



O2 SPA

Relax Refresh Rejuvenate

## ✿ Magic Hands

Feel the magic of hands which does wonders on your body while an aromatic oil of your choice soothes every cell of you. Aromatherapy helps to improve blood and lymphatic circulation through massage and the use of essential oils. Balance the hormone production by the endocrine system. Strengthen the immune system, encourage restful sleep, improve digestion add on scrub, wrap and an excellent facial allow the skin to absorb the benefits thus result in exuberant vigor and vitality.

- ✿ Aromatherapy Massage
- ✿ Australian Tea Tree Oil Exfoliating Scrub
- ✿ Natural Fruit Wrap
- ✿ Organic Facial



\*10 % municipality fees included



## Magic Hands

Duration	Price
180 Minutes	AED. 927
210 Minutes	AED. 1012
240 Minutes	AED. 1080
270 Minutes	AED. 1131

## ✿ 4 Ever

This massage is performed by two therapists. Imagine that your body is a virtual canvass where two talented artists lace their way synchronously and simultaneously on both sides of the body culminating in a total artwork of relaxation and stress release. Balinese massage is a full-body, holistic treatment. Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and "qi" (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation. Balinese massage uses a variety of techniques including skin rolling, kneading and stroking, and pressure-point stimulation, combined with the aromas of essential oils.

Cocoa, the mysterious and exotic rainforest product from the ancient Maya, provokes a luxurious, content mood, a serene sense of sumptuous delight. A real mood enhancer followed by our essential anti-aging facial.

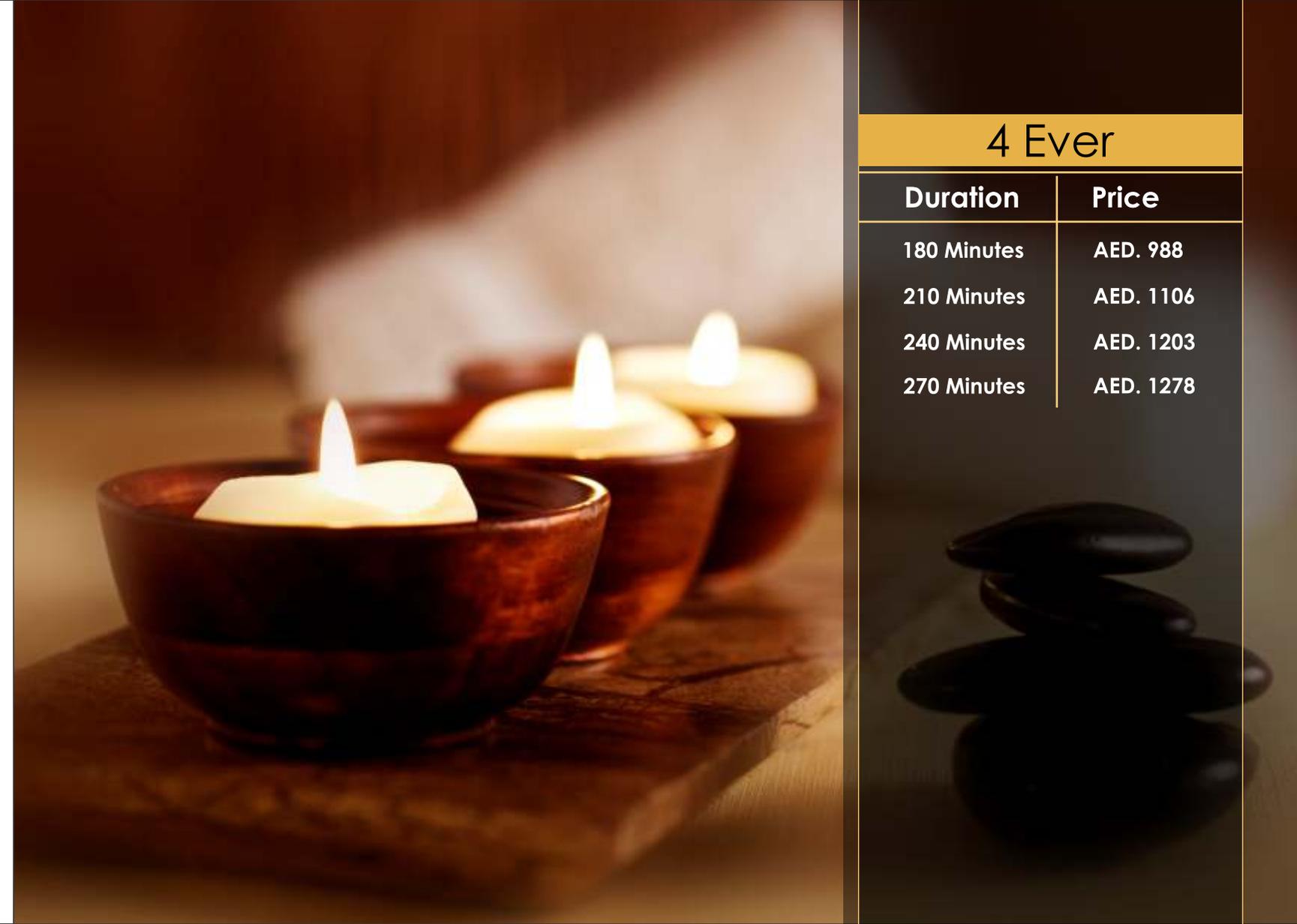
- ✿ Balinese Massage - **Four Hands**
- ✿ African Coco Butter Deep Moisturizing Scrub
- ✿ Coco Butter Deep Moisturizing Wrap
- ✿ Anti-Aging Facial



\*10 % municipality fees included

## 4 Ever

Duration	Price
180 Minutes	AED. 988
210 Minutes	AED. 1106
240 Minutes	AED. 1203
270 Minutes	AED. 1278



## \* Seventh Heaven

This massage is performed by two therapists. At the start of the therapy, your brain may discern the hand movements of each therapist giving one the consciousness of which one is doing what and which hands belong to whom. As the session deepens, you will lose track of this orientation and you will eventually be immersed in deep relaxation. The gradual disassociation to reality and orientation replaced by absolute relaxation is the actual highlight.

Aromatherapy helps to improve blood and lymphatic circulation through massage and the use of essential oils, balance the hormone production by the endocrine system, strengthen the immune system, encourage restful sleep, and improve digestion.

Add on scrub, wrap and excellent facial allows the skin to absorb the benefits and result in exuberant vigor and vitality.

- ◆ Aromatherapy Massage - **Four Hands**
- ◆ Almond Honey Cleanser
- ◆ Rejuvenating Ginseng Wrap
- ◆ O2 Signature Facial



\*10 % municipality fees included



## Seventh Heaven

Duration	Price
180 Minutes	AED. 1024
210 Minutes	AED. 1146
240 Minutes	AED. 1245
270 Minutes	AED. 1321

## \* Blissful Moments

Swedish massage's primary goal is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. But Swedish massage therapy goes beyond relaxation and exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

It increases the number of lymphocytes, white blood cells that are part of the immune system, and a boost in the immune cells that may help fight colds and the flu.

Coco wrap - a real mood enhancer, tea tree oil-a cure-all oil scrub, followed by our essential organic facial results in exuberant vigor and vitality.

- Swedish Massage
- Coco Butter Deep Moisturizing Wrap
- Australian Tea Tree Oil Exfoliating Scrub
- Organic Facial Treatment



\*10 % municipality fees included

## Blissful Moments

Duration	Price
180 Minutes	AED. 901
210 Minutes	AED. 976
240 Minutes	AED. 1035
270 Minutes	AED. 1078



## \* Soothers

The focus of Deep tissue massage is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints).

It reduces blood pressure and stress hormone levels and heart rate while boosting mood and relaxation by triggering the release of oxytocin and serotonin.

While coco butter scrub acts a real mood enhancer, ginseng wrap remove bodily toxins, moisturize the skin and increase the skin's vitality. Therapy finishes with deep cleansing facial.

- Deep Tissue Massage
- African Coco Butter Deep Moisturizing Scrub
- Rejuvenating Ginseng Wrap
- Deep Cleansing Facial



\*10 % municipality fees included



## Soothers

Duration	Price
150 Minutes	AED. 859
180 Minutes	AED. 944
210 Minutes	AED. 1013
240 Minutes	AED. 1064

## ✿ Healing Hands

A natural healing art based on the principle that there are reflexes in the feet which correspond to every part, gland and organ of the body. Through application of pressure on these reflexes without the use of tools, creams or lotions, the feet being the primary area of application, reflexology relieves tension, improves circulation and helps promote the natural function of the related areas of the body

A head, neck and shoulder massage is a wonderful way to ease shoulder and neck tension / stiffness while gaining a peaceful retreat from the outside world. It increases the circulation and there by helps to reduce stress, release anxiety, Insomnia, headaches, migraine, muscle tension.

- ✿ Foot Reflexology Massage
- ✿ Neck & Back Massage
- ✿ Head and Shoulders Massage



\*10 % municipality fees included

## Healing Hands

Duration	Price
150 Minutes	AED. 540
180 Minutes	AED. 608
210 Minutes	AED. 664
240 Minutes	AED. 707



## \* Spa Therapies

### \* Foot Reflexology

A natural healing art based on the principle that there are reflexes in the feet which correspond to every part, gland and organ of the body. Through application of pressure on these reflexes without the use of tools, crèmes or lotions, the feet being the primary area of application, reflexology relieves tension, improves circulation and helps promote the natural function of the related areas of the body

### \* Swedish Massage

Swedish massage's primary goal is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. It is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension. It increases the number of lymphocytes, white blood cells that are part of the immune system, and a boost in the immune cells that may help fight colds and the flu.

### \* Aromatherapy

Aromatherapy helps to improve blood and lymphatic circulation through massage and the use of essential oils, balance the hormone production by the endocrine system, strengthen the immune system, encourage restful sleep, and improve digestion, Difference is created by below oils depending on your mood, lifestyle & purpose  
Jetlag | Stressbuster | Relaxation | Detox | Anti. Cellulite



\*10 % municipality fees included



## Foot Reflexology

Duration	Price
60 Minutes	AED. 250

## Swedish Massage

60 Minutes	AED. 320
60 Minutes ( Four Hands )	AED. 416
90 Minutes	AED. 448

## Aromatherapy

60 Minutes	AED. 350
60 Minutes ( Four Hands )	AED. 455
90 Minutes	AED. 490

## \* Deep Tissue Massage

The focus of Deep tissue massage is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints). It reduces blood pressure and stress hormone levels and heart rate while boosting mood and relaxation by triggering the release of oxytocin and serotonin

## \* Balinese Massage

Balinese massage is a full-body, holistic treatment. Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and "qi" (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation. Balinese massage uses a variety of techniques including skin rolling, kneading and stroking, and pressure-point stimulation, combined with the aromas of essential oils.

## \* Traditional Thai Massage

Traditional Thai massage helps to reduce the individual's stress levels and improve their overall circulation. This is accomplished by the gradual movement of the person through different yoga-like positions which enhances the persons' flexibility allowing for a greater range of motion and helps to reduce muscle stress and strain and prevent trip and fall accidents.



\*10 % municipality fees included



### Deep Tissue Massage

Duration	Price
60 Minutes	AED. 340
60 Minutes <small>( Four Hands )</small>	AED. 442
90 Minutes	AED. 476

### Balinese Massage

60 Minutes	AED. 340
60 Minutes <small>( Four Hands )</small>	AED. 442
90 Minutes	AED. 476

### Traditional Thai Massage

60 Minutes	AED. 340
90 Minutes	AED. 476

## \* Neck & Back

A Neck and Back Massage improves blood circulation aids in the recovery of muscle strain and pains. Massage relaxes the muscles, allowing them to achieve an improved motion range. This prevents other ailments related to the back and neck pain, such as insomnia, posture, and range of motion.

Massage for back pain results in an increase in the levels of endorphins in the body responsible for mental well-being by lessening feelings of depression and anxiety and by enhancing sleep.

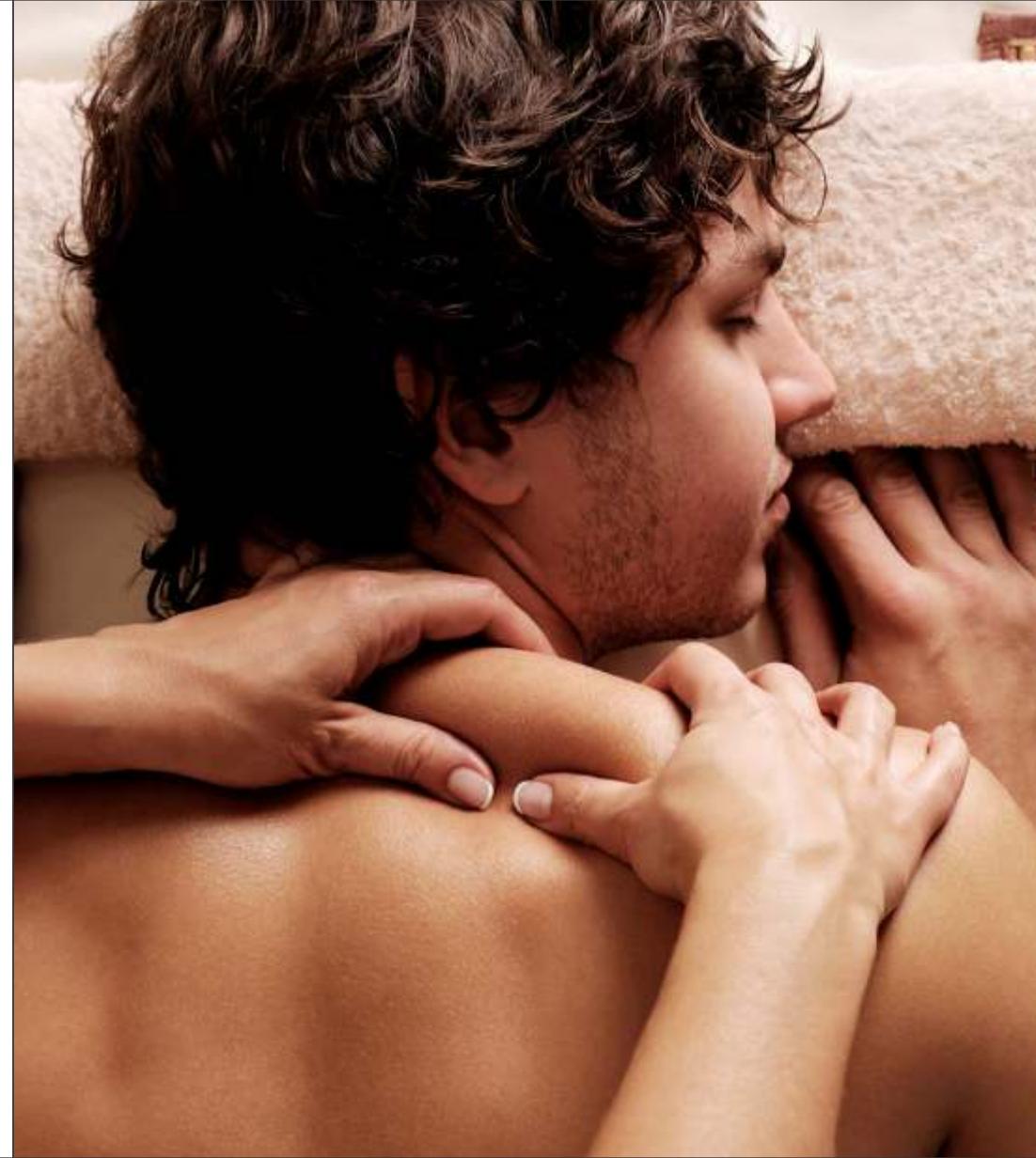
## \* Head and Shoulders

Head massage helps to reduce stress, makes you feel relaxed and calms you mind, revitalize the brain and body, improves concentration, improves blood circulation in different parts of your head, get quick and good sleep, relief from headache, strengthens hair roots.

A shoulder massage not only helps in pain relief/tension, but also restores complete motion in the affected shoulder. It provides deep relaxation to the stressed shoulder muscles, stimulates the flow of blood, and improves the functioning of the lymph system. Shoulder massage is a natural analgesic because it stimulates the release of endorphins.



\*10 % municipality fees included



### Neck & Back

Duration	Price
30 Minutes	AED. 175

### Head and Shoulders

30 Minutes	AED. 175
60 Minutes	AED. 210

## \* Spa Facials

### \* Deep Cleansing Facial

An effective pore purifying facial which deep cleanse the skin combining professional Strength lactic acid and botanical extracts. This treatment refines skin clarity and reduces Acne blemishes while soothing redness and inflammation. A simple and Effective treatment with high-performance ingredients provides clear and visible.

### \* Anti-aging Facial

This treatment targets the aging process of the skin restoring mature skin in a gentle manner. This treatment works on the lost collagen of the skin and ensures proper care for skins renewal. This therapy lifts and firms skin repairing damage leaving skin looking younger and vibrant.

### \* Organic Facial

Pomegranate is rich in vitamin A, which soothes and softens your skin, and vitamins C, an anti oxidant that can help to remedy damage produced by free radicals. This facial removes old surface skin cells and promotes new cells production. Significant reduction in pigmentation and increases the regeneration of the skin's ability to resist stress and offers a long lasting lighting effect.



\*10 % municipality fees included



### Deep Cleansing Facial

Duration	Price
30 Minutes	AED. 200

### Anti-aging Facial

60 Minutes	AED. 250
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### Organic Facial

60 Minutes	AED. 270
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## \* O2 Signature Facial

This highly concentrated and potent anti-oxidant treatment stimulates cell renewal and regeneration while providing vital components of the skin's natural lipid barrier. This facial imparts botanical essences as well as lactic acid and collagen to revitalize mature skin and insulate it from further dehydration and free radical damage. Smooths, hydrates, softens and restores clarity.

## \* White & Bright Facial

This facial is mainly for pigmentation, dark circles, sun tan, dark spots and sagging. There are no chemical in the products. This facial contains natural fruit so that the superficial dead cells are completely removed. It contains anti- oxidant blend which gives glow to the skin. The serum helps to control the activity of the melanin. This facial lightens skin tone or provide an even skin complexion by lessening the concentration of melanin activity. This facial is recommended for all skin types.



\*10 % municipality fees included



### O2 Signature Facial

Duration	Price
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60 Minutes	AED. 300
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### White & Bright Facial

60 Minutes	AED. 300
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## \* Body Wraps

### \* Natural Fruit Wrap

Have oily skin? Then this is the right wrap for you. The main ingredients in this are mashed banana, fuller's earth, tomato and lemon juice. This wrap helps nourish the skin with the nutrients & minerals it needs.

### \* Whitening Wrap

The natural and botanical extracts help the skin to rejuvenate and regenerate by boosting the collagen and elasticity in the skin, which not only helps to lessen wrinkles and lines, but also preventing them in the future.

### \* Coco Butter Deep Moisturizing Wrap

Wrap your skin in a rich, indulgent, chocolate-scented wrap that moisturizes and softens the skin. Excellent for dry skin and help to prevent stretchmarks.

### \* Rejuvenating Ginseng Wrap

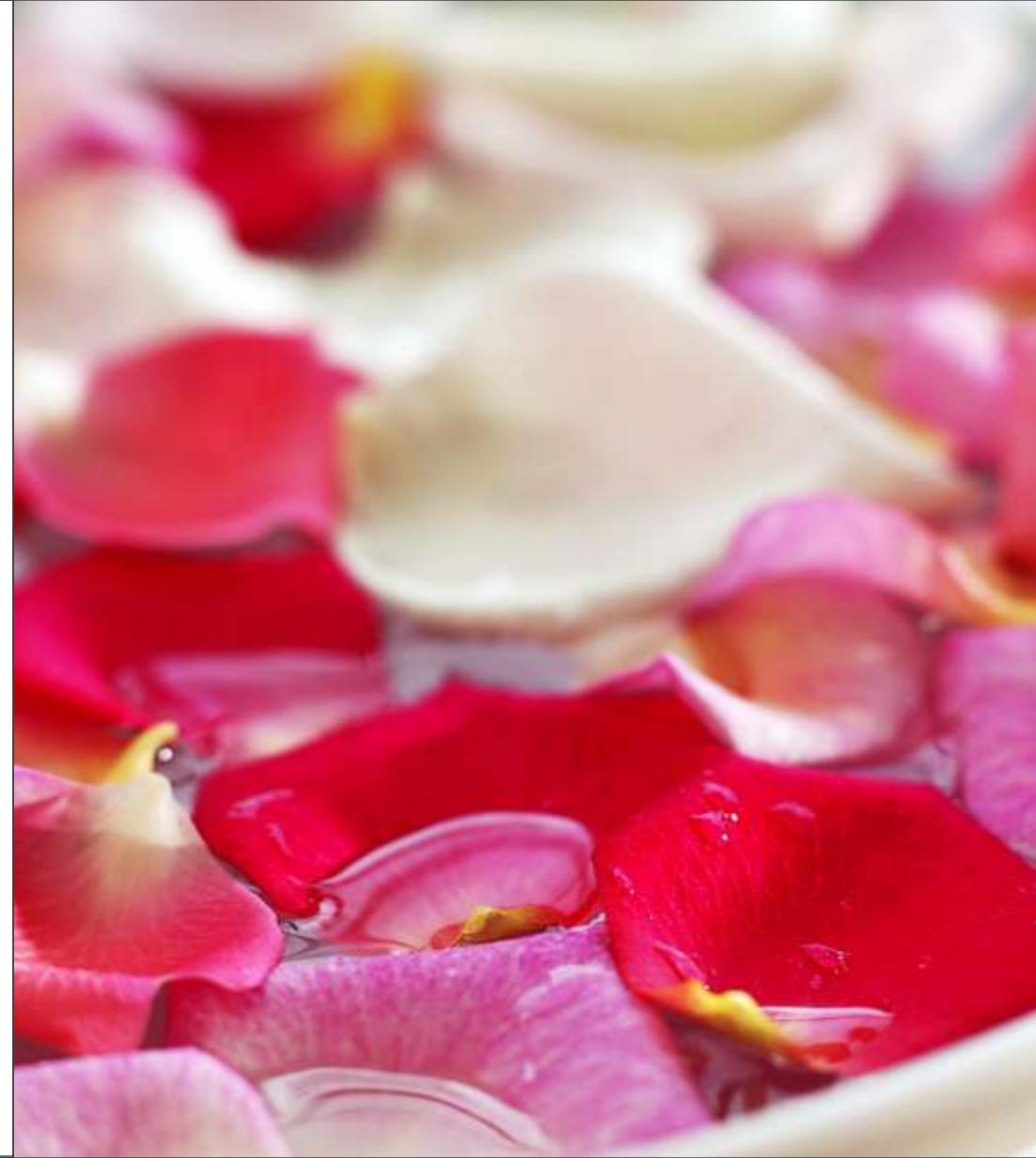
Reveal smooth skin with a potent infusion of revitalizing ginseng and ginkgo blended with gentle exfoliating bamboo beads. High in anti-oxidants and cellular regenerative properties, the refreshing scrub revitalizes weary skin.

### \* Moroccan Rassoul Wrap

Rassoul is a type of clay rich in mineral that is found in Morocco and its application helps reduction in sebum secretions and impurities are absorbed. The double-action exfoliation/hydration property of the wrap keeps all impurities away without drying or irritating the skin. The toning features of the rassoul wrap help improve the skin and make it firm and hydrated when added to the beneficial effects of argan oil.



\*10 % municipality fees included



### Natural Fruit Wrap

Duration	Price
30 Minutes	AED. 250

### Whitening Wrap

30 Minutes	AED. 230
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### Coco Butter Deep Wrap

30 Minutes	AED. 250
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### Rejuvenating Ginseng Wrap

30 Minutes	AED. 250
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### Moroccan Rassoul Wrap

60 Minutes	AED. 320
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## \* Body Scrub

### \* Almond Honey Cleanser

Take advantage of the natural benefits of oatmeal, almond, lemon peel & honey. This scrub helps eliminate blemishes from your skin & added benefits of moisturizing, cleansing & giving your skin a tighter look & best for normal skin.

### \* Whitening Scrub

A blend of rose hip oil & vanilla will delight the senses while gently scrubbing away dry dull skin. Gentle exfoliation helps remove dead skin cells and tan from the upper epidermal layer of the skin.

### \* African Coco Butter Moisturizing

A soothing scrub that deep cleans your skin with the added benefits of pure Cocoa Butter! The gentle exfoliating action draws out impurities, unclog pores and removes dead, dry cells from the surface of your skin to make it fresh, healthy, soft and smooth.

### \* Australian Tea Tree Oil Exfoliating

This Scrub will help keep the skin soft and smooth. The blend of non - abrasive particles, Tea Tree and Glycerin will remove dead skin cells, maintain moisture and freshen the body without causing any surface scratches or irritation.



\*10 % municipality fees included



#### Almond Honey Cleanser

Duration	Price
30 Minutes	AED. 200

#### Whitening Scrub

30 Minutes	AED. 200
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#### African Coco Butter Scrub

30 Minutes	AED. 220
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#### Australian Tea Tree Oil Scrub

30 Minutes	AED. 220
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\* OUR LOCATIONS \*

—| UAE |—

Dubai | Sharjah | Fujairah

—| INDIA |—

Delhi | Mumbai | Kolkata | Chennai | Pune | Ahmedabad | Hyderabad | Jaipur  
Nashik | Ranchi | Chandigarh | Gurgaon | Bangalore | Bhopal | Surat

