

# Sheraton<sup>®</sup>



# Let the Relaxation Begin

MASSAGE TREATMENTS

Lose yourself in a world of relaxation...

Treat your body to a bespoke massage experience; soak your aching muscles in the jacuzzi and switch off your mind in the sauna and steam room.





#### SIGNATURE MASSAGE

Your personalised massage is a comforting and refreshing experience. After a thorough consultation, your therapist designs a full body massage and applies a pack of Thai aromatic herbs and spices.

You leave with a sense of tranquillity and improved wellbeing.

90 minutes: AED 420

#### **AROMATHERAPY MASSAGE**

Restore lost balance to your mind, body and soul with this healing therapy. Customised to your individual needs, your massage experience provides stress relief, eases tension and detoxes your body. Selected essential oils melt away tension to create a harmonious balance.

60 minutes: AED 310 90 minutes: AED 390

#### **TENSION RELEASE MASSAGE**

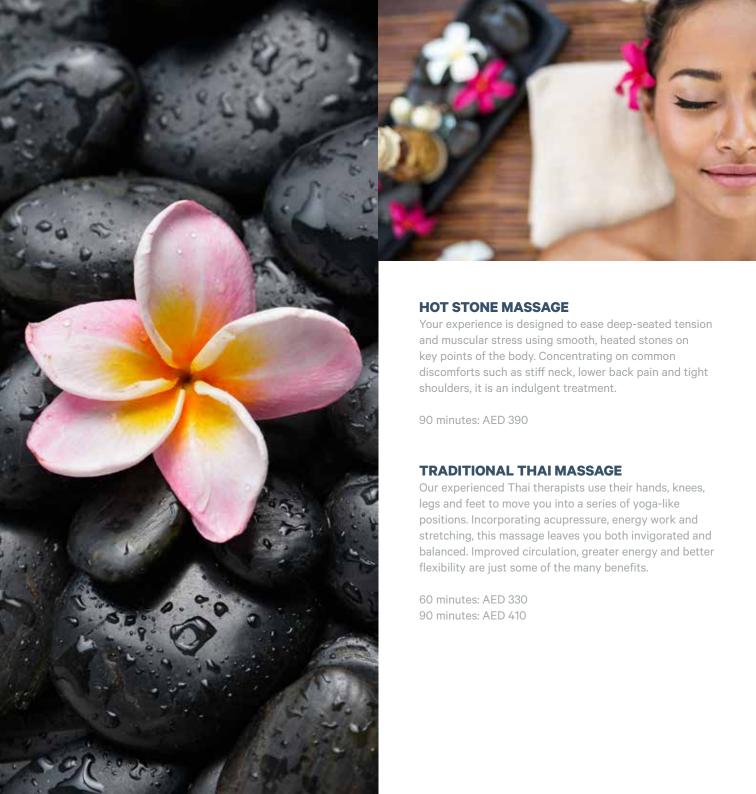
An intense massage experience designed to alleviate deep seated tension and muscular stress. A variety of techniques used to release common discomforts such as stiff neck, painful lower back and tight muscles.

60 minutes: AED 330 90 minutes: AED 410

# **BODY REFRESHER**

To refresh your senses, this treatment combines our tension release massage with a body scrub. Enjoy an invigorating exfoliation, followed by a deeply therapeutic treatment. Nourishing yourself with this unique experience to relieve stress and restore a sense of inner calm.

90 minutes: AED 370





#### SPORT MASSAGE

A deep muscle massage created to alleviate muscular tension and toxins that build up in the body's soft tissues during physical activity. You will feel revived and invigorated - ready to continue with your training.

60 minutes: AED 330

# **FEET REFLEXOLOGY**

Reflexology is a therapeutic method of relieving pain and stress by stimulating points on the feet. It can be effective at improving your general health, preventing illnesses as well as relieving symptoms of anxiety, injury and illness. A deeply relaxing treatment with benefits that can be felt throughout your body.

40 minutes: AED 245

# **EXPRESS MASSAGE**

Are you short on time but in great need of a massage? Get rid of back pain, jet lag or tense muscles in just half an hour. Providing instant recovery, your therapist concentrates on your specific areas of concern.

30 minutes: AED 205

# **BODY SCRUB**

Choose from a variety of scrubs to exfoliate and hydrate your skin, leaving it smooth and soft. Applying a nourishing lotion, a light massage completes your experience.

40 minutes: AED 235



#### **GUIDELINES**

You are encouraged to arrive at least 30 minutes prior to your treatment. Late arrival may reduce the length of your treatment.

The minimum age requirement for treatments is 16.

You will be provided with a robe, slippers and a secure locker for your convenience.

We require 24 hours cancellation notice; appointments cancelled within the 24-hour window will be charged 50% of the rate. Missed appointments will be charged in full.

Prices include 10% service charge, 6% tourism & 4% municipality fee

#### **SHERATON ABU DHABI HOTEL & RESORT**

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