



AWAKEN

The award-winning AWAKEN Spa at Atlantis, The Palm offers a truly different holistic and well-being experience. AWAKEN aligns to each guest's unique quest for mindfulness, health and happiness, awakening all elements of their true nature – body (earth), mind (fire), emotion (water), and spirit (air). Each service is curated to unlock a spiritual alchemy and align to one's higher self, taking guests from self-exploration to self-realisation.

Located in the west tower of Atlantis, The Palm, guests can achieve inner harmony in a luxurious setting that is as stunning as it is serene. Upon entering the two-storey 2,400 square metre space, guests are greeted by a soothing water wall – the start of their wellness journey.

The AWAKEN Retreat moves beyond the usual spa wet area offering experiences that resonate with the elemental bodies, including a hydrotherapy pool, snow fountain, aromatherapy steam, traditional sauna, a deep relaxation area, as well as a plant-powered refreshment lounge.

With earthy hues and a water pathway, guests can continue their voyage of wellness to one of 27 relaxing therapy rooms. The specially curated menu includes original core treatments from the AWAKEN A-List using the spa's holistic wellness range of aromatherapy, skin and body care produced in the UAE, combined with dedicated music, sound and frequencies. All AWAKEN core products and brands are 100% vegan, cruelty-free and have been created for wellness enthusiasts to aid in their wellness journey.

In addition to AWAKEN Spa, there is also a Fitness Centre, a nail bar and separate women's-only salon ALKEMY and ALKEMY men for a bespoke haircut and traditional wet shave.

TOPLINE FACTS

Total Treatment Rooms: 27

AWAKEN Spa & Fitness Centre Size: 2,400 sqm

AWAKEN Spa Hours: 9am-9pm

AWAKEN Fitness Centre Hours: 6am-9pm

Nailology: 9am-9pm

Visit: www.atlantis.com/dubai/awaken-wellness

Imagery: [Please click here](#)

Spa menu: [Please click here](#)

Social media: @atlantisthepalm #AwakenSpa @nailologydubai

AWARDS

2023 Professional Beauty Awards - Therapist of The Year

2023 Professional Beauty Awards - Eyelash Technician of The Year

2022 World Spa Awards - World's Best Spa Service Excellence

2022 FACT Spa & Wellness Awards - Favourite Couples Treatment in Dubai

2021 Luxury Lifestyle Awards - The Best Luxury Spas in Dubai, UAE

2019 World Spa Awards - World's Best Spa Service Excellence

2019 Middle East Hospitality Awards - Spa or Wellness Centre of The Year

2019 Global Luxury Hotel & Spa Awards - Most Recommended Luxury Spa for the UAE

AWAKEN PRODUCTS

All AWAKEN core products and brands are 100 per cent vegan and cruelty free. We partner with quality luxury skin and body care lines by Augustinus Bader, Dr. Burgener, Proverb, Maison d'Asa, 111 Skin and KNESKO.

AWAKEN developed its own frequency-based wellness, skin, hair and body care line produced locally in the UAE. Based on the four alchemical symbols or elements of earth, fire, water and air, each resonate to one of the 'bodies' – be it mental, physical, emotional or spiritual. By awakening the awareness of lower frequencies within these bodies and raising their vibrations, the journey of self-transformation begins.



BODY / EARTH



MIND / FIRE



EMOTION / WATER



SPIRIT / AIR

These four wellness essences are integrated into all AWAKEN A-list treatments and engage both the olfactory senses and the subtle energy body via the essential oil's resonance and vibrational frequency. Each note has been hand-picked and expertly combined to raise energetic levels and harmonic frequency in all four 'bodies', supercharging well-being.

Remaining GMO free, the line uses organic where possible, and ingredients are sourced locally or sustainably if internationally. Plant cellulose 'plastic' is used where possible, and recycled glass and refillable options are available, so all packaging can have a second life if not completely compostable or recyclable.

THE A-LIST – SIGNATURE SPA & ENERGY THERAPIES

AWAKEN MASSAGE

Combining Swedish and aromatherapy massage styles with Reiki energy healing, your therapist works the major muscle groups while channelling positive energy flow to restore balance. You select which AWAKEN massage oil works for your immediate needs, as well as your preferred level of pressure in line with your element of choice.

AWAKEN ENERGY THERAPY

Completely guided by your therapists' intuition and the ancient art of Byosen, or hand scanning, the intention is to sense energy variations in your body caused by physical ailments or emotional pain. Both hands on and hands-off Reiki energy work will be used to help amplify and direct life force energy where it's most needed to enable relaxation and speed healing.

AWAKEN CHAKRA BALANCE

Our energy centres are powerful forces that when brought into harmony, align to unlock our true potential. Choreographed purposeful movements are combined with vibrational attunement to specific sound frequencies via tuning forks to clear and heal energetic debris and stagnant energy. This unique tune-up is a sensory experience with the combination of a massage and chakra balancing.

AWAKEN HYPNO HEALING

Reset your mind with this hypnotic experience comprising a back, neck and shoulder massage with a powerfully mindful meridian head massage complete with sound immersion, deep breathwork and hypnotic suggestion to feel calm and at ease. Fully shift into the now with a positive mental state and relieve headaches, stress and incessant thoughts.

THE LOCAL LIST – AUTHENTIC ARABIAN INFUSIONS

DESERT SAND & DATE SUGAR INFUSION

This handcrafted oud-infused exfoliator with Dubai desert sand and sweet date sugar helps reveal ultra-smooth skin. Then a Khaliji pink clay wrap infuses and hydrates your skin with vital minerals while our date shea butter leaves you fully moisturised.

GULF SALT & MORINGA LEAF INFUSION

This gentle scrub tones and purifies your body with Gulf salts, date seeds and moringa leaves, continued by a velvety moringa flower wrap to support your body's natural detoxification process. The treatment is topped off with a light and natural moringa shea butter for gloriously revitalised skin.

DESERT DUO

Our Desert Sand and Date Sugar Infusion is paired with the AWAKEN Massage for an immersive body experience filled with vital minerals, intense hydration and ultimate relaxation.

GULF DUO

Our Gulf Salt and Moringa Leaf Infusion is combined with the AWAKEN Massage to remove impurities from your body for a complete physical, mental, spiritual and emotional alignment.

OTHER AWAKEN OFFERINGS

AWAKEN Spa offers a wide range of curated treatments. In addition to the A-List and The Local List, guests can choose from micro moments like the Instant Glow Facial, macro moments including a three-hour Metamorphosis immersive journey, 10 wellness à la carte options such as the Salt & Crystal massage, and a selection of skin treatments including The Firming Method by Augustinus Bader, Collagen Cure by Dr. Burgener and The Classic HydraFacial MD®.

Guests can also book a selection of AWAKEN in-room services to enjoy from the comfort and privacy of their hotel room.



AWAKEN FITNESS CENTRE

The Fitness Centre at AWAKEN 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. In addition, the Fitness Centre regularly keeps up with the latest in tech innovation and functionality, replacing its entire fitness equipment line in 2022. The Fitness à la carte menu features physical & mental fitness plus emotional & spiritual fitness for a well-rounded experience.



FITNESS À LA CARTE

PHYSICAL & MENTAL FITNESS

PERSONAL TRAINING

By testing limits and inspiring results, our trainers will build a foundational programme to help you train for an athletic life event. One-on-one focused training helps to keep you on track in order to achieve your fitness goals.

STRETCH POD

Assisted stretching from our specialists using long stretching movements and body weight to increase range of motion. Perfect for pre or post workout routines and for stretching out a specific area of the body.

CRYOTHERAPY

Accelerate your post exercise recovery with cryo chamber therapy. Cryotherapy brings relief from muscular soreness, reduces inflammation, and oxygenates while rapidly flushing toxins through your body to eliminate them faster. Surprising benefits include a deeper sleep cycle and wildly enhanced energy via endorphin release.

PNF ASSISTED STRETCHING

An advanced form of flexibility training and rehabilitation which involves both the contracting and stretching of the muscle group being targeted increasing neuromuscular efficiency.

SPIRITUAL & EMOTIONAL FITNESS

GUIDED MEDITATION

Our intuitive meditation guides will tailor your meditation journey via mental imagery with a series of breathing exercises and mantras. If you prefer, they will simply assist you with ways to enhance your state of mind and increase self-awareness and self-love. One-to-one and group classes are available.

OUTDOOR YOGA OR BODYWORK

Experience varying styles of yoga or bodywork at one of our pristine beaches or outdoor resort locations to increase your flexibility and vitality. One-to-one and group classes are available.

UNDERWATER YOGA

This is the only place where you can experience yoga with views of 65,000 marine animals at The Lost Chambers Aquarium. Improve your strength, flexibility and balance with this one-of-a-kind Hatha Yoga session.

AWAKEN BOUTIQUE

To continue the practice of self-care at home, all products used during spa services are available at the AWAKEN Boutique, including lifestyle items for physical, mental, emotional and spiritual well-being, as well as signature AWAKEN Sun care.



NAILOLOGY

With a promise to deliver premium, unique treatments and Instagrammable moments, Nailology is the newest addition to Atlantis, The Palm's wellness offering. As the only nail bar in Dubai with in-salon mixologists, a visit to the chic nail spot is the perfect way for ladies to treat themselves and cheers to life's big and small moments. The place to come for bespoke, luxurious nail treatments, together with a refreshing (and very photogenic) cocktail or mocktail, Nailology offers services that go above and beyond the standard nail spa salon.

NAILOLOGY TREATMENTS

GOLD GODDESS

Includes a decadent, amber-infused mask, scrub and cream by Spalineia, a golden patch for eyes or lips, 20 minute massage with an amber sphere and argan oil, golden soak, nail polish, mocktail/cocktail, Elim golden finishing spray

CLASSY & SASSY

Includes choice of colour soak from Sprinkle & Sparkle, choice of cream, mask and scrub in either Vanilla & Marshmallow, Tropical Island or Lavender & Mint by Coral Bliss, nail polish or shiny nude nail

DIAMOND IN THE ROUGH

No-soak medi treatment, including delicate dry drill cuticle cleaning, callus removal, cream, mask and scrub by Elim, nail polish or shiny nude nail