



BANYAN TREE  
SPA

SPA

MENU



Drawing on Asian traditions that date back centuries, our intimate retreats blend romance and serenity with exotic sensuality. The architecture of the spa pavilions and suites infuses local inspiration seamlessly with the natural beauty of the environment. Our massages are based on evolving techniques that passed through the hands of many generations. Our health and beauty remedies combine the use of aromatic oils, herbs and spices with ancient healing powers. Under the intuitive touch of our therapists, simple sensory pleasures are reawakened to define the award-winning Banyan Tree Spa experience.

### **Sense of Tranquility**

Calm your mind and draw in the tranquillity of your surroundings. Sit back and relax as our therapist welcomes you with a soothing Footbath. Leave the cares of the world behind as you enjoy a herbal drink and refreshments. All Banyan Tree Spa treatments come with a complimentary 30-minute Calm Time of refreshments and relaxation. Enjoy the difference.

### **Etiquette**

For the consideration of others, we request that guests keep noise to a minimum. Children are not allowed at the spa unless they are having a treatment, accompanied by an adult. We ask that you respect other guests' privacy by speaking softly.

Please switch your cellular phones and electronic devices off or to silent mode.

### **Calm Time**

Guests will be accorded a 30-minute Calm Time of refreshments and relaxation per visit, except hand, foot, hair, and selected à la carte treatments.

### **Check-in**

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment time. A late arrival will result in a shortened treatment to accommodate other guests fairly.

### **Valuables**

We recommend that no jewellery be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

### **Smoking and Alcohol**

Smoking and the consumption of alcohol within the spa are prohibited.

### **Cancellation Policy**

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show".

### **Refund Policy**

Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

# BANYAN

## SIGNATURES

### Royal Banyan

150-minute treatment

AED 2,250

A cherished favourite, the Royal Banyan treatment blends Eastern and Western massage techniques to enhance blood circulation and alleviate muscle aches. This signature experience features a warm herbal pouch infused with Sesame Oil, offering a truly distinctive Banyan Tree Spa journey. Indulge in the Coriander Cucumber Cleanser, Royal Banyan Herbal Pouch Massage, Jade Face Massage, and a Therapeutic Herbal Bath for unparalleled rejuvenation.

• *Body scrub* • *Herbal pouch massage* • *Jade face massage* • *Herbal bath*

### Arabian Harmony Escape Experience

150-minute treatment

AED 1,700

Step into a sanctuary where Arabian traditions blend seamlessly with ancient Asian healing. Your journey begins with a soothing rose petal and black soap footbath, preparing your body for deep relaxation. A soothing date and camel milk salt scrub follows, leaving your skin radiant. The journey continues with a 90-minute Thai Classic hot stone massage, enveloping you in rose oud, and concludes with a hydrating express facial, restoring your skin's natural glow. Every element of this treatment is thoughtfully curated to enhance wellbeing and serenity.

• *Body scrub* • *Thai classic massage with hot stone* • *Express facial*

### Master Therapist Experience

90-minute treatment

AED 990

Experience a bespoke treatment designed to cater to your individual needs, incorporating a variety of massage techniques and tools. Your therapist will carefully assess your personal profile, customising every aspect of the treatment to provide you with the most effective and personalised care.

## Rainforest Indulgence

120-minute treatment

AED 1,100

Immerse yourself in a journey where heat and humidity work harmoniously to invigorate your circulation and aid detoxification. Begin your adventure on the Rainforest Trail, then step into the refreshing embrace of our rainforest shower for a revitalising body scrub. Conclude your experience with a tranquil massage designed to soothe and restore you to your fullest serenity.

• *Rain shower with body scrub* • *Choice of body massages*

## Royal Banyan Couple Experience

150-minute treatment for 2

AED 5,000

Embark on a serene journey where the essence of Middle Eastern traditions and ancient Asian healing blend effortlessly in a luxurious Hammam-inspired retreat for couples. Begin with a soothing foot ritual, gently guiding you into a state of deep relaxation, followed by the warm embrace of a steam room. The delicate eucalyptus-infused black soap prepares your skin for the next step followed by a refreshing shower and invigorating kessa exfoliation that unveils a radiant glow.

Allow yourself to be enveloped by the nurturing warmth of Verbena Rhassoul, as it gently cocoons your body, while a calming argan facial exfoliation and mask restore your skin's natural luminosity. Experience the delicate touch of an argan and green tea hair cleanse, leaving your hair soft and revitalised. Conclude your retreat with a refreshing green tea rinse and an optional cryo rinse, leading to a blissful massage that melts away tension, followed by an aromatic bath.

This thoughtfully crafted journey promises to deepen your connection and leave you and your partner feeling renewed and harmonised.

• *Hammam-inspired black soap* • *Kessa exfoliation* • *Body mask* • *Nourishing face mask* • *Scalp massage*  
• *Massage of your choice* • *Aroma bath*



# TIME-HONOURED TRADITIONS

*Inspired by ancient traditions that span centuries, this collection of classic therapies unveils timeless secrets of wellbeing and beauty.*

## Chinese Traditions

90-minute treatment \_\_\_\_\_ AED 950

Rooted in centuries of tradition, Tui Na is a massage technique that enhances mobility and circulation by harmonising the flow of Qi throughout the body. Experience deep physical relaxation and restore balance and harmony with this potent healing practice.

• *Oriental massage* • *Oriental head massage*

## Indonesian Traditions

120-minute treatment \_\_\_\_\_ AED 1,200

The deep tissue Balinese massage uses powerful, firm strokes to release all muscle tension. This exquisite treatment draws on century-old beauty rituals, incorporating healing ingredients and renowned herbal bath to invigorate the senses.

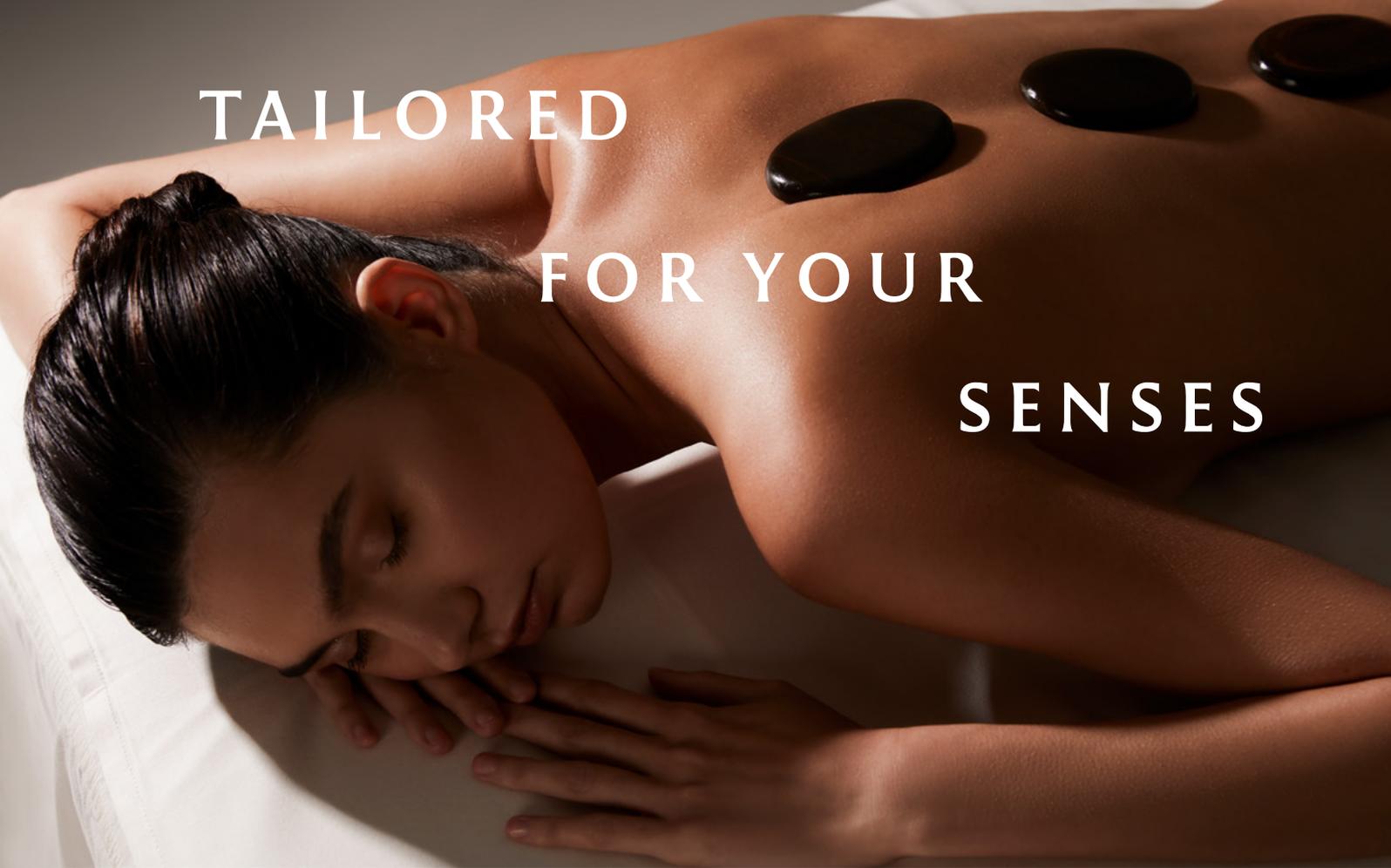
• *Balinese massage* • *Lulur purifier* • *Yoghurt body splash* • *Fresh milk nourisher* • *Herbal bath*

## Thai Traditions

120-minute treatment \_\_\_\_\_ AED 1,200

This therapeutic massage combines gentle stretching to ease tension and boost flexibility with the comforting warmth of Thai herbs. Enjoy the soothing heat as you are wrapped in healing botanicals, followed by an uplifting Ginger Bath for a truly revitalising experience.

• *Herbal enhancer* • *Ginger refresher* • *Thai herbal heat treatment* • *Thai classic massage* • *Ginger bath*



# TAILORED

# FOR YOUR

# SENSES

Craft your own bespoke spa journey by choosing from a curated selection of treatments. Simply select your preferred duration and blend the body treatments that best suit your desires, creating a personalised and indulgent experience.

<b>Duration</b>	<b>Price</b>
90 minutes_____	AED 1,000
120 minutes_____	AED 1,200
150 minutes_____	AED 1,400

<b>Treatment</b>	<b>Duration</b>
Body Massage	60 minutes
Body Scrub	30 minutes
Body Conditioner	30 minutes
Facial	60 minutes
Calming Bath	30 minutes

Prices are in AED and inclusive of 7% municipality fee, 10% service charge and 5% VAT.

# FULL BODY MASSAGE

Select from a luxurious range of massages and surrender to the intuitive touch of our Banyan Tree Academy-trained therapists. Choose between Touch of Love or Touch of Peace massage oil to align with your state of mind and enhance your experience.



## Balinese

60-minute treatment

AED 690

90-minute treatment

AED 890

A medium to strong massage in which our therapist uses deep thumb and palm pressure with slow, firm, rhythmic strokes. These techniques uplift your senses and dissolve muscle tension, leaving you revitalised and fully refreshed.

- *Medium – Firm massage*

## Deep Tissue

60-minute treatment

AED 690

90-minute treatment

AED 890

A medium to strong deep-pressure massage that reduces recovery time for stressed and tense muscles. The intensive strokes are designed to loosen and relax, offering profound relief and rejuvenation.

- *Strong massage*

## Gentle Touch

60-minute treatment

AED 690

90-minute treatment

AED 890

A soft to medium pressure massage designed to ease stressed and tense muscles. Gentle, flowing strokes work to loosen and relax, bringing deep comfort and tranquillity.

- *Gentle massage or Prenatal massage*

## Thai Classic

60-minute treatment	_____	AED 690
90-minute treatment	_____	AED 890

A harmonious blend of gentle stretching, rhythmic massage, and compressions designed to balance the body and invigorate energy flow. This classic massage, rooted in traditional Thai techniques, employs deep palm strokes on the back combined with delicate stretches to enhance well-being.

• *Dry and oil massage* • *Medium – Firm massage*

## Thai Essence

60-minute treatment	_____	AED 690
90-minute treatment	_____	AED 890

A medium to strong massage inspired by traditional Thai techniques, designed to enhance flexibility from head to toe. Using palms and thumbs to target pressure points, this treatment alleviates tired muscles and boosts energy. Performed without oil while you wear a comfortable two-piece outfit, it offers a deeply rejuvenating experience.

• *Dry massage* • *Medium – Firm massage*

# FUSION FOCUS

30-minute treatment	_____	AED 400
45-minute treatment	_____	AED 500

Perfect for guests on the move, these massages start with a soothing foot wipe and conclude with light refreshments. Warm Clarity Oil, used throughout, calms the nerves and deeply moisturises the skin.

### **Back Reviver**

Ideal for alleviating backaches from long hours at the desk, this massage provides perfect relief, gently easing tension and soothing discomfort.

### **Foot Release**

Treat your soles to this soothing massage, focusing on pressure points to rejuvenate tired, weary muscles from heel to toe.

### **Hand Relax**

Nurture your arms, hands, and fingers with this calming massage, designed to ease stress and tension. It helps prevent stiffness and enhances mobility, ensuring your hands stay flexible and relaxed.

### **Head & Shoulders Reliever**

Allow your therapist to gently knead away stress and headaches with this effective massage. Designed to enhance flexibility and boost blood circulation in the head, this soothing experience is available with or without the use of oil.



## BODY SCRUB

30-minute treatment

AED 350

### **Apple Green Tea Polisher**

For All Skin Types/Sensitive Skin

Natural apple acids provide a gentle cleanse, while green tea powder nourishes the skin with its antioxidant benefits. This treatment leaves your skin feeling exceptionally soft and supports the natural renewal of skin cells.

### **Ginger Lemon Cleanser**

For Oily Skin

The warming essence of fresh ginger, blended with the zesty citric acid of lemon, makes this body scrub an ideal cleanser. Allow the refreshing scent of these natural ingredients to relax your body while revealing a refined and radiant complexion.

### **Kaffir Lime Refresher**

For Normal/Oily Skin

Fresh lime peels infuse a refreshing scent and provide natural antiseptic benefits. Enriched with wheat germ, this scrub smooths fine lines thanks to its rich Vitamin E, while honey offers deep nourishment to the skin.

## BODY CONDITIONER

30-minute treatment

AED 350

### **Aloe Lavender Healer**

For All Skin Types/Sensitive Skin

Aloe and lavender, renowned for their healing and purifying properties, are expertly blended in this mask. Ideal for sensitive skin, it enhances skin condition, soothes irritation, and its delicate fragrance gently promotes relaxation.

### **Honey Avocado Healer**

For All Skin Types

This luxurious body conditioner, enriched with deeply moisturising honey and creamy avocado, enhances skin condition and restores its natural softness. Its delightful fragrance envelops you, leaving you feeling wonderfully refreshed.

### **Kaffir Lime Mask**

For All Skin Types

Awaken your senses with the bright zest of lime as you indulge in this invigorating and fragrant body mask. The nourishing ingredients are quickly absorbed, leaving your skin beautifully soft and radiant.

# FACIALS

Indulge in our facial treatments which will leave your skin glowing with refreshed vitality. Each facial includes a Shoulders & Arms Massage to surround you in a state of total bliss.



## Banyan Facial

60-minute treatment

AED 690

A signature facial recipe specially created by Banyan Tree Spa, a purifying scrub and a hydrating mask moisturise and brighten the skin, giving the face a fresh and healthy look. Suitable for all skin types.

## Banyan Brilliance

90-minute treatment

AED 920

This ultimate wrinkle-fighting facial restores firmness and tone, renewing your skin and face contour. A series of lifting and drainage massage techniques, focusing on facial muscles and a tired complexion, is followed by a peel-off mask and a soothing Pearl face ice cube, revitalising your facial contours and bringing back your skin's natural radiance.

• *Anti-ageing* • *Ultimate wrinkle-fighting* • *Radianc* • *Stimulation* • *Cryo*

## Perfectly Purified

60-minute treatment

AED 720

Experience a deeply purifying facial where traditional steam and extraction meet the potency of marine elements. This advanced detoxifying peel-off mask, rich in minerals, delivers a profound cleanse, leaving your skin instantly calm, decongested, and refreshed.

• *Deep clean* • *Decongest* • *Purify* • *Oily skin type*

## Hydro Treat

60-minute treatment \_\_\_\_\_ AED 720

Signs of ageing fade away as essential oils and minerals are gently massaged into the skin, rehydrating and smoothing fine lines while enhancing overall elasticity. Infused with extracts of Mexican Wild Yam and enriched with Vitamins A and E, this treatment nurtures a youthful radiance at a cellular level. The experience concludes with a lasting boost from our skin-enhancing ice cube serum, leaving your skin refreshed and revitalised.

• *Early ageing* • *Cryo* • *Radiance* • *All skin types*

## Sheer Comfort

60-minute treatment \_\_\_\_\_ AED 720

The secret to soothing even the most delicate skin lies in an exquisite blend of minerals and essential essences. A generous application of algae and kaolin gently smooths and nourishes, unveiling a perfectly calm and balanced complexion. Ideal for sensitive, flushed, or Rosacea-prone skin.

• *Soothe* • *Calm* • *Repair* • *Sensitive skin type*

## Express Facial

30-minute treatment \_\_\_\_\_ AED 450

Craft a blissful experience for your face by choosing the combination that best suits your skin type. This facial begins with a cleansing ritual to remove impurities and concludes with a nourishing moisturiser to restore your skin's natural radiance. Select from a scrub, mask, or massage to achieve a clearer, brighter complexion.

• *Cleansing scrub* • *Mask* • *Moisturise or cleansing* • *Massage* • *Mask* • *Moisturise*

## CALMING BATHS

30-minute treatment \_\_\_\_\_ AED 350

### Detoxing Bath

Unwind your senses with a timeless salt bath cherished for centuries. Enhanced with a touch of citrus fruits, this bath offers a refreshing zest to elevate your relaxation experience.

### Purifying Bath

Indulge in royal pampering with this luxurious moisturising bath, unveiling radiant and youthful skin.

### Relaxing Bath

Immerse yourself in a fragrant bath infused with indigenous flowers, and let your mood be uplifted by their enchanting scents.

### Rejuvenating Bath

Elevate your senses and revitalise dull skin with a blend of herbs like cucumber and ginger, rich in Vitamin C and antioxidants, to brighten and invigorate.

# THE RAINFOREST



## Rainforest Experience

60-minute treatment \_\_\_\_\_ AED 350

Embark on a private and personalised hydrothermal journey through a series of steam rooms, saunas, themed showers, Jacuzzis, and jets. The Rainforest Trail is crafted to soothe and invigorate, offering a truly holistic and rejuvenating wellbeing experience.

# COLD

# BATHS



## Banyan Cold Bath Experience

15-minute cold bath experience \_\_\_\_\_ AED 150  
15-minute cold bath experience followed by Rainforest access \_\_\_\_\_ AED 400

Experience the transformative power of cold therapy. Experience the invigorating sensation of cold therapy. Immerse your body in icy water to stimulate circulation, reduce inflammation, and alleviate muscle soreness. This revitalising treatment is designed to boost energy levels, improve mood, and promote overall wellbeing.

Our invigorating ice bath offers a myriad of benefits, including:

- *Muscle Recovery: Soothe sore and aching muscles, accelerating post-workout recovery.*
- *Enhanced Cognitive Function: Improve focus, reduce stress, and enhance sleep quality.*
- *Reduced Inflammation: Minimize inflammation and expedite healing processes.*
- *Improved Thermoregulation: Enhance your body's ability to regulate temperature, particularly in hot and humid conditions.*
- *Vagus Nerve Stimulation: Strengthen your nervous system's relaxation response, promoting overall wellbeing.*

Indulge in this revitalising experience and unlock your body's potential.

# WELLBEING

# JOURNEY

## YOGA

### Private

Yoga Session (60 minutes)	_____	AED 450
Yoga Lesson Package (10 sessions)	_____	AED 4,000

### Price (For up to 2 persons)

## GROUP (for 3 – 20 persons)

Yoga (60 minutes)	_____	AED 300 per person
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## SOUND HEALING AND MEDITATION

Session (45 minutes)	_____	AED 350 (per person)
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## PERSONAL TRAINER

Single Session	_____	AED 400
5-Session Package	_____	AED 1,800
10-Session Package	_____	AED 3,400

T&C: The yoga and personal training package is valid for 30 consecutive days and includes one complimentary massage session.

Prices are in AED and inclusive of 7% municipality fee, 10% service charge and 5% VAT.