

AMARA



Set amidst the serene private patios, Amara Spa at Park Hyatt Dubai offers a heavenly setting for relaxation. Experience the harmony between natural ingredients & state of the art wellness concepts, with a wide range of spa treatments including our signature massages, rejuvenating facials and lavish rituals.

Everyday 9.00am -10.00pm

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@parkhyattdubai | www.dubaicreekresort.com | #amaraspa

DURATION (MINS) RATE (AED)

AMARA SPA ULTIMATE PACKAGES

Amara Couple Journey	180	3200 per couple
Citrus Glow	180	1600 per person
Mother To Be	90	1000 per person
Ladies Day Out*	90	850 per person

*Price stated per person for a minimum group of 4 pax

EXCLUSIVE BODY CEREMONIES

Golden Quartz Ceremony <i>by Gharieni</i>	120	1200
Amara Signature Ceremony	120	1100
Holistic Ceremony	120	1100
Citrus Splash Ceremony	120	1100

RED CARPET FACIALS BY NATURA BISSE

Diamond Life Infusion	90	1450
Inhibit Face-Lift	60/90	800/1150

FACIALS BY HYDROPEPTIDE

Advanced Anti-Aging	60/90	700/900
Deep Cleansing	90	900
Moisture Miracle	75	800
The Vitamin C Firm & Glow	60	700
Detox & Clarity	60	700

Enhance your facial experience with these add ons

Collagen Face, Eye & Neck Mask		300
Plasma Light & ion Therapy <i>by Gharieni</i>		150
Uplift Caviar Eye		130
Restore Plumping Lip		70

GHARIENI STATE OF THE ART EXPERIENCES

Welnamis Therapy (<i>touch free</i>)	30	250
Welnamis Anti Jet-Lag	60	600
iDome Therapy (<i>touch free</i>)	30	250
iDome Express Detox & Restore	30	550
iDome Deep Muscle Recovery	60	600

MASSAGES

Golden Quartz Delight <i>by Gharieni</i>	60/90	700/900
Amara Signature Massage	60/90	600/800
Deep Tissue	60/90	600/800
Hot Stone	90	800
Thai Fusion	90	800
Head/Back/Feet Massage	30	350

BODY THERAPIES

Lipocell Sculptor	75	750
Anti-Cellulite	75	750
Detox Wrap	60	650
Body Exfoliant	30	350
Ear Candleing	30	350

All prices are in UAE Dirhams inclusive all taxes and service charges

AMARA SPA ULTIMATE PACKAGES

Pamper yourself and loved one with our bespoke Amara Spa packages.
All packages complementary to an Amara Spa Bento Lunch of your choice.v

Amara Couple Journey | 180 min

Body Exfoliant 30 min – Body Wrap 30 - Amara Signature Massage 60 min – Facial 60 min

Our best-seller for couple's gateways/half-day spa experience.

Citrus Glow Journey | 180 min

Body Exfoliant & Wrap 60 min – Massage 60 min - Vitamin C Firm & Glow Facial 60 min

This experience takes you through the journey of aromatherapy. Active ingredients combined with antioxidants, cleansing your skin and leaving you glowing from head-to-toe.

Mother To Be Package | 90 min

Pregnancy Massage 45 min – Customized Facial 45 min

A package created around your women's individual needs at this special time.

Ladies Day Out | 90 minutes

Looking for a Spa Day for you and close friends, our Ladies Day out includes a luxury individual treatment along with Bento lunch at the pool bar, using of our stunning Amara Pool facilities.

Choice of one 90-minute treatment:

- Amara Massage 60 min and Mini-Facial 30 min
- Body Exfoliant 30 min and Amara Massage 60 min
- Amara Massage 90 min

EXCLUSIVE BODY CEREMONIES

Golden Quartz Ceremony by Gharieni | 120 min

Body Exfoliant 30 min – Golden Quartz Delight 90 min

This ceremony is designed to pamper both body and mind combining the latest wellness technology with natural ingredients and traditional healing techniques. Amara Signature scrub followed by a unique massage treatment from Gharieni where warm quartz sand takes you on an experience of millennial tradition, immersed in “sun-drenched” sand combined with inversion and Tibetan singing bowls sound therapy.

Amara Signature Ceremony | 120 min

Body Exfoliant 30 min – Amara Signature Massage 90 min

This restorative and deeply invigorating ceremony begins with an exfoliating experience using sandalwood powder, Dead Sea salt and grapeseed oil leaving your skin wonderfully soft, detoxified and youthfully radiant. Continued with a deep, rhythmic massage featuring our signature Amara massage oil.

Holistic Ceremony | 120 min

Hot Stone Massage 90 min – Ear Candling 30 min

An ideal treatment for connecting mind to body and for those who wish to alleviate muscle tension. The ceremony combines Hot Stones massage and traditional ear candling treatment offering relief from sinusitis, headaches and excessive wax.

Citrus Splash Ceremony | 120 min

Body Exfoliant 30 min – Wrap 30 min – Massage 60 min

Aroma blend of Grapefruit, Mandarin and Orange complements the richness of Thai White Mud known for its high mineral and firming property. Grapefruit is an anti-cellulite and reduces water retention whilst Mandarin and Orange energizes, leaving your body glowing and toned.

RED CARPET FACIALS BY NATURA BISSE

Getting ready for special occasion or looking for immediate visible results? With Natura Bisse legacy for potent concentrations of exquisite ingredients, the products and techniques used in those advanced anti-aging facials defines the finest efforts in innovation.

Diamond Life Infusion | 90 min

Bespoke facial chosen by celebrities as a Red Carpet pre-routine. This intensive, comprehensive treatment results in firmer, more luminous and visibly younger looking skin. Redefines your facial contour, improves skin texture and fades wrinkles and expression lines in just one session. An amazing youth elixir that unveils renewed skin that is soft, smooth and wonderfully rejuvenated.

Inhibit Face-Lift | 60/90 min

The treatment protocol combines Inhibit's revolutionary professional products with the most advanced facial massage technique to effectively soften wrinkles, reduce expression lines and correct signs of aging. It's the perfect alternative or supplement to medical esthetic procedures. A 90 min experience upgraded with neck, décolletage and jaw line add-ons to define angles and reinstate youthful contour in no time.

FACIALS BY HYDROPEPTIDE

Advanced Anti-Aging | 60 min/90 min

This fan-favourite anti-aging facial works to restore skin's even tone, firmness, brightness and youthful hydration. Six Botanical stem cells work to protect from external stressors while peptides rejuvenate and revitalize. Combine the best of science and nature to achieve age-defying results. For impressive results, select the 90 min experience which combines LED Light Therapy and a Micro current lifting massage.

Deep Cleansing | 90 min

Unclog your pores and speed up your skin renewal, to reveal deeply clean, clear and glowing skin. A combination of salicylic acid and bacteria fighting peptides improve skin smoothness and balance oil production whilst natural enzymes extract impurities. This treatment includes extractions or Ultrasound cleansing.

Moisture Miracle | 75 min

Formulated with an ultra-rich combination of replenishing botanicals, nourishing antioxidants and reparative peptides, this facial treatment will infuse deep restorative hydration leaving your skin feeling soft, nourished and renewed.

The Vitamin C Firm & Glow | 60 min

This Potent Patented Vitamin C facial treatment is perfect for those looking to bring back youthful firmness and glow to dull skin. A Vitamin C enzyme peel combined with a unique pure Vitamin C delivery system and double Vitamin C and peptide mask application encourage firming and brightening leaving your skin feeling smooth and radiant.

Detox & Clarity | 60 min

Helps to detoxify and decongest whilst gently exfoliating impurities helping the skin to clarify and rebalance. Perfect for skins that are exposed to pollution, environmental stresses and damaging free radicals. Raw Honey and Natural Peat provides Nutrients, Skin enhancing Vitamins and a natural anti-aging hydration which uplifts this advanced superfood skin booster.

Enhance your facial experience with these add ons

Collagen Face, Eye & Neck Mask

Enhance facial results with these Polypeptide Collagen Masks for the face, neck and eyes. To promote a youthful complexion, Hydrogel technology is infused with key collagen supporting peptides and hydrating nutrients to reduce the appearance of fine lines and wrinkles whilst brightening aged spots.

Plasma Light & ion Therapy by Gharieni

Enhance your facial experience with the innovative method for cosmetic treatments from Gharieni. Ions penetrate through the skin to stimulate cell metabolism whilst simultaneous inhalation through mouth and nose adds to the positive benefits for the whole body including organs and muscles.

Uplift Caviar Eye

Combat all eye area concerns with this ultimate restoring eye treatment. Eyes will instantly appear illuminated with a unique blend of crushed Mica and Pearl.

Restore Plumping Lip

Achieve smooth and soft lips with a brightening microdermabrasion peel whilst locking in perfect hydration with peptides. Diminish the appearance of vertical lip lines and leave with perfectly plump lips.

GHARIENI STATE OF THE ART EXPERIENCES

Amara Spa has partnered with Gharieni – the world’s leading manufacturer of high-quality spa equipment, which takes wellness to the next level by creating a synergy between nature, science and technology.

Welnamis Therapy | 30 min

Gharieni Welnamis – is an acoustic and vibrational therapy that trains the brain to relax and benefit from deep relaxation techniques. Similar to meditation, specific sounds slow down mental activity and vibrational frequencies act specifically on the energy centres of the body.

Welnamis Anti Jet-Lag | 60 min

Amara Spa designed the program combining a 30 min massage followed by a 30 min enhancing Welnamis Therapy experience along an audio journey to attain a deep, relaxed state.

iDome Therapy | 30 min

The iDome far infrared therapy is a soft and powerful technique, allowing the body to rise significantly in temperature whilst undergoing the process of detoxing, slimming, anti-aging, muscle preparation and recovery as well as relaxation.

iDome Express Detox & Restore | 30 min

Perfect combination of iDome far infrared technology with rejuvenating mini facials, eliminating toxic build-up through sweat and cleanses the body. The cooling Hydro Peptide mask boosts collagen in the skin for a plumper and firmer appearance.

iDome Deep Muscle Recovery | 60 min

Touchless iDome Therapy followed by a neck, back and shoulders massage, customized to your needs, relieves muscle inflammation, stiffness and soreness and enhances recovery after physical efforts.

MASSAGES

Golden Quartz Delight *by Gharieni* | 60 min/90 min

A real pleasure for your senses is this unique massage treatment performed in a quartz sand bed, ideal for relieving muscle tension, balancing energy and enhancing cell rejuvenation. Receive the benefits of cocooning psammo therapy.

Amara Signature Massage | 60 min/90 min

This deep, rhythmic massage features our signature Aroma oil — a sumptuous blend of frankincense, amber and sandalwood. The oil is gently warmed, softening the skin and soothing the spirit amid rich perfumes of the East.

Deep Tissue Massage | 60 min/90 min

An intense massage that focuses on specific muscles and muscle groups, perfect for the active and athletic individual. Deep manipulations relieve aches and discomfort and aid the natural healing process.

Hot Stone Massage | 90 min

Smooth volcanic stones are warmed and used as an extension of the therapist's hands. Revel in the comforting sensation as penetrating heat combines with powerful therapeutic essential oils to dissolve muscular stress and tension.

Thai Fusion Massage | 90 min

Our therapist uses hands and feet along with yoga stretches, compressions and gentle rocking to relieve stress and tension in joints and muscles. Life force will be reawakened, strengthening your flexibility and mobility. Thai pajamas provided.

Head/Back/Feet Massage | 30 min

When limited with time this personalized massage works on specific areas you would like to target.

BODY THERAPIES

Anti-Cellulite | 75 min

Specialized treatment targeting areas of fluid retention, cellulite and uneven skin tone. A stimulating massage works the legs and abdomen using a powerful body sculpting ingredient followed by a firming and detoxifying mask that will noticeably tone and tighten areas of concern. For significant results, it is recommended to combine with **iDome Therapy by Gharieni**.

Detox Wrap | 60 min

This restorative and deeply invigorating treatment begins with a Dead Sea salt polish followed with a softening, muscle-melting detox wrap, promising to re-mineralize and detoxify your body, whilst improving circulation. To maximize the benefits and stimulate metabolism combine with **iDome Therapy by Gharieni**.

Body Exfoliant | 30 min

With our customized body scrubs, your skin will have a smoother, more consistent appearance and youthful glow.

Ear Candling | 30 min

This traditional therapy offers relief from sinusitis, headaches and excessive wax. A pressure-point massage of the ears, head and neck enhances the treatment's cleansing effects.

For a better experience combine with **Welnamis Therapy by Gharieni**.

Lipocell Sculptor | 75 min

Reshape your body contour with this rich and rewarding treatment resulting visibly smoother, radiant and more elastic skin appearance. This treatment begins with full body exfoliation followed by application of an ultra-concentrated slimming and ant cellulite gel. Complemented with algae therapy sculpting body mask which prepares your skin for remodeling massage.

In order to maximize the benefits recommended as course in combination with iDome Therapy by Gharieni.

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