japanese journey

90 minutes • AED 795

Body Buff, 45-minute Body Massage, Acupressure Face Massage, Body Wrap

60 minutes • AED 595

Body Buff, Body Wrap

Awaken by the uplifting aromatic scents of ginger grass, cherry and plum blossom with rich rose camellia mist in the traditional body care ritual derived from Japan. A six part spa journey for supple and soft skin includes a body scrub and buff followed by a reviving massage using wild lime oil to boost body circulation. It ends with silky cream sealing the well-nourished skin, leaving you completely relaxed and energized.

Products used: Yuzu Mimosa Sea Algae Wash, Ohana Gingergrass Bamboo Scrub, Wild Cherry Blossom Rich Buff, Rose Camellia Plum Mist, Kinmoxei Wild Lime Silk Oil Concentrate, Kinmoxei Wild Lime Silk Massage Oil, Plum Blossom Silk Cream, Illuminating Rose Collagen serum

hammam journey

90 minutes • AED 795

Body Exfoliation, 45-minute Body Massage, acupressure Face Massage, Body Wrap

60 minutes • AED 595

Body Exfoliation, Body Wrap

Inspired by the traditional Arabic sequence of a body ritual, this deep warming and therapeutic spa which a massage to warm and soothe the aching muscles followed by a detoxifying body wrap using Rhassoul Clay. The journey is completed with the rich tangerine and fig butter cream to restore moisture balance of the skin.

Products used: Rose Jasmine Rhassoul Clay Polish, Moroccan Mint Tea Silt Purifier, Lemon Coffee Blossom Olive Stone Scrub, Orange Quince Steam Room Mist, Cardamom Amber Massage Oil, Cardamom Amber Oil Concentrate, Tangerine Fig Butter Cream, Illuminating Rose Collagen Renewal Serum



targeted plant enzymes to regenerate your skin. This eight-part journey begins with an organic berries body scrub with natural white peat ingredients, followed by a rejuvenating wrap with artic sea minerals and Omega rich oil for a relaxing body massage. Complete with a toning mist and acupressure face massage, leaving you feeling refreshed

Products used: Essential Omega Fresh Berry-Oil Serum, Active Organic Milk Forest Purifier, Bioactive Berry White Peat Exfoliant, Lymphatic Phytopower Sea Cleaner and Masque, Ionizing Vita Toning Flower Mist, Essential Omega Fresh Berry Massage Oil, Arctic Berry Cloud Milk Cream, Illuminating Rose Collagen Serum.

120 minutes • AED 985

Citrus Body Polish, Citrus Wrap and Vitamin C Enriched Facial.

Immerse yourself in the highest concentration of pure vitamin C through this powerful antioxidant body polish. Its effective botanical and natural exfoliating agents that eliminate impurities and leave the skin with a smooth and silky appearance.

An exquisite ritual for a citric experience. Active ingredients combined with the maneuvers create a dance for the senses. It includes a delicate make-up removal, a peeling with citrus spheres, an orange soufflé as a treatment mask and a body massage with citrus balm. You'll feel refreshed and reenergized.

Products used: C+C Body Scrub, C+C Vitamin Ascorbic Acid Body Lift, C+C Ascorbic Soufflé Mask, C+C Vitamin Body Cream, C+C Vitamin Splash, C+C Vitamin Essence, C+C Vitamin Scrub, C+C Ascorbic Facial Mask, C+C Vitamin Aroma Balm, C+C Cream.

Shine Spa for Sheraton $^{\text{\tiny M}}$ combines the best of ancient and modern techniques and formulations from East and West to release tired muscles and tension, encourage well-being, bringing your mind and body back to harmoniously restore equilibrium.

crystalus massage

90 minutes • AED 655

A sensory experience designed to influence the mind and body using ancient Australian gem and heated stones coupled with massage oil help to ease deep-seated muscle tensions, inducing deep relaxation.

Products: Sudashi Crystalus Body Oil

aromatherapy massage

60 minutes • AED 455 90 minutes • AED 645

Indulge your senses by selecting one of the essential oil blends in this aromatic massage that uses rhythmical techniques to relax the deepest tension in the gentlest way and restore balance and calm.

balinese massage

60 minutes • AED 395 90 minutes • AED 625

An authentic massage derived from Indonesia which has been carried down from generation to generation as a therapy for body ailments. Combining acupressure, thumb pressure and skin rolling with firm but smooth flowing movements, it re-awakens the senses and induces a state of calm.



deep tissue massage

60 minutes • AED 425 90 minutes • AED 635

An effective massage using firm pressure is personalized to dissolve aches and strains due to stress and knots in your muscles. Highly recommended after a fitness workout for sport enthusiasts. Oil is applied to the body using the therapist's hands, elbows and forearms in this stimulating and energizing massage.

hot stone massage

60 minutes • AED 455 90 minutes • AED 645

Hot stone therapy is an ancient practice by Native American Indians as a healing treatment. Soothing heated stones coupled with massage oil help to ease deep-seated muscle tensions, inducing deep relaxation.

lomi-juma massage

60 minutes • AED 425 90 minutes • AED 635

A fusion of techniques inspired by the old traditions of the Pacific and Mediterranean traditional massage. Recommended for relieving joints and muscle tension, Lomi-Juma helps to restore balance by unblocking the channels through which vital energy flows.

swedish

60 minutes • AED 385 90 minutes • AED 615

A classical massage incorporating varied pressure from gentle to medium along with fluid techniques to release knots and tensions in the body. Relaxing effleurage and long flowing movements effectively relax the body and mind.



The following treatments are perfect as stand-alone or in harmony with any of our spa add-on experiences.

foot acupressure

60 minutes • AED 375

Dating back more than 2000 years, Foot Acupressure focuses on the points in the foot directly connected with organs and glands in the body. This therapy energizes these points, balancing and de-stressing the body, leaving you feeling harmonious and refreshed.

head and neck

30 minutes • AED 285 add-on • AED 125

Leave the world behind with this soothing head, scalp and neck massage. Designed to renew your focus, you will feel all your stress and tension after a long day simply melt away in the relaxing environment of Shine Spa. An ideal add-on spa treat after a facial.

back, neck and shoulder

30 minutes • AED 285 add-on • AED 125

A quick charge to energize during lunch or break time to loosen muscular tension and alleviates back pain and neck aches. This express massage can also be an add-on for facials and body treament to extend bliss time.

leg and feet

30 minutes • AED 285 add-on • AED 125

Put your feet up after a long day of shopping or day out, the therapist focuses both legs and calves. Ideal as an add-on to any 60-minute massage therapy and facial treatment.

Head, Neck, Shoulder and Back

20 minutes seated • AED 185

Power up during lunch or break time! This dry seated massage is based on the Japanese acupressure philosophy using the "press and roll" techniques on the head, neck, shoulders, spine and lower back to refuel your day.



Whether it is body exfoliation or skin firming and toning treatments, Shine Spa for Sheraton $^{\text{to}}$ offers a comprehensive range to achieve your goals for physical and emotional therapeutic benefits. In addition to Natura Bisse's body care line, the organic line of Red Flowers are used in body care range.

japanese lime bamboo body buff

30 minutes • AED 295

Crushed bamboo works together with ginger and lime oils to exfoliate and tone the body, leaving skin firm and radiant, and revealing your natural, healthy and smooth glow.

Product used: Ohana Gingergrass Bamboo Scrub.

arabian jewels body exfoliation

30 minutes • AED 295

Warm and vibrant, this blend of ground Arabica coffee beans, black olives and zesty citrus scents help to deeply exfoliate and detoxify the skin, reducing the appearance of cellulite and varicose veins, leaving you feeling alive and recharged.

Product used: Lemon Coffee Blossom Olive Stone Scrub.

arctic berries and mineral body scrub

30 minutes • AED 295

Rich in anti-oxidants, minerals and essential fibers, this gentle scrub polishes the skin using organic ingredients from Arctic white peat, removing toxins and enhancing elasticity to heal dry and damaged skin.

Product used: Bioactive Berry White Peat Exfoliant.



citrus drench

60 minutes • AED 595

Citrus Body Polish, Citrus Wrap.

Begin with a citrus exfoliation, the skin is primed and ready to receive the benefits of an antioxidant and firming concentrate with pure vitamin C. This is followed by a sumptuous body wrap ideal for sun-damaged skin as well as skin affected by free radicals, achieving a rejuvenated and firm appearance.

Products used: C+C Body Scrub, C+C Vitamin Ascorbic Acid Body Lift, C+C Ascorbic Soufflé Mask, C+C Vitamin Body Cream

meso-body sculpting

60 minutes • AED 595

A treatment that begins with localized thermotherapy to activate the circulation of the different areas to be treated. It tones and firms the selected body area which increases skin texture and elasticity, visibly improving its appearance.

Products used: Body Scrub, Meso Slim/Meso Contour/ Algotherapy Mask/Slim Contour Cream



Our internationally-trained spa therapists at Shine Spa for Sheraton™ conducts a detailed consultation on skin conditions, customize an optimum facial program incorporating deep-cleansing, exfoliation, massage and mask, using the finest skincare products from Natura Bisse, the result-driven line which provide treatment facials or Sodashi, the chemical-free, all natural ingredients. To achieve and maintain healthy and radiant skin, we recommend facials once a month for optimum results.

crystal opulessence signature facial

90 minutes • AED 1,255

Take a relaxing journey as you enjoy aromatic warm facial compressions that soften and exfoliate the skin. This truly unique facial experience combines the energy of Carnelian, Rose Quartz and Green Aventurine crystals, along with nutrient rich plant essences to bring radiance to the skin. Exclusively available at Shine Spa for Sheraon Sheraton Grand Hotel Dubai.

Products used: Clay Cleanser with Lavender, Calming Concentrate, Calming Face oil, Eye Lifting Gel, Calming Skin Boost, Revitalizing Yellow Clay Mask, Calming Face Mist, Calming Face and Neck Moisturizer

rose crystal age-defying facial

105 minutes • AED 1,275

An age-defying facial uses a sequence of timeless, antiaging techniques rooted in Ayurvedic healing traditions that are designed to reawaken the skin's natural energies. Transform your skin with this intensely hydrating and nourishing treatment to restore a youthful glow. The powerful Samadara™ line blends deeply into the skin for maximum benefit.

Products used: Eye and Lip Cleanser with Chamomile, Clay Cleanser with Sandalwood, Rejuvenating Skin Concentrate, Samadara Ultimate Age-Defying Oil, Rejuvenating Skin Boost, , Samadara Ultimate Age-Defying Eye Crème, Eye and Lip Smoother, Rejuvenating Face Mist, Samadara Ultimate Age-Defying Crème.



diamond infusion whitening facial

60 minutes • AED1,015

A treatment that effectively evens skin tone with high concentrations of active ingredients, preventing the skin from aging due to pigmentation disorders. The powerful peeling deeply renews the skin, and eliminates and prevents the formation of blemishes. Finally, an illuminating veil provides a long-lasting sense of wellbeing to the skin, leaving you with a radiant complexion.

Products used: Diamond White Expertise Rich Luxury Cleanse, Diamond White Expertise Clarity Toning Lotion, Gylco 3 Peel, Diamond White Expertise Intensive Lightening System, Tolerance Recovery Cream, Diamond White Expertise Glowing Mask, Diamond White SPF50 PA+++ Oil Free Brilliant Sun Protection

thermal infusing mineral facial

90 minutes • AED1.235

This is an intensive boost of all nature's vitamins and minerals. A warm infusing mask is used to maximize penetration into the deeper layers of the skin. This facial is tailored to you, depending on your skin types and needs. This is more than just a facial; it's Nature's Face Lift.

Products used: Balancing Concentrate, Eye and Lip Cleanser with Chamomile, Clay Cleanser with Lime, Balancing Concentrate, Eye Lifting Gel, Balancing Skin Boost, Blemish Treatment, Balancing Face Mist, Eye and Lip Smoother, Balancing Face and Neck Moisturizer

oxygen immersion facial

60 minutes • AED 525

A must-have facial for all frequent travelers and city dwellers. It is especially beneficial for those who have dull or dehydrated skin, or skin that is lacking in tone and vitality. This face care releases molecules of pure oxygen into the skin that provide energy to cells and help remove toxins from pores to induce a state of purity and relaxation.

Products used: Eye Make Up Remover, Deep Cleansing Milk, Tolerance Toner, Glyco Peel Plus, Oxygen Concentrate, Green Tea Extract, Oxygen Finishing Mask, Eye Contour Cream, Oxygen Cream.



vitamin c enriched facial

60 minutes • AED 595

This aromatic facial provides the perfect combination between the richest products consists of the highest grade of Vitamin C concentrate such as Mediterranean citrus and the most exclusive contouring massage techniques. The result is luminous and radiant skin.

Products used for this treatment from Natura Bisse: The Cure All-In-One Cleanser, C+C Vitamin Splash, C+C Vitamin Essence, C+C Vitamin Scrub, C+C Ascorbic Facial Mask, C+C Vitamin Aroma Balm, C+C Cream.

redness relief facial

60 minutes • AED 595

A solution for extreme skin sensitivity, this repairing treatment visibly improves skin congestion, dilated capillaries and redness. Its herbal extracts soften and soothe the face, reinforcing the skin to combat hypersensitivity and inflammation. It prevents the degradation of skin structure, restores the levels of young collagen and protects the skin from external aggressions, an effective desensitizing facial.

Products used for this treatment from Natura Bisse: Eye Make-Up Remover, Tolerance Hygienic Cleanser, Tolerance Toner, Tolerance Enzyme Peel, Tolerance Recovery Cream. Rosa Mosqueta Oil, Tolerance Comfort Mask, Eye Recovery Balm, Tolerance Recovery Cream.

enzymatic detoxifying cure facial

75 minutes • AED 595

A meticulous cleansing protocol based on thermo-active enzymatic detox: enzymatic heat to open and soften pores and botanical freshness to close and purify them. The Cure range includes a nano-stimulating mask with a deliciously foamy texture that expands on the skin, carefully releasing all of its moisturizing, soothing and revitalizing properties. Finally, a moisturising veil with color illuminates the skin.

Products used for this treatment from Natura Bisse: The Cure All-In-One Cleanser, The Cure Enzyme Pre-Therapy, The Cure Instant Therapy Mask, The Cure Sheer Cream.

express facial

30 minutes • AED 295

A deep exfoliating and cleansing facial to refine skin, unclog pores and brighten complexion.

Recharge, revive or simply relax, the following list of treatments are exclusively designed for men who are conscious of time and frequent travelers from relieving tight muscles and tension massages to purifying and deep cleansing facials. Shaving is recommend before facials.

mankind, a gentlemen's facial

60 minutes • AED 525

Created especially for men, this facial treatment begins with a relaxing salt therapy back massage. This is followed by a deep cleansing and exfoliating facial to balance the skins natural oils and assists in preventing ingrown hairs. The face care routine ends with a purifying face mask, leaving your skin looking fresh and revitalized.

Products used for this treatment from Sodashi: Body Balance Salt Therapy Exfoliant, Clean Skin Cleanser, Skin Karma Face Mist, Purifying Green Clay Mask, Sleek Moisturizer.

oxygen booster

60 minutes • AED 525

A must-have facial for all frequent travelers and city dwellers. It is especially beneficial for those who have dull or dehydrated skin, or skin that is lacking in tone and vitality. This face care releases molecules of pure oxygen into the skin that provide energy to cells and help remove toxins from pores to induce a state of purity and relaxation.

Products used for this treatment from Natura Bisse: Deep Cleansing Milk, Tolerance Toner, Glyco Peel Plus, Oxygen Concentrate, Green Tea Extract, Oxygen Finishing Mask, Eye Contour Cream, Oxygen Cream.

power back

45 minutes • AED 325

A condensed massage for those who suffer with tension-related headaches and neck strain. This deeply soothing back using warm stones to melt away tension and relieve tight muscles at the back.

foot acupressure

45 minutes • AED 325

Foot Acupressure focuses on the points in the foot directly connected with organs and glands in the body. This therapy energizes the areas to balance and de-stressing the body, leaving you feeling harmonious and refreshed.

spa facilities

Enjoy a luxurious range of heating and cooling experiences which cleanse the body and skin, relax by preparing your body and mind for the treatment that will follow. Spa facilities hours are from 8am to 10pm daily.

Spa facilities include separate male and female:

- Starlight Steam Room
- Sauna
- Jacuzzi
- Ice Fountain

take your time

We recommend you to arrive a minimum of 15 to 30 minutes prior to the beginning of your treatment. Shine Spa for Sheraton is a sanctuary of relaxation for all travelers and guests, we request any mobile devices are set to silent or vibrating mode prior to entering our areas. Kindly inform our team, should you have any health conditions or past injuries.

Hotel and Shine Spa guests receive complimentary access to the above facilities during their stay.

cancellation policy

We require 4-hour advance notice for any treatment cancellation or change of time. Please understand that late arrival may result in a reduction of treatment time while full charge will apply for no-show.



spa attire

We will provide towels, slippers, shower caps and all amenities required for use during your visit. A minimum age of 18 is required for access and treatments. A secured locker will be available for your personal belongings. The hotel is not responsible for any lost or misplaced items.

communication

Communication is key to enjoy the full benefits of Shine Spa for Sheraton experience, do share with our therapist how and your feeling at any time during the treatment. Prior to the beginning of your service, please inform our therapist the areas you would like to focus on and any areas to be avoided.

During your service, please inform our therapist immediately should you experience discomfort.

spa etiquette

Our spa environment is one of relaxation and tranquility. Please respect the right of all spa guests to enjoy privacy and serenity. In light of this, please turn off or switch to silent mode for your mobile phones or other handheld devices. Also, smoking is prohibited in the spa premises.

tax and service charge

Please note all prices are quoted in United Arab of Emirate Dirham and rates are inclusive of local tax and service charge.

glow

Close your eyes. Allow your mind to be free. Breathe deeply. Remember, this time is your time.



Give the gift of spa to someone you care about.

Whether an individual treatment, a journey or a predetermined denomination, gift certificates are perfect for any occasion.

Should you wish to compliment the gift certificate with a perfect beauty product, allow our therapists to assist you.

Let your friends and family find their glow in a Shine Spa for Sheraton $^{\text{TM}}$ experience. A great way to introduce someone to the benefits of spa services.



