



the  
elegance  
spa ● ● ●

by ZARYA wellness

CORAL  
Beach Resort Sharjah 

The Elegance Spa is an ocean of calm and peace where you can enjoy the balance between inner and outer beauty that nurture your body, calm your mind, and inspire your soul which leads to you to enter a paradise.

At The Elegance Spa we have created a space of healing, touch and aroma, to promote within you a deep sense of calm, joy and serenity.



Sense Lightness

Let us create **harmony**  
in the **waves** of our emotions

Let us sense **lightness** in the  
most **elegant** manner



## Massages

### Swedish Massage

60/90 minutes

AED 225/325

A classic massage to invigorate the senses and increase energy flow for the whole body with the pressure and rhythmic strokes work effectively on muscles, blood circulation and nerve endings, thus providing an excellent all-round treatment. It reduces stress, both emotional and physical

### Aroma Massage

60/90 minutes

AED 250/350

An anti-stress massage using relaxing essential oils for your senses and long smooth strokes to ease any tension, truly blissful. A deeply nurturing herbal massage serves to help the body unwind, alleviating stress and restlessness

### Deep Tissue Massage

60 minutes

AED 290

This massage is targeting the deeper tissue structures of muscle and connective tissue; this treatment is a more focused type of massage with the pressure generally intense. Our skilled therapists work to release chronic muscle tension, knots and adhesions to increase flexibility and release deep tension.

### Thai Massage

60 minutes

AED 265

This unique, complete therapy combines elements of yoga, acupressure, gentle twisting, and deep stretching. Thai massage releases tension, increases vitality and creates wholeness of mind, body and spirit by restoring the body's energy flow.

### Balinese Massage

60 minutes

AED 250

Traditional Balinese massage with deep rhythmical strokes, rolling movements with gentle kneading and firm, smooth strokes that stimulate energy flow and circulation whilst creating a deep sense of relaxation.

### Anti-Stress Head, Neck & Back Massage

45 minutes

AED 150

This medium to firm pressure massage focuses on the stressed muscles in the head, neck and shoulder area to ease away muscular aches and pains.

### Foot Massage

45 minutes

AED 150

Also known as ancient Chinese Foot Massage, this treatment applies pressure to reflex points located in the foot to stimulate the body's energy flows and release blockages by opening the body's energy pathways leaving you balanced with restored clarity.







## Ayurveda Treatments

### Abhyangam Massage

30/60 minutes

AED 130/225

This herbal oil massage improves blood circulation while eliminating toxins and boosts the immunity leaving one feeling revitalized by using a combination of soothing and symmetrical long strokes to regulate the circulatory and nervous systems of the body.

### Elakizhi Massage

30/60 minutes

AED 130/265

One of the most pain relieving, relaxing and refreshing jet lag massage for that you can enjoy. This treatment is very good for relieving spasms and stiffness of muscles, lubricating the joints, strengthening the spinal muscles and joint pain.

### Shirodhara

60 minutes

AED 350

An exotic interpretation of a very popular and effective Ayurvedic treatment, Shiro Dhara starts with a head massage and then relax under the warm medicated oil dripped in a steady stream on your forehead, it quiets mind and the senses and helps in sleeplessness and general headache and very effective for deep relaxation, to refresh and to restore energy.

### Udwarthanam Slimming Treatment

60 minutes

AED 350

This treatment reduces obesity; imparts mobility to joints, tones skin and muscle, removes cellulite, imparts good complexion by exfoliating the skin, removes the toxins, stimulates the blood circulation and revitalizes sense of touch.

## Body Scrubs and Wraps

### Aroma Body Scrub

45 minutes

AED 150

An amazing natural scrub exfoliates skin, removes dead skin cells and other unwanted material. This body scrub allows the pores of the skin to function properly and speeds healing and disappearance of scars, increases circulation and stimulates lymphatic system.

### Dead Sea Mud Wrap

45 minutes

AED 150

The healing Dead Sea mud wrap will rejuvenate; re-mineralize the skin by stimulating the blood circulation. This wrap will cleanse the skin deeply.

### Cucumber Body Wrap

45 minutes

AED 150

A cooling puree of cucumber blended with soothing aroma oil is applied to the entire body, concentrating on the sun burn affected area. This is a perfect treatment for sun burn skin.

### Herbal Body Scrub

60 minutes

AED 210

This herbal body scrub cleanses and invigorates the body and leaves your skin feeling fresh, smooth, soft and saturated with antioxidants using an age old Ayurveda formula renowned for its strong antioxidant.

### Traditional Moroccan Bath

60 minutes

AED 225

This exotic bath ritual begins with a cleansing; hydrating with application of black olive soap then a scrub eliminates dead skin cells and improves circulation leaving your body refresh and revitalized.

## Facial Treatments

### Anti-Stress Deep Cleansing Facial

75 minutes

AED 240

Starting with a back massage, a facial to purify, hydrate and revitalize skin, ideally for frequent air travelers and those with stressful lifestyle along specific energy points to purify, restore balance, renew the skin and relieve stress lines. This facial is personally customized for all skin types.

### Mini Facial

30 minutes

AED 100

Specially formulated for all skin types, this treatment will lavish your skin with rich restorative moisture. This facial cleanser will help reduce roughness and boost firmness on the skin. This will revive a tired complexion with cleanse, tone and masque to reveal skin clarity.





## Express Treatment

### Foot Massage

20 minutes

AED 70

Known to relieve stress, reduce fatigue and improve general circulation, our luxurious foot massage is the perfect way to unwind and sink into holiday mode!

### Indian Head Massage

20 minutes

AED 70

Based on the Ayurveda system of healing, this massage aims at releasing accumulated stress in the tissue, muscles and joints of the head, neck and back. It is ideal for relieving stress, tension and fatigue.

### Neck & Back Massage

20 minutes

AED 70

This invigorating massage relieves stress and improves posture by loosening stiff muscles in the upper and lower back. Relax your mind and body with this healing treatment.

### Hand & Arm Massage

20 minutes

AED 70

This treatment successfully relieves muscle tension in the shoulders and forearms. It ends with a soothing and moisturizing hand massage



## Elegance Signature Collection

### Touch of Elegance

60 minutes

AED 290

Our signature massage is a sense of seducing escape from daily life. Combining the world's best massage techniques and inspired by western & eastern traditions

### Hot Stone Massage

60 minutes

AED 290

For centuries, people have been drawn to the healing power of heat and the specific energies of Lava Stones. This deluxe hot stone massage by specialized movements to ease and relax your muscles and wanting more.... with a relaxing massage for the face to rejuvenate completely

### Himalayan Salt Healing Treatment

90 minutes

AED 400

A perfect synergy of tissue massage and healing power of heated Himalayan salt stones will eliminate negative energy on main chakras allowing pure, vital and new energy to flow through your body, bringing the mind, body and spirit, into harmony and balance.

## Spa Packages:

### Aroma massage with Facial cleanser

90 minutes

AED 300

### Moroccan bath with Abhyangam Massage

2 hours

AED 350







# Spa Etiquette or How to Spa

## Opening Hours

Opening hours to be 9:00 am to 01:00 am

## Appointments

To ensure your preferred time and service are available, we strongly recommend making reservations in advance. The spa provides walk-in bookings based on availability.

## Ambiance

To maintain the tranquillity of the spa, we ask you to please keep conversation minimal, and respect the privacy and personal space of other guests. For your own relaxation and that of our other guests, the spa is a laptop, smoke and cell phone-free zone.

## Arrival

We recommend you arrive 10 minutes prior to your appointment time to avoid reduction in your service time. All appointments will end at their scheduled time so that the next guest will not be delayed. Treatment times are not extended based on late arrivals.

## Cancellation Policy

Please notify the Spa four hours prior to your appointment time if you need to cancel or reschedule.





### **Attire**

It is recommended that you completely disrobe for your treatment. You will be provided with disposable underwear and slippers upon your arrival. Therapists are trained in proper draping techniques so you should always feel comfortable.

### **Spa Payment Inquiries**

We accept all major credit/debit cards and cash.

### **Medical conditions**

It is essential that you inform us in advance of any health conditions, allergies, medication or injuries which could affect your service when making your spa reservation. These include high blood pressure, pregnancy, past surgeries, and recently taken medications

### **Communicate**

This is your customized massage. If you have feedback on pressure, room temperature, lighting... let us know. Depending on your specific needs or requests, your massage therapist will either perform a customized full-body massage (for general relaxation and stress reduction) or focus on the specific parts of your body that you have requested. We look forward to seeing you for your first visit. If you have any questions about the etiquette during a massage, any of our colleagues will be happy to answer them for you.

### **Age Limitations**

The minimum age requirement for access to the spa is 16, with the exception of selected treatments with the parental supervision. Please enquire with the Spa Receptionist / Manager

### **Valuables**

We advise guest not to bring your valuables to the spa as we do not accept any liability for loss.

### **VAT And Service Charge**

Above rates are inclusive of service charge and 5% VAT



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