

GHMhotels.com

spa@albatsharjah.com  
T +971 (0) 6 502 5526  
UNITED ARAB EMIRATES  
SHARJAH  
P.O. BOX 62727  
AL MAREJIA  
HEART OF SHARJAH  
THE CHEDI AL BAIT SHARJAH

A STYLE TO REMEMBER

GHM

# SPA MENU

# THE SPA

AT THE CHEDI AL BAIT

## SPA ETIQUETTE

### Health Matters

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any health-related concerns you may have when making your appointment.

### Spa Attire

We will provide you with spa attire including a choice of spa underwear, alternatively you may choose to wear your own. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

### Cancellation Policy

The treatments you select are reserved especially for you. Guests will be charged a %50 cancellation fee for treatments cancelled less than six hours prior to the appointment time. No-show or cancellation with less than two hours-notice will be charged at %100.

### Valuables

We provide a secure place for your personal items inside the spa suite; however, we do not accept liability for loss or damage.

### Spa Arrival

Arriving late may make it necessary to limit the time for your treatment so the next guest is not delayed. Please arrive at The Spa reception ten minutes prior to your scheduled treatment time.

### Smoking

Kindly note the spa and fitness facilities are designated as non-smoking zones.

### Mobile Phones

Kindly refrain from using your mobile phone in the spa premises. Please keep your mobile phone on silent mode at all times.

### Children

Minimum age for entry to the spa and fitness facilities is 15 years old.

### Gift Certificates

Gift certificates for spa services and retail products are available at The Spa reception.

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

Please contact The Spa for reservations and enquiries.

Heart of Sharjah, Al Mareija Sharjah,  
United Arab Emirates, P.O. Box 62727  
reservations@chedialbaitsharjah.com  
+971 6 502 5555 | GHMhotels.com

*Prices are in AED and inclusive of %10 service charge, %10 municipality fee and %5 VAT.  
Prices are subject to change without notice*

## REVITALISING BODY TREATMENTS

### Roses De Sucre Hydration Envelopment

60 minutes – AED 570

A body envelopment with Roses de Sucre, a rich body cream with a fantastic feel on the skin, wraps the body in absolute comfort and softness. Skin is nourished and wonderfully moisturised.

### Miel De Ambre Body Polish

60 minutes – AED 570

Skin feels real pleasure with this gourmand exfoliating and detoxifying body balm. Inspired by traditional black soap Miel d'Ambre, frees the skin from toxins and dead cells and leaves it intensely purified.

### Therapeutic Whirl Bath

30 minutes – AED 270

A wonderfully relaxing whirl bath in one of The Chedi's private spa suites is the perfect start or end to any massage therapy. French clay, organic argan oil, essential oils and magnesium bath salts bring therapeutic benefits to this relaxing experience. Clay is toning and firming while magnesium relieves muscle fatigue and soreness. Argan oil is replenishing and nourishing for all skin types while an exquisite blend of essential oils will balance the nervous system to relieve stress and tension.

Choose from the following:

Red clay for sensitive skin / Yellow clay for dry skin / White clay for normal skin / Green clay for oily skin

# REJUVENATING MASSAGE THERAPY

## **The Chedi Massage**

60 minutes – AED 730

A dynamic therapeutic massage that will dissolve deep muscle tension and soothe the spirit. Two therapists work in synchronised movements using a variety of remedial massage techniques including Japanese Shiatsu pressure point work, deep tissue Balinese Palming, orthopaedic remedial Thai Stretching, lymphatic draining Swedish Effleurage and nurturing long stroke Lomi-Lomi massage from Hawaii. One of the best massage experiences, not to be missed for those who enjoy a strong, yet relaxing massage with enduring therapeutic benefits.

## **Ayurvedic Abhyanga Massage**

90 minutes – AED 620

An ancient ritual to restore balance to body and mind with warmed therapeutic oil and Ayurvedic massage techniques. Warm nourishing oil is poured over the body with long sweeping movements to follow the natural flow of energy, with a focus on revitalising the marma points. The benefits of the massage include firming and toning, lubricate and free up joints, improve circulation, aid detoxification and elimination, calm the nerves and improve sleep.

## **Ancient Balinese Massage**

60 minutes – AED 450

90 minutes – AED 610

This traditional Balinese style massage includes Balinese palming, stretching, effleurage and pressure point techniques to relieve tension, improve blood flow, ease stress and calm the mind. The therapist will adjust the pressure to suit you, request moderate pressure for relaxation or stronger to relieve muscular tension, the choice is yours. Choose from a selection of signature hand-blended massage oils exclusive to The Chedi Al Bait.

## **Himalayan Warm Stone Massage**

90 minutes – AED 620

Shamans have used heated river stones in their healing practice for centuries. Warm stones are placed on the chakras and then massaged over the body to promote a deep state of relaxation, soothing away stress and dissolving muscular tension. The warmth from the stones penetrates to the deep layers of muscle tissues to release tension and soreness resulting from the build-up of lactic acid in over worked muscles. A deeply relaxing experience that will refresh energy and renew the spirit.

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# REJUVENATING MASSAGE THERAPY

## **Tibetan Ku Nye Massage**

90 minutes – AED 685

Ku Nye is the ancient form of massage therapy used in Traditional Tibetan Medicine, it is an effective dynamic healing art. This body treatment honors and respects the ancient Tibetan traditions of healing, restoring, harmonising and strengthening the body's natural flow of energy. A potent blend of essential oils is combined with the traditional techniques of cupping, acupressure, kneading, rocking and hot stones to purify the five elements of the body, stimulate the lymphatic system and energise the subtle body and meridian system.

## **Thai-Style Foot Reflexology**

60 minutes – AED 430

30 minutes – AED 270

The healing practice of reflexology is thought to have originated in ancient Egypt, it is generally relaxing and may help alleviate stress. The theory behind reflexology is that areas of the foot correspond to organs and systems of the body. Pressure applied to the foot will bring relaxation and healing to the corresponding area of the body. Firm pressure is used to stimulate the reflex points in the feet. During the treatment you will float into a deep state of relaxation for a divine sense of balance and well-being.

## **Prenatal Massage for Mothers-To-Be**

60 minutes – AED 410

Our portable pregnancy massage bed is designed to accommodate mother's baby bump for complete comfort and relaxation while laying prone in the early to mid-stages of pregnancy. Organic argan oil infused with herbal extracts of lavender, geranium and mandarin bring balance and harmony to mother and baby. Gentle lymphatic drainage massage techniques promote elimination of excess fluid retention while relaxation techniques relieve muscular tension.

(Massage is also available for mothers-to-be in the later stages of pregnancy, please contact our reception for details).

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# BEAUTY REFINING FACIAL

## **marocMaroc Cactéa Facial**

60 minutes - AED 510

This facial showcases the rarest of oils: Prickly Pear Oil. An oil patiently extracted from the seed of the freshly-harvested fruit. It is prized for its incredible rejuvenating action (restructuring collagen), antioxidant, repairing and nourishing benefits.

Precise and dynamic techniques, combining sculpting and facial gym, reduce the appearance of wrinkles, sculpt the contours of the face and reveal the radiance of the complexion.

This rejuvenating ritual based on energy, provides holistic well-being and visible results on the face.

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# DELUXE HAMMAM JOURNEYS

## **marocMaroc**

60, 90 or 120 minute Hammam Rituals

Discover a refined, opulent skin care line that tells the story of sumptuous Morocco - land of lights, country of abundance where nature blooms and expands, a universe of warmth, colours and fragrant landscapes. marocMaroc is an invitation for the senses to travel while pampering the face and body with extreme gentleness. By reinterpreting ancestral beauty customs through modern formulas, marocMaroc gives life to the most enchanting beauty tales inspired by the soft atmosphere of the hammam, the richness of the argan tree, the majesty of the rose, the authenticity of almond flowers. It's very natural formulas -tested- its caressing touches, subtle perfumes, carefully selected plants, make it an exceptional line composed of elegant and seductive products. In each formula, ingredients are magnified through very natural textures, free of silicone and mineral oil. Pleasure and absolute confidence combine in these products formulated to minimise risks of allergy, non-comedogenic and tested for proven results.

### **60 minutes - AED 430**

A beautiful cleansing hammam experience commencing with a warm herbal steam and kesse glove exfoliation using eucalyptus scented black soap. It continues with the application of honey, orange, beeswax and argan oil detoxifying and exfoliating body balm and exfoliation of the face with Grains de Lumiere facial scrub. After rinsing the skin is massaged with orange flower shower milk, rinsed and dried, leaving the skin supple and enriched.

### **90 minutes - AED 650**

This 90-minute version of the marocMaroc Hammam Ritual includes the addition of a nourishing Almond Milk Shampoo, and scalp massage with Almond Cream Hair Mask. The treatment concludes with an application of Rose Body Milk or Nourishing Body Balm with with argan oil.

### **120 minutes - AED 865**

This ultimate hammam ritual includes all of the above plus the addition of a massage with nourishing argan body balm.

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