

WELCOME TO PALMA BEACH RESORT & SPA



MENU OF PALMA SPA & FITNESS CENTRE

SPA

BEAUTY

MASSAGE

FITNESS



PLEASE BOOK IN ADVANCE WWW.PALMABEACHUAQ.COM

+971 568222825

Palma Spa lives up to its promise of helping clients to achieve complete wellness through relaxation, beauty, and fitness services.



- Swedish massage
- Hot stone massage
- Balinese massage
- Deep Tissue massage
- Indian Head massage
- De-stressing Head & Shoulder massage
- Traditional Foot massage
- Upper Back massage



- Manicure
- Pedicure
- Wax

Palma FACIALS

- Anti-aging facial
- Deep cleansing facial

PALMA SPA



SWEDISH MASSAGE
60 MIN 190AED/90MIN 260AED

FIRM AND INVIGORATING, THIS TREATMENT IS BASED ON FIVE CLASSIC STROKES EFFLEURAGE, PETRISSAGE, TAPOTEMENT, FRICTION AND VIBRATION. MOVEMENTS WILL HELP TO IMPROVE BLOOD CIRCULATION AND REDUCE MUSE TENSION TO RELIEVE ACHES AND PAINS



HOT STONE MASSAGE
90 MIN 310AED

HARMONISE YOUR MIND AND BODY WITH THIS ANCIENT HEALING PRACTICE, USING WARM STONES AS THE THERAPEUTIC INSTRUMENT. HEATED STONES PENETRATE DEEP INTO YOUR MUSCLE TO MELT AWAY ALL STRESS AND TENSION - HOT STONE MASSAGES ARE BENEFICIAL ON BOTH PHYSICAL AND PSYCHOLOGICAL LEVELS. INDIVIDUALS WITH CERTAIN CONDITION INCLUDING PRECANT WOMEN AND PEOPLE WITH HIGH BLOOD PRESSURE ARE ADVISED TO AVOID THIS TYPE OF THERAPY.



BALINESE MASSAGE
60 MIN 190AED/90 MIN 260 AED

A FIRMER MASSAGE FEATURING LONG STROKES, SKIN ROLLING, DEEP KNEADS AND FOOT REFLEXOLOGY FOR MUSCLE ACHES. RELIEF MASSAGE OIL IS RECOMMENDED IN TREATMENT TO RELEASE MUSCLES TENSIONS AND NOURISH SKIN TISSUES



DEEP TISSUE MASSAGE
60 MIN 260AED/90 MIN 320 AED

THERAPIST APPLIES PRESSURE WITH FINGERS, THUMB AND PALM ON CERTAIN VITAL POINTS & MUSCLES HAVING HIGH CONCENTRATION OF ENERGY. THIS MASSAGE IS AN EXCELLENT REMEDY FOR OVER WORKED, TIRED & STRESSED MUSCLES TO HELP STRETCH THE BODY AND ALLEVIATE FATIGUE.

PALMA SPA OTHER SERVICES

- | | | | |
|----------------------|--------|----------------|--------|
| • MANICURE | 55AED | • WAX FULL ARM | 55AED |
| • PEDICURE | 55AED | • WAX FULL LEG | 75AED |
| • MANI/PEDI | 100AED | • WAX ARM/LEG | 130AED |
| • SPA PEDICURE | 110AED | • WAX CHEST | 55AED |
| • MANI/PEDI/FOOT SPA | 140AED | • WAX BACK | 50AED |

PALMA SPA OTHER SERVICES



INDIAN HEAD MASSAGE
45 MIN 140AED

THIS TREATMENT INCLUDES A MASSAGE OF THE SCALP, NECK AND SHOULDERS TO SWEEP AWAY TENSION AND RELIEVE MENTAL TIREDNESS



HEAD & SHOULDER MASSAGE
30 MIN 100AED

APPLYING PRESSURE POINT TECHNIQUES ON THE HEAD, NECK AND SHOULDERS



TRADITIONAL FOOT MASSAGE
30 MIN 100AED

THIS TREATMENT PROMOTES RELAXATION TO THE ENTIRE BODY THROUGH USE OF PRESSURE POINTS ON THE SOLES OF THE FEET



UPPER BACK MASSAGE
30 MIN 100AED

THE BACK MASSAGE INCORPORATES DEEP TISSUE AND SWEDISH TECHNIQUES TO RELAX TIRED MUSCLES OF THE BACK, SHOULDERS AND NECK

PALMA FACIALS

1	ANTI-AGING FACIAL	450 AED
2	DEEP CLEANSING	300 AED
3	BASIC FACIAL	100 AED

PALMASPA@PALMABEACHUAQ.COM WWW.PALMABEACHUAQ.COM +971 568222825

INCLUSIVE OF ALL TAXES & VAT

PALMA SPA SPECIAL



SPA LAGOM

SWEDISH - THE RIGHT AMOUNT

AED 250 (90 min)

Full body scrub & massage

BODY MIND & SOUL

AED 250 (90 min)

Back Scrub, Facial & Back Massage



UNWIND EXPRESS

AED 100 (45 min)

Body Mask & Hydration



MORROCAN BATH

AED 400 (60 min)

Steam, Soap up, Hair wash & Skin Hydration

LUXE ESCAPE

AED 200 (90 min)

Full pedicure, Foot massage & Foot Mask

PACKAGES