

BVLGARI
RESORT DUBAI

SPA



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THE BVLGARI SPA

Conveying the exclusivity of the Bulgari brand with state-of-the-art thermal and bathing experiences and luxurious spa suites. The BVLGARI SPA at The Bulgari Resort Dubai provides the ultimate spa offerings and innovation in terms of treatments, products and services.

Infused with Italian sophistication and elegance by design, the spa offers market-leading advanced beauty treatments, prestigious memberships and a range of result-driven, yet authentic treatments inspired by regional health and wellbeing rituals.



SIGNATURE JOURNEYS

Experience Bulgari's exclusive nurturing spa journeys inspired by the ancient wellness traditions of the world. Feel tension and stress melt away as your mind and spirit find peace with restorative treatments in one of our luxurious spa rooms.



THE ROYAL LULUR TREATMENT 3 Hours **Exotic Indulgent Therapies Journey**

A treatment created for royalty, this exotic spice and yogurt exfoliation and body polishing process has been faithfully practiced in the palaces of Central Java since the 17th century. There, the pursuit of beauty has long been a sacred daily ritual, with the Javanese lulur an integral step, leaving skin soft, supple and shining.

An exotic blend of indulgent therapies for couples seeking a complete retreat, this regal experience for two takes place in our luxurious Spa Suite. Commence with a welcoming foot ritual, followed by a skin-exfoliating lulur scrub of rice powder and spices. A full-body envelopment of algae mask refines the skin. Meanwhile, a cleansing facial takes place and feet and limbs benefit from an intensive reflex zone massage. Step into the Rasul to cleanse and refresh, then bliss resumes with a perfectly synchronized signature four hand body massage rich with exotic oils and herbs to complete this decadent, stress relieving and calming experience.

THE KAHRAMAN TREATMENT 2 Hours **Natural Baltic Amber Mystical Journey**

A fossilized resin from ancient Baltic forests, Amber is an organic substance guarded in the ground by nature itself, a precious time capsule, a symbol of the sun's warmth – a true gift of nature. Used since the time of the ancient Greek physician Hippocrates, Amber has been widely believed by various civilizations as containing the power to relieve numerous ailments and conditions, especially delivering pain relief and with strong anti-ageing properties.

Our Amber Mystical Journey delivers a powerful bio-energetic therapeutic ritual that begins with recreating the atmosphere of the ancient Baltic forests – using a flower water spray along with a relaxing foot ceremony. A full-body exfoliation follows, with your therapist enveloping your body in soothing argan and sweet almond oil. The therapist will then proceed to sprinkle on the magical grains of golden amber powder exfoliator salts. The soothing scent evokes the atmosphere of the ancient forests, a sweetness that awakens the senses. Step into a warming shower and rinse off the Dead Sea salt grains so that you may now immerse yourself in a 90-minute-long body massage ritual that will awaken and restore your mind-body-spirit balance – alleviating stress, boosting awareness, and stimulating reflexes. Conclude your journey with a soothing face massage while enjoying an amber body wrap that will have you cocooned, protected and ready to take on the world again.

MAJESTIC HAMMAM JOURNEY 5 Hours **Luxurious Hammam Experience**

The use of a Hammam is a venerated Moroccan and Middle Eastern tradition that has endured for centuries into the present day. The ritual takes place in a humid chamber where the body is cleansed from head to toe. Water is poured over the guest before applying black soap to the skin and exfoliating it with a kessa glove. This ritual purifies the body, improves elasticity and enhances blood circulation as well as leaving skin soft and glowing.

Enjoy the Majestic Hammam Journey in the luxury and privacy of Bulgari Spa's dedicated Hammam Suite, where we closely follow the ancient cleansing principles of the Hammam tradition. We use natural black soap and Miel d'Ambre from Maroc Maroc, an exfoliating and detoxifying body balm, made from sesame oil and honey extract followed by a ceremonial body massage combining stretching and deep tissue movements to melt away muscular tension. The ritual includes a scalp massage, hair washing ritual and application of a hair mask. The Majestic Hammam Journey is completed with a specialised skin care facial to suit your needs.



HAMMAM

Discover a refined, opulent skincare line that tells the story of sumptuous Morocco – land of lights and country of abundance, where nature blooms and expands, a universe of warmth, colours and fragrant landscapes.

Traditional Hammam 60 min

The Traditional Hammam treatment is a 60-minute ritual that incorporates a black soap application to deeply cleanse and purify, followed by a full-body exfoliation with a kessa glove and application of Miel d'Ambre. Additionally, the treatment features a facial exfoliation and concludes with a traditional stretching ritual that will leave you feeling completely revitalized.

Signature Hammam 90 min

The Signature Hammam treatment consists of a 90-minute ritual starting with a black soap application that deeply cleanses and purifies, followed by a full-body exfoliation with a kessa glove and application of Miel d'Ambre. The treatment also includes a facial exfoliation followed by a scalp massage, hair washing ritual and application of a hair mask. A traditional stretching ritual will leave you feeling cleansed from top to toe. Your journey concludes with a cocooning application of body moisturizer to re-hydrate the skin.



BODY THERAPIES

Give your whole body a lavish and indulgent papering with our carefully developed body therapies. Relax, reenergize and boost your skin with natural vitamins and minerals. Leave your skin refreshed and full of life.

The Body Treatment 60 min / 90 min

Luxuriate in a superbly restorative service that treats you to La Mer from top to toe. Skin is polished and refined with pure diamond powder, leaving it soft, smooth and supple. A signature blend of stretching, shiatsu, acupuncture and Swedish massage help enhance circulation, balance energies and encourage an overall sense of well-being.

Organic Myrtle Scrub and Wrap 60 min

In this deep cleansing treatment, organic myrtle and other Mediterranean plants such as organic cypress, hyssop and juniper will refresh, smooth and refine the skin, leaving it silky, smooth and rejuvenated. Exfoliation will be followed by a firming body mask of myrtle body butter and pure sun-dried spirulina. Relax while enjoying a harmonizing ear and scalp massage with organic jojoba, almond, avocado and apricot kernel oil detoxifying your skin and body and restoring a healthy tone and texture.

Contour and Firm Body Treatment 60 min

Feel the firming power of pure organic narcissus toning essence as our therapist gently prepares your skin. Follow this with a full-body, deep-tissue massage with a firming beauty elixir that will leave your body in a perfect shape.

Botanical Detox Wrap 90 min

Enjoy the calming and detoxifying effects of a custom Mediterranean and botanical massage and body wrap. A relaxing scalp massage is performed to usher your body and mind into a state of total detoxification and renewal.

MASSAGE THERAPIES

Our experienced spa therapists combine ancient healing wisdom from around the world with modern therapies to provide a range of massage techniques that restore inner calm and rejuvenate the body.

Deep Renewal 60 min / 90 min

An invigorating massage, performed to break down muscle tension by reaching deeper layers of the muscles' connective tissue. Firm pressure from elbows and forearms loosen stiff muscles and joints for improved circulation and better overall flexibility, dispelling neck stiffness, lower back pain and sore, tight shoulders.

Transforming Relaxation 60 min / 90 min

A soothing and deeply relaxing experience, this treatment utilizes the potent properties of essential oils applied with long, slow and gentle strokes to the body, face and scalp. Tensions are released and body and mind brought back into equilibrium.

Oriental Massage 60 /90 min

This ancient form of healing induces a deep state of calm. Incorporating shiatsu and Thai massage techniques, the application of pressure to various points along the body's meridian lines restores the flow of energy throughout the body, releasing blockages while restoring wellbeing, leaving you feeling centered and revitalized.

Synchronizing Rhythms 90 min

Intensely indulgent and energizing, the Synchronizing Rhythms massage employs ancient Ayurvedic massage techniques performed by a pair of therapists working together in a rhythmic synchronicity to apply organic cold-pressed oils that leaves skin rehydrated, soft and glowing. Removing toxins and enhancing immunity, the treatment is completed with a scalp and foot massage, inspiring mental and physical bliss.

Healing Stones 90 min

A holistic experience combining the benefits of warm volcanic stones with therapeutic oils to deliver ultimate relaxation for tight and tired muscles. Heated massage stones placed on key points of the body enhance the effectiveness of classical massage moves to stimulate blood flow and induce a profound muscular relaxation.

Mother-to-be 90 min

Specially developed for mothers to be, this experience employs therapeutic massage techniques to relieve tension and reduce pain caused by shifts in posture. Applying pure and golden jojoba oil, your skin feels hydrated, soft and silky.

Oriental Foot Massage 60 min

Revive weary feet and experience deep relaxation and revitalization in this pampering treatment. Taking inspiration from the eastern art of reflexology, this delightful foot and lower leg massage will stimulate circulatory and lymphatic systems to leave hard working feet walking on air. The perfect retreat after a long day of sightseeing or shopping.

*Note this is not a reflexology treatment.



FACIAL TREATMENTS LA MER

COVETED. MIRACULOUS. HEALING. An ultra-rich icon inspired by the sea. Born from the sea, the legendary La Mer's products are infused with the nutrient-rich Miracle Broth™, which has the power to transform the complexion, leaving skin softer, firmer and visibly younger. Surging with vital energies, all treatments from this iconic brand incorporate its stellar formulas derived from potent, highly active ingredients like nutrient-rich algae, protective antioxidant extracts and semi-precious stones — helping bring skin back to its healthiest state.

The Crème de la Crème Facial 90 min

The crème de la crème of facial transforms with bespoke massage techniques and a pure infusion of our coveted Miracle Broth™. This priceless extract empowers the five facets of healing – moisture, regeneration, soothing, smoothing and radiance – helping bring skin back to its center.

The Genaissance Facial 90 min

Born from the time-transcending Genaissance Serum, this divine treatment infuses skin with precious energies. Crystal Miracle Broth™ and exclusive massage techniques help transform age into agelessness and reveal a more lustrous, crystal clear complexion. Rejuvenation becomes reality as skin is visibly reborn.

The Bulgari Signature Facial 90 min

A luxurious facial treatment utilizing the power of gemstones transforms the face and décolletage. The renewing energies of the Miracle Broth™ and custom massage techniques help restore skin's energy, address dehydration and reduce visible signs of aging. Skin appears softened, strengthened and renewed.

The Lifting Facial 75 min / 90 min

A personalized treatment that targets facial contours with proprietary lifting massage techniques and the legendary healing energies of Miracle Broth™ to reveal a more youthful appearance.

The Hydrating Facial 75 min / 90 min

A pure infusion of the coveted Miracle Broth™ is paired with La Mer's unique massage techniques to energize and deeply hydrate skin, plumping it from within.

The Radiant Facial 75 min / 90 min

Proprietary techniques and super potent Miracle Broth combine to diminish discoloration and uneven skin tone to illuminate and hydrate the skin.



AMALA

Discover luxury skincare with a pure conscience. Rooted in advanced botanical chemistry, each powerful Amala skincare treatment is made from 100% natural ingredients, delivering extraordinary, visible, clinically-proven results for every complexion. Rich in organic and ethically grown nutrients, the exclusive plant-powered skincare works in total synergy with the body, optimizing the skin's ability to strengthen and repair itself.

Natural Harmony 60 min

The skin purifying effect of blue lotus and rejuvenating properties of organic cocoa bean create the harmonizing effect of this treatment. Bamboo, ginger, algae and sun-dried Indian rhassoul clay are incorporated for their deep-cleansing properties. Amala's unique, balancing Vedic Marma Point Cleansing Technique combined with powerful antioxidant plants provide essential nutrition for a pure, bright and healthy complexion.

Sensitive Soothing 60 min

Enjoy the aroma of pure organic jasmine accompanied by a calming ritual for face and neck. Drench your skin in nature's most comforting botanicals from Morocco and Southeast Asia. Organic desert fig seed oil, argan seed oil, papaya and red tea provide extraordinary levels of healing hydration for the most sensitive, reactive skin.

Express Rejuvenation 30 min

Nourish and revitalize skin with a facial inspired by the restorative fruits and plants of the Amazon. Feel your skin firmed, smooth and stimulated by natural vitamins, minerals, peptides and hyaluronic acid – visibly even-toned, smooth and vibrant with fresh youthful radiance.



MALE GROOMING

REFINERY

The outcome of 17 years working with male skin, the Refinery's product line offers solution-driven premium grooming products that exude masculinity. Specifically formulated for men, the Refinery's products combine cutting-edge technology with highly concentrated essential oils.

The Essential Facial 60 min

When time is short and you need to look your best, this deep cleansing and brightening facial will leave your skin looking clean and luminous. The results are a clear, clean and bright complexion, full of health and vitality.

The Ultimate Face and Body Treatment 90 min

Achieve a heightened state of relaxation and well-being. Begin your experience with a back cleanse and exfoliation that refreshes the skin. Continue the journey with a stress-relieving back massage and therapeutic Ayurvedic scalp massage to pinpoint areas of tension, bringing relief to tired or aching muscles. Conclude with an enjoyable deep cleansing facial using an exotic blend of the finest essential oils and effective natural botanicals unique to the Refinery range – rebalancing your skin, leaving it bright, supple and refreshed.



SPA ETIQUETTE

Spa Arrival

To make the most of your Spa experience we recommend you arrive at least 45 minutes prior to your appointment to enjoy the exclusive Spa Facilities. Please be informed that a late arrival will result in reduced treatment time. As a courtesy to the next guest, your appointment will end as originally scheduled. For your convenience, a robe, towels and slippers will be provided. During all treatments, you will be properly draped for ensured privacy.

Personal Belongings

While the Spa provides lockers, it is recommended that you leave valuables in your guest room safe. A jewelry tray for safekeeping of valuables is provided in the treatment room but we recommend that no jewelry be worn at the Spa. The Spa does not assume liability for any valuables.

Reservations and Cancellations

In order to secure the most suitable schedule for you, we recommend that you anticipate your treatments by making an appointment. We kindly request that all cancellation requests be made at least six hours prior to your booking in order to avoid a 50% penalty charge. For cancellations less than six hours before the booking, full payment will be processed. A credit card will be required to secure all bookings. Young adults over the age of 16 are welcome to visit the Spa.

Gift Certificates

Our Spa gift cards are the perfect gift for any occasion. Gift cards are non-refundable and must be presented at time of treatment or purchase.

Spa Etiquette

The Spa environment is one of tranquility and relaxation. Please respect other guests' privacy by maintaining a low tone of voice. Guests are required to wear swimwear in common areas, including the relaxation pool, sauna and steam bath. We kindly request that you refrain from using your mobile phone and camera while enjoying the Spa. The Spa is a smoke-free environment. The Spa will provide robes, towels, slippers and disposable underwear where applicable for your use. Undergarments should be worn to ensure your complete privacy and modesty throughout your time with us.

Health Concerns

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the Spa facilities. We have specially designed treatments for both expectant and nursing mothers. The Spa Concierge will be at your complete disposal to assist you in selecting the most suitable pre- or post-natal treatments. Guests who have high blood pressure, heart conditions or any other medical complications are advised to consult their doctors before signing up for any spa services. Kindly inform your Spa therapist of any existing medical conditions.

Food and Beverage

Guests are prohibited from bringing any outside food or beverage into the spa.

Exclusive Membership

Please ask our Spa Concierge if you are interested in finding out more about becoming a member.

Gender Policy

In adherence to the local U.A.E. law regarding massage and body treatments, male guests will be attended to by male therapists and female guests will be attended to by female therapists.

HOURS OF OPERATION

Bulgari Spa
Spa treatment: 9:00am to 10:00pm - Last treatment booking: 09:00pm
Salon: 10:00am to 10:00pm
T: +971 (0) 4 777 5626

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