massage, Foot Massage, Steam Relaxation, Signature Facial Scalp Revitalizer

**SINGLE 1109 AED / COUPLE 1769 AED**



## SPECIAL SPA PACKAGES AND OFFERS

### MASSAGE PACKAGES

Book a package of 5 or 10 massages for 50 or 80 minutes and enjoy our facilities including separate steam, sauna and Jacuzzi, and outdoor pool either before or after your treatment. The package is valid for 3 months from the date of purchase

**PACKAGE 1 – 899 AED | PACKAGE 2 – 1099 AED**

**PACKAGE 3 – 1499 AED | PACKAGE 4 – 1999 AED**

---

### BUY 1 GET 1 FREE MASSAGE

Book any full body massage at a regular price to avail of our exclusive offer. This promotion is valid only on Thursday

# GHAYA

## GRAND HOTEL

Rejuvenate and refresh your mind and body with relaxing treatments at Ghaya Spa complemented with our Sauna, Steam, and Jacuzzi services. Our massage rooms feature separate male and female treatment rooms that help to restore your natural balance with our blissful treatments.

Our expansive list of services will enable you to receive your desired treatments in an elegant and serene environment. Our attention to detail will permit us to provide you the pampering and enriching services that you and your loved ones deserve. Our goal and purpose are to offer our guests a true sense of inner and outer beauty. We consider our guests to be our partners. It is truly our privilege to be able to serve you to the best of our abilities with the most comprehensive service at all times.

We would like to request our valuable guest to reserve your booking in advance and notify the spa at least 24 hours in advance to avoid being charged for the cancellation.



## THANK YOU!

Please contact us at

[ghaya.wellnessclub@ghayagrandhotel.com](mailto:ghaya.wellnessclub@ghayagrandhotel.com)

[www.ghayagrandhotel.com](http://www.ghayagrandhotel.com)

+971 4429 3300

Ext. No: 2080

