



RAFFLES

AL AREEN PALACE BAHRAIN

رافلز قصر العرين البحرين

SPA MENU

OUR SPA

Embark on a transformative journey that seamlessly blends longevity and timeless wellness at our exquisite spa villa nestled within the tranquil enclave of Raffles Al Areen Palace Bahrain. This distinctive haven of glamour promises an unparalleled, personalized experience, curated to be a bespoke wellness journey.

In collaboration with Dr. Burgener Switzerland, a distinguished luxury skincare brand dedicated to responsible beauty and Swiss quality care, we bring you advanced skill analysis and technology, ensuring tailor-made treatments that cater to your individual needs.

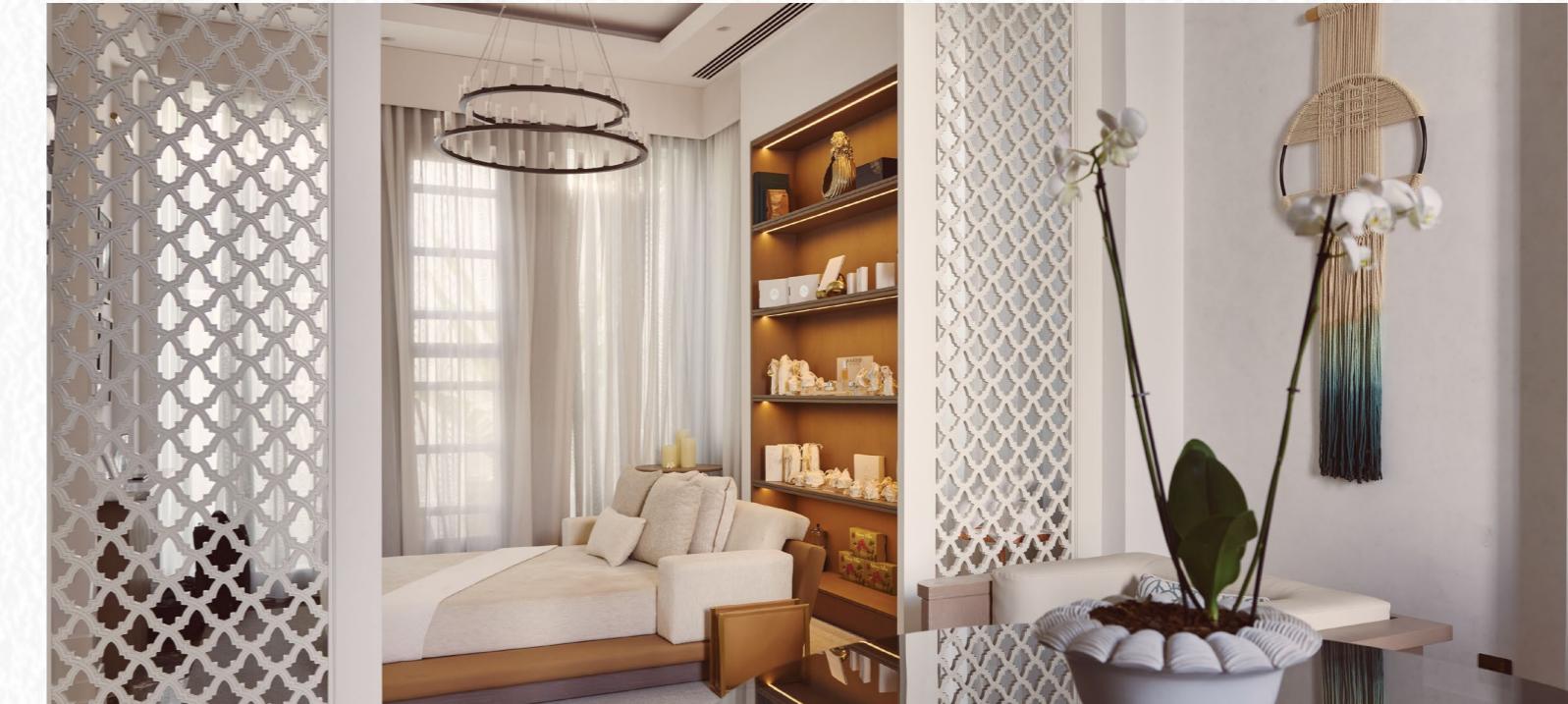
From rejuvenating facials to holistic body therapies, every facet of the wellness experience is meticulously crafted to harmonize relaxation, rejuvenation, and inner balance.

Commence your journey with a consultation by our expert therapists, who attentively assess your unique needs in the welcoming Majlis.

Subsequently, you'll be guided to your private treatment room, offering ultimate privacy and serenity. Our villa features state-of-the-art spa facilities, including a private temperature-controlled pool, three treatment rooms for both individuals and couples, and a relaxation Majlis lounge.

Our skilled therapists deliver advanced treatments and therapies incorporating the latest technology and products from Dr. Burgener Switzerland. Personalized music and scents from a selection of five fragrances ensure a luxurious spa experience tailored to your desires.

Throughout your journey, indulge in personalized services that ensure every moment contributes to your well-being and relaxation. As you enjoy a post-treatment cup of tea, our talented spa therapist will present you with a thoughtfully curated recommendation card, filled with product and lifestyle tips to enhance the transformative nature of your spa experience.





SIGNATURE JOURNEYS

ROYAL ARABIAN INDULGENCE

120 minutes

Weekday/Weekend - BHD 115 / BHD 125

Give your body some extra love take time to relax and unwind as we bring body and mind back to harmony. Inspired with Arabian culture and diversity where Asian skill combined in gulf land. This truly nurturing and grounding treatment infuses powerful pearl antioxidants with deeply reviving and personalized massage techniques which help to re-centre and harmonize the mind tempting total balance in the body. Leaving you feeling refreshed and recharged both physically and mentally.

(Include Bakhoor Ritual, Using Pearl antioxidant scrub and Arabian Oud oil)

AL AREEN PALACE SIGNATURE

180 minutes

Weekday/Weekend - BHD 175 / BHD 185

Indulge a holistic experience crafted to envelop you in tranquility. This exceptional treatment seamlessly weaves together a body scrub and a luxurious full-body massage. Complementing this rejuvenating journey is a facial treatment that harnesses the potent antioxidant properties of Gold, Chardonnay Grapes, and Green Precious Pearls, amplified by cutting-edge technology. To elevate this lavish experience, savor a curated selection of exquisite Sweets paired with gently effervescent sparkling juice, adding a delightful touch to your relaxation.

ESCAPE TO THE PALACE OF SECRET GARDEN:

1st day 3 hours | 2nd Day 2 hours

Weekday/Weekend - BHD 275 / BHD 285

Indulge in a weekend of pure bliss and rejuvenation at our exquisite spa retreat! Nestled in serene surroundings, our weekend package is designed to revitalize your mind, body, and soul in an environment of elegance, ultrapersonalization and advanced technology. Our expert therapists personalize each treatment to cater to your specific needs. Enjoy a variety of revitalizing massages, invigorating facials, and body treatments designed to leave you feeling utterly renewed.

FACIAL BY DR BURGENER SWITZERLAND

REPAIRING FACIAL WITH GOLD AND GREEN PRECIOUS PEARLS:

75 Minutes

Weekday/Weekend - BHD 99 / BHD 110

Utilizing cutting-edge skincare technology, this treatment is particularly well-suited for skin in need of rejuvenation.

Ultrasound waves deeply penetrate at the cellular level, delivering a potent blend of green Precious Pearls, extracted pearls from Okinawa Island, and the antioxidant properties of gold trace elements to effectively repair and revitalize the skin.

Concerns: Tiredness, mature & dehydrated skin.

BRIGHTENING FACIAL WITH PEARLS OF VITAMIN C:

60 Minutes

Weekday/Weekend - BHD 99 / BHD 110

This facial incorporates pure Vitamin C pearls, glycolic acid, and fruit acids to effectively diminish pigmentation and balance your skin tone, leaving it with a radiant glow. The gentle peeling action helps renew the outermost layers of your skin, reducing the appearance of fine wrinkles.

Additionally, the antioxidant properties of the products will help shield your skin from free radicals, providing added protection.

Concerns: Uneven and dull skin tone, dark spots, pigmentation, acne scars, open pores, wrinkles, lack of firmness

LIFTING FACIAL WITH BLACK PEARLS AND COLLAGEN:

75 Minutes

Weekday/Weekend - BHD 99 / BHD 110

Experience a truly immersive journey with our Lifting and Firming Facial. This treatment features the Black Pearl peeling for a detoxifying effect, while ultrasound waves work their magic to stimulate and enhance natural collagen and elastin production. The Collagen Mask is the ideal solution for skin recovery following cosmetic procedures like microdermabrasion, micro-needling, chemical peeling, and more.

Concerns: Sensitive, irritated, damaged and dehydrated skin.

BALANCING AND PURIFYING FACIAL WITH THE WHITE GLACIER:

60 Minutes

Weekday/Weekend - BHD 75 / BHD 85

The Deep Cleanse Rejuvenation treatment is designed to purify your skin by unclogging pores and promoting a tighter, refined complexion. This revitalizing experience includes a gentle facial exfoliation using our White Glacier Face Peeling, effectively removing impurities, minimizing pore size, and reducing excess sebum production, resulting in a fresh and invigorated appearance.

Concerns: Imperfections and impurities. Excess of sebum

JUST FOR HIM

60 Minutes

Weekday/Weekend - BHD 75 / BHD 85

A facial treatment tailored for men is designed to address the unique skincare needs and preferences of men. We offer a choice of products designed to cater to the specific needs of men's skin, whether it's soothing post-shave irritation, combating the effects of stress, or addressing concerns such as fine lines and uneven skin tone. This treatment leaves your skin revitalized, hydrated, and fortified against the challenges of daily life.

Concerns: Imperfections, irritations, lines, wrinkles, dehydration.

ADD ONS

HYDRA FILLER MASK

30 Minutes - BHD 25

The fine structure of the bio-cellulose mask, obtained by the natural fermentation of coconut water, provides a feeling of a second skin, and delicately deposits the active serum on the skin. The moisturizing effect of hyaluronic acid and collagen offers the skin a rejuvenating moment. The skin thus regains a fresh complexion full of softness.

Concerns: Dry, dehydrated, fine lines, tired skin.

EYES ANTI -PUFFINESS AND DARK CIRCLES

30 Minutes - BHD 20

The fine bio-cellulose structure of the patches provides a feeling of a second skin on the eye contour. The Anti-flow combined with Hamamelis extract reduce the tiredness of eye area. The look is relaxed in a pleasant sensation of freshness and comfort.



BODY TREATMENT

BRIGHTENING FACIAL WITH PEARLS OF VITAMIN C:

60 Minutes

Weekday/Weekend - BHD 99 / BHD 110

This facial incorporates pure Vitamin C pearls, glycolic acid, and fruit acids to effectively diminish pigmentation and balance your skin tone, leaving it with a radiant glow. The gentle peeling action helps renew the outermost layers of your skin, reducing the appearance of fine wrinkles. Additionally, the antioxidant properties of the products will help shield your skin from free radicals, providing added protection.

Concerns: Uneven and dull skin tone, dark spots, pigmentation, acne scars, open pores, wrinkles, lack of firmness

DETOX SWISS ALPS CRYSTALS OF SALTS AND ALGAE RITUAL

90-120 minutes

Weekday/Weekend - BHD 95 / BHD 115

The treatment starts with a total body peeling using our therapeutic Purifying Swiss Alps Salts drawn from the Swiss Aletsch glacier, which is rich in therapeutical minerals, reducing water retention and improving blood circulation. The peeling is then followed by a detoxifying and purifying Fucus Algae Remineralizing Wrap. A 30 min or 60 min massage with our Precious Body Oil enriched with the Fit Body Booster will relax tensions while eliminating toxins and restoring balance to the skin.

Concerns: Water retention. Feeling of tired & heavy body

ANTI-AGING BODY RITUAL WITH

90-120 minutes

Weekday/Weekend - BHD 95 / BHD 115

This anti-aging body treatment is a real elixir of youth using the pearls of grapes, originated from the most beautiful vineyards in Switzerland. They are powerful antioxidants to prevent premature ageing of the skin. The ritual starts by peeling the skin with the Body Exfoliating Perfect Skin, then the Grape Body Wrap will bring you all the needed antioxidant actives that will fight free radicals and hence delay skin aging. A 30 min or 60 min massage with our Precious Body Oil enriched with the Relax Body Booster will bring total relaxation for your body and hydration for your skin.

Concerns: Dry & sensitive skin

BODY MASSAGE

MASSAGE SIGNATURE

60 Minutes

Weekday/Weekend-BHD 65 / BHD 85

Treat your body to an exceptional experience with our special collection of Essential Oils. Combine the Body Booster Oils for a unique blend of energizing, relaxing, drainage, and pain relief benefits. This collection of Body Booster Oils promises to deliver the utmost relaxation and rejuvenation.

Concerns: Muscle pain, daily stress, water retention

PERSONALIZED MASSAGE

60-90 Minutes

Weekday - BHD 65 / BHD 85

Weekend - BHD 75 / BHD 95

Treat yourself to a relaxing massage tailored according to your needs. Choose your preferred oil and pressure to create a relaxing experience

LIGHT LEGS - THE CRYOFIT

30 Minutes

Weekday/Weekend-BHD 45 / BHD 50

Based on camphor, menthol and draining essential oils, helps to burn fats, improve blood and lymphatic circulation, and eliminate toxins. The legs massage will drain the water retention, leaving a sensation of lightness.

Concerns: Heavy & tired legs, water retention



SPA PACKAGES

THE ULTIMATE BRIDAL SPA EXPERIENCE

4 Hours

Weekday/Weekend - BHD 210 / BHD 220

The Ultimate Bridal Spa Experience for her At Raffles Spa, Radiate with confidence on your special day. At Raffles Spa, our bespoke pre-bridal journey is designed to reveal your most luminous self through moments of indulgence and care.

Immerse in a luxurious facial enriched with Black and Green Pearls, Gold, and Collagen a ritual that nourishes, soothes, and perfects your bridal glow. Continue with an invigorating body ritual featuring Swiss Alp Salts and a rejuvenating Pearls of Grapes wrap to restore balance and vitality.

Conclude with a deeply relaxing massage enhanced by Body Booster oils, leaving you refreshed, radiant, and ready to say "I do."

As a keepsake, enjoy our Essential Travel Collection, a touch of Raffles elegance to take with you.

PRE-WEDDING GROOM

3 Hours

Weekday/Weekend - BHD 150 / BHD 165

Indulgence and Relaxation This pre-wedding spa package is meticulously crafted to lavish you with pampering and prepare you for the significant day ahead. Our aim is to ensure not just relaxation and rejuvenation but also to have you feeling your absolute best as you embark on a new chapter of your life. Experience a specialized facial treatment exclusively designed for men's skin. Let it rejuvenate and refine your skin's texture, leaving behind a radiant and refreshed complexion. Relieve pre-wedding tension with an invigorating exfoliating and wrapping treatment, followed by a deep tissue massage focusing on releasing stress knots in the back, shoulders, and neck. Feel the tension melt away as you prepare for your special day.

A ROMANTIC ROYAL RETREAT FOR TWO

3 Hours

Weekday/Weekend - BHD 410 / BHD 420

Escape into a world of intimacy and renewal at Raffles Spa a sanctuary designed for two. Begin your journey with the Alareen Palace Signature Treatment by Dr Burgener Switzerland, a revitalizing blend of massage and body scrub that restores harmony and awakens the senses.

Continue with a rejuvenating facial infused with Royal Jelly, Honey, and Rose nature's finest elixirs for radiant, silky-smooth skin.

Savor delicate macarons and a glass of Champagne as your experience unfolds in perfect harmony. Depart with our Essential Travel Collection, a keepsake of your time in bliss.

ME TIME PACKAGE

120-180 Minutes

Weekday - BHD 165 / BHD 170

Weekend - BHD 185 / BHD 195

Choose Your own 2 to 3 hours long body-and-soul gratification and enjoy the 3 course Spa meal by the pool. We are thrilled to assist you in planning the spa.

FULL DAY ROYAL INDULGENCE PACKAGE FOR TWO

5 Hours

Weekday/Weekend - BHD 450 / BHD 450

Completely bespoke and personalized experience! Enjoy the complete facilities and spa experience with your loved one and time according to your need. This package included:

Choice of:

1. Yoga
2. Pilates
3. Personal PT session

Choose any 2 or 3 (Duration of 2.5 hours.)

1. Facial
2. Massage
3. Body treatment

Use of villa Jacuzzi, and pool facilities or romantic flower bath and enjoy 3 course set healthy menu and beverage. (Additional beverage can be added with extra charge.)

GROUP ROYAL INDULGENCE

5 Hours

4-5 Persons

Weekday/Weekend - BHD 850 / BHD 950

Completely bespoke and personalized experience! Enjoy the complete facilities of entire Spa villa just for your group! Enjoy spa experience with your dearest friend or family and time according to your need.

This package includes:

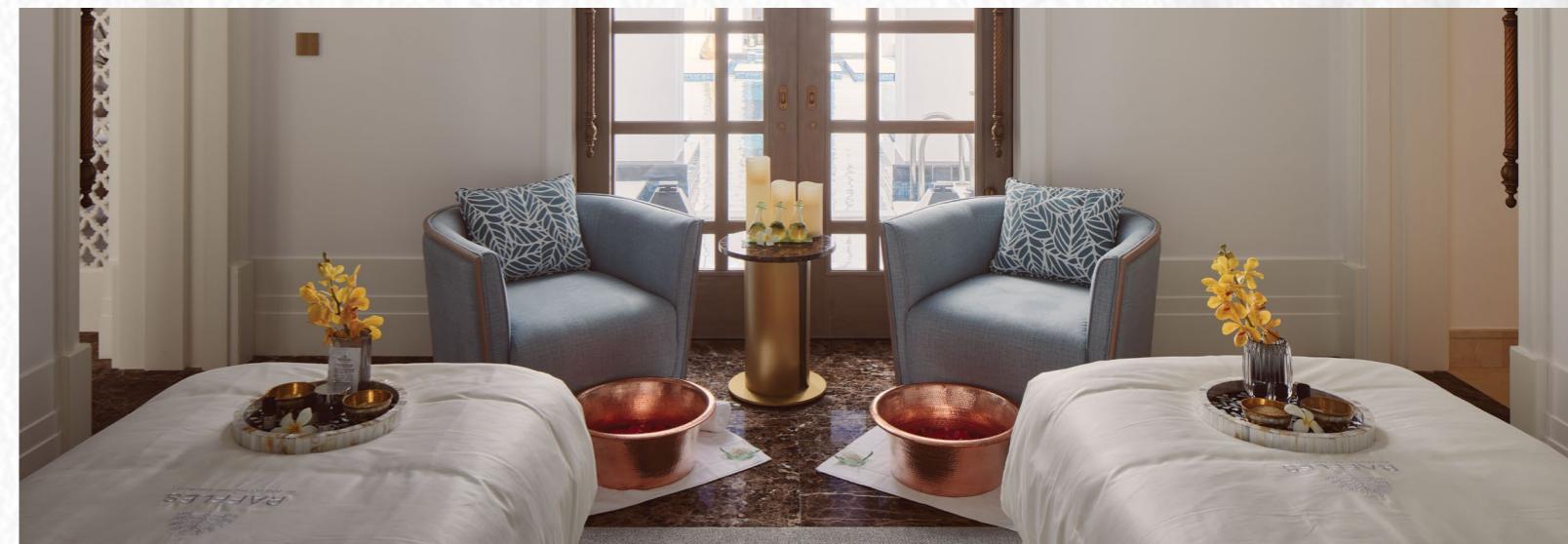
Choice of:

1. Group Yoga
2. Pilates
3. Personal PT session

Choose any 2 or 3 (Duration of 2.5 hours.)

1. Facial
2. Massage
3. Body treatment

Use of villa Jacuzzi, and pool facilities or romantic flower bath and enjoy three course set healthy menu and beverage. Complimentary wellness Cocktail or Champagne with additional charges



SALON PACKAGE

NAILS

Weekday/Weekend

Royal Manicure
Royal Pedicure
Classic Manicure
Classic Pedicure

BHD 40 / BHD 45
BHD 40 / BHD 45
BHD 25 / BHD 30
BHD 25 / BHD 30

WAXING

Weekday/Weekend

Full Body Waxing
Leg Waxing
Arm Waxing
Bikini Waxing
Eyebrow Waxing
Upper Lip Waxing

BHD 40 / BHD 45
BHD 20 / BHD 25
BHD 10 / BHD 15
BHD 25 / BHD 30
BHD 10 / BHD 15
BHD 10 / BHD 15

HAIR BLOW DRY

Short Hair
Medium Hair
Long Hair

BHD 25
BHD 30
BHD 35





SPA RITUAL IN VILLA EXPERIENCES

ROMANTIC BLISS BATH RITUAL

BHD 45

Enjoy the experience in your villa with special Romantic flower Bath setup or Herbal Bath set up include of amenities: Himalayan Sea salt, Loofah personalized for man or women, essential oil. Complete the experience with beverages choice: Bubble with Strawberry deep chocolate or Signature Mocktail.

POOL BLISS EXPERIENCE

BHD 60

Begin your Journey with Aqua Gym exercise or Floating Yoga with our certified instructor and follow with healthy floating breakfast or lunch menu in the pool complete with Signature drink with Lemongrass, Green Apple Ginger and Cucumber.

PRIVATE SUNSET OR SUNRISE YOGA

BHD 50

Personalized your private yoga session at your villa with the choice of : Hatha, Vinyasa Flow, Restorative, Yin Yoga, Kundalini Yoga, Breathwork, and Meditation.

MOON LIGHT YOGA

BHD 60

Recharge positive energy with the power of the moon. Complete your experience with 3 course set healthy menu in the comfort of your villa.

SPA ETIQUETTE

OPENING HOURS

Spa Treatments	: Mon to Sun, 10 am – 10 pm
Fitness Center	: Mon to Sun, 24 Hours
Fitness Staff	: Mon to Sun, 6 am – 10 pm
Pool	: Mon to Sun, Sunrise-Sunset

SPA ACCESS

The minimum age requirement to access the Raffles Spa and Fitness Centre is 16 years old. Below 16 year must be accompanied by parent.

MOBILE PHONES AND ELECTRONIC DEVICES

For the enjoyment of all guests using the Spa facilities, please ensure that all mobile phones and devices are switched off upon arrival at the Spa.

PREGNANCY

We welcome mothers to be in their 2nd and 3rd trimesters.

LATE ARRIVALS

Appointments run to schedule and late arrivals will not receive an extension of time.

REFUND POLICY

Retail products and gift certificates are nonrefundable and may not be exchanged for cash.

CANCELLATION

We encourage you to arrive about 15 minutes before your appointment time so that you can enjoy our different areas. If you arrive late, in consideration of other guests, you will receive your treatment within the remaining time of your appointment. If you need to cancel or modify a reservation, please inform us 24 hours in advance, otherwise a full charge will apply.

LOSS OR DAMAGE

All personal items are the responsibility of our guests to secure safely in the lockers provided. Raffles Hotel & Spa cannot be held responsible for any loss or damages incurred whilst using the Spa facility.

INJURY

Proper attire must be worn whilst using the Raffles Spa and Fitness facilities including; swimwear and non-slip shoes in the swimming pool and appropriate footwear and exercise attire in the Fitness Center. Raffles Hotel & Spa cannot be held responsible for any accidents or injuries suffered by our guests whilst using the facilities.

PRICING POLICY

All prices are in Bahrain dinar including VAT.

TO BOOK YOUR SPA JOURNEY

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E: reservations.bahrain@raffles.com





RAFFLES

SPA & WELLNESS