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**SPA JOURNEYS  
INSPIRED BY  
TRADITIONAL  
THAI HEALING**

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**CENTARA MIRAGE BEACH RESORT DUBAI**

For reservations, please dial **5801**

**OPEN 09.00 TO 21.00 HRS.**

## WELCOME TO SPA CENVAREE!

With over 35 spas in South East Asia and the Middle East, SPA Cenvaree is a multi-award operator delivering authentic spa journeys inspired by traditional Thai healing in stunning locations.

We're passionate about what we do – offering the highest-standard therapies by the best-trained therapists. Our treatment selection takes guests on a journey throughout Asia and beyond.

### SPA CENVAREE AT CENTARA MIRAGE BEACH RESORT DUBAI

Enter a world of healing with spa experiences that enliven the senses and provide a sense of soothing calm. We have put together a variety of treatment options to invigorate tired muscles, increase circulation and stimulate the body's natural rhythm for contentment and well-being.

### SPA FACILITIES

- 1 Couples treatment room
- 1 Joint treatment room
- 2 Thai massage rooms
- 2 Single multi-function treatment rooms for males
- 4 Single multi-function treatment rooms for females
- Herbal steam room & sauna
- Cold & hot plunge pool
- Relaxation lounge with complimentary herbal tea, fruit juices and healthy snacks

## THE MENU

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# SIGNATURE RITUALS

MEUNG LANNA

150 MINS

*The Northern Forest Facial, Tok Sen Treatment*

Experience our most popular Thai healing techniques, the “Tok Sen” massage from the Chiang Mai region of northern Thailand. An aroma massage is combined with traditional wooden sticks for vibration techniques to stimulate energy points, promote healing, and relax muscle tissues. The massage is followed by a “The Northern Forest” facial, a relaxing facial customised for any skin type and using powerful herbal antioxidants and natural nutrients to address skin texture.

DIN DAEN I-SARN

150 MINS

*Mulberry Body Scrub, Salt Pot Muscle Melt Massage, Silk Powder Body Mask*

Your unique journey to complete relaxation begins with a Mulberry Body Scrub, featuring mulberry powder mixed with herbs and salt to deep cleanse your body. A Salt Pot Muscle Melt Massage follows to warm and release long-held muscle tension, before silk powders are used to calm and absorb toxins from your skin. The final stage of the experience is a scalp massage to bring you into a state of deep relaxation.

DAN SRIVICHAI

180 MINS

*Southern Herbal Body Scrub, Langkasuka Massage, Southern Herbal Facial*

Start with a Southern Herbal body scrub to gently exfoliate the body, before enjoying a Langkasuka massage, a Southern Thai healing tradition that combines the warmth of the compress with a Thai oil massage using specially formulated oils infused with Southern Thai herbs mixed with habatussuda oil or black cumin oil to help stimulate blood flow and release muscle tension. The massage is by a special Southern Herbal Facial Treatment to rejuvenate your facial skin.

KHOA RATTANAKHOSIN

180 MINS

*Siam Herbal Body Scrub, Foot Massage, Traditional Thai Massage*

This ritual accompanies you on a voyage through several traditional Thai healing techniques. Harnessing the power of nature to revitalise the skin, medicinal herbs are used for exfoliation to detox and remove dull skin. Featuring a technique to increase blood circulation, a Thai Rachasamnak massage targets the meridians of the body to release long-held tension, resulting in a feeling of freedom.



## COUPLE EXPERIENCES

### ORIENTAL ESSENCE

180 MINS

*Body Scrub, Facial Acupressure, Salt Pot Muscle Melt Massage, Silk Powder Body Mask*

Experience something a little different with this collection of therapies designed for memory-making. The ritual begins with a divine body scrub (choice of Pink Himalayan Salt Scrub or Siamese Herbal Scrub). Follow by a relaxing head massage combined with facial acupressure to promote overall your health and wellbeing. It is then time to lie down and relax with a Salt Pot Muscle Melt Massage and finish with a Silk Powder Body Mask – the perfect way to spend a day together.

### INDULGENCE OF THE WEST

180 MINS

*Siam Herbal Body Scrub, Foot Massage, Langkasuka Massage, Organic Facial Treatment*

A fantastic package for those new to spa and massage, this ritual encompasses a herbal body scrub and unwind with a soothing foot massage. A relaxing Langkasuka massage with your specific oil blended for this massage which helps to release your muscle tension, followed by a cleansing Organic Facial Treatment.



## SIGNATURE TREATMENTS

### NEU SIEN MASSAGE

90 MINS

Inspired by household healing traditions, this muscle relief ritual was invented by our master therapists using Deep tissue, Swedish, and stretching techniques to relax tired muscles in the back, shoulders, and neck. Take pleasure in a delightful herbal back compress aided by our therapist's expert hands.

### TOK SEN TREATMENT

120 MINS

Discover the healing secrets of North Thailand with the unique Tok Sen massage, a special treatment technique from the Chiang Mai region of northern Thailand. "Tok" comes from the sound of a hammer "Sen" refers to the Sen energy lines in the body. An aroma massage is combined with traditional wooden sticks for vibration techniques to stimulate energy points, promote healing, and relax muscle tissues.

### SALT POT MUSCLE MELTER MASSAGE

120 MINS

Inspired by healing rituals passed down the generations, this ritual uses the ancient remedy of salt and herbs to treat muscle tension. Your experience begins with a deep tissue massage, warming up the major muscle groups, with a

particular focus on neck and shoulders. Clay pots filled with a blend of coarse salt and medicinal herbs are steamed and gently rolled over the now-relaxed muscles to provide relief and calm.

### THAI WARRIOR MASSAGE

120 MINS

Thai Warrior Massage is based on an ancient traditional Thai therapy, the Thai Hermit Exercise, which does not rely purely on physical strength, but is based on profound understanding of the body and practicing with the right techniques. The combination of rhythmic massage, acupressure, gentle twisting and deep stretching releases tension, promotes balance, and helps circulate life force energy in the body. This therapy form allows you to feel an extraordinary sense of well-being afterwards.

### LANGKASUKA MASSAGE

120 MINS

Originating from a collection of knowledge from local healers, Langkasuka oil massage combines Thai oil massage rituals with hot herbal compression. The formulation of the massage oil is unique, obtained by selecting the best herbs and boiled with sesame oil or soybean oil then mixed with habatussuda oil or black cumin oil to form a concoction believed to cure all kinds of ailments, helping to stimulate blood flow, release muscle tension, relax the body and moisturise the skin.



## FACIAL TREATMENTS

### FACIAL DETOX TREATMENT

60 MINS

All you need is one hour to give your skin an intense moisturising boost with a facial designed to offer balance, effective hydration and intense relaxation. It combines signature products with ultra-sensory textures and a soothing massage to comfort the skin and instantly reveal its natural freshness. An enzymatic exfoliation is followed by skin cleansing and a hydra-nourishing facial massage to give your skin an instant moisture-infusing boost with the bestselling Hydra Sea Rehydrating Mask.

### RADIANCE FACIAL TREATMENT

60 MINS

A halo of softness for skin that is sensitive or subject to redness. This cocoon treatment softens the skin and improves its defense for a soothed and ideally hydrated epidermis to promote a radiant complexion. Truly gentle and comforting, this treatment acts to smooth the complexion with the localised application of a fresh, melting bi-gel and a rich creamy mask which, after several minutes on the face, is softly massaged in to make the moment even more enjoyable.

### PURIFYING FACIAL TREATMENT

60 MINS

A deep cleansing programme for proven effectiveness against blemishes. This targeted cleansing and mattifying facial treatment leaves the skin clearer and visibly healthier, with a complexion that regains all of its freshness. As well as the standard cleansing, massage and mask, the treatment combines two highly effective products. The first is an exfoliator that cleanses the pores, and the second is a serum to soothe and calm the skin, providing a long-lasting matte effect. The result is limited skin flaws and regulated excess sebum.

### HOMME FACIAL FOR MEN

60 MINS

A deep cleansing treatment to eliminate excess oil on the skin, keeping the skin clean and fresh as well as helping to eliminate toxins, nourishing and hydrating the skin. The effect of the facial treatment is skin that is bright, moist, and smooth. Highly recommended for sebum control.

### EXECUTIVE SKIN REJUVENATION FOR MEN

60 MINS

This ritual is an all-in-one treatment, incorporating 100% plant essence to balance the skin's natural oils while leaving you with a refreshed look. The session includes facial steaming, deep cleanse, scrub, massage, and mask followed by moisturising skin care.

### CRYSTAL ANTI-AGE FACIAL

75 MINS

Uses a sequence of timeless, anti-aging techniques rooted in Ayurvedic healing traditions that are designed to reawaken the skin's natural healing energies. Turn back the hands of time and transform the skin with this intensely hydrating and nourishing treatment to increase firmness and elasticity, diminish the appearance of fine lines and restore a youthful glow. A Rose Quartz Crystal facial massage enables the powerful Age-Defying Cream to penetrate deeply into the skin for maximum benefit.

### SIGNATURE ORGANIC FACIAL

90 MINS

*Facial Cleanse, Tone, Mask, Sesame Pouch Massage*

A relaxing facial customised for any skin type, this facial uses powerful herbal antioxidants and natural nutrients to address skin texture. Organic ingredients such as lemongrass, tamarind, oatmeal, cucumber and botanical oils are used to deeply cleanse, exfoliate, and hydrate the skin. A signature facial pouch filled with warm sesame rounds off the facial, leaving your skin refreshed and radiant.



# BODY THERAPIES

## SCRUBS & POLISHES

### SIAMESE HERBAL BODY SCRUB

60 MINS

Herbal powders are mixed with medicinal plants such as kaffir lime leaf, lemongrass and plai to detoxify and remove dull skin. Your experience also features a natural loofah scrub to revitalise the skin.

### THE NORTHERN FOREST BODY SCRUB

60 MINS

Awaken your senses with this delightful scrub, using a fine loofah blend and mulberry leaf powder to stimulate the skin's blood flow, plus rice bran oil and shea butter to naturally hydrate the skin. This scrub protects and nourishes your skin to help it look and feel softer and smoother.

### THE SOUTHERN HERB BODY SCRUB

60 MINS

Inspired by the healing traditions of Southern Thailand, this treatment uses a combination of natural herbal scrub and shea butter, and is specially formulated to nourish and refresh very dry skin. Dead skin cells are removed, pores shrink, and the skin is thoroughly moisturised for your skin to be revealed newer and brighter.

### PINK HIMALAYAN INVIGORATING BODY SCRUB

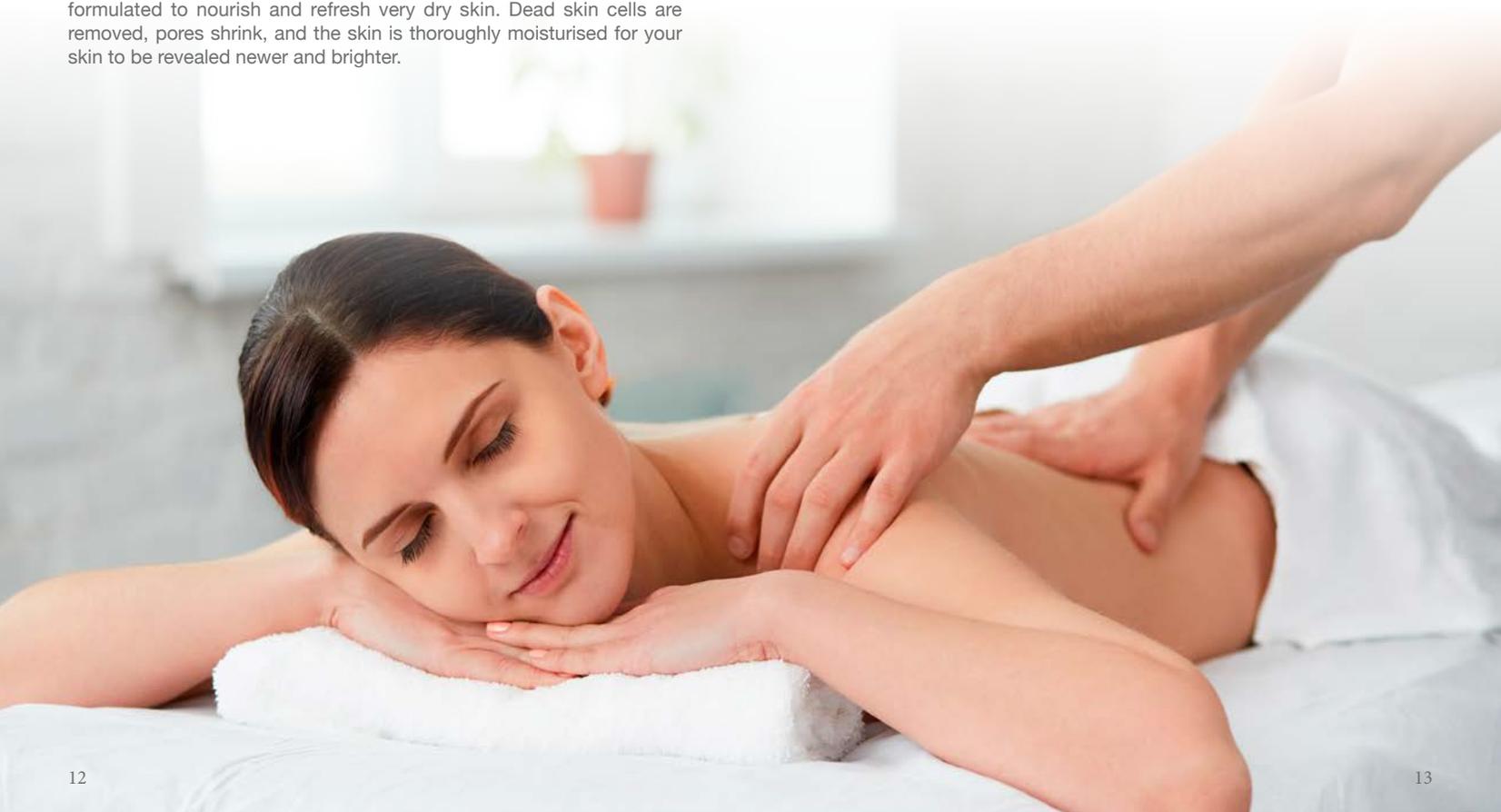
60 MIN

Estimated to contain up to 84 different minerals and trace elements, Pink Himalayan is used to effectively detoxify and remove dull, dead skin to reveal glowing skin.

### NATURAL C BODY POLISH

60 MIN

Enjoy a gentle body exfoliator with citrus enzymes that act as a powerful natural body polish to remove dead skin cells, leaving your skin brighter, softer, and silky-smooth.



# BODY THERAPIES

## WRAPS & MASKS

### DETOX MARINE BODY WRAP

60 MINS

A detoxifying body treatment designed for brightening and nourishing the skin, the body mask uses seaweed, green tea with marine minerals and antioxidants to reduce the uneven texture of skin. The body wrap is paired with a relaxing head massage.

### GALANGAL FIRMING WRAP

60 MINS

A signature creation designed for women to reveal healthy beautiful skin, this body mask uses fresh galangal, turmeric, and black pepper to reduce cellulite and water retention. The treatment is paired with a relaxing head massage.

### ROSE CLAY BODY WRAP

60 MINS

A beautifully scented treatment, the Rose & Vanilla Body Clay Wrap restores softness and elasticity to the skin. After the wrap, enjoy a gentle scalp massage before showering to reveal silky-soft skin.

### SOUTHERN HERBAL BODY WRAP

60 MINS

A traditional Thai southern herbal ritual combining all-natural herbs, botanical oils, and white clay to stimulate the lymphatic system and help eliminate toxins from the skin. This warming body mask will help to balance your body's energy flow while promoting blood circulation throughout the body. The herbal body treatment is paired with a relaxing head massage.

### AFTER SUN REPAIR BODY WRAP

60 MINS

Renowned for its healing properties to calm, soothe and nourish irritated skin from sunburn, aloe vera lends its antioxidant benefits to the relaxing body wrap. The treatment is ideal for any sun lover wanting a lasting tan and soft, smooth radiant skin, offering hydrating care to revitalise skin after sun exposure.



# BODY MASSAGES

## AROMATHERAPY MASSAGE

60 MINS / 90 MINS

Our most popular treatment. A full-body massage using essential oils to relax the body and mind. Smooth and soothing movements will gently lull you into a realm of tranquil dreams, leaving you totally rejuvenated. Choose from several beautiful oil combinations.

## DEEP MUSCULAR MASSAGE

60 MINS / 90 MINS

Perfect for the athletic individual who requires body work to release muscle tension and increase joint flexibility. This massage focuses on individual muscle groups using deep compression and strokes. The massage is performed with aromatherapy oils to promote harmony of the body and mind.

## SWEDISH MASSAGE

60 MINS / 90 MINS

Designed with the sports enthusiast in mind, this massage is effective in loosening tight muscles and relieving aches associated with strenuous activity or exercise. Light or medium pressure is customised to your personal needs.

## HEADACHE RELIEF MASSAGE

60 MINS / 90 MINS

With over 34 muscles in the neck and shoulders, it's not surprising that tension in these areas can lead to headaches. Using warm herbal oils, this treatment incorporates a massage of the scalp, neck, and shoulders to release tight muscles, improving circulation and providing relief.

## SHIROBHYANGA (INDIAN HEAD MASSAGE)

60 MINS / 90 MINS

A spine-tingling experience. Using warm herbal oils, this treatment includes a massage of the scalp, neck, and shoulders to sweep away tension and to relieve mental fatigue. It's amazing how much stress we hold in our scalp without realising it. You will emerge with an interesting hairstyle but floating on air!

## RESTORATIVE FOOT THERAPY

60 MINS / 90 MINS

Starting with a foot scrub to remove dead skin cells, you'll enjoy a relaxing foot massage before a kaffir lime clay foot mask leaves the feet silky-soft and smooth.

## INVIGORATING MASSAGE

60 MINS / 90 MINS

Using medium to strong pressure and fast strokes, your therapist will increase body circulation to stimulate collagen and elastin. This is an invigorating body massage with pounding, hacking and percussion techniques to drive cell turnover.

## TRADITIONAL THAI MASSAGE

60 MINS / 90 MINS

Thailand's most famous healing therapy combines stretching techniques, pressure points and more to loosen joints and tone muscles. Thai Massage is sometimes described as 'passive yoga' - you lie down, and your therapist manipulates your body to promote relaxation and improve circulation.

## HOT STONE THERAPY

90 MINS / 120 MINS

Another very popular massage, basalt rock is heated in water, treated with essential oil, and placed along the meridians of the body. Combined with a body massage, you will experience a deep sense of relaxation.

## THAI HERBAL COMPRESS MASSAGE

90 MINS / 120 MINS

Thai herbal compress therapy has a rich history dating back to thousands of years. A selection of traditional Thai herbs, including turmeric, ginger, prai and lemongrass, are wrapped in a muslin ball, steamed, and then gently applied over the body. The warmth of the herbs is very soothing and will deeply penetrate the muscles.



## HOW TO SPA

Please respect the serenity and privacy of other guests by speaking in a soft voice or simply enjoying the silence. We kindly request that you refrain from using your mobile phone. Smoking is prohibited when using the spa facilities.

### HOW SHOULD I PREPARE FOR MY SPA TREATMENT ?

To get the most from a spa experience, please arrive 15 minutes before your treatment to enjoy herbal tea in the relaxation lounge. Arriving late for your spa appointment will decrease your treatment time.

### WHAT SHOULD I WEAR ?

Disposable garments and bathrobe are provided for your convenience at the spa. Since we encourage you to let the aroma oils soak into your skin for a few hours after the massage, we recommend not wearing expensive clothing that could be stained by the oil.

### WHAT SHOULD I BRING TO THE SPA TREATMENT ?

We recommend leaving valuables in your room. Lockers are provided, however, we cannot be responsible for loss or damage of personal articles.

### ARE CHILDREN ALLOWED IN THE SPA ?

Children above the age of 11 are allowed in the spa but must be accompanied by a parent or guardian, who will need to stay in the massage room for the duration of the massage treatment. Please ask our team members for guidance on choosing the treatment that best suits your child needs.

### DO I NEED TO TELL THE THERAPIST ABOUT ANY MEDICAL CONDITIONS ?

Yes, it is important for your therapist to be fully aware of all your current medical conditions to avoid any contraindications. If you have low / high blood pressure, heart conditions, skin allergies, or other medical complications, we advise that you consult your doctor before reserving our spa treatments. Smoking and the consumption of alcohol within the spa are prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to, or after any spa treatment.

### WHAT IS THE CANCELLATION POLICY ?

A 4-hour notice is required for all services. Rescheduling of appointments is subject to availability. Any cancellation with less than 4 hours notice will incur a 50% cancellation fee. A full charge will be imposed for a 'no-show'.





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