

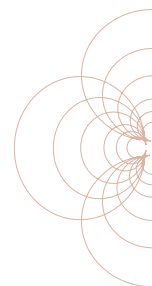
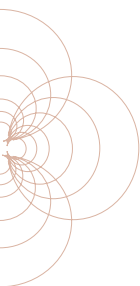
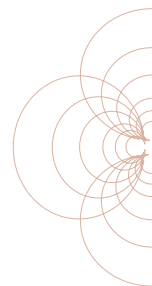
Timeless Spa

Emirates' own luxury spa brand, Timeless Spa, is an integral part of the Emirates Hotels & Resorts experience.

Timeless Spa, with its team of gifted international spa therapists, specialises in a wide range of wellness, rejuvenation and beauty therapies. Offering a unique fusion of healing practices drawn from cultures around the world, the treatments are truly representative of the idyllic nature of Woldan Valley Resort & Spa.

Our signature treatments draw on the wisdom of Middle Eastern and South East Asian aromatherapy traditions. At each Timeless Spa, you will find our exclusive range of natural products, designed especially for Emirates, using indigenous ingredients. Offering beauty and relaxation treatments and private massage rooms, each spa is set against tranquil and inspiring natural environments.

We are committed to offering you the finest in holistic treatments within a luxurious setting, which echoes the locality and embodies the culture of the region, together with Timeless Spa signature products.





The Timeless Spa product range at Emirates Hotels & Resorts, developed in partnership with Babor, delicately combines natural ingredients with the inherent properties and purity of dates and frankincense, two ingredients deeply rooted in Arab culture.

Extracts from dates within our signature products help cell generation, improve skin function and reduce fine lines. Frankincense, a holy oil in the Middle East, is suitable for both men and women. It soothes and protects the skin from moisture loss while improving emotional balance, as well as the immune and nervous systems.

The Timeless Spa signature range is offered in addition to the Sodashi and Babor products.



Sodashi

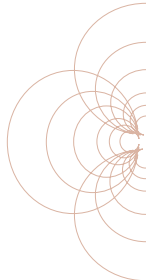
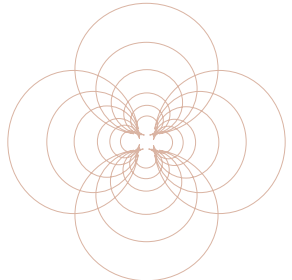
Founded in Western Australia in 1999, Sodashi produces innovative skincare products and spa therapies that are 100% natural and organic.

The products cater to both men and women and are highly beneficial for the skin, with anti-ageing, purifying, hydrating and balancing properties. The word Sodashi translates to wholeness, purity and radiance, and the products contain only the highest quality therapeutic grade plant essences. Free from chemical or animal products, Sodashi is considered the purest spa brand in the world.

BABOR

Founded in the ancient German province of Aachen over 50 years ago, the Babor philosophy has emerged from a region world-renowned for its therapeutic thermal springs.

Babor's philosophy is based on a holistic and natural approach. Babor's extensive research and scientific testing incorporates some of the most advanced technologies in the world, whilst still embracing a direct union with nature. This natural and extensive range covers every area of the professional spa business and is respected by many reputed international hotels and spas.



Preparing for a Timeless Experience

ARRIVING FOR YOUR APPOINTMENT

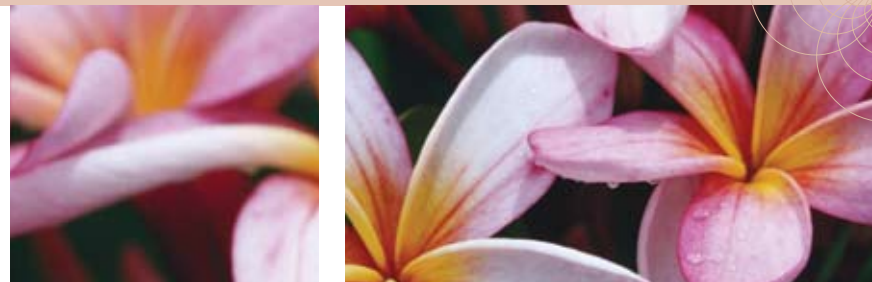
To make the most of your spa experience, we suggest you arrive 15 minutes prior to your scheduled appointment. This gives you ample time to check in, get ready and make the most of your treatment time. In the unlikely event that you are running late, we will endeavour to conduct your full treatment. However, please note that the treatment may be shortened should there be another booking immediately afterwards.

MEETING YOUR PERSONAL SPA THERAPIST

Upon your arrival at Timeless Spa, our receptionist will confirm your spa treatment request. You will then be assigned your personal spa therapist. He/she will conduct a brief consultation before planning your spa regime, to ensure that you receive the treatment most suited to you. Please advise if you have any health concerns so that our spa therapists can address your special requirements.

WHAT TO WEAR

For spa treatments, spa wear including comfortable disposable underwear, robe and slippers are provided.

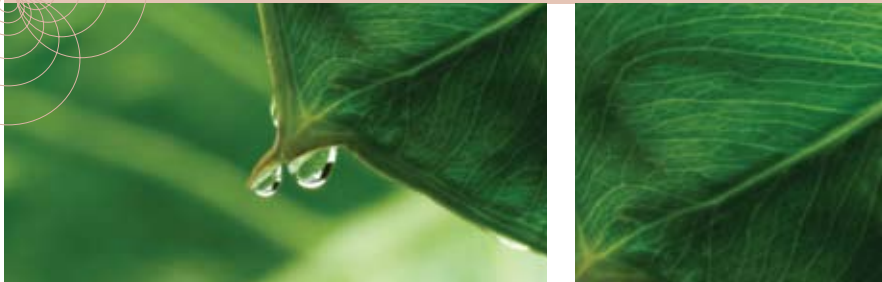


PRIVACY

Your privacy is protected at all times. Your spa therapist leaves you to change in private, and throughout the treatment you are draped with towels, covering untreated areas.

SPECIAL CONSIDERATIONS

Guests who are pregnant, have high blood pressure, heart conditions, or any other medical complications, are advised to consult their doctor before signing up for any spa service. Health experts recommend only one heat treatment per day. Following any heat treatment, you must rest and avoid any vigorous activities for at least one hour. Be sure to drink lots of water and allow for an interval of at least an hour after a meal before undergoing any heat treatment.



GENTLEMEN

We strongly recommend a shave prior to a facial for maximum comfort and benefit to the skin.

MAKING RESERVATIONS

To book your preferred time for a spa service and to avoid any disappointment, please make a reservation either by phone or in person at your earliest convenience. A day's notice is advisable.

SMOKING AND ALCOHOL

The consumption of cigarettes and alcohol is not encouraged in any spa environment. Alcohol consumption is not advised before any spa treatment or service.

ETIQUETTE

To ensure that all guests can enjoy the peace and harmony within the spa, we request that all guests keep noise levels to a minimum and refrain from carrying cellular phones and other electronic devices.

MINIMUM AGE

Children under 16 years are not allowed in the spa.

VALUABLES

The private bathroom in each treatment room is fitted with a safe to secure your personal belongings. However, we recommend you do not wear any valuables while enjoying the spa services.

*We look forward to providing
you the Timeless Spa experience.*

Sodashi Treatments

FACE THERAPY

These facials are complemented with the specialised Sodashi Facial Massage technique.

SODASHI THERMAL INFUSING FACIAL (90 minutes)

This is an intensive boost of all nature's vitamins and minerals. Sodashi's exclusive Warm Infusing Mask will maximise penetration of these essential vitamins and minerals into the deeper layers of the skin. This ultimate facial indulgence is tailored to your skin's needs to purify and deeply cleanse, or nourish, to leave your skin hydrated and toned. Restoring forgotten elasticity and radiance, this is more than just a facial; it's Nature's Face Lift.

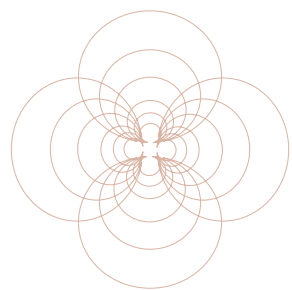
TIMELESS SIGNATURE AUSTRALIAN MINERAL FACIAL (75 minutes)

We will take your skin on a journey of total renewal. Deeply relax as you enjoy the pampering warm facial compresses with the luxurious aromas of Sodashi plant essences to soften and exfoliate the skin. Followed by Sodashi's Australian earth mineral and algae mask, to clarify and deeply hydrate the skin. This facial will be enhanced with a unique massage experience using ancient Australian massage stones and essential oils that will leave your skin relaxed and radiant.

SODASHI MEN'S FACIAL (60 minutes)

Begin with a relaxing Sodashi salt therapy back massage that will ease stress and reduce tension in the mind and body. Continue with a deep cleansing and exfoliating facial that balances the skin's natural oils and assists in preventing ingrown hairs. Sodashi's soothing mists with woody aromas will de-sensitise your skin and a relaxing facial massage will tone and firm the muscles leaving you looking fresh and revitalised.





BODY THERAPY

SODASHI EARTH MINERAL CONTOURING BODY WRAP (80 minutes)

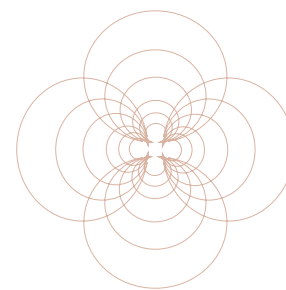
Beginning with an invigorating exfoliation that combines finely ground volcanic clay blended with native Australian botanicals and marine extracts massaged over your entire body. Your treatment is then followed with a comforting body wrap of Sodashi's warm body mask, rich in carefully selected Australian marine extracts used exclusively by Sodashi to stimulate the Lymphatic system and assist in the removal of accumulated toxins, which are a common cause of cellulite. After a refreshing shower Sodashi's specialised contouring gel and cream are applied to your body, leaving your skin feeling and looking toned and lustrous.

SODASHI EARTH MINERAL DETOX BODY WRAP (80 minutes)

Combining the richness of sea plants, algae, marine minerals and plant essences, this treatment is deeply detoxifying at all levels. Lay back and enjoy an exfoliation with Sodashi's Organic Green Tea, Himalayan Salts and Australian Eucalyptus Peppermint that will leave your skin soft and enlivened. A warm Sodashi Australian earth mineral body mask is then applied before you are cocooned in a comforting wrap. Rest and restore as you enjoy a soothing scalp massage for complete comfort and total relaxation. To finish, a luscious lotion leaves the whole body rejuvenated.

TIMELESS SIGNATURE WATTLE SEED RENEWAL (60 minutes)

This highly fragrant and gentle all over body exfoliation will soothe and calm the mind and body while revitalising and hydrating the skin. Containing the active ingredient of Australian Wattle Seed and Sandalwood Powder, this treatment is the perfect tonic to relieve tired aching muscles. Following this fragrant experience a beautiful lotion containing Australian Sandalwood and Tea Tree is applied to activate skin rejuvenation, moisturise and prevent skin damage. This treatment is safe before, during and after pregnancy.



SODASHI GREEN TEA AND EUCALYPTUS SALT THERAPY EXFOLIATION (60 minutes)

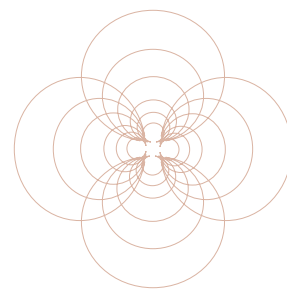
The combination of Sodashi's Organic Green Tea and Himalayan Salts deeply cleanses and exfoliates your skin all over. Rich in anti-oxidants and vitamins C and E coupled with Australian Eucalyptus this blend infuses soothing, relaxing properties to the underlying muscles and helps to repair the everyday effects of wear and tear. As a finishing touch the application of a richly scented Sodashi moisturiser will leave your skin vibrant and replenished.

SODASHI AFTER SUN SOOTHER (60 minutes)

Soothing Sodashi compresses with Lavender and Geranium plant essences are gently placed over your body to calm redness and irritation. Then a cooling Sodashi mist is sprayed on the skin to reduce body heat. Selections of treatment lotions containing Australian Sandalwood are then applied to activate skin rejuvenation, moisturise, even skin tone and prevent skin damage.

SODASHI SOUL TO SOLE THERAPY (60 minutes)

This is a perfect treatment after your rigorous day in the Blue Mountains. We begin this collection of therapies with the application of an enriching scalp mask. The mask is massaged into the scalp to relieve tension and provide essential nutrients, leaving your hair soft and shiny. This is followed by a warm compress and luxurious deep relaxing salt exfoliate for your hands and feet. To finish, a rich cream is massaged deeply into the skin to nourish and soften your hands. Your feet will not be forgotten; we provide total relief for aching feet and legs with a soothing foot cream using the oils of Mint and Arnica to increase circulation and reduce swelling.





In most of our spa treatments, Sodashi Massage Oils are available for your selection in the chosen massage therapy. Your therapist will be able to suggest the one most suitable for you from the menu below:

Sodashi Balancing Massage Oil

Helps to combat fatigue and refresh the mind, especially useful to rebalance the mind and body after long periods of travel.

Sodashi Toxi-Cleanse Massage Oil

Helps to combat the effect of accumulated toxins in the body. Relieves water retention, improves sluggish circulation and purifies the body helping fight cellulite.

Sodashi Serenity Massage Oil

Instills a feeling of peace and tranquility, protecting you from pressures and stresses, maintaining inner calm.

Sodashi Fitness Massage Oil

A blend of warming essences that gently releases tension from aching muscles and joints. Perfect after physical exercise or exertion.

Sodashi Sensual Massage Oil

A sensuous blend of essential oils that will enhance physical well-being and increase self confidence.

Vitamin Rich Massage Oil

Gentle and unscented, this oil is suitable during pregnancy and for very sensitive skins.



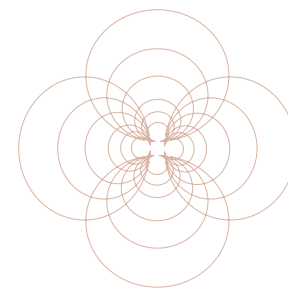
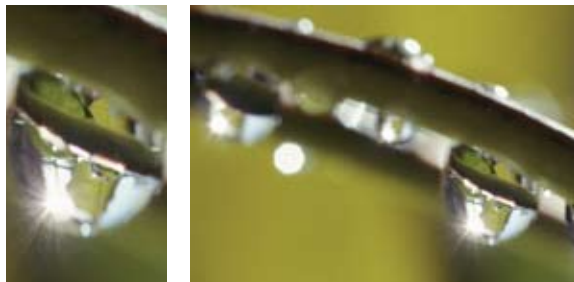
Spa Therapy Packages

AUSTRALIAN SUNSET RITUAL (240 minutes)

If you desire tranquility and deep relaxation, this is the spa retreat for you! With a warm and relaxed bath-soak to unwind, gently fragrant native Australian Wattle Seed is massaged over the skin. After a refreshing shower, your body is perfectly prepared for the Timeless Signature Body Massage. Continue your journey cocooned in a comforting body wrap rich in carefully selected Australian marine extracts, plant essences and algae to assist in the removal of accumulated toxins while your scalp is massaged with a rich scalp mud. To complete your day of indulgence, allow your senses to be overcome with a Sodashi Thermal Infusing facial treatment.

This Spa Therapy Package includes the following Sodashi treatments:

- Bath-soak
- Vanilla Body Exfoliation
- Timeless Signature Body Massage
- Contouring Body Mask
- Scalp Mask Treatment
- Thermal Infusing Facial - including Australian stone facial massage
- Organic Teas

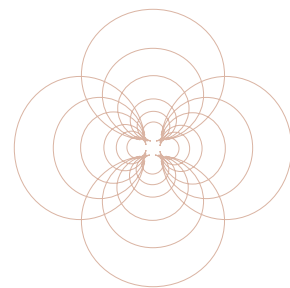


REJUVENATE (150 minutes)

Renew and balance your mind, body and soul with this supreme rejuvenating spa experience. Unwind with a luke warm and relaxed bath-soak ready for an all over body polish that gently glides over your skin to oxygenate and hydrate. After the application of exotic clay blended with herbal tonics, a balancing and moisture rich mud is massaged all over your scalp to instill total relaxation while you rest. Before we continue with your path to renewal, you can sip on a relaxing herbal infusion, prepared for your indulgence. We complete your treatment with a totally refreshing facial treatment, using marine minerals and algae to enhance natural radiance and give you an even, balanced complexion.

This Spa Therapy Package includes the following Sodashi treatments:

- Bath-soak
- Eucalyptus Salt Exfoliation
- Refining Body Mask
- Scalp Treatment Mask
- Australian Mineral Facial
- Organic Teas





Babor Treatments

FACE THERAPY

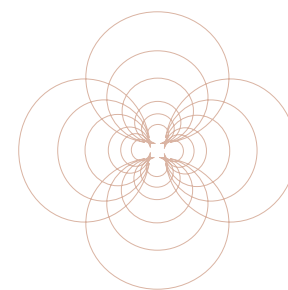
These facials are complemented with the Babor Facial Movement techniques

HIGH SKIN REFINER PLATINUM (120 minutes)

This luxury Lifting Facial treatment is designed specially for specific skin needs of mature and devitalised skin, using an innovative skin lifting complex which provides immediate visual results. It perceptibly smoothes out fine lines and refines your skin's surface by giving a fresh and rejuvenated appearance.

BABORGANIC FACIAL (60 minutes)

This is a truly innovative and nourishing facial that is highly beneficial for mature or dry skin types. A gentle cleanser and enzymatic exfoliate is applied, using unique brush strokes on your skin surface. This is followed by a crystal scrub that refreshes and revitalises your skin. Mineral rich Swiss Glacier water is misted on the skin to hydrate and tone. Precious mountain crystals are used in a distinctive and tension releasing facial massage. This facial treatment provides specific hydration options as precise solutions to individual skin conditions.



Babor Treatments

BODY THERAPY

These therapies are created by using Babor's products and special techniques

BABORGANIC BODY TREATMENT (90 minutes)

A layer of lactic clay powder is gently 'snow-flaked' over your body, and a light effleurage movement is used to polish the skin. Mountain crystals are used to activate shiatsu pressure points on your back and feet to remove any tension. This treatment finishes with the application of a pure anti-aging body cream that massages into your skin. This is a truly luxurious and pampering body treatment.

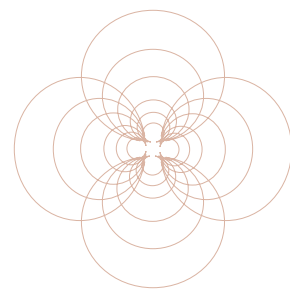
KHANYA OF AFRICA:

A MYSTICAL JOURNEY TO AFRICA (120 minutes)

Africa is a fascinating continent where nature is never-ending and the richness of the flora and fauna is breathtaking. With its unique colour spectrum and cultures, customs and habits that are manifold and highly diverse, some of Africa's native inhabitants and population groups still continue to live in total harmony with nature and uses special healing powers. With KHANYA Energy Balance, Babor has developed this holistic body treatment that enables you to experience the soul of this continent's originality as well as its ancient rituals and traditions - from head to toe! The combination of a salt scrub, special massage techniques and an exclusive facial treatment that leaves your skin with a renewal of vitality.

SHADIVA OF INDIA: SENSING THE SUBCONTINENT (120 minutes)

With Ayurveda, an ancient form of Indian medicine, and the use of products relative to your 'Dosha' - your body type, this breathtaking and moderate pressure massage that incorporates the scalp, face and body, brings the sensation of the subcontinent through this treatment with Babor's products. The typical Indian ingredients, such as neem extracts and ginger lily in SHADIVA of India, provide skin care while stimulating your senses with aromas. A riot of colour and exotic spices are used in Ayurvedic discipline with its oil for massages.





Timeless Traditions Treatments

BODY THERAPY

These therapies are traditionally created by Timeless, using a combination of different techniques

TIMELESS TRADITIONS SIGNATURE FOUR-HAND BODY MASSAGE (90 minutes)

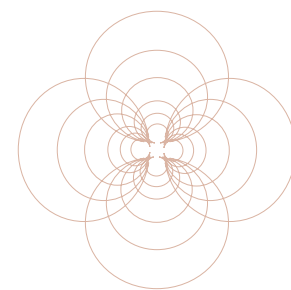
Spoil yourself with Timeless Traditions Signature treatments which originates from Al Maha Desert Resort & Spa, and begins with a full body scrub. Four expert hands of two therapists complement and follow each other using a combination of traditional Swedish and Deep Tissue massage techniques, to caress your body's energy flow, resulting in deep relaxation and the ultimate experience of the power of touch. A relaxing face treatment rounds off the massage leaving you feeling transformed by the unique sensory experience of Timeless Traditions.

MOUNTAIN AROMA SIGNATURE MASSAGE (60 minutes/90 minutes)

This deeply therapeutic aromatherapy massage harnesses the power of signature oils, offering you a choice of blended essential oils that suit your mood for the day. This massage uses light, rhythmic pressure that is exceptionally soothing, as well as the physical benefits. Aromatherapy has subtle positive effects on the mind and emotions, leaving you feeling relaxed, calm and uplifted, through these signature oils.

HAWAIIAN LOMI LOMI MASSAGE (60 minutes/90 minutes)

Originally reserved for Hawaiian kings and queens, this traditional-style massage uses long soothing strokes designed to relax and rejuvenate. Deep yet gentle, it incorporates the use of forearms, as well as stretching the body and balancing its energies. Incorporating our special Serenity Massage oil, the Lomi Lomi Massage instills a real sense of peace and tranquility.



MOUNTAIN HOT STONE THERAPY (90 minutes)

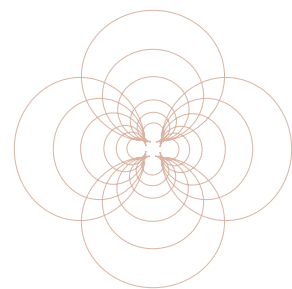
Inspired by and incorporating the vital energy of Wolgan Valley, the Mountain Hot Stone Therapy is a deeply soothing and healing massage that relaxes and balances your body and soul. Smooth, hot basalt stones are applied gently to warm and release areas of tension, with particular attention paid to your shoulders, back areas and legs. The active ingredients of the therapeutic oils used with the smooth and flat stones, provide deep comfort and a vital reconnection with nature during your stay at Wolgan Valley. Expect to emerge rebalanced, renewed and re-energised.

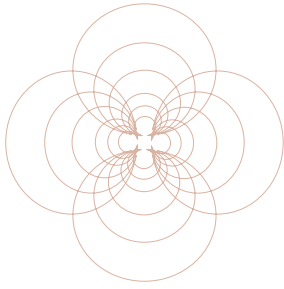
TRADITIONAL SWEDISH MASSAGE (60 minutes/90 minutes)

During this traditional body massage, the therapist varies the amount of pressure applied to meet your specific needs and preferences. Your body is lightly brushed before the warmed signature Timeless massage oil is applied, releasing knots and tension in the body. The pressure and rhythmic strokes work effectively on your muscles, blood circulation and nerve endings, thus providing an excellent all-round treatment.

REFLEXOLOGY (60 minutes/90 minutes)

The art of traditional reflexology dates back to Ancient Egypt, India and China, transforming balance to your body's natural equilibrium. Reflex points on your feet and hands are connected to the channels and organs of your body. The therapy focuses on these reflex points of your feet corresponding to specific areas of your body. Stimulation of these reflex points result in the restoration and imbalance of your whole body, not just the prevailing aches or triggers.





BEAUTY THERAPY

TIMELESS CLASSIC MANICURE (45 minutes)

This classic manicure begins with the shortening and shaping of nails followed by a cuticle trim. A reconditioning hand massage leaves your hands feeling relaxed and soft. To complete the treatment, nail varnish is applied on request.

TIMELESS CLASSIC PEDICURE (55 minutes)

This classic pedicure begins with a wonderful foot bath, followed by exfoliation and a foot and lower leg massage, which boosts circulation and nourishes dry skin. This treatment delivers instant relief for heavy, painful or swollen feet, with the utmost care and attention on problem areas. To complete the treatment, nail varnish is applied on request.

