

GHMhotels.com



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A STYLE TO REMEMBER

GHM

SPA MENU
EXCLUSIVE LADIES’ SPA

THE
SPA
AT AL BAIT SHARJAH

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 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 are subject to 10% service charge, 10% municipal tax and 5% VAT. Prices are subject to change without notice.

REJUVENATING BEAUTY RITUALS

ila Ananda Facial

60 minutes – AED 565

Using ila's Glowing Radiance Collection, this divine therapy begins with an aloe vera and pomegranate cleanse and blackcurrant exfoliation followed by a massage with powerful damascena rose otto and sandalwood oils to stimulate skin cells. Specialised marma massage techniques restore natural luminance, whilst a green clay masque reduces inflammation. Skin glows with radiance and a sense of peace pervades the body.

ila Gold Cellular Age Restore Facial

90 minutes – AED 850

Using ila's Gold Cellular Age Restore Collection, this powerful treatment encompasses a blend of the world's most precious ingredients proven to work with the skin to heal and protect from the many natural signs of ageing. Three types of naturally occurring gold and the rarest of frankincense from Ethiopia, are delivered into the skin using cleansing and healing massage techniques. ila's unique BosTriWell® and hyaluronic extract, combined with sonic wave therapy, instantly increases collagen levels and reduces cell inflammation. Skin is reprogrammed and rejuvenated.

VOYA Organic Seaweed

Self Discovery Radiance Facial

60 minutes – AED 565

This incredible organic illuminating facial is deeply detoxifying, it will brighten and even the skin tone. It will also increase clarity, leaving the skin feeling silky, smooth, soft and radiant. This facial incorporates a pressure point facial massage, targeting deeper muscles in the face to release any build-up of toxins, improve radiance and restore a glow to your complexion. The treatment also includes a pressure point foot massage to melt away tension and promote a state of deep relaxation.

VOYA Organic Seaweed Deluxe Facial

90 minutes – AED 750

The ultimate facial treatment for all skin types, of particular benefit for mature, dry or dehydrated skins, alleviating fine lines and wrinkles. This indulgent seaweed facial begins with a back exfoliation and a bespoke back massage. The double action masques aim to detoxify and nourish even the most troubled dry skin. This facial includes a 20-minute facial massage, complemented by a relaxing head massage.

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.

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 beauty 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 rose 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.

THERAPEUTIC MESSAGES

The Chedi Jade Massage
60 minutes – AED 735
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 680
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 680
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.

ila Mother-To-Be Massage
90 minutes – AED 690
Our portable pregnancy massage bed is designed to accommodate mother’s baby bump for complete comfort and relaxation while laying prone, allowing for treatments in the spa, or your resort suite. We begin with an exfoliation using a special blend of Himalayan pink salt, rosehip and blackcurrant seeds to remove dead skin cells and stimulate lymphatic drainage to release water retention. This is followed by a massage using organic argan oil infused with herbal extracts of rose and geranium. Soothing heated poultices with lavender and calendula are used over marma points to bring balance and harmony to mother and baby.

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.



INDULGENT ORIENTAL RITUALS

The Chedi Oriental Ritual
150 minutes – AED 1,570
Aromatherapy Foot Polish, Al Bait 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

Indian Oriental Ritual
120 minutes – AED 1,055
Aromatherapy Foot Polish, Ayurvedic Abhyanga Massage, Marma Point Head Massage with Hair Masque

MANICURE AND PEDICURE

At The Spa at Al Bait Sharjah, we use only vegan, wildcrafted, organic Spa Ritual products for our nail services. The lacquers and elixirs 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

Depilève Waxing
Full Leg – AED 350
Half Leg – AED 200
Bikini – AED 200
Underarm – AED 120

REVIVING BODY POLISH RITUALS

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.

BATHING CEREMONIES

VOYA Organic Seaweed Warm Spiced Mud Bathing Ceremony
30 minutes – AED 300

Al Bait Bathing Ceremony
Frankincense, Cedarwood, Orange
30 minutes – AED 300

Relaxing Bathing Ceremony
Lavender, Geranium, Bergamot
30 minutes – AED 300

Reviving Bathing Ceremony
Palmarosa, Lemon
30 minutes – AED 300

Oriental Bathing Ceremony
May Chang, Mandarin, Rosewood
30 minutes – AED 300