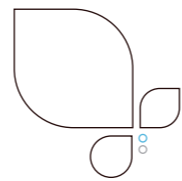




zayna  
SPA



Welcome to The Zayna Spa,  
open the door to a world of relaxation,  
pleasure and beauty.

Signature Treatments

Zayna Spa Packages

Wellbeing Treatments

Traditional Rituals

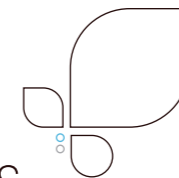
Hydrotherapy Treatments

Finishing Touches

Spa Etiquette



## signature treatments



### The Zayna Experience for Her

2½ Hours

#### Every woman's dream fulfilled!

Let caviar, pearls and phyto-extracts lavish your skin reducing fine lines and wrinkles and improve skin elasticity and texture. The luxury Caviar face treatment will renew and repair your skin, reduce fine lines, giving the skin a beautiful healthy glow and smooth texture! While the tropical aroma of mango and passion fruit fills your senses and renews your body, mind and spirit.

A gentle but deep full body exfoliation, targeting dead skin cells leaves your body glowing and invigorated. A yoghurt wrap enriched with vitamins, minerals and key anti-ageing ingredients will firm, tone and revive your skin. An intense luxurious treatment!

### The Zayna Experience for Him

2½ Hours

#### A head to toe body transformation!

Transform tired and neglected feet with the relieving Moor Mud foot ritual. The Moor Mud hydrates and nourishes the skin while alleviating pain and water retention from the feet. Followed by a pressure point foot massage to ease tension.

Bid stress farewell with a soothing full body Swedish massage concentrating on the areas of your concern. A choice of 4 aromatherapy blends will ensure a deep sense of well-being. Finally renovate your skin with our Gentleman's face treatment, which targets clogged pores, sensitive areas and razor burns.

### Zayna Aromatherapy Experience

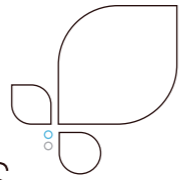
2 Hours

#### An unforgettable experience.

Drift off to another world whilst soaking in an aromatherapy bath. Let the aromatherapy blends calm the mind, heal the body and free the spirit. The journey continues with a back, neck and shoulder massage tailor made to your needs and comforts.

Transport to an unsurpassed aroma-sensory oasis. A delightful aromatic facial, suitable for all skin types, will leave your skin glowing, healthy and full of vitality.

# zayna spa packages



## Zayna Deluxe Spa Package

5 Hours

Start your journey with the blissful scent of an aromatic essential oils bath followed by a gentle but deep cleansing body polish that will leave your skin hydrated and silky smooth. A Moroccan Moor Mud wrap will hydrate and re-mineralize the skin and refresh the body and mind.

## Zayna Top to Toe Spa Package

4 Hours

Pamper hands and feet with this deluxe anti-ageing treatment that leaves the skin visibly rejuvenated and relieves tension in the feet. Our aromatherapy massage delivers a real anti-stress therapy relieving tension, sore muscles and cramps.

## Zayna Anti Age Facial Package

2 Hours

**Experience a younger healthier skin immediately!**

This opulent anti-ageing Caviar Face treatment lavishes your skin with pure Caviar Extract, Pearl Extract, and a revolutionary blend of phyto-extracts. The most advanced anti-age treatment targeting the face, delicate skin around the eye and décolleté area.

Improving elasticity, this luxurious mask increases skin oxygenation and suppleness. Promoting rejuvenation, it visibly resurfaces and dramatically reduces expression lines and wrinkles. The package also includes a thorough neck and décolleté massage with a firming cream.



## Zayna Relax Spa Package

2½ Hours

Inhale the essence of specially blended essential oils and drift off to utter bliss. Soak in the therapeutic benefits of aromatherapy in a hydrotherapy bath followed by an aromatherapy massage. Relieve daily stresses and experience total relaxation and harmony. Our signature aromatherapy facial will leave your skin refreshed and rejuvenated.

## Zayna Detox Package

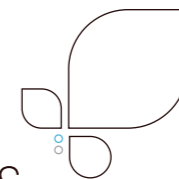
2 Hours

Allow a hydrating seaweed bath to detoxify and tone your body with a cutting-edge cellulite treatment. This slimming and toning wrap stimulates your body's ability to break down fat, increase metabolism and eliminate water retention.

Pure 100% Micronized Green Coffee, naturally rich in Chlorogenic Acid, Polysaccharides, Proteins, and Essential Oils. It smoothes and enhances skin texture visibly reducing spongy, dimply and cellulite areas.



## wellbeing treatments



### Aromatherapy Ultimate De-Stressor

60 Minutes or 90 Minutes

Soothing Swedish massage techniques will help you de-stress, unwind and achieve a deep sense of wellness. Allow your experienced Body Consultants to choose the oil best formulated oil for your needs.

#### Massage Oil Selection:

- Serenity** Alleviates stress and induces relaxation.
- Recovery** Warming, delivers stimulating and healing benefits.
- Vitality** Energizing and revitalizing, uplifts the spirit and stimulates alertness.
- Clarity** Relaxing, delivers an unscented massage experience.

### Full Body Exfoliations

#### Silky Skin Full Body Polish 30 Minutes

The first step to a successful body care program starts here. Gentle and deep cleansing, this aromatic full body exfoliation eliminates dead cells, toxicity, impurities, and sebum accumulation. Your skin resurfaces silky-soft and wonderfully hydrated, resulting in a vibrant youthful skin.

#### Tropical Salt Mousse Glow (Mango & Passion fruit)

30 Minutes

This luxurious full body-polish with tropical mango and passion fruit will remove dead cells, re-energize and repair the skin. The beautiful scent of mango & passion fruit will transport you to a tropical island paradise leaving your skin feeling softer and younger looking.

## Body Wraps

### Tropical Oasis

90 Minutes for Scrub & Body Wrap  
60 Minutes for Body Wrap

Firming and brightening, this delightful tropical body wrap counteracts ageing, evens skin tone, and delivers invigorating and toning benefits. Combining the tropical extracts of Mango and Passion Fruit, this wrap is rich in key anti-ageing ingredients such as Vitamin A and C. Your skin emerges revived and refreshed, smoother, firmer, and vividly brighter.

### Green Coffee Anti-Cellulite Body Wrap

90 Minutes for Scrub & Body Wrap  
60 Minutes for Body Wrap

Slim and tone your body with a cutting-edge cellulite treatment. This slimming and toning wrap stimulates your body's ability to break down fat, increase metabolism, and eliminate water retention. Pure 100% Micronized Green Coffee smoothes and enhances skin texture, visibly reducing the cellulite appearance in problematic areas. Feel lighter!

### Aromatic Anti-Fatigue Moor Mud

90 Minutes for Scrub & Body Wrap  
60 Minutes for Body Wrap

This scientifically-proven holistic healing black magma, rich in natural vitamins, minerals and enzymes is generously applied to your entire body. Sore muscles, aches and pains are alleviated as your body's circulation is stimulated and pain relieved. Ideal for those prone to chronic pain or fatigue, rheumatism/ arthritis pain, sport related injuries and is an excellent body treatment for jetlag.

### De-Stress Moor Mud Back Treatment

60 Minutes

A warm Aromatic Moor Mud, rich in natural vitamins and applied to the back area in order to relieve sore muscles, aches and pains as well as increasing the circulation of the blood. The treatment is followed by a deep tissue massage, softening up any knots left in the muscles.

### Moroccan Rassoul Body Wrap

90 Minutes for Scrub & Body Wrap  
60 Minutes for Body Wrap

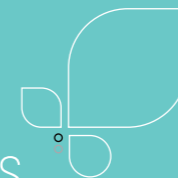
Extraordinary micronized natural brown Moroccan mud, the Rassoul is rich with potent mineral elements and replenishes, rejuvenates the skin, while relieving fatigue and exhaustion, resulting in a feeling of ultimate renewal. As your skin absorbs enriched minerals, your body radiates healthy purification and deep hydration for a delightful sense of renewal.

### Problematic Skin Back Treatment

45 Minutes

Hard to reach back areas need cleansing and pampering too! This treatment includes exfoliation, aromatic steam, deep pore cleansing, and a pore -refining mask. A light massage and veil of moisturizer concludes this treatment.

## facial treatments



## Essential Facial Treatments

### A Deep Pore Purifying Facial

60 Minutes

A deep pore purifying facial tailored made for all skin types. Exfoliates, steams, and cleanses clogged pores. A unique pressure point massage eases tension and stress whilst rejuvenating the skin. As a finishing touch a specialized mask treatment is applied to eliminate your specific concerns. Feel your skin clean and refreshed.

### Gentleman's Face Treatment

60 minutes

This treatment specifically targets clogged pores, razor burn and sensitive areas while promoting total relaxation. This face treatment includes deep cleansing, steaming, peeling and extractions if needed. As a final step, a mask is applied according to skin requirement. The skin is left clean, hydrated and moisturized.

### Aromatherapy Facial

60 Minutes

A delightful aromatic blend of pure essential oils makes this facial unforgettable. This experience will effectively relax the body and mind, calm the nerves and reduce stress. Aromatherapy oil blends are gently massaged into the skin leaving it refreshed and rejuvenated. A blissful face treatment which provides total relaxation!

## Essential Facial Treatments

### Anti Ageing Prescription Facial

60 Minutes

This facial is designed to prevent your skin from ageing. It hydrates and nourishes your skin with unique high quality anti-ageing ingredients and the specialized serum act as a booster treatment for your skin, leaving unbelievable results.

#### Optimal 'C' Complexes

Brighten and rejuvenate.

#### Collagen

Smoothing lines.

#### Propolis

Soothing, Anti-Inflammatory.

#### D.N.A.

Smoothing, reducing enlarged pores.

#### Vitaminic Concentrate

Hydrating, nourishing.

## High Performance Anti Aging Facial Treatments

### Caviar for Her

75 Minutes

The most advanced facial treatment against ageing, this opulent anti-ageing treatment lavishes your skin with pure Caviar Extract, Pearl Extract, and a revolutionary blend of phyto-extracts. Improving elasticity, this luxurious mask increases skin oxygenation and suppleness.

Promoting rejuvenation, it dramatically reduces expression lines and wrinkles. Immediate results that leave you with a rejuvenated, younger new skin!

### Luminous C and Sea Facial

75 Minutes

This facial treatment features a potent blend of vitamin 'C' combined with freeze-dried seaweed. It reduces fine lines, strengthens elasticity, and provides relief for dull, sun damaged skin. Your skin is left with a luminous glow and enhanced complexion as well as feeling smoother and firmer.

### Caviar for Him

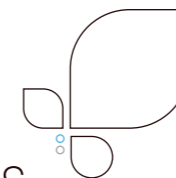
75 Minutes

Counteract the ageing process with a proven-effective and advanced treatment. Rejuvenating Caviar and repairing freeze-dried phyto-extracts replenish the skin while combating ageing aggressors. Visibly resurfacing, this treatment promotes a fresh, healthy and youthful skin with a fresh look. Best for men, who need to look fresh!

### Oxy-Vital Facial

75 Minutes

Rich in essential polysaccharides and Aloe Vera, this regenerating facial treatment is formulated to address hypersensitive skin. Collagen fiber activates oxygen utilization within the cells, soothes redness, and relieves sensitivity. It strengthens the surface blood veins to improve the skins blood circulation and thus treat sensitivity.



## traditional rituals

### Classical Swedish

60 Minutes or 90 Minutes

A truly traditional deep relaxation massage, which promotes a sense of well-being by increasing circulation and improving lymphatic flow. Ideal for relieving stress and muscular aches and pains.

### Deep Tissue Massage

60 Minutes or 90 Minutes

This in-depth massage will increase muscle relaxation by exerting pressure on troubled muscles and joints, hence restoring mobility and flexibility. Ideally targeted to athletes and those with an active lifestyle.

### Balinese Massage

60 Minutes or 90 Minutes

This massage is the harmonious combination of deep, slow and warm movements. Real detoxification of the body. The massage relaxes the nervous system, eliminating stress and restoring vitality.

### Ayurvédic Massage

60 Minutes or 90 Minutes

An ancient Indian ritual that provides true relaxation and healing, eliminating toxins from the body and increasing the flow of energy.

### Traditional Thai

60 Minutes or 90 Minutes

Ancient traditional treatment targeting pressure points, muscles and ligaments, while stretching and bending. The spine is elongated and relieved of tension and the joints are stretched. The sense of well-being is felt throughout the entire body.

### Hot Stone Massage

60 Minutes or 90 Minutes

Penetrating heat from oiled and warmed Basalt Stones are used to relieve tense muscles and sore joints. Combined with soothing Swedish techniques, this treatment creates an unforgettable, thoroughly relaxing experience that connects you to nature and brings about a deep sense of inner peace.

## Reflexology

30 Minutes or 60 Minutes

By stimulating pressure points on the feet we are able to stimulate the Chi in different organs, glands and systems in the body to enhance well-being and health. The benefits are endless.

## Anti Stress Back Massage

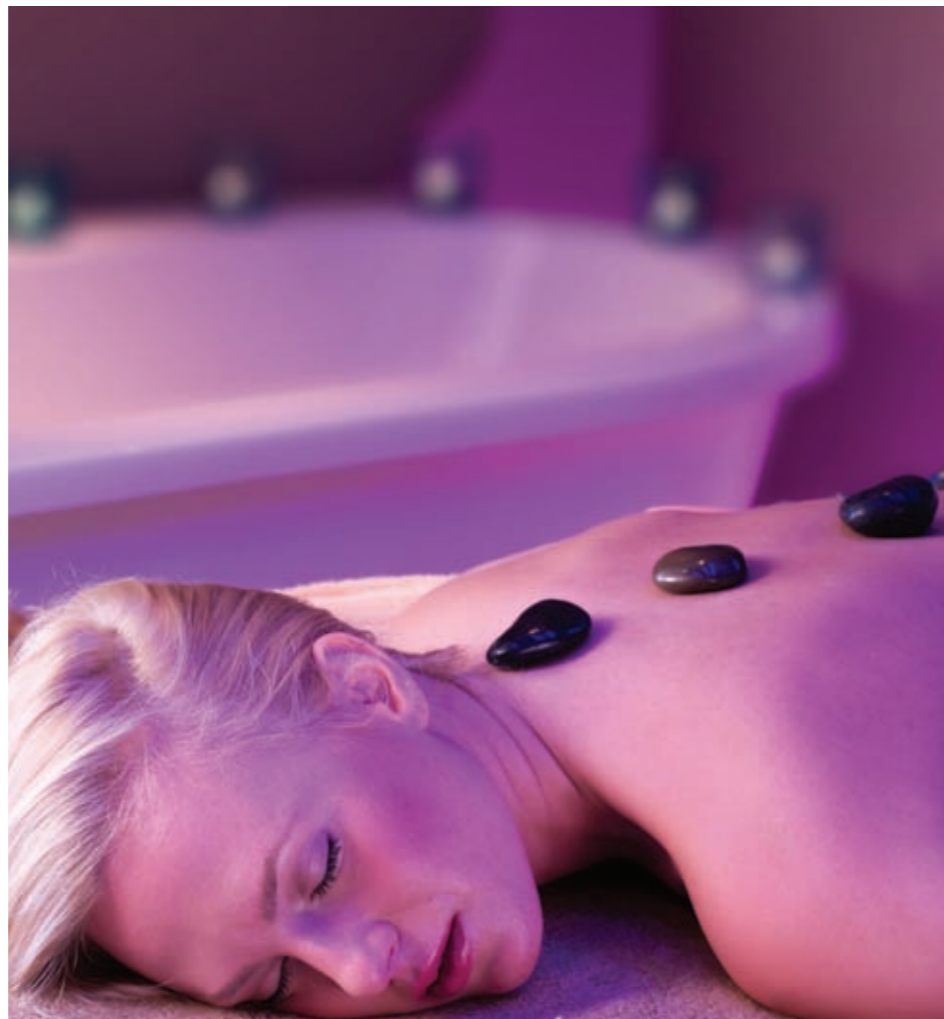
30 Minutes

For those high on stress and short on time, this massage focuses on the back, neck and shoulders and is carried out by a combination of techniques using oil targeting particularly tension-filled areas.

## Indian Head Massage

30 Minutes

A soothing and relaxing massage concentrating on the head and scalp that works on both a physical and psychological level. The techniques used release stress that has accumulated in the tissue, muscles and joints of the head, neck and shoulders.



## hydrotherapy treatments

### Aromatherapy Hydrating Seaweed Bath

30 Minutes

Allow this hydrating seaweed to detoxify your body, relax your mind and spirit during a rejuvenating soak in a hydrotherapy tub.

### Revitalizing Moor Mud Bath

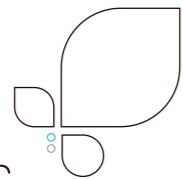
30 Minutes

This mineral-enriched moor mud bath will soothe your tired muscles and revive your skin as you relax in a hydrotherapy tub.

### Aromatherapy Bath

30 Minutes

Inhale the essence of specially blended essential oils and drift off to utter bliss. Soak in the therapeutic benefits of aromatherapy in a hydrotherapy bath.



## finishing touches

### Express Facial

30 Minutes

This mini facial is ideal for those on the go. Suitable for all skin types.

### Eye Treatment for Puffiness and Dark Circles

30 Minutes

Counteract puffiness and dark circles with Collagen Fiber and Ginkgo Biloba. This mask treatment soothes, cools and decongests the fragile eye area while visibly reducing puffiness and dark circles.

### Eye Treatment for Fine Lines and Wrinkles

30 Minutes

Premature ageing, sun exposure and environmental elements can strip your delicate eye area of its youthfulness and radiance. This potent Collagen treatment smoothes away fine lines and wrinkles, while tightening your eye contour area to appear youthful and vibrant.

### Regenerating Hand Treatment

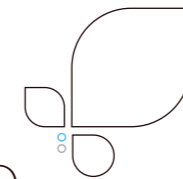
45 Minutes

This treatment includes a tropical mango and passion fruit scrub that exfoliates the dead skin away. The anti-ageing Tropical balm is rich in retinol, elastin, collagen, mango and passion fruit. The skin is renewed and repaired. A tropical yoghurt wrap is then applied to the hands leaving them smooth, silky-soft and deeply hydrated.

### Foot Contouring Treatment

45 Minutes

Moor Mud is a rich organic mud that alleviates aches, pains, rheumatism, and arthritis, while inducing a deep sense of relaxation. Moor Mud is generously applied on your legs and feet followed by a lymphatic drainage massage, to alleviate swelling and fatigue. A cooling and soothing Tension Relief Foot Gel concludes your treatment.



## spa etiquette

### Opening Hours

Daily from 9am to 10pm.

### Arrival Time

You are encouraged to arrive a minimum of 30 min prior to your appointment to enjoy the serenity of Zayna Spa at our hotel. Please be aware that late arrivals may result in a reduction of the treatment time.

### Spa Treatments

All treatments include the use of the Relaxation Area and the Wet Facilities. These facilities are complimentary to all in-house guests of our hotel. For non-guests, all treatments are also available; however a minimum treatment booking time of one hour is required. Bookings must be secured with a credit card.

### Men's Facials

For best results we recommend that men shave at least 6 hours prior to their facial treatment.

### Spa Day Pass

If you wish to use the Wet Facility Area without a spa reservation (on the day) you will need to pay a day pass fee of AED 150 per person.

### Scheduling an appointment

To schedule an appointment for the perfect treatment, please speak to our specialist Spa Reception Team who will advise you about the available treatments. To ensure your preferred time and service is available we do advise booking in advance.

### Spa Etiquette

Our spa environment is one of relaxation and tranquility. Please respect all the spa guests' right to privacy and serenity. Therefore, the spa is a mobile phone, pager and smoke-free zone.

We would like to invite hotel guest to arrive at the spa wearing robe and slippers provided in their room.

The spa will provide abundant towels, slippers, shower caps and all amenities required for use during your visit.

The minimum age required for access and treatments in the spa is 16 years.

#### Valuables

We suggest you leave all your valuables in the safe provided in your guest room. While we endeavor to look after your belongings, we do not assume liability for any valuables.

#### Health Conditions

Kindly advise us on any health conditions, allergies or injuries, which could affect your treatment, while making your spa reservation.

#### Cancellation Policy

A 50% cancellation charge will be incurred for any treatment or spa program not cancelled 24 hours prior to appointment. Guest cancelling within 12 hours will incur a 100% charge.

#### Pregnancy

We have specially designed treatments for expectant and nursing mothers. Please allow our Spa Team to guide you in selecting which treatments are most suitable for you during this special time.

#### Homecare

To continue your spa experience and regime back home, all Pevonia products used in the treatments are available from the Spa Reception.

#### Spa Boutique

The Zayna Boutique carries an extensive range of spa products, unique gift ideas, accessory items and gift certificates. The Zayna Boutique is situated on the 2nd floor.

#### Prices

All prices are quoted in Dirhams and include 10% service charge and 6% tourism fee.

#### Contact Us

Zayna Spa at The Grand Millennium,  
Hazza Bin Zayed Street,  
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