



لامار سبا
LAMAR SPA

Spa

MENU



MARJAN
ISLAND
Resort & Spa



جزيرة
المرجان
منتجع و سبا

Managed by ACCORHOTELS
رأس الخيمة - الإمارات العربية المتحدة

La 'mar Spa

Welcome to La 'mar Spa.

Designed with an exclusive theme, reflecting the authentic touches of Arabia, we invite you to discover a sense of wellbeing with tailored treatments to create a true sensory spa journey.

Our spa experience combines authentic and effective treatments with a place for you, to spend time alone or with your friends. Social spaces by the pool, relaxation lounges, steam rooms or sauna, yoga and fitness areas; are all designed to let you feel our passion for living and to provide a high level of service.

Expert therapists will guide you through personalised services to beautify, enhance and restore your spirit. Simply being here, away from the chaos of everyday life, relaxes our guests and starts them on their wellbeing journey.

Wellness Facilities:

La 'mar Spa offers the perfect environment to restore your energy with access available to hotel guests and local community to the following facilities:

- Private fitness areas with Technogym equipment for gents and ladies separately
- Group and private yoga classes
- Group and private aqua cycling classes
- Group and private karate classes
- Group and private kickboxing classes
- Outdoor swimming pool for adults and kids
- Private indoor pool for gents and ladies separately
- Private beach
- Jacuzzi, sauna and steam room for gents and ladies separately
- Shower and locker areas
- Relaxation zone

Fitness Memberships:

As a valued member you will enjoy the following benefits:

- Priority to all group classes
- Use of facilities, including wet areas and gym
- Discounted pricing on Spa treatments
- Discounted pricing in all food & beverage outlets





SPA MENU

EXPRESS TREATMENTS (30 min)

	Single Rate	Couple Rate
	<u>AED</u>	<u>AED</u>
Back & shoulders	220	400
Head, neck & shoulders	220	400
Foot massage	220	400
Clear skin cleansing treatment	220	400



BODY MASSAGE (60 min)

Aromatherapy massage

350 650

Light to medium pressure full body massage designed to increase circulation and lymph return. Enjoy the relaxing power of essential oils to destress after a busy day.

Deep Tissue

350 650

Medium to deep pressure full body massage, designed to improve energy levels, promote restful sleep and melt away muscles aches. Your therapist will focus on specific areas of concerns and ease common discomforts such as a stiff neck, painful lower back pain and tight shoulders.

Hot Stone

395 750

A massage that uses specific stress-relief techniques, such as the use of hot volcanic stones to release deep-rooted tension, loosen tight muscles and improve muscle mobility. Ideal for those looking to relieve deep muscle tensions.

Swedish

350 650

It's the use of hands to manipulate the soft tissues of the body, particularly the muscles. It can be used for relaxation, stimulation or rehabilitation of the whole body or part of it. It promotes suppleness of the muscles, improves circulation and reduces stress.

"Cocoon" for expectant mother (45 min)

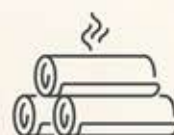
330

A completely relaxing full body massage using our safe but effective pre-natal techniques and pure oil to relax specific lower back muscles.

(25% surcharge applies for additional 30 min massage)

International massage

Thai	375	700
Ayurvedic	375	700
Balinese	375	700





TIME SPENT GETTING A MASSAGE IS NEVER WASTED

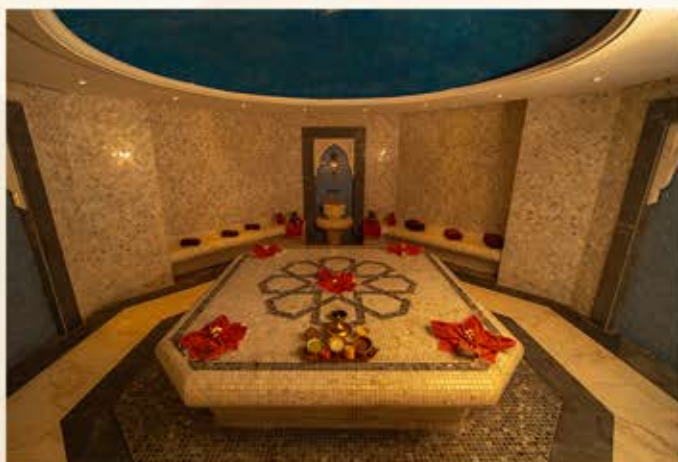
LA'MAR SPA

FACIAL TREATMENTS

Phytomer is the benchmark brand when it comes to marine biotechnology with a unique catalogue of natural and high performance ingredients. They stand out by offering instant result and an invitation to well-being.

Let us guide you in selecting the transformative treatment that suits every woman. A tailor made offer for results that exceed expectations.

	<u>AED</u>
	600
Parfait Gold	
Signature Pioneer Youth Treatment - Discover a very original facial massage in an exceptional treatment with instantly visible results. The height of biotechnological effectiveness for firmer, smoother skin that glows with renewed radiance.	
Hydra Blue	450
Immerse yourself in a moisturizing bath with record efficacy. The results are instant, your skin regains comfort and radiance - it is plumped up and rested.	
Acnipur	450
This cleansing facial treatment, with proven efficacy against blemishes, leaves your skin visibly healthier and clearer. Skin flaws are diminished, clogged pores are unblocked and excess sebum is regulated.	
Douceur Marine	450
A veil of softness for sensitive skin and/or redness. This pampering treatment softens your skin and enhances its protection system for soothed and ideally hydrated skin.	
Citylife Facial	475
Anti-Pollution Skin Freshness Treatment - Making the skin of city-dwelling women completely healthy with a personalized treatment for tired skin and uneven complexions. The skin is intensely hydrated, signs of fatigue are erased, the complexion is more even and the skin regains its freshness.	
White Lumination	550
The ideal treatment for a radiant and even complexion. Clinically tested with spectacular results: the number of dark spots decline and less intense. Your skin becomes brighter and glows with beauty.	
Add on:	
Eye Perfection	200
An ultra-comprehensive radiance smoothing eye treatment for sparkling, young-looking eyes. Your eye contour area is smooth and rested. This exceptional treatment complements all facial treatments.	





WE

REST AND YOUR ENERGY WILL BE RESTORED

LAILAH GIFTY AKITA

BODY TREATMENTS:

Natural. Organic. Effective.

We source products that combine the world's most potent organic ingredients with advanced skin care science, to heal skin and reveal its beautiful potential.

	Single Rate	Couple Rate
	<u>AED</u>	<u>AED</u>
Body exfoliation (1h)	450	800
A chance to revitalize skin's radiance through gentle massage and exfoliation. The refreshing blend of pure organic oils leaves the skin nourished and smooth. Complete your exfoliation with a full body hydration massage.		

Slimming (1h)	450	800
Visible loss of inches immediately after the 1st treatment that consists of body wrap and massage on specific areas.		

SIGNATURE TREATMENTS – ARABIAN VIBE:

Arabian Gold Ritual (2h)	750	1.400
This gilded Fleur's beauty treatment offers a dazzling experience, rejuvenating the skin while relaxing the body. The exceptional regenerating power of 24K Gold combines the two anti-aging flowers. End your journey with a full body gold infused oil massage.		

HAMMAM:

Oriental Oil Hammam Ritual	390	700
Enjoy a detoxifying ritual - Body wrap with Ghassoul clay will follow the exfoliation. To complete, argan oil and blend of essential oils are applied to improve skin elasticity.		

Traditional Hammam	350	600
Revitalize and prepare your skin with the traditional Moroccan Hammam experience. Black soap and vigorous exfoliation with Moroccan luffa, shampoo, hair mask and body lotion.		

Royal Honey Moroccan Hammam	450	800
Mineralizing face and body hammam ritual with wrap of silica and rose, after the exfoliation, to improve skin texture. The treatment is then followed by a relaxing application of a silky body mask enriched with natural honey, shea butter and verbena for an intensive hydration.		

Whitening Moroccan Hammam	450	800
The whitening element consists mixed herbs and black soap is applied on the skin. Enjoy the brightening scrub treatment of lavender, coconut powder and honey. Facial saffron and honey will complete the journey.		

A Thousand and One Night	450	800
A personalized treatment for a global experience from head to foot, revive the "Thousand and One Night's tale" to come out completely peaceful and relaxed.		

Turkish Bath Ceremony	450	800
All the Turkish bath's expertise is in this unique ritual. A sensorial journey in a cloud of foam, let your imagination wander.		

Add on:

Hair treatment (oil mask and head massage)	100
Wide choices of oil treatments (lemon, lavender, rosemary, etc)	100 each



MAKE A SELF-CARE PLAN
LA'MAR SPA