



by ZARYA wellness

Nayana Spa is a haven of peace and tranquility where you can enjoy a truly comprehensive list of Spa Therapies. As you lead to our blissful Spa, you enter an enchanting and relaxing world.

Our charmingly plush interiors and the smiling faces of our caring staff with diverse collection of Spa treatments caters to each and every aspect of ones being offering effective therapies from Traditional Thai to Balinese programs infused with European classic techniques. Rejuvenate with soulful massage, scrub or a Moroccan bath, with the highest regard to quality ingredients, hygiene with serene world of Nayana Spa.



# Massages

## Swedish Invigorating massage

 60/90 minutes

AED 225/325

A classic massage to invigorate the senses and increase energy flow for the whole body with the pressure and rhythmic strokes work effectively on muscles, blood circulation and nerve endings, thus providing an excellent all-round treatment. It reduces stress, both emotional and physical

## Real Aroma Massage

 60/90 minutes

AED 260/360

An anti-stress massage using relaxing essential oils for your senses and long smooth strokes to ease any tension, truly blissful. A deeply nurturing herbal massage serves to help the body unwind, alleviating stress and restlessness.

## Deep Tissue Massage

 60 minutes

AED 325

This massage is targeting the deeper tissue structures of muscle and connective tissue; this treatment is a more focused type of massage with the pressure generally intense. Our skilled therapists work to release chronic muscle tension, knots and adhesions to increase flexibility and release deep tension.

## Thai Energizing Massage

 60 minutes

AED 275

This unique, complete therapy combines elements of yoga, acupressure, gentle twisting, and deep stretching. Thai massage releases tension, increases vitality and creates wholeness of mind, body and spirit by restoring the body's energy flow.


## Balinese stimulating Massage

 60 minutes

AED 275

Traditional Balinese massage with deep rhythmical strokes, rolling movements with gentle kneading and firm, smooth strokes that stimulate energy flow and circulation whilst creating a deep sense of relaxation.

## Relaxing Head, Neck & Back Massage

 45 minutes

AED 149

This medium to firm pressure massage focuses on the stressed muscles in the head, neck and shoulder area to ease away muscular aches and pains.

## Soothing Foot Massage

 45 minutes

AED 149

Also known as ancient Chinese Foot Massage, this treatment applies pressure to reflex points located in the foot to stimulate the body's energy flows and release blockages by opening the body's energy pathways leaving you balanced with restored clarity.





## Ayurveda Treatments from Gods' Own Country

### Abhyangam Herbal Oil Massage

 30/60 minutes

AED 130/210

This herbal oil massage improves blood circulation while eliminating toxins and boosts the immunity leaving one feeling revitalized by using a combination of soothing and symmetrical long strokes to regulate the circulatory and nervous systems of the body.

### Pain Relieving Elakizhi Massage

 30/60 minutes

AED 130/265

One of the most pain relieving, relaxing and refreshing jet lag massage for that you can enjoy. This treatment is very good for relieving spasms and stiffness of muscles, lubricating the joints, strengthening the spinal muscles and joint pain.


### Rejuvenating Shiro Dhara

 60 minutes

AED 375

An exotic interpretation of a very popular and effective Ayurvedic treatment, Shiro Dhara starts with a head massage and then relax under the warm medicated oil dripped in a steady stream on your forehead, it quiets mind and the senses and helps in sleeplessness and general headache and very effective for deep relaxation, to refresh and to restore energy.

### Udwarthanam Slimming Treatment

 60 minutes

AED 375

This treatment reduces obesity; imparts mobility to joints, tones skin and muscle, removes cellulite, imparts good complexion by exfoliating the skin, removes the toxins, stimulates the blood circulation and revitalizes sense of touch.

## Body Scrubs and Wraps

### Aroma Body Scrub

 45 minutes

AED 149

An amazing natural scrub exfoliates skin, removes dead skin cells and other unwanted material. This body scrub allows the pores of the skin to function properly and speeds healing and disappearance of scars, increases circulation and stimulates lymphatic system.


### Dead Sea Mud Wrap

 45 minutes

AED 149

The healing Dead Sea mud wrap will rejuvenate; re-mineralize the skin by stimulating the blood circulation. This wrap will cleanse the skin deeply.

### Cucumber Body Wrap

 45 minutes


AED 149

A cooling puree of cucumber blended with soothing aroma oil is applied to the entire body, concentrating on the sun burn affected area. This is a perfect treatment for sun burn skin.





### Herbal Body Scrub

 60 minutes

AED 249

This herbal body scrub cleanses and invigorates the body and leaves your skin feeling fresh, smooth, soft and saturated with antioxidants using an age old Ayurveda formula renowned for its strong antioxidant.

### Moroccan Bath

 60 minutes

AED 275

This exotic bath ritual begins with a cleansing; hydrating with application of black olive soap then a scrub eliminates dead skin cells and improves circulation leaving your body refresh and revitalized.

## Facial Treatments

### Herbal Facial

 60 minutes

AED 210

This facial is a detoxifying treatment that uses pure essential oils and Botanical actives along specific energy points to purify, restore balance, relax, renew the skin and relieve stress lines by leaving it more youthful, energized and regenerated. This facial is personally customized for all skin types.

### Facial Cleanser

 30 minutes

AED 99

Specially formulated for all skin types, this treatment will lavish your skin with rich restorative moisture. This facial cleanser will help reduce roughness and boost firmness on the skin. This will revive a tired complexion with cleanse, tone and masque to reveal skin clarity.

## Nayana Express Treatment

### Foot Massage

 20 minutes

AED 75

Known to relieve stress, reduce fatigue and improve general circulation, our luxurious foot massage is the perfect way to unwind and sink into holiday mode!

### Indian Head Massage

 20 minutes

AED 75

Based on the Ayurveda system of healing, this massage aims at releasing accumulated stress in the tissue, muscles and joints of the head, neck and back. It is ideal for relieving stress, tension and fatigue.


### Neck & Back Massage

 20 minutes

AED 75

This invigorating massage relieves stress and improves posture by loosening stiff muscles in the upper and lower back. Relax your mind and body with this healing treatment.

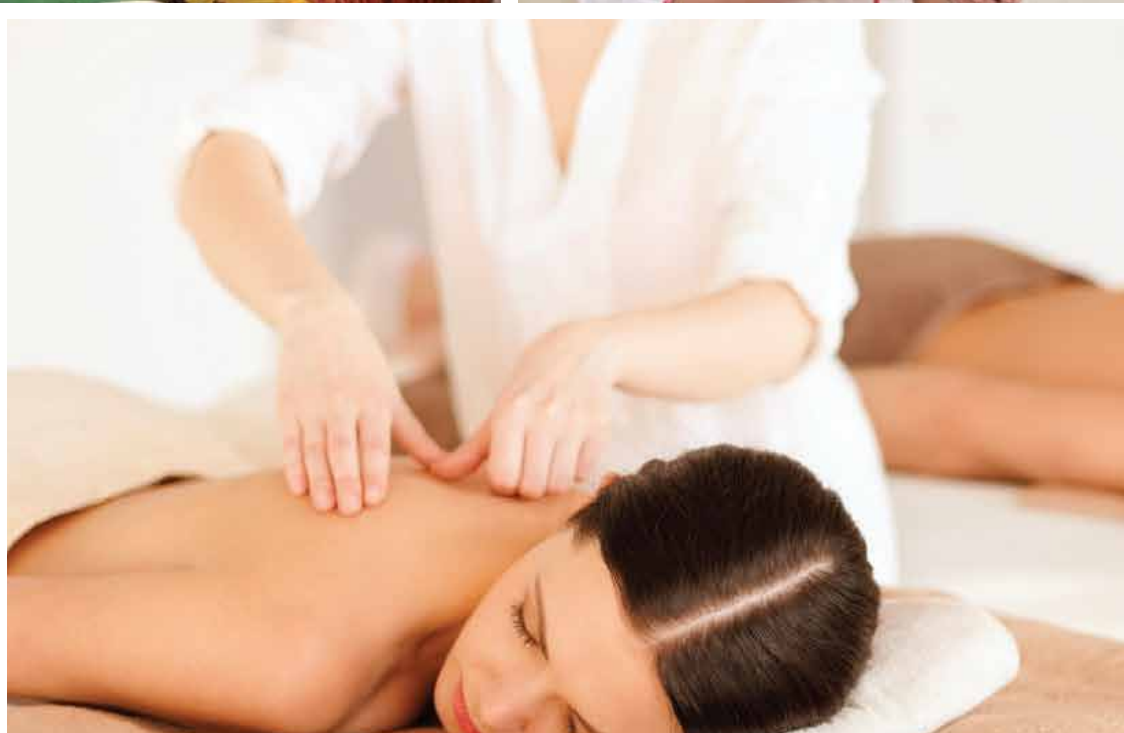
### Hand & Arm Massage

 20 minutes

AED 75

This treatment successful relieves muscle tension in the shoulders and forearms. It ends with a soothing and moisturizing hand massage








## Nayana Signature Collection

### The Royal Indian

 2 hours

AED 399

Follow the Kings and Queens of ancient era and experience the beauty and healing in the Ayurvedic treatments. Start with the Indian Head Massage then a full body Ayurvedic massage that uses warmed Ayurvedic oils to help remove toxins leaving you with a body of balance and inner peace.

### Hot Stone Massage

 90 minutes

AED 399

For centuries, people have been drawn to the healing power of heat and the specific energies of Lava Stones. This deluxe hot stone massage by specialized movements to ease and relax your muscles and wanting more.... with a relaxing massage for the face to rejuvenate completely

## Nayana Spa Packages

### Relaxing Massage with Dead Sea Body Mask

 90 minutes

AED 299

### Aroma massage with Facial cleanser

 90 minutes

AED 299

### Relaxing Massage with Body scrub

 90 minutes

AED 299

### Relaxing Head Massage with Aroma Body scrub

 90 minutes

AED 249

### Deep Tissue Massage with Facial cleanser

 90 minutes


AED 299

### Invigorating Massage with Moroccan bath

 2 hours

AED 349

### Moroccan bath with Energizing Massage

 2 hours

AED 349

## Luxuriating Bath Combinations

### Invigorating Luxuriating Bath:

 90 minutes

AED 395

Have the experience of aroma luxuriating bath with Swedish massage which gives you a feel of heavenly touch throughout your body

### Anti-stress Luxuriating Bath:

 90 minutes

AED 395

Experience the healing touch of aqua by salt luxuriating bath with aroma massage that leaves your body completely stress free.





# Spa Etiquette or How to Spa

## Opening

The Spa is open from 10:00 am to 11:00 pm daily

## Appointments

To ensure your preferred time and service are available, we strongly recommend making reservations in advance. The spa provides walk-in bookings based on availability.

## Ambiance

To maintain the tranquillity of the spa, we ask you to please keep conversation minimal, and respect the privacy and personal space of other guests. For your own relaxation and that of our other guests, the spa is a laptop, smoke and cell phone-free zone.

## Arrival

We recommend you arrive 10 minutes prior to your appointment time to avoid reduction in your service time. All appointments will end at their scheduled time so that the next guest will not be delayed. Treatment times are not extended based on late arrivals.

## Cancellation Policy

Please notify the Spa four hours prior to your appointment time if you need to cancel or reschedule.

## Attire

It is recommended that you completely disrobe for your treatment. You will be provided with disposable underwear and slippers upon your arrival. Therapists are trained in proper draping techniques so you should always feel comfortable.

## Spa Payment Inquiries

We accept all major credit/debit cards and cash.

## Medical conditions

It is essential that you inform us in advance of any health conditions, allergies, medication or injuries which could affect your service when making your spa reservation. These include high blood pressure, pregnancy, past surgeries, and recently taken medications

## Communicate

This is your customized massage. If you have feedback on pressure, room temperature, lighting... let us know. Depending on your specific needs or requests, your massage therapist will either perform a customized full-body massage (for general relaxation and stress reduction) or focus on the specific parts of your body that you have requested. We look forward to seeing you for your first visit. If you have any questions about the etiquette during a massage, any of our colleagues will be happy to answer them for you.

## Age Limitations

The minimum age requirement for access to the spa is 16, with the exception of selected treatments with the parental supervision. Please enquire with the Spa Receptionist / Manager

## Valuables

We advise guest not to bring your valuables to the spa as we do not accept any liability for loss.

The eye of wellness



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