

# REFIVE

SPA, BEAUTY & WELLNESS

*Scrub it  
Real Good*

TRADITIONAL HAMMAM

FACIALS  
MASSAGES  
SPRAY TAN  
YOGA & GYM

*All you need is  
perfect lashes brows*

BY BROW STUDIO

DETOX BEFORE  
YOU RETOX  
AT DETOX ME  
CAFÈ

BOOKINGS





## JUST THE TWO OF US

Body scrub followed by a full body massage for two, plus a glass of bubbly.

90 MINS • AED1700  
PER COUPLE

## TOTAL INDULGENCE

Body scrub, express facial, followed by a full body massage.

120 MINS • AED1400

## REFIVE EXPERIENCE

Hydrating facial, followed by a full body massage.

120 MINS • AED1135

## VOYA ORGANIC PRENATAL JOURNEY

A gentle Voya Organic exfoliant for radiant skin whilst easing pregnancy discomfort with nourishing mama oil, ensuring comfort, support, and restoration.

90 MINS • AED855



## SPA POOL + STEAM ROOM

Head upstairs to our rooftop pool with hydrotherapy jets, luxe sun loungers and steam room.



## DETOX ME CAFÉ

Fuel up with Detox Me at ReFIVE Spa. A hideout for soulful bowls, blooming teas and energy boosting smoothies to nourish your body, mind and soul.

DAILY • 9AM - 6PM

## SPA, LUNCH & BEACH

Outside guests are welcomed to 45-minute massage or facial, lunch in one of FIVE's signature restaurants spanning Italian at Cinque, Mediterranean tapas at Beach by FIVE or international classics at BLVD on One, followed by complimentary beach access.

MON - THURS • AED459



## KISSED BY THE SUN

The perfect skin recovery treatment after a day in the sun. Give your skin some TLC and reduce the redness of your skin with an aloe vera body wrap, face mask, SPF application or luxurious shimmer body oil.

30 MINS • AED350

### SCRUB IT REAL GOOD!

#### COFFEE SCRUB

Cellulite reduction, glowing skin and sun recovery

30 MINS • AED350

#### BOTANICAL SCRUB

Anti-aging, acne prevention, scar healing

45 MINS • AED350

#### CLASSIC SCRUB

The ultimate exfoliant to remove dead skin cells for glowing skin

30 MINS • AED350

#### VOYA ORGANIC WARM SPICED MUD WRAP

Firm, tone, detoxify, and rejuvenate in our fresh ocean seaweed wrap

45 MINS • AED455





## SPA

## #FACIALS

### HYDRATION

NaturaBissē  
**DIAMOND COCOON**

Reverses effects of pollution using a special massage and highly effective ingredients.

Ideal for dehydrated skin

60 MINS • AED845

Jodasli

### MARINE MINERAL

Uses active ingredients and minerals to remineralise, oxygenate, tone and firm.

Ideal for uneven complexion

60 MINS • AED685

### REJUVENATION

NaturaBissē  
**3D COLLAGEN**

A firming and anti-aging facial, using 3 collagens to boost elastin and redefine the facial contour.

Ideal for stressed and mature skin

60 MINS • AED745

Jodasli

### THERMAL INFUSION

Nature's natural face lift. Thermal mask maximises vitamin infusion leaving skin hydrated and toned.

Ideal for sensitive and mature skin

90 MINS • AED845

### DETOX

NaturaBissē  
**CITRUS ESSENCE**

A citrus aromatherapy ritual. The high levels of Vitamin C leave skin radiant and hydrated.

Ideal for dull skin

60 MINS • AED685

Jodasli

### PURITY

Restores natural radiance using plant essence formulas with deep cleansing properties.

Ideal for congested or imbalanced skin

60 MINS • AED745

### HYDRATION

#### IN A HURRY? NO PROBLEM.

The ultimate vitamin boost. For last-minute glow and picture perfect skin results.

30 MINS • AED395

### HYDRATION

#### GOLD LED MASK

This healing light treatment calms and rejuvenates for radiant skin.

15 MINS • AED95

NaturaBissē

The industry leader for revolutionary cosmetic techniques using only the most result driven ingredients.

Jodasli

A holistic approach to skincare using organic ingredients with unique formulas to yield truly healthy skin.



## BELLABACI CUPPING MASSAGE THERAPY

This ancient cupping therapy uses suction with medical grade silicone cups to enhance blood circulation, decrease fluid retention and cellulite, help with pain relief and lymphatic drainage to remove toxins from the body.

### FACE LIFT & REPAIR

Includes cleanse and hydrating sheet mask

45 MINS • AED495

### MUSCLE RECOVERY

Full body treatment to relieve pain and inflammation

60 MINS • AED795

### REVITALIZING MASSAGE

Face & body treatment to combat fluid retention, fatigue and boost lymphatic drainage and blood circulation

90 MINS • AED995



## CBD MASSAGE AND FACIAL

### AMPLIFY

#### BAMBOO MASSAGE WITH CBD OILS

Enjoy the invigorating and revitalising effects of the OTO amplify CBD body oil infused with grapefruit, juniper berry and bitter orange essential oils.

These essential oils are known to supplement the natural vitamin and mineral balance in the skin leaving it healthy and glowing.

90 MINS • AED855

### BALANCE

#### FACIAL WITH CBD PRODUCTS

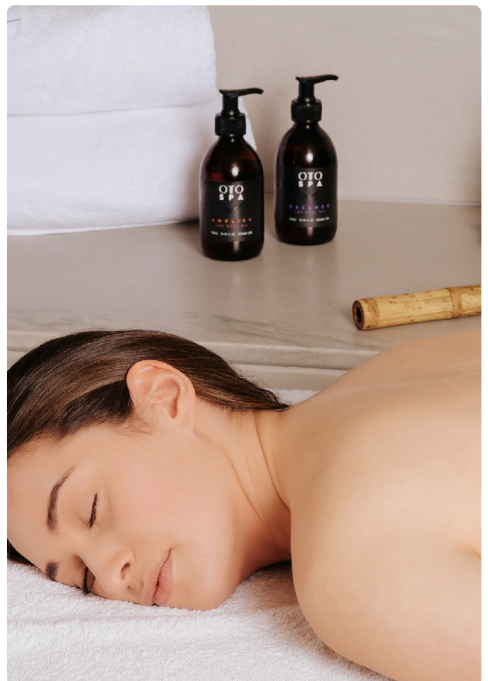
Enjoy the relaxing and soothing effects of the OTO blanc CBD body oil infused with fragonia, helichrysum and chamomile essential oils.

These essential oils are known to help promote healthy skin cell regeneration and a glowing, youthful complexion.

60 MINS • AED745

### ADD CBD TO YOUR TREATMENT!

Option to add CBD Oil with any facial or massage for AED150



## UPGRADE YOUR TREATMENT

Take your treatment to the next level and allow your body to enter a cocoon-like state of relaxation with our speciality quartz or wave treatment beds.

### Benefits include

- Greater energy
- Lowered stress
- Strengthened immunity

## STRETCHING

Ease tight and tense muscles with a stretching experience.

Stretching can boost your flexibility, reduce the risk of injury and decrease muscle tension.

45 MINS • AED395





## SPA

## #MASSAGES

### STRESS RELIEF



#### FEATHER TOUCH

Ideal for massage newbies! Light pressure point massage applying regenerating oils, boosting skin comfort and glow.

60 MINS • AED655  
90 MINS • AED755

### ENERGY HEALING



#### BALANCING ACT

Classic Swedish massage movements and oils to ease muscle tension, using medium pressure.

60 MINS • AED655  
90 MINS • AED755

### MUSCLE TENSION



#### MUSCLE MELT

Deep tissue massage focusing on sore and tight muscle tension from heavy workout or deep stress.

60 MINS • AED755  
90 MINS • AED855

### EXPRESS MESSAGE

#### IN A HURRY? NO PROBLEM

Pick your focus area, pressure intensity and technique preferences.

30 MINS • AED365

### TREAT YOURSELF!

HEAD & NECK MASSAGE  
REVIVING FOOT MASSAGE

30 MINS • AED365

### HOT STONES



- Relieve tension and muscle pain
- Promote deep relaxation
- Reduce stress and anxiety

AED100

### QUARTZ BED



- Increase energy levels
- Lower stress
- Detoxify
- Relieve muscle tension

AED100

### WAVE BED



- Increase circulation
- Improve sleep
- Promote deep relaxation
- Support immunity
- Sound stimulation

AED100

## ICE BATH, DO YOU DARE?

Plunge into the icy cool waters and take advantage of faster muscle recovery, improved sleep patterns, stress reduction and even boosting immunity, while our therapists coach you special breathwork and meditation exercises.

1 SESSION • AED145  
5 SESSIONS • AED580  
10 SESSIONS • AED1155





## WELLNESS

### REBALANCE

#### YOGA

Find your inner zen with our in-house yoga teacher as you start the day with flow or gentle yoga in our dedicated yoga studio.

GROUP CLASS • AED100  
PRIVATE CLASS • AED595

#### SOUND HEALING

Balance and clear your mind with sound healing meditation.

60 MINS PRIVATE CLASS • AED595

## #FITNESS

### SHAPE UP

#### PERSONAL TRAINING

#### IN-HOUSE GUESTS

Book one of our in-house personal trainers to keep you motivated.

1 SESSION • AED300  
10 SESSIONS • AED2500  
20 SESSIONS • AED3500

#### NON-RESIDENT GUESTS

1 SESSION • AED350  
10 SESSIONS • AED3000  
20 SESSIONS • AED4000

### EMS

A state-of-the-art training method that is focused on the scientific concept of electrical muscle stimulation. Equivalent to 240 minutes of heavy gym work out.

1 SESSION • AED250  
6 SESSIONS • AED1250

### EXTERNAL TRAINER

Prefer training with your own external personal trainer?  
No problem, use our state-of-the-art facilities with your own external personal trainer for an additional AED80 only.



## TRADITIONAL HAMMAM

A traditional, deep exfoliation practice using black soap and kessa scrub followed by a Ghassoul clay mask to detoxify the skin and remove old skin cells. Combined with heat, steam and stretching massage techniques, for deeply cleansed and smooth skin.

### MOROCCAN

Nourishing kessa scrub  
+ Ghassoul clay mask  
+ Nurturing organic elixir

60 MINS • AED755

### SIGNATURE

Nourishing kessa scrub  
+ Honey body scrub  
+ Ghassoul clay mask  
+ Scalp mask  
+ Express facial  
+ Nurturing organic elixir

90 MINS • AED905

### TRANQUIL

Nourishing kessa scrub  
+ Ghassoul clay mask  
+ Nurturing organic elixir  
+ Body massage

120 MINS • AED1195



### IMMEDIATE BENEFITS OF HAMMAM

- 1 Reduces stress, anxiety and promotes deep relaxation.
- 2 Removes dead skin from the body and unclogs pores while eliminating toxins from the skin.
- 3 Provides essential vitamins and minerals to nourish and hydrate the skin.
- 4 Prevents acne, helps heal scars and reduces redness.
- 5 Boosts the immune system and activates blood circulation.
- 6 Decreases muscle tension, soothes muscle pain and rheumatism.
- 7 Helps tone and firm the skin while improving elasticity to rejuvenate.
- 8 Body and mind. Boosts energy levels and a more balanced feeling.

OUR HAMMAM  
TREATMENTS USE  
NATURAL, QUALITY  
INGREDIENTS





## BEAUTY

Upgrade Your Beauty Game! Get a little extra glow up with our custom ReFIVE Beauty masks.  
Made in France for a truly luxurious and powerful pamper.

### PRE-GAME GLOW UP HYDROGEL GOLD FACE MASK

Detoxifying, Hydrating & Revitalizing

### DESIGNER BAGS ONLY SPARKLING HYDROGEL EYE PATCHES

De-puffing, Brightening & Revitalizing









## BEAUTY

## #BROWSERVICES

Hello Brow Studio! Achieve the brows and eyelashes of your dreams, be that classic defined eyes suitable from day to night, or dramatic glam to be party ready all day every day, Brow Studio has you covered.

### EYELINER

#### SEMI-PERMANENT

Wake up flawless with beautifully defined eyes thanks to our Semi-Permanent eyeliner. Gentle and non-invasive, it's the simplest yet most effective way to achieve definition without the need for makeup no matter what time of day.

**EYELINER SPMU**  
AED2700

**EYELINER TOUCH UP**  
4-8 WEEKS • AED800

### LIPS

#### SEMI-PERMANENT

Pucker up, this natural treatment will ensure your lips look full, plump and beautifully defined without the use of lip liner or lipstick. Your lips will never be more kissable.

**LIP BLUSH**  
AED3000

**LIPS TOUCH UP**  
4-8 WEEKS • AED800

### BEAUTY MARK

Draw attention to your best asset with a beauty spot or sun-kissed freckles.

AED525

### SPRAY TAN

Fake it 'til you make it! Get that golden glow with Naked Tan - a vegan, wash and wear spray tan.

Keep your tan in tip top shape!

- Exfoliate beforehand
- Wear loose clothing after your treatment
- Apply moisturiser daily

30 MINS • AED350



## BEAUTY

### LASHES

#### CLASSICS

##### LASH LIFT

Temporary natural lash lifting  
AED420

##### CLASSIC EXTENSIONS

Add length and fullness  
AED525

##### 2D EXTENSIONS

Classic look, amplified  
AED600

##### VOLUME EXTENSIONS

Full glamour lashes  
AED675

##### EXTENSION REMOVAL

AED120

## #BROW SERVICES

### BROWS

#### CLASSICS

##### BROW SCULPT

Shape and tint your brows  
AED240

##### BROW LIFT

Give your brows a lift and fullness  
AED465

#### SEMI-PERMANENT

##### EYEBROW MICROBLADING

Achieve fuller brows creating super fine natural  
looking hair strokes  
AED2985

##### MICROBLADING TOUCH UP

(4-8 weeks)  
AED800

##### EYEBROW SHADING

Apply a powder finish to darken  
and define your brows  
AED2985

##### SHADING TOUCH UP

(4-8 weeks)  
AED800

##### COMBO BROWS TOUCH UP

(4-8 weeks)  
AED800



## WELLNESS QUICKIE

### EXPRESS FACIAL

30 MINS  
AED395

### EXPRESS MASSAGE

30 MINS  
AED365

### WRAP

45 MINS  
AED455

### SCRUB

30 MINS  
AED350

### BOTANICAL BODY POLISH

45 MINS  
AED350

## MASSAGES

### FEATHER TOUCH

Light pressure

60 MINS • AED655  
90 MINS • AED755

### BALANCING ACT

Medium pressure

60 MINS • AED655  
90 MINS • AED755

### MUSCLE MELT

Intense pressure

60 MINS • AED755  
90 MINS • AED855

### SUN RECOVERY

Kissed by the sun

45 MINS • AED350

## CBD

### BAMBOO MASSAGE

With OTO CBD oils

90 MINS • AED855

### FACIAL

With OTO CBD oils

60 MINS • AED745

## BUCKET LIST

- Quartz bed . . . . .
- Wave bed . . . . .
- Hot stones . . . . .
- Spa lunch & beach . . . . .
- Detox Me Café. . . . .
- Spa pool & steam room. . . . .
- Spray tan . . . . .
- Yoga & sound healing . . . . .
- EMS & PT . . . . .
- Ice bath . . . . .

## FACIALS

### HYDRATION

Diamond cocoon  
60 MINS • AED845

Marine mineral  
60 MINS • AED685

### REJUVENATION

3D collagen  
60 MINS • AED745

Thermal infusing  
90 MINS • AED845

### DETOX

Citrus essence  
60 MINS • AED685

Purity  
60 MINS • AED745

## BELLABACI CUPPING MASSAGE THERAPY

- Face Lift & Repair  
45 MINS • AED495
- Muscle Recovery  
60 MINS • AED795
- Revitalizing  
90 MINS • AED995

## EXPERIENCES

### REFIVE EXPERIENCE

Facial +  
Massage

120 MINS • AED1135

### JUST THE TWO OF US

Scrub +  
Massage

90 MINS • AED1700  
Per couple

### TOTAL INDULGENCE

Scrub +  
Facial + Massage

120 MINS • AED1400

## RETAIL

BEACHWEAR • SWIMWEAR • SUNSCREEN • MAKE UP • PERFUME  
SKINCARE • HATS • SUNGLASSES • JEWELLERY • SLIPPERS • BEACH BAGS

## SPA ETIQUETTE

To maintain the peaceful and relaxing atmosphere in ReFIVE Spa we kindly ask you to speak in a soft voice and also turn off all mobile and electronic devices. We also ask that you refrain from taking pictures once entering the private men's and women's spa areas. When using the shared steam, sauna and facilities please wear the disposable undergarments provided.

## ARRIVING AT THE SPA

Please arrive 30 minutes prior to your treatment to make full use of our steam room and sauna Area. Kindly ensure you arrive on time to make full use of your appointment time. Late arrivals will still be charged the full treatment amount.

## LATE ARRIVALS

In the event that you are running late, we will do our best to provide your full treatment. Late arrivals will still be charged the full treatment amount.

## WHAT TO WEAR

Robes, loose clothing for Thai massage and comfortable disposable underwear is provided if desired. Please also bring swimwear if planning to enjoy the spa facilities such as steam & sauna.

## CANCELLATION POLICY

All cancellations within 3 hours of bookings are subject to a 50% cancellation charge. If you are booking within this cancellation window, please be aware of your schedule and ensure that you are able to keep the appointment. Group bookings of 5 or more people must be cancelled within 48 hours. All no-show appointments will be charged full.

## VITAMIN THERAPY

Whether you're looking to have a celebrity body, or skin glow, or simply want to cleanse your body, Vitamin Drips can help. As a safe, immediate, and effective solution for a wide range of concerns, drip has become the go-to rejuvenation treatment for celebrities, models, busy professionals, athletes, and travelers.

### WORTH THE WEIGHT

Beat the holiday bloat with our vita-complex, taurine, MISS & ascorbic acid infusion. Set to reduce toxins & give your cells all the good nutrients it needs.

### JET LAG BUSTER

Say goodbye to jet lag with this vitamin therapy that aids recovery with a solution of Vitamin B12, Magnesium Chloride, Vita-Complex, Ascorbic Acid, Selenium & Taurine

### GET UP AND GO

Looking for an energy boost? Our infusion of Vitamin B12, Vita-Complex & an amino blend is the perfect pick me up.

### VIP IV

Our Physician will work with you to build personalized nutrient formulation for an infusion that truly meets all kind of your needs.

### SUNBURN HEALER

A little too sun-drenched? The Hydration & antioxidants in our sunburn Vitamin will keep your skin & attitude healthy.

### PRE-SURGERY RECOVERY

Prepare your body for rapid recovery, wound healing, and cell regeneration with our vitamin complex formulated exclusively for pre-surgery.

### POST-SURGERY RECOVERY

Help your body recover from the stress of surgery & promote healthy cell rejuvenation with this specialized post-surgery vitamin complex. This power infusion helps with healing & ramps up the immune system.

### SKIN GLO

Rehydrate, replenish & restore with a famous solution that includes antioxidants, which have been shown to prevent skin from aging. High doses of ascorbic acid will brighten your skin leaving you feeling younger, more beautiful & more confident than ever. This Vitamin is a mainstay of our celebrity clientele in Beverly Hills.

### NIGHT NIGHT

Special sleep formula is the answer to your best night sleep.

### YOUTHFUL IV

Flight the signs of aging without anti-aging infusion.

### BOOK NOW PROFESSIONAL CONSULTATION

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Grand Floor, Five Palm Hotel

