

VIDA

Beach Resort
UMM AL QUWAIN



THE
Spa
BY VIDA



PERSONALISE YOUR MASSAGE WITH A CHOICE FROM PROVERB OILS:

Recovery – Rose Geranium, Rose, Lavender and Ylang Ylang

Focus on recovery from the environmental stresses and strains of an active life. Deeply nourishing and calming.

Longevity – Sweet Orange, Bergamot, Ylang Ylang and Patchouli

Focus on living well. Create time for yourself and rest, so you can distress and relax.

Performance – Ginger, Black Pepper and Frankincense

Focus so you are ready to perform and be at your best. Promotes the feeling of warmth and helps relieve sore muscles. Ideal for pre and post-training.

SIGNATURE *Rituals*

VIDA SIGNATURE EXPERIENCE | 150 mins

Indulge in a luxurious, full-body experience designed to refresh and rejuvenate both your mind and body. This complete 2.5-hour treatment package combines a nourishing scrub using a blend of two natural sugars, unwind with a personalized, 60-minute massage designed to release tension and promote deep relaxation. Whether you prefer a calming Vida relax massage or a more therapeutic deep tissue technique, our skilled therapists will tailor the session to meet your needs, easing muscle tension and restoring balance to your body. Complete your treatment with a YonKa facial, we will choose the perfect products for your skin type, ensuring your complexion is left glowing and refreshed. From refreshing rituals to calming therapies, every detail is designed to leave the guests feeling restored and recharged.

ARABIAN BREEZE | 120 mins

This dual treatment package offers treatments for both your body and skin, providing a perfect escape to unwind and restore your natural radiance. A personalized, 60-minute massage designed to release tension and promote deep relaxation. Whether you prefer a calming Swedish massage or a more therapeutic deep tissue technique, our skilled therapists will tailor the session to meet your needs, easing muscle tension and restoring balance to your body. Complete your treatment with a YonKa facial, we will choose the perfect products for your skin type, ensuring your complexion is left glowing and refreshed.





VIDA *Massages*

VIDA RELAX | 60 mins / 90 mins

A gentle, soothing massage designed to reduce stress, ease tension, and promote a sense of overall well-being. It typically uses long, flowing strokes to calm the body and mind.

MUSCLE RELEASE MASSAGE | 60 mins / 90 mins

Focuses on targeting deeper layers of muscle and connective tissue to relieve chronic pain, muscle tightness, and tension. It uses slower strokes and more intense pressure to reach the deeper muscle layers.

HOT STONE MASSAGE | 60 mins / 90 mins

Involves the use of smooth, heated stones placed on specific points of the body, along with traditional massage techniques. The heat helps to relax muscles, improve circulation, and promote deep relaxation.

BALINESE MASSAGE | 60 mins / 90 mins

A traditional Indonesian massage combining long strokes, gentle stretches, and acupressure. It aims to balance the body and mind, improve circulation, and release tension.

REFLEXOLOGY | 60 mins

Focuses on applying pressure to specific points on the feet, hands, or ears that correspond to different organs and systems in the body. It's believed to improve overall health by stimulating these reflex points to enhance energy flow.

TENSION RELIEF | 90 mins

Designed to target areas of tension and muscle tightness, especially in the neck, shoulders, and back. The therapist uses techniques such as kneading, compression, and stretching to alleviate discomfort and reduce stress.

PREGNANCY MASSAGE | 60 mins / 90 mins

A gentle massage specifically designed for expectant mothers to help relieve pregnancy-related discomfort such as lower back pain, swelling, and muscle tension. It's performed with care and using special techniques to ensure comfort and safety for both mother and baby.

TAIGA CANDLE | 60 mins / 90 mins

A luxurious and romantic massage escape featuring out Taiga Massage candle that when heated turns to a soft, warm and velvety massage oil. With scents of forest and pine trees, this treatment is suitable for a seasonal offerings, a couple's massage or a year-round luxurious escape.





VIDA *Essentials*

SUN SOOTHER | 60 mins

This high-performance hydration massage restores incomparable suppleness and softness to the most parched skin. Everything comes together to eliminate the faintest trace of roughness, dryness, or discomfort after spending time in the sun.

BODY SCRUB | 60 mins

This scrub offers gentle, nourishing exfoliation thanks to a blend of two natural sugars. In 30 minutes, it softens and smoothes the skin while providing intense hydration. Perfect for those looking to revitalise their skin and restore its radiance and vitality.

VIDA Facials

YONKA
PARIS

70 Years
devoted to
your beauty

Treatment of the month | **LE GRAND CLASSIQUE**

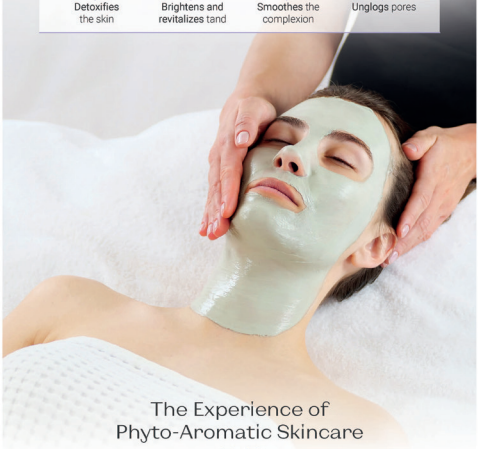
An iconic detoxifying and highly personalised treatment, based on an exclusive 5 phases deep cleansing method.

✓ Detoxifies the skin

✓ Brightens and revitalizes (and)

✓ Smooths the complexion

✓ Unglogs pores



The Experience of
Phyto-Aromatic Skincare

www.yonka.com

YONKA
PARIS

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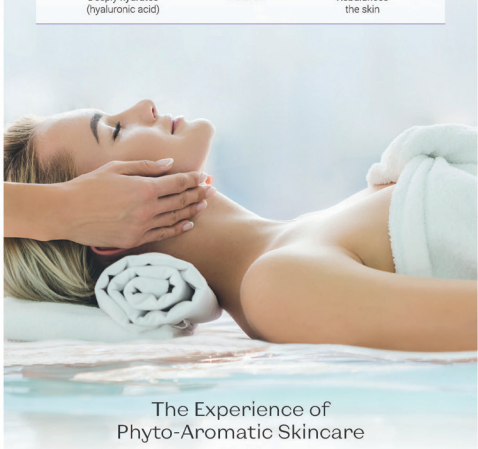
Treatment of the month | **HYDRALESSENCE**

Thirst-quenching and rejuvenating phyto-aromatic treatment for dehydrated skin.

✓ Deeply hydrates (hyaluronic acid)

✓ Soothes

✓ Rebalances the skin



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www.yonka.com

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PARIS

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Treatment of the month | **PEELING³⁰**

Intensive peeling treatment for a renewed skin texture

✓ Evens & brightens the complexion

✓ Tightens pores

✓ Refines the skin texture



The Experience of
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www.yonka.com

Le Grand Classique

Hydralessence

Peeling

YONKA
PARIS

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Treatment of the month | **VITAMIN C²⁵**

All the power of vitamin C in an anti-aging and unifying treatment for gorgeous skin.

✓ Smooths wrinkles

✓ Illuminates and enhances the complexion

✓ Clarifies and diminishes pigmentation irregularities



The Experience of
Phyto-Aromatic Skincare

www.yonka.com

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PARIS

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Treatment of the month | **MEN INTENSIVE**

Personalized Phyto-aromatic treatment: for hydrating, purifying or anti-aging effect.

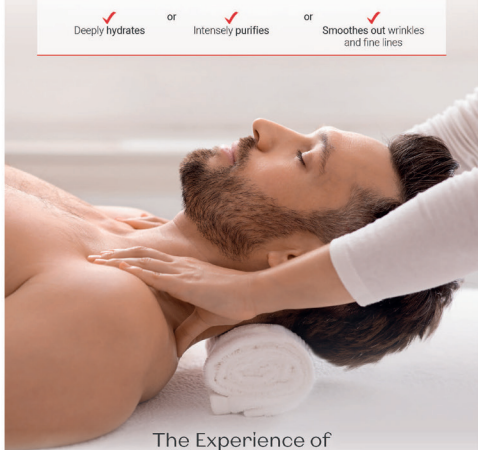
✓ Deeply hydrates

or

✓ Intensely purifies

or

✓ Smooths out wrinkles and fine lines



The Experience of
Phyto-Aromatic Skincare

www.yonka.com

Vitamin C

Men's Intensive

Price List

Signature *Rituals*

Vida Signature Experience 150 mins	AED 1200
Arabian Breeze 120 mins	AED 950

Vida *Massages*

Vida Relax 60 mins / 90 mins	AED 400 / AED 550
Muscle Release Massage 60 mins / 90 mins	AED 450 / AED 575
Hot Stone Massage 60 mins / 90 mins	AED 450 / AED 575
Balinese Massage 60 mins / 90 mins	AED 500 / AED 650
Reflexology 60 mins	AED 375
Tension Relief Massage 90 mins	AED 600
Pregnancy Massage 60 mins / 90 mins	AED 450 / AED 600
Taiga Candle Massage 60 mins / 90 mins	AED 450 / AED 600

Vida *Essentials*

Sun Soother 60 mins	AED 375
Body Scrub 60 mins	AED 400

Vida *Facials*

Grand Classique 90 min	AED 750
Hydralessence 60 mins	AED 570
Peeling 60 mins	AED 750
Vitamin C 60 mins	AED 790
Men's Intensive 60 mins	AED 525

Vida *Enhancements*

Back Massage 30 mins	AED 175
Foot Massage 30 mins	AED 150
Indian Head Massage 30 mins	AED 150
On-The-Go Refresh Facial 30 mins	AED 250
Body Exfolation 30 mins	AED 275

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