



O Spa  
by L'OCCITANE

*Treatment*  
MENU



**“L'OCCITANE OFFERS A BODY AND MIND ESCAPE TO OUR DEAR PROVENCE,  
A SUN-DRENCHED LAND OF BOUNDLESS NATURAL WONDERS.”**

*“L'OCCITANE C'EST LA PROMESSE D'UNE ESCAPADE SENSORIELLE SUR LES TERRES DE NOTRE  
CHÈRE PROVENCE, CETTE RÉGION ENSOLEILLÉE AUX MILLES MERVEILLES DE LA NATURE.”*

**ADRIEN GEIGER, GLOBAL BRAND DIRECTOR OF L'OCCITANE**  
*ADRIEN GEIGER, DIRECTEUR GÉNÉRAL DE LA MARQUE L'OCCITANE*





# O Spa by L'OCCITANE

## **JOURNEY TO PROVENCE THROUGH YOUR SENSES**

*When you step into O Spa by L'Occitane, you are entering a little corner of Provence.*

*Every gesture, every ingredient and every ritual is inspired by our favourite place on earth. Your journey will begin with a Welcome Ritual that will help you dive into well-being right away.*

*Then, your targeted treatment will relieve your tensed areas while engaging all of your senses - with sensorial textures, relaxing music and herbal teas inspired by Provençal traditions.*

*Discover surprising aromas with every step that transport you to the South of France and leave you feeling refreshed and revitalized.*

*Like the rest of L'Occitane's universe, our Spa is all about authenticity and we always prefer hand-performed treatments over machines, and traditional massage techniques over technology.*

*Just as Provence is the land of beauty, O Spa by L'Occitane is a sanctuary of tranquility that will refresh your senses and restore peace and inner balance.*





## *Anti-ageing Facials*

### IMMORTELLE

- **IMMORTELLE DIVINE SECRET**

*90 Minutes*

An ideal treatment to combat skin-slackening of the face and neck, as well as the décolleté area. This exceptional anti-ageing facial uses lifting and contouring massage techniques with the fabulous properties of 7 natural active ingredients, including organic Immortelle essential oil and Myrtle. Radiant and youthful skin for a harmonious beauty! The result is divine: deep wrinkles seem relaxed, fine lines smoothed, face contour firmer and the décolleté smooth and satin-soft again. Skin looks glowing with youth!

- **IMMORTELLE DYNAMIC YOUTHCARE**

*75 Minutes*

A dynamizing youthcare treatment performed with L'Occitane Immortelle Precious range, that harnesses the power of Immortelle essential oil & a dynamic Hyaluronic Acid complex. This new generation complex is activated by new Korean expert strokes called “contouring techniques”. This massage technique has a focus on the 1<sup>st</sup> signs of ageing concern areas (cheekbones, laugh lines and forehead) and is meant to shift the focus from caring to preventing signs of ageing. This treatment will not only help your skin to keep up with your fast pace of life by smoothing out fine lines and early wrinkles but it will also plump up your skin with moisture and give you the healthy glow you have always dreamed about.

### REINE BLANCHE

- **REINE BLANCHE ILLUMINATING PERFECTION**

*90 Minutes*

The Queen of the Meadows, called “Reine des Prés” is an immaculate white flower. A true wonder of nature, its petals change colour over time, from pale yellow to translucent white. This incredible natural “self-whitening power” inspired L'Occitane to create the REINE BLANCHE Illuminating Program. This unique facial associates Reine Blanche products with our signature massage sequence, using Japanese Shiatsu techniques that boost micro-circulation, promote firmness, release deep muscular tensions on the face trigger points and stimulate key energy centres. A complete illuminating program to retrieve immaculate skin with inner light!



## *Drainage Facial Massage*

### AQUA REOTIER

- **AQUA REOTIER SOURCE OF HYDRATION**

*75 Minutes*

This facial features an ultra-hydrating face care range - Aqua Reotier for healthy-looking skin. Enriched with Réotier water, hyaluronic acid and glycerin, this facial helps recharge skin with water, leaving it glowing with moisture and softness. Your skin is refreshed and radiant, and feels more plump.

### SHEA BUTTER

- **SHEA NOURISHING COMFORT**

*75 Minutes*

This treatment is specially designed to address the specific needs of sensitive skin. The treatment focuses on protecting the skin through intensively Nourishing Shea formulas, a very gentle cleansing and cooling experience to soothe. As a result, skin is nourished, supple and experiences long-lasting softness.

### FOR MEN

- **CADE POWERFUL SKIN PROTECTION FOR MEN**

*75 Minutes*

The power of Cade to protect your skin. Enjoy a protective treatment that starts with a deep cleansing of the skin, followed by a face massage that will help soothe the skin and reduce cutaneous inflammations. The Cade products used in this treatment have been formulated for men's skin specific needs: they are true to men's nature and to the nature of their skin. Our protocol can be adapted for you with our Cade Softening Beard Oil to pamper your beard properly and give it a nice nourishing feeling.

### EXPRESS FACIAL

- **DISCOVERY TREATMENT**

*30 Minutes*

A 30-minute face treatment to cleanse, revive, moisturize and refresh your skin. Ideal for a quick pick-me-up or prior to any event.







## *Body Massage*

### SIGNATURE

- **SIGNATURE SWEET LIME MASSAGE**

*90 Minutes*

Rejuvenate yourself with our signature blend of Basil grown in our own gardens, fresh Sweet Limes and L'Occtiane Neutral Oil, blended with our signature relaxing massage, to ensure complete well-being.

### WELL-BEING MASSAGE

- **SLEEP & RESET MASSAGE**

*90 Minutes*

This 90-minute massage uses unique rituals to prepare your body for a well-deserved sleep! The massage begins with guided breathing techniques using a special blend of essential oils designed lull you into relaxation. The increasing intensity of movements on the whole body promote to evacuate negative energies and bring a total well-being from head to foot. Nervous tensions seem fade away and the body finds a feeling of serenity. A specific massage to unwind the mind and recover from accumulated fatigue!

## AROMACHOLOGIE

- ### RELAXING AROMACHOLOGIE MASSAGE

*60/90 Minutes*

Swedish effleurage, Chinese acupressure and Balinese massage techniques come together to stimulate circulation and help ease tensions & relieve Stress. The body and mind feel calmed; sleep comes more easily.

- ### REVITALIZING AROMACHOLOGIE MASSAGE

*60/90 Minutes*

This massage combines gentle Swedish effleurages, deeper-pressure Lomi Lomi and Balinese movements to re-invigorate the body & mind. Massage technique will follow the blood flow to stimulate circulation.

- ### DEEP TISSUE INTENSE RELIEF

*60/90 Minutes*

This massage combines Lomi Lomi deep pressure, acupressure points and gentle stretching. It helps ease muscular tension, with a focus on the back, shoulders and neck area. As a result, the whole body feels refreshed and deeply rebalanced.

- ### RE-ENERGIZING SUN STONES

*90 Minutes*

Swedish effleurages and Shiatsu pressure points are associated to the deep & combined with the comforting warmth of natural basalt stones. The stones are placed on the 7 Chakras – traditionally known as the body's key energetic points – to improve the flow of energy, and help rebalance body & mind.



## SHEA

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### SHEA NURTURING MASSAGE

*90 Minutes*

A collection of our best massage techniques. Relaxing strokes, deep tissue pressure and revitalizing hot stones are combined with the nourishing and protecting properties of Shea Butter. Skin is left soft and intensely nourished.

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### SHEA FABULOUS FACE & BODY MASSAGE

*90 Minutes*

A truly holistic massage that treats the whole body and face, for a complete well-being experience. The comforting movements of the Balinese and Swedish techniques, gently applied all over the body and face, come together with the generous formula of Shea Fabulous Oil for body and hair. All at once, the skin is transformed and the body deeply soothed. You feel truly comforted; your mind reaches a peaceful state of tranquility.

## *Body Treatments*

## ALMOND

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### ALMOND DETOXIFYING BALANCE

*60 Minutes*

Inspired by Lymphatic Drainage Massage techniques, this treatment boosts circulation and promotes elimination of toxins & excess water. The skin feels nourished, supple, firmer and smoother due to the almond supple skin oil, rich in omega 6,3 and camelina oil.

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### ALMOND SILHOUETTE REFINING MASSAGE

*60 Minutes*

This treatment is based on a combination of Lymphatic Drainage and active massage techniques to fight dimpled looking skin. The almond supple skin oil will act on the skin's elasticity. As a result the body feels refined with a lighter-feeling sensation.

## *Scrubs & Wraps*

### SIGNATURE

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#### SIGNATURE DESERT SAND SCRUB

*60 Minutes*

Feel the royal textures of desert sand mixed with mineral rich traditional Indian Fuller Earth and Aromachologie Neutral Oil in this unique scrub. This essence first deeply exfoliates and is then followed by our award-winning Shea lotion to moisturize and nourish the skin.

### ALMOND

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#### ALMOND SMOOTHING SCRUB

*60 Minutes*

This body scrub offers a gentle, yet effective body exfoliation as it luxuriously melts into the skin. Using the Almond Delicious Paste that contains almond butter, almond oil infused with crushed almond shells and sugar crystals, the body is left perfectly smooth and soft, delicately fragranced with the notes of almond.

### SHEA

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#### SHEA NOURISHING SCRUB

*60 Minutes*

Recommended for dry skin, delicious textures to eliminate dead cells, leaving skin perfectly prepared for a treatment or massage.

## SIGNATURE

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### SIGNATURE BALSAM AND SANDAL WRAP

*60 Minutes*

A soothing wrap enriched with Balsam, Sandalwood and Honey. Honey moisturizes and possesses anti-ageing properties, Balsam energizes while sandalwood soothes. The foot and scalp massage during the wrap ensures deeper relaxation followed by the application of L'Occitane Shea Body Lotion that nourishes and moisturizes the skin deeply.

## ALMOND

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### ALMOND COCOONING BODY WRAP

*60 Minutes*

An expert body wrap beautifies silhouette appearance. The formula of the wrap with almond butter and almond oil wraps the body in a delightful cocoon and leaves the skin smoothed, nourished and delicately fragranced. While the wrap is on, a relaxing foot and scalp massage promotes a feeling of complete well-being.

## SHEA

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### SHEA ULTRA-MOISTURIZING BODY WRAP

*60 Minutes*

The ideal repairing care for very dry, sun-damaged or overworked skin. This formula has been developed exclusively for Spa L'Occitane. While the entire body soaks up active ingredients that nourish (Shea butter and grape seed oil), moisturize (honey extracts) and soften (kaolin), a foot and scalp massage ensures a moment of pure relaxation.

## *Area Focused Treatments*

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### **SHEA ULTRA-SOFTENING HAND CARE**

*45 Minutes*

In just 45 minutes the hands are nourished, softened and protected. Ideally combined with treatment to combat the visible signs everyday life can leave on hands.

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### **RELAXING MASSAGE FOR THE BACK**

*30 Minutes*

This Relaxing Massage specifically targets the neck, back and shoulders to help release tension & stress.

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### **LEG REFRESHER WITH ESSENTIAL OILS**

*45 Minutes*

Legs and feet are treated with a stimulating drainage massage using Shea Butter to help intensely nourish and protect the skin. Ideal for travellers to help soften rough feet and relieve the sensation of heavy legs.

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### **IMMORTELE DYNAMIC YOUTHCARE EYES**

*30 Minutes*

This 30-minute eye treatment promotes fresh, rested and younger-looking eyes. Ideal for anyone concerned with fine lines, dark circles and puffiness. Perfect after a long flight, a night of festivities or a long, hard week.

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### **NECK, SHOULDER AND HEAD MASSAGE**

*45 Minutes*

Using Aromachologie Essential Oils, this relaxing massage specially targets the neck, shoulder and head to help release tension and stress.

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### **PURIFYING TREATMENT FOR THE BACK**

*45 Minutes*

An exfoliating and purifying back treatment, ideal before a special occasion. Exfoliation is followed by either a clarifying treatment or a relaxing massage, then a tailor-made mask.



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## FOOT RELIEF WITH ESSENTIAL OILS

*45 Minutes*

The feet are one of the most mistreated parts of the body. Under daily pressure from the body, shoes, walking and physical activities, the feet deserve as much care and attention as the rest of the body. A comforting and relaxing foot massage, combining smoothing strokes and deep circular movements with a Revitalizing essential oil blend helps the body to unwind, improve blood circulation and release tension! The feet and body feel lighter. Ready for a new journey!

## *Hamмам*

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### HAMMAM PAMPER

*45 Minutes*

After a soothing steam, the skin is cleansed using the Kessa massage glove followed by a rinse which leaves the skin cleansed, softened and radiant.

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### HAMMAM RITUAL

*60 Minutes*

This complete ritual begins by allowing the skin to warm and moisten, so the pores can open. The skin is then cleansed using the Kessa massage glove followed by a rinse. A unique body mask is applied to the skin, made from almonds which firms and detoxifies the body. The skin feels smooth, supple and shiny.

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### HAMMAM INDULGENCE

*120 Minutes*

Indulge in a deep relaxing moment which incorporates a traditional hammam ritual and a massage of your choice inside the Spa.

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### HAMMAM BLISS

*180 Minutes*

Reach ultimate bliss with our unique combination of the Hammam ritual, massage and facial of your choice.



# Treatment Sets

- **NIRAAMAYA**

*90 Minutes*

Holistic Body Massage + Chakra Balancing Dhara

- **MEDITERRANEAN SCRUB AND MASSAGE**

*90 Minutes*

Choice of Scrub + Choice of Massage

- **ALMOND SCRUB AND REFINING MASSAGE**

*90 Minutes*

Almond Smoothing Scrub + Almond Silhouette Refining Massage

- **JOURNEY TO PROVENCE**

*120 Minutes*

Choice of 60-minute Massage + Choice of Facial

- **THE COUPLE'S ESCAPE**

*90/120 Minutes*

Steam + 60/90-minute choice of Massage + Aroma Bath

- **MEDITERRANEAN SCRUB, MASSAGE AND ULTRA-MOISTURIZING WRAP**

*135 Minutes*

Shea Nourishing Scrub + Shea Wrap + Choice of Massage

- **PROVENÇAL DETOXIFYING CURE**

*135 Minutes*

Almond Smoothing Scrub + Almond Cocooning Body Wrap + Almond Detoxifying Balance





# *Holistic Treatments*

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## **HOLISTIC BODY MASSAGE**

*60 Minutes*

A massage performed with warm herbal oil for the entire body. Elongated sweeping movements spread the oils along the whole body, as deeply relaxing, flowing massage techniques soothe and de-stress. The properties of the oil help to revitalize and refresh the nervous system.

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## **CHAKRA BALANCING DHARA**

*60 Minutes*

A stream of warm herbal oil poured over the forehead which takes you to a different level of mental peace and relaxation. This treatment is recommended for sleeplessness, mental stress and for hair care.

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## **INDIAN HEAD MASSAGE**

*45 Minutes*

A traditional head massage to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders. A range of different movements including application of deep kneading and compression movements over the neck, shoulder and scalp areas helps increase joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow leaving you energized and revitalized.

# Yoga

- **BASIC YOGA**

*60 Minutes*

Basic Yoga is for Beginners. It will help you to create a strong foundation and find a love for the practice. It includes simple postures, breathing exercises and meditation.

- **ADVANCED YOGA**

*60 Minutes*

Advance Yoga poses, Asanas are practiced by the healthy and advanced practitioner to get strength and deepen one's yoga practice. This includes advanced postures and meditation to calm down the mind.

- **DYNAMIC YOGA**

*60 Minutes*

Dynamic Yoga is a modern and athletic style of Vinyasa Yoga. Vinyasa simply means flow, so each pose flows into the next. It involves a repetition of postures.

- **RELAXATION YOGA**

*60 Minutes*

Yoga is a method by which one can develop one's inherent powers in a balanced manner. It offers the means to reach complete self-realization. Different relaxation techniques of Yoga will impart you to a higher level of awareness.

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# *How to Spa*

For your convenience, we have compiled answers to common questions you may find helpful in choosing the types of treatments that best meet your individual needs.

## **GENERAL**

### *WHAT ARE THE SPA WORKING HOURS?*

The Spa is open from 09:00 to 21:00 however, the last one-hour service can be scheduled at 20:00.

### *DO YOU HAVE TO BE A CERTAIN AGE TO ENJOY SPA TREATMENTS?*

Guests must be 16 years or older for using the Spa facilities. Unaccompanied Guests under 16 years of age must have a parent or guardian's signed approval or consent.

### *SHOULD I BOOK MY TREATMENTS BEFORE WE ARRIVE?*

We encourage Guests to schedule appointments in advance to ensure their preferred treatment, time and therapist are available, especially when making multiple appointments. Bookings made on the day of service and walk-in appointments are always welcome based on availability. To schedule your appointments(s), please email us at [spa@icfujairahresort.com](mailto:spa@icfujairahresort.com) or call us at +971 9 209 9880 Ext 1103.

### *HOW DO I CHOOSE THE TREATMENT?*

Our menu offers a wide range of treatments designed for the most luxurious and holistic well-being experience. The Spa menu is available in all Guest Rooms. Guest can visit the Spa to speak to our team for a consultation. Our wellness consultant can help Guest decide which treatments will be beneficial to them.

### *CAN I SMOKE WITHIN THE SPA PREMISES?*

No, the Spa is a smoke-free and alcohol-free environment. Guests under the influence of alcohol, high-energy drugs and medication will not be allowed to use the Spa and avail of treatments.

## PRIOR TO ARRIVAL

### *WHAT TIME SHALL I ARRIVE?*

To enhance the Spa experience, Guest are advised to kindly arrive 15 minutes before their scheduled treatment. This will allow time to complete Spa formalities and to relax in our relaxation area. In case Guests would like to avail the steam facility, please arrive 30 minutes before the scheduled treatment.

### *WHAT SHOULD I WEAR WHILE COMING FOR MY TREATMENT?*

You may wear comfortable clothing to the Spa. As you will be draped during treatments to respect your privacy, suggested attire for massages and most other treatments is simply a robe, which is provided to you upon arrival to the Spa. Disposable undergarments and a wrap-up bra will be provided from the Spa for the needful services. You are required to wear this for your comfort.

### *WHAT SHOULD I NOT BRING TO THE SPA?*

Lockers are available for clothing however it is recommended that you leave valuable items in the safe of the hotel room. The Spa services require bare skin and freedom to move, we request that you refrain from wearing jewellery. For the courtesy of our Guest, cellular devices, cameras and other technology must be turned off while you are in the Spa. O Spa by L'Occitane or InterContinental Fujairah Resort may not be held responsible for lost or stolen articles.

### *SHOULD MEN SHAVE BEFORE FACIAL?*

Shaving is not recommended prior to your appointment. If you choose to shave, please do so at least 6 to 8 hours before your appointment.

## **SPA POLICIES**

### *WHAT IF I AM LATE FOR MY TREATMENT?*

Arriving late will simply limit the time of your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so the next Guest will not be delayed. The full value of your treatment will be charged.

### *WHAT IF I NEED TO CANCEL MY SCHEDULED APPOINTMENT?*

If you reschedule or cancel your appointment, please notify the Spa at least 24 hours in advance to avoid being charged 50% of the service fee. For blocks of more than four services, 48 hour cancellation policy or a 100% no-show charges applies.

### *HOW DO I PAY?*

You may charge Spa services to your hotel bill or services may be paid by credit/debit card or in cash.

### *WHAT ABOUT THE CONFIDENTIALITY OF MY DATA SHARED?*

We are committed to your privacy. We keep all personal and medical information confidential and well-secured.

### *DO YOU HAVE SPA GIFT CARDS?*

Spa Gift Cards are available at Spa Reception upon guest request.

## SOCIALLY RESPONSIBLE SPA

Every new project is an opportunity for Sanghvi Brands to go a step beyond in the commitment for social responsibility. A Spa, because it is heavily water-oriented, has to limit waste through constant controls and continuous consciousness. We strive to maintain a green environment. For this reason, we select natural materials with traceable origins (eco-friendly whenever possible) and save energy through controlled use of utilities. We ensure you get the purest linen and a most hygienic experience. This way Sanghvi Brands Spas curb our impact on the environment.

## GLOBAL PRESENCE OF L'OCCITANE SPAS

With over 100 Spas in 30 countries, Spa L'Occitane is a natural extension of the L'Occitane brand. Sanghvi Brands has over Six L'Occitane Spas in South Asia and is going international, launching L'Occitane Spas in the Middle East.  
[spa.loccitane.com](http://spa.loccitane.com)

## L'OCCITANE SPAS OPERATED BY SANGHVI BRANDS

MUSSOORIE  
JW Marriott Mussoorie  
Walnut Grove Resort & Spa

MANALI  
Span Resort and Spa

GULMARG  
The Khyber Himalayan  
Resort & Spa

MUMBAI  
Lower Parel

KOLKATA  
Anaya Kutir

JHILAI FORT  
Opening Soon

FUJAIRAH  
InterContinental  
Fujairah Resort

Sanghvi Brands is L'Occitane's exclusive Spa partner in India. With its renowned expertise, Sanghvi Brands has created one of South Asia's largest portfolios of international beauty, fitness and lifestyle wellness brands, and is developing further in the Indian Ocean and Middle East regions.

[www.sanghvibrands.com](http://www.sanghvibrands.com)

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