



Serenity

The Art of Well Being

SPA MENU

Serenity - The Art of Well Being provides the perfect environment and personalized experiences to relax, heal and revitalize. The Serenity menu has been created for those seeking effective holistic and modern therapies that result in an improved and healthy quality of life. Our carefully selected skin care brands provide those who seek us with the widest choice of treatments and home care options, for looking and feeling your best.

★ **STAR TREATMENTS**

The treatments marked by a star are the most popular and favored by our clients.

01. SIGNATURE TREATMENTS

★ Senses of Dubai

90min | AED 1,320

Relying on the most traditional ingredients of the UAE, the signature treatment from Serenity - The Art of Well Being, at Fairmont the Palm, is a true journey through the best that Dubai has to offer.

The treatment starts with a salt scrub with oud oil. Prepared carefully by the Serenity team, these ingredients contribute to the purification of your skin, letting the pores breathe and preparing the skin for the next step: the pearl wrap. This is one of the most famous products of Dubai, recognized for its health-giving properties. Naturally rich in magnesium, which encourages the removal of the toxins in the skin, pearls are also a powerful antioxidant, helping to fight free radical damage and minimize the signs of premature aging, while boosting the skin's reparative properties, by triggering the production of fibroblasts, for a more youthful and even skin tone. Pearls are also acknowledged for supporting the production of melanin, the body's natural defense against the sun.

To finish the treatment, you will be able to enjoy a full body hydration with rose and goldleaf oil, which will enhance the pearl's advantages. While hydrating and nourishing the skin, the goldleaf in the oil stimulates collagen production and strengthens elasticity for a smoother, firmer, looking skin. After the treatment, enjoy peaceful moments in our relaxation room, with a date-infused tea, a product of the region as well, to improve your wellbeing sensation.

Senses of Dubai is a luxurious journey, inviting you to embrace tranquillity, nurture your skin, and unveil UAE's beauty secrets.

01. SIGNATURE TREATMENTS

Serenity Journey

120min | AED 1,360

A journey of tranquility, this deeply relaxing and nourishing massage followed by a soothing facial treatment, was designed to promote inner balance and calmness, for a complete sense of wellbeing.

Serenity Immunity Boost

90min | AED 1,200

A full body massage with energizing and detoxifying blended oils designed to help boost our immune system, reduce stress and maintain good health

02. KLORIS CBD

What is CBD and how does it work?

CBD is a non-psychoactive compound found in the cannabis plant. CBD interacts with the endocannabinoid system in our body which helps to keep our bodies in balance. CBD appears to be able to influence the immune system, helping to alleviate pain, reduce insomnia, anxiety, nausea and inflammation.

What is the difference between CBD and cannabis?

CBD doesn't have the psychoactive properties of THC (Tetrahydrocannabinol) found in marijuana/cannabis. The CBD in Kloris products doesn't contain any THC, meaning their consumption won't result in any psychoactive effect.

★ **KLORIS CBD Signature Ritual**

120min | AED 950

A spa journey that is inspired by the power of nature. This 90 minute experience of the senses is a complete head-to-toe offering. Combining stretching, lymphatic drainage, muscle release and shiatsu acupressure points to allow the body to relax and the mind to drift away to a bespoke and thoughtfully curated sound-scape.

KLORIS CBD De-Stress Ritual

90min | AED 930

A deeply relaxing treatment focusing on the whole body. KLORIS body oils and balms are applied to specific areas of concern providing relief and relaxation. Massage techniques incorporating breathe-work, stretching and KLORIS sound-scape plays in the background to calm the mind.

02. KLORIS CBD

KLORIS CBD Jet Lag Recovery

60min | AED 790

A treatment designed to reduce fatigue and enhance jet lag recovery. This journey begins with a dry body brush to stimulate the senses, followed by an energizing full body massage incorporating stretching techniques and ending with a restorative scalp massage.

KLORIS CBD Travel Reset - Foot & Leg Revive

45min | AED 650

A perfect reset after travel, this treatment targets tired legs and weary feet. The experience starts with a relaxing foot soak. KLORIS massage oils and balms are applied incorporating lymphatic drainage and pressure point techniques to induce a state of relaxation.

03. AURUM SUITE

Aurum Suite

60min | AED 1,370 - 180min | AED 1,960

A luxurious and private suite for those who seek to indulge in the very best of Fairmont The Palm. The Aurum Suite is designed to spoil and indulge guests with its own private steam room, sauna, jacuzzi, experience shower, double treatment room and lounge area. The Aurum Suite is perfect for those that wish to celebrate a special day, spoil a loved one or simply have the ultimate Serenity - The Art of Well Being experience. To complete the experience, a complimentary bottle of champagne is included.

04. COUPLES

Ila Couples Experience + Aurum Suite

120min + 60min | AED 3,760

For couples to experience together, a ritual to reconnect on a physical, emotional and spiritual level.

★ **Serenity Journey + Aurum Suite**

120min + 60min | AED 3,720

A deeply relaxing and nourishing massage for couples to enjoy together, followed by a soothing facial treatment to promote inner balance.

Thalgo Iles Pacifique Ritual + Aurum Suite

90min + 60min | AED 2,820

A journey over the waters of the Pacific for two. Three sensory stopovers on Polynesian islands, from which the body returns replenished and relaxed.

Thalgo Marveille Articque Ritual & Aurum Suite

90min + 60min | AED 2,820

Powerful and sensory ritual, born from the reunion of the hot and the cold, for a unique experience.

05. Hammam

CHARME D'ORIENT

Ritual of Hammam

60min | AED 700

The Ritual begins with steam and a scrub with Black Soap and a Kassa glove, followed by a wrap with a purifying Ghassoul mask, leaving your skin breathtakingly soft and silky.

Turkish Bath Ceremony

60min | AED 700

The Ceremony begins with steam and a scrub with Black Soap and a Kassa glove, followed by a massage in a cloud of foam, leaving your skin smooth and nourished.

Royal Hammam

90min | AED 850

Our most prestigious Hammam with a complete body and face treatment, incorporating Cleopatra's secret recipe: the whitening mask with honey & royal jelly.

OTHER SERVICES

Aurum Suite

60min | AED 960

06. FACIAL TREATMENTS

ILA

Glowing Face Therapy

60min | 800AED

Specialised marma massage techniques restore natural luminance, whilst reducing inflammation. The skin glows with radiance.

OTHER SERVICES

Extraction

AED 275

06. FACIAL TREATMENTS

SWISS LINE

★ **Le Grand Soin au Collagène**

90min | AED 1,200

Comprehensive skin transforming treatment harnessing highly acclaimed ingredients and technologies comparable to non-invasive aesthetic procedures. Fortified with pure collagen, peptide technology, pure silk and plant-based growth factors, this transformative facial will rejuvenate stressed, dull or aged skin. Adds significant fullness to your skin & radiance to your complexion.

Swiss Bright

75min | AED 900

Powerful brightening and de-aging actives help treat and prevent skin discoloration resulting in unsurpassed brightening, glowing and toning skin results.

Swiss Smart

60min | AED 900

Pharmaceutically graded ingredients to enhance skin resiliency and targeted concerns. This fully personalized treatment uses all Age Intelligence Boosters! Especially designed for skin that needs an instant “de-stress” of any kind. It's a smart and fast way to look your best.

06. FACIAL TREATMENTS

SWISS LINE

Hydra-soothing

60min | AED 800

Rehydrating and replenishing, this treatment is ideal for tired and travel-weary skin. It uses our Hydra-Oxygen Ampoules to dramatically boost the skin's water levels and counteract signs of fatigue.

Purity

60min | AED 800

This “detox” facial, ideal for adult skin prone to impurities. Featuring a professional mask with a high concentration of keratolytic enzymes used to clear the skin while calming irritation and visible redness.

OTHER SERVICES

Swiss Eye Specialist - AED 400

This treatment takes your eye-care to a new level of excellence erasing the tell-tale signs of aging and fatigue instantly. Lines and wrinkles are smoothed away while the inner architecture of the eye contour is transformed instantly with a filling effect.

Extraction - AED 275

06. FACIAL TREATMENTS

HOMMAGE FOR MEN

Express Deep Cleanse

30min | AED 450

This energizing facial by Hommage includes a deep cleansing and exfoliating mask. Facial massage will leave the skin looking rested and revived.

Deep Cleanse

45min | AED 550

This energizing facial by Hommage includes a deep cleansing and exfoliating mask. Facial massage will leave the skin looking rested and revived. Includes a relaxing head, neck and shoulder massage.

Invigorating Back Facial

45min | AED 550

This unique specialty treatment focuses on hygiene and maintenance of the often neglected and congested back. Deep cleansing, mask and hot towels and to the enjoyment of the relaxing back massage.

★ **Age Defense Facial**

90min | AED 850

The ultimate facial treatment for men, designed specifically to diminish fine lines and signs of fatigue. Skin energizing antioxidant products will nourish skin, improve moisture balance, restore elasticity and leave skin looking rested and refreshed.

OTHER SERVICES

Extraction - AED 275

06. FACIAL TREATMENTS

HYDRAFACIAL

Swiss Line Hydrafacial

60min | AED 1,000

Using advanced Hydrafacial technology and Swiss Line collection of Age Intelligence masks. Especially designed for skins that needs an instant “de-stress”. Deep cleanse and detoxification of the skin with a lymphatic drainage massage to help reduce puffiness, followed by an exfoliation with glycolic acids to allow an extraction of blocked pores. Next, an application of hyaluronic acid, antioxidants and Vitamin E, which is delivered deeply in to the skin using the painless vortex infusion tip. LED lights therapy will help to target congestion and increase the production of collagen and elastin.

Swiss Line Cell Shock Hydrafacial

90min | AED 1,200

The ultimate Hydrafacial experience is a luxury tailored solution to satisfy all needs with an extra touch that is often hard to describe skincare x-factor. Swiss Line advanced collection with the latest Syndeo technology & add on JLo booster cleanses, exfoliates to truly restore youthful, healthy looking skin while addressing your specific concern. The therapeutic benefits of the LED light therapy together with the brightening mask leaves your skin with an immediate healthy glow.

Hommage for Men Hydrafacial

45min | AED 800

A personalized facial treatment designed just for men, it combines innovative skincare formulations and cutting edge Hydrafacial technology to deeply cleanse, extract and hydrate the skin.

07. BODY TREATMENTS

ILA

Energising & Detoxifying Body Scrub

30min | AED 370

The exfoliation promotes the elimination of toxins and tension. On a subtle level, it cleanses and strengthens the bio-energy fields leaving mind, body and spirits uplifted.

Rose & Aloe Sun Cooler Body Wrap

60min | AED 670

This full body experience refreshes and replenishes sun-damaged or overheated skin. A gentle massage and a cooling wrap calm and soothe sunburn or sensitivity, while restoring balance and strength.

★ Chakra Wellbeing

120min | AED 1,360

This holistic ritual works on the muscles, lymph and nervous system as a whole. Based around 7 blends of chakra-balancing essential oils, it involves deep relaxation of the nervous system, lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye to restore and relax every sense.

07. BODY TREATMENTS

THALGO

Marine Body Scrub

30min | AED 370

With its creamy and soothing texture due to Chondrus Crispus red algae, this scrub delicately exfoliates the skin.

Iles Pacifique Body Scrub

30min | AED 370

Ultra-sensory, this scrub combines white sand of Bora-Bora, sea salt, coconut shells and vegetable oils to exfoliate and gently nourish the skin.

Marine Detox Body Wrap

60min | AED 670

The algae will help to reshape and firm the silhouette. A real marine sensation with a massage to re-energise and nourish the body.

07. BODY TREATMENTS

THALGO

Sculpt & Firm Body Wrap

60min | AED 670

A firming and slimming body wrap to break down cellulite and eliminate water retention.

★ **Iles Pacifique Ritual**

90min | AED 910

A journey over the waters of the Pacific. Three sensory stopovers on Polynesian islands, from which the body returns replenished and relaxed.

Marveille Articque Ritual

90min | AED 910

Powerful and sensory ritual, born from the reunion of the hot and cold for a unique experience.

08. MASSAGES

Relax Massage

60min | AED 650 - 90min | AED 850

Full body massage with light pressure to improve blood circulation and muscle relaxation.

Detox Massage

60min | AED 670 - 90min | AED 890

Full body relaxing massage using marine products to help release toxins.

Slim Massage

60min | AED 690 - 90min | AED 890

Full body massage with dynamic movements and specific techniques to help reduce cellulite.

Deep Tissue Massage

60min | AED 690 - 90min | AED 890

Full body massage applying pressure to specific points with vigorous movements that relieve muscle pain and accumulated tensions.

Sports Massage

60min | AED 690 - 90min | AED 890

Full body massage with strong pressure and stretching to relieve muscles, tendons and ligaments.

08. MASSAGES

Holistic Massage

60min | AED 710 - 90min | AED 910

Full body massage with medium pressure and with specific essential oils to eliminate toxins and rebalance energy levels.

Abhyanga Massage

60min | AED 710 - 90min | AED 910

Full body detox and de-stress massage performed with herbal oils.

Hot Stones Massage

60min | AED 710 - 90min | AED 910

Full body massage with volcanic hot stones used to relieve pain and muscle tension.

Lymphatic Drainage Massage

60min | AED 670 - 90min | AED 890

Localized massage, applying gentle pressure along the lymphatic system to help eliminate toxins and drain excess fluids.

Thai Massage

60min | AED 650 - 90min | AED 850

Full body massage with stretching movements and acupressure techniques. Done with clothes and without any oil.

08. MASSAGES

Shiatsu

60min | AED 750 - 90min | AED 930

Full body japanese massage with pressure points along the meridians to rebalance the energy. Done with clothes and without any oil.

4 Hands Balinese Massage

60min | AED 1,170 - 90min | AED 1,860

Full body balinese massage featuring two therapists giving a smooth and balanced treatment to relieve stress.

Mother-to-be Massage (after 12 weeks)

60min | AED 690 - 90min | AED 890

A nourishing treatment, this is a full body relaxing massage, done in an adapted position for comfort.

Reflexology

30min | AED 370 - 45min | AED 470

Feet massage with rhythmic pressure on reflex points. It stimulates blood circulation and recovers energy from the affected organs.

Back Massage

30min | AED 370 - 45min | AED 470

Localized massage that relieves muscle tension in the back, shoulders and neck.

08. MASSAGES

Leg Massage

30min | AED 370 - 45min | AED 470

Local massage on the legs contributing to the immediate relief of leg fatigue, fighting fluid retention and stimulating blood circulation.

Indian Head Massage

30min | AED 370 - 45min | AED 470

Massage with scalp and neck focused movements. This Indian technique helps to stimulate circulation and reduce stress.

09. JUNIOR (UP TO 15 YEARS OLD)

Junior Facial

30min | AED 470

This facial treatment introduces junior spa goers to the benefits of relaxation and a skin care regime.

★ Junior Massage

30min | AED 350 - 45min | AED 450

Relaxing body massage with natural oils for relaxation and an exceptional spa experience.

Junior treatments may be booked daily, between 10am and 1pm.

Junior treatments must be booked in combination with a treatment for the parent, of the same length and done in the same room.

Juniors (up to 15 years old) are not allowed to use the facilities of the Thermal Oasis, nor the ones of the relaxation areas.

OTHER SERVICES

Aurum Suite

60min | AED 960

A luxurious and private suite for parents to enjoy with their children. The Aurum Suite is designed to spoil and indulge guests with its own private steam room, sauna, jacuzzi, experience shower, double treatment room and lounge area.

To complete the experience, healthy beverages for parents and children are included.

10. PACKAGES

Time For Me

120min | AED 1,360

This is the Serenity retreat - so you can get out of the rut and relax, have time for yourself. This package includes breakfast, a body scrub, a full body massage, a facial and lunch.

Detox

120min | AED 1,130

Purify your body and boost your energy with this revitalizing Serenity package, which includes a body scrub, a body wrap and detox massage.

Holistic

120min | AED 1,025

This holistic treatment begins with a body massage, followed by a relaxing head massage, using a blend of holistic essential oils.

11. THERMAL OASIS

Serenity - The Art of Well Being invites you to join this journey of tranquility and to find the time to relax in our Thermal Oasis. Simply close your eyes and enjoy our facilities that include:

Sauna
Steam Room
Jacuzzi
Relaxation Areas
Experience Showers
Ice Fountain

The minimum age requirement for access to the Thermal Oasis is 16 years old.

Hotel Guest:
Half day - AED 75
Full day - AED 125

Non-hotel Guest:
Half day - AED 200
Full day - AED 400

Ladies only:
Mondays, 10am to 2pm - AED 250

Should you have a treatment booked with us, the access to the Thermal Oasis is complimentary on that day.

BRANDS

ilā

ILA created luxury organic skincare, spa products and treatments. Using the finest natural plant and mineral ingredients, wild-harvested in remote, untainted regions by artisan producers who value traditional, sustainable practices.

THALGO
LA BEAUTE MARINE

THALGO offers natural algae products with rare qualities. The active ingredients of algae are in a free state and the fine quality of the powder enhances skin penetration during a hot bath or one application.

❖
CHARME
D • ORIENT
PARIS

CHARME D'ORIENT is a pioneer and a reference in the oriental cosmetics and beauty rituals, with the mission to share its vision of the oriental cosmetic Made in France, based on authenticity and efficiency.

BRANDS

swiss line
BY DERMALAB 

SWISS LINE are skincare experts with a passion for skin biology and beauty. The philosophy is simple: intelligent skincare respects and works with the skin, not against it. The award-winning formulas embrace natural actives and skin-identical ingredients.

HOMMAGE

HOMMAGE is the ultimate luxury skincare solution for today's modern man. The range of timeless and intuitive products are formulated with top shelf ingredients, forming a fuss-free routine that fits into every man's lifestyle seamlessly. There are many rituals that make a man, and rituals bring results – taking time to invest in our skin is one of them.

Hydrafacial®

HYDRAFACIAL delivers instant and long-lasting results that you can see and feel. The Syndeo machine is a non-invasive beauty device that uses patented technology to thoroughly cleanse, exfoliate, extract and hydrate the skin. Used in combination with our luxury skincare brands, it merges soothing and invigorating spa therapies with advanced medical technology to achieve instant and lasting results.

BRANDS

K L O R I S

With stringent quality control, KLORIS is one of the most awarded CBD brands, and is the only premium CBD brand to be awarded the "Stamp of Excellence" by the Medical Cannabis Clinicians Society (MCCS). Their products are hemp-derived, THC free and made in the UK, with formulas that don't contain any unnecessary fillers, preservatives, colours or flavourings.

SPA ETIQUETTE

Reservations must be made directly with Serenity by telephone or e-mail. Please reserve your treatment as early as possible to ensure availability, particularly when booking multiple treatments and packages.

Guest who are not staying at the hotel are required to pay 100% of the value of the treatments at the time of booking in order to guarantee the appointments.

Should you require any service change or cancellation, please notify our team with a minimum of 6 hours' in advance. In case of non attendance or cancellation in advance less than 6 hours, we reserve the right to charge the full treatment value.

We recommend that you arrive at least 30 minutes before your treatment begins. This allows you to fill-in our health form, relax and enjoy the facilities.

Late arrivals cannot receive an extension of treatment time due to other appointments and specific scheduling.

Late arrivals will be charged 100% of the value of the treatments booked.

Serenity cannot be held responsible for lost or stolen items. Please avoid bringing valuables with you.

The use of swimming suit is mandatory while using the facilities.

The minimum age requirement for access to the Thermal Oasis is 16 years.

Discover our treatments
and our wellbeing programs that will
revitalize mind, body, and soul.

All prices are in dirhams and are inclusive
of 7% municipality fee, 10% service charge and 5% VAT.
Prices subject to change without previous notice.

Opening hours: daily, 10 am - 10 pm

Serenity - The Art of Well Being

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