

REFIVE

SPA, BEAUTY & WELLNESS

THE LATEST
WELLNESS
TRENDS IN ONE
SPOT

GLOWING
SKIN IS
ALWAYS IN

FACIALS
MASSAGES
SPRAY TAN
YOGA

DETOX BEFORE
YOU RETOX:
PREP FOR YOUR
NIGHT OUT



BOOKINGS

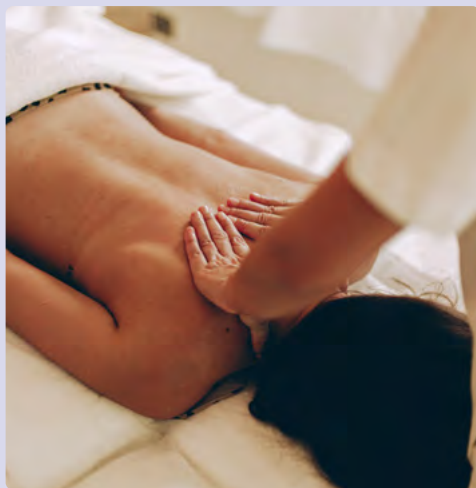
04 248 9964 • FJVD.SPA@FIVEHOTELSANDRESORTS.COM • @REFIVESPA



HERE WE GLOW

45-mins massage or facial, lunch or dinner at our signature restaurants, and access to our social pool with two drinks each. Advance booking required.

MON - THU - AED350



STEAM & SAUNA

Sweat it all out! Improved skin, strengthened immunity and body pain relief, treat yourself to the ultimate wellbeing. Complimentary access for hotel guests.

DAY PASS - AED80



SERENITY RITUAL

Organic body exfoliation
+
Nourishing body wrap
+
Full body massage

120 MINS • AED745

BODY & GLOW

Body scrub
+
30-minute facial
+
full-body massage

120 MINS • AED745

HIS & HERS

Body scrub
+
full-body couple massage

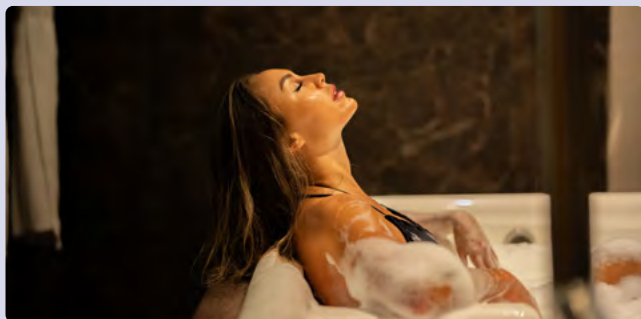
90 MINS • AED1045
PER COUPLE



JACUZZI

Enjoy quality time together, sit
back and relax in our couple's
jacuzzi.

30 MINS • AED300
60 MINS • AED500



SPA

#FACIALS

MATIS PARIS

Since 1936, MATIS has built its success on its French art of skincare with unique, personalized treatments made from active ingredients that are effective and respectful of the skin and the planet.

GLOW

ECLAT

A radiance-boosting treatment that evens skin tone and revitalizes dull complexions.

Ideal for Dull Skin

60 MINS • AED495

REJUVENATION

CAVIAR

A revitalizing treatment enriched with caviar extract to nourish, firm, and restore your skin's youthful glow.

Ideal for stressed and mature skin

60 MINS • AED675

HYDRATION

CORRECTIVE

Designed to smooth fine lines, plump the skin, and enhance radiance with advanced anti-aging technology.

Ideal for stressed Skin

60 MINS • AED585

L'ODAÏTÈS

Luxurious skincare brand blending natural botanicals with advanced science for radiant, healthy skin.

DETOX

SEA BREEZE

A revitalizing treatment inspired by Mediterranean botanicals to hydrate, soothe, and restore your skin's natural radiance.

Ideal for Congested Skin

45 MINS • AED365

BOOST

RADIANT GLOW

A radiance-enhancing treatment that brightens, evens skin tone, and restores luminosity.

Ideal for dull skin

60 MINS • AED495

SCRUB IT REAL GOOD!

CLASSIC SCRUB

The ultimate exfoliant to remove dead skin cells for glowing skin

30 MINS • AED245

COFFEE SCRUB

Cellulite reduction, glowing skin and sun recovery

30 MINS • AED245

HERE'S TO THE WHOLE WORLD AT YOUR FEET!

Relaxation massage for your feet, stimulating your activation points.

30 MINS • AED255

LIFTING THE WEIGHT OFF YOUR SHOULDERS!

Pressure relief massage focused on your shoulders, neck, scalp and forehead.

30 MINS • AED255

SPA

#MASSAGES

STRESS RELIEF



FEATHER TOUCH

Ideal for massage newbies! Light pressure point massage applying regenerating oils, boosting skin comfort and glow.

60 MINS • AED395
90 MINS • AED485



LAVA SHELLS

Deep tissue relaxation using heated clam shells to relieve tension knots.

75 MINS • AED575

MUSCLE TENSION



BALANCING ACT

Classic Swedish massage movements and oils to ease muscle tension, using medium pressure.

60 MINS • AED395
90 MINS • AED485



MUSCLE MELT

Deep tissue massage focusing on sore and tight muscle tension from heavy workout or deep stress.

60 MINS • AED455
90 MINS • AED575

ENERGY HEALING



THAI MASSAGE

Acupressure and yoga-like stretching that focuses on the body's pressure points and energy lines.

90 MINS • AED520



CLEAR & HEALING

Luxury heated quartz bed experience with body scrub and full body massage to tickle all of your senses and take you into a cocoon-like state.

75 MINS • AED500

EXPRESS MESSAGE

IN A HURRY? NO PROBLEM

Choose your focus area, pressure level and technique preferences.

30 MINS • AED265

TRY ME!

SCIENTIFICALLY PROVEN
REMEDY FOR GREATER
ENERGY, LOWERED STRESS
& THE ULTIMATE
PEACE OF MIND.



ADD TO YOUR TREATMENT

QUARTZ HEALING • AED100

LAVA SHELLS • AED100

HOT STONE • AED100

Take your treatment to the next level and allow your body to enter a cocoon like state of relaxation with the warm contouring crystals on our quartz healing bed or upgrade your massage with our signature hot stones or lava shells for a greater stress reliever.

Benefits include

- Greater energy
- Lowered stress
- Strengthened immunity



ICE BATH DO YOU DARE?

Plunge into the icy cool waters and take advantage of faster muscle recovery, improved sleep patterns, stress reduction and even boosting immunity, while our therapists coach you with special breathwork and meditation exercises.

30 MINS • AED95



SENSORIAL HEAD SPA

Cleanse your mind, body and soul with our Sensorial Head Spa Experience and enjoy a luxurious scalp and facial treatment meticulously crafted to leave you feeling utterly refreshed and rejuvenated.

90 MINS • AED555

MOVE AT FIVE

NOT JUST YOUR AVERAGE GYM

Find your balance or push yourself to the next level at Move At FIVE, a state-of-the-art gym offering a wide range of personal training options and classes. Class schedule & membership info available on request.



BEAUTY

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



#YOGA

**THERE'S NOTHING
A BIT OF YOGA CAN'T FIX**

Soothe your soul or switch up your workout routine with our expert yogi, who tailors your session to your fitness goals.

PRIVATE CLASS • AED300





SPRAY TAN

Fake it 'til you make it!

Get that golden glow with Naked Tan
- a vegan, wash and wear spray tan.

Keep your tan in tip top shape!

- Exfoliate beforehand
- Wear loose clothing after your treatment
- Apply moisturiser daily

30 MINS • AED350

WELLNESS QUICKIE

EXPRESS MASSAGE

30 MINS
AED265

ICE BATH

30 MINS
AED95

FOOT MASSAGE

30 MINS
AED255

HEAD MASSAGE

30 MINS
AED255

BODY SCRUBS

30 MINS
AED245

MASSAGES

FEATHER TOUCH

Stress relief & Relaxation

60 MINS • AED395
90 MINS • AED485

LAVA SHELLS

Deep tension relief

75 MINS • AED575

THAI MASSAGE

Energy healing & stretching

90 MINS • AED520

CLEAR & HEAL

Boosted energy & ultimate peace of mind

75 MINS • AED500

BALANCING ACT

Ease muscle tension

60 MINS • AED395
90 MINS • AED485

MUSCLE MELT

Heavy workout & deep stress

60 MINS • AED455
90 MINS • AED575

BUCKET LIST

- Quartz bed
- Steam & sauna
- Spa & dine
- Yoga.
- Spray tan
- Sun recovery.
- Jacuzzi

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

FACIALS

CORRECTIVE

Hydration

60 MINS • AED585

ECLAT

Glow

60 MINS • AED495

CAVIAR

Rejuvenation

60 MINS • AED675

DETOX

Ideal for congested skin

45 MINS • AED365

BOOST

Ideal for dull skin

60 MINS • AED495

EXPERIENCES

SERENITY RITUAL

Organic body exfoliation
+ Nourishing body wrap
+ Full body massage

120 MINS • AED745

BODY & GLOW

Scrub + facial
+ Massage

120 MINS • AED745

HIS & HERS

Scrub
+ Couple massage

90 MINS • AED1045
PER COUPLE

RETAIL

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

SPA ETIQUETTE

To maintain the peaceful and relaxing atmosphere in ReFIVE Spa we kindly ask you to speak in a soft voice and also turn off all mobile and electronic devices. We also ask that you refrain from taking pictures once entering the private men's and women's spa areas. When using the shared steam, sauna and facilities please wear the disposable undergarments provided.

ARRIVING AT THE SPA

Please arrive 30 minutes prior to your treatment to make full use of our steam room and sauna Area. Kindly ensure you arrive on time to make full use of your appointment time. Late arrivals will still be charged the full treatment amount.

LATE ARRIVALS

In the event that you are running late, we will do our best to provide your full treatment. Late arrivals will still be charged the full treatment amount.

WHAT TO WEAR

Robes, loose clothing for Thai massage and comfortable disposable underwear is provided if desired. Please also bring swimwear if planning to enjoy the spa facilities such as steam & sauna.

CANCELLATION POLICY

All cancellations within 3 hours of bookings are subject to a 50% cancellation charge. If you are booking within this cancellation window, please be aware of your schedule and ensure that you are able to keep the appointment. Group bookings of 5 or more people must be cancelled within 48 hours. All no-show appointments will be charged full.

yutopia

IV Drips

Sometimes we all need a little extra boost, right? Why not show your body some love and book yourself a vitamin drip. Packed with nutrients to lift your energy levels, boost your immune system and even soothe a hangover. We've got a vitamin-filled drip to suit your needs and get you feeling like the best version of yourself.



Immunity Booster

1950

This special formula includes vitamin C, zinc, glutathione, vitamin B, and vitamin A to give your immune system a powerful boost.



Detox

1665

With the help of carefully selected antioxidants this blend boosts metabolism and increases nutrient absorption for an overall happier, healthier you.



Energy Booster

1950

Get those energy levels up after a long flight or a late night. This drip has all the right ingredients to give you a serious energy kick.



Hangover Remedy

1775

We're all about the good times, and thanks to this mix of carefully selected ingredients, you can soothe your hangover and keep the good times rolling.



Boosters

Glutathione

550

B-Complex

540

Vitamin C

250

To book, call 04 248 9964  +971 58 100 9449