



# SHUIQI

SPA & FITNESS

Treatment Menu



At the heart of this breathtaking resort lies an oasis of peace and tranquillity. ShuiQi Spa & Fitness is the ideal escape from the stress and strain of everyday life, helping you to relax, unwind and rejuvenate during your stay at Atlantis, The Palm. Indulge your senses in an awe-inspiring and serene water surrounding, set over two magnificent floors in the West Tower. ShuiQi Spa has 27 treatment rooms, with separate male and female relaxation areas and changing rooms. Guests can also enjoy a secluded Royal Spa Suite, a wet area for pure relaxation and a state of the art fitness facility. A selection of bespoke treatments and rituals have been carefully crafted by our exclusive partner Shiseido, to deliver unique treatments specifically for ShuiQi. ShuiQi is home to many other well-known brands such as ESPA, Aromatherapy Associates, Bastien Gonzalez and Gentlemen's Tonic to deliver an extensive range of luxurious treatments and products. We invite you to experience the harmony between water and energy that is ShuiQi Spa & Fitness.

SHUIQI  
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# SIGNATURE TREATMENTS

<b>Shiseido Japanese Ritual</b>	<b>4 hrs</b>	<b>4480</b>
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In the privacy of ShuiQi's `Royal Spa Suite`, this exclusive treatment begins with an infused rose petal foot bath and a Japanese inspired body bath. The ritual continues with a full body Qi massage, scalp massage and Shiseido's premium facial, 'Future Solution LX Facial Ceremony' for her, and the 'Time Fighting Facial' for him followed by an elegant Sushi selection and Japanese green tea.

<b>Shiseido Face &amp; Body Experience</b>	<b>2hrs, 30 min</b>	<b>1600</b>
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The perfect spa experience for men and women commences with Kuroho Body Bliss – a thorough body exfoliation to deep cleanse, leaving your body feeling luxuriously smooth. This is followed by a blissful Qi body massage and a specialised facial.

<b>Dubai Glamour Ritual</b>	<b>2 hrs</b>	<b>985</b>
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This unique ritual begins with dry body brushing and full body exfoliation using pink grapefruit. You are then cocooned in a detoxifying fresh water mud mask followed by an invigorating full body massage and luxurious damask rose mini facial.

<b>ESPA Back, Face, Scalp Treatment with Hot Stones</b>	<b>2 hrs</b>	<b>985</b>
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Renowned for being our 'Hero' treatment and loved by all, this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone. This includes a back exfoliation and hot stone back massage, a personalised facial and a scalp massage.

<b>Bastien's Duo Nail Treatment</b>	<b>75 min</b>	<b>720</b>
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An award-winning synchronised four hand treatment focusing on your feet, legs, hands and arms. The ultimate in manicure and pedicure luxury with total relaxation.

<b>Morning Wellness Package</b>	<b>3 hrs</b>	<b>850</b>
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The Morning Wellness Package is the perfect programme to wake up to, ensuring a refreshed and invigorated start to the day. Begin with a one hour personal training session and then recharge with a delicious well-being breakfast. Afterwards, relax and unwind in the spa wet facilities before you finish your morning off with a one hour full body massage.



# FACIALS

## Anti-Ageing Facials

<b>Shiseido Future Solution LX Facial Ceremony</b>	<b>90 min</b>	<b>995</b>
The exclusive Qi Facial combines Shiseido's most luxurious and advanced skin care line Future Solution LX, specially developed to maximise the skin's beauty as well as diminish the signs of ageing.		
<b>Shiseido Wrinkle Resist Facial</b>	<b>90 min</b>	<b>995</b>
The Shiseido anti-ageing skin care line firms and restores your skin to prevent the formation of lines. Our specialised skin lifting technique will leave your skin toned and nourished.		
<b>Shiseido Super Refining Facial</b>	<b>75 min</b>	<b>865</b>
Smooths out unevenness and retextures your skin by combining the vitality of nature and the power of science.		
<b>Aromatherapy Associates Rose Infinity Facial</b>	<b>90 min</b>	<b>820</b>
The Rose Infinity Facial uses a special rose cream to reveal younger looking skin and a radiant complexion.		

## Brightening Facials

<b>Shiseido Ultimate Radiance Facial</b>	<b>75 min</b>	<b>865</b>
For brighter, clearer and radiantly glowing skin. This facial works to counteract pigmentation and gives that ultimate glow to your skin.		
<b>ESPA Advance Skin Radiance Facial</b>	<b>90 min</b>	<b>820</b>
Restore skin's vitality and reveal a bright, smooth and radiantly youthful looking complexion with our advanced new facial treatment.		

## Hydrating & Nourishing Facials

<b>Shiseido Hydro Perfecting Facial</b>	<b>75 min</b>	<b>865</b>
An intensive hydrating facial which helps to nurture and protect against environmental damage.		
<b>ESPA Optimal Skin Pro-Facial</b>	<b>60 min</b>	<b>600</b>
This targeted facial incorporates a smoothing and lifting facial massage to refresh and brighten the complexion, and delay the early signs of ageing.		

## Customised Facials

<b>The Palm Signature Facial by Aromatherapy Associates</b>	<b>60 min</b>	<b>600</b>
A bespoke facial designed to suit your individual skin care needs. This treatment offers hydrating, soothing and mattifying skin care solutions.		
<b>ESPA Personalised Facial</b>	<b>60 min</b>	<b>600</b>
Deeply cleanse, smooth, purify and boost your complexion with this tailor-made facial. This includes a deep cleanse, steam and extraction, facial massage, personalised mask and scalp massage.		



# MASSAGES

<b>ShuiQi Swedish Massage</b>	<b>60/90 min</b>	<b>515/710</b>
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During this traditional body massage, the therapist varies the amount of pressure applied to meet an individual's specific needs and preferences.

## Intense Massages

<b>Shiseido Deep Tension Relief</b>	<b>60 min</b>	<b>620</b>
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A deeply penetrating and restorative massage that is perfect for those that are active or train regularly.

<b>ShuiQi Balinese Massage</b>	<b>60/90 min</b>	<b>515/710</b>
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Traditional Balinese techniques are used to heal the body's system and restore balance, leaving you feeling renewed and rejuvenated.

<b>ESPA Deep Muscle Massage</b>	<b>60/90 min</b>	<b>535/730</b>
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Specialised techniques concentrate on specific areas of concern and alleviate discomforts such as a stiff neck, lower back pain and tight shoulders.

## Relaxing Massages

<b>Shiseido Relaxing Massage</b>	<b>90 min</b>	<b>815</b>
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A deeply relaxing and unwinding experience that will leave you with a sense of well being and inner calm.

<b>Aromatherapy Associates De-Stress Massage</b>	<b>60/90 min</b>	<b>535/730</b>
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This stress relieving massage balances the mind and soothes aching muscles.

<b>ESPA Totally Personalised Body Massage</b>	<b>60/90 min</b>	<b>535/730</b>
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After a consultation, a massage is designed with a combination of essential oils and massage techniques to suit your individual needs.

## Anti Jet Lag Massages

<b>Shiseido Japanese Jet Lag Therapy</b>	<b>60 min</b>	<b>620</b>
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A back, leg and scalp massage that helps to release tension and boost circulation.

<b>Aromatherapy Associates Jet Lag Recovery</b>	<b>60 min</b>	<b>535</b>
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A back massage including lower leg treatment using the Revive body gel followed by a scalp massage.

## Specialised Massages

<b>Shiseido Body Sculpting</b>	<b>60 min</b>	<b>620</b>
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This massage targets cellulite and local water retention, to help stimulate the senses and refine your silhouette.

<b>ShuiQi Traditional Thai Massage</b>	<b>60/90 min</b>	<b>515/710</b>
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This dry massage relaxes and revitalises the entire body through a series of stretches, targeting all major muscle groups.

<b>Aromatherapy Associates Mother to be Massage</b>	<b>60 min</b>	<b>535</b>
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This all over body treatment, including a relaxing and rejuvenating scalp and facial massage, relieves stresses, strains and heavy legs.

<b>ShuiQi Desert Hot Stone Therapy</b>	<b>90 min</b>	<b>815</b>
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Hot basalt stones are applied gently to warm and release areas of tension.

# BODY TREATMENTS

<b>Shiseido Kuroho Body Bliss</b>	<b>120 min</b>	<b>1100</b>
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This treatment starts with a thorough body exfoliation to expertly cleanse and polish leaving your body luxuriously smooth. A blissful Qi body massage follows, ending with an application of our replenishing body cream.		
<b>Shiseido Kuroho Body Polish</b>	<b>45 min</b>	<b>450</b>
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This treatment starts with a thorough body exfoliation to cleanse and polish leaving your body luxuriously smooth. The treatment ends with an application of Shiseido's replenishing body cream.		
<b>ESPA Ocean Bliss</b>	<b>60 min</b>	<b>535</b>
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This exceptional skin softening body exfoliation combines sea salts with essential oils selected specifically for your needs. This head to toe treatment includes a facial cleanse, exfoliation and application of our powerful Optimal Skin ProSerum to leave your skin radiant.		
<b>ESPA Detox Wrap</b>	<b>60 min</b>	<b>535</b>
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This body wrap is specifically designed to comfortably raise the temperature and induce perspiration to help speed up the elimination of toxins and improve circulation. This treatment includes a skin brush, body exfoliation, detox mud wrap and a scalp massage.		
<b>ESPA Anti Cellulite Hip &amp; Thigh Treatment</b>	<b>60 min</b>	<b>535</b>
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A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture. This treatment includes a skin brush, detoxifying salt and oil scrub and a detoxifying massage.		
<b>Aromatherapy Associates Customised Skin Polish</b>	<b>45 min</b>	<b>420</b>
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A relaxing all over exfoliation and layering of richly nourishing products to leave the skin looking radiant and feeling smooth.		
<b>Aromatherapy Associates Intense Nourishment</b>	<b>60 min</b>	<b>535</b>
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A deep treatment for dry, devitalised skin, that leaves the whole body intensely nourished and smooth. Includes a scrub, followed by the layering of hydrating rose gel and a velvety moisturising body butter.		



All prices are inclusive of 10% Municipality fees and 10% service charge

# SPA TASTERS

Our Spa Tasters are the perfect opportunity to discover one of our three premium brands and experience a variety of their luxurious treatments.

<b>Shiseido Taster</b>	<b>45 min</b>	<b>495</b>
Future Solution LX facial, and rejuvenating hand exfoliation and hand massage.		
<b>Aromatherapy Associates Taster</b>	<b>45 min</b>	<b>495</b>
A luxurious back, scalp and foot massage.		
<b>ESPA Taster</b>	<b>45 min</b>	<b>495</b>
Rejuvenating back exfoliation, massage and mud mask followed by a lower leg massage.		

# EXPRESS TREATMENTS

<b>Aromatherapy Associates Scalp Treatment</b>	<b>30 min</b>	<b>280</b>
<b>ShuiQi Back, Neck and Shoulder Massage</b>	<b>30 min</b>	<b>360</b>
<b>Shiseido Japanese Scalp &amp; Shoulder Massage</b>	<b>30 min</b>	<b>390</b>
<b>Shiseido Pure Beauty Boost</b>	<b>30 min</b>	<b>390</b>
The pure beauty boost helps limit oil production, and keeps the skin shine-free. This facial does not include a massage.		
<b>Shiseido Advance Eye Brilliance &amp; Lip Contour</b>	<b>30 min</b>	<b>390</b>
This advanced treatment reawakens and leaves the eye area looking free from dark circles, puffiness and fatigue.		
<b>Bastien Foot Refoundation</b>	<b>30 min</b>	<b>360</b>
A relaxing massage from toes to knees focusing on muscle tension, joint mobility, circulation and skin elasticity; includes a preliminary exfoliation performed with the Black Diamond Scrub.		
<i>To extend your spa experience, a variety of premium spa and beauty products are available for purchase.</i>		





# MEN'S COLLECTION

## Men's Facials & Ritual

<b>Shiseido Deep Cleansing Detox Facial</b>	<b>60 min</b>	<b>650</b>
A deep cleansing facial treatment that targets your skin's imperfections and works to regulate, balance and rehydrate your face.		
<b>Shiseido Damage Defense Facial</b>	<b>60 min</b>	<b>650</b>
This treatment tackles the unique concerns of male skin: dehydration, sensitivity, dryness and oiliness, all of which are aggravated by daily shaving.		
<b>Shiseido Time Fighting Facial</b>	<b>60 min</b>	<b>650</b>
This high performance facial focuses on wrinkles and fine lines, and will reduce roughness and boost firmness of the skin. This age-defying treatment leaves your skin hydrated and firm to the touch.		
<b>ESPA De-Stress &amp; Relax</b>	<b>120 min</b>	<b>985</b>
This stress-relieving ESPA ritual totally balances the mind, soothes aching muscles and nourishes the skin. This includes back exfoliation, an aromatherapy back massage, purifying back mask, lower leg massage and a personalised facial.		

## Gentlemen's Tonic

<b>Royal Shave</b>	<b>380</b>
<b>Traditional Shave</b>	<b>250</b>
<b>Scalp Shave</b>	<b>200</b>
<b>Haircut</b>	<b>240</b>
<b>Beard Trim</b>	<b>120</b>
<b>Full Head Colour</b>	<b>336</b>
<b>Children's Haircut (up to 14 years old)</b>	<b>100</b>

# PEDI:MANI:CURE STUDIO

## BY BASTIEN GONZALEZ

Bastien Gonzalez, an internationally famous French podiatrist, has designed and developed exclusive treatments for the feet, hands, and nails whose uniqueness lies in the fusion of well-being and beauty.

<b>Bastien's Duo</b>	<b>75 min</b>	<b>720</b>
An award-winning synchronised four hand treatment focusing on feet, legs, hands and arms. The ultimate in manicure and pedicure luxury with total relaxation.		
<b>Pedicure de Bastien</b>	<b>60 min</b>	<b>470</b>
An overall pedicure including a nail treatment (gentle buffing to restore the natural beauty of the nails), followed by a treatment to eliminate hard skin and dryness, ending with a toe to knee massage.		
<b>Manicure de Bastien</b>	<b>45 min</b>	<b>310</b>
An exceptional cuticle and nail treatment, including a natural beauty finish to the nail and a thorough massage of the forearms, wrists, hands and fingers.		
<b>Colour Touch</b>	<b>20 min</b>	<b>79</b>
<b>Paraffin Touch</b>	<b>20 min</b>	<b>150</b>

All prices are inclusive of 10% Municipality fees and 10% service charge

# MEDI - SPA

LPG Excellence Treatment (Face & Body)	60 min	720
LPG Lipomassage Expert Treatment	40 min	480
LPG Cellulite Smoothing Expert Treatment	40 min	480
LPG Endermo Detoxifying Treatment	40 min	480
LPG Anti-Aging Face Endermolift	30 min	425
(Replumping/Firming/Resculpting)		

Consultation by Dr. Maurizio Viel	15 min	450
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Experience the remarkable work of Dr. Maurizio Viel, renowned for enhancing your appearance with botox, soft-tissue fillers and mesotherapy.

Starting from 1350

# SHUIQI FITNESS

A state-of-the-art fitness centre carrying Technogym's ARTIS range, which is a complete integrated collection of cardio, strength and functional equipment and is the first of its kind in Dubai.

Personal Training	60 min	210
Personal Training	5 sessions	950
Personal Training	10 sessions	1900
Assisted Stretching	30 min	150
Core Training	30 min	150
Couples Personal Training	60 min	315
Inbody Composition Analyser	30 min	200

# SHUIQI SALON

## Color

Full Colour		350
Roots Colour		300
Inoa Full Colour		650
Inoa Roots Colour		450
Full Head Highlights	S/L	390/470
Half Head Highlights	S/L	300/390

## Cut

Ladies Hair Cut		200
Ladies Shampoo, Cut and Blow Dry	S&M/L	280/300
Ladies Shampoo and Blow Dry	S&M/L	210/240
Children's Haircut (up to 14 years old)		100

## Treatments

Hair Conditioning Treatment		125
Chronologist Treatment	S/L	350/500
Keratin Treatment	- Prices vary depending on hair length	
Hair Dreams Extensions	- Prices vary depending hair length	

Waxing services are available upon request.

# Spa Etiquette

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## Opening Hours

The spa is open from daily 10:00am to 10:00pm.

The fitness centre is open daily from 5:00am to 10:00pm.

The services and facilities are for the use of guests 16 years of age and older.

## Reservations

We recommend making reservations in advance, particularly if you choose to enjoy multiple bookings during your stay. The spa provides walk-in bookings based on availability.

To make the most of your spa experience and support the benefits of your treatment, we recommend you arrive 30 minutes prior to your appointment to enjoy the facilities (Jacuzzi, steam room and sauna) and the relaxation lounge.

## Attire

During all treatments, your body is fully draped, except for the area that is being worked on. A robe, towel and sandals are provided for use before and after the treatment, however please bring your own swimwear for the wet facilities. Proper athletic attire and footwear are required in the fitness centre. While the spa provides lockers, it is recommended that you leave valuables in your guest room safe. The spa does not assume liability for any valuables.

## Health Conditions

When making a reservation or upon arrival kindly inform the spa reception of any medical conditions, allergies, injuries or disabilities. If you are pregnant, there are a few treatments that should be avoided, however there are many relaxing treatments that can be enjoyed.

Please inform the spa reception and state the number of weeks of your pregnancy.

## Etiquette

To ensure the spa environment is a haven of relaxation and tranquillity, ShuiQi is a mobile phone and smoke free zone. Please ensure all mobile phones and electronic devices are placed on silent or turned off.

## Prices

All prices are quoted in UAE Dirhams and include 10% Municipality Fee and 10% Service Charge. Prices are subject to change without prior notice.

## Cancellation and Reschedule Policy

If you need to reschedule or cancel your appointment, please notify the reception at least six hours in advance. With less than six hours notice, you will be charged for 100% of your treatment.

# SHUIQI

SPA & FITNESS

For more information or to book, call 61020 or email [dxs\\_spas@atlantisthepalm.com](mailto:dxs_spas@atlantisthepalm.com)  
or visit ShuiQi Spa on the Lobby floor in the West Tower



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