

# REFIVE

SPA, BEAUTY & WELLNESS

*Zen vibes only*  
**LUXURY HAMMAM**

**REBALANCE:  
SHIRODHARA  
HEAD MASSAGE**

**FACIALS  
MASSAGES  
ORGANIC SCRUBS**

*Unlock your  
inner glow*

**BOOKINGS**

04 275 99 25 • FLH.SPA@FIVEHOTELSANDRESORTS.COM • @REFIVESPA





## SPA

## #EXPERIENCES

### REFINE 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 • AED459

### TOTAL INDULGENCE

Hydrating facial followed by a full body massage.

120 MINS • AED1250

### JUST THE TWO OF US

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

90 MINS • AED1835

### MAMA-TO-BE

Moisturising Scrub and Shea Butter Mask followed by a medium pressure massage.

60 MINS • AED675

### INDOOR SPA POOL

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





## SPA

## #FACIALS

### AUTEUR

#### DEFINITIVE

Optimize high-active ingredient penetration with massage and product layering. Recharge, revitalize and restore a radiant glow to the skin.

60 MINS • AED695

### AUTEUR

#### ABSOLUTE

Elevate your skin's regenerative response with Composition No.1 Serum. Restores skin to a fresh, hydrated state.

60 MINS • AED755

### AUTEUR

#### HIGH-ACTIVE EXPRESS

Purifies and elevate your skin's repair capabilities before ending with refreshing Ice Globes for a skin-tightening, camera-ready effect.

30 MINS • AED450

### 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.

60 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.

60 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, sensitive 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

## GOLDEN GLOW

### FACIAL

Restore the skin's glow and youthful vitality with a unique golden glow facial. CBD is combined with OTO'S award winning glow ampoules.

AED695



## OTO CBD BOOSTERS

Enjoy the relaxing and soothing effects of the OTO CBD body oil infused with fragonia, helichrysum and chamomile essential oils. These essential oils are known to help promote healthy skin cell regeneration and a glowing, youthful complexion.

AED165



## 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

### CBD RELAX

#### BAMBOO OTO MASSAGE

Revitalizing effects of the OTO  
amplify CBD body oil infused  
with grapefruit, juniper berry  
and bitter orange essential oils  
supplement the natural vitamin  
and mineral balance in the skin  
leaving it healthy and glowing.

90 MINS • AED955

### EXPRESS MESSAGE

#### 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

### CBD OIL

Add OTO CBD oil  
to any massage treatment

AED165

### 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

### HERBAL COMPRESS

- Lower stress
- Improve sleep
- Stimulate lymphatic drainage
- Lower blood pressure

AED150

## 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 • AED445

### SAPPHIRE WRAP

Left on the skin for continual nourishing benefits post-treatment

45 MINS • AED445





## WELLNESS

### ABHYANGA

A traditional four hands massage technique, which uses warm 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

A traditional, deep exfoliating practice using black soap and kessa scrub followed by a Ghassoul clay mask to detoxify the skin and remove old skin cells. Combined with heat, steam, and stretching massage techniques, for deeply cleansed and smooth skin.

### MOROCCAN

Nourishing kessa scrub  
+ Ghassoul clay mask  
+ Nurturing organic elixir

60 MINS • AED725

### HERBAL

Nourishing kessa scrub  
+ Honey body scrub  
+ Ghassoul clay mask  
+ Scalp mask  
+ Nurturing organic elixir

90 MINS • AED975

### TRANQUIL

Nourishing kessa scrub  
+ Ghassoul clay mask  
+ Nurturing organic elixir  
+ Body massage

120 MINS • AED1195

### YOGA

Find your inner zen with our in-house yoga teacher as you start the day with the flow or gentle yoga in our dedicated yoga studio.

GROUP CLASS • AED120  
PRIVATE CLASS • AED550

Residents enjoy  
complimentary group classes

External trainer visit  
AED100 per session

### ICE THERAPY

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

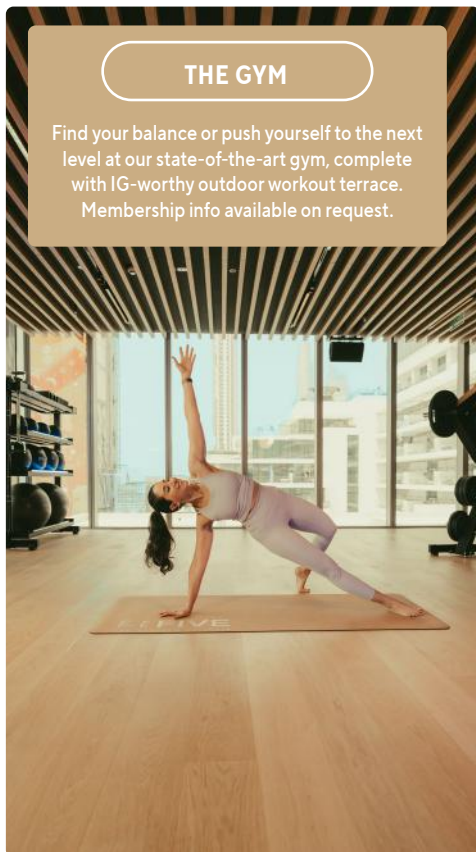
### SOUND HEALING

Balance and clear your mind  
with sound healing meditation.

PRIVATE CLASS • AED645

### 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.

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**PRE-GAME GLOW UP  
HYDROGEL GOLD FACE MASK**  
Detoxifying, Hydrating &  
Revitalizing

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**DESIGNER BAGS ONLY  
SPARKLING HYDROGEL  
EYE PATCHES**  
De-puffing, Brightening &  
Revitalizing



## WELLNESS QUICKIE

### EXPRESS MESSAGE

30 MINS  
AED395

### SHIRODHARA HEAD MESSAGE

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 MESSAGE

90 MINS  
AED895

### BAMBOO OTO MESSAGE

90 MINS  
AED955

### MESSAGE UPGRADE

HOT STONES AED150  
QUARTZ BED AED150  
HERBAL COMPRESS AED150

## BUCKET LIST

Quartz bed ☐

Spa & dine ☐

Yoga ☐

Jacuzzi ☐

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

## FACIALS

### DEFINITIVE

60 MIN  
695AED

### ABSOLUTE

60 MINS  
755AED

### BLUE DIAMOND FITNESS

60 MINS  
995AED

### GOLD HYDRALIFTING

60 MINS  
AED995

## EXPERIENCES

### REFIVE ELEMENTS

90 MINS  
AED1100

### SAPPHIRE GLOW UP

120 MINS  
AED1225

### SPA, LUNCH & POOL

MON - THURS  
AED459

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### MAMA-TO-BE

60MINS  
AED675

## RETAIL

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

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...



## Performance Drips

### Pre-Workout Drip

1300

- Increases pre-workout energy and stamina
- Improves endurance during workout
- Reduces post-workout recovery time
- Improves hydration before workout
- Enhances mental focus and concentration during exercise

### Post-Workout Rescue Pack

1350

- Promotes muscle recovery
- Supports immune function
- Improves blood flow and oxygen delivery to muscles
- Promotes tissue repair
- Helps you regain strength and increases endurance
- Reduces muscle damage and inflammation



## Ultimate Detox

1416

### Support Your Body's Most Important Organ, the Liver

- Cleanses, detoxes and improves liver function
- Boosts metabolism and enhances nutrient absorption
- Improves overall health and well-being



## Energy Boost & Jetsetter

930

### Make the Most of Every Moment of Your Trip

- Alleviates symptoms of jet lag and fatigue
- Provides an immediate energy boost
- Enhances immune function
- Reduces inflammation



## Hangover IV

899

### Revive and Conquer Your Hangover

- Treats hangover symptoms such as headache, fatigue and nausea
- Rehydrates and replenishes essential minerals and vitamins
- Cleanses the liver from alcohol
- Supports liver function and enhances detoxification



## Skin Glow

780

### Unleash Your Skin's Inner Radiance

- Nourishes and Rejuvenates Skin
- Promotes Healthy Collagen Production
- Increases Skin Radiance and Glow
- Improves Overall Energy Levels