

# 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

058 880 0581 | [fpjd.spa@fivehotelsandresorts.com](mailto: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 • €1700 PER COUPLE

## ReFIVE Experience

Hydrating facial, followed by a full body massage.

120 MINS • €1135

## Total Indulgence

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

120 MINS • €1400

## 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 • €855

## 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 • €459

## 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

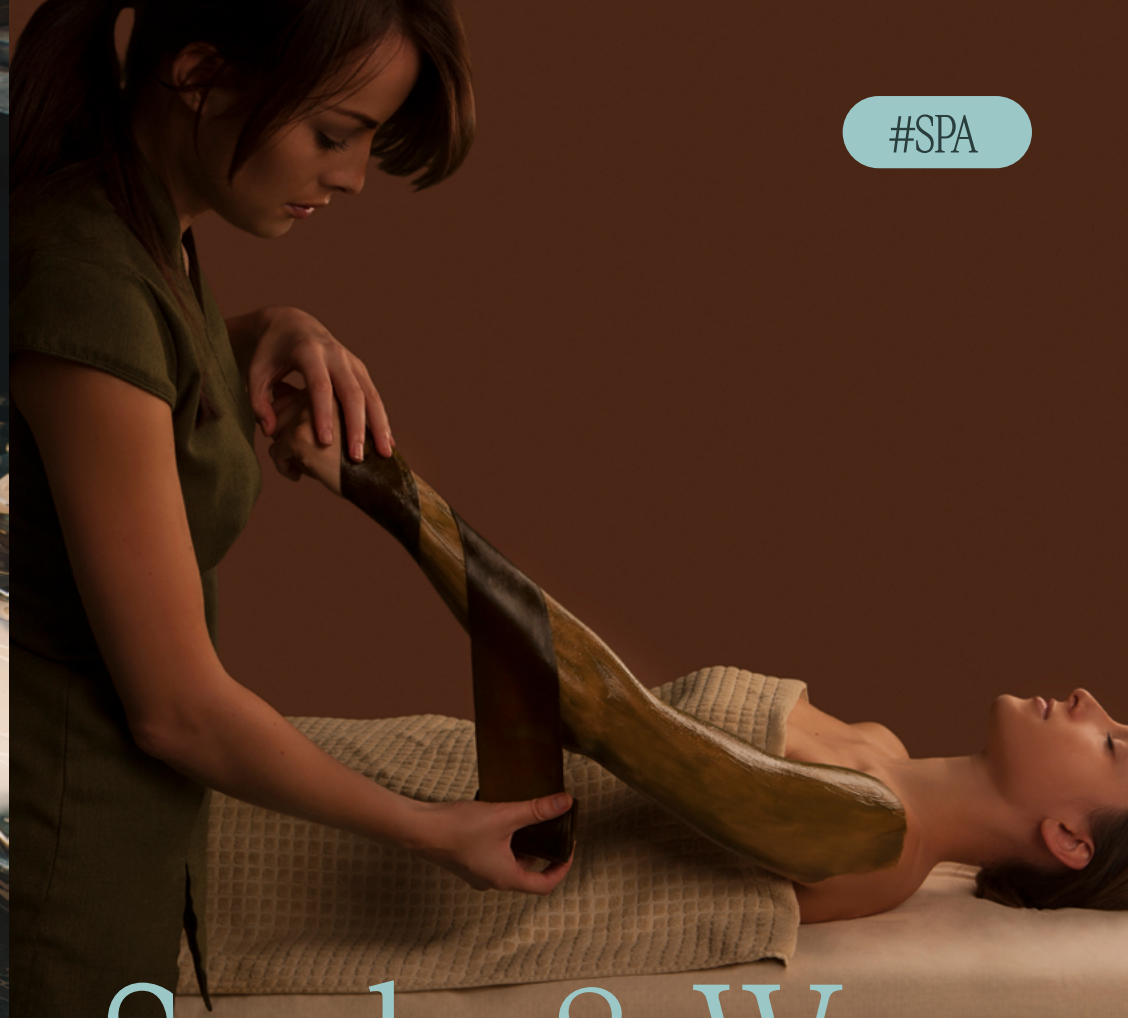
## Kissed by the Sun

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 • ~~฿350~~



#SPA



# Scrubs & Wraps

## Coffee Scrub

Cellulite reduction,  
glowing skin and sun recovery

30 MINS • ~~฿350~~

## Classic Scrub

The ultimate exfoliant to remove dead  
skin cells for glowing skin

30 MINS • ~~฿350~~

## Warm Spiced Mud Wrap

VOYA

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

45 MINS • ~~฿455~~



# Natura Bissé

# Sodashi

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.

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 • ₪845

### Marine Renewal

SODASHI

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

IDEAL FOR UNEVEN COMPLEXION

60 MINS • ₪685

## 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 • ₪745

### 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 • ₪745

## 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 • ₪685

### 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 • ₪745



## 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

## Hydration

In a hurry?  
No problem.

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

30 MINS • £395



# Massages

#SPA

## Feather Touch

STRESS RELIEF

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

60 MINS • ~~£~~655  
90 MINS • ~~£~~755

## Balancing Act

ENERGY HEALING

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

60 MINS • ~~£~~655  
90 MINS • ~~£~~755

## Muscle Melt

MUSCLE TENSION

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

60 MINS • ~~£~~755  
90 MINS • ~~£~~855

## Treat Yourself!

30 MINS • ~~£~~365

Head & neck massage  
reviving foot massage

ADD-ONS

## Hot Stones

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

~~£~~100

## Quartz Bed

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

~~£~~100

## 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 • ~~£~~395

EXPRESS MESSAGE

## In a hurry? No problem.

Pick your focus area, pressure intensity and technique preferences.

30 MINS • ~~£~~365



## Discover the art of relaxation

Indulge in our 90-minute Sensorial Head Spa. Begin with a personalised scalp consultation and bespoke head spa ritual, followed by a rejuvenating lymphatic drainage facial and glow mask to restore balance and radiance.

90 MINS • ~~£~~695

## 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 • ~~฿~~145  
5 SESSIONS • ~~฿~~580  
10 SESSIONS • ~~฿~~1155



# Wellness

#Fitness

## Shape Up

### PERSONAL TRAINING

#### IN-HOUSE GUESTS

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

1 SESSION • ~~฿~~300  
10 SESSIONS • ~~฿~~2500  
20 SESSIONS • ~~฿~~3500

#### NON-RESIDENT GUESTS

1 SESSION • ~~฿~~350  
10 SESSIONS • ~~฿~~3000  
20 SESSIONS • ~~฿~~4000

### 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 ~~฿~~80.

# Reformer Pilates

Step into a results-driven reformer pilates experience

Set within a design-led, spa-inspired studio, every 50-minute class blends mindful alignment, dynamic flows, and targeted strength work for visible change in posture, tone, and confidence.

50 mins classes   Class bundles   Private sessions

FROM ₪165

FROM ₪500

FROM ₪540



# 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 • ₪755

## Signature

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

90 MINS • ₪905

## Tranquil

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

120 MINS • ₪1195

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 • ₪2700

EYELINER TOUCH UP  
4-8 WEEKS • ₪800

## 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 • ₪3000

LIPS TOUCH UP  
4-8 WEEKS • ₪800

## Lashes

### CLASSICS

#### LASH LIFT

Temporary natural lash lifting

₪420

#### CLASSIC EXTENSIONS

Add length and fullness

₪525

#### 2D EXTENSIONS

Classic look, amplified

₪600

#### VOLUME EXTENSIONS

Full glamour lashes

₪675

#### EXTENSION REMOVAL

₪120

## Beauty Marks

### SEMI-PERMANENT

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

₪525



## Brows

### CLASSICS

#### **BROW SCULPT**

Shape and tint your brows

฿240

#### **BROW LIFT**

Give your brows a lift and fullness

฿465

### SEMI-PERMANENT

#### **EYEBROW MICROBLADING**

Achieve fuller brows creating super fine natural looking hair strokes

฿2985

#### **MICROBLADING TOUCH UP**

4-8 WEEKS • ฿800

#### **EYEBROW SHADING**

Apply a powder finish to darken and define your brows

฿2985

#### **SHADING TOUCH UP**

4-8 WEEKS • ฿800

#### **COMBO BROWS TOUCH UP**

4-8 WEEKS • ฿800





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.

# Vitamin Therapy

## 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.

## Pre-Surgery Recovery

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

## 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, Absorbic Acid, Selenium & Taurine

## 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.

## 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.

## 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.

## VIP IV

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

## Night Night

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

## Sunburn Healer

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

## Youthful IV

Flight the signs of aging without anti-aging infusion.

## 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.

## 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.


## 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.

Book now  
professional consultation

04 455 9999 |  +971522563388 | [contactus@bhwa.com](mailto:contactus@bhwa.com)

Grand Floor, Five Palm Hotel