

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 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 Signature Couple Journey	180 min	3700 per couple
Bespoke Couple Ceremony	150 min	3200 per couple
AMARA Men's Package	150 min	1500 per person
Mother-to-be Package	90 min	1100 per person
EXCLUSIVE CEREMONIES		
AMARA Signature Ceremony	120 min	1300
Citrus Splash Ceremony	120 min	1300
Desert Rose Ceremony	120 min	1300
Bespoke Blend Ceremony	120 min	1300
Magnesium Renewal Ceremony	120 min	1300
CBD Ceremony by OTO	120 min	1300
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
Collagen Essential Facial	30 min	450
RED CARPET FACIALS BY NATURA BISSE		
Diamond Life Infusion	90 min	1500
Inhibit Face Lift	60 min	800
HOLISTIC FACIALS BY OTO		
OTO Nourish & Flow	60 min	750
OTO Calm & Restore	30 min	400
MASSAGES		
Amara Signature Massage	60\90 min	700\900
Deep Tissue	60\90 min	700\900
Therapeutic Massage	60\90 min	700\900
Thai Massage	90 min	900
Hot Stone	90 min	900
Reflexology	60 min	700
Head / Back / Foot massage	30 min	400
BODY THERAPIES		
Anti-Cellulite	90 min	950
Detox Algae Wrap	60 min	800
Magnesium Recovery Wrap	60 min	800
Body Scrub on choice	30 min	400

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

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 Set Menu Lunch of your choice.

AMARA Signature Couple Journey - 180 min

Body Scrub&Wrap 60 min - Amara Signature Massage 60 min - 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 Blend, Magnesium Renewal or CBD Ceremony by OTO 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, sooth 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.

Citrus Splash Ceremony - 120 min

Body Exfoliant 30 min - Wrap 30 min - Massage 60 min

Perfect sensory and indulgent body treatment. The vitamin C essence body scrub and body mask are applied, gently exfoliating, hydrating and firming. 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 its healing benefits, moisturizing and reducing 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 cardamom, herbs and spices, various essential oils and other ingredients to tailor your ceremony.

Magnesium Renewal Ceremony - 120 min

Body Exfoliant 30 min - Customized Massage 90 min

Experience the benefits of magnesium in this holistic treatment. This essential mineral absorbs effortlessly through the skin, helping to relieve muscle tension, soothe joint pain, enhance sleep quality, and aid detoxification. The treatment begins with a magnesium scrub to gently exfoliate and revitalize your skin, followed by a personalized massage that combines magnesium balm with your choice of essential oil.

CBD Ceremony by OTO - 120 min

Body Exfoliant 30 min - CBD Massage 90 min

Harness the power of adaptogens in this transformative treatment. Begin with a gentle body exfoliation to cleanse and prepare your skin, followed by a 90-minute full-body massage using CBD oil. This luxurious experience works to rebalance your mind and body while promoting relaxation and relief from tension. Enjoy the soothing effects of plant actives, enhanced by a calming soundscape, as you indulge in this rejuvenating escape.

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.

Collagel Essential Facial - 30 min

Light cleansing and exfoliation followed by Polypeptide Collagel 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.

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 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.

HOLISTIC FACIALS BY OTO

OTO Nourish & Flow - 60 min

Indulge in deep nourishment and the soothing benefits of gentle lymphatic flow with this calming CBD-infused facial. Enriched with the natural anti-inflammatory properties of CBD, this treatment rejuvenates your skin, supports natural detoxification, and unveils hydrated, and beautifully balanced complexion.

OTO Calm & Restore - 30 min

This soothing treatment replenishes moisture, calms your senses, and leaves your skin feeling soft, supple, and radiant. Perfect for those seeking relaxation and a healthy, natural glow.

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

Anti-Cellulite - 90 min

This targeted treatment addresses fluid retention, cellulite, and uneven skin tone. It begins with a full-body exfoliation using a magnesium scrub and coffee extract to boost circulation and detoxify the skin. A stimulating and sculpting massage then focuses on the legs and abdomen, effectively toning and tightening the areas of concern. For optimal results, it is recommended to use the steam room or sauna prior to your treatment and to consider a course of 6 to 10 sessions.

Detox Algae Wrap - 60 min

This restorative and invigorating treatment begins with a Dead Sea salt polish that gently exfoliates the skin, preparing it for the next phase. Following this, a softening algae wrap is applied, which detoxifies the body and enhances blood and lymph circulation. Algae are rich in vitamins and minerals, helping to hydrate the skin, reduce inflammation, and promote cell regeneration. This combination not only promotes a sense of well-being but also alleviates tension and restores balance. Enjoy this revitalizing escape that leaves you feeling completely refreshed, rejuvenated, and renewed.

Magnesium Recovery Wrap - 60 min

Experience the revitalizing treatment, which begins with magnesium body scrub that melts into the skin without rinsing. Once absorbed, you're wrapped in a magnesium-infused layer, allowing the mineral to penetrate deeply for maximum benefits. While you enjoy deeply detoxifying wrap, a relaxing head massage enhances your experience, promoting calm and tranquility. This treatment is perfect for improving sleep, aiding jet lag recovery, and relieving muscle tension, leaving you feeling refreshed and balanced.

Body Polish on choice - 30 min

Customize your own body polish with our beautiful selection of natural ingredients - minerals, 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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