



A QUICK FIX FOR HIM AND HER

## SIGNATURE RITUALS

VIDA SIGNATURE EXPERIENCE | AED 968 | 90 MINS  
ARABIAN BREEZE | AED 968 | 90 MINS

## VIDA MESSAGES

VIDA RELAX | AED 500 AED - 60 mins | AED 700 - 90 mins  
HOT STONE MASSAGE | AED 500 - 60 mins | AED 700 - 90 mins  
MUSCLE RELEASE MASSAGE | AED 500 - 60 mins | AED 700 - 90 mins  
BALINESE MASSAGE | AED 750 | 90 mins  
REFLEXOLOGY | AED 500 | 60 mins  
INDIAN TECHNIQUE MASSAGE | AED 450 | 60 mins

## VIDA FACIALS

ANTI-AGEING FACIAL | AED 750 | 90 MINS  
DEEP CLEANSING FACIAL | AED 600 | 75 MINS

## VIDA ESSENTIALS

CONTOUR | AED 485 | 60 MINS  
SUN SOOTHER | AED 500 | 60 MINS  
UAQ SCRUB | AED 450 | 60 MINS

## ENHANCEMENT

BACK MASSAGE | AED 335 | 30 mins  
FOOT MASSAGE | AED 335 | 30 mins  
INDIAN HEAD MASSAGE | AED 335 | 30 mins  
ON-THE-GO REFRESH FACIAL | AED 335 | 30 mins  
BODY EXFOLIATION | AED 335 | 30 mins  
HAIR MASK | AED 335 | 30 mins



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All prices are in AED including 5% VAT, 5% Tourism fee and 10% service charge.

All prices are **PER PERSON**

## SIGNATURE RITUALS

### VIDA SIGNATURE EXPERIENCE | 90 MINS

Capture the essence of an ultimate beach escape. Begin with a luminous indigo body scrub, followed by a luxurious essential oils massage, leaving you in a state of complete and blissful relaxation.

### ARABIAN BREEZE | 90 MINS

Take yourself on a journey through ancient Arabia with an indulgent date body wrap and a luxurious oriental massage that will leave skin glowing like the desert sunrise.

## VIDA MESSAGES

Personalise your massage with a choice of essential oils.

### RELAXING

a calming blend of lavender, myrrh and tonka beans

### ENERGISING

awaken the senses with a blend of orange, lemon and Tuscan leather

VIDA RELAX | 60 mins | 90 mins

HOT STONE MASSAGE | 60 mins | 90 mins

MUSCLE RELEASE MASSAGE | 60 mins | 90 mins

BALINESE MASSAGE | 90 mins

REFLEXOLOGY | 60 mins

INDIAN TECHNIQUE MASSAGE | 60 mins

## VIDA FACIALS

### ANTI-AGEING FACIAL | 90 MINS

Treat yourself to a natural, botanical anti-ageing treatment to restore your skin's youthfulness. Incorporates rose quartz crystal powder and a water science technology mask to reduce the appearance of fine lines and wrinkles.

### DEEP CLEANSING FACIAL | 75 MINS

Designed to deep cleanse and refine pores with an extraction gel and a purifying mask to remove excess oils and dirt, this delightful facial will leave skin fresh and radiant.

# VIDA ESSENTIALS

## CONTOUR | 60 MINS

An invigorating, refining sculpting massage incorporating warm cloves, black pepper and lemons to eliminate cellulite and break down excess fat. Our contouring will leave skin visibly smoother and firmer after just one session.

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## SUN SOOTHER | 60 MINS

An ultra-cooling moisturising body treatment that combines aloe vera and cucumber for instant hydration and to eliminate damage to sun exposed skin.

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## UAQ SCRUB | 60 MINS

Drawing inspiration from the sandy beaches of Umm Al Quwain, this exfoliating treatment uses the fine grain sands of the emirate mixed with heavenly scented essential oils, leaving skin visibly brighter and softer.

# ENHANCEMENT

BACK MASSAGE | 30 mins

FOOT MASSAGE | 30 mins

INDIAN HEAD MASSAGE | 30 mins

ON-THE-GO REFRESH FACIAL | 30 mins

BODY EXFOLIATION | 30 mins

HAIR MASK | 30 mins