

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

04 455 9964 • FPJD.SPA@FIVEHOTELSANDRESORTS.COM • @REFIVESPA



SPA

#EXPERIENCES

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

SPA POOL + STEAM ROOM

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



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, 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 Numa, followed by complimentary beach access.

MON - THURS • AED459

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

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

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

Natura Bissé DIAMOND COCOON

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

Ideal for dehydrated skin

60 MINS • AED85

Sodashi MARINE RENEWAL

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

Ideal for uneven complexion

60 MINS • AED685

REJUVENATION

Natura Bissé 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

Sodashi NATURAL GLOW

Harnesses the power of nutrient-rich botanicals and holistic massage. Boosts circulation for a radiant complexion.

Ideal for Dull Skin

60 MINS • AED745

DETOX

Natura Bissé CITRUS ESSENCE

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

Ideal for dull skin

60 MINS • AED685

Sodashi MANKIND

Deep cleanse, exfoliation and facial massage with vitamin-rich botanical oils. For hydrated, firm and revitalised skin.

Ideal for Men's 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

Natura Bissé

Renowned for high-performance products, which combine advanced scientific research with luxurious formulations to address various skin concerns. The brand emphasizes personalized skincare rituals, adapting to individual skin needs and lifestyles. Natura Bissé has become a favourite among celebrities and skincare professionals worldwide.

Sodashi

Committed to clean beauty, Sodashi crafts its products using pure botanical ingredients. Each product is meticulously hand-blended in small batches to preserve the integrity and potency of natural ingredients. Sodashi caters to various skin types and concerns, providing nourishing treatments that promote a radiant and healthy complexion.



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 • 655AED
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 with ReFIVE Beauty, exclusively crafted in France for ReFIVE Spa. These high-performance hydrogel masks are made from sustainably harvested red algae off the French coast, delivering intense hydration and next-level radiance. Infused with potent actives and powered by nature's most advanced marine biotechnology, each mask wraps your skin in cooling, skin-loving goodness – boosting glow, smoothing fine lines, and leaving your complexion visibly revitalised.

PRE-GAME GLOW UP HYDROGEL GOLD FACE MASK

Detoxifying, Hydrating & Revitalizing

DESIGNER BAGS ONLY SPARKLING HYDROGEL EYE PATCHES

De-puffing, Brightening & Revitalizing

NATURAL SOAP

Custom made with nourishing olive oil and a lavender flower scrub. Sustainably sourced from Provence and lightly scented with FIVE's signature fragrance developed in Grasse, France.





BEAUTY

#BROW SERVICES

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

MASSAGES

FEATHER TOUCH

Light pressure

60 MINS • AED655
90 MINS • AED755

BALANCING ACT

Medium pressure

60 MINS • AED655
90 MINS • AED755

CBD

BAMBOO MASSAGE

With OTO CBD oils

90 MINS • AED855

MASSAGE MELT

Intense pressure

60 MINS • AED755
90 MINS • AED855

SUN RECOVERY

Kissed by the sun

45 MINS • AED350

CBD 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 renewal
60 MINS • AED685

REJUVENATION

3D collagen
60 MINS • AED745

Mankind
90 MINS • AED745

DETOX

Citrus essence
60 MINS • AED685

Natural glow
60 MINS • AED745

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

FIVE ► MODE

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

04 455 9999 | ☎ +971522563388 | contactus@bhwa.com

Grand Floor, Five Palm Hotel

