



BEAUTYSPOT  
بيوتي سبوت

## MASSAGE

### **Back, Neck & Shoulder Massage**    30min AED270.00    60min AED375.00

This treatment focuses on the area of the body that is a problem spot for most people. The neck and shoulders are areas where we tend to hold our tension and stress. Sustained postures such as sitting at a desk or computer all day, can contribute to muscular tightness and joint stiffness. Enjoy this treatment to help alleviate neck pain, and associated headaches.

### **Foot Reflexology**    45min AED260.00    60min AED300.00 (hand & foot)

Reflexology is a deeply relaxing treatment and excellent for reducing stress, anxiety, tension and pain. An ancient healing art of applying the hands to the feet to stimulate pressure points and treat the whole person. Reflexology is based on the theory that the foot provides a map for the rest of the body. Pressure is applied to the reflex points that are mapped out on the feet. These reflex points correspond to specific organs and parts of the body through energy meridians. Enjoy this treatment regularly for improved health, emotional wellbeing and vitality.

### **Hot Stone Massage**    60min AED485.00    75min AED590.00

This is a specialist massage that uses smooth, flat, heated basalt stones that are positioned along your spine, in the palms of your hands, along your legs and between the toes. Hot Stone Massages are especially beneficial for people who suffer from muscular pain, insomnia, anxiety and poor circulation.

### **Thai Massage**    60min AED455.00    75min AED565.00

Thai massage is a form of therapeutic massage that differs in many ways from traditional massage. The therapist will manipulate your body by stretching motions to stimulate organs and improve flexibility.

### **Swedish Massage**    60min AED425.00    75min AED530.00

This full body massage uses varying traditional techniques to calm the nervous system, and help you unwind and de stress. It will improve circulation, boost lymphatic drainage and release tense muscles which are all too common in desk-bound jobs.

### **Deep Tissue Massage**    60min AED455.00    75min AED565.00

This treatment uses deep manual therapy techniques of the soft tissue (muscles, ligaments and fascia) to improve the elasticity and flexibility of muscular and connective tissue. Deep tissue is an excellent way to soothe sore and tight muscles, release stubborn muscular knots and increase blood flow to ensure a healthy musculoskeletal system.

### **Balinese Massage**    60min AED425.00    75min AED530.00

Enjoy this full-body, deep tissue massage, combining techniques from acupuncture, aromatherapy, and reflexology. The benefits being, relaxation, and to achieve a sense of overall well-being. This type of massage is often recommended to de-stress, unwind, and relax.

