



Breakwater Wellness Centre offers you a range of professional Spa face, body and massage treatments performed by therapists that are trained to international standards. All treatments are offered within the private surroundings of four spacious and comfortable treatment suites each with private changing room and detailed treatment space. Treatments are supported by Kerstin Florian, an organic Spa product line complimented by retail products to support your home care regimen.

Signature Treatments

Lavender Dreams Ultimate Experience **90 mins** **445AED**

Relax. Dreams of lavender fields kissed by the French sun envelop your senses as you drift on waves of blue.

Breathe deep: Inhale the calming and balancing benefits of wild lavender in this completely balancing and rejuvenating Spa experience. To begin, earthy minerals are combined with lavender's healing properties in an invigorating full body exfoliation. Following is a pampering back, neck and shoulder massage with Organic Lavender Oil and warm healing stones. Next, nourish and relax inside a warm cocoon while a luxurious foot and pressure point scalp massage complete this head to toe service.

Signature Organic Aromatherapy Full Body Massage **60 mins** **399AED**
90 mins **465AED**

Following a consultation, your therapist will design your massage to suit your concerns and work on the areas of the body that require a longer focus. The massage is freestyle based on your therapist recommendation and will incorporate different pressures and massage techniques.

Massage Treatments

Hot Stone Body Massage **60 mins** **390AED**
90 mins **445AED**

This thoroughly relaxing massage treatment uses heated basalt stones to work deep into the muscles, the combination of the smooth stones and the heat work to relax the muscles and enhance the effect of the massage treatment.

Deep Tissue Massage **60 mins** **415AED**
90 mins **515AED**

This strong massage technique is aimed at relieving aches and tension within the muscles and is recommended for anyone suffering from severe muscle tension caused by travel, exercise, poor posture or limited activity levels.

Foot & Leg Invigoration **30 mins** **230AED**

Revive weary feet and legs in this treatment designed to renew energy. Begin with a foot soak in thermal mineral salts enhanced with Eucalyptus oil. Rough skin is exfoliated with a creamy Eucalyptus salt mixture and natural pumice paddle. A stimulating massage which includes reflex points with a natural foot balm rich in Menthol, eucalyptus and lavender.

Back, Neck & Shoulder or Scalp & Neck Massage **30 mins** **205AED**

30 minutes of massage purely on the back area of the body – whether you prefer a lighter massage over the full back, or a focused massage into the shoulders or base of the neck.

Foot Reflexology **45 mins** **340AED**

An ancient healing therapy that is as blissful as it is beneficial, reflexology works on the principle that all body organs are connected to reflex points in the feet via constantly flowing energy channels. Massaging these reflex points restores your natural energy flow and improves overall health by sending waves of deep relaxation throughout your body

Body Treatments

Turkish Body Scrub **60 mins** **320AED**

An exhilarating thermal salt exfoliation is applied in a two-step treatment utilizing salt rich in mineral and trace elements mixed with essential oil, followed by a loofah scrub - stimulates circulation and leaves the skin smooth and soft.

Chamomile Body Scrub **60 mins** **340AED**

A gentle body scrub recommended for normal to delicate skin types. This scrub is based on finely granulated pumice in a cream base and chamomile oil which work together to exfoliate and soften the skin.

Facial Treatments

Customized Deep Cleansing Facial **60 mins** **395AED**

A deep cleansing purifying treatment customized for all skin types. Includes an exfoliating peel to renew the skin, a deep-cleansing massage to promote circulation and a masque to balance and nourish the skin. A heated hand treatment completes the experience.

Correcting Advanced Repair Facial **60 mins** **445AED**
90 mins **515AED**

This results oriented treatment is customized to address specific skin conditions. From hyperpigmentation, sensitivity, oily skin and premature aging, this personalized facial helps treat and correct skin concerns. Includes an exfoliating multi-acid peel on the face, neck and hands to renew the skin, a deep cleansing massage to promote circulation and a masque to balance and nourish the skin. A customized intensive treatment ampoule and a heated hand treatment complete the experience.