

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.

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%.

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.

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.

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, 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.

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.

Restorative Body Rituals

Thai-Style Foot Reflexology

60 minutes – AED 430

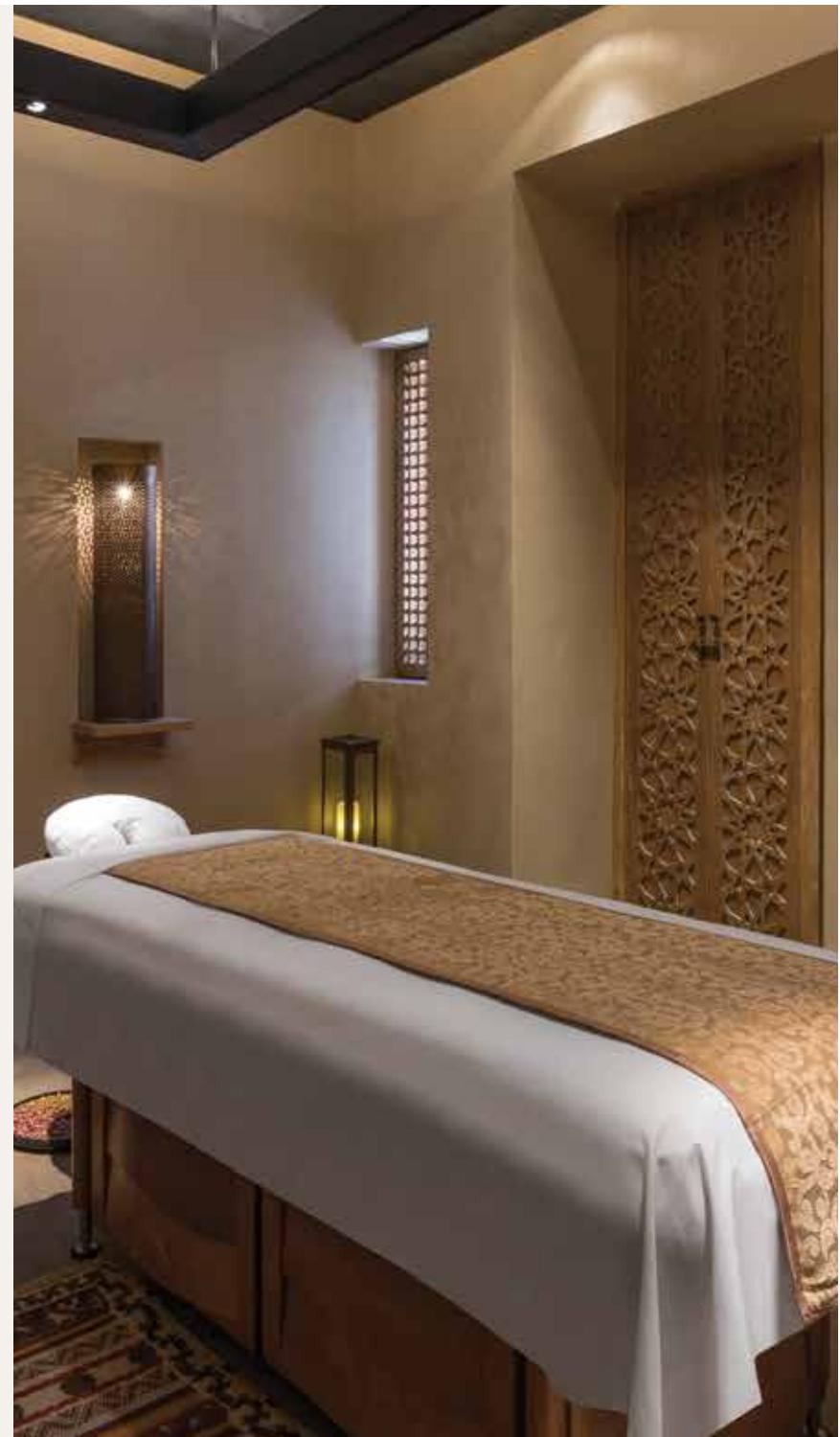
30 minutes – AED 270

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 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).



Magnesium Massage Therapies

OF THE ISLANDS

ELEMENTS

WELLNESS OF THE FUTURE

Of The Islands merges health, beauty and wellness in a unique, holistic spa philosophy rooted in pure magnesium treatments. Grounded in nature and modern self-care, the brand offers body soaks, scrubs, massages and detox rituals that help the body purge toxins, restore mineral balance, and elevate overall wellbeing. With magnesium at its core — known for its role in cellular energy, muscle relaxation, circulation and skin health — Of The Islands delivers treatments designed to detoxify, re-energise and rejuvenate both body and mind, leaving skin smoother, energised and renewed.

Relaxing & Recharge Magnesium Massage

60 minutes – AED 460

90 minutes – AED 630

A calming full-body massage using a rich magnesium balm from Of The Islands Element. The balm melts effortlessly into the skin to soften tension, quiet the mind and support natural mineral balance. A serene experience for guests seeking deep rest and gentle restoration.

Deep Tissue Magnesium Massage

60 minutes – AED 520

90 minutes – AED 700

A purposeful deep-pressure massage enhanced with concentrated magnesium gel. This therapeutic treatment releases tight muscles, encourages circulation and restores ease throughout the body. Ideal for those experiencing stiffness, fatigue or persistent tension.



Magnesium Renewal Rituals

Magnesium Body Scrub

45 minutes – AED 400

A gentle yet renewing exfoliation enriched with pure magnesium minerals from Of The Islands Element. This treatment smooths the skin, encourages healthy circulation and eases muscular tension, leaving the body refined, hydrated and beautifully balanced.

Coffee & Magnesium Body Scrub

45 minutes – AED 420

An awakening exfoliation that blends energising coffee with mineral-rich magnesium. The skin is polished to a silky finish while circulation is enhanced and muscle tension is eased. Ideal for guests seeking clarity, vitality and renewed softness.

Magnesium Of The Islands Bathing Ceremony

30 minutes – AED 300

A soothing mineral bath infused with pure magnesium flakes. This quiet ritual relaxes the muscles, settles the nervous system and promotes natural absorption of essential minerals. A graceful prelude or conclusion to any spa therapy.

Magnesium Detoxifying Ritual

120 minutes – AED 875

A complete magnesium-infused journey designed to restore harmony. Begin with a warm mineral bath, continue with a refining full-body exfoliation and conclude with a deeply relaxing magnesium massage. The body emerges refreshed, rebalanced and beautifully renewed.



Advanced Skin Renewal Therapies



QMS Medicosmetics is a German-born, science-led skincare brand founded by facial surgeon Dr Erich Schulte. Grounded in advanced dermatological research, QMS blends medical expertise with high-performance formulations powered by skin-identical collagen, hyaluronic acid, and restorative actives. Known for delivering visible improvements in hydration, firmness, and overall skin vitality, QMS offers a results-driven, luxurious approach to achieving smooth, radiant, and youthful-looking skin.

QMS Collagen Reset Facial

60 minutes - AED 600

Experience a targeted facial designed to restore skin vitality and resilience. This results-driven treatment by QMS Medicosmetics focuses on replenishing moisture levels, supporting collagen renewal, and improving skin firmness. Advanced formulations work in harmony with expert techniques to smooth fine lines, enhance elasticity, and reveal a visibly refreshed, radiant complexion.

Ideal for skin in need of renewal, hydration, and an immediate boost in luminosity.



marocMaroc Beauty Refining Facial

marocMaroc

marocMaroc draws on Morocco's rich natural heritage to reinvent ancient hammam and beauty rituals for the modern age. Founded in 2007, the brand blends traditional Moroccan ingredients — like argan oil, orange blossom, roses and rhassoul clay — with contemporary cosmetic expertise to create luxurious, sensory skincare and body treatments. With every product crafted to evoke the scents and textures of Morocco's landscapes, marocMaroc delivers a soulful, indulgent journey for the skin and the senses — renewing, nourishing, and restoring balance and radiance.

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.



marocMaroc Hammam Journeys

marocMaroc 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-minutes 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 argan oil.

120 minutes – AED 865

This ultimate hammam ritual includes all of the above, enhanced by a deeply relaxing massage using a nourishing argan body balm.

marocMaroc Body Rituals

Roses De Sucre Hydration Envelopment

90 minutes – AED 850

Roses de Sucre body envelopment wraps the skin in softness and nourishment. The session includes a Body Scrub, Envelopment, and Refresh Facial.

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.

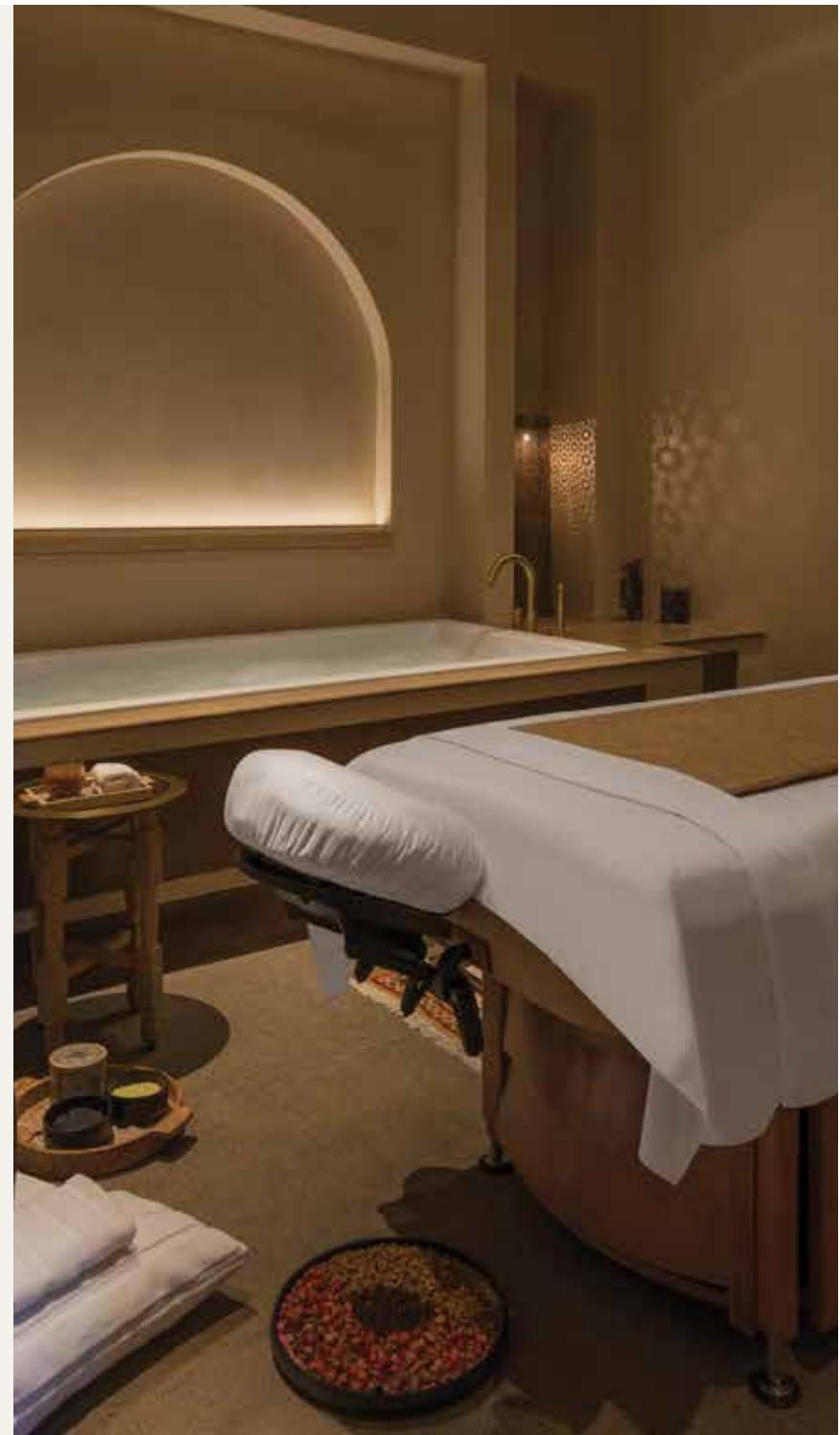
Therapeutic Whirl Bath

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



Luminous Diamond Facials



Caliade is the ultra-luxury skincare line of Italy's Seticrei group, renowned for haute-couture rituals crafted with rare, high-performance ingredients. Signature treatments — including the Diamond Ritual with ethically sourced diamond powder — illuminate, firm and sculpt the skin with immediate visible results. With refined textures, sensorial techniques and a commitment to sustainable innovation, Caliade offers a sophisticated, results-driven experience that enhances radiance and timeless skin vitality.

Luxury Diamond Facial

90 minutes – 900 AED

Luxury and elegant diamond facial, Pure ingredient, and quash massage tool, is a good massage technique for lifting and incredible rejuvenation. Pure diamond ingredients including, diamond powder, royal jelly, snail, and shell powder, help balance the microbiota, strengthen the skin barrier, and reduce wrinkles. All the ingredients are powerful lifting formulas.

Caviar Facial

75 minutes – 700 AED

Achieve firmer, youthful skin with our advanced skin tightening treatment using lifting technique with caviar product. Our caviar solution boost collagen production, enhancing elasticity for natural looking result. With natural ingredient including caviar extract, omega3, collagen, lotus flower extracts, macadamia oil, vitamin B5 Vitamin E. It provide Anti-aging, skin repairing, firming, plumping and illuminating benefit.



Luminous Diamond Facials

Caviar Face Massage

30 minutes – AED 250

A revitalising facial massage using caviar-infused products to stimulate circulation, enhance firmness and restore natural radiance. Ideal for a quick boost of vitality and visible glow.

Diamond Facial

60 minutes – AED 530

A refined diamond-infused facial designed to illuminate and smooth the skin. Using pure diamond ingredients and sculpting techniques, this treatment enhances luminosity, improves texture and leaves the complexion visibly refreshed.

Caviar Face Mask Add-On

30 minutes – AED 440

An indulgent enhancement to any facial, featuring a caviar-rich mask to deeply nourish, plump and firm the skin. Helps improve elasticity and deliver an immediate luminous finish.



Bespoke Wellness Packages

The Chedi Indulgence

150 minutes – AED 1600

(60 minutes Chedi Jade Massage, 30 minutes facial and foot massage, 30 minutes body scrub and 30 minutes bathing ceremony)

This comprehensive experience combines a rejuvenating Chedi Jade Massage, a customised facial to target your specific needs, a pampering foot massage, an invigorating body scrub, and a relaxing bathing ceremony. Emerge feeling utterly renewed from head to toe.

The Balinese Escape

120 minutes – AED 860

(60 minutes Balinese Massage and 60 minutes facial or body scrub)

Indulge in a deeply restorative Balinese Massage, followed by your choice of a revitalising facial or an invigorating body scrub. This journey will leave you feeling centered and rejuvenated.

Glowing Radiance

90 minutes – AED 875

This detoxifying treatment features a luxurious brown sugar, beeswax, and Argan oil scrub, followed by a synchronised massage with two therapists to leave your skin glowing and muscles deeply relaxed.

Summer Escape

120 minutes – AED 784

Escape the summer sun with a soothing hot stone massage infused with calming may chang and rosewood oil. Relieve tension further with a mineral and eucalyptus infused bathing ceremony, leaving you feeling cool, refreshed, and rejuvenated.

Coconut Paradise

120 minutes – AED 756

Experience the deep hydration and nourishment of a coconut oil massage, perfect for keeping your skin healthy and refreshed. A scalp massage will further promote hair growth and health, for a truly pampering experience.

Hydrating Oasis Retreat

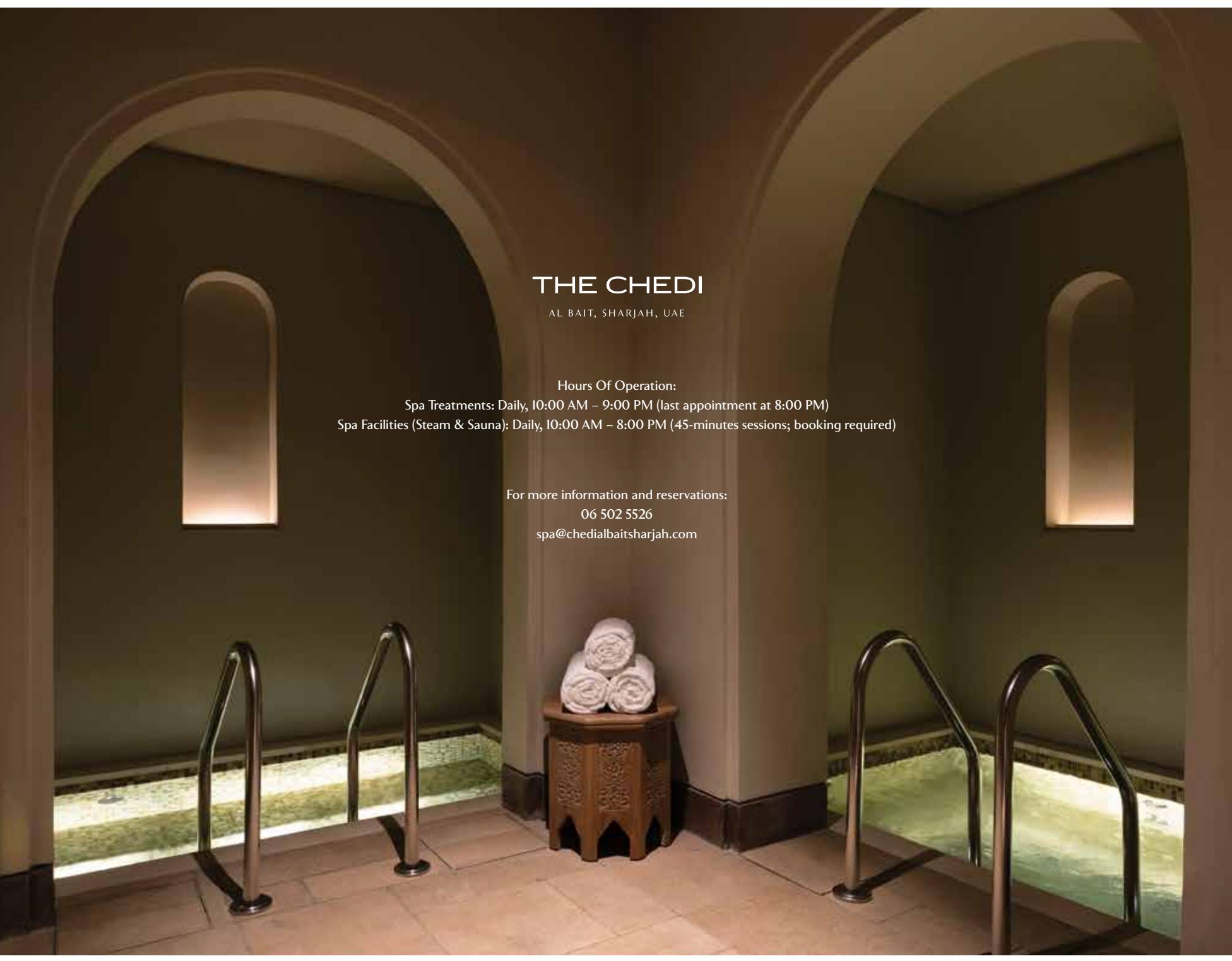
120 minutes – AED 714

This revitalizing treatment features a refreshing body scrub, a nourishing coconut scalp massage, and a luxurious Maroc-Maroc facial. Leave feeling hydrated, refreshed, and ready to take on the world.

Sunshine Soothe & Glow

150 minutes – AED 1,015

Awaken your inner radiance. This revitalising treatment combines a luxurious frankincense and rosewood oil massage with a facial featuring Argan oil and rose. This experience will promote deep relaxation and leave your skin glowing with renewed health.



THE CHEDI

AL BAIT, SHARJAH, UAE

Hours Of Operation:

Spa Treatments: Daily, 10:00 AM – 9:00 PM (last appointment at 8:00 PM)

Spa Facilities (Steam & Sauna): Daily, 10:00 AM – 8:00 PM (45-minutes sessions; booking required)

For more information and reservations:

06 502 5526

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