

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

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

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

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

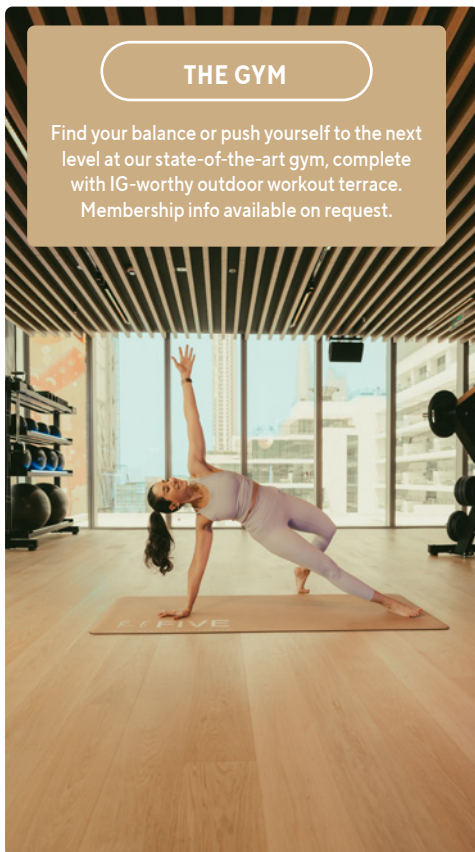
SOUND HEALING

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

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
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RETAIL

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

Whether you're looking to rejuvenate your skin's glow, boost your energy levels, strengthen your immune system, or simply enhance your overall sense of well-being, we have tailored therapies to meet your unique needs.

AFTER PARTY GOODNESS 1849

Perfect for recharging after an unforgettable night with our proprietary infusion - a revitalizing blend of B5, Zinc, essential minerals, Vita Complex, Selenium, Ascorbic Acid, and Magnesium.

IMMUNITY MAXIMIZED 1849

Strengthen your defenses with our Vitamin C infusion - formulated to fortify the immune system and help combat the effects of cold and flu symptoms, keeping you healthier and more resilient.

HYDRAGLOW DRIP 1488

Restore your radiance after a sun-filled day with our Hydration Therapy. Designed to combat fatigue and stress, this revitalizing infusion flushes out toxins, deeply hydrates the skin, and strengthens your immune system.

NAD+ 1849

NAD+ - a vital coenzyme present in every cell - helps sharpen your mind, restore youthful vitality, and enhance overall wellness. Known to support muscle preservation, healthy metabolism, liver function, and energy levels, NAD+ may also aid in reducing hypertension, abdominal fat, hearing decline, and chronic fatigue - helping you look, feel, and perform at your best.

DEEP SLEEP 1400

The ultimate solution for deep, rejuvenating sleep lies in our tailored sleep formula.

POST HOLIDAY BLOATING REMEDY 1499

Beat the holiday bloat with our revitalizing infusion - featuring Vita-Complex, Taurine, MISS, and Ascorbic Acid. This powerful blend helps flush out toxins while replenishing your cells with essential nutrients, leaving you feeling lighter, balanced, and renewed.

JET LAGGER 1488

Say farewell to jet lag with our restorative vitamin therapy - an advanced blend of Vitamin B12, Magnesium Chloride, Vita-Complex, Ascorbic Acid, Selenium, and Taurine - designed to re-energize your body, speed recovery, and restore balance after travel.

GET SET, WAKE UP, GO (ENERGY) 1488

Looking for an energy boost? Our infusion of Vitamin B12, Vita-Complex & an amino blend is the perfect solution.

VIP DRIP 1848

Our physician will collaborate with you to create a personalized nutrient infusion, carefully tailored to meet your unique needs and optimize your well-being.

REVERSE AGING 1400

Turn back the clock naturally with a revitalizing infusion.

HEAL YOUR SUNBURN 1848

Feeling a little sun-kissed? Our sunburn recovery infusion, enriched with deep hydration and powerful antioxidants, soothes your skin while keeping both your glow and your mood radiant.

PRE-SURGERY RECOVERY DRIP 1488

Prime your body for optimal recovery with our exclusive pre-surgery vitamin complex - formulated to support rapid healing, strengthen cellular regeneration, and enhance resilience before your procedure.

POST-SURGERY RECOVERY DRIP 1488

Support your body's recovery journey with our specialized post-surgery vitamin complex, designed to accelerate healing and promote healthy cellular rejuvenation. This restorative infusion strengthens the immune system while enhancing the body's natural repair process, helping you heal faster and feel stronger.

GLASS SKIN 1488

Revitalize your body and rejuvenate your skin with our signature infusion, enriched with powerful antioxidants that help slow the signs of aging. Infused with high-dose Vitamin C, this treatment illuminates your complexion, leaving you radiant, youthful, and confident. A timeless favorite among our celebrity clientele at yutopia, this exclusive formula is your key to lasting beauty and vitality.

To book, call +971 4 275 9925

 +971 55 325 9042