

# MEMBERSHIP OPTIONS



	<b>1 Year</b>	
	<b>Peak</b>	<b>Off-Peak</b>
Single Male	AED 4,500	AED 3,800
Single Female	AED 2,600	AED 2,300
Couple	AED 5,100	AED 4,400
Family	AED 5,800	AED 5,000
Add Child (2-16)	AED 1,000	AED 800

	<b>6 Months</b>	
	<b>Peak</b>	<b>Off-Peak</b>
Single Male	AED 3,000	AED 2,500
Single Female	AED 1,700	AED 1,400
Couple	AED 3,650	AED 3,100
Family	AED 4,350	AED 3,900
Add Child (2-16)	AED 750	AED 600

	<b>3 Months</b>	
	<b>Peak</b>	<b>Off-Peak</b>
Single Male	AED 1,800	AED 1,600
Single Female	AED 1,150	AED 900
Couple	AED 2,400	AED 2,000
Family	AED 2,800	AED 2,400
Add Child (2-16)	AED 500	AED 400

	<b>Daily</b>	
	<b>Weekdays/ Member's Guest/Non Member</b>	<b>Weekends/ Member's Guest/Non Member</b>
Child (2-16)	AED 58/ AED 58	AED 69.6/ AED 81.2
Adult	AED 69.6/ AED 81.2	AED 81.2/ AED 104.4

All rates are in UAE dirhams and inclusive of 10% service charge and 6% tourism fee.



## Swimming Lessons Adults & Children

Groups (2-5)	Member/Hotel Guest	Non Member
4 lessons	AED 300	AED 340
8 lessons	AED 515	AED 560
<b>Individual</b>		
4 lessons	AED 385	AED 425
8 lessons	AED 600	AED 685
<b>Squad Training</b>		
8 lessons	AED 385	AED 425

## Personal Training 50 minutes per session

	Member/Hotel Guest	Non Member
1 Session	AED 100	AED 110
5 Sessions	AED 450	AED 500
10 Sessions	AED 900	AED 1,000

## Tennis Lessons

		Member/Hotel Guest	Non Member
Individual	60 mins	AED 130	AED 140
	Ten X 60 mins	AED 1,250	AED 1,350
Semi private 2 players	60 mins	AED 90	AED 100
	Ten X 60 mins	AED 800	AED 900
Individual	45 mins	AED 100	AED 110
	Ten X 45 mins	AED 950	AED 1,050
Junior Group Coaching (12 lessons maximum of 6 players/group)	45 mins	AED 440	AED 470
	60 mins	AED 540	AED 570
Tennis in no time (45 mins individual classes) Block of 6	45 mins	AED 630	AED 690

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# MASSAGE TREATMENTS



## Carita

Treatment	Duration	Member/Hotel Guest	Non Member
Hot Stone Therapy Massage	90 mins	AED 301.72	AED 323.27

## Facial Massage Treatments

Treatment	Duration 1 session	Member/Hotel Guest	Non Member
<b>Sombun</b> (Balancing organic facial, tropical flower facial for oily&congested skin)	60 mins	AED 175	AED 200
<b>Chum Choun</b> (Quenching organic facial, tropical flower facial for dry thirsty skin)	60 mins	AED 175	AED 200
<b>Siam Sa</b> (Nurturing organic facial, tropical flower facial for dehydrated combination skin)	60 mins	AED 175	AED 200
<b>Yothai</b> (Regenerative organic facial, for dry sensitive& aging skin)	60 mins	AED 175	AED 200
<b>Taa Suay</b> (Restorative eye treatment)	60 mins	AED 175	AED 200
<b>Manao</b> (Male head & face treatment)	60 mins	AED 200	AED 225
<b>Na Plai</b> (Recovery neck & head massage)	75 mins	AED 225	AED 250

*All facial massage treatments include cleansing, toning,exfoliation,facial massage,mask and moisturising.*

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# MASSAGE TREATMENTS



## Phytomer Treatments

Treatment	Member/Hotel Guest	Non Member
<b>Detoxifying Marine Body Wrap</b> (A marine body wrap treatment designed to eliminate toxins from the body)	AED 200 AED 800 (Block of 5)	AED 240 AED 960 (Block of 5)
<b>Revitalizing Body Wrap</b> (Invigorating marine body wrap that contains sea elements. Ideal for people who suffer from insomnia and fatigue)	AED 200 AED 800 (Block of 5)	AED 240 AED 960 (Block of 5)
<b>Sea Tonic Firming Body Wrap</b> (A cooling body wrap of seaweed and marine spring water to promote a firmer, healthier and younger skin)	AED 215 AED 860 (Block Of 5)	AED 250 AED 1,000 (Block of 5)
<b>Satin Shimmer</b> (A fully body exfoliation treatment using a seaweed extracts that increase micro-circulation, and remove dead skin cells)	AED 150 AED 600 (Block of 5)	AED 180 AED 720 (Block of 5)
<b>Spa Prestige Massage</b> (A full body exfoliation treatment using marine salt and pine essences followed by a full body massage which is ideal to relieve tension)	AED 240 AED 960 (Block of 5)	AED 280 AED 1120 (Block of 5)

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# MASSAGE TREATMENTS



## Therapeutic Massage & Treatments

Treatment	Duration 1 Session	Member/Hotel Guest	Non member
Swedish Massage	60 mins	AED 160	AED 195
	30 mins	AED 90	AED 110
Aromatherapy	60 mins	AED 160	AED 195
	90 mins	AED 220	AED 280
Thai Massage	60 mins	AED 160	AED 195
	90 mins	AED 220	AED 280
Orient Bent Massage	60 mins	AED 160	AED 195
	90 mins	AED 220	AED 280
Lomi-lomi Massage	60 mins	AED 160	AED 195
	90 mins	AED 220	AED 280
Reflexology	60 mins	AED 160	AED 195
Chair Massage / Neck & Shoulder Massage	30 mins	AED 90	AED 110
Thai Herbal Massage Ball	90 mins	AED 220	AED 280
Synchronized Massage	60 mins	AED 285	AED 325
Marine Body Scrub	60 mins	AED 175	AED 220
Spa Sea Marine Body Experience	120 mins	AED 325	AED 370

Treatment	Duration 1 Block (10 Sessions)	Member/Hotel Guest	Non Member
Swedish Massage	60 mins	AED 1,380	AED 1,725
Aromatherapy	60 mins	AED 1,380	AED 1,725
Thai Massage	60 mins	AED 1,380	AED 1,725
Orient Bent Massage	60 mins	AED 1,380	AED 1,725
Lomi-lomi Massage	60 mins	AED 1,380	AED 1,725
Reflexology	60 mins	AED 1,380	AED 1,725
Thai Herbal Massage Ball	90 mins	AED 1,940	AED 2,485
Spa Sea Marine Body Experience (*5 sessions)	120 mins*	AED 1,500	AED 1,650

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