

REFIVE

SPA, BEAUTY & WELLNESS

Scrub it
Real Good!

Traditional Hammam!

All you need
is perfect lashes
& brows

by Brow Studio

Detox
BEFORE
YOU Retox
at Detox Me Café

Facials
Massages
Ice Bath
Yoga & Gym

Bookings

04 455 9964 | fpjd.spa@fivehotelsandresorts.com | @ReFIVESPA | @FIVEPalmJumeirah



#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

ReFIVE Experience

Hydrating facial, followed by a full body massage.

120 MINS • AED1135

Total Indulgence

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

120 MINS • AED1400

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 or Mediterranean tapas at Beach by FIVE, followed by complimentary beach access.

MON - THURS • AED459

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 • 9:30AM - 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 or SPF application.

30 MINS • AED350





#SPA

Scrubs & Wraps

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

Warm Spiced Mud Wrap

VOYA

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

45 MINS • AED455



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.

Facials

#SPA

HYDRATION

Diamond Cocoon

NATURA BISSÉ

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

IDEAL FOR DEHYDRATED SKIN

60 MINS • AED845

Marine Renewal

SODASHI

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

IDEAL FOR UNEVEN COMPLEXION

60 MINS • AED685

REJUVENATION

3D Collagen

NATURA BISSÉ

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

Natural Glow

SODASHI

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

IDEAL FOR DULL SKIN

60 MINS • AED745

DETOX

Citrus Essence

NATURA BISSÉ

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

IDEAL FOR DULL SKIN

60 MINS • AED685

Mankind

SODASHI

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

CBD

Massage & 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 essentials oils.

These essentials 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 oils

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

These essentials 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 bed.

Benefits include

- Greater energy
- Lowered stress
- Strengthened immunity



Massages

#SPA

Feather Touch

STRESS RELIEF

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

60 MINS • AED655

90 MINS • AED755

Balancing Act

ENERGY HEALING

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

60 MINS • AED655

90 MINS • AED755

Muscle Melt

MUSCLE TENSION

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

60 MINS • AED755

90 MINS • AED855

Treat Yourself!

30 MINS • AED365

Head & neck massage
reviving foot massage

ADD-ONS

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

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

EXPRESS MESSAGE

In a hurry? No problem.

Pick your focus area, pressure intensity and technique preferences.

30 MINS • AED365

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

#Fitness

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

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, in-house guests & residents use our state-of-the-art facilities with your own external trainer for an additional AED80.



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

OUR HAMMAM TREATMENTS USE NATURAL, QUALITY INGREDIENTS

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.

ReFIVE Beauty

Introducing the ReFIVE Beauty range, a luxurious collection of amenities designed to elevate your self-care routine to new heights. Crafted with precision and Made in France, each product in the range embodies the essence of indulgence and sustainability.

What sets ReFIVE Beauty apart is our unwavering commitment to sustainability every ingredient is meticulously sourced to ensure minimal environmental impact. From farm to packaging, we prioritize eco-conscious practices to bring you products that not only enhance your beauty but also preserve the beauty of our planet. Embrace the essence of luxury and sustainability with ReFIVE Beauty, where organic ingredients meet unparalleled indulgence.

Pre-Game Glow Up Hydrogel Gold Face Mask

Detoxifying, Hydrating & Revitalizing

These luxurious face masks are your ultimate go-to for achieving a radiant complexion in just 15 minutes. Perfect as makeup prep or to give yourself an extra glow.

Designer Bags Only Sparkling Hydrogel Eye Patches

De-puffing, Brightening & Revitalizing

These gorgeous gems are your ultimate go-to for de-puffing and brightening those tired eyes in just 15 minutes. Whether you're getting ready for a night out or prepping for a big event, these masks will help you look and feel your best.

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.



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

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

Beauty Marks

SEMI-PERMANENT

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

AED525



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





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 and facilities please wear the disposable undergarments provided.

Arriving at the SPA

Please arrive 30 minutes before your treatment to enjoy our steam room. To make the most of your appointment, we kindly ask that you arrive on time. Late arrivals may result in a shortened session but will be charged the full treatment price.

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



BEVERLY HILLS
Wellness and Aesthetics

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

Hydrate, brighten, and protect your skin with an antioxidant-rich solution packed with ascorbic acid. A celebrity favorite in Beverly Hills, it helps you look and feel youthful and radiant.


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