

## HOLISTIC SPA SERVICES

At Wellbeings, we take pride in delivering a comprehensive holistic spa experience. Following an in-depth consultation, our expertly trained therapists will identify your unique needs and fully customize your massage, facial, or body treatment. Choose from a variety of your preferred modalities or advanced technologies to restore, rest, and relax.

### Customized Massage Therapies

Indulge in our customized massage therapies, designed to relieve tension, enhance relaxation, and restore balance to both body and mind.

*Choose from:*

30 Minutes AED 280 / 60 Minutes AED 510 / 90 Minute AED 710

- Thai
- Aromatherapy
- Thai Herbal Poultice
- Balinese
- Halo Therapy
- Element Stone
- Deep Tissue/Sports
- Pre / Post Natal
- Bamboo
- Foot Reflexology

**Couples Massage** - 60 Minutes AED 740 / 90 Minutes AED 1030

### Elemental Herbology Signature Facials

Elemental Herbology is a British skincare and body care brand based on the five elements of traditional Chinese medicine. The five element theory is the belief that all things in life, be it our body, our skin or even the seasons, are influenced by five different elements - Wood, Fire, Earth, Metal and Water.

We need a mixture of these to live a balanced, healthy life and Elemental Herbolody focuses on balancing these five elements through both products and treatments to restore equilibrium to your body, mind and skin.

- **Wood Balance Facial** - 60 Minutes AED 710  
Perfect for normal, combination or imbalanced skin.
- **Fire Purity Facial** - 60 Minutes AED 710  
Restore clarity to an oily or blemish prone complexion with this purifying facial.
- **Earth Vitality Facial** - 60 Minutes AED 710  
Enhance skin's radiance and texture with this brightening and revitalising facial.
- **Metal Longevity Facial** - 90 Minutes AED 880  
Intensive facial treatment with targeted anti aging massage techniques to address the signs of physiological skin ageing such as fine lines, deeper wrinkles, loss of elasticity and lack of radiance.
- **Water Hydration Facial** - 60 Minutes AED 710  
Ideal for dry, dehydrated and even the most sensitive skin.

## Customized Facials

Our facials combine expert hands, results-driven organic products, and the latest in cutting-edge technology to deliver treatments that will leave your skin feeling revitalized and in awe.

*Choose from:*

30 Minutes AED 320 / 60 Minutes AED 570 / 90 Minute AED 820

- Revitalist - Anti Ageing
- Be Calm - Sensitive & Delicate Skin
- Radiance - Brightening
- Hydrafacial
- Gentlemen Specific
- Express Vitamin C
- Express Anti Ageing
- Express Hydration

*\*Upon request Facials can be booked with a state of the art 3D Skin analysis which will require advanced booking and is priced at AED 150.*

## DETOXIFICATION & WEIGHT LOSS

Whether you're looking for a detox program or a weight loss plan, our expert team and carefully curated selection of machines, services, and products are here to help you achieve your goals. Discover one of our results-driven treatments:

### Elemental Herbology Signature Treatments

*Choose from:*

- **Detox Booster Body Wrap** - 90 Minutes AED 670  
A detoxifying treatment designed to reduce fluid retention, stimulate circulation and removal of toxins.
- **Energizing Body Scrub** - 60 Minutes AED 510  
Reveal smooth and supple skin with this energising and zesty combination of essential oils. A full body exfoliation sweeps away dry skin cells whilst an application of nourishing body cream leaves skin soft and deeply hydrated.
- **Algae - Body draining anti cellulite treatment (90 Minutes)**  
This treatment helps reduce excess fluids by improving microcirculation and targeting swelling. It also removes metabolic waste and enhances anti-cellulite results. Using algae and Sesazone 6000, it quickly reshapes the silhouette, reduces swelling, and restores proper blood flow. *\*Recommended for best results 6-8 Sessions.*

1 session = AED 650	5 sessions = AED 2750
3 sessions = AED 1750	8 sessions = AED 4150
- **Lipozone - Slimming Treatment (90 Minutes)**  
This treatment combines oxygen's stimulating effects with advanced biotechnologies to eliminate waste, regenerate tissue, and boost metabolism. It helps reduce fat and energize cells, making it ideal for intensive slimming treatments. *\*Recommended for best results 9 Sessions.*

1 session = AED 760	6 sessions = AED 3850
3 sessions = AED 2050	9 sessions = AED 5460

## Customized Body Therapies

At Wellbeings, we personalize every aspect of your visit, offering a selection of meticulously curated body therapies for you to select from.

*Choose from:*

30 Minutes AED 280 / 45 Minutes AED 350 / 60 Minutes AED 510

- Energising Coffee Scrub
- Himalayan Salt Scrub
- Frankincense Rejuvenating Scrub
- Local Desert Sand Scrub

## WELLBEINGS SIGNATURE ESSENTIALS

**Couple's Experience** - 150 Minutes AED 2090

Start with using a shared Infrared Sauna to promote your health and wellbeings. Indulge in a cleansing organic scrub and choose from a 60minute Custom Massage and Facial, performed side by side in one of our deluxe couple's suites.

**Arabian 1001 Nights Ritual** - 120 Minutes AED 1090

Immerse yourself in the eternal beauty of the Arabian desert in a true Wellbeing adventure. Revive your body with a refreshing desert sand scrub and indulge in a relaxing massage which uses the authentic 'oussada' cushion filled with coriander, and an energising 'khemoussa' pouch featuring three powerful Moroccan mint varieties. Then treat your face to a true Dubai inspired facial using specially treated camel milk and local date derivatives as a foundation for this boundless beauty treat.

**Rose Crystal Lymphatic Facial** - 90 Minutes AED 870

Our Ultimate Signature Experience. Deep cleansing followed by three luxurious masks to decongest, brighten and hydrate the skin. Lymphatic drainage followed by acupressure massage firms and reduces puffiness. A relaxing aroma massage of feet, hands, arms and scalp leaves you totally relaxed and the skin fresh and glowing.

**Chakra Balancing Wellbeings Ritual** - 90 Minutes AED 820

Rebalance your 7 Chakras in this beautiful Ritual using ancient healing techniques. Start with a singing bowl meditation and experience a therapeutic full body Massage focusing on the awakening of dormant Chakras. 7 different Emeralds will be placed on your bodies energy centers to open up blockages. Hot Stones and Reflexology as well as an array of stretching techniques will be used to get the energy flowing evenly again.

## WELLNESS THERAPIES

The world seeks the key to true inner well-being. At our spa, we unite the wisdom of Eastern medicine and traditional healing with the latest in science-based modern technologies. We offer it all.

### Holistic Healing

To book a consultation with our trained Wellbeings Alternative Practitioner please speak to a member of the reception team.

*\*Price available on request.*

- Neuro Linguistic Programming (NLP)
- Hypnotherapy
- Trauma Therapy
- Meditation & Mindfulness Exercises
- Crystal Healing
- Reiki
- Energy Healing

### Oxygen Therapy - 30 Minutes AED 200

Unwind in our lounge as we enhance your body's healing process by boosting oxygen flow. This treatment can also be seamlessly added to any of your chosen therapies.

**IV Therapy** For further details, please speak to our spa team.

IV therapy delivers essential vitamins, minerals, and hydration directly into your bloodstream, providing immediate and enhanced benefits for your body and mind. Our experienced professionals customize each IV therapy session to meet your specific needs, ensuring a safe and effective treatment. Whether you're looking to recover, rejuvenate, or enhance your overall wellness, IV therapy offers a quick and powerful solution.

### ESSENTIAL WELLBEINGS ADD ONS

- Coconut Oil Upgrade: Full body AED 50
- Muscle Balm Oil Upgrade: Full body AED 80
- Frankincense Oil Upgrade: Full body AED 80
- Singing Bowl Experience: 20 Mins AED 200
- Face Mask: from AED 70
- Facial Booster Serum: AED 100
- Eye Lift Upgrade: 15 Mins AED 100
- Choice of Warm Oil: AED 100
- Ear Candle Deep Cleanse: AED 200
- Hotstone Melter: AED 100

### COMPLIMENTARY WELLNESS THROUGHOUT YOUR VISIT

- Dyson Air Filters throughout
- Built in BLUE water filters
- Halo Therapy and Air Ionization
- Sound Therapy and Frequency Healing (all music tuned at 528hz) solfeggio frequencies in all treatment rooms
- Aromatherapy blends chosen daily for optimal health
- Hand crafted wellness teas and beverages available in the wellness lounge
- Arts and crafts

Please arrive 15 minutes before your appointment and enjoy our spa wet facilities, including the Sauna & Steam Room.

Bathrobe, Slippers and Towels are provided for your convenience.

### CANCELLATION POLICY

To avoid a full charge, kindly provide at least 24 hours' notice for cancellations.

### PAYMENTS

Wellbeings accepts payments directly at the Spa Reception via cash, Apple Pay, debit, or credit card.

#### Service Charge & Municipality Fee

All prices are in UAE Dirhams and are inclusive of 10% service charge and 5% VAT

## HOTEL INDIGO®

AN IHG® HOTEL  
DUBAI DOWNTOWN



SCAN TO UNLOCK YOUR  
WELLNESS EXPERIENCE

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WELLBEINGS  
HOLISTIC HEALING

### Enter the world of Wellbeings

Experience award-winning spa rituals and personalized treatments designed around results-driven wellness concepts. In a serene setting that transcends time, you can relax, unwind, and rejuvenate. Embark on a transformative journey that nurtures your well-being at its core.

## MENU