

REFIVE

SPA, BEAUTY & WELLNESS

Zen vibes only
LUXURY HAMMAM

**REBALANCE:
SHIRODHARA
HEAD MASSAGE**

**FACIALS
MASSAGES
ORGANIC SCRUBS**

*Unlock your
inner glow*

BOOKINGS

04 275 99 25 • FLH.SPA@FIVEHOTELSANDRESORTS.COM • @REFIVESPA



SPA

#EXPERIENCES

REFIVE ELEMENTS

Healing salt & crystal massage on quartz bed, with a special FIVE Elements gift to take home.

90 MINS • AED1100

SAPPHIRE GLOW UP

Organic body scrub, followed by our unique sapphire wrap and full body massage.

120 MINS • AED1200

SPA, LUNCH & POOL

45-minute massage, 3-course lunch at Cielo or Playa Pacha, and complimentary indoor spa pool + Play Pacha pool access.

MON - THURS • AED459

TOTAL INDULGENCE

Hydrating facial followed by a full body massage.

120 MINS • AED1045

JUST THE TWO OF US

Body scrub followed by a full body massage for two, plus a glass of bubbly.

90 MINS • AED1665

JACUZZI

30 MINS • AED300
60 MINS • AED500

INDOOR SPA POOL

Head upstairs to our indoor spa pool with hydrotherapy jets, loungers and outdoor terrace relaxation area.





SPA

#FACIALS

AUTEUR

DEFINITIVE

Optimize high-active ingredient penetration with massage and product layering. Recharge, revitalize and restore a radiant glow to the skin.

60 MINS • AED695

AUTEUR

ABSOLUTE

Elevate your skin's regenerative response with Composition No.1 Serum. Restores skin to a fresh, hydrated state.

60 MINS • AED755

AUTEUR

HIGH-ACTIVE EXPRESS

Purifies and elevate your skin's repair capabilities before ending with refreshing Ice Globes for a skin-tightening, camera-ready effect.

30 MINS • AED450

LINDA MEREDITH

HAUTE COUTURE

Tailored specifically to suit your skin's needs, our therapists will advise you on a unique combination of products for immediate improvement. Your skin will absorb essential nutrients to increase hydration and leave you feeling flawless.

60 MINS • AED755

BOOSTERS

Customize your facial with luxury Linda Meredith post-treatment boosters

OXYGEN THERAPY

- Nature's most powerful healer
- Medical grade oxygen serum
- Visibly plump and firm the skin
- For best results, we recommend six treatments

30 MINS • AED255

HYALURONIC BOOSTER

- Builds moisture beneath the skin's surface layers
 - Plumps, lifts and tightens
- Creates protective layer to lock in moisture
 - Results can be seen for up to 7 days

30 MINS • AED215

V-TOX

- Non-invasive alternative to Botox
- Mimics Botox by blocking the signals that make muscles contract to create frown lines
 - Pregnancy-safe, vegan-friendly
 - Paraben Free

45 MIN • AED455

COLLAGEN MASK

- Even out skin tone
 - Calm irritation
- Improve fine lines & wrinkles
- Supports skin renewal process
- Results can be seen for up to 3-4 days

30 MINS • AED195

GOLDEN GLOW

FACIAL

Restore the skin's glow and youthful vitality with a unique golden glow facial. CBD is combined with OTO'S award winning glow ampoules.

AED695



OTO CBD BOOSTERS

Enjoy the relaxing and soothing effects of the OTO CBD body oil infused with fragonia, helichrysum and chamomile essential oils. These essential oils are known to help promote healthy skin cell regeneration and a glowing, youthful complexion.

SPA

#MASSAGES

STRESS RELIEF

FEATHER TOUCH

Ideal for massage newbies!
Light pressure point massage
applying regenerating oils
boosting skin comfort and glow.

60 MINS • AED645
90 MINS • AED745

ENERGY HEALING

BALANCING ACT

Classic Swedish massage
movements and oils to ease
muscle tension, using medium
pressure.

60 MINS • AED645
90 MINS • AED745

MUSCLE TENSION

MUSCLE MELT

Deep tissue massage focuses on
sore and tight muscle tension
from heavy workouts or high-
stress levels.

60 MINS • AED745
90 MINS • AED845

DYNAMIC STRETCH

THAI MASSAGE

Combined elements of
acupressure, yoga-like
stretching, and deep tissue
massage, promote relaxation,
flexibility, and balance in the
body.

90 MINS • AED895

CBD RELAX

BAMBOO OTO MASSAGE

Revitalizing effects of the OTO
amplify CBD body oil infused
with grapefruit, juniper berry
and bitter orange essential oils
supplement the natural vitamin
and mineral balance in the skin
leaving it healthy and glowing.

90 MINS • AED955

MAMA-TO-BE

PREGNANCY MASSAGE

Expert techniques to offer
relief and comfort to expecting
mothers. Includes a revitalizing
foot scrub, as well as pregnancy-
safe products.

60 MINS • AED645

EXPRESS MESSAGE

IN A HURRY? NO PROBLEM

Choose between a foot, head, back, or neck and shoulder massage,
pick your pressure intensity and technique preferences.

30 MINS • AED395

CBD OIL

Add OTO CBD oil
to any massage treatment

AED150

HOT STONES

- Relieve tension
and muscle pain
- Promote deep relaxation
- Reduce stress and anxiety

AED150

QUARTZ BED

- Increase energy levels
- Lower stress
- Detoxify
- Relieve muscle tension

AED150

HERBAL COMPRESS

- Lower stress
- Improve sleep
- Stimulate lymphatic drainage
- Lower blood pressure

AED150

SCRUB IT REAL GOOD

APRICOT

30 MINS • AED395

CHARCOAL

30 MINS • AED395

LUXE BODY WRAPS

HEMATITE MUD WRAP

Detoxifying benefits that once washed off, leave the skin rejuvenated

45 MINS • AED445

SAPPHIRE WRAP

Left on the skin for continual nourishing benefits post-treatment

45 MINS • AED445



WELLNESS

ABHYANGA

A traditional four hands massage technique, which uses warm oils infused with various herbs. The oil is applied and massaged into your entire body from the scalp to the soles of the feet. When combined with massage strokes, Abhyanga has many benefits including lower blood pressure, reducing stress levels, and promoting lymphatic drainage.

60 MINS • AED975

Upgrade your relaxation with a 30-minute Shirorhada massage featuring the four hands technique
AED1185

SHIRODHARA HEAD MASSAGE

Enter ultimate relaxation with 30 minutes of Shirodhara followed by a 30-minute Indian head massage

60 MINS • AED745



WELLNESS

#TRADITIONAL HAMMAM

A traditional, deep exfoliating practice using black soap and kessa scrub followed by a Ghassoul clay mask to detoxify the skin and remove old skin cells. Combined with heat, steam, and stretching massage techniques, for deeply cleansed and smooth skin.

MOROCCAN

Nourishing kessa scrub
+ Ghassoul clay mask
+ Nurturing organic elixir

60 MINS • AED695

HERBAL

Nourishing kessa scrub
+ Honey body scrub
+ Ghassoul clay mask
+ Scalp mask
+ Nurturing organic elixir

90 MINS • AED945

TRANQUIL

Nourishing kessa scrub
+ Ghassoul clay mask
+ Nurturing organic elixir
+ Body massage

120 MINS • AED1100

YOGA

Find your inner zen with our in-house yoga teacher as you start the day with the flow or gentle yoga in our dedicated yoga studio.

GROUP CLASS • AED120
PRIVATE CLASS • AED550

Residents enjoy
complimentary group classes

External trainer visit
AED100 per session

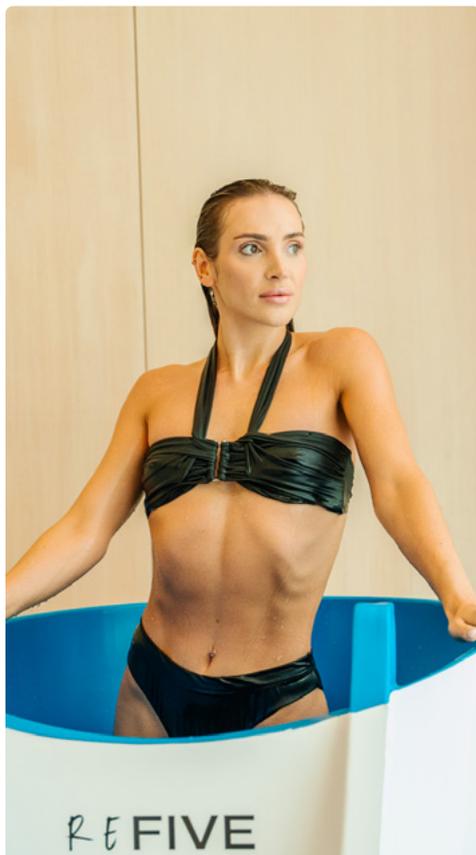
ICE THERAPY

1 SESSION • AED145
5 SESSIONS • AED580
10SESSIONS • AED1155

SOUND HEALING

Balance and clear your mind
with sound healing meditation.

PRIVATE CLASS • AED645



WELLNESS

SHAPE UP

GYM DAY PASS

Indoor Gym + Terrace Gym + Spa pool Access
AED195

Body Assessment
AED150

PERSONAL TRAINING

IN-HOUSE GUESTS

Book one of our in-house personal trainers to keep you motivated.

1 SESSION • AED300
10 SESSIONS • AED2500
20 SESSIONS • AED3500

NON-RESIDENT GUESTS

1 SESSION • AED350
10 SESSIONS • AED3000
20 SESSIONS • AED5000

IN-ROOM TRAINING

Shape up from the comfort of your suite with one of our expert trainers. Enjoy a complimentary detox smoothie after your workout.

1 SESSION • AED500

#FITNESS

MEMBERSHIP

6 MONTH

- Full body assessment
- Welcome pack
- Full gym access with terrace
- Spa pool access
- 3 Complimentary guest visits
- 2 Complimentary group classes
- 2 Complimentary ice therapy sessions
- 2 Complimentary personal training sessions
- Complimentary 60-minute massage
- 15% Off on spa treatments
- 15% Off on food & beverage (for up to 6 guests)

AED9850

12 MONTH

- 3 Full body assessment
- Welcome pack
- Full gym access with terrace
- Spa pool access
- 5 Complimentary guest visits
- 5 Complimentary group classes
- 5 Complimentary ice therapy sessions
- 5 Complimentary personal training sessions
- Complimentary 60-minute massage
- Complimentary 60-minute facial
- Complimentary 60-minute hammam
- 20% Off on spa treatments
- 15% Off on food & beverage (for up to 6 guests)

AED13850

WELLNESS QUICKIE

EXPRESS MESSAGE

30 MINS
AED395

SHIRODHARA HEAD MESSAGE

60 MINS
AED745

BODY SCRUBS

30 MINS
AED395

EXPRESS FACIAL

30 MINS
AED450

MASSAGES

FEATHER TOUCH

60 MINS · AED645
90 MINS · AED745

BALANCING ACT

60 MINS · AED645
90 MINS · AED745

MUSCLE MELT

60 MINS · AED745
90 MINS · AED845

THAI MESSAGE

90 MINS
AED895

BAMBOO OTO MESSAGE

90 MINS
AED955

PREGNANCY MESSAGE

60 MINS
AED645

BUCKET LIST

- Quartz bed
- Spa & dine
- Yoga
- Jacuzzi

Add any of these services to your treatment for the ultimate spa day

FACIALS

DEFINITIVE

60 MIN
695AED

ABSOLUTE

60 MINS
755AED

HIGH-ACTIVE EXPRESS

30 MINS
450AED

HAUTE COUTURE

60 MINS
AED755

EXPERIENCES

REFIVE ELEMENTS

90 MINS
AED1100

SAPPHIRE GLOW UP

120 MINS
AED1200

SPA, LUNCH & POOL

MON - THURS
AED459

TOTAL INDULGENCE

120 MINS
AE1045

JUST THE TWO OF US

90 MINS
AED1664

INDOOR SPA POOL

RETAIL

RESORTWEAR · BEACHWEAR · SWIMWEAR · SUNSCREEN
SKINCARE · HATS · SUNGLASSES · SLIPPERS · BEACH BAGS

Sometimes we all need a little extra boost, right? Why not show your body some love and book yourself a vitamin drip. Packed with nutrients to lift your energy levels, boost your immune system and even soothe a hangover. We've got a vitamin-filled drip to suit your needs and get you feeling like the best version of yourself...



Performance Drips

Pre-Workout Drip

1300

- Increases pre-workout energy and stamina
- Improves endurance during workout
- Reduces post-workout recovery time
- Improves hydration before workout
- Enhances mental focus and concentration during exercise

Post-Workout Rescue Pack

1350

- Promotes muscle recovery
- Supports immune function
- Improves blood flow and oxygen delivery to muscles
- Promotes tissue repair
- Helps you regain strength and increases endurance
- Reduces muscle damage and inflammation



Ultimate Detox

1416

Support Your Body's Most Important Organ, the Liver

- Cleanses, detoxes and improves liver function
- Boosts metabolism and enhances nutrient absorption
- Improves overall health and well-being



Energy Boost & Jetsetter

930

Make the Most of Every Moment of Your Trip

- Alleviates symptoms of jet lag and fatigue
- Provides an immediate energy boost
- Enhances immune function
- Reduces inflammation



Hangover IV

899

Revive and Conquer Your Hangover

- Treats hangover symptoms such as headache, fatigue and nausea
- Rehydrates and replenishes essential minerals and vitamins
- Cleanses the liver from alcohol
- Supports liver function and enhances detoxification



Skin Glow

780

Unearth Your Skin's Inner Radiance

- Nourishes and Rejuvenates Skin
- Promotes Healthy Collagen Production
- Increases Skin Radiance and Glow
- Improves Overall Energy Levels