



O Spa
by L'OCCITANE

"In L'OCCITANE's Spas, simply close your eyes to travel to the lands of Provence, a sunny soil that never stops inventing beauty"

Olivier Baussan

Founder of L'OCCITANE



*Close your eyes,
you are in Provence.*

An extension of the L'OCCITANE brand

Every treatment, ingredient and ritual is drawn from a page of the L'OCCITANE grand herbarium, a resource of hundreds of essential oils and natural ingredients. The escape begins with scent. From the moment you enter a Spa L'OCCITANE, the fragrances transport you to Provence. Your experience takes you on a true olfactory journey, every step sequenced by soothing and energizing aromas. The voyage of the senses continues through treatments, sensorial textures, relaxing music and herbal teas inspired by Provencal traditions.

The Spa is a natural extension of L'OCCITANE brand. In respect for authenticity, we always prefer hand-performed treatments over machines and traditional massage techniques over technology.

Come escape to our Mediterranean wellness sanctuary, indulge in Provencal-inspired treatments, pamper the body and the face with our Shea butter from Burkina Faso and Immortelle from Corsica, indulge in the rituals of Turkish Bath, enjoy well-being soaking ceremonies in Hot or Cold Plunge, feel refreshed in Finnish Sauna after a revitalizing signature Aromachologie massage, spend soulful moments in the VIP Couple's Suite facing the sea and host an intimate Spa Soiree with your friends in Men or Women's Only Spa located on separate floors. Live Spa by L'OCCITANE.

Just as Provence is the land of beauty, Spa by L'OCCITANE is a sanctuary of tranquillity to refresh your senses and restore peacefulness and inner balance.



FACIALS

Anti-Ageing

IMMORTELLE

IMMORTELLE DIVINE SECRET

The absolute treatment against skin-slackening for the face and neck, as well as the décolleté area. This exceptional anti-ageing facial combines the regenerating actions of organic Immortelle essential oil, myrtle essential oil and cells extracts to boost cellular youth, with lifting and contouring massage techniques to help deeply rejuvenate the dermis. The result is divine; deep wrinkles are relaxed, fine lines are smoothed, face contour is firmer and the décolleté becomes smooth and satin-soft again. The skin looks distinctly younger.

Duration: 90 mins

IMMORTELLE SECRET OF YOUTH

From the L'OCCITANE plantations in Corsica comes a treatment rich in organic immortelle essential oil to stimulate cell renewal and collagen synthesis. The technique; a lifting and firming massage combined with acupressure points to improve micro-circulation and relieve muscular tensions responsible for fine lines.

Duration: 75 mins

DISCOVERY TREATMENT

A 30 minute face treatment to cleanse, revive, moisturize, and refresh your skin. Ideal for a quick pick me up or prior to any event.

Duration: 30 mins

Drainage

SHEA BUTTER

SHEA NOURISHING COMFORT

L'OCCITANE's answer to anyone concerned with dehydration, lack of softness and overworked skin. Its repairing & hydrating properties will bring long lasting comfort & nutrition.

Duration: 75 mins

PEONY

PEONY SUBLIME BEAUTY

The perfect answer to sublime skin with a natural radiance boost! Peony Sublime complex, derived from the Peony flower, uses skin-perfecting peony extract and mineral based optical correctors to help visibly create a perfect-looking skin. Combined with our signature massage sequence that helps stimulate micro-circulation, this facial leaves the skin smoother, velvety, and more radiant; purely glowing with beauty.

Duration: 75 mins

CEDRAT FOR MEN

CEDRAT VIVIFYING SKINCARE

This facial is designed to meet the specific needs of men's skin. The Cedrat energizing pulp and revitalizing extract are captured in fresh and light textures to awaken tired complexions. Combined with our signature drainage massage sequence stimulating the microcirculation and promoting the elimination of toxins, this treatment leaves the skin instantly mattified, moisturized and re-energized.

Duration: 75 mins

BODY MESSAGES

AROMACHOLOGIE

RELAXING AROMACHOLOGIE MASSAGE

Swedish effleurage strokes, Chinese acupressure, and Balinese massage techniques come together to stimulate circulation and ease tensions. Aromachologie essential oils (lavender, sweet orange, rosemary, bergamot, mandarin) ensure complete relaxation. The body and mind feel truly calm; sleep can come more easily.

Duration: 60/90 mins

REVITALIZING AROMACHOLOGIE MASSAGE

The Revitalizing Body Massage combines gentle Swedish effleurage, deep pressure Lomi Lomi and Balinese movements with the invigorating blend of mint, pine and rosemary essential oils. First, the massage focuses on the left side of the body, the side of the heart, to gently stimulate the acupuncture meridians from head to toe. Then the right side is treated to ultimately release all the energy from the body. Feelings of fatigue or weakness simply disappear!

Duration: 60/90 mins

DEEP TISSUE INTENSE RELIEF

This treatment combines the Hawaiian Lomi Lomi massage, acupressure and gentle stretching. A deep tissue massage and soothing essential oils ease muscular tension, with a focus on the back, shoulders and nape of the neck. Perfect for recuperating after a long journey.

Duration: 60/90 mins

SHEA NURTURING MASSAGE

A collection of our best massage sequences; relaxing strokes, deep tissue pressures and revitalizing hot stones are combined with the nourishing, repairing and protecting properties of Shea Butter. Skin is left soft and deeply nourished. The whole body feels replenished!

Duration: 90 mins

SHEA FABULOUS FACE AND BODY MASSAGE

A truly holistic massage that treats the whole body and face, for a complete well-being experience. It combines slow, soothing gestures with the fabulous properties of Shea butter. The comforting movements of the Balinese and Swedish techniques, gently applied all over the body and face, come together with the generous formula of Shea Fabulous Oil for body and hair. Enriched with 5% pure Shea oil, and various plant oils (sunflower, baobab, carrot), it helps deliver unique nourishing, repairing and protecting benefits to the skin in a soft lightweight texture. All at once, the skin is transformed and the body deeply soothed. You feel truly comforted; your mind reaches a peaceful state of tranquillity.

Duration: 90 mins





SIGNATURE SWEET LIME MASSAGE

Rejuvenate yourself with our signature blend of Basil grown in our own gardens, fresh Sweet Limes and our aromhacologie oil, blended with our signature relaxing massage, to ensure complete well-being.

Duration: 90 mins

RE-ENERGIZING SUN STONE

To dispel stress and tension and restore the body's balance, Swedish effleurage strokes are used in combination with the penetrating warmth of basalt stones and L'OCCITANE revitalizing essential oils. Warm stones are placed on the seven chakras, which, according to Oriental tradition, are key centers of energy. The perfect ritual for sports enthusiasts or those with a hyperactive streak.

Duration: 90 mins



BODY SCRUBS

SIGNATURE

SIGNATURE DESERT SAND SCRUB

Feel the royal textures of desert sand mixed with mineral rich traditional Indian Fuller Earth and Aromachologie Neutral Oil in this unique scrub. This essence first deeply exfoliates and is then followed by our award winning Shea lotion to moisturize and nourish the skin.

Duration: 60 mins

SHEA

SHEA NOURISHING SCRUB

This delicious texture enriched in nourishing Shea butter eliminates dead cells, leaving skin satin-soft and perfectly prepared for a treatment or massage.

Duration: 60 mins

ALMOND

ALMOND FIRMING SCRUB

A firming scrub which exfoliates and stimulates micro-circulation using the Almond Delicious Paste that contains crushed almond shells mixed with sugar crystals. It is then followed by the application of Almond Milk Concentrate enriched with almond oil, almond milk and almond proteins, leaving the skin satin-soft.

Duration: 60 mins

BODY WRAPS

SIGNATURE

SIGNATURE BALSAM AND SANDAL WRAP

A soothing wrap enriched with Balsam, Sandalwood and Honey. Honey moisturizes and possesses anti-aging properties, Balsam energizes while sandalwood soothes. The foot and scalp massage during the wrap ensures deeper relaxation followed by the application of L'OCCITANE Shea Body Lotion that nourishes and moisturizes the skin deeply.

Duration: 60 mins

SHEA

SHEA ULTRA MOISTURIZING BODY WRAP

Repairing care for very dry, sun-damaged or overworked skin. While the entire body soaks up active ingredients that nourish (Shea butter and grape seed oil), moisturize (honey extracts) and soften (kaolin), a foot and scalp massage ensures a moment of pure relaxation.

Duration: 60 mins

ALMOND

ALMOND RESHAPING BODY WRAP

An expert wrap to tone the skin, stimulate fat release and promote toxins' elimination. Almond tree bud extract rich in flavonoids is fused to firm and redefine body contours.

Duration: 60 mins

BODY TECHNICAL TREATMENTS

ALMOND

ALMOND DETOXIFYING BALANCE

Inspired by lymphatic-drainage massage techniques, this massage boosts circulation and helps rid the body of toxins. The Almond Supple Skin Oil and its unique association of almond & cameline oils and pure essential oils both heighten and prolong the effects of the massage. Afterwards, your body feels lighter and invigorated.

Duration: 60 mins

ALMOND SILHOUETTE RESHAPE

A treatment that's ideal before summer and after pregnancy, to treat cellulite and restore firmness to the body. It begins with a draining massage focused on the thighs, stomach and buttocks. The Almond Supple Skin Oil acts on skin elasticity and helps to prevent the appearance of stretch marks. This treatment combines the contouring, anti-water retention and anti-fat-storage properties of almond extract for a reshaped body.

Duration: 60 mins



AREA-FOCUSED TREATMENTS

Before, after or during a treatment, discover a few additional pleasures created by Spa by L'OCCITANE for him and her.

IMMORTELLE YOUTHFUL EYE

To fight fine lines, dark circles and puffiness and give an instant radiance boost, this treatment features a lifting massage and an immortelle formula specifically designed for the eye area. Perfect after a journey, a night of festivities, or even a long work week.

Duration: 30 mins

RELAXING AROMACHOLOGIE MASSAGE FOR THE BACK

Using Aromachologie Essential Oils, this relaxing massage specifically targets the back, shoulder and back of the neck to help release tension and stress.

Duration: 30 mins

PURIFYING TREATMENT FOR THE BACK

An exfoliating and purifying back treatment; ideal before a special occasion. Exfoliation is followed by either a clarifying treatment or a relaxing massage, then a tailor-made mask.

Duration: 45 mins

SHEA ULTRA-SOFTENING HAND CARE

A softening hand mask and massage using pure Shea butter. An extra 45 minutes of your time is all it takes for nourished, protected, soft and beautiful hands.

Duration: 45 mins

LEG REFRESHER WITH ESSENTIAL OIL

A treatment for travelling, for rough feet and for heavy or restless legs. For the feet; a massage that stimulates drainage. For the feet; a massage with Shea Butter to nourish the skin.

Duration: 45 mins

NECK, SHOULDER AND HEAD MASSAGE

Using Aromachologie Essential Oils, this relaxing massage specifically targets the neck, shoulder and head to help release tension and stress.

Duration: 45 mins

FOOT REFLEXOLOGY

A quick pamper to relax those tired legs using the Revitalizing Aromachologie Oil.

Duration: 30 mins



HAMMAM

HAMMAM ESSENTIAL

After a soothing steam, treatment commences with an ultra-purifying exfoliation using the kessa massage glove. The skin is left deeply cleansed and softened

Duration: 30 mins

HAMMAM PAMPER

After a soothing steam, skin is cleansed using the kessa massage glove followed by foam soaping which leaves the skin cleansed,softened and radiant.

Duration: 45 mins

HAMMAM RITUAL

This complete ritual begins by allowing the skin to warm and moisten, so the pores can open. The skin is then cleansed using kessa massage glove following by a soothing foam soaping. A unique body mask is applied to the skin, made from almond which firms and detoxifies the body. Skin feels smooth,supple,and shiny.

Duration: 60 mins

HAMMAM INDULGENCE

Indulge in the deep relaxing moment which incorporates a traditional hammam ritual and a massage of your choice inside the spa.

Duration: 120 mins

HAMMAM BLISS

Reach ultimate bliss with our unique combination of hammam ritual, massage & facial of your choice.

Duration: 180 mins



TREATMENT SETS

NIRAAMAYA

Holistic Body Massage + Chakra Balancing Dhara

Duration: 90 mins

MEDITERRANEAN SCRUB AND MASSAGE

Choice of Scrub + Choice of Massage

Duration: 90 mins

ALMOND SCRUB AND RE-SHAPING MASSAGE

Almond firming scrub + Almond Silhouette reshape (Slimming Treatment)

Duration: 90 mins

JOURNEY TO PROVENCE

Choice of 60 mins Massage + Choice of Facial

Duration: 120 mins

THE COUPLE'S ESCAPE

Steam + 60/90 mins choice of Massage + Aroma Bath

Duration: 90/120 mins

MEDITERRANEAN SCRUB, MASSAGE AND ULTRA- MOISTURIZING WRAP

Shea nourishing Scrub + Shea Wrap + Choice of Massage

Duration: 135 mins

PROVENÇAL DETOXIFYING CURE

Almond firming scrub + Almond reshaping body wrap + Almond detoxifying balance

Duration: 135 mins



HOLISTIC TREATMENTS

HOLISTIC BODY MASSAGE

A massage performed with warm herbal oil for the entire body. Elongated sweeping movements spread the oils along the whole body, as deeply relaxing, flowing massage techniques soothe and de-stress. The properties of the oil help to revitalize and refresh the nervous system.

Duration: 60 mins

CHAKRA BALANCING DHARA

A stream of warm herbal oil poured over the forehead for the stressed out and tense, which take you to a different level of mental peace. This treatment is recommended for sleeplessness, mental stress and for hair care.

Duration: 60 mins

HERBAL POULTICE MASSAGE

Rejuvenation is achieved when the body is massaged by a small linen bag filled with herbs and herbal oil. The firm massage therapy encourages sweating and clears the skin pores so that the medicinal properties of herbs can infiltrate the skin and revitalize the inner self.

Duration: 60 mins

HERBAL OIL BATH

Indulge in the ocean of tranquility with warm herbal oil poured all over the body, followed by specific massage which influences the health of the Meridians and removes stress and tension. This oil bath is regarded as the ultimate treatment to renew vibrant health and happiness.

Duration: 90 mins

INDIAN HEAD MASSAGE

A traditional head massage to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders. A range of different movements including application of deep kneading and compression movements over the neck, shoulder and scalp areas helps increase joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow, leaving you energized and revitalized.

Duration: 45 mins



YOGA

BASIC YOGA

The Basic yoga is for Beginners. It will help you to create a strong foundation and find a love for the practice. It includes simple postures, breathing exercises and Meditation.

Duration: 60 mins

ADVANCED YOGA

Advanced Yoga Poses, asanas are practiced by healthy and advanced practitioner to get strength and deepen yoga practice. This includes advanced postures and meditation to calm down the mind.

Duration: 60 mins

DYNAMIC YOGA

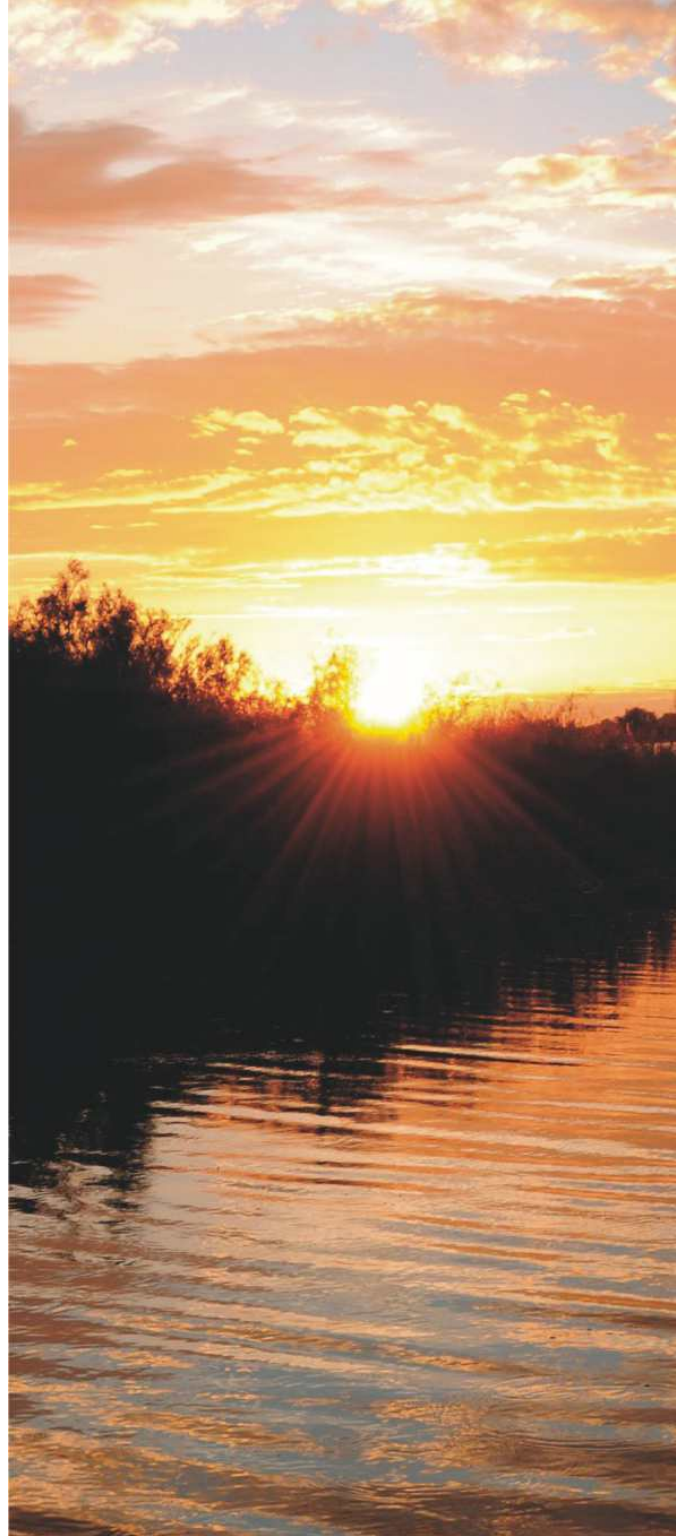
Dynamic yoga is a modern and athletic style of vinyasa yoga. Vinyasa simply means flow, so each pose flows into the next. It involves repetition of postures.

Duration: 45 mins

RELAXATION YOGA

Yoga is a method by which one can develop one's inherent powers in a balanced manner. It offers the means to reach complete self realization. Different relaxation techniques of yoga will impart you to higher level of awareness.

Duration: 45 mins



HOW TO SPA

For your convenience, we have compiled answers to common questions you may find helpful in choosing the types of treatment that best meet your individual needs.

GENERAL

WHAT ARE THE SPA WORKING HOURS?

The spa is open from 09:00 to 21:00; however, the last one-hour service can be scheduled at 19:30.

DO YOU HAVE TO BE A CERTAIN AGE TO ENJOY SPA TREATMENTS?

Guests must be 16 years or older for using spa facilities. Unaccompanied Guests under 16 years of age must have a parent or guardian's signed approval or consent.

SHOULD I BOOK MY TREATMENTS BEFORE WE ARRIVE?

We encourage our Guests to schedule their appointments in advance to ensure your preferred treatment, time, and therapist is available; especially when making multiple appointments. Bookings made on the day of service and walk-in appointments are always welcome, based on availability. To schedule your appointment(s), please email us at fjriaa@loveofspa.com or call us at +971 9 209 9880 Ext: 1103

HOW DO I CHOOSE THE TREATMENT?

Our menu offers a wide range of treatments designed for most luxurious and holistic wellbeing experience. Spa menu is available in all the Guest Rooms. You can visit the spa to speak to our team for a consultation. We have our wellness consultant who can help you decide which treatments will be most beneficial to you.

CAN I SMOKE WITHIN THE SPA PREMISES?

No, the spa is a smoke-free and alcohol-free environment. Guests under the influence of alcohol, high energy drugs and medication will not be allowed to use the Spa and avail of treatments.

PRIOR TO ARRIVAL

WHAT TIME SHALL I ARRIVE?

To enhance your Spa experience, please arrive 15 minutes before your scheduled treatment. This will allow time to complete spa formalities and to relax in our relaxation area. In case you would like to avail the steam facility, please arrive 30 minutes before the scheduled treatment.

WHAT SHOULD I WEAR WHILE COMING FOR MY TREATMENT?

You may wear comfortable clothing to the Spa. As you will be draped during treatments to respect your privacy, suggested dress for massages and most other treatments is simply a robe, which are provided to you upon arrival to the Spa. Disposable undergarments and wrap up bra will be provided from the Spa for the needful services. You are required to wear this for your comfort.

WHAT SHOULD I NOT BRING TO THE SPA?

Lockers are available for clothing; however, it is recommended that you leave valuable items in the safe in the hotel room. The spa services require bare skin and freedom to move, we request that you refrain from wearing jewellery. For the courtesy of our Guests, cellular devices, camera and other technologies must be turned off while you are in the Spa. O Spa by L'OCCITANE or InterContinental Fujairah Resort may not be held responsible for lost or stolen articles.

SHOULD MEN SHAVE BEFORE FACIAL?

Shaving is not recommended prior to service. If you choose to shave, please do so at least 6 to 8 hours before your appointment.

SPA POLICIES

WHAT IF I AM LATE FOR MY TREATMENT?

Arriving late will simply limit the time of your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so the next Guest will not be delayed. The full value of your treatment will be charged.

WHAT IF I NEED TO CANCEL MY SCHEDULED APPOINTMENT?

If you must reschedule or cancel your appointment, please notify the spa at least 24 hours in advance to avoid being charged 50% of the service fee. For blocks of more than four services, a 48 hour cancellation policy or a 100% no show charge applies.

ARE GRATUITY INCLUDED IN THE BILL?

For your convenience we've included a 10% gratuity but you are more than welcome to adjust that if you wish to leave more or less.

HOW DO I PAY?

You may charge spa services to your hotel bill or may be paid by credit / debit card or by cash.

WHAT ABOUT THE CONFIDENTIALITY OF MY DATA SHARED?

We are committed to your privacy. We keep all personal and medical information confidential and well-secured.

CAN I GIFT A SPA?

Give the gift of Spa with a Spa Gift Card available at Spa reception.

GLOBAL PRESENCE OF L'OCCITANE SPAS

There are 92 L'OCCITANE Spas in over 25 countries. Sanghvi Brands has 6 Spas by L'OCCITANE in India, 2 in United States, 1 in SriLanka and now in UAE.

www.spa.loccitane.com

SANGHVI BRANDS

Sanghvi Brands, a leading well-being expert in South Asia, Middle East and The United States with 60 locations either operational or under development, has been L'OCCITANE's partner for several years to operate Spas in South Asia, Middle East and The United States

www.sanghvibrands.com | www.loveofspa.com

L'OCCITANE SPAS OPERATED BY SANGHVI BRANDS

MUSSOORIE

JW Marriott Mussoorie
Walnut Grove Resort & Spa

MANALI

Span Resort and Spa

GULMARG

The Khyber Himalayan Resort & Spa

KOLKATA

Anaya Kutir

MUMBAI

Lower Parel

PUNE

Yoo by Philippe Starck,
Opening Shortly

SAN FRANCISCO

The Ritz-Carlton

COLOMBO

The Galle Face Hotel

FUJAIRAH

InterContinental
Fujairah Resort

WASHINGTON, D.C.

InterContinental Washington D.C.
- The Wharf

O Spa
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