



THE SPA

AT AL BAIT SHARJAH

A HAVEN OF SERENITY

The Spa at Al Bait Sharjah opens the door to an intimate world dedicated to restoring strength, beauty and balance of the body, mind and soul following ancient healing traditions of the East.

Separate men's and ladies' spas feature spa suites with private changing facilities. A relaxation lounge, private hammam and hydrothermal facilities complete the offerings at both spas.

Experience stimulating body polishes, nurturing envelopments, deep cleansing hammam treatments, rejuvenating beauty rituals and therapeutic massages – all designed to pamper and restore vitality.

Hours of service 9:00 am to 10:00 pm daily.



INDULGENT ORIENTAL RITUALS

At The Spa, choose from an extensive variety of health and beauty rituals based on the holistic principles of aromatherapy, Ayurveda and herbalism, combining ancient wisdom with modern expertise. Embracing Eastern philosophy, rituals at The Spa at Al Bait Sharjah originate from the healing traditions of faraway places including exotic Bali, spiritual India and the sacred land of Tibet.

ULTIMATE IN LUXURY

Invigorate your senses and soothe your soul with a nurturing spa ritual in one of Al Bait's exquisite spa suites, each sanctuary featuring private facilities for the ultimate spa experience.



INDIVIDUAL EXPERIENCE

Personalise your spa ritual by combining treatments from our extensive selection of holistic beauty and body therapies.

Refining Facials

Pure botanical ingredients are combined with techniques based on ancient healing traditions in our selection of facials using products from ila and VOYA.

Reviving Body Polishes

Refine and purify your skin with one of our stimulating body polish rituals. Choose from ila Himalayan Crystal For Detoxifying Or Uplifting, VOYA Fucus Luscious Organic Salt Glow For Detoxifying or VOYA Bladderwrack Body Buff For Nourishing, each concluding with an application of body lotion to hydrate your skin.



Therapeutic Massages

Restore balance and vitality with a nurturing massage. Choose from Ayurvedic Abhyanga, Ancient Balinese, Himalayan Warm Stone or our indulgent Al Bait Jade Massage with two therapists working in synchronisation. Each treatment begins with an aromatherapy foot polish and includes a choice of one of The Spa's exclusive aromatherapy massage oils.

Deep Cleansing Hammam

Experience a traditional cleansing ritual in our private hammam facilities featured at both the men's and ladies' spas. Choose from a 90-minute ila Hammam Ritual or our 120-minute Traditional Moroccan Hammam Ritual.

Purifying Envelopments

Luxuriate in a warm cocooning envelopment including a full body exfoliation and face or scalp treatment. Choose from VOYA Organic Seaweed Leaf Envelopment For Detoxification or ila Bio-Rhythm Envelopment For Jetlag.

Relaxing Bathing Ceremonies

Women may indulge in one of our exotic bathing ceremonies offered at the Ladies' Spa. Choose from the GHM range of signature aromatherapy elixirs or the VOYA Organic Seaweed Warm Spiced Mud Bathing Ceremony.



WELLNESS

The Fitness Centre facilities include a gym and 15-metre long swimming pool. Sunrise yoga classes are conducted in an outdoor courtyard setting.

The gymnasium features state-of-the-art Technogym equipment with zones dedicated to stretching, strength training, cardio and kinesis for the ultimate wellness experience.

Complimentary group yoga classes are offered three mornings per week.

Please contact The Spa for details and reservations.



HOURS OF SERVICE

The Spa : 9:00 am to 10:00 pm

The Pool : sunrise to sunset

The Gym : 24 hours a day

Please contact The Spa for reservations and enquiries.

Prices are in UAE Dirhams (AED) and are subject to 10% service charge, 10% municipal tax and 5% VAT. Prices are subject to change without notice.

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