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**THE SPA**  
BY SHANGRI-LA

# EXPRESS MESSAGES

Mins OMR

15	12
25	20

## ANTI-JET LAG FOOT MASSAGE

Absolutely divine and will greatly help you to overcome time changes, while helping to greatly reduce swelling of the feet and ankles.

## STRESS-RELIEVING NECK AND BACK MASSAGE

This is a perfect solution to help relieve headaches and assist in unwinding before your flight.

## NATURAL CRYSTAL QUARTZ FACIAL MASSAGE

Mineral-rich quartz crystal wands provide a relaxing massage incorporating the manipulation of facial energy points and nerve endings, leading to a reduction in stress and muscle tension of the face.

## STEAM EXPERIENCE

Surround yourself with the healing effects of steam infused with natural herbs. These have been formulated to cleanse the skin, promote circulation and invigorate the body.

Mins OMR

15	9
25	14

## HANDS-FREE HYDROTHERAPY BED

Excellent for those with limited time and who do not want to get undressed. Similar to a water bed, warmed water jets offer a pressure on lower back while you float comfortably on the top.

Mins OMR

15	9
25	14



# 'AWAKEN YOUR SKIN'



## HYDRATING EXPRESS FACIAL

Target brightening, help revitalize dull and lackluster skin while giving it an extra boost of hydration.

**Mins** OMR

<b>25</b>	20
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## DETOXIFYING SILVER FACIAL

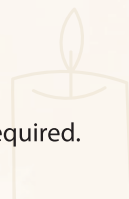
Silver helps heal the skin and combat blemishes and breakouts. This facial increases oxygen supply and blood circulation, improving cell renewal and the healthy appearance of the skin.

**Mins** OMR

<b>60</b>	45
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## FACIAL ADD-ONS

Add one of following mini treatments onto your facial. Extra time is required.



## FIRMING NECK AND DÉCOLLETÉ TREATMENT

Hydrate and tighten the area of the body that shows the first signs of aging – the neck and upper chest. White truffle enzymes repair the skin and improve elasticity while Edelweiss proteins help to tighten and lift, for a more defined jaw line. Hyaluronic acid, in two different forms, helps the skin to recover fullness and density. Lastly, a targeted massage, which draws on ancient Hungarian techniques, will awake all the muscles in the neck and décolleté for a stronger lift effect.

**Mins** OMR

<b>25</b>	20
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## SOOTHING EYE MASSAGE

This 15min eye treatment uses diamond peptides and a copper compound to lighten and brighten, while arnica and vitamin K remove puffiness and dark circles. A gentle massage using cooling derma globes, soothes and relaxes the contours of the face and eyes for a brighter, refreshed look.

**Mins** OMR

<b>15</b>	12
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# ENHANCEMENTS

OMR 4 / Each

These add no extra time to your treatment but provide amazing additional results; so add one or as many as you like.

**Thermal Oil** - To relieve pain and stiffness wherever applied. It soothes with a refreshing and cooling feeling. Perfect before a flight.

**Probiotic-infused Lotion Boost** - Transform your massage into an age-defying treatment with an extra boost of organic coconut oil, passionflower, shea butter and probiotics leaving your skin hydrated, healthy and glowing from head to toe.  
\*not available for facials

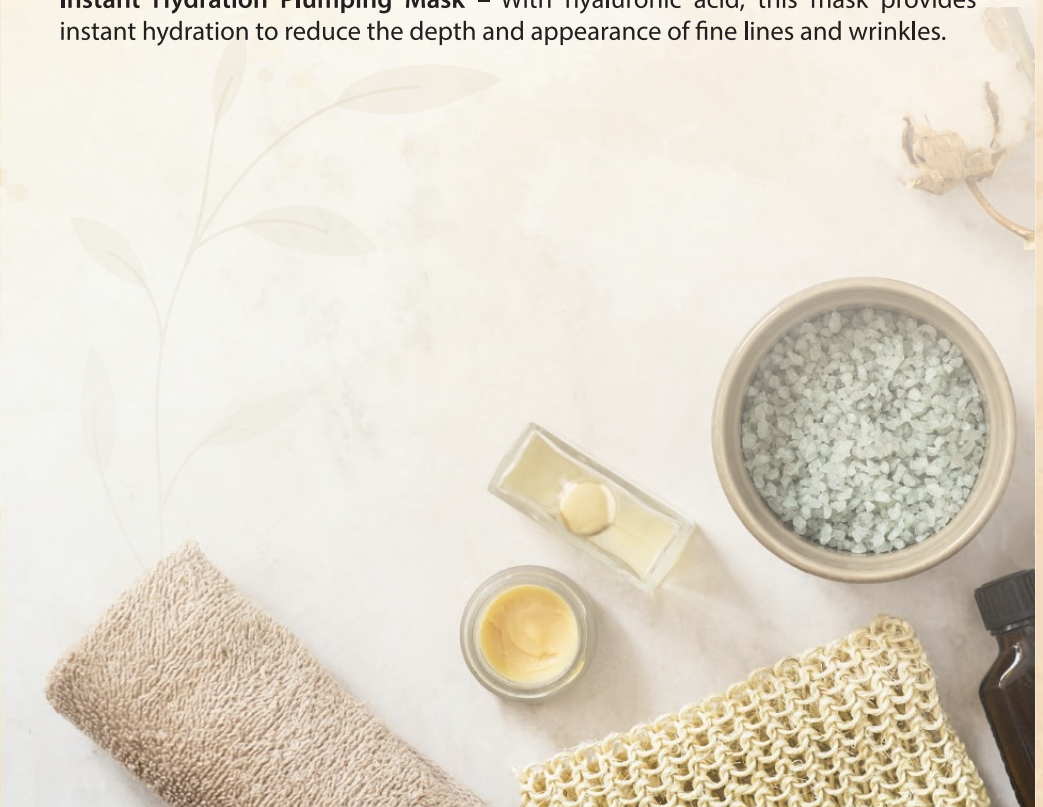
**Organic Shea Butter for Hands or Feet** – It is important to hydrate before a flight. Organic shea butter and paracress (nature's answer to botox), instantly returns a youthful, hydrated look to your hands or feet.

**Herbal Compress (back only)** - Relaxes muscles and soothes tissues. A treat for nerve pain and muscle aches, it also promotes healthy circulation within specific areas and can reduce inflammation.

**Hot Stone Application (back only)** - Targeting the back area, the use of strategically-placed hot stones loosens stressed muscles by combining thermotherapy with gliding massage strokes.

**Hot Oil Hair and Scalp Treatment** - Organic passion flower soothes the scalp while coconut oil leaves your hair hydrated, soft and brilliant. Leave on for at least 8 hours for maximum hydrating results

**Instant Hydration Plumping Mask** – With hyaluronic acid, this mask provides instant hydration to reduce the depth and appearance of fine lines and wrinkles.



# GET READY TO BOARD

## THE BETTER SLEEP MASSAGE

Designed to get you into the zone for a great sleep. Begin with a relaxing neck and back massage to reduce tension and increase circulation. A scalp marma point massage and lymphatic drainage of the face using rose quartz wands takes the body to the next level of relaxation. Complete the journey with a pressure point foot massage to activate your organs and create a sense of balance - ensuring a peaceful and deep sleep when you get on the plane. Aromatic scents are used throughout this treatment to bring peace to your mind.

**Includes:** Neck and Back Massage (20min), Scalp Massage (20min), Foot Massage (20min).

**Mins**    OMR

<b>60</b>	40
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## DEEP TISSUE MASSAGE

Using specially selected oils, this deep tissue massage works into the layers of the muscles to naturally help release muscle tension from your body.

**Mins**    OMR

<b>45</b>	32
<b>60</b>	40

## RELAXING AROMA MASSAGE

This massage combines the elements of Swedish massage techniques to soothe sore muscles, increase circulation and bring you to a state of relaxation. Organic aroma oils respond to each individual's needs. An excellent massage for first time spa goers.

**Mins**    OMR

<b>45</b>	32
<b>60</b>	40

## LYMPHATIC FULL BODY MASSAGE

This manual Hungarian lymphatic massage is both relaxing and detoxifying. The combination of lymphatic drainage and stretching techniques will ease muscle tension, reduce cellulite, improve the body's immune function and help flush out toxins, reversing the signs of fatigue and stress.

**Mins**    OMR

<b>45</b>	32
<b>60</b>	40



# HOW TO SPA

## RESERVATIONS

If you know you will be coming to the lounge in the future, we will happily accept reservations as availability may be limited. Otherwise we look forward to welcoming you in person

## MINIMUM AGE

To maintain a peaceful environment, children under 18 years are not permitted in the spa.

## MOBILE PHONE AND DEVICES

For the comfort of other spa guests, please ensure your electronic devices are switched off upon entry to the spa.

## PRIVACY

Your privacy will be protected at all times. Your therapist will leave you to change in private and throughout the treatment you will be draped with towels, covering all parts of the body not being treated.

## CANCELLATION

We request a minimum of 6 hours notice if you are unable to keep your appointment. No-shows or cancelled appointments within 6 hours will incur a 100% cancellation fee.

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