



SOUL SIGNATURE MESSAGES

Our handcrafted massage treatments have been expertly designed to boost energy and heal in the most natural way possible.

Thai Healing

60/90 mins AED 480/680

The transformative powers of traditional Thai massage are paired with deep tissue techniques in this healing experience focused upon clearing energy blockages and reviving tired and stressed out muscles.

Six Hands Massage

60/90 mins AED 750/1,050

Transform tension with this truly indulgent massage.

Enjoy a soothing foot bath before three, uniquely skilled therapists, apply a hot herbal compress onto the body and give you a relaxing full body massage in perfect unison. The journey concludes with a coconut oil head massage.

Sound Bath Ritual

75/105 mins AED 550/750

Let the power of sound unblock and release negative emotions.

Starting with the soothing sound vibrations of a Tibetan bowl, the warm scent of Puri Alchemy's body oil releases pent-up emotions, awakens intuition and guides you back to serene spiritual and physical order.



INSPIRED BY THE EARTH

We've scoured the globe and returned to Heart & Soul
with the most effective massage and healing offerings.

Himalayan Healing

60/90 mins AED 480/700

Gathered from the sea beneath the Himalayan mountains, healing salt crystals containing 84 trace minerals known to ground and balance the body's electromagnetic field, central nervous system, and meridians, are hand-carved to form massage stones to heal and soothe the body.

Indian Ayurvedic Head Massage

30 mins AED 280 (Blow dry included + AED 80)

This age-old Indian massage technique is known to relieve stress and headaches, stimulate hair growth, and balance chakras. Intense deep kneading and compression is applied over the neck, shoulders, and scalp.

Thai Herbology

60/90 mins AED 500/700

Taking Thailand's age-old herbal healing practices to a new level, a hot compress is applied to the body before an intensive massage stimulates the body's vital organs to boost their functionality.

Traditional Thai

60/90 mins AED 450/650

Traditional Thai massage is applied over your clothing without oil. Rhythmic acupressure and gentle Thai stretching aligns the energy of your body, increasing flexibility and improving circulation.



HEALING HEART

Alternative therapies and healing staples to
improve chronic fatigue, vitality, and mental clarity.

Hot Stone

60/90 mins AED 480/680

The heat from healing basalt stones penetrates straight into the heart of the muscle, alleviating tension and aiding detoxification.

Deep Tissue

60/90 mins AED 450/650

Detoxify your body and improve blood circulation.
Deep, intensive pressure transforms muscle tensions.

Reflexology

30/60 mins AED 200/380

Focused massage applied to pressure points on the face or feet recalibrates targeted areas of the body, stimulating natural healing processes.

Jet Lag

60/90 mins AED 450/650

Reset your body clock and ease stiff and sore muscles after a long day or long haul flight. Get ready for relaxation as long stroke movements stimulate oxygen flow and circulation to prepare your body for a superior state of sleep.

Mum's Magic

60/90 mins AED 450/650

This relaxing full body massage uses safe, pre-and post-natal techniques, combined with Mama Mio's omega-rich, nourishing oils to release lower back tensions and relieve neck and head strain.



Discover the opulent and transformative powers of Charme d'Orient. Our curation of treatments by the revered French beauty brand uses the highest quality, all-natural ingredients inspired by the rich beauty rituals of Arabia.

Turkish Bath

60 mins AED 600

Eliminating toxins and impurities and relaxing the muscles, this Turkish bath starts with a steam followed by full body exfoliation and the application of black Moroccan soap. The ritual is completed with a full body foam massage to cleanse and renew.

Royal Hammam Ritual

60 mins AED 600

The ritual begins with a steam and scrub using black Moroccan soap, followed by a wrap with purifying Ghassoul mineral clay and a regenerating Argan oil massage.

Honey Paradise Hammam Ritual

90 mins AED 720

A divine add-on to the Royal Hammam Ritual. A 100% natural white honey mask nourishes the skin, leaving it satin smooth.



SOULFUL SCRUBS

Cleanse, stimulate, and detoxify the skin.
Our scrubs increase blood and lymphatic flow and
improve the penetration of nourishing products.

Shine Through

30 mins AED 300

Lime, ginger, or frangipani salts gently slough away dead skin cells, stimulating new growth.
A cleansed blank canvas, your skin is ready to absorb deeply nourishing body oil.

Thousand Flower Detox

60 mins AED 550

This nutrient-dense detox wrap uses antioxidant-packed green tea balm to stimulate
the elimination process and restore equilibrium, leaving you deeply detoxified.

Hot Mineral Healing

60 mins AED 460

This radical mineral treatment stimulates the body on a cellular level, alleviating muscular pain,
removing toxins, and deeply relaxing the body.



Taken from Sanskrit, Sodashi translates into 'wholeness, purity and radiance'. Known as a leader in luxury skincare, this Australian brand fuses biochemistry, aromatherapy and Ayurvedic principles. Each of these thoughtful treatments is carried out using targeted products from this exclusive chemical-free, botanical brand.

Chakra Balancing

90 mins AED 600

Deeply meditative, this experience brings the body's seven chakras into alignment through a fluid combination of massage, specific essential oil blends and healing crystals. Working subtly on the energetic body with profound effect, this truly unique experience leaves you feeling calm and in a state of harmony, resulting in enhanced overall wellbeing.

Arabian Oud Renewal

90 mins AED 650

This deluxe treatment works on both face and body to provide a complete head-to-toe experience, delivering incredible results in terms of released muscular tension, improved digestion, detoxification and skin radiance. The benefits extend far beyond the physical as stored emotions and negativity are released.

Tension Relief Body Massage

60 mins AED 450

This treatment is designed to release deep seated tension from the body. The movements include a combination of deep tissue, Swedish, lymphatic drainage, and acupressure points. This specialised full body massage has been designed to stimulate circulation, remove accumulated toxins, and effectively relieve water retention.

Face and Body Therapy

60 mins AED 550

This treatment begins with a relaxing Sodashi Himalayan salt therapy back scrub to ease stress and reduce tension. A deep cleansing and exfoliating facial then balances the skin's natural oils, soothing irritation. The treatment closes with a relaxing massage to tone and firm facial muscles, leaving the face looking fresh and revitalised.



This luxurious Japanese skincare brand targets the signs of aging and environmental damage with their unique and highly potent formulations featuring ultra-low molecular hyaluronic acid.

Deep Cleansing Facial

60 mins AED 500

This facial deeply cleanses, decongests and regenerates the skin. The treatment includes careful extractions and the application of a marine algae mask to leave your skin looking smooth, luminous and youthful.

Oxygen Facial

60 mins AED 550

The ideal tonic for any big event, this facial gets instant results. Powerful antioxidants, prevent and reduce pigmentation while hydrating the skin leaving a fast-track glow and lifting effect.

Non-Invasive Bio-Filler Anti-Aging Facial

60 mins AED 650

Soften the signs of aging with this unique non-surgical treatment which lifts skin, reduces the appearance of wrinkles and enhances shallow contours.

Face Contour Lifting

75 mins AED 650

Correct the signs of gravity-related skin weakness to achieve a more defined facial contour. This facial provides an instant lift for the skin, to ensure powerful bio stimulation of collagen and elastin production, restoring the structure of all layers of the skin and providing a long lasting, lifting effect for a minimum of 7-8 months.

Eye Treatment

15/30 mins AED 150/250

Rejuvenate puffy eyes with our treatment that soothes and reduces wrinkles and dark circles.



FACE BY ELEMIS

This iconic British skincare brand draws together the most powerful biological actives available from both above and below the earth's surface to create pioneering formulas that offer remarkably transformative skincare results.

Superfood Pro-Radiance

30/60 mins AED 300/500

Fine dining for the face. A nutritional boost, rich in superfoods and essential minerals designed to combat stressed, dull skin with energising and detoxifying active ingredients. Vital moisture and nutrient levels are restored, revealing fresh, vibrant skin, drawing oxygen to the skin cells.

Pro-Collagen Age Defy

30mins/60 mins AED 350/600

This treatment supports cell structure and strengthens the epidermis, promoting cellular activity. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

Whiten Your Skin, Wow Your World

60 mins AED 650

Reveal your radiance. Combat the appearance of the age spots, discolouration, and irregular pigmentation through this facial that boldly brightens and illuminates the complexion. This treatment will leave your skin translucently clear, soft and hydrated.



This A-list favourite, embraces both science and spirituality. The Knesko collection includes a series of expertly developed gemstone-infused, premier collagen masks designed to revitalise, brighten, heal and hydrate the skin.

24 Karat Gold

60 mins AED 650

Instantly repair and firm your skin with this 24 karat nano gold treatment. This indulgent and hydrating facial combines the healing and anti-aging powers of this precious mineral to reduce the appearance of fine lines and inflammation, redness and puffiness.

Diamond Radiance

60 mins AED 650

Dramatically restore youthful radiance with this diamond-infused treatment. This indulgent and luxurious facial combines the healing and anti-aging powers of this exceptional gemstone, resulting in a reduction in the appearance of fine lines and wrinkles, while minimising the signs of stress and fatigue.

Knesko Eye Mask	AED 100
Knesko Face Mask	AED 110
Knesko Lip Mask	AED 100
Knesko Décolleté	AED 165



HEART & SOUL
HAIR SERVICES

Hair Styling

Haircut and blow dry
Haircut and blow dry with style
New style haircut and blow dry
New style haircut and blow dry with style
Blow dry
Blow dry and style
Updo and upstyle

Short/Medium/Long

AED 270/290/310
AED 300/350/400
AED 320/340/360
AED 350/400/450
AED 120/140/160
AED 150/ 200/250
Upon consultation

Hair Colour

Toner
Roots colour
Roots colour ammonia free
Full head colour
Full head colour ammonia free
Colour change and colour correction
Half head highlights
Full head highlight
Hair extensions

AED 150
AED 250
AED 300
AED 350/ 450/ 550
AED 380/480/580
Upon request
AED 450/500/600
AED 500/600/700
Upon Request

Hair Treatments

Protein GK best
Deep conditioning GK
Keratin Resistant
L'Oréal Power Dose Colour
By Miriam Quevedo

From AED 1100
From AED 200
From AED 900
From AED 180
From AED 180



Signature Manicure

75 mins AED 130

Signature Pedicure

75 mins AED 140

Classic manicure/pedicure with nail polish	45 mins AED 85/95
French manicure/pedicure	60 min AED 90/100
Gel manicure/pedicure	75 mins AED 150/160
Gel French manicure/pedicure	80 mins AED 160/170
Paraffin hands/feet therapy	30 mins AED 80/90
Polish change (hands/feet)	20 mins AED 55/65
Nail shaping (hands/feet)	30 mins AED 50/60
Callus treatment	30 mins AED 80
Gel removal	AED 40

Little Ladies Grooming Services

Your mini-mes matter. All of our children's products are 100% natural and toxin-free.

Hair cut	AED 80
Fringe trim	AED 40
Wash and blow dry	From AED 80
Hair styling/braids	From AED 80

Princess Hands Or Feet

Treat your gorgeously groomed sidekick to an organic manicure which includes a bubbly hand soak and massage, complete with toxin-free polish.

Nail polish (one colour, hands or feet)	AED 35/35
Nail polish (multiple colours, hands or feet)	AED 40/40

Pampering Plus

It's time to treat yourself to a little something extra.

Book an add-on with any of your treatments or services to get the most out of your time.

Face reflexology	20 mins AED 100
Foot massage	30 mins AED 150
Tension release	30 mins AED 150
Back massage	30 mins AED 250



Our waxes are 100% natural
and loaded with nourishing plant oils and
extracts to provide a pain and chemical-free waxing experience.

Waxing

Upper lip/chin	AED 30/40
Under arms	AED 50
Chest/bottom	AED 50/70
Eyebrows	AED 60
Eyebrows to forehead	AED 75
Full back/stomach	AED 100/60
Full arms/half arms	AED 110/60
Brazilian	AED 120
Full face/half face	AED 125/70
Full legs/half legs	AED 150/80
Full bikini/bikini line	AED 150/75
Full body	AED 550

Threading

Upper lip/chin	AED 30/40
Eyebrows	AED 70
Full face/half face	AED 140/80

Tinting

Eyelash	AED 85
Eyebrows	AED 100

Eyelash Extensions

Full set express lashes	AED 300
Cluster lashes	AED 300
Full set eyelash extensions	2h - AED 600



Mankind Facial

60 mins AED 550

Designed to treat men’s specific skin concerns, this treatment begins with a relaxing Sodashi Himalayan salt therapy back scrub to ease stress and reduce tension. A deep cleansing and exfoliating facial then balances the skin’s natural oils, soothing irritation and preventing ingrown hairs. The treatment closes with a relaxing massage to tone and firm facial muscles, leaving the face looking fresh and revitalised.

Traditional Shave

AED 90

This treatment is designed for men on a tight schedule. The process starts as the stubble is softened using essential oil extracts before a precise shave is performed, then the face is soothed and rehydrated with a nourishing post-shave treatment.

Heart & Soul Signature Shave

50 mins AED 150

First impressions count. For those that need to face the world feeling confident this 50 minute treatment refreshes and recharges while promoting tissue regeneration.

Haircut and style	AED 110
Hair trim	AED 75
Scalp shave	From AED 60
Beard trim	AED 60
Full beard colour ammonia-free	AED 80
Hair colour touch-up	From AED 150
Full hair colour	From AED 200
Threading	From AED 40

Combination Services

Beard sculpture, maintenance, and colour

AED 90

Haircut and traditional shave

AED 120

Scalp and traditional shave

AED 120

Haircut and colour touch-up

From AED 150

Full haircut and colour

From AED 200

Keratin treatment

Upon consultation

Young Men's Grooming Services

Your mini-mes matter. All of our children's products are 100% natural and toxin-free.

Haircut and style

30 mins AED 60

Young man's mani/pedi

AED 40

Treat your gorgeously groomed sidekick to an organic manicure which includes a bubbly hand soak massage.



Simply Soul

1h 15 mins AED 270 (Available Midweek)
Classic manicure, pedicure, and tension point massage

Good To Go

60 mins AED 480
Back massage
Pro-collagen age-defy facial

Nature's Bounty

2h AED 700
Soulful body salt scrub
60 mins personalised massage
30 mins superfood radiance facial

Head-to-Toe (Ladies)

2h AED 700
Royal hammam ritual by Charme D'orient
Classic manicure/pedicure with nail polish
Miriam Quevero hair treatment, hair wash and quick-dry

Head-to-Toe (Gentlemen)

2h 20 mins AED 450
Classic hands and feet treatment
Traditional shave
Hair styling cut
30 mins pro-collagen facial

Young At Heart

2h 15 mins AED 700

60 mins personalised massage

60 mins Superfood Pro-Radiance Facial

Beautifully Barari

2h 30 mins AED 750

Honey Paradise hammam by Charme d'Orient

60 mins personalised massage

*Not valid in conjunction with other promotions or discounts.

TIME FOR TWO

Couple's Treatments & Services

We Time

60/90 mins AED 800/1,200

Personalised couple's massage

Royal Hammam Ritual

60 mins AED 900

Escape Together

2h AED 1,470

60 mins Couple's massage

60 mins Customised facial

Exceptionally Elemis

2h AED 1,500

Pamper yourselves with our Elemis spa experience.

Soulful Body Scrub

60 mins Heart & Soul Signature Massage

30 mins Superfood Pro-Radiance Facial

Heart Healing Sessions

60 mins Group meditation

New moon and full moon yoga, gong and meditation*

30/90 mins Infrared Sauna

(1, 3, or 6 sessions)

*Private packages and sessions are available upon request.



Facilities

Heart & Soul offers separate facilities for men and women, exclusive treatment rooms, private suites with infrared saunas, a children's area, nail and hair salons, and a hammam steam room.

From the moment you enter the spa, our experienced team of specialists are there to cater to your personal needs.

Etiquette

We recommend that you book in advance to ensure your preferred appointment time and service are available. Heart & Soul provides walk-in bookings based on availability.

The minimum age requirement for access to the spa is 16 years old, with the exception of select treatments.

Arrival

Please arrive 20 minutes before your appointment slot to avoid reduction in your service time.

Belongings

Please leave valuables in your changing room locker.

The spa does not assume liability for any valuables.

Medical Conditions

It is essential that you inform us in advance of any health conditions, pregnancy, past surgery, allergy, medication or injury which could affect your service when making your spa reservation.