



Sheraton[®]

ABU DHABI HOTEL & RESORT



Let the
Relaxation
Begin

MESSAGE 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 405

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 295

90 minutes: AED 375

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 315

90 minutes: AED 395

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 355



HOT STONE MASSAGE

Your experience is designed to ease deep-seated tension and muscular stress using smooth, heated stones on key points of the body. Concentrating on common discomforts such as stiff neck, lower back pain and tight shoulders, it is an indulgent treatment.

90 minutes: AED 375

TRADITIONAL THAI MASSAGE

Our experienced Thai therapists use their hands, knees, legs and feet to move you into a series of yoga-like positions. Incorporating acupressure, energy work and stretching, this massage leaves you both invigorated and balanced. Improved circulation, greater energy and better flexibility are just some of the many benefits.

60 minutes: AED 315

90 minutes: AED 395



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 315

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 235

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 195

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 225



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 and 6% tourism fee.

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