



RAFFLES

SPA & WELLNESS

Before Time Begins, Step into stillness.
Beyond the city's rhythm, a sanctuary awaits - where silence speaks, breath deepens,
and time begins to soften.

Here, every moment is an invitation: to realign, to restore, to remember yourself.
Let the journey unfold not by the hour, but by the rhythm of your being.

Welcome to Raffles Spa.
A sanctuary in the rhythm of time.

At Raffles Spa Dubai, we believe longevity is not just about living longer - it's about living with intention. It begins with presence: the art of pausing, realigning, and honouring what the body, mind, and spirit need in each moment.

Introducing Chronoscape - a curated wellness journey guided by the natural rhythm of the day. Each phase is designed to align with your body's energetic cycles, supporting circadian balance, cellular renewal, and emotional clarity. From awakening at dawn to restoration at midnight, Chronoscape offers more than treatments - it offers a daily ritual for timeless well-being.

Let time guide you. Choose your path - or wander through them all...



DAWN - AWAKEN

Start fresh with energizing therapies that stimulate circulation, uplift the senses, and prepare you for the day ahead.



ZENITH - RADIATE

Harness the momentum of midday with treatments that build vitality, restore glow, and elevate performance and confidence.



DUSK - RESTORE

Slow down and realign with grounding rituals that ease tension, calm the nervous system, and create balance.



MIDNIGHT - RENEW

Surrender into rest. These deeply restorative treatments invite stillness, supporting sleep, emotional reset, and cellular renewal.



MASSAGE JOURNEYS

Intuitive massage therapies designed to release tension, restore energy flow, and support your chosen state of wellbeing. Each journey responds to your body's unique rhythm, with pressure tailored to your personal preference.

STRETCH & ALIGN MASSAGE 
60 Minutes - AED 550 | 90 Minutes - AED 750
Relief | Flexibility | Circulation

A full-body recovery massage that blends assisted stretching and reconditioning techniques to improve flexibility, alignment, and range of motion. Ideal for relieving tension and enhancing physical performance.

**TENSION RELEASE -
LOWER BODY FOCUS** 
45 minutes - AED 480
Recovery | Circulation | Muscle Relief

Focused massage for legs, glutes, and lower back. Eases tightness, boosts circulation, and relieves fatigue from travel, workouts, or standing long hours.

DEEP MUSCLE MELTER 
60 Minutes - AED 550 | 90 Minutes - AED 750
Recover | Unwind | Grounding Strength

Powerful deep tissue massage that targets tight muscles to provide immediate relief from tension. By working deeply into affected areas, it enhances muscle relaxation and helps restore natural movement and flexibility.

**TENSION RELEASE -
UPPER BODY FOCUS** 
45 minutes - AED 480
Mobility | Tension Release | Desk Recovery

Targeted treatment for the back, neck, shoulders, and arms - ideal for desk fatigue, poor posture, and upper body tension. Enhances flexibility and posture from the hips upward.





AROMA TOUCH

60 Minutes - AED 550 | 90 Minutes - AED 750

Calm | Restore | Emotional Balance

A soothing aromatherapy massage designed to ease stress and restore harmony. Using carefully selected essential oils, gentle flowing movements calm the mind, release muscle tension, and rebalance energy - leaving you with a deep sense of relaxation and well-being.

MINDFUL DREAMS

90 minutes - AED 780

Stillness | Serenity | Deep Sleep

A deeply calming experience designed to quiet the mind and prepare the body for rest. Balinese-style massage movements, mindful breathwork, and guided meditation work together to release tension and encourage deep relaxation, lulling you into restorative sleep.

HIMALAYAN HOT STONE MASSAGE

90 minutes - AED 780

Release | Rebalance | Inner Warmth

Heated stones are combined with soothing massage to ease tension and melt away stress. The gentle warmth penetrates deeply into the muscles, improving circulation and restoring balance. This deeply calming massage leaves body and mind renewed with calm and inner warmth.

MOM-TO-BE MASSAGE

60 Minutes - AED 550 | 90 Minutes - AED 750

Nurture | Soothe | Support

A gentle and nurturing ritual designed for expectant mothers. Soothing massage techniques ease tension, promote deep relaxation, and bring a sense of calm. Skin is left comforted and nourished with organic oils, supporting well-being throughout pregnancy.

ORGANIC HERBAL POULTICE MASSAGE

90 minutes - AED 780

Warmth | Vitality | Muscle Ease

Warm poultices infused with herbs and spices are massaged over the body, releasing their natural aromas and healing warmth. The combination of heat and rhythmic massage eases muscle tension, improves circulation, and restores vitality, leaving the body relaxed and the skin revitalized.

BODY THERAPIES

Targeted rituals to smooth, nourish, and awaken the skin - from head to toe. Ideal before travel, seasonal resets, or as radiant complements to your wellness journey.

GOLDEN BODY TREATMENT

60 minutes - AED 580

Illumination | Renewal | Skin Vitality

A luxurious body polish designed to smooth and illuminate the skin with immediate visible results. Infused with mineral-rich actives and hydrating oils, this treatment leaves the skin soft, radiant, and renewed - perfect before a special occasion or as a luminous reset.

HYDRATING GINGER AND WALNUT BODY POLISH

60 minutes - AED 550

Energy | Circulation | Skin Softness

This invigorating treatment begins with a full-body exfoliation using a blend of ginger and walnut to promote circulation and refine skin texture. A nourishing body lotion seals in moisture and leaves the skin silky and revitalized.

HERBAL SLEEP COCOON

60 minutes - AED 550

Calm | Release | Deep Rest

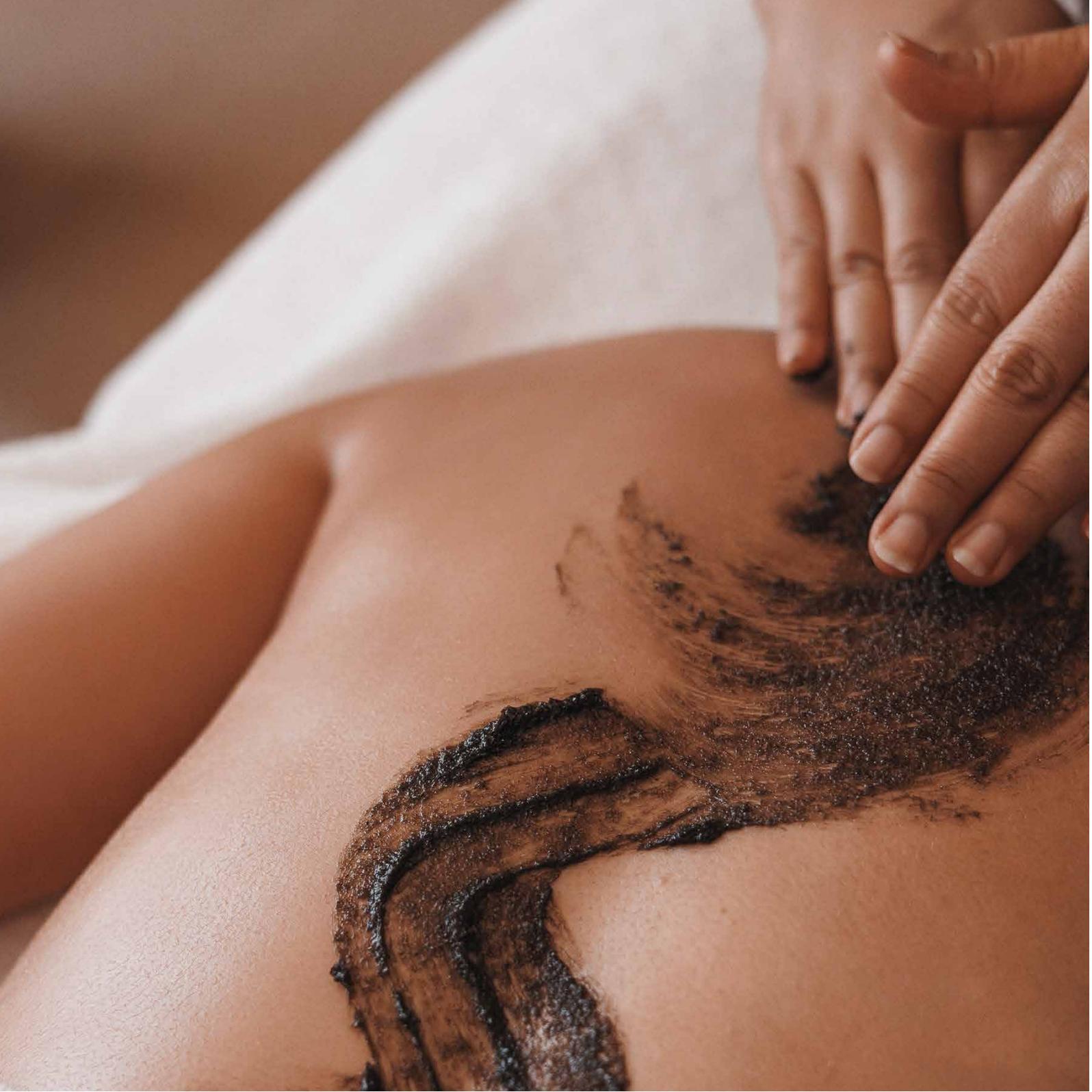
A lavender sugar scrub gently exfoliates and relaxes the body, followed by a warm herbal wrap infused with calming botanicals to ease muscular tension and promote nervous system balance. A soothing scalp massage completes the experience, supporting deep rest and preparing the body for restorative sleep.

LAVENDER SUGAR SCRUB

30 minutes - AED 350

Soothing | Renewal | Aromatic Calm

A gentle exfoliation that reveals smoother, more radiant skin while calming the senses with the relaxing scent of lavender. Perfect as a pre-treatment enhancement.





HOLISTIC FACIALS

Gentle, skin-honoring facials crafted with nutrient-rich botanicals and soothing technique. Each treatment supports clarity, balance, and your natural glow.

ANTI-AGING RESTORATIVE FACIAL

60 minutes - AED 580 | 90 minutes - AED 820

Replenish | Firm | Renew

A nourishing facial designed to soften visible signs of aging while boosting the skin's natural regeneration. This botanical-based treatment includes sculpting massage techniques to promote circulation and elasticity. Ideal for those seeking a firmer, radiant complexion.

BESPOKE TOUCH FACIAL

60 minutes - AED 580

Balance | Detox | Tailored Radiance

This personalized facial begins with an in-depth consultation and is entirely tailored to your skin's needs - whether calming, clarifying, or hydrating. A sensory-rich experience that leaves your complexion brighter, smoother, and perfectly balanced.

INTENSE DEFENSE FACIAL FOR MEN

60 minutes - AED 580

Hydration | Clarity | Strength

Designed to address the unique needs of men's skin, this treatment provides deep hydration, soothes irritation, and helps protect against environmental stressors. Leaves the skin calm, resilient, and refreshed.

PERFORMANCE FACIALS

Advanced skincare experiences powered by performance actives and expert technique. These high-impact facials target tone, texture, and cellular renewal for visible results.

BLUE DIAMOND FITNESS SKIN THERAPY

90 minutes - AED 920

Cellular Renewal | Firmness | Radiance

A powerful facial designed to boost skin vitality and redefine facial contours. Featuring Blue Diamond collection, this treatment enhances collagen production, energizes tired skin, and improves elasticity for an immediate visible lift.

QUEEN SKIN THERAPY

75 minutes - AED 650

Hydration | Skin Recovery | Dewy Glow

A luxurious ritual facial to deeply nourish and renew dehydrated, travel-stressed, or tired skin. Precious actives work to restore moisture, balance and visibly enhance texture and luminosity. Ideal for skin that needs comforting recovery with a dewy finish.

MOOR MUD SKIN THERAPY

75 minutes - AED 650

Purification | Detox | Skin Reset

Powered by Hungarian Moor Mud, this mineral-rich facial detoxifies and revitalizes dull, congested, or fatigued skin. A deeply cleansing ritual that supports clarity, refines pores, and restores skin's natural vibrance.

SKIN HIIT FACIAL

30 minutes - AED 380

Lift | Tone | Refresh

An express facial that uses fast-paced, lifting massage techniques to boost circulation, tone muscles, and refresh tired skin. Ideal for a quick reset between meetings, workouts, or travel.





WELLNESS BY INTENTION

Focused programs designed to meet specific life needs with care and intention. Whether you seek better rest or deeper inner balance, these journeys support your well-being where it matters most.

SLEEP SUPPORT

150 minutes - AED 1,380

Stillness | Deep Rest | Nervous System Reset

A deeply restorative journey designed to support the body's natural rhythm of rest and recovery. Begin with a calming lavender exfoliation to settle the senses, followed by a slow, grounding full-body massage with extended face and scalp work. Sound therapy deepens the experience, quieting the nervous system and inviting true regenerative stillness. Complete your experience with a take-home pillow spray - a sensory cue for deep rest and stillness at home.

WOMEN'S WELLNESS

180 minutes - AED 1,680

Harmony | Hormonal Balance | Inner Radiance

A holistic experience created to honor the evolving needs of women's wellbeing. This thoughtful sequence blends exfoliation, grounding massage, and focused abdominal work to support hormonal balance and a deeper sense of inner calm. A personalized facial with nutrient-rich botanicals and seaweed eye mask renews the skin, while a take-home eye treatment extends the benefits into your daily rhythm.

MICRO RITUALS

Targeted experiences designed to energize, rebalance, or calm - aligned with the natural rhythm of the day. Ideal on their own or as enhancements to any treatment.

MORNING BOOST

30 minutes - AED 320

Vitality | Circulation | Mental Clarity

A back massage designed to awaken circulation, stimulate energy flow, and support cognitive clarity through breathwork and invigorating aromatherapy. The perfect start for an optimal day.

EVENING GROUNDING

30 minutes - AED 320

Relief | Lymphatic Flow | Physical Recovery

Lower-body compression therapy combined with targeted massage supports lymphatic flow, reduces fatigue, and aids physical recovery. Ideal for post-workout or decompressing after long hours.

MIDDAY RESET

30 minutes - AED 320

Glow | Focus | Facial Recovery

A revitalizing facial massage paired with a cooling eye treatment to awaken tired skin and sharpen mental focus. Designed to counteract midday fatigue, boost microcirculation, and leave you feeling refreshed, uplifted, and radiant in minutes.

SLEEP SIGNAL

30 minutes - AED 320

Stillness | Nervous System Calm | Sleep Support

A deeply calming upper-body massage using slow, intentional techniques and guided breathwork. Helps regulate the nervous system and prepare the body for restorative sleep.



MOVEMENT

Expert-led sessions designed to enhance strength, flexibility, and personal wellbeing. Our fitness offerings support both performance and mindful movement.

MOBILITY STRETCH

15 minutes - AED 120 | 30 minutes - AED 200

Mobility | Alignment | Recovery

A focused one-on-one assisted stretch session designed to improve flexibility, range of motion, and overall movement quality. Whether as a warm-up, cool-down, or targeted body reset, this session helps enhance posture, release tension, and support active recovery.

PRIVATE YOGA

60 minutes - AED 450

Balance | Flexibility | Inner Focus

A personalized yoga session adapted to your individual needs, energy level, and experience. Designed to improve mobility, breathing, and mental clarity, this class supports both physical wellbeing and mindful presence.

PERSONAL TRAINING SESSION

60 minutes - AED220 | 3 sessions - AED590

5 sessions - AED990 | 10 sessions - AED1980

Strength | Endurance | Confidence

Work one-on-one with our expert personal trainers to develop a tailored fitness routine designed around your lifestyle, goals, and current level. Whether you're beginning your wellness journey or refining performance, we help you feel stronger, focused, and aligned.



TERMS *and* CONDITIONS

OPENING HOURS

| | |
|---------------------|---------------------------|
| Spa Treatments | : Mon to Sun, 9 am – 9 pm |
| Wellness Facilities | : Mon to Sun, 7 am – 9 pm |
| Outdoor Pool | : Mon to Sun, 7 am – 8 pm |
| Fitness Center | : Mon to Sun, 24 Hours |

SPA CANCELLATION POLICY

Please allow 12 hours' notice of cancellation to avoid charges. Cancellations within 12 hours or a no-show will incur 100% charge. A credit card number is required at the time of booking.

SPA ARRIVAL

We recommend that you arrive at least 30 minutes prior to your appointment time to enjoy spa facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience.

SPA ENVIRONMENT

Raffles Spa and Wellness is a quiet sanctuary. For your peace and privacy, phones and other electronic devices are not permitted.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies, or injuries which could affect your treatment when making your Spa reservation. Please consult your doctor before using the Spa facilities if under medical supervision or if you are taking medication.

AGE REQUIREMENT

The minimum age requirement for access to the spa is 16 years of age. Children under this age need to be accompanied by a parent or guardian.

GIFT CARDS

Gift cards for all spa services and packages are available for purchase. Please contact our Spa Reception team for further information.

FEES AND SERVICE CHARGE

All prices are in UAE Dirhams. Local Municipality Fees (7%), Service Charge (10%) and VAT (5%) are included in the treatment price.

TO BOOK YOUR SPA JOURNEY

T: +971 4 324 8888

E: spa.dubai@raffles.com

A Gentle RETURN

As you emerge from your journey, may you carry the stillness, clarity,
and quiet renewal into the rhythm of your days.

Let each breath remind you that wellness is not a destination - but a
return to self, again and again.



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SIGNATURE JOURNEYS

Immersive rituals aligned with the natural rhythms of time. These transformative experiences blend intention, technique, and sensory immersion for deep restoration.

ALCHEMY OF THE DESERT

120 minutes – AED 1,200

Rejuvenation | Radiance | Desert Renewal

A journey of transformation, inspired by the desert's shifting sands. Golden mineral body polish unveils radiant softness, while warm botanical oils are massaged into the body with long, flowing strokes to restore vitality. The ritual culminates with a gold hydra-lift facial, infusing the skin with deep hydration and revealing a luminous, renewed radiance.

GROUNDING RITUAL

180 minutes – AED 1,680

Detox | Clarity | Elemental Renewal

Guided by the strength of earth and stone, this journey begins with a revitalizing exfoliation that awakens the skin. A mineral-rich Moor Mud wrap draws out impurities, before the flow of a restorative massage, clarifying facial, and nourishing scalp ritual bring body and spirit to a place of grounded clarity.

THE SOUL OF ARABIA

90 minutes – AED 780

Stillness | Presence | Deep Renewal

This serene ritual invites you to slow down and return to yourself. Inspired by the calming traditions of Arabia, warm aromatic oils are blended with a soothing massage of intuitive movements that dissolve tension and restore balance. The experience concludes with gentle sound healing - a quiet resonance that restores deep inner stillness.

RESET (FOR TWO)

90min – AED 1,480

Stillness | Connection | Shared Presence

Designed for couples or companions, this serene experience begins with a calming aromatherapy bath, followed by synchronized full-body massage. It is a gentle invitation to slow down, reconnect, and share a quiet space of presence and renewal.