RE FIVE

SPA, BEAUTY & WELLNESS



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 • 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 • AED495

TOTAL INDULGENCE

Hydra-soothe Facial followed by fully body massage

120 MINS • AED1350

JUST THE TWO OF US

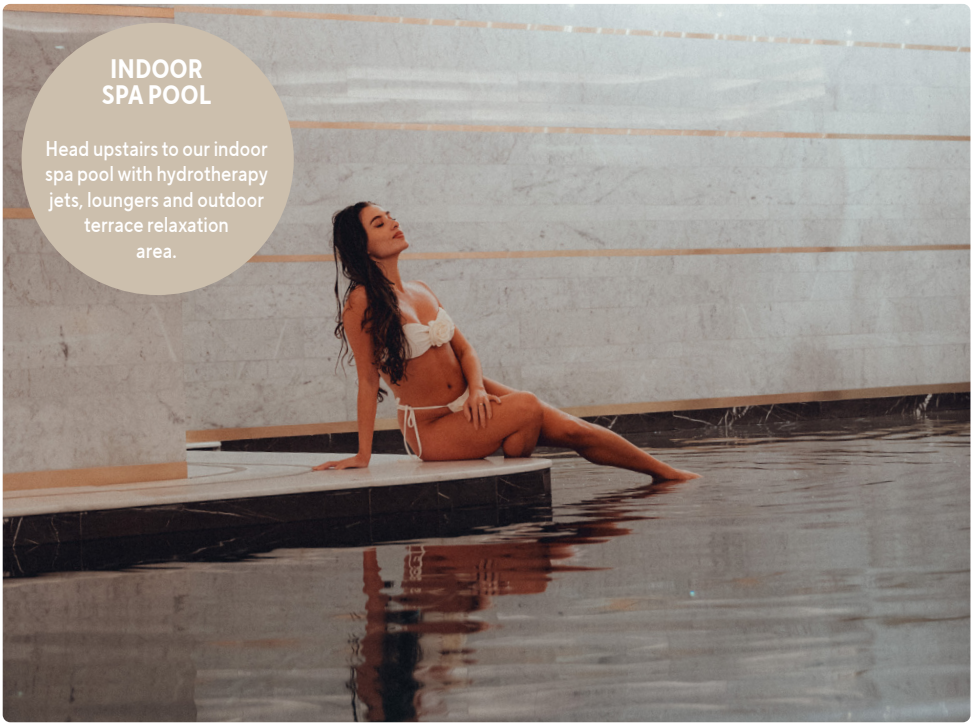
Body scrub followed by a full body massage for two, plus a glass of bubbly.

90 MINS • AED1835

PREGNANCY MASSAGE

Soothing, nurturing massage to ease tension, reduce feelings of heaviness and promote deep relaxation.

60 MINS • AED675



INDOOR SPA POOL

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



SPA

#FACIALS

DR MURAD

Founded by leading dermatologist Dr. Howard Murad, Murad combines advanced skincare science with a holistic approach to skin health. Powered by clinically proven ingredients and innovative formulas, each treatment is designed to deliver visible results while restoring hydration, radiance and resilience for healthier, more youthful-looking skin.

MURAD
REJUVENATING FACIAL

Reveal more youthful-looking skin, soften fine lines and improve firmness, powered by advanced Tri-Active Retinol Technology.

60 MINS · AED845

MURAD
GLOW-UP FACIAL

Refines skin texture, smoothness and tone, leaving the complexion visibly plumped, radiant and illuminated.

60 MINS · AED755

MURAD
HYDRA-SOOTHE FACIAL

A revitalising, retexturising treatment that supports skin renewal to reveal a smoother, healthier and more youthful-looking complexion.

60 MINS · AED685

MURAD
EXPRESS

A refined express facial designed to instantly revive and replenish the complexion, revealing beautifully refreshed, luminous and radiant skin.

30 MINS · AED450

OXYGEN BOOST

Support collagen production, deeply hydrate the skin and enhance product absorption for a plumper, more radiant complexion.

AED100

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.

75 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.

75 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, senstive 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 MASSAGE

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

SOOTHING MIST & LUXURY BALM

- Relaxation
- Anti-inflammatory
- Circulation support

AED100





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 · AED455

SAPPHIRE WRAP

Left on the skin for continual nourishing benefits post-treatment

45 MINS · AED455

WELLNESS

ABHYANGA

A traditional four hands massage technique, which uses warms 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

An age-old ritual of cleansing and renewal with our Hammam experiences. Warm steam opens the pores, kessa scrub buffs away dullness, and nourishing masks restore softness from head to toe. A ritual for an unforgettable glow: the deep exfoliation and detoxing clay mask of a Moroccan Hammam.

MOROCCAN

An age-old ritual of purification, warmed black soap, a hand-woven kessa glove reveal luminous skin, while a mineral-rich Ghassoul clay mask restores radiance and balance

60 MINS · AED745

TRANQUIL

Nourishing Moroccan Hammam & relaxing full body massage.

120 MINS · AED1195

YOGA

Step away from the pace of the city! Guided by an experienced instructor, your private session will leave you feeling grounded and renewed.

PRIVATE CLASS · AED550

SOUND HEALING

Balance and clear your mind with sound healing meditation.

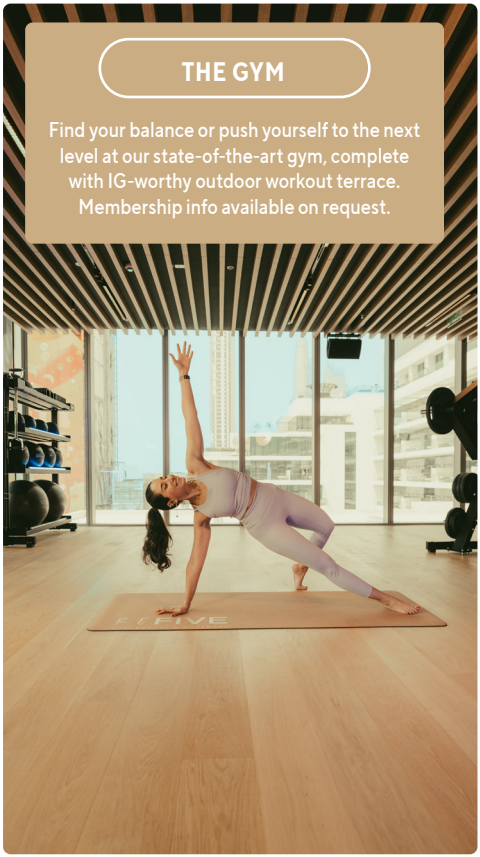
PRIVATE CLASS · AED645

ICE THERAPY

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

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 MASSAGE
30 MINS · AED395

SHIRODHARA HEAD MASSAGE
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 MASSAGE
90 MINS · AED895

MASSAGE UPGRADE
HOT STONES · AED150
QUARTZ BED · AED150

BUCKET LIST

- Quartz bed ☐
- Spa & dine ☐
- Yoga ☐
- Jacuzzi ☐

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

FACIALS

REJUVENATING
60 MIN · AED845

GLOW-UP
60 MINS · AED755

BLUE DIAMOND FITNESS
60 MINS · AED995

GOLD HYDRALIFTING
60 MINS · AED995

EXPERIENCES

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GOLDEN GLOW UP
120 MINS · AED1225

SPA, LUNCH & POOL
MON - THURS · AED459

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JUST THE TWO OF US
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PREGNANCY MASSAGE
60MINS · AED675

RETAIL

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

yutopia

IV Drips

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.

REVESRE 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