

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

REFINE 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 • AED1225

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 • AED1250

JUST THE TWO OF US

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

90 MINS • AED1835

MAMA-TO-BE

Moisturising Scrub and Shea Butter Mask followed by a medium pressure massage.

60 MINS • AED675

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

OMOROVICZA

GOLD HYDRALIFTING

Hydrates, plumps and nourishes the skin. Rose-scented gold mask uses hyaluronic acid to nourish stressed skin. Gold shimmer oil adds sparkle to arms and décolleté.

60 MINS • AED995

OMOROVICZA

BLUE DIAMOND FITNESS

Premium anti-aging and firming treatment includes gentle enzyme exfoliation, cooling eye treatment and facial massage for re-energised skin. Perfect for restoring youthfulness.

60 MIN • AED995

OMOROVICZA

HYDRA MINERAL

Ideal post-travel treatment. Instant results from the copper peel, Vitamin C healing concentrate and facial massage. Ideal for dull skin/ hyper-pigmentation concerns.

60 MIN • AED750

OMOROVICZA

QUEEN SKIN

Rescues dry, sensitive skin with Queen oil to rebuild and re-plump. Calendula and other calming ingredients repair the skin barrier with an antioxidant shield.

60 MINS • AED750

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.

AED165

SPA

#MASSAGES

STRESS RELIEF

FEATHER TOUCH

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

60 MINS • AED675
90 MINS • AED775

ENERGY HEALING

BALANCING ACT

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

60 MINS • AED675
90 MINS • AED775

MUSCLE TENSION

MUSCLE MELT

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

60 MINS • AED775
90 MINS • AED875

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

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

JACUZZI

30 MINS • AED300
60 MINS • AED500

CBD OIL

Add OTO CBD oil
to any massage treatment

AED165

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

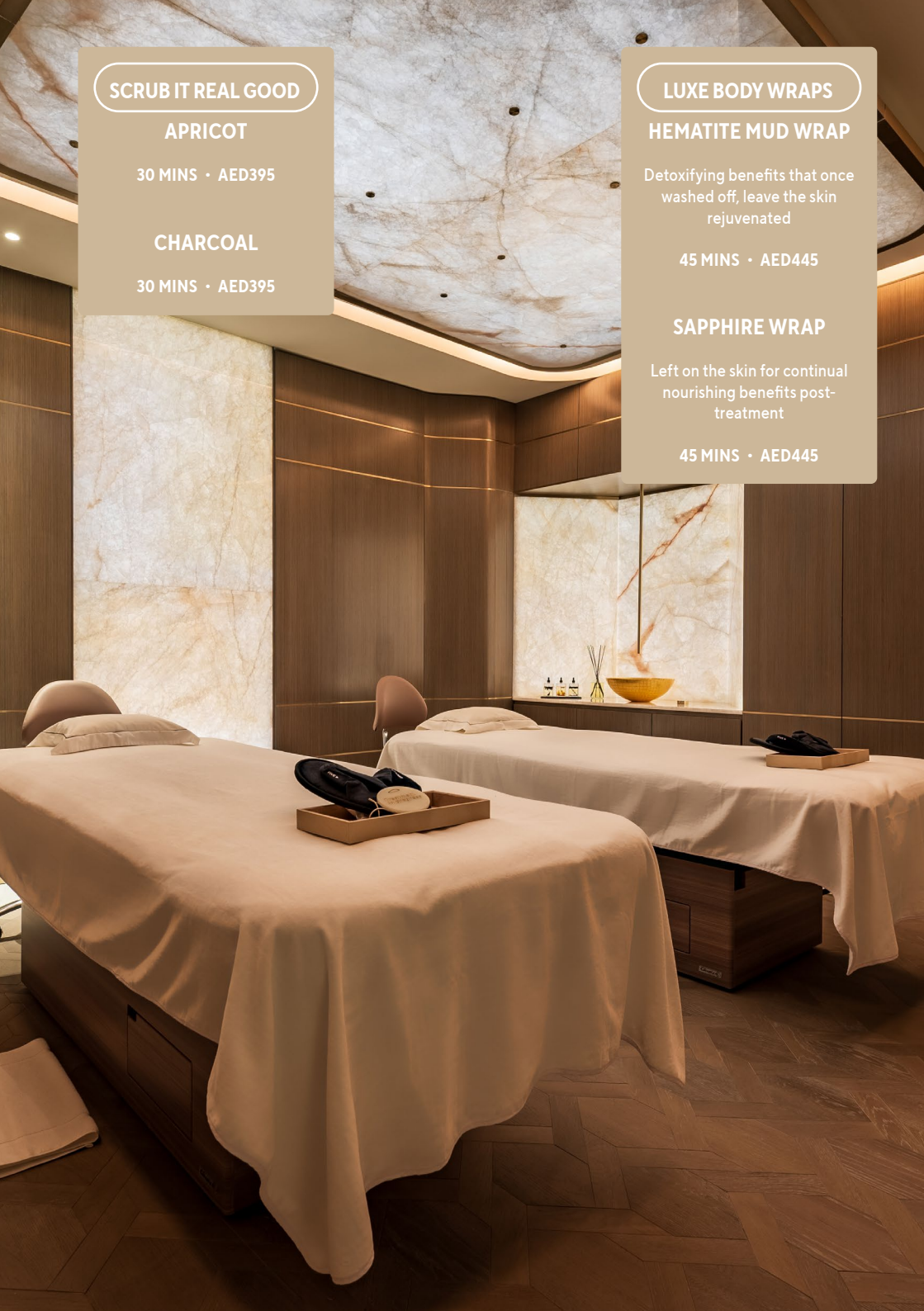
Detoxifying benefits that once washed off, leave the skin rejuvenated

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

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 • AED725

HERBAL

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

90 MINS • AED975

TRANQUIL

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

120 MINS • AED1195

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
10 SESSIONS • AED1155

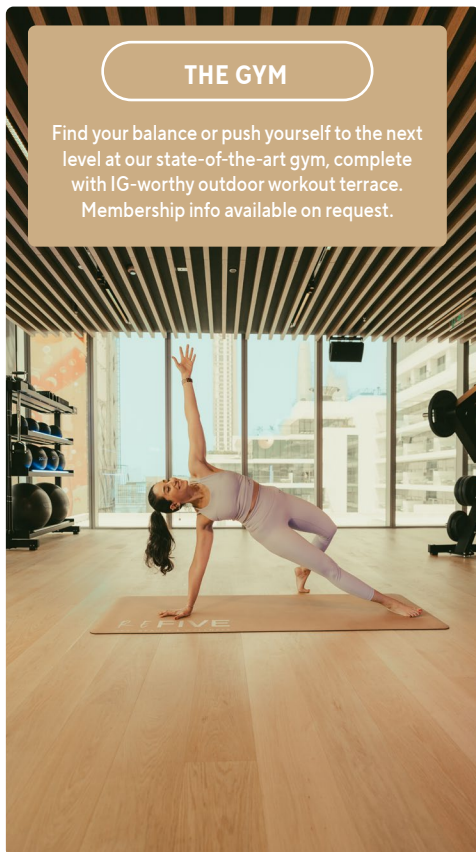
SOUND HEALING

Balance and clear your mind
with sound healing meditation.

PRIVATE CLASS • AED645

THE GYM

Find your balance or push yourself to the next level at our state-of-the-art gym, complete with IG-worthy outdoor workout terrace. Membership info available on request.





UPGRADE YOUR BEAUTY GAME!

Get a little extra glow up with our custom ReFIVE Beauty masks. Made in France for a truly luxurious and powerful pamper.

**PRE-GAME GLOW UP
HYDROGEL GOLD FACE MASK**
Detoxifying, Hydrating &
Revitalizing

**DESIGNER BAGS ONLY
SPARKLING HYDROGEL
EYE PATCHES**
De-puffing, Brightening &
Revitalizing

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 • AED675
90 MINS • AED775

BALANCING ACT

60 MINS • AED675
90 MINS • AED775

MUSCLE MELT

60 MINS • AED775
90 MINS • AED875

THAI MESSAGE

90 MINS
AED895

BAMBOO OTO MESSAGE

90 MINS
AED955

MESSAGE UPGRADE

HOT STONES AED150
QUARTZ BED AED150
HERBAL COMPRESS AED150

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

BLUE DIAMOND FITNESS

60 MINS
995AED

GOLD HYDRALIFTING

60 MINS
AED995

EXPERIENCES

REFIVE ELEMENTS

90 MINS
AED1100

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120 MINS
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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

Unleash Your Skin's Inner Radiance

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