

AMARA



Set amidst the serene private patios and find your inner harmony with AMARA Spa at Park Hyatt Dubai by creating your own fresh recipes of time-tested rituals, combined with state of the art wellness concepts and high-end aesthetics products. AMARA Spa offers wide range of spa treatments including our signature massages, body therapies, rejuvenating facials and lavish rituals at the unique setting surrounded by palm trees, bougainvillea's and frangipani trees, treatment rooms with private outdoor showers and patios where you can reconnect with nature and unwind your mind.

Everyday 9.00am -10.00pm

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	DURATION		RATE (AED)	
AMARA SPA ULTIMATE PACKAGES				
AMARA Red Carpet Couple Journey	180	min	4500	per couple
AMARA Signature Couple Journey	180	min	3500	per couple
Bespoke Couple Ceremony	150	min	3000	per couple
AMARA Men`s Package	150	min	1500	per person
Mother-to-be Package	90	min	1100	per person
EXCLUSIVE BODY CEREMONIES				
AMARA Signature Ceremony	120	min	1200	
Citrus Splash Ceremony	120	min	1200	
Desert Rose Ceremony	120	min	1200	
Bespoke Blend Ceremony	120	min	1200	
Ceremony for Him	120	min	1200	
RED CARPET FACIALS BY NATURA BISSE				
Diamond Life Infusion	90	min	1550	
Inhibit Face Lift	60\90	min	900\1250	
FACIALS BY HYDROPEPTIDE				
Advanced Anti-Aging	60\90	min	750\950	
Deep Cleansing	90	min	950	
Moisture Miracle	75	min	850	
The Vit C Firm & Glow	60	min	750	
Detox & Clarity	60	min	750	
Collagel Essential Facial	30	min	450	
GHARIENI STATE OF THE ART EXPERIENCES				
Golden Quartz Delight	60\90	min	680\880	
iDome Deep Muscle Recovery	60	min	680	
Touchless iDome Therapy	30	min	300	
MASSAGES				
Amara Signature Massage	60\90	min	680\880	
Deep Tissue	60\90	min	680\880	
Therapeutic Massage	60\90	min	680\880	
Thai Massage	90	min	880	
Hot Stone	90	min	880	
Reflexology	60	min	680	
Head / Back / Foot massage	30	min	380	
BODY THERAPIES				
Anti-Cellulite	75	min	880	
Detox Algae Wrap	60	min	780	
Body Scrub on choice	30	min	380	

AMARA SPA ULTIMATE PACKAGES

Unify the bond between you and your partner, friend or beloved one with this exclusive retreats available for one or two guests. All packages complementary to the Amara Spa Bento Lunch of your choice.

AMARA Red Carpet Couple Journey - 180 min

Customized Massage 90 min - Diamond Life Infusion Facial 90 min

We've created this high-end exquisite package to pamper and indulge your body and mind while achieving immediate visible results. The ritual combines full body massage tailored to your preferences with famous Diamond Life Infusion facial from Natura Bisse, enjoyed by celebrities before a red carpet appearance. The active ingredients of Natura Bisse Diamond Collection designed to achieve extraordinary rejuvenating benefits, more luminous and visibly younger looking skin.

AMARA Signature Couple Journey - 180 min

Body Scrub&Wrap 60 min - Amara Signature Massage - 60 min - HydroPeptide Facial 60 min

A couple journey towards a blissful time together begins with welcoming foot ritual followed by sandalwood powder and pink Himalayan salt body scrub gently exfoliating skin. Continues with body wrap and signature massage, meticulously performed with AMARA oil derived from the essence of Bergamot, Sandalwood and Myrrh. To complete the journey a 60 min facial from HydroPeptide will be customised based on your skin needs.

Bespoke Couple Ceremony - 150 min

Couple Ceremony on choice 120 min - Collagel Essential Facial 30 min

Enjoy a Spa escape and immerse yourself in top-to-toe ritual of pure relaxation. Choose one of our exclusive body ceremonies - AMARA Signature, Citrus Splash, Desert Rose, Bespoke, Floral or For Him Ceremony that will be complemented with Collagel Essential Facial.

AMARA Men's Experience Package - 150 min

Body Scrub 30 min - Therapeutic Massage 90 min - Collagel Essential Facial 30 min

Perfect combination of treatments that any man needs. Starting the journey with full body scrub - blend of natural ingredients based on your individual needs, followed by therapeutic massage targeting the most tensed areas of back, neck and shoulders. Experience complemented with Collagel Essential Facial to calm after shave irritation, soothe and bring radiance.

Mother-to-be Package - 90 min

Pregnancy Massage 45 min - Customized Facial 45 min

Package created around women's individual needs at this special time. Perfect combination of relaxing massage and customised facial.

EXCLUSIVE BODY CEREMONIES

AMARA Signature Ceremony - 120 min

Body Exfoliant 30 min - Amara Signature Massage 90 min

The treatment begins with blended sandalwood and pink Himalayan salt body scrub, followed by rejuvenating full-body massage, based on the nourishing property of AMARA Signature oil - blend of Bergamot, Sandalwood and Myrrh essential oils.

Citrus Splash Ceremony - 120 min

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

Perfect sensory experience and indulgent body treatment. The vitamin C essence body scrub and body mask are applied, gently exfoliating, hydrating and firming the skin. Followed by aroma body massage engaging all the senses and resulting in blissful relaxation.

Desert Rose Ceremony - 120 min

Body Exfoliant 30 min - Aroma Massage 90 min

The fine grains of sand scrub perfectly exfoliate, keeping your skin soft, clean and healthy. Followed by relaxing massage with rose oil famous for it's healing benefits, moisturizing and fighting inflammation, while relieving stress and promoting circulation.

Bespoke Blend Ceremony - 120 min

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

Create your own bespoke body experience, blend your scrub and body wrap guided by your spa therapist. Himalayan salt, sandalwood and coffee, cinnamon and cardamon, herbs and spices, various essential oils and other ingredients to tailor your top-to-toe ceremony.

For Him Ceremony - 120 min

Body Exfoliant 30 min - Customized Massage 90 min

Addressing to the most common problems on shoulder, neck and lower back, this energizing massage excels with firm technique and heated essential oils to increase the warming sensation of the body. Hot stones and hot pad further restore your energy level.

RED CARPET FACIALS BY NATURA BISSE

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.

Deep Cleansing - 90 min

Unclogs pores and speeds up skin renewal, resulting in deeply cleansed and revitalized skin. It combines salicylic acid with bacteria-fighting peptides to enhance skin smoothness and balance oil production. Its effectiveness lies in clearing whiteheads, blackheads, and impurities, leading to a visibly clearer complexion.

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.

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.

Collagen Essential Facial - 30 min

Light cleansing and exfoliation followed by Polypeptide Collagen mask 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.

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.

Golden Quartz Delight by Gharieni - 60\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.

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.

Touchless 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.

MASSAGES

Amara Signature Massage - 60\90 min

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

Deep Tissue Massage - 60\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.

Therapeutic - 60\90 min

This tailor-made massage addresses specific aches and tension spots. Using a combination of various massage techniques, our therapist will help relieve muscle tightness and restore flexibility.

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 Massage - 90 min

Oil-free massage therapy that focuses on pressure points, energy lines and basic body forces. The ancient techniques provide relaxation, balance in the body's various centers, healthy blood circulation and overall flexibility. Thai pajamas provided.

Reflexology - 60 min

This foot reflexology ritual stimulates pressure points on your feet to relax tensions throughout the body. Fatigue and stress disappear, and you immediately feel lighter and revitalised.

Head / Back / Foot massage - 30 min

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

BODY THERAPIES

Restore vitality inside and out with our selection of scrubs and body work.

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 Algae Wrap - 60 min

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

Body Polish on choice - 30 min

Customise your own body polish with our beautiful selection of natural ingredients – spices, herbs and various oils to smooth and clean the skin. This treatment could be an add on to a massage for a complete rejuvenation.

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