

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

+971 4 602 1660 | amaraspa.parkhyattdubai@hyatt.com

   @parkhyattdubai | www.dubaicreekresort.com | #amaraspa

DURATION**RATE (AED)****AMARA SPA ULTIMATE PACKAGES**

AMARA Signature Couple Journey	180	min	3700	per couple
Citrus Glow 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
Ladies Day Out	90	min	1100	per person

EXCLUSIVE CEREMONIES

AMARA Signature Ceremony	120	min	1300
Magnesium Renewal Ceremony	120	min	1300
Ultimate Ceremony by ZENTS	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	60/75	min	750/850
Calming Recovery	60	min	750
Collagen Essential Facial	30	min	450

MASSAGES

Amara Signature Massage	60/90	min	700/900
Deep Tissue	60/90	min	700/900
Liquid Memories by ZENTS	60/90	min	700/900
Hot Stone	90	min	900
Thai Massage	90	min	900
Lymphatic Massage	90	min	900
Reflexology	60	min	700
Head/Back/Foot massage	30	min	400

BODY THERAPIES

Anti-Cellulite	90	min	950
Nourish & Nurture by ZENTS	60	min	800
Magnesium Recovery Wrap	60	min	800
Body Polish of choice	30	min	400

AMARA SPA ULTIMATE PACKAGES

Unify the bond between you and your partner, friend or beloved one with this exclusive retreat 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 customized based on your skin needs.

Citrus Glow Couple Journey - 180 min

Mandarin Ceremony by ZENTS - The Vit C Firm & Glow Facial 60 min

A radiant shared experience for two begins with the Mandarin Ceremony by ZENTS, a gentle exfoliation and nourishing wrap infused with mandarin and botanicals to soften, hydrate, and invigorate the skin. Followed by a 60-minute Vitamin C Firm & Glow Facial, brightening and firming the complexion for a radiant, youthful glow. This indulgent journey nurtures body and soul, leaving both guests relaxed, revitalized, and glowing together.

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, Magnesium Renewal or Ultimate Ceremony by ZENTS, that will be complemented with Collagel Essential Facial.

AMARA Men's Experience Package - 150 min

Body Scrub 30 min – Deep Tissue Massage 90 min – 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 deep tissue 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

Nurturing journey designed around the unique needs of expectant mothers. This indulgent package combines a soothing, gentle massage to relieve tension and support circulation, with a customized facial tailored to restore hydration and balance. This ritual pampers both body and mind, leaving mothers-to-be feeling calm, cared for, and beautifully refreshed

Ladies Day Out – 90 min

Treatment combination of your choice

Create your own experience by selecting any combination that totals 90 minutes, choosing from:

Body Exoliant – 30 min

Massage – 30 or 60 min

Facial – 30 min Collagel Essential Facial or any 60-min HydroPeptide facial.

This customizable journey allows you to tailor your time exactly as you wish—whether you crave glowing skin, deep relaxation, or full-body renewal. Perfect for unwinding with your bestie, celebrating a spa day together, and enjoying complimentary access to the AMARA pool along with a set-menu lunch for a blissful day of connection and rejuvenation.

EXCLUSIVE BODY CEREMONIES

AMARA Signature Ceremony - 120 min

Body Exfoliant 30 min - Amara Signature Massage 90 min

Experience the celebrated AMARA Signature Ceremony, cherished by our guests for over two decades. A blended sandalwood and pink Himalayan salt exfoliation gently smooths and refreshes the skin, followed by the AMARA Signature Massage, a full-body ritual using our unique nourishing oil blend of bergamot, sandalwood, and myrrh. This time-honored journey deeply relaxes muscles, restores balance, and leaves you in a state of complete renewal.

Magnesium Renewal Ceremony - 120 min

Body Exfoliant 30 min – Customized Massage 90 min

Experience the benefits of magnesium in this holistic treatment from Of The Island. 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 relaxing benefits of lavender essential oil.

Ultimate Ceremony by ZENTS - 120 min

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

Your journey begins with a moment of connection, inviting you to choose the scent from our ZENTS collection that resonates with your mood:

Ore – Warm, grounding, and sensual with notes of amber and sandalwood

Water – Clean, calming, and fresh with soft aquatic and crisp citrus tones

Sun – Bright, uplifting, and radiant with vanilla, sandalwood, and sunny citrus

Oolong – Soft, soothing, and balanced with tea, bergamot, and gentle florals

Anjou – Juicy, delicate with pear blossom and subtle floral sweetness

Mandarin – Energizing, crisp, and vibrant with sparkling citrus and light zest

This guiding aroma enhances each step of the ritual as your therapist leads you through a refining body exfoliation, followed by a luxurious nourishing wrap that cocoons the body in deep hydration. The journey concludes with the flowing and intuitive Liquid Memories massage, designed to restore balance and leave you in a state of complete renewal.

FACIALS BY HYDROPEPTIDE

HydroPeptide treatments combine advanced peptide science with high-performance botanicals to deliver targeted, visible results while maintaining a refined, luxurious feel.

Advanced Anti-Aging – 60 min/90 min

An advanced rejuvenating facial designed to improve firmness, tone and overall skin vitality. Botanical stem cells help defend against environmental stressors while concentrated peptides encourage renewal and visible lift. Skin appears smoother, more radiant, and youthfully refreshed. Upgrade to the 90-minute experience to include an extended lifting massage for enhanced contouring and more noticeable firming results.

Deep Cleansing – 90 min

A results-driven purifying treatment ideal for congested or breakout-prone skin. Salicylic acid and antibacterial peptides work together to decongest pores, refine texture, and balance oil production. Skin feels deeply cleansed, clarified, and visibly renewed.

Moisture Miracle – 75 min

A deeply hydrating facial enriched with replenishing botanicals, antioxidants, and reparative peptides. This restorative treatment infuses long-lasting moisture, enhancing softness, suppleness, and a healthy, luminous glow.

The Vitamin C Firm & Glow – 60 min / 75 min

A potent brightening and firming treatment formulated to revive dull, fatigued skin. A Vitamin C enzyme peel, pure Vitamin C delivery system, and a double Vitamin C and peptide mask work synergistically to enhance luminosity and support visible firmness. Upgrade to the 75-minute option with an Oxygen infusion mask for amplified brightness and more noticeable firming results.

Calming Recovery – 60 min

A gentle, restorative facial created for highly sensitive or easily irritated skin, including post-sun sensitivity and discomfort from shaving. Soothing peptides and calming botanicals work to reduce redness, ease reactivity, and restore essential hydration. Skin feels balanced, comfortable, and visibly soothed.

Collagel Essential Facial – 30 min

A concise yet effective renewing treatment beginning with light cleansing and exfoliation, followed by a collagen-supporting Collagel mask refreshing the complexion with instant radiance.

MASSAGES

Amara Signature Massage – 60/90 min

A deeply rhythmic massage performed with our signature Amara Aroma Oil — a warm, sumptuous blend of Bergamot, Sandalwood, and Myrrh. Its luxurious scent softens the skin, calms the mind, and envelops you in the timeless essence of the East.

Deep Tissue Massage – 60/90 min

An intensive therapeutic massage targeting deeper layers of muscle tension. Focused techniques work on specific areas of tightness, helping relieve discomfort, enhance mobility, and support the body's natural recovery process — ideal for active and athletic guests.

Liquid Memories by ZENTS – 60/90 min

A personalized massage experience inspired by your chosen ZENTS aromas – Ore, Water, Sun, Oolong, Anjou or Mandarin. Blending tailored pressure with restorative techniques, this treatment eases muscle tension and brings the body and senses into deep harmony.

Hot Stone Massage – 90 min

Warm volcanic stones are used as an extension of the therapist's hands, delivering penetrating heat that melts away muscular tightness. Combined with aromatic therapeutic oils, this treatment induces profound relaxation and dissolves accumulated stress.

Thai Massage – 90 min

A traditional, oil-free bodywork ritual that blends acupressure, stretching, and energy-line work. These ancient techniques release tension, restore balance across the body's energy centers, improve circulation, and enhance overall flexibility. Thai pajamas are provided.

Lymphatic Massage – 90 min

A very gentle, rhythmic massage that supports the body's natural detoxification pathways. Precise, feather-light movements stimulate lymph flow, reduce water retention, and ease feelings of heaviness — leaving you refreshed, balanced, and renewed.

Reflexology – 60 min

A targeted foot therapy that stimulates specific reflex points to ease tension throughout the body. This grounding ritual promotes deep relaxation, improves energy flow, and leaves you feeling lighter, calmer, and revitalized.

Head/Back/Foot Massage – 30 min

A focused express treatment designed for guests short on time. Your therapist works on one or two areas of concern — head, back, or feet — delivering quick, personalized relief and restoring comfort where you need it most.

BODY THERAPIES

Anti-Cellulite – 90 min

A sculpting ritual to refine and awaken the body, targeting fluid retention, cellulite, and uneven skin tone. Begin with a magnesium and coffee scrub that invigorates circulation, gently detoxifies, and prepares the skin. A focused massage follows, contouring legs and abdomen, smoothing texture, and leaving skin firmer, toned, and luminous.

Nourish & Nurture by ZENTS – 60 min

A cocoon of comfort and rejuvenation. A gentle ZENTS sugar scrub softens and revitalizes the skin, followed by a rich, botanical-infused wrap that melts into the body, restoring hydration and radiance. This indulgent journey calms the senses, nourishes the skin, and leaves you feeling balanced, luminous, and renewed.

Magnesium Recovery Wrap – 60 min

A mineral-rich escape for body and mind. Magnesium exfoliation absorbs deeply, while a soothing wrap detoxifies, relaxes, and restores vitality. Enhanced with a gentle head massage, this treatment eases muscle tension, supports restful sleep, and leaves you completely recharged.

Body Polish of Choice – 30 min

A personalized ritual of exfoliation using natural minerals, herbs, spices, and oils. Smooths, awakens, and renews the skin, leaving the body soft, radiant, and refreshed. Perfect as a standalone indulgence or paired with any massage for a complete sensory escape.

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