

# Treatment Menu



zen  
the spa at Rotana

### • **The Rotana ZEN real Aromatherapy Experience**

Ease stress and balance the mind and body with this all over body massage. Choose the essential oil to suit your mood and life-style with this tailor-made aroma massage drawn from traditions of the East and West.

60 mins / 300 Dhs  
90 mins / 500 Dhs

### • **Double – Handed Total Experience** (2 therapists)

The Zen synchronized massage is performed by 2 therapists simultaneously. The unique techniques are used to ease your muscle tension and induce full body relaxation.

60 mins / 450 Dhs

### • **Active Muscle Release Massage**

Enjoy a deep and specialized massage treatment especially for those with an active life. Working on tense, aching muscles and joint disorders with Ginger, Black Pepper and Rosemary to stimulate, invigorate and relieve your aches and pains.

60 mins / 350 Dhs

### • **Reviving Jet Lag Treatment**

A rejuvenating treatment using physical manipulation to transport you quickly into the right time zone and get your body and mind back in business. Complete with survival tips for long journeys this is a must have treatment for those who have travelled the distance.

60 mins / 325 Dhs

### • **Frankincense & Wild Camomile Wrap with Olive Scrub**

Feel a thousand miles away from the pressure and confusion of everyday life. Indulge your mind and body with the benefits of this deep meditative wrap and body scrub. After your body exfoliation you will be wrapped in relaxing and fortifying mix of Frankincense, Camomile and Rosemary. You will then enjoy a massage to the neck shoulders and scalp to and ease away your stress.

60 mins / 325 Dhs

### • **Damask Rose Hydrating Wrap**

Pamper your skin before or after the sun with rich oils and creams of Damask Rose, Evening Primrose and Neroli, leaving you glowing and re-hydrated.

60 mins / 325 Dhs

### • Citrus Cellulite Treatment

Detox, eliminate impurities and tone with this invigorating and effective body treatment specifically designed to target areas of cellulite. A citrus burst of gel, oil and mud is applied containing purifying Pink Grapefruit, Sweet Orange and Mandarin with Juniper Berry and Rosemary to add zest and positive energy to your life.

60 mins / 325 Dhs

### • The Rasul Mud Extravaganza

Let the warmth of the Rasul cabin stimulate your body and the Rasul Mud purify and revive your tired skin. This treatment takes place in a gently dimmed heated room where you are smothered in Rasul Mud then allowed to relax away in a steam infused aromatic gentle heat. The remains of your Rasul Mud is then washed away by a warm mist which descends from the ceiling leaving your skin feeling soft and invigorated. The ultimate in pure self indulgence or an experience to be shared with your selected friends.

60 mins / 295 Dhs per person  
Max 6 x people per session

## Facial Treatments

### • The Zen Personalized Facial

Embrace the uniqueness of your skin with your very own prescribed facial using therapeutic essential oil blends and facial pressure point massage to make you look and feel younger.

60 mins / 350 Dhs

### • The Refining Ylang Ylang Facial

Cleanse and exfoliate deep down with the natural antiseptic properties of Lavender and Tea-Tree. Purify and condition the skin with Jojoba Beads, Ylang Ylang and Corn-Cob whilst relaxing with an uplifting and soothing scalp massage. Total cleanse and refresh.

60 mins / 300 Dhs

### • The Damask Rose Anti-Aging Facial

Specially designed for mature dry and devitalized skins. We use the nourishing properties of Rose and Frankincense to smooth and revitalize the skin which then encourages skin renewal. Hydrating and rejuvenating gel and mud masks are interspersed with a relaxing yet firming facial massage that concentrates on the areas most effected by the aging process. Your skin is left conditioned and toned and your spirits uplifted.

60 mins / 400 Dhs



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