

CHATEAU BERGER

pause  
spa  
CHATEAU BERGER

THE PAUSE THE PLACE TO BE



**PAUSE SPA CHATEAU BERGER** at **Paramount Hotel Midtown** Dubai is a marvellous 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 awakening of the senses by the atmosphere, the scents and the visual sensations.

A real moment to live for; a total let-go 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 ... only you.



## 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 effects on your beauty.

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

## FACIALS

### THE HOLLYWOOD GLOW SIGNATURE FACIAL

Vitamin C Glow and Anti-Aging

75 minutes / 650 AED

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.

### A DREAM AMONG DREAMS

Plumping and Restorative

75 minutes / 620 AED

This treatment includes facial massage techniques and draining specific movement leaving the skin plumped and renewed. Embodied with a 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.

### "HAUTE COUTURE" DEEP LIFTING FACIAL MASSAGE

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 Si-gniture 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.

### TO THE STARS 'BESPOKE MASSAGE'

Château Berger 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

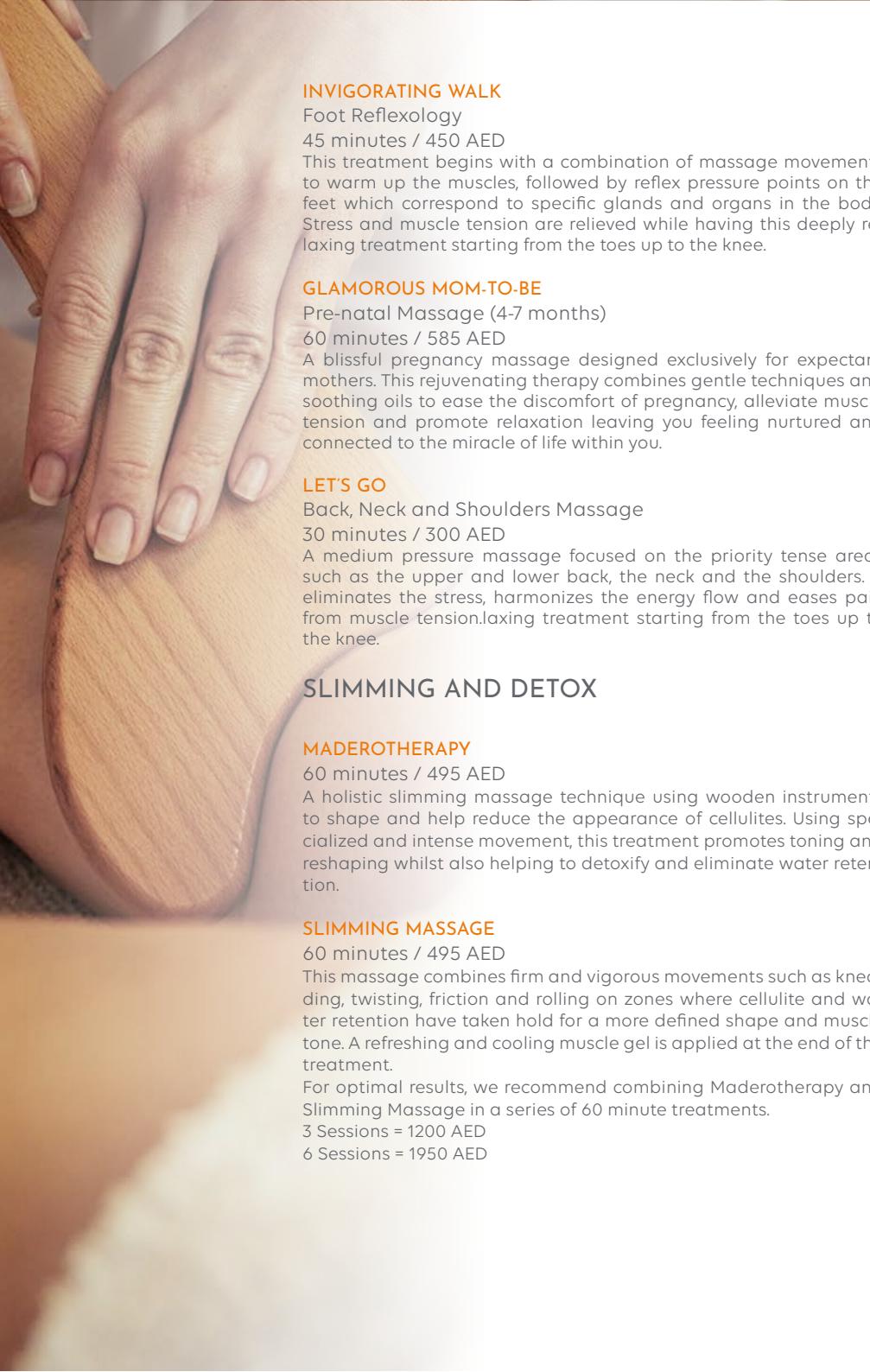
Originated from the island of Hawaii, this massage releases tension and deeply purifies. It heals and renews the vital energy through soft and flowing movements reminiscent of the waves breaking on Hawaiian beaches. The sensory escape includes smoothing movements and gentle stretching for the relaxation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

## 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

## 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 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.

### 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.

## PACKAGES

### BIEN-ÊTRE EN DUO

Couple's Day Spa Package

2 Hours / 1550 AED

A perfect Couple's relaxation goal with exclusive access to Pause Spa's VIP treatment room. Immerse with a full body relaxing massage followed by a must-do Detoxifying White Clay facial.

- Deep Tissue Massage ≈60 minutes\*
- Detoxifying White Clay facial ≈60 minutes\*

### UN MOMENT UNIQUE

A Unique Moment

2 hours and 15 minutes / 850 AED

- Hot Stone Therapy Massage ≈75 minutes\*
- Haute Couture Deep Lifting Facial ≈60 minutes\*

### VOYAGE DANS LE SUD DE LA FRANCE

Journey in the South of France

75 minutes / 600 AED

Escape to the south of France. Let yourself be overwhelmed by the blue of the Mediterranean and the subtle scents of Provence. A moment suspended in time.

- To the Stars, Signature Massage ≈5 minutes\*
- Himalayan Salt Body Scrub ≈30 minutes\*
- Flash Beauty Express Facial ≈30 minutes\*



## 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](mailto:pausespamidtown@paramounthotelsdubai.com)

## AGE RESTRICTIONS

Pause Spa Château 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.

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.

## 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.

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



*Paramount*  
*Hotels*  
MIDTOWN

## PARAMOUNT HOTEL MIDTOWN

Al Mustaqbal Street Business Bay  
Dubai UAE

Extension number from guest room : 3366  
[pausespamidtown@paramounthotelsdubai.com](mailto:pausespamidtown@paramounthotelsdubai.com)

13th Floor, Pause Spa Chateau Berger

Tel. : +971 4 248 3366

Whats App: +971 58 826 5731