

GHMhotels.com

LEADING
HOTELS

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SHARJAH

P.O. BOX 62727

AL MAREJJA

HEART OF SHARJAH

THE CHEDI AL BAIT, SHARJAH

A STYLE TO REMEMBER

GHM

SPA MENU

EXCLUSIVE MEN'S SPA

THE SPA

AT THE CHEDI AL BAIT

SPA ETIQUETTE

Health Matters

Please communicate health conditions such as high blood pressure, allergies 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 wear your own. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

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 10 minutes prior to your scheduled treatment time.

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%.

Smoking

Kindly note the spa and fitness centre 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 centre 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.

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

MEN'S FACIALS

ila Men's Revitalising Face Therapy

60 minutes – AED 565

Using ila's Glowing Radiance Collection, this men's therapy restores vitality to skin weakened by frequent shaving or exposure to the elements. A hydrating blackcurrant, honey and sandalwood exfoliator cleanses, tones and moisturises, prior to a marma point massage with anti-bacterial vetiver and healing damascena rose otto. To end, a seaweed and bio-plasma masque purifies and nourishes, leaving skin supple and strengthened.

VOYA Organic Seaweed Intense Defence Facial For Men

60 minutes – AED 565

Exclusively created for men's specific skincare needs, this powerfully effective treatment exfoliates the skin with bamboo spines, enabling a deeper cleanse. Enjoy a soothing face and scalp massage, VOYA's seaweed leaf and Mermaid's Purse masque are used to soothe even the most sensitive of skins. Fantastic for those affected with shaving rash, razor burn or ingrown hairs; the skin is left hydrated, fresh and mattified.

VOYA Organic Marine Eye Treatment

45 minutes – AED 350

An ultimate treat for refreshing and rejuvenating tired eyes. Combining relaxing and decongesting lymphatic massage movements with specialised organic Laminaria Digitata seaweed eye compresses hand-harvested from the Atlantic Ocean. A firming and hydrating treatment using specific products rich in seaweed extract, green tea and vitamin C, which help to reduce the appearance of fine lines and decongest the eye area.

MANICURE AND PEDICURE

At The Spa at The Chedi Al Bait, we use only vegan, wildcrafted, organic Spa Ritual products for our nail services. All products are free from toluene, formaldehyde, dibutyl phthalate and parabens normally found in nail treatment products.

Manicure

60 minutes – AED 290

Pedicure

60 minutes – AED 340

HAMMAM RITUALS

ila Hammam Ritual

90 minutes – AED 715

Hammam means ‘spreader of warmth’. This treatment begins with the traditional hammam, which includes a steam and black soap body cleanse. A kessa and argan seed scrub with rhassoul clay is then applied over the whole body and allowed time to be absorbed before a soothing body milk is poured onto the skin for nourishment. An application of ila’s Body Cream for Glowing Radiance completes this purifying hammam ritual.

Traditional Moroccan Hammam Ritual

120 minutes – AED 1,055

This traditional cleansing ritual commences with a foot polish followed by a full body application of warmed eucalyptus-scented black soap prior to exfoliation. After a short steam bath, a kessa glove is used to exfoliate the epidermal layer to remove dead cells from the surface of the skin. This is followed by a body masque of purifying Moroccan rhassoul mud mixed with orange blossom water. While you are enveloped by the body masque, enjoy a nourishing hair masque, organic facial cleanse, exfoliation and facial massage with organic argan oil. The ritual concludes with a relaxing body massage using organic argan oil. A complete rejuvenation treatment for silky hair, radiant complexion and velvety soft skin.

NURTURING ENVELOPMENT RITUALS

ila Bio-Rhythm Envelopment For Jetlag

120 minutes – AED 1,105

The aim of this treatment is to restore the body’s natural flow of energy that can be disrupted by air travel and the use of electronic devices. It begins with an energising body polish and continues with a detoxifying mud wrap, both containing high levels of minerals that emit negative ions when warmed. These ions charge and restore the aura, which is the energy field surrounding the body. The wrap includes a face massage that you will enjoy while you are cocooned in the warm mud envelopment. A soothing back massage calms the nervous system and completes this perfect remedy for jetlag.

VOYA Organic Seaweed Leaf Envelopment For Detoxification

120 minutes – AED 1,105

VOYA use the finest seaweed hand-harvested from the ocean to ensure that the highest content of bio-actives is preserved. We begin with a body and facial exfoliation using seaweed and spiny bamboo blended with seaweed oil. Next, the body is cocooned in whole seaweed leaves for toning and firming while special leaves are used on the face. Whilst the envelopment and face masque are processing, a conditioning hair masque is massaged into the scalp. After 20 minutes the seaweed leaves are removed and the excess seaweed gel is massaged into the skin. The treatment concludes with an application of seaweed face cream, eye serum and body moisturiser.

INDULGENT ORIENTAL RITUALS

The Chedi Oriental Ritual

150 minutes – AED 1,570

Aromatherapy Foot Polish, The Chedi Jade Massage, Choice of 60-minute Facial, Thai-Style Foot Reflexology, Choice of Body Polish

Bali Oriental Ritual

120 minutes – AED 1,055

Aromatherapy Foot Polish, Ancient Balinese Massage, Choice of Body Polish

India Oriental Ritual

120 minutes – AED 1,055

Aromatherapy Foot Polish, Ayurvedic Abhyanga Massage, Marma Point Head Massage with Hair Masque

THERAPEUTIC MASSAGES

The Chedi Jade Massage

60 minutes – AED 815

A dynamic style to dissolve deep muscle tension and soothe the spirit. Two therapists work in synchronised movements using a variety of massage techniques including Japanese shiatsu, Balinese palming, Thai stretching, Swedish effleurage and Hawaiian Lomi-Lomi.

Ayurvedic Abhyanga Massage

90 minutes – AED 690

An ancient ritual to balance mind and body with warmed therapeutic oils specific to each dosha: Vata, Pitta or Kapha.

Ancient Balinese Massage

60 minutes – AED 500

90 minutes – AED 675

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.

Himalayan Warm Stone Massage

90 minutes – AED 690

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.

Thai-Style Foot Reflexology

30 minutes – AED 300

60 minutes – AED 475

Firm pressure is used to stimulate the reflex points in the feet. Float into deep relaxation for a divine sense of balance and well-being.

ila Indian Marma Point Head Massage And Hair Masque

45 minutes – AED 440

Acupressure techniques release tension and open the flow of energy in the head and neck area. Essential oils of juniper berry and geranium nourish the hair for a healthy shine. A vitamin-rich hair masque feeds, fortifies and thickens the hair.

ila Himalayan Crystal Body Polish For Detoxifying Or Uplifting

60 minutes – AED 630

A body polish will stimulate the lymphatic system, aid circulation and refine the texture of the skin. This treatment is an ideal remedy for cellulite, stress and exhaustion. When warmed, the pink Himalayan salt emits many negative ions that refresh and energise on a subtle level. Choose from wild-grown argan oil with juniper berry, organic rose geranium and wild poppy essence for energising and detoxifying or damascena rose otto with jasmine and organic rosehip seed oil for a blissful experience.

VOYA Fucus Luscious Organic Salt Glow For Detoxifying

60 minutes – AED 630

An excellent skin rejuvenator, this detoxifying treatment is designed to remove dull skin cells and refine the texture of your skin. VOYA Luscious Salt is combined with Dead Sea salts and Fucus Serratus seaweed oil. This blend of ingredients will stimulate blood and lymph flow while improving skin tone and lustre. It is an excellent skin rejuvenator that leaves skin renewed and glowing.

VOYA Bladderwrack Body Buff For Nourishing

60 minutes – AED 630

Certified organic Bladderwrack body buff is the ultimate treat for tired and dull skin. The antioxidants of the mineral-rich Bladderwrack seaweed are combined with massage oils for a powerful combination of ingredients to nourish and improve the condition of the skin. The body polish is followed by a cleansing shower and short massage with VOYA's Softly Does It seaweed body moisturiser.

REVIVING BODY POLISH RITUALS