




NOVOTEL
HOTELS & RESORTS

NOVOTEL HOTEL
Next to Dubai Convention Centre, DWTC
04 351 0900

Book online @ www.dreamworks.ae

DREAMWORKS SPA

A vacation for the mind

APPOINTMENT ARRIVAL

Please arrive for your appointment 15 minutes early. First time clients need to complete appropriate forms for specific services.

MEDICAL CONDITIONS

Please alert therapist of any medical conditions that may have changed since your last scheduled appointment. It is VERY important for the therapist to know in case of changes needing to be made in your treatment. The Dreamworks Spa respects your privacy in these matters.

PREGNANCY

We have specially designed treatments for expectant and nursing mothers.

Please allow the spa team to guide you in selecting which treatments are most suitable for you during this special time. Unfortunately we do not offer any spa treatments during the first 12 weeks of pregnancy.

APPOINTMENT SCHEDULING

Advanced booking is preferred at the Dreamworks Spa during our spa business hours of (10:00 am to 10:00 pm, Sunday to Saturday)

CANCELLATION NOTICE

Dreamworks Spa asks for a 24 hour cancellation notice. If you must cancel, please give the spa as much notice as possible. Rescheduling at the time of cancellation is suggested. We encourage you to arrive at least 15 minutes early, late arrivals may result in a shortened or forfeited appointment, as we cannot adversely affect the next customer.

SPA ENVIRONMENT

The members of our staff have dedicated their lives to promote the well-being of others. Because we want to ensure a relaxing atmosphere for each of our guest, we ask that you turn your mobile phones to silent or vibrate mode. Also, please use a 'spa voice' in all areas of the spa.

WHAT TO BRING

For your comfort we will provide you with a luxurious robe, towels and slippers to use throughout your visit. Hotel guests may wish to arrive in their bedroom robe to help with their continued relaxation. We would like to advise you, however, to bring a bathing suit if you wish to use the Vitality Pool and wet area. Within the changing rooms a wide range of amenities will be provided.

HEMOCARE

To continue your spa experience at home, all our spa products used within your spa treatments are available at the spa reception, where one of our team members would be delighted to advise you on the most suitable products for your needs.

GIFT VOUCHERS

Gift vouchers are available for all our treatments and are an ideal present for someone special. Gift vouchers are non-refundable and must be presented at time of treatment or purchase.

METHOD OF PAYMENT

We accept cash, debit, Visa, MasterCard and American Express.

GRATUITIES

Gratuities are not included in the service price and are left to your discretion. Envelopes are provided at the front desk for your convenience.

VALUABLES

Dreamworks Spa is not responsible for any damage or loss of your personal belongings. We recommend that you do not bring valuables to the spa.

All treatments and rates are subject to change without notice.

MASSAGE THERAPIES




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MASSAGE TREATMENTS

Massage Therapy is an accepted part of many physical rehabilitation programs and has proven beneficial for many chronic conditions, including low back pain, arthritis, fatigue, high blood pressure, diabetes, immunity suppression, depression, skin conditions, or just simply relaxing.

Dreamworks Spa is all about the person and we create the session that is perfect for you. Each customized massage session is tailored to your specific needs. You can request a therapeutic technique in advance or you can simply let your therapist know your goal for receiving a massage and they will create the perfect session for you.

To enhance your massage experience you may complement your customized massage session by scheduling in combination with an item from our spa enhancement menu for an additional charge.



HEAD, SHOULDER, NECK MASSAGE 30 MINUTES

200 AED

The treatment focuses on head, shoulders and neck region where the most tension is gathering. However, this massage entails techniques that impart a number of positive effects on the entire body, including mind and spirit.

Benefits of Head, Shoulder, Neck Massage

Besides making you feel distressed, the Head Shoulder Neck massage will allay your worries, ease the built-up tension in your muscles and relieve both sinusitis and anxiety. It will also help get rid of eye-straining problems, insomnia and headaches while boosting your immune system. This is related to the release of lactic acid in the muscle tissue.

FOUR HANDS WAVE MASSAGE*

60 | 90 | 120 MINUTES

520 | 660 | 785 AED

To double the effect of a usual treatment and experience deeper relaxation, try our Four Hands Wave Massage, carried out simultaneously by two therapists in complete harmony. It is a perfect way to experience a variety of massage methods delivered by our highly skilled and specially trained staff. This is a powerful treatment for anyone who has a hard time letting go during a Spa treatment. A must try for everyone who wants to completely escape reality.

Benefits of the Four Hands Wave Massage

The energy of 2 therapists will open up energy blockades and the long strokes and effleurage are transitioning the body into a state of bliss. It is said to be an experience that truly is leaving your whole body in deepest relaxation possible.

WARM STONE MASSAGE* 90 MINUTES

480 AED

Warm stone massage is an advanced therapy using warmed stones to help boost circulation and loosen stiff muscles as well as melt away the stress and tension. Smooth, gently-warmed stones are placed on the body in key locations so that their heat can soak into the tissue. Because the stones provide direct heat, they help muscles to relax completely, enabling them to receive the full benefit of the deep, full-body massage which follows afterwards.

This therapy is the most advanced Massage to cure muscle spasm and tension. It is a rejuvenating way of escaping the stressful world out there as it helps the body to decongest and detoxify. Warm Basalt River Stones will leave you in awe. The effect of this treatment can be felt over weeks.

Benefits of Warm Stone Massage

Warm stone massage relieves chronic pain that can accompany a number of conditions including carpal tunnel syndrome, arthritis and fibromyalgia. The treatment can be particularly beneficial for clients suffering from arthritis since the technique helps joints to become more flexible.



TYPES OF MASSAGE THERAPIES

TRADITIONAL BALINESE MASSAGE*

60 | 90 | 120 MINUTES

349 | 469 | 559 AED

Brilliantly combining reflexology, acupressure and aromatherapy, Traditional Balinese Massage, is one incredible massage therapy that many people regard as magical. Ancient techniques will leave you totally rejuvenated. Result driven effect on the body to release built-up tension and to enter into a state of total relaxation. We recommend the longer Massage time of at least 90 minutes to receive the full benefit of this signature treatment.

Benefits of Traditional Balinese Massage

Improved blood circulation throughout the body; build-up of positive energy; detoxification; reinvigorated body. The wide variety of scented oils used in this treatment also makes it the best-smelling remedy for stress

COMBINATION DEEP TISSUE MASSAGE

90 MINUTES

469 AED

The Combination Massage treatment is a combination of relaxation massage and deep tissue massage, drawing a full range of massage techniques; such as, Thai massage, Swedish massage, Reflexology, Indian head massage and more. This treatment allows you to soothe your muscles and to invigorate your body into an overall state of bliss.

Benefits of a Combination Massage

It can help you discover your preferred massage technique in one quick session. Or, allow you to enjoy multiple skills at once. It is also perfect for people who work out frequently as it relieves from a lot of lactic acid built up in the tissue.

ROYAL THAI MASSAGE

60 | 90 MINUTES

349 | 496 AED

Thai massage is said to have been developed by Jivaka Kumar Bhaccha, who was a physician to Buddha over 2,500 years ago in India. It eventually made its way to Thailand, where the Ayurvedic techniques and principles gradually became influenced by traditional Chinese medicine. Thai massage makes use of pressure points and some ancient stretching methods, which unblock the flow of energy and restores balance. The treatment will leave you reenergised and balanced.

Benefits of Thai Massage

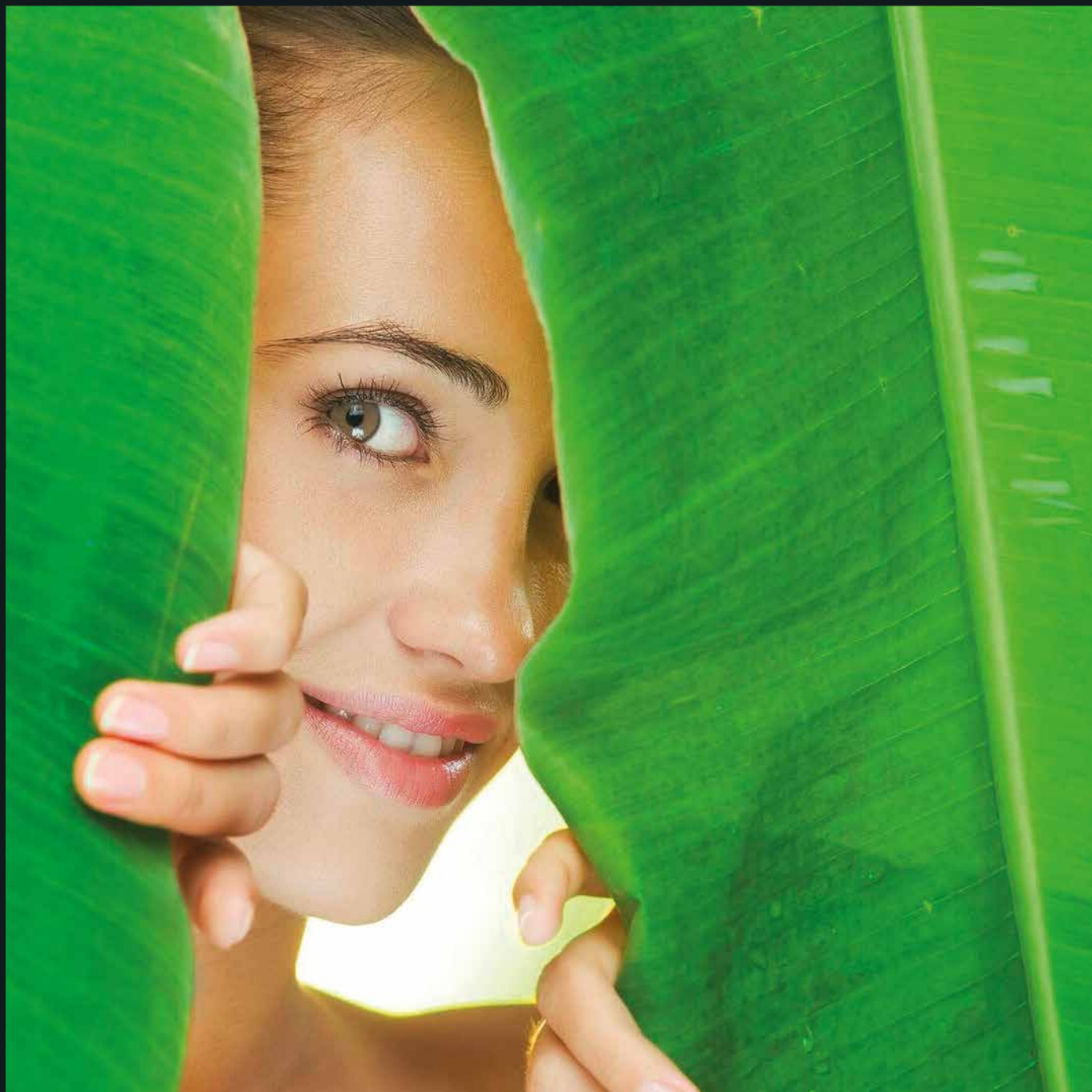
Thai massage is more energizing than other forms of massage. It is also called Thai yoga massage, because the therapist uses his/her hands, knees, legs, and feet to move you into a series of yoga-like stretches. Muscle compression, joint mobilization, and acupressure are also used during treatment, which have led people to describe it as both

have been said to be, relief from migraines, sprains, anxiety, relief of physical and emotional tension, greater awareness of body and mind, and a release of blocked energy.

FACIAL THERAPIES




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FACIALS

MINI RADIANCE FACIAL | 30 MINUTES 200 AED

A mini facial is typically a facial of a shorter duration that incorporates some of the steps performed in standard facials. Some people have mini facial as part of their regular skin care treatment procedures.

AROMA ACTIVES FACIAL | 60 MINUTES 400 AED

Fruits such as Avocado, Aloe Vera, Strawberry and Apricot revive and replenish tired and de-hydrated skin. Aromatherapy is the foundation of this fantastic facial which is combining a smooth firm acupressure point massage on the face with cleansing, toning, exfoliating and mask – it leaves you with an inner and outer glow of beauty.

MENS GLOW FACIAL | 60 MINUTES 400 AED

Detoxifying fruits such as lemon and bitter orange revive and replenish tired and de-hydrated skin of our modern men. Aromatherapy is the foundation of this fantastic facial which is combining a smooth firm acupressure point massage on the face with cleansing, toning, exfoliating and mask – it leaves you with an inner and outer glow of beauty ready to tackle your next meeting.

ESSENTIAL ADDITIONS

AS AN ADDITION TO ANY FULL TREATMENT BOOKED, INDULGE IN A SELECTION OF UNIQUE EXPRESS TREATMENTS TO TARGET SPECIFIC NEEDS AND COMPLETE YOUR DREAMWORKS SPA EXPERIENCE.

75 AED | PER 15 MINUTE ADD ON

Hot Stones Indulgence
Foot or Scalp Dream Massage
Eye Sculpting Treatment
Facial Rejuvenation

Your therapist will consult you on a great array of possible additions.



*All prices are quoted in AED inclusive 10% municipality fees and 10% service charge.

BODY THERAPIES




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BODY TREATMENTS

GENTS DEEP CLEANSING BACK SCRUB

45 MINUTES

279 AED

An exfoliating scrub that removes impurities and strengthens the skin barrier. Strong essential oils of Ginger and Lemongrass are used in this deeply purifying treatment that is finished with a soothing back, shoulder and neck massage.

MOROCCAN ROSE BODY SCRUB

45 MINUTES

279 AED

A beauty award winning Scrub that consists of the finest Moroccan Argan oils, pure Damascus rose essence and skin repairing lipids. Finished with a relaxing foot and ankle massage.

FOOT REFLEXOLOGY

15 | 30 | 60 MINUTES

90 | 200 | 349 AED

Reflexology is a science of stimulation. Precise points of tension are manipulated by using thumbs, fingers and specialized wooden tools and creams. Gentle or persistent pressure is applied to certain areas that relieve tension and stress.



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SPA PACKAGES




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SPA SENSATION | 90 MINUTES 410 AED

An invigorating journey that starts with a full body exfoliation using only the finest essential oils and skin nourishing elements followed by a customized massage.

ROYAL SPA EXPERIENCE | 120 MINUTES 550 AED (INCLUDES FULL FACIAL)

Experience a deeply relaxing Massage followed by a Hydrating Facial tailored to your needs. Personalized Wellness at its best resulting and both total body rejuvenation as well as a glowing facial complexion.

RELAXATION RITUAL | 90 MINUTES 410 AED (INCLUDES FULL FACIAL)

Experience a deeply relaxing Massage followed by a Hydrating Express Facial tailored to your needs. Personalized Wellness at its best resulting and both total body rejuvenation as well as a glowing facial complexion

DREAMWORKS SHORT VACATION 150 MINUTES 900 AED

This journey begins with a full body exfoliation using fine argan oils infused with microbeads to nourish the skin. A full body massage including a focus on scalp and feet will built the foundation for deep relaxation. Abdominal breathing and the usage of high grade aromatherapy will bring the client into a deeper state of bliss before a purifying facial completes this heavenly treatment.






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