THE Spa BY VIDA

A QUICK FIX FOR HIM AND HER

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SPA RITUALS

THE SIGNATURE VIDA RETREAT - ROYAL OUD RITUAL

฿ 950 | 90 MINUTES

Rooted in time-honored traditions and inspired by indigenous botanicals, this immersive ritual begins with an opening Oud inhalation and purifying black soap cleanse for the hands and feet. A warm neroli hand masque and invigorating cryo-mint foot treatment awaken circulation, while a therapeutic argan oil scalp massage melts away tension. The journey concludes with a deeply sensory Arabian oud facial, enveloping the skin and senses in an ultra-traditional experience of renewal and radiance.

FACIALS

ARABIAN GLOW FACIAL

฿ 400 | 30 MINUTES

Proven results to gain supple and luminous skin along with a natural radiance. Glowing tones are achieved by relaxing the facial features with the application of organic oils and serums.

OASIS PURITY FACIAL

฿ 700 | 60 MINUTES

A gentle facial treatment that draws on Mother Nature's treasures to thoroughly, yet gently cleanse the skin allowing it to breathe again. Total purification and regeneration A purifying and decongesting facial treatment that deeply cleanses impurities and detoxifies the skin.

ARGAN TIMELESS FACIAL

฿ 790 | 60 MINUTES

A firming face lift treatment that purifies, softens, invigorates and maintains the epidermis. A tribute from Morocco with its precious organic ingredients having multiple benefits and creating an ultimate skincare solution to ensure regeneration, moisturisation and firmness.

GLOW WITH
THE FLOW

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BODY TREATMENT

SPLENDOUR OF ROSES ENVELOPMENT

฿ 350 | 30 MINUTES

A purifying and nourishing body wrap with purifying natural rhassoul clay, rich in minerals for an authentic natural cleansing ritual.

DETOXIFYING ENVELOPMENT

฿ 450 | 30 MINUTES

฿ 650 | 60 MINUTES

A detoxifying and slimming body wrap combining a cryotherapy mint essential oils with purifying clays to draw out impurities and boost circulation. Enhanced with a personalised massage, alluding a genuine feeling of mental and emotional peace.

MASSAGES

OASIS CALM MASSAGE

฿ 700 | 60 MINUTES

฿ 850 | 90 MINUTES

A relaxing massage deeply soothing journey inspired by the tranquillity of a desert oasis. Gentle, flowing techniques ease tension, calm the senses, and restore a peaceful state of relaxation.

DESERT RECOVERY THERAPY

฿ 700 | 60 MINUTES

฿ 850 | 90 MINUTES

An deep intensive therapeutic massage designed to release deep-seated tension and muscle fatigue. Powerful, targeted techniques work to restore strength, mobility, and overall vitality.

ROYAL THAI HARMONY

฿ 700 | 60 MINUTES

฿ 850 | 90 MINUTES

A graceful fusion of ancient Thai stretching and rhythmic pressure, designed to restore energy flow and flexibility. This revitalizing ritual leaves the body balanced, aligned, and renewed.

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FOOT REVIVAL THERAPY
Đ 550 | 60 MINUTES

A grounding treatment focused on key pressure points in the feet to stimulate circulation and relieve fatigue. This restorative ritual brings a sense of lightness and renewed energy to the entire body.

BLOOMING MOTHER JOURNEY
Đ 750 | 60 MINUTES

A nurturing and gentle massage designed for expecting mothers. Soft, flowing techniques ease tension, reduce fatigue, and promote deep relaxation, creating a serene experience that supports both mother and baby.

MINI WELLNESS TREAT*
(ADD ON TO YOUR MASSAGE EXPERIENCE)

BACK, NECK & SHOULDERS MASSAGE
Đ 300 | 30 MINUTES

Inspired by the stillness of the desert, this focused ritual melts away tension from the back, neck, and shoulders. Flowing techniques restore ease and bring a sense of calm and balance.

HEAD & SCALP MASSAGE
Đ 250 | 30 MINUTES

A deeply relaxing experience that releases stress and calms the mind. Gentle techniques stimulate circulation, leaving you refreshed and revitalised.

FOOT MASSAGE
Đ 150 | 15 MINUTES

Rooted in ancient traditions, this grounding therapy relieves tired feet through targeted pressure techniques. Restoring harmony, it leaves the body feeling light and rebalanced.

BODY SCRUB
Đ 300 | 30 MINUTES

A luxurious exfoliating ritual inspired by timeless Arabian beauty traditions. Finely blended scrubs polish the skin, revealing a radiant glow and silky-smooth finish.

* Mini Wellness Treats cannot be book independently and must be booked in conjunction with a main massage.

THIS IS
YOUR PAUSE
BUTTON

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WELLNESS PACKAGES

THE DESERT ESCAPE

Đ 590 | 90 MINUTES

30 minutes Body Scrub
60 minutes Oasis Calm Massage

A swift desert detox. Begin with an Arabian body scrub to polish and renew the skin, followed by a deeply calming Oasis massage. The perfect midweek reset for Aljada residents.

ALJADA REFRESH

Đ 680 | 90 MINUTES

30 minutes Head and Scalp message
60 minutes Oasis Calm Massage

Designed for the Aljada community. A mind-clearing scalp ritual melts away daily stress, flowing into the signature Oasis Calm body massage. The ideal after-work or weekend treat.

ARABIAN NIGHT RITUAL

Đ 895 | 120 MINUTES

30 minutes Splendour of Roses Envelopment
60 minutes Desert Recovery Therapy
30 minutes Arabian Glow Facial

Three deeply Arabian rituals in sequence. A rose mineral envelopment purifies and cocoons the body; a powerful Desert Recovery massage restores and strengthens; a final Arabian Glow facial brings luminosity. Rooted in the desert, head to toe.

OASIS GLOW JOURNEY

Đ 990 | 120 MINUTES

30 minutes Body Scrub
30 minutes Detoxifying Envelopment
60 minutes Argan Timesless Facial

A complete beauty immersion built around radiance. The skin is first exfoliated and polished, then wrapped in a detoxifying envelopment to deeply nourish and renew. The Argan Timeless facial completes the journey with firming, lifting and ultimate glow.

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THE VIDA INDULGENCE

Đ 1,190 | 150 MINUTES

60 minutes Foot Revival Therapy
60 minutes Royal Thai Harmony
30 minutes Arabian Glow Facial

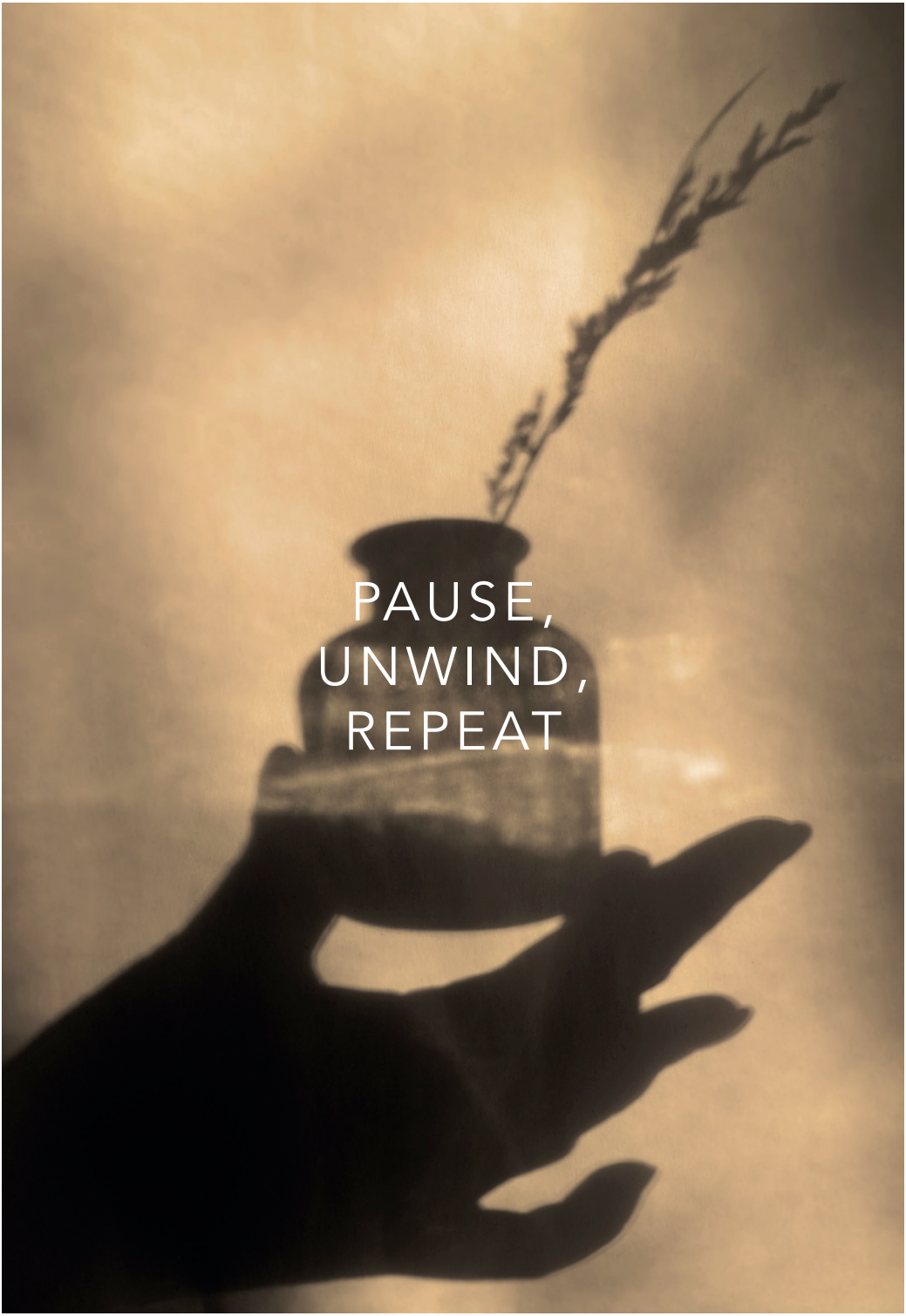
From earth to sky. The journey begins with a grounding Foot Revival reflexology session to open the body's energy pathways, continuing with the flowing, stretching artistry of Royal Thai Harmony, and concluding with a luminous Arabian Glow facial. Total renewal, head to toe.

DESERT SOUL RETREAT

Đ 1,350 | 180 MINUTES

90 minutes The Oud Psammotherapy
60 minutes Oasis Purity Facial
30 minutes Head & Scalp Massage

Vida's ultimate expression of Arabian luxury. The centrepiece is the iconic Oud Psammotherapy - sand bathing, quartz healing and oud ritual - followed by a deeply purifying Oasis Purity facial, and a serene scalp massage to quiet the mind. A full half-day desert immersion unlike anything else in Sharjah.


PAUSE,
UNWIND,
REPEAT

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SPA ETIQUETTE

BOOKING YOUR TREATMENT

Get in touch with our Spa team to help you choose the right treatment. We recommend booking in advance to secure your preferred time.

ARRIVAL TIME

Arrive at least 30 minutes early to settle in and enjoy the space. Late arrivals may shorten your treatment time.

OPENING HOURS

Open daily from 10am to 9pm.
The spa is for guests aged 16 and above.

DIGITAL DETOX

This is a quiet space. Please keep phones on silent and respect the privacy of others. The spa is smoke-free.

HEALTH INFORMATION

Let us know about any health conditions, allergies, or injuries when booking, so we can tailor your experience.

PREGNANCY

We offer treatments designed for expectant and nursing mothers. Our team will guide you to the right option.

GIFT CERTIFICATES

Available for all treatments. Non-refundable and must be presented at the time of use or purchase.

PERSONAL BELONGINGS

Lockers are available, but we recommend avoiding jewellery. Hotel guests can use the in-room safe for valuables.

CANCELLATIONS

Please inform us at least 12 hours in advance for any changes. Late cancellations will incur a 100% charge. A credit card is required to secure bookings.

PRICING

All prices are in AED and include 10% service charge, 10% municipality fee, and 5% VAT.

VIDA

ALJADA