



R A F F L E S S P A

WE ARE COMMITTED
TO PROVIDING DEDICATED
PERSONAL SERVICE IN
AN OASIS OF REFINED LUXURY



The magnificence and beauty of the lotus is admired by cultures across the world. Elegantly delicate at first glance, the flower's daily transformation is an inspiring symbol of revitalization and raw natural strength. It begins as a bud of pure vitality beneath the water's surface. At sunrise, it breaks through into the fresh air, radiant in full bloom, then retires once more to the calm stillness of the water when night falls. It is this regenerative rise and retreat following the natural rhythm of the day that influences our vision for a Raffles Spa. We believe that a balance between exertion and relaxation is the key to achieving a feeling of inner tranquility and rejuvenation.

Raffles Spa Journeys are considered a mix between traditional and local methods, each ready to be expertly personalised to ensure that your sensory escape is everything you hoped for and more. Our thoughtful and knowledgeable therapists will guide you on a journey to rediscover mental, physical and spiritual harmony, leaving you feeling enlivened and transformed.

Escape. Indulge. Transform.

This is Raffles Spa.

OUR SPA

Raffles Spa features exclusive rejuvenating treatments, inspired by Asian, Middle Eastern and European traditions. Raffles Spa is the perfect environment for living well, encompassing 6 comfortable spa suites inclusive of one couples suite and over 1200 square metres of spa and wellness facilities.

Our Spa features male and female areas, Jacuzzi, as well as sauna and steam rooms, with access available to hotel guests, private members and to our local residents. Our outdoor pool offers stunning panoramic views of the city of Dubai complete with a fitness centre offering personal training.





OUR PRODUCT PHILOSOPHY

When choosing products for each of the Raffles Spas around the world, we place careful emphasis on many aspects. With luxury in mind, each chosen brand is proven in delivering results-driven treatments which are tailor-made to suit the needs of our valued travellers. Environmental sustainability is considered whenever and wherever possible, reflecting our social responsibilities as a brand. Our relationships with the product houses are important in ensuring we have the finest spa products and training available for each and every encounter with our guests.

KERSTIN FLORIAN

Kerstin Florian is a luxury skincare company that focuses on results. The guiding philosophy of Outer Beauty, Inner Health inspires a sense of wellbeing through powerful plant, marine and technically-advanced ingredients as well as professionally-designed spa services.

AROMATHERAPY ASSOCIATES

Experience the simple pursuit of sharing the true power of essential oils and the incredible effects they have on the body and mind. These blended essential oils with unique active botanicals have led to remarkable innovations in skincare resulting in beautiful, glowing, healthy skin free from harsh chemicals and unnecessary synthetics. Experience the benefits of Aromatherapy Associates.

SHIFFA DUBAI

The Shiffa core philosophy is to create luxury and exceptionally functional products that truly work effectively for the body and mind. Shiffa products are made from the most precious combinations of ingredients to create a unique product line that delivers exceptional results. Created by Dr. Lamees Hamdan, an Emirati Dermatologist, Shiffa Dubai offers an authentic Arabian experience in every treatment.

KERSTIN FLORIAN



RAFFLES WELLNESS

We know that exercise is a vital component to daily life, especially for travellers on the go, and we appreciate the desire for high-quality, well-equipped fitness facilities. Our Fitness Centre provides spacious, customised, wellness areas and supplies fitness facilities to meet all your needs. Catering to your own fitness level, ability or age, our dedicated wellness professionals are here to assist you in achieving your personal health and fitness goals, supporting you every step of the way.

Raffles Spa offers:

- Personal training
- Outdoor swimming pool
- Male and female lockers areas with Sauna, Steam Room and Jacuzzi
- Relaxation areas
- Showers

PERSONAL TRAINING

Attain peak performance whilst achieving your desired fitness results. We would be delighted to help you create a customised programme, aimed at balancing physical activity with relaxation.

MEMBERSHIPS

Raffles Spa offers an exclusive 1 year membership, giving you access to our comprehensive spa and wellness facilities at our properties around the world. As a valued member, you will enjoy the following benefits:

- 1 x 60 minute complimentary massage per year
- Use of facilities including locker areas and outdoor pool
- 3 x complimentary personal training sessions per year
- Valet parking when using the facilities
- 20% off on spa treatments
- 20% off on restaurants managed by Raffles Dubai

The fitness centre is open at the following times:

Pool: 6.30am - 10.00pm Monday to Saturday,
6.30am - 8.00pm Sunday

Fitness Centre and Spa Facilities: 6.30am - 11.00pm,
open daily

HYDROTHERAPY WELLNESS EXPERIENCES

Steam Room Wellness

Maintained at 42-45°C, the humid aromatic heat experience is highly beneficial for those that suffer from asthma and bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session lasts 10-15 minutes and that you keep your body well hydrated afterwards. Humid heats are especially beneficial before or after a massage treatment to increase circulation.

Sauna Wellness

Maintained between 85-90°C, this dry heat soothes and warms the muscles, relieving tension from your body and minimising joint pain. This is especially beneficial for those who suffer from illnesses such as arthritis, painful migraines, and headaches, or as a way of warming the body after an intense workout or treating the common cold. Dry heat is recommended for 10-15 minutes daily and it is important to ensure that your body is kept well hydrated afterwards.

Jacuzzi

Maintained at a temperature of 38°C, this luxurious bespoke pool is equipped with air and water jet features, such as a hydro back bench, air tubs, and body massage. The Jacuzzi helps to increase circulation and alleviate joint pain.

Outdoor Swimming Pool

Our outdoor swimming pool spans 22 meters in length and supplements your experience with an outdoor heated Jacuzzi, 4 water loungers and a kids pool.

SPA ETIQUETTE

SPA EXPERIENCE

Raffles Spa offers a variety of luxury experiences using only the very best in spa products. Choose from a variety of massages, body treatments, facials and Spa day packages.

SPA ENVIRONMENT

Raffles Spa is a quiet sanctuary. For your peace and privacy, phones and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let our staff know.

MAKING SPA APPOINTMENTS

T +971 4314 9870 (or dial extension 870)
E spa.dubai@raffles.com

The Spa is located on the 4th floor of Raffles Dubai. Advanced reservations are recommended to ensure availability. Our Spa Hosts will be delighted to guide you to select your spa experience.

FEES AND SERVICE CHARGE

Local Municipality Fees (10%) and Service Charge (10%) are included in the treatment price.

SPA CANCELLATION POLICY

If you must reschedule or cancel any spa appointments or packages, please notify the Spa 4 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services. The same applies for no shows. Valid Credit Card is required to secure your booking.

SPA ARRIVAL AND ETIQUETTE

We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience.

To make any changes to your booking, please contact Spa reception at T +971 4314 9870 (or dial extension 870)

PERSONAL MATTERS

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we may better customize your experience to your needs.

SPA ATTIRE

You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. We request that you please leave jewellery and valuables in your hotel room safe or the locker provided for you.

GIFT CARDS

Gift cards for all spa services and packages are available for purchase. Please contact our Spa Reception Hosts for further information.

TO BOOK YOUR SPA JOURNEY

T +971 4 314 9870 (or dial extension 870)

E spa.dubai@raffles.com

OPENING HOURS

Pool: 6.30am - 10.00pm Monday to Saturday, 6.30am - 8.00pm Sunday

Spa Treatments: 9.00am - 9.00pm, open daily

Spa Facility & Fitness Centre: 6.30am - 11.00pm, open daily

RAFFLES SPA

Raffles Dubai, Sheikh Rashid Road

Wafi City, Dubai, United Arab Emirates

T +971 4 314 9870

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RAFFLES

DUBAI
رافلز دبي

Raffles Spa Journeys assure the act of inner and outer transformation by travelling from one place to another through sensory pleasures, unique surroundings and rejuvenating sensations. Leave feeling well-rested and on your journey to living well.

LAVENDER BLISS

120 minutes.....AED 979

Relax. Dreams of lavender fields kissed by the French sun envelop your senses as you drift on waves of blue. Breathe deep. Inhale the calming and balancing benefits of Wild Lavender in this completely uplifting and rejuvenating spa experience. Includes a two-step invigorating full body scrub, a warm wrap with pressure point scalp massage, and a full body massage with warm, healing stones.

MOROCCAN GOLD HAMMAM

120 minutes.....AED 979

A traditional Moroccan hammam experience combines the precious healing powers of gold. This authentic cleansing experience begins with gentle heat of steam to soften and prepare the skin for exfoliation. Eucalyptus scented black soap purifies the body and clears your senses. A vigorous exfoliation with a Moroccan hammam mitt leaves your skin stimulated and re-energised. Your face and body are replenished with the rejuvenating gold clay body mask with extracts of myrtle to heal and purify. To finish, gold infused precious body oil is massaged into the skin leaving you with a radiant glow.

ROSE COUPLES INDULGENCE

120 minutes.....AED 1,959

Unwind in this journey of Luxury Rose to complete harmony as you begin your treatment with a private Jacuzzi. A full body exfoliation follows using Olive seed grains bathed in Rose to leave your skin soft and supple. Next, a tailored full body massage to help ease and relax the mind, body and soul. End this journey with a hydrating refresh facial massage to complete the top to toe treatment. Perfect for a tranquil time together.

For the most advanced facial results, Kerstin Florian is proud to present their K- Lift Age Management System. This advanced system integrates the strength of three modalities, each penetrating deep into the transdermal layers of the skin, targeting a specific function to improve overall skin rejuvenation. Benefits include: triggering collagen production which lifts and tones, reducing lines and smoothing wrinkles, and tightening facial contours resulting in younger, healthier-looking skin. Expect to see visible results after your first session or book a series for long-lasting, effective results.

**RADIANCE FACELIFT
USING KERSTIN FLORIAN'S K-LIFT TECHNOLOGY**

90 minutes.....AED 749

Featuring Kerstin Florian's Signature Caviar collection, this decadent facial provides immediate anti-aging results by infusing essential nutrients to the deep layers of the skin. This non-invasive therapy offers immediate results using the Kerstin Florian patented K-Lift machine. The treatment uses three high-performance energy technologies: red LED light therapy, impulse micro-currents (kinetic energy), and Kerstin Florian active ingredients. The Radiance Facelift improves dermal density while triggering collagen production to restore cell function resulting in smoother lines and a youthful, radiant complexion.

VITAMIN C LUMINESCENCE FACIAL

60/90 minutes.....AED 499/AED 729

This specific treatment delivers brightening and clarity for immediate luminosity. With this results-driven facial, the hands, face, neck and décolleté are treated to effective formulas that even out skin texture and tone. Using a powerful blend of skin-illuminating botanicals and Acti-5 Brightening Complex, along with a multi-acid peel, a concentrated Vitamin C ampoule, and a unique cooling masque with luminous rice; skin appears lighter, brighter and more refined.

*This facial can be upgraded with the K- Lift technology

DEEP CLEANSING EXTRACTION FACIAL

60 minutes.....AED 459

A deep cleansing purifying treatment customized for all skin types using Kerstin Florian. This facial includes an exfoliating peel to renew the skin, a deep-cleansing massage to promote circulation and a masque to balance and nourish the skin.

*This facial can be upgraded with the K-Lift technology

K-LIFT EXPRESS ADD-ONS.....AED 299

Any of our facials above can be upgraded to accommodate the K-Lift technology, please ask one of our spa specialists about how we can accommodate you with this upgrade.

EXPRESS LIFT

A preventative treatment designed to maintain energy in the cells, strengthen muscle tone, and delay the aging process.

EXPRESS EYES

Designed to help strengthen the muscles, brighten the eye area, and assist increased circulation. Express Eyes is ideal for targeting the signs of aging around the eye area to diminish the look of fine lines and wrinkles.

EXPRESS LIPS

Lip lines, lower cheeks, and jaw areas are lifted, toned, and smoothed with this treatment specifically designed for the lip and lower portion of the face. Fine, feathery lines around the lips are smoothed and jaw muscles are lifted to help achieve a more youthful looking appearance.

EXPRESS CONGESTION

This treatment is designed for oily skin conditions to help eliminate excess sebum, increase lymphatic drainage, and enhance circulation. It also helps to reduce puffiness and inflammation.

FACIAL ENHANCEMENTS

- Eye or Lip Rescue
- Ampoule Therapy

ENRICH YOURSELF

90 minutes.....AED 749

Give your body the intense nourishment it needs with this luxurious Aromatherapy Associates treatment designed to rejuvenate dry skin and revitalise the senses. Begin your treatment with a full body scrub, which will exfoliate, soften and hydrate the skin. Using a body butter exotically scented with flowers such as Jasmine, Patchouli and Geranium, harmoniously work together to help lift emotions, nourish the skin and leave you feeling enriched. The experience ends with a balancing hair oil application to moisturise and condition the scalp and hair.

SHIFFA DETOX BODY WRAP

90 minutes.....AED 729

This detoxifying body treatment includes a stimulating basil and mint body exfoliation to uplift your senses, followed by a deeply cleaning aromatic clay body mask to purify and stimulate. An invigorating scalp massage further assists in the cleaning treatment. Leave feeling refreshed and softened with the energizing body oil.

ARABIAN NIGHTS

60/90 minutes.....AED 479/AED 709

Allow the scents of Sandalwood, Frankincense and Rose to transport you back to the ancient times of Arabia. An indulgent recipe of exotic flowers, sweet fruits and rich oils gently nourishes and exfoliates the skin. Unwind on this endless journey, finishing with a heavenly massage using warm aromatic oils which relax the mind and body yet awaken all your senses.

RAFFLES DUBAI SIGNATURE MASSAGE

90 minutes.....AED 749

Authentically inspired and culturally connected the Raffles Signature massage will leave you feeling enlightened and revived. The treatment begins with a cleansing foot ritual and follows with a full body massage using essences of Sandalwood and Cedarwood oils. Your therapist integrates stretching and pressure point massage down the meridians of the body to release stress and tension. Deep breathing techniques help relax the mind and body for an overall feeling of rejuvenation.

ANCIENT HOT STONE MASSAGE

90 minutes.....AED 729

This indulgent body treatment soothes muscle tension and encourages blood circulation. Using nourishing essential oils and warm volcanic stones to penetrate tired aching muscles, combined with gentle stretching techniques, activates various energy points allowing you to unwind into a restful state of mind.

MUSCLE DE-STRESS MASSAGE

60/90 minutes.....AED 479/AED 709

Using the Aromatherapy Associates De-Stress Muscle Oil, this massage uses Rosemary, Black Pepper and Ginger which is absorbed deep into the muscle. The therapist will apply medium to deep pressure, according to your specific needs. Soothe achy tired muscles and decompress your nerves as we release all your worries.

Note: This treatment may create some muscle soreness up to 24 hours afterwards.

ABSOLUTE RELAXATION MASSAGE

60/90 minutes.....AED 459/AED 689

Calm yourself after a long journey and rest easy with Aromatherapy Associates Deep Relax Massage Oil. Aromas of Vetiver, Chamomile and Sandalwood assist in calming your overactive mind and help bring you to a more restful state.

ORIENTAL FOOT REVITALIZER

60 minutes.....AED 459

Designed to soothe tired and achy feet. Experience deep relaxation and revitalization in this feet focused pampering. A remineralizing foot scrub is followed by a massage of the feet. Concentrating on vital energy and reflex points to recharge the body, mind and spirit.

ROMANTIC RETREAT

90 minutes.....AED 1,498

Our signature couples retreat is offered in our Spa Suite featuring a Jacuzzi for two and side-by-side massages. Let the pressure of everyday life melt away as you submerge in a romantic candlelight bath with special Raffles touches

TOGETHERNESS

60/90 minutes.....AED 915/AED 1,379

Take time away to be together. Relax and enjoy side by-side massages in the Raffles Spa Suite using our signature oils.

For those of you who wish to upgrade any of our present treatment list with additional time and services, or for those who don't have the time to stay and indulge, we have created mini treatments to suit all your skin care needs, ensuring complete relaxation and rejuvenation.

Choose from a variety of 30 minute treatments including:

REVIVING FOOT TREATMENT.....	AED 249
BACK, NECK AND SHOULDER MASSAGE	AED 249
HEAD MASSAGE.....	AED 249
EXPRESS BODY SCRUB	AED 269
EXPRESS FACIAL.....	AED 269
EXTRA TIME IN THE ROOM	AED 299