

O Spa
by L'OCCITANE

Treatment
MENU





**“L'OCCITANE OFFERS A BODY AND MIND ESCAPE TO OUR DEAR PROVENCE,
A SUN-DRENCHED LAND OF BOUNDLESS NATURAL WONDERS.”**

*“L'OCCITANE C'EST LA PROMESSE D'UNE ESCAPADE SENSORIELLE SUR LES TERRES DE NOTRE
CHÈRE PROVENCE, CETTE RÉGION ENSOLEILLÉE AUX MILLES MERVEILLES DE LA NATURE.”*

ADRIEN GEIGER, GLOBAL BRAND DIRECTOR OF L'OCCITANE
ADRIEN GEIGER, DIRECTEUR GÉNÉRAL DE LA MARQUE L'OCCITANE



O Spa by L'OCCITANE

JOURNEY TO PROVENCE THROUGH YOUR SENSES

When you step into a Spa L'OCCITANE, you are entering a little corner of Provence.

Every gesture, every ingredient and every ritual is inspired by our favorite place on earth. Your journey will begin with a Welcome Ritual that will help you dive into well-being right away.

Then, your targeted treatment will relieve your tensed areas while engaging all of your senses - with sensorial textures, relaxing music, and herbal teas inspired by Provencal traditions.

Discover surprising aromas with every step that transport you to the South of France and leave you feeling refreshed and revitalized.

Like the rest of L'OCCITANE's universe, our Spa is all about authenticity and we always prefer hand-performed treatments over machines, and traditional massage techniques over technology.

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





Anti-Ageing Facials

IMMORTELLE

- **IMMORTELLE DIVINE SECRET**

90 Minutes

An ideal treatment to combat skin-slackening of the face and neck, as well as the décolleté area. This exceptional anti-aging facial uses lifting and contouring massage techniques with the fabulous properties of 7 natural active ingredients, including organic Immortelle essential oil and Myrtle. A radiant and youthful skin for a harmonious beauty! The result is divine: Deep wrinkles seem relaxed, fine lines smoothed, face contour firmer and the décolleté smooth and satin-soft again. Skin looks glowing with youth!

- **IMMORTELLE DYNAMIC YOUTHCARE**

75 Minutes

A dynamizing youthcare treatment performed with L'OCCITANE Immortelle Precious range, that harnesses the power of Immortelle essential oil & a dynamic Hyaluronic Acid complex. This new generation complex is activated by new Korean expert strokes called: "contouring techniques". This massage technique has a focus on 1st signs of ageing concerns areas (cheekbones, laugh lines and forehead) and is meant to shift the focus from caring to preventing signs of ageing. This treatment will not only help your skin to keep up with your fast pace of life by smoothing out fine lines and early wrinkles; but it will also plump up your skin with moisture and give you the healthy glow you have always dreamed about.

REINE BLANCHE

- **REINE BLANCHE ILLUMINATING PERFECTION**

90 Minutes

The Queen of the Meadows, called "Reine des Prés" is an immaculate white flower. A true wonder of nature, its petals change color over time, from pale yellow to translucent white. This incredible natural "self-whitening power" inspired L'OCCITANE to create the REINE BLANCHE Illuminating Program. This unique facial associates Reine Blanche products with our signature massage sequence, using Japanese Shiatsu techniques that boosts micro-circulation, promotes firmness, releases deep muscular tensions on face's trigger points and stimulates key energy centers. A complete illuminating program to retrieve immaculate skin with inner light!



Drainage Facial Massage

AQUA REOTIER

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AQUA REOTIER SOURCE OF HYDRATION

75 Minutes

This facial features an ultra-hydrating face care range - Aqua Reotier for healthy-looking skin. Enriched with Réotier water, hyaluronic acid and glycerin, this facial helps recharge skin with water, leaving it glowing with moisture and softness. Your skin is refreshed and radiant, it feels more plump.

SHEA BUTTER

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SHEA NOURISHING COMFORT

75 Minutes

This treatment is specially designed to address the specific needs of sensitive skin. The treatment focuses on protecting the skin, through intensively nourishing Shea formulas, a very gentle cleansing, and a cooling experience to soothe. As a result, skin is nourished, supple and experience long-lasting softness.

FOR MEN

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CADE POWERFUL SKIN PROTECTION FOR MEN

75 Minutes

The power of Cade to protect your skin. Enjoy a protective treatment that starts with a deep cleansing of the skin, followed by a face massage that will help soothe the skin and reduce cutaneous inflammations. The Cade products used in this treatment have been formulated for men's skin specific needs : they are true to men's nature and to the nature of their skin. Our protocol can be adapted for you with our Cade Softening Beard Oil, to pamper your beard properly and give it a nice nourishing feeling.

EXPRESS FACIAL

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DISCOVERY TREATMENT

30 Minutes

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.







Body Massage

SIGNATURE

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SIGNATURE SWEET LIME MASSAGE

90 Minutes

Rejuvenate yourself with our signature blend of Basil grown in our own gardens, fresh Sweet Limes and L'OCCITANE Neutral Oil, blended with our signature relaxing massage, to ensure complete well-being.

WELLBEING MASSAGE

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SLEEP & RESET MASSAGE

90 Minutes

This 90-minute massage uses unique rituals to prepare your body for a well-deserved sleep! The massage begins with guided breathing techniques using a special blend of essential oils designed to lull you into relaxation. The increasing intensity of movements on the whole body promote to evacuate negative energies and bring a total well-being from head to foot. Nervous tensions seem to fade away and the body finds a feeling of serenity. A specific massage to unwind the mind and recover from accumulated fatigue!

AROMACHOLOGIE

- ### RELAXING AROMACHOLOGIE MASSAGE

60/90 Minutes

Swedish effleurage, Chinese acupressure and Balinese massage techniques come together to stimulate circulation and help ease tensions & relieve Stress. The body and mind feel calmed; sleep comes more easily.

- ### REVITALIZING AROMACHOLOGIE MASSAGE

60/90 Minutes

This massage combines gentle Swedish effleurages, deeper-pressure Lomi Lomi and Balinese movements to re-invigorate the body & mind. Massage technique will follow the blood flow to stimulate circulation.

- ### DEEP TISSUE INTENSE RELIEF

60/90 Minutes

This massage combines Lomi Lomi deep pressure, acupressure points and gentle stretching. It helps ease muscular tension, with a focus on the back, shoulders and neck area. As a result, the whole body feels refreshed and deeply rebalanced.

- ### RE-ENERGIZING SUN STONES

90 Minutes

Swedish effleurages and Shiatsu pressure points are associated to the deep & combined with the comforting warmth of natural basalt stones. The stones are placed on the 7 Chakras – traditionally known as the body's key energetic points – to improve the flow of energy, and help rebalance body & mind.



SHEA

- ### SHEA NURTURING MASSAGE

90 Minutes

A collection of our best Massage techniques. Relaxing strokes, deep tissue pressure and revitalizing hot stones are combined with the nourishing and protecting properties of Shea Butter. Skin is left soft and intensely nourished.

- ### SHEA FABULOUS BODY & FACE MASSAGE

90 Minutes

A truly holistic massage that treats the whole body and face, for a complete well-being experience. 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. All at once, the skin is transformed and the body deeply soothed. You feel truly comforted; your mind reaches a peaceful state of tranquility.

Body Treatments

ALMOND

- ### ALMOND DETOXIFYING BALANCE

60 Minutes

Inspired by Lymphatic Drainage Massage techniques, this treatment boosts circulation and promotes elimination of toxins & excess water. The skin feels nourished, supple, firmer and smoother due to the almond supple skin oil, rich in omega 6,3 and camelina oil.

- ### ALMOND SILHOUETTE REFINING MASSAGE

60 Minutes

This treatment is based on a combination of Lymphatic Drainage and active massage techniques to fight dimpled looking skin. The almond supple skin oil will act on skin's elasticity. As a result, body feels refined with a lighter-feeling sensation.

Scrubs & Wraps

SIGNATURE

- **SIGNATURE DESERT SAND SCRUB**

60 Minutes

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.

ALMOND

- **ALMOND SMOOTHING SCRUB**

60 Minutes

This body scrub offers a gentle, yet effective body exfoliation as it luxuriously melts into the skin. Using the Almond Delicious Paste that contains almond butter, almond oil infused with crushed almonds shells and sugar crystals, body is left perfectly smooth and soft, delicately fragranced with the notes of almond.

SHEA

- **SHEA NOURISHING SCRUB**

60 Minutes

Recommended for dry skin, Delicious textures eliminate dead cells, leaving skin perfectly prepared for a treatment or massage.

SIGNATURE

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SIGNATURE BALSAM AND SANDAL WRAP

60 Minutes

A soothing wrap enriched with Balsam, Sandalwood and Honey. Honey moisturizes and possesses anti-ageing 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.

ALMOND

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ALMOND COCOONING BODY WRAP

60 Minutes

An expert body wrap beautifies silhouette appearance. The formula of the wrap with almond butter and almond oil wraps the body in a delightful cocoon and leaves the skin smoothed, nourished and delicately fragranced. While the wrap is on, a relaxing foot and scalp massage promotes a feeling of complete well-being.

SHEA

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SHEA ULTRA-MOISTURISING BODY WRAP

60 Minutes

The ideal repairing care for very dry, sun damaged or overworked skin. This formula has been developed exclusively for L'OCCITANE Spas. 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.

Area Focused Treatments

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SHEA ULTRA-SOFTENING HAND CARE

45 Minutes

In just 45-minute, hands are nourished, softened and protected. Ideally combined with any treatment to combat the visible signs everyday life can leave on hands.

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RELAXING MASSAGE FOR THE BACK

30 Minutes

This Relaxing Massage specifically targets the neck, back and shoulders to help release tensions & stress.

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LEG REFRESHER WITH ESSENTIAL OILS

45 Minutes

Legs and feet are treated with a stimulating drainage massage using Shea Butter to help intensely nourish and protect the skin. Ideal for travelers to help soften rough feet and relieve the sensation of heavy legs.

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IMMORTELLE DYNAMIC YOUTHCARE EYES

30 Minutes

This 30-minute eye treatment promotes fresh, rested and younger-looking eyes. Ideal for anyone concerned with fine lines, dark circles and puffiness. Perfect after a long flight, a night of festivities or a long, hard week...

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NECK, SHOULDER AND HEAD MASSAGE

45 Minutes

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

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PURIFYING TREATMENT FOR THE BACK

45 Minutes

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.



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FOOT RELIEF WITH ESSENTIAL OILS

30 Minutes

The feet are one of the most mistreated parts of the body. Under daily pressure from the body, shoes, walking and physical activities, the feet deserve as much care and attention as the rest of the body. A comforting and relaxing foot massage, combining smoothing strokes and deep circular movements with a Revitalizing essential oil blend, helps the body to unwind, improve blood circulation and release tensions! The feet & body feel lighter, ready for a new journey!

Hammam

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HAMMAM PAMPER

45 Minutes

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

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HAMMAM RITUAL

60 Minutes

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 rinse. A unique body mask is applied to the skin, made from almond which firms and detoxifies the body. Skin feels smooth, supple and shiny.

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HAMMAM INDULGENCE

120 Minutes

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

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HAMMAM BLISS

180 Minutes

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



Treatment Sets

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NIRAAMAYA

90 Minutes

Holistic Body Massage + Chakra Balancing Dhara

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MEDITERRANEAN SCRUB AND MASSAGE

90 Minutes

Choice of Scrub + Choice of Massage

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ALMOND SCRUB AND REFINING MASSAGE

90 Minutes

Almond Smoothing Scrub + Almond Silhouette Refining Massage

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JOURNEY TO PROVENCE

120 Minutes

Choice of 60 mins Massage + Choice of Facial

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THE COUPLE'S ESCAPE

90/120 Minutes

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

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MEDITERRANEAN SCRUB, MASSAGE AND ULTRA-MOISTURIZING WRAP

135 Minutes

Shea nourishing Scrub + Shea Wrap + Choice of Massage

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PROVENCAL DETOXIFYING CURE

135 Minutes

Almond smoothing scrub + Almond cocooning body wrap + Almond detoxifying balance





Holistic Treatments

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HOLISTIC BODY MASSAGE

60 Minutes

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.

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CHAKRA BALANCING DHARA

60 Minutes

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

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INDIAN HEAD MASSAGE

45 Minutes

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.

Yoga

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BASIC YOGA

60 Minutes

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.

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ADVANCED YOGA

60 Minutes

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

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DYNAMIC YOGA

60 Minutes

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.

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RELAXATION YOGA

60 Minutes

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.

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 20:00.

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 spa@icfujairahresort.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 is 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.

HOW DO I PAY?

You may charge spa services to your hotel bill or services 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.

SOCIALLY RESPONSIBLE SPA

Every new project is an opportunity for Sanghvi Brands to go a step beyond in the commitment for social responsibility. A Spa, because it is heavily water oriented, has to limit waste through constant controls and continuous consciousness. We strive to maintain a green environment. For this reason we select natural materials with traceable origin (eco-friendly whenever possible) and save energy through controlled use of utilities. We ensure you get the purest linen and a most hygienic experience. This way, Sanghvi brands Spas curb our impact on the environment.

GLOBAL PRESENCE OF L'OCCITANE SPAS

With over 100 spas in 30 countries, Spa L'OCCITANE is a natural extension of the L'OCCITANE brand. Sanghvi Brands has over Six L'OCCITANE Spas in South Asia and is going international, launching L'OCCITANE Spas in the Middle East. spa.loccitane.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

MUMBAI
Lower Parel

KOLKATA
Anaya Kutir

JHILAI FORT
Opening Soon

FUJAIRAH
InterContinental
FujairahResort

SANGHVI BRANDS

Sanghvi Brands is L'OCCITANE's exclusive spa partner in India. With its renowned expertise, Sanghvi Brands has created one of South Asia's largest portfolios of international beauty, fitness and lifestyle wellness brands, and is developing further in the Indian Ocean and Middle East regions.

www.sanghvibrands.com

O Spa
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