



SHUIQI SPA AND FITNESS AT ATLANTIS, THE PALM

A journey into a world of wellbeing

The multi-award winning ShuiQi Spa & Fitness presents a memorable experience for guests, awakening the senses in a setting that is as stunning as it is serene. Upon entering the two-storey 2,400 square metre spa, guests are greeted by a soothing water wall – the start of their relaxation journey. With earthy hues and a water pathway, guests continue on their on their voyage of tranquillity which leads them to one of 27 treatment rooms, for a bespoke treatment, tailored to individual needs.

With its extensive menu boasting more than 60 treatments, head-to-toe, inside out pampering is guaranteed with a range of restorative facials, rejuvenating body therapies and all-encompassing spa journeys. There is also a separate woman's-only salon as well as a well as Gentlemen's Tonic for a bespoke haircut and traditional wet shave.

For guests looking for something extra special, The Royal Spa Suite includes a private pedestal jetted whirlpool tub, as well as a lounge area and a terrace – which all large enough to share – with a treatment room that lends itself perfectly to couple therapies.

AWARD WINS 2018/19

- **Most Recommended Luxury Spa for the UAE** – 2019 Global Luxury Hotel & Spa Awards
- **Luxury Resort Spa Middle East & North Africa** – 2018 World Luxury Spa Awards

ZEROBODY TREATMENT

The Zerobody experience provides all the benefits of floating in a solution without having to get wet. Science shows that the body, free of the need to continually regulate its temperature and gravitational alignment, can now start to unwind. The muscles relax and the blood circulation improves.

Signature treatments include:



- **Express Floating Treatment (10 minutes)** Perfect as an add-on to any spa treatment for an extra dose of relaxation
- **Post-Workout Floating Treatment (20 minutes)** Helps the recovery process by eliminating metabolic waste products and easing muscular tension.

UNDERWATER YOGA

Rejuvenate and restore yourself in a unique aquatic surrounding in The Lost Chambers Aquarium's Hatha Yoga class. This class is for all different levels and aims to improve strength, flexibility and balance.

Every Tuesday, Friday and Saturday 08:00-09:00 AED 160 per person

UNDERWATER YOGA + MEDITATION

Enjoy a one-hour Hatha Yoga class followed by a 30-minute Tibetan singing bowls meditation. Taking place in front of a myriad of colourful marine life in The Lost Chambers Aquarium, the harmonics and vibrations of the Tibetan singing bowls will restore and relax the body.

Every last Saturday of the month 08:00-09:30 AED 175 per person

CRYOTHERAPY

Cryotherapy is an innovative treatment using -125 degree Celsius to improve blood circulation, increase collagen production and boost metabolism.

- **Increased Metabolism and Weight Loss (3 minutes)**
Cryogenically cooled air surrounds the body and accelerates blood circulation, resulting in increased metabolism and calorie expenditure for added weight loss.
- **Muscle and Injury Recovery (3 minutes)**
The extremely low temperatures help to fight inflammation in the body and assists in injury recovery and repair for faster, non-invasive results, allowing you to get back to your fitness routine.
- **Anti-Aging (3 minutes)**



Considered one of the most effective ways to achieve youthful looking skin, hyper-cool temperatures applied to the skin's surface stimulate the increase of collagen production – the foundation of firm, healthy skin. Over time the benefits of cryotherapy treatment will penetrate even deeper for longer-lasting effects.

BASTIEN GONZALEZ

Bastien Gonzalez is world famous for his unique approach to foot treatments based on quality and innovation. Designing and developing exclusive treatments for feet, nails and hands, his unique formula lies in the fusion of wellbeing and beauty.

Visit the Pedi:Mani:Cure Studio by Bastien Gonzalez, only at ShuiQi Spa.

Signature treatments include:

- **Bastien's Duo Nail Treatment (75 minutes)** An award-winning, synchronised, four hand treatment focusing on your feet, legs, hands and arms. The ultimate in manicure and pedicure luxury with total relaxation.
- **Bastien Foot Refoundation (30 minutes)** A relaxing massage from toes to knees focusing on muscle tension, joint mobility, circulation and skin elasticity; includes a preliminary exfoliation performed with the Black Diamond Scrub.

DR BURGNER

Dr Burgener launches it new Skin Renovation Programme, an exclusive offering designed to address individual skincare needs through detailed skin analysis. Personalised skincare programmes are created using unique Core Cures, which include De Pollute, De-Minish and De-Age. Treatments range from introductory level to advanced therapies, using the best technologies available in the market.

COMFORT ZONE

Comfort Zone launches it new pioneering organic treatments with professional skincare line, a CO2 neutral skincare brand whose mission is to promote a holistic, soulful, healthy and sustainable lifestyle.



The skincare brand of the Italian Davines Group which is dedicated to producing results-oriented formulas that address all skin and body concerns, it was founded in 1996 by Dr Davide Bollati. A pharmacist, cosmetologist and the current Chairman of the group, Dr Davide's science-based holistic approach sees the skin as an expression of mind and body combined. His integrated approach for includes an array of spa treatments, homecare products and lifestyle advice, with formulas rich in natural-origin ingredients and high-tech molecules, and free from animal derivatives, parabens and silicones.

SIGANTURE TREATMENTS

ATLANTIS LEGEND (120 mins)

Smooth-Enrich-Remineralise

The ultimate Atlantean Spa Experience starts with a full body peel to prepare your skin and body for remineralisation and conditioning followed by a firming mud massage using hot lava seashells to melt the muscles. A Ginger Tea Ceremony compliments this signature treatment to boost health and immunity.

SUBLIME ILLUMINATION (90 mins)

Illuminate-Hydrate-Restore

Illumination starts from within. This bespoke treatment starts with a relaxing Foot Soak while you melt away with a Peppermint Tea Ritual. A full body peel combining glycolic and lactic acid, followed by a plumping and hydrating Sublime Double Peel Facial to restore the skin's natural glow and silkiness. The journey is further enhanced with a luminous hand and foot mask and scalp massage.

ESPA ARABIAN ROSE RITUAL (120 mins)

Soothe-Rebalance -Centre

Unique in every way, naturally exfoliating rose hip seeds smooth away dull, dry skin before a full body massage with rose infused herbal poultices and warm aromatic oils to alleviate tense muscles and help



release anxiety. Skin feels satin-smooth, balance is reinstated, and wellbeing gently restored. Your journey will be completed with fragrant rose and spice tea to awaken all senses.

ESPA Energy Balancing Treatment (2 hours) - This unique treatment is ideal for those experiencing high levels of stress, or poor sleep patterns. Includes a body exfoliation and facial cleanse, full body massage and scalp massage.

MEDI:SPA

ShuiQi Spa is the only spa in the region to offer some of the world's most popular and top of the line treatments to our guests. You can now experience the remarkable work of the accomplished Dr Maurizio Viel, enhancing your appearance with Botox, natural hyaluronic acid fillers, anti-aging regenerative treatments and mesotherapy.

SHUIQI SALON

ShuiQi Salon's dedicated ladies-only salon is a suitably chic space, with the creative hairstylists renowned for their personalised approach and outstanding customer service.

MEN'S TREATMENTS

A bespoke selection of treatments has been tailored to the men amongst us that also desire a pampering day every now and again. Tackling tired and sore muscles for deep tension release, and facials to tackle the effects of a modern urban lifestyle, these dedicated treatments are a must for any man.

/skin regimen/ URBAN LONGEVITY (60 mins)

Cleanse-Bespoke-Refresh

A plant-based antidote for the modern fatigue and urban lifestyle, for healthy, glowing skin and a reinvigorated mind. Customisable to correct specific stress-related imperfections and signs.

ESPA MUSCLE REVIVER (60 mins)

Recharge-Reset-Unwind



A deeply soothing back, foot and scalp massage to ease persistent tension and induce a peaceful mind. You will feel revived and invigorated for the day ahead, or relaxed and calm for a peaceful night's sleep.

GENTLEMAN'S TONIC

Guests can enjoy a traditional experience to be savoured at the new men's grooming salon, Gentlemen's Tonic at Atlantis, The Palm. Using a variety of lux skin and beard care lines that has been specifically developed to help stop the inflammation caused by everyday shaving and the environment. Each guest is treated to a distinct personal grooming ritual in the surroundings of masculine leather and hardwood retro interior.

Signature treatments include:

- **Royal Shave** - Designed for men who require their face to be in top condition before a critical professional or personal endeavour. This 45-minute treatment focuses on refreshing and recharging the face by thoroughly rejuvenating the skin and promoting tissue regeneration.

SHUIQI FITNESS 'WELLNESS CENTRE'

The 'Wellness' Centre at ShuiQi Spa & Fitness features Technogym's exclusive ARTIS range, the first integrated collection of cardio, strength and functional equipment in the region. The exclusive ARTIS equipment range on offer comprises of a complete cardio line (Treadmill, Elliptical, Vario, Bike and Recline), strength pieces and functional stations. The addition of the new Skill Line in 2020 has completed the wellness aspect to round up the fitness offering.

Designed by architectural, interior and urban design firm, TAO Design, the new ShuiQi Spa & Fitness Centre boasts an exceptional layout derived from the simplicity of fine lines. Based on the spa's very own philosophy centred on objects, shape, light and texture, guests are drawn to a focal point that starts from the back-lit flooring design to a striking feature wall. Created with the knowledge that the human body is more responsive towards natural elements, the slick space places an emphasis on natural materials including wood and stone.



ShuiQi Spa is open from 9:00am-9:00pm daily. ShuiQi Fitness is open from 6:00am-9:00pm daily. For more information or to book visit <https://www.atlantisthepalm.com/shuiqi-spa-fitness/shuiqi-spa>

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About Atlantis, The Palm, Dubai

Atlantis, The Palm is the first entertainment resort destination in the region and located at the centre of the crescent of The Palm in Dubai. Opened in September 2008, the unique ocean-themed resort features a variety of marine and entertainment attractions, as well as 17 hectares of waterpark amusement at Atlantis Aquaventure, all within a 46-hectare site. It is home to one of the largest open-air marine habitats in the world, with over 65,000 marine animals in lagoons and displays including The Lost Chambers Aquarium, a maze of underwater corridors and passageways providing a journey through ancient Atlantis. Atlantis Aquaventure waterpark features 18 million litres of fresh water used to power thrilling waterslides, a 2.3-kilometre river ride with tidal waves and pools, water rapids and white-water chargers. Dolphin Bay, the unparalleled dolphin conservation and education habitat, and Sea Lion Point were created to provide guests a once in a lifetime opportunity to learn more about one of nature's most friendly mammals. The resort boasts an impressive collection of luxury boutiques and shops as well as extensive meeting and convention facilities. Atlantis, The Palm is also known as the culinary destination in the region where guests can take their pick from a collection of 31 world-renowned restaurants including Bread Street Kitchen & Bar, Hakkasan, Nobu, Ronda Locatelli, Seafire Steakhouse & Bar, award-winning underwater restaurant, Ossiano, and traditional Middle Eastern favourite, Ayamna. The nightlife scene at Atlantis is lively, too, with the fun-filled Wavehouse offering something for everyone, and WHITE Beach & Restaurant the perfect place to unwind with a drink as the sun slips into the Arabian Sea.

