

CALM SPA



A WHOLE NEW WAY TO RELAX

A serene sanctuary nestled within the verdant surroundings of JA Palm Tree Court, Calm Spa offers an array of luxurious, contemporary treatments thoughtfully curated to foster deep relaxation and holistic well-being.

Spa Retail

Enrich your spa experience with our curated selection of high-end products, featuring the same professional brands used in your treatments.

Explore a unique collection of skincare, body care, Bioxidea masks, wellness perfumes, healing crystals, aromatherapy candles, and elegant gift sets.

Visit our Spa, Spa retail, and take the essence of wellness home with you.

A close-up photograph of a woman's neck and shoulders. She is wearing a white, plush resort robe with a small blue logo on the left chest that reads "RESORTS & HOTELS". She is also wearing a delicate gold necklace with small star-shaped pendants. In her hands, she holds a shallow, wide golden bowl. The background is a soft, neutral tone.

PACKAGES

Embrace the essence of relaxation with our expertly curated spa packages, designed to rejuvenate the mind, body, and soul.

JA SIGNATURE RITUAL 180 MINUTES

Experience full-body rejuvenation with this indulgent journey. Begin with a Green Tea Body Polish to gently exfoliate and smooth the skin. Unwind with a Relaxing Body Massage to release tension and calm the mind. Conclude with the ELEMIS EXPERT™ Nourish Facial to rebalance, revive, and restore your natural glow.

INCLUSIONS:
Green tea body polish
Relaxing body massage
ELEMIS EXPERT™ Elemis Nourish Facial

JA RENEWAL 90/120 MINUTES

Delight in a personalised 60 minute massage that melts away tension and restores your body's balance, complemented by your choice of a 30 or 60 minute facial to rejuvenate and revive your skin's radiance.

INCLUSIONS:
90 minutes treatment:
60 minutes Body massage
30 minutes mini-Facial

INCLUSIONS:
120 minutes treatment:
60 minutes Body massage
60 minutes Facial

REJUVENATING EXPERIENCE 120 MINUTES

Reawaken your skin and calm your senses with our Traditional Moroccan Hammam, a purifying ritual that deeply cleanses and softens the skin. Complete your journey with a Stress Release Massage to melt away tension and restore inner balance.

INCLUSIONS:
60 minutes Hammam
60 minutes Massage

MASSAGES

JA SIGNATURE MASSAGE

90 MINUTES

Recharge your senses with our JA Signature Massage, designed to energise your body and mind, boost circulation, and restore balance. Skilled hands target key energy points, leaving you feeling refreshed and renewed.

PERSONALISED MASSAGE

90 MINUTES

A fully tailored experience designed to meet your unique needs. Our skilled therapists will work with you to identify areas of focus, delivering targeted relief that promotes both physical relaxation and mental well-being.

BALINESE MASSAGE

60/90 MINUTES

Experience the healing tradition of Bali with a deeply relaxing full-body massage that combines gentle stretches with targeted thumb and palm pressure to enhance energy flow and promote a profound sense of relaxation.

SIAMESE MASSAGE

60/90 MINUTES

A harmonious blend of traditional Thai stretches and rhythmic massage techniques designed to stimulate energy flow and improve flexibility. Using our custom massage oils, the therapist applies deep palm, forearm, and elbow strokes to release tension and restore physical balance.

STRESS RELEASE MASSAGE

60/90 MINUTES

Let go of stress and release tension with our Stress Release Massage. Combining palm strokes, gentle kneading, and targeted pressure, this massage eases muscle tightness and calms the mind for relaxation and balance.

RELAXING MASSAGE

60/90 MINUTES

A gentle massage featuring long, flowing palm strokes and targeted thumb pressure to soothe tired muscles, enhanced with our custom massage oil for a deeply relaxing experience.

PEACEFUL PREGNANCY MASSAGE

75 MINUTES

A gentle, nurturing treatment designed to ease the physical strains of pregnancy. Using soft touch and soothing techniques, it promotes deep relaxation while nourishing and hydrating the skin. This restorative experience supports the well-being of both mother and baby.

HOT STONE MASSAGE

60/90 MINUTES

A deeply soothing treatment that blends the therapeutic warmth of heated stones with flowing massage techniques. The heat penetrates deep into the muscles to ease stiffness, boost circulation, and promote profound relaxation.

DEEP TISSUE MASSAGE

60/90 MINUTES

Firm, focused pressure targets deep muscle layers and connective tissue to release tension, relieve persistent tightness, enhance mobility, and restore optimal muscular function.



HAMMAM

marocMaroc blends Moroccan beauty traditions with modern science, offering luxurious skincare inspired by locally grown ingredients, argan oil, rhassoul clay, orange blossom, wild and pale roses. Rooted in authenticity and elegance, provide unique, sensory experiences that celebrate Morocco's rich cultural heritage. Every creation is inspired by a story, ritual, or ingredient rooted in Morocco's rich cultural heritage.

TRADITIONAL MOROCCAN HAMMAM 60 MINUTES

Unveil a Moroccan-inspired ritual with Miel d'Ambre balm and Kessa glove for ultra-purifying scrub, followed by orange blossom cleanse, face exfoliation, and traditional stretching for complete revitalisation.

INCLUSIONS:

- Traditional black soap
- Full body Kessa exfoliation
- Hair shampooing and conditioning
- Traditional stretching

THE ROYAL SIGNATURE HAMMAM 90 MINUTES

A sublime fusion of authentic techniques and refined rituals. This elevated Hammam experience enhances the traditional treatment with a deeply purifying mask and a luxurious hydration, featuring the indulgent 'Roses de Sucre' nourishing body cream for a truly revitalising finish.

INCLUSIONS:

- Welcoming sensory experience
- Traditional black soap
- Full body Kessa exfoliation
- Hair wash ritual
- Traditional stretching ritual
- Face mask
- Nourishing body moisturisation

The treatment is performed with marocMaroc products



BODY

Revitalise your skin with our indulgent body treatments, designed to exfoliate, nourish, and restore your natural glow.

ELEMIS BODY NECTAR NOURISHING WRAP 60 MINUTES

The velvety texture of the Monoi Oil offers intense hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils perform their magic.

INCLUSIONS: Body conditioner • Scalp massage
• Face treatment • Moisturising

ELEMIS INTENSELY CLEANSING SALT SCRUB 45 MINUTES

Fragrant salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

INCLUSIONS: Body polish • Face treatment • Moisturising

CALM SPA SCRUB 30 MINUTES

The calming scrub gently exfoliates and nourishes the skin, revealing a velvety soft, silky smooth, and radiant complexion. Suitable for all skin types.

INCLUSIONS: Body polish • Body moisturising





FACIAL BY ELEMIS

Indulge in the ultimate skincare experience with our ELEMIS EXPERT™ TOUCH FACIALS, a transformative journey for your skin and senses. Combining the power of nature with the science of advanced skincare, these treatments are designed to deliver visible results while offering unparalleled relaxation.

ELEMIS EXPERT™ TOUCH RENEW FACIAL Hydrate, Lift & Firm | 60 MINUTES

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

ELEMIS EXPERT™ TOUCH NOURISH FACIAL Cleanse, Rebalance & Revive | 60 MINUTES

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oil, leaving your skin feeling nourished, rebalanced and revived.

EMIS EXPERT™ TOUCH REVEAL FACIAL Resurface, Smooth & Glow | 60 MINUTES

Powered by our patented Ti-Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced and glowing.

ELEMIS EXPRESS FACIAL 30 MINUTES

This express facial is the perfect little pick-me-up and will give an instant uplift to tired skin.

FACIAL BY SODASHI

Sodashi is hand-crafted in Australia using the purest natural ingredients, embodying the essence of clean beauty. With a holistic approach that goes beyond skincare, Sodashi offers a complete well-being experience, nurturing the mind, body, spirit, and emotions.

NATURAL GLOW FACIAL

NOURISH & REVITALISE | 60 MINUTES

Step into the perfect fusion of nature and luxury with the Sodashi Signature Facial. This customised treatment uses nutrient-rich botanicals and holistic massage techniques to address your unique skin concerns, boost circulation, and reveal a radiant, revitalised complexion.

TEEN FACIAL

SOOTH & CLARITY | 45 MINUTES

Tailored for teenage skin, this facial calms inflammation, clears congestion, and rebalances the complexion, leaving it deeply cleansed, soothed, and naturally glowing.

MARINE RENEWAL FACIAL

GLOW & RADIANCE | 60 MINUTES

This brightening facial restores vitality and radiance to dull, lacklustre skin using activated marine minerals. Rich in omega-packed botanical extracts, it promotes an even skin tone and enhances natural glow for a visibly brighter, smoother complexion. Tailored to your skin type, it's the ideal pick-me-up for tired skin and helps reduce pigmentation.

SIGNATURE THERMAL FACIAL

FIRMING & LIFTING | 90 MINUTES

Reclaim youthful elasticity and restore a luminous complexion with a potent infusion of vitamins and minerals. Tailored to your skin's specific needs, the luxurious Thermal Infusing Mask delivers antioxidant-rich Sodashi botanicals deep into the skin, plumping, firming, smoothing, and protecting against environmental stressors.

ADD-ONS

EYE LIFT & REVIVE

The perfect add-on to any treatment, this targeted eye therapy reduces puffiness, dark circles, and tension. A gentle cleanse, followed by specialised massage and a firming mask, leaves the eye area lifted, toned, and refreshed.

EXTRAS

Upgrade your treatment by selecting one or more of our express treatments, which can be enjoyed on their own or added to complement any of our services.

BACK MASSAGE

30 MINUTES

Expertly targeted to ease backaches and tension caused by prolonged desk work or encounter backaches, this massage focuses on the back and shoulders to relieve muscle tension, promote deep relaxation, and restore energy.

FOOT REFLEXOLOGY

30 MINUTES

This massage targets specific reflex points on the feet and soles to restore your body's natural balance and enhance overall wellness.

RELAXING FOOT MASSAGE

30 MINUTES

Revel in a soothing foot massage that eases muscle tension, revitalises tired feet, boosts circulation, and alleviates fatigue for deep relaxation.

SCALP MASSAGE

30 MINUTES

With the use of gentle fingertip strokes, this massage helps you de-stress, alleviating tension and relieving headaches.

HEAD AND SHOULDER MASSAGE

30 MINUTES

Targets tension in the neck and shoulders, while a calming head massage relieves stress, eases headaches, enhances circulation, and promotes deep relaxation.

A perfect quick escape to leave you recharged and restored.

HOT STONE MASSAGE

30 MINUTES

A quick fix to ease tension and muscle fatigue, this warming treatment uses smooth, heated stones to melt away stiffness and soothe tired muscles. leave you recharged and restored.



BEAUTY

Discover a variety of beauty treatments for exceptional results.

NAILS

Pamper yourself with a manicure and pedicure with nail gel as well as nail art for the trendy ones.

KIDS CARE

The little ones can also enjoy customised treatments such as manicure and pedicure, nail art.



WELLNESS

CHOICES

Immerse yourself in a curated selection of personalised therapies designed to support your individual needs. Our Wellness Choice offers tailored experiences that promote balance, relaxation, and holistic well-being.

HERBAL COMPRESS MASSAGE

60/90 MINUTES

Experience deep relaxation with this traditional therapy, where warm compresses filled with aromatic Thai herbs are applied to the body to ease muscle tension, improve circulation, and promote holistic well-being.

LYMPHATIC MASSAGE

60/90 MINUTES

This gentle, rhythmic massage stimulates the lymphatic system to flush out toxins, reduce water retention, and boost overall wellness. Using light, precise strokes, it promotes natural detoxification, leaving you feeling lighter and rebalanced.

ANTI-CELLULITE MASSAGE

60/90 MINUTES

Rediscover smoother, firmer skin with our targeted cellulite massage. Using specialised techniques like kneading, skin rolling, cupping, and hacking, this treatment boosts circulation, stimulates lymphatic drainage, and helps break down fat deposits, leaving your skin visibly smoother, toned, and radiant.

JADE FACE MASSAGE

30 MINUTES

Refresh and renew your complexion with a soothing massage using cool jade stones. Gently gliding across the skin, this treatment stimulates circulation, tones facial muscles, and enhances a natural, healthy glow.



GREEN TEA BODY WRAP

60 MINUTES

Detoxify and renew with our Green Tea Body Wrap. Rich in antioxidants, this treatment helps eliminate toxins, soothe inflammation, and smooth the skin. While cocooned for deep absorption, a calming scalp massage enhances total relaxation.

INCLUSIONS: Body wrap • Calming scalp massage • Body moisturising

ALOE LAVENDER SOOTHER

30 MINUTES

Soothe sun-kissed or sensitive skin with this calming wrap. A cooling blend of aloe vera and lavender reduces redness, eases irritation, and deeply hydrates. While cocooned for full absorption, a soothing scalp massage completes this restorative experience.

INCLUSIONS: Body conditioner • Soothing scalp massage • Body moisturising

TROPICAL FRUIT SCRUB

45 MINUTES

Energise your skin with this tropical exfoliation. A vitamin-rich fruit blend gently buffs away dead skin cells to reveal a smooth, radiant glow. Finished with a hydrating moisturiser for a silky finish, perfect before sun exposure or to refresh tired, lacklustre skin.

INCLUSIONS: Body scrub • Body moisturising

IV VITAMIN DRIP THERAPY

BY FIRST RESPONSE HEALTH CARE

Recharge and restore with IV Vitamin Drip Therapy, a cutting-edge wellness treatment that delivers essential vitamins, minerals, and hydration directly into your bloodstream for immediate and lasting benefits.

Designed to boost immunity, enhance energy, improve skin health, accelerate recovery, and restore hydration, each drip is expertly formulated with a blend of vitamins, antioxidants, and electrolytes to target your specific wellness needs- whether it's post-travel fatigue, stress relief, athletic recovery, or skin rejuvenation.

Administered by skilled professionals in a serene setting, this revitalising therapy leaves you feeling refreshed, rebalanced, and re-energised from within.



ANTI-JET LAG DRIP

Restore balance with our Jet Lag Recovery Drip, a revitalising infusion of essential nutrients to combat fatigue, dehydration, and disrupted sleep, leaving you refreshed and recharged.

ANTI-HANG OVER DRIP

Recover swiftly with our Hangover Recovery Drip, designed to alleviate dehydration, fatigue, and nausea. This infusion replenishes fluids, vitamins, and electrolytes, restoring balance and leaving you refreshed.

ENERGY BOOST AND HYDRATION DRIP (EXPRESS)

Revitalise your body with our Energy Drip an energising blend of essential nutrients and amino acids that combats fatigue and restores vitality for a lasting wellness boost.

IMMUNE BOOST AND HYDRATION DRIP (EXPRESS)

Elevate your immunity with this targeted infusion of essential vitamins and antioxidants. Expertly delivered to strengthen your defenses, restore balance, and help your body fight off illness naturally.

ANTI-STRESS AND ANTIOXIDANT DRIP

Melt away tension with this calming infusion, expertly designed to ease stress, restore inner balance, and leave you feeling refreshed, re-centered, and re-energised.

BLOOD BOOST AND IRON DRIP

Revitalise from within with this restorative infusion, designed to address iron deficiency, boost hemoglobin levels, and combat fatigue, leaving you energised and balanced.

ENERGY BOOST AND HYDRATION DRIP

Recharge and elevate your well-being with our IV Energy Booster. This revitalising drip combats fatigue, enhances cognition, and improves performance by boosting energy, supporting oxygen uptake, and restoring hydration.

GLOWING AND RADIANT SKIN DRIP

Illuminate your skin with our Glow Drip, a revitalising infusion of vitamins C and E. This nourishing treatment brightens your complexion and enhances your natural radiance, leaving you with a youthful glow.

NAD+

Unlock your potential with our NAD+ Drip, designed to enhance cell renewal, boost energy, and promote lasting vitality.

VIP ANTI-AGEING DRIP

Turn back time with our Anti-Aging Drip, an advanced infusion that supports regeneration with essential nutrients and mesenchymal stem cells. This therapy promotes cellular renewal, enhances skin elasticity, and restores a youthful glow.

A minimum of 4 hours advance reservation is required by First Response Healthcare.

SPA ETIQUETTE

SPA TREATMENT HOURS

Calm Spa is open daily from 10am to 9pm. The last treatment ends at 8pm. In-room spa treatments are not available.

SPA FACILITIES

Ladies sessions:

10am - 11am, 1pm - 3pm, 5pm - 7pm

Gents sessions:

11am - 1pm, 3pm - 5pm, 7pm - 8pm

Children under 16 years, even if accompanied by an adult are not permitted to use the spa facilities.

ETIQUETTE

To ensure that guests can enjoy the tranquil relaxation and peacefulness of Calm Spa, we respectfully request that all visitors keep noise to a minimum. Cellular phones and electronic devices are discouraged.

RESERVATIONS

Advance booking prior to your arrival is recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking.

ARRIVAL

Please check in at the spa reception (at least) 15 minutes prior to your scheduled appointment to avoid reduced treatment time. If you wish to use the spa facilities, it's recommended to arrive 45 minutes prior to your scheduled spa treatment. Swimwear must be worn at all times while using the spa facilities.

SPA ATTIRE AND VALUABLES

When you arrive for your treatment, you will be provided with a spa robe and slippers as well as a locker to place your belongings. We recommend that no jewellery be worn at the spa. The management and associates accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

SMOKING AND ALCOHOL

Smoking and consumption of alcohol within the spa is prohibited.

GIFT CERTIFICATE

Gift certificates for our spa treatments are available. For more details, please contact our spa receptionist.

CANCELLATION POLICY

A 24-hour cancellation notice is required to help us reschedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. Full charges will be imposed for a "no-show".

REFUND POLICY

Treatment packages and gift certificates are non-refundable, non-transferable and cannot be exchanged.

PAYMENT AND GRATUITY

We accept cash and all major credit cards. All prices are quoted in UAE Dirhams (AED) and are subject to service charge and taxes. Prices are subject to change without prior notice. Any additional gratuity is entirely at your own discretion.

GENDER POLICY

As per the laws of the UAE, spa treatments are performed exclusively male to male and female to female.

SPECIAL CONSIDERATION

Guests with high blood pressure, heart conditions, pregnancy, or other medical concerns are kindly advised to consult their physician before booking any spa treatments. Please inform your spa therapist of any existing medical conditions to ensure a safe and personalised experience tailored to your needs.



CALM SPA

For bookings or enquiries, please contact Calm Spa at JA Palm Tree Court

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