

# AWAKEN

ATLANTIS THE ROYAL



# YOU, UNLOCKED

Cleanse your body, clear your mind, lift your emotions and stir your spirit.

AWAKEN is a truly different holistic spa and well-being experience.  
Achieve inner harmony in the most luxurious setting imaginable and  
reveal the most powerful version of yourself.

Rouse your inner world.

AWAKEN.

# PHILOSOPHY OF CHANGE

Each day is an opportunity to align with your higher self.  
Each person's quest for well-being, health and happiness is unique.

At the heart of what we do is a deep belief in the power of authentic wellness experiences, focusing on holistic techniques and self-discovery, accelerated by high-tech therapies that help create meaningful change.

Our philosophy is simple: the epitome of wellness is the ability to maintain balance throughout change.



# FREQUENCY TO ENHANCE WELL-BEING

The four classical elements each resonate to one of your bodies –  
be it physical, mental, emotional or spiritual.



**Earth**  
Body



**Fire**  
Mind



**Water**  
Emotion



**Air**  
Spirit



# AWAKEN WELLNESS RANGE

Explore original core treatments from the AWAKEN A-List using the spa's holistic wellness range of aromatherapy, skin and bodycare produced in the UAE, combined with specially curated music, sound and frequencies. AWAKEN's wellness essences are selected for their high frequencies as much as for their distinct aroma for physical, mental, emotional and spiritual well-being.

All AWAKEN core products and brands are 100% vegan, cruelty free and have been created for wellness enthusiasts to aid in their journey.

AWAKEN's therapists, who are the heart of the spa, are Reiki energy-healing certified and have completed training modalities in spatial medicine.

# ELEMENTS RETREAT

Retreat within our spa facilities and relax your mind, body, emotions and spirit.

- ▶ Halotherapy Salt Cave
- ▶ Hydrotherapy Pool and Air Loungers
- ▶ Snow Fountain
- ▶ Alchemy Shower
- ▶ Aromatherapy Steam
- ▶ Charcoal Sauna
- ▶ Tepidarium Loungers
- ▶ Deep Relaxation Retreat
- ▶ Meditation Garden
- ▶ Plant-powered Refreshment Lounge





# BRAND CURATION

## AUGUSTINUS BADER

Inspired by over three decades of science and innovation, Augustinus Bader's award-winning approach to professional skincare is rooted in groundbreaking stem cell research and trusted by the world's most discerning experts. Professor Bader's clean, efficient formulas are powered by TFC8®, a proprietary cellular renewing technology clinically proven to help support the body's natural regenerative processes, for a fresh, healthy glow from the inside out.

## DR. BARBARA STURM

Dr. Barbara Sturm Molecular Cosmetics is an amalgam of scientifically driven aesthetic medicine and an understanding of nature's reparative contributions. Widely renowned for her anti-inflammatory philosophy and non-surgical anti-aging skin treatments, the product line is formulated in Germany for those who desire a simple yet highly effective skincare regime that provides hydration, nutrition and regeneration.

## SUBTLE ENERGIES

Created with intent. Made to empower. The Award-winning Australian-made and owned aromatherapy wellness solution is backed by over 25 years of clinical research. The highly effective natural formula addresses skin and body concerns whilst delivering high performance results as well as empowering one's physical, mental and emotional well-being.

## 111SKIN

Created by Dr. Yannis Alexandrides, a UK surgeon with over 20 years experience, 111SKIN delivers professional products that address real life concerns and replicate in-clinic treatments. Using the most innovative ingredients, administering methods and beauty manufacturing processes, 111SKIN is the first clinic offering luxurious indulgent skincare.

## AMRA

AMRA skincare uses the world's most precious ingredients such as gold, platinum, sapphire, ruby and meteorites combined with the latest scientific bio-active natural ingredients. Produced in the UK, AMRA collections embed the power of the olfactory system with aromas developed by artisans to evoke emotions and capture memories.

## LA SULTANE DE SABA

Being inspired by the enchantment of the senses and supernatural spaces, the story behind La Sultane de Saba is deeply entrenched in heritage and artisan traditions incorporating 100% organic certified ingredients. Paying homage to specific hammam bathhouse rituals from Morocco and combining natural elements from the Middle East, with the expertise of perfume houses in France, La Sultane de Saba's exquisite aromas allow you to traverse your emotions through sensory immersion.



# THE A-LIST

MASSAGE AND ENERGY THERAPIES



## AWAKEN MASSAGE

*1 hour or 1 hour 30 minutes*

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 can select an AWAKEN massage oil that works for your immediate needs, and your preferred level of pressure in line with your element of choice.



**Earth**  
Body

Deep and focused  
palm pressure to  
release bodily tension



**Fire**  
Mind

Invigorating pace to  
help focus and clear  
your mind



**Water**  
Emotion

Flowing movements  
and lighter pressure to  
lift your emotions



**Air**  
Spirit

Rhythmical movements  
and even pressure to  
stir your spirit

## AWAKEN CHAKRA BALANCE

*1 hour 30 minutes*

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

*1 hour*

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.

## AWAKEN ENERGY THERAPY

*1 hour*

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.



A woman with long, dark hair is seen from the back, looking towards the left. She is wearing a long, flowing, white, tiered dress that is billowing out around her. The setting is a vast, sandy desert with rolling dunes under a warm, golden light, suggesting sunset or sunrise. The overall mood is serene and ethereal.

# THE LOCAL LIST

AUTHENTIC ARABIC INFUSIONS

## DESERT SAND & DATE SUGAR INFUSION

*1 hour*

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 vita minerals; while our date shea butter leaves you fully moisturised.

## GULF SALT & MORINGA LEAF INFUSION

*1 hour*

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

*2 hours*

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

*2 hours*

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.



A close-up, soft-focus photograph of a person lying on their side on a massage table, receiving a massage. The person's head is resting on a towel, and their arm is extended. The lighting is warm and golden, creating a relaxing atmosphere. A dark, semi-transparent geometric shape is overlaid on the right side of the image.

# WELLNESS À LA CARTE

MASSAGE THERAPIES



## THE GOLDEN HOUR

*1 hour 30 minutes*

Gold is known for its metaphysical power as the “master healer”. The Golden Hour features hot volcanic stones hand-dipped in 24-karat gold which retain radiant heat. Your expert therapist accesses deeper layers of muscle tissue while the warmed, gold infused aromatic oil awakens the richness of your spirit to align with nature’s healing forces and amplify positive feelings.

## HOLISTIC MARMA MASSAGE

*1 hour 30 minutes*

Experience effective and immediate relaxation and relieve body tension. Long, firm, flowing movements and Ayurvedic therapeutics are combined with vital energy therapy across the Marma points on the body to feel emotionally balanced and stress free.

## DEEP TISSUE CRYO MASSAGE

*1 hour 30 minutes*

A localised full body treatment for fatigue and sports injuries, this treatment combines deep tissue and sports massage techniques with localised cryotherapy in case of any inflammation to relieve tension and reduce pain, supporting faster muscle repair and healing processes.

## MASSAGES OF THE WORLD

*1 hour or 1 hour 30 minutes*

Our therapists are honoured to share their homeland’s massage therapies. Select from a deep tissue Philippine Hilot using banana leaves and coconut oil, a Thai massage combining stretching and flexibility movements, a robust Russian massage, a traditional Indian massage or a sustained strong-pressure Balinese massage.

## SPORTS RECOVERY MASSAGE

*45 minutes*

Sports recovery combines stimulating sports massage with percussive therapy, powerful LED infrared light therapy and stretches. It’s targeted to either upper body core recovery focusing on the lower back, shoulders, neck and arms or to the lower body for increased agility in the lower back, hips, thighs, calves and legs.

# WELLNESS À LA CARTE

COUPLE WELLNESS



## SWEET LOVE

*2 hours*

Let your love flow with the perfect pairing of a customised hydrating or purifying facial and our signature AWAKEN massage to sync the body, mind, emotions and spirit.

## TWIN FLAME

*2 hours 30 minutes*

Luxuriate together in our fireside terazzo bath, then turn up the heat with a steam scrub and wrap combination followed by our therapeutic deep muscle stone massage to further fan the flames of love.

## THE ONE

*3 hours*

Create memories with your significant other as you enjoy this wellness journey and share sacred space together. This health-enhancing spa experience includes a full body treatment for renewed skin, a couple's massage and a refreshing facial coupled with plant-powered refreshments.

# WELLNESS À LA CARTE

FAMILY WELLNESS

## FAMILY BOND RITUAL

*1 hour 30 minutes*

Experience deeper connection via nurturing, well-being-based therapies help strengthen family bonds and create everlasting memories.

Up to 4 family members (2 adults and 2 children/teens) can enjoy a massage, mini facial and sound immersion together in a spa suite, complete with hand-crafted child-sized massage beds.

## TEEN SPA MASSAGE

*1 hour*

This empowering massage therapy for children and teens is beneficial for both physical and emotional well-being by increasing dopamine; the feel-good hormone, and decreasing cortisol; the stress hormone.

## FAMILY MASSAGE THERAPY

*1 hour or 1 hour 30 minutes*

This massage is for parents and their children who are 12 years old and above and is perfect for up to 4 family members (2 adults and 2 children/teens). Our expert therapists modify each massage to suit all ages.

## TEEN SPA FACIAL

*1 hour*

Our non-irritating and fragrance-free skincare is specifically formulated for sensitive young skin and for preteens or teens suffering with the first signs of acne. Our therapists share techniques on how to protect, care for and maintain the natural softness of young skin.

## SOON-TO-BE / NEW PARENTS MASSAGE

*1 hour*

This was created for expectant or new parents and is modified to help you in your parenthood journey. This treatment provides gentle nourishment for the mind, body and spirit with the purest oils and techniques that nurture and ground you during this most precious life phase.

*Between 9am and 2pm daily, children aged 12 and above may enjoy selected mini spa treatments together with a parent.*



# SKIN HEALTH

ADVANCED



## THE FACE METHOD WITH HYDRAFACIAL

*1 hour 30 minutes*

With the blend of Trigger Factor Complex 8, a technology that tailors your treatment based on your skin type, this deeply cleansing, powerhouse combination of Augustinus Bader's The Method facial and HydraFacial is guaranteed to leave you with beautifully hydrated skin.

*This treatment is also available for the back for a duration of 30 minutes.*

## THE BOOSTER HYDRAFACIAL

*30 minutes*

The Booster is the perfect addition to any facial for the deepest clean imaginable. The Booster also targets specific skin health needs such as skin pigmentation, congestion, or dehydration concerns for the neck and décolleté zone.

*Ask our AWAKEN therapists about our series package.*

## THE CLASSIC HYDRAFACIAL TREATMENT

*1 hour*

A customisable and rejuvenating skin treatment that reduces the look of lines, pores, mild acne, hyper pigmentation and uneven skin tone. The treatment includes LED light therapy, leaving you to experience truly exquisite results.

## THE BACK METHOD WITH HYDRAFACIAL

*30 minutes*

Make as good an impression leaving the room as you do when entering with this refining back treatment to smooth out lines, pigmentation and any imperfections with the benefits of the HydraFacial.

## HYDRAFACIAL SERIES

This series should be taken over a 10 to 12-week period. Commence with a Classic HydraFacial to decongest, flush out imbedded toxins and smooth out fine lines, then take the second session in week 4 or 5 to address specific concerns and top up the dramatic effect. The final booster session will prolong the miraculous transformation of your skin for weeks ahead.

*\*Series is 2 x 1 hour HydraFacial sessions and 1 x 30 min Booster HydraFacial session  
– the series is to be used within 90 days of purchase*

A close-up, artistic photograph of a woman's face. Her eyes are closed, and her lips are painted a deep, vibrant purple. The lighting is dramatic, with strong shadows cast across her skin, particularly on the right side of her face. The background is dark and out of focus. The overall mood is serene and elegant.

# SKIN HEALTH

FOR THE FACE

## ROYAL GOLD FACIAL

*1 hour 30 minutes*

Opulent and exacting, the Royal Gold Facial utilises a 24-karat golden guasha facial massage tool and nature's powerhouse of precious ingredients; diamond, gold and platinum to help balance microbiota, reinforce the skin's barrier integrity and reduce wrinkles.

## CRYO BRIGHTENING

*1 hour 30 minutes*

Achieve clinic-level results with 111SKIN's fusion of science and holistic therapy using cooled, purified air at -30°C to reduce signs of puffiness, uneven texture and tone for a brightness boost.

## HOLISTIC FACIAL

*1 hour 30 minutes*

Harnessing a blend of ancient cellular wisdom and modern science, potent botanicals age-defy by targeting sustained collagen, elastin and hyaluronic acid production within the skin with beneficial stress-relieving properties. Post skin analysis, your therapist will customise to target the following solution: Age-Defy, Purify or Hydrate.

## THE METHOD BY AUGUSTINUS BADER

*1 hour*

This bespoke, science-backed treatment combines Professor Bader's award-winning skincare technology, TFC8®, with a customised fascia massage to stimulate cell rejuvenation. Augustinus Bader's hero formulas help boost cellular communication, promote circulation, address skin's unique needs at a deep level and visibly regenerate, firm, tone and refresh – for the best skin you've had in years.

## STURMGLOW

*1 hour*

The SturmGlow Facial is created around Dr. Barbara Sturm's skincare philosophy to deliver hydration, boost skin barrier function, soothe signs of irritation and improve the overall skin health and skin matrix which is ideal for super sensitive skin.

## SKIN TONES

*1 hour*

Recognising the unique sensitivity of darker skin, lighter skin and every skin tone in between, this luxury facial is tailored to the essential dermatological needs and characteristics of your specific skin tone to reduce hyperpigmentation, minimise pores and reduce sebum flow while nourishing, soothing and revealing the skin's natural beauty.

## CRYO ENERGY FOR HIM

*1 hour 30 minutes*

Smooth, sculpt and soothe with this powerfully restorative face treatment using innovative hyper-cool air to alleviate irritation within inflamed skin and reverse the visible signs of fatigue and retexturise the complexion.

## ANTI-AGING FOR HIM

*1 hour*

A man's skin is dermatologically different from a woman's and this anti-aging skin therapy by Dr. Barbara Sturm is precisely created for the challenges of men's skin. This treatment comforts irritated skin, especially after shaving and visibly reduces the appearance of deeper facial lines and wrinkles to which men are more prone.



# SKIN HEALTH

FOR THE BODY

## CRYO CELLULITE TREATMENT

*1 hour*

Stimulating micro circulation and the lymphatic system to improve the appearance of cellulite, this treatment helps to ease and soothe tired legs and achy muscles while contouring the silhouette, targeting the clustered cells that require drainage for a smooth, sleek appearance.

## THE BODY METHOD BY AUGUSTINUS BADER

*1 hour*

The ultimate hydration experience that addresses all areas that show the first signs of aging. The Body Method contains Trigger Factor Complex 8 technology which targets the skin and instruct your cells to heal and self-regulate revealing perfectly smooth and nourished skin.

## DETOX BODY BUFF & WRAP

*1 hour 15 minutes*

Select either a lighter exfoliation or a stronger scrub using exotic combinations of wild turmeric, limbu, cinnamon, walnut shells or mineral-rich Himalayan crystal salts to compliment the detoxification process.

## AFTER-SUN SOOTHER

*45 minutes*

Our after-sun soother takes the heat and sting out of a mild sunburn with the healing power of an aloe vera and cucumber body mask and an after-sun cooling mist to take home.



# HAMMAM SENSORIUM

## BATHHOUSE COLLECTION

### THE ROYAL SENSORIUM

*2 hours*

Traverse a journey through The Elements Hammam collection for total physical, mental, emotional and spiritual healing with a black soap and kessa glove exfoliation, grounding rhassoul wrap, golden argan scalp treatment and finish with a full body hot Royal Oil massage.

### MEN'S METEORITE HAMMAM

*1 hour*

Platinum, meteorite and volcanic rock engulf the body in the traditional Turkish-style hammam complete with foam massage, crushed meteorite body scrub, rhassoul body mask and platinum dipeptide active body gel.

### THE GOLDEN GODDESS

*1 hour 30 minutes*

Luxuriate with this head-to-toe 24 karat gold Turkish-style hammam commencing with an opulent foam massage, a crushed gold body polish, gold rhassoul body mask, golden hair essence and finished with gold rejuvenating massage oil.

### TEEN HAMMAM THERAPY

*1 hour*

Bringing joy and playfulness to the elements of a hammam bathhouse ritual, delight in the self-application of lavender black soap and orange blossom rhassoul mud, then sponge away with foam and bubbles. A spritz of flower water and a splash of body butter completes this mini hammam experience.

## AWAKEN BATHHOUSE CULTURE

*1 hour*

Experience AWAKEN's Bathhouse Culture using our signature Hammam range of products featuring natural olive, date oil & laurel leaf foaming soap cloud, a fragrant black soap & kessa mit exfoliation for squeaky-clean skin, a delightfully delicate rose & white clay rhassoul body mud and finished with our rose aloe body butter & face mist to seal in moisture. Take a sensory tour of traditional bathhouse culture from Istanbul, Algiers, Tunis and old Phoenicia; a celebration of community, to cleanse away all that no longer serves, of contrasting sensations leading to ultimate balance.



## THE ELEMENTS HAMMAM

1 hour

A sensory experience based on the natural elements to support enhanced self-care, self-esteem, self-love or self-awareness; you select what's right for you in the moment.



**Earth**  
Body

**SELF-CARE**  
Black soap exfoliation  
and rose-geranium  
rhassoul wrap



**Fire**  
Mind

**SELF-ESTEEM**  
Spice-filled scrub and  
argan oil hair and  
scalp treatment



**Water**  
Emotion

**SELF-LOVE**  
Tropical Champaka  
flower exfoliating wax  
and shea butter balm



**Air**  
Spirit

**SELF-AWARENESS**  
Orange blossom  
exfoliating wash and  
Royal Clay body mask



# AWAKEN MOMENTS



## MICRO MOMENTS

*Escape from your busy day with treatments specially made for when you are short on time and seeking relaxation.*

### INSTANT GLOW FACIAL

*45 minutes*

Cleansing, exfoliating and potent hydration with cutting-edge molecular efficiency.

### BACK, NECK & SHOULDER MASSAGE

*45 minutes*

Focused massage on the areas that hold the most tension.

### HEAD & NECK MASSAGE

*45 minutes*

Powerful head, scalp and neck meridian massage.

### FOOT REFLEX MASSAGE

*45 minutes*

Release pressure on aching legs and feet with a focus on reflex points and fluid reduction.

*Add VIP status to any treatment with an upgrade to the VIP spa suite including a terrazzo bath and plant-powered refreshments.*

## MACRO MOMENTS

*Clear your calendar and immerse yourself in a world of tranquillity with bespoke packages.*

### HOLISTIC DETOX

*3 hours*

Indulge in four of the best holistic methods for detoxifying, immunity health and weight loss. Start with our Detox Body Buff and Wrap, followed by the Holistic Marma Massage and purifying Holistic Facial for epic toxin, water retention and energy release while simultaneously infusing a multitude of mega-vitamins, minerals and trace elements to boost your entire immune system.

### NIGHT QUEEN

*2 hours*

Honouring the feminine forces of night, the powerful synergy of 3 rare and unique Jasmine flower extracts harmonises your own natural rhythm with earthly cycles. This exotic body therapy is enriched with the 3 different jasmine oils; Mogra, Juhi and a rare jasmine that only blooms at night known as - 'The Night Queen'. This top to toe anti-aging face and body treatment also includes a radiant facial using 24 karat gold.

### THE ROYAL TREATMENT

*2 hours 30 minutes*

The Royal Treatment combines the truly decadent Golden Hour massage with 24karat gold stones & the Royal Gold Facial which features a golden guasha tool that encourages your inner beauty to shine through. Known as the master healer, gold activates our basal skin cells' strength and elasticity.

### RECOVERING TRAVELLER

*2 hours*

This totally immersive circadian rhythm therapy is based on clinical research and ancient practices to assist fluctuations in energy levels and sleeping patterns. This treatment incorporates a Yoga Nidra guided meditation to stimulate the pineal gland, a hydrating face treatment and lymphatic body work with a bronze kasa bowl to alleviate the effects of jet lag and initiate lower spectrum deep delta wave sleep.

### SUPERCHARGED WELLNESS

*Half-day Well-cation*

Prioritize your well-being and realign with your personal goals during this half day wellness therapy session. Your experience will be centered around mindful movement as well as physical, mental, emotional and spiritual fitness with either a personalised training, yoga or meditation session coupled with a one hour AWAKEN massage and facial. Immerse in the Elements Retreat, then enjoy an al-fresco dining experience with pool and beach access.





# FITNESS À LA CARTE



## ASSESSMENTS

### **BODY COMPOSITION TESTING**

*15 minutes*

InBody 270 provides an in-depth analysis of your current body composition including a breakdown of lean muscle mass, water retention and BMR with the latest bio-electrical impedance to learn where the body can improve.

### **FUNCTIONAL FITNESS ANALYSIS**

*30 minutes*

Our fitness experts go through a personalised selection of formal tests to assess your functional fitness, focusing on flexibility, coordination, strength and muscular and cardiovascular health.

# PHYSICAL & MENTAL FITNESS

## PERSONAL TRAINING

*1 hour*

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.

## PNF ASSISTED STRETCHING

*45 minutes*

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

## STUDIO CLASSES

*45 minutes*

All-in-one group exercise and focused classes; be it interval, definition, functional or total body workout to tone, sculpt and shape every muscle. Super-charge your strength, add variety to your workout or just add more activity into your day.

## AQUATIC CLASSES

*45 minutes*

### H2O TRX – CIRCUIT – KICKBOXING – RESISTANCE

A wide variety of aquatic training class options with more than 150 different water fitness exercises alters the approach to resistance in the water using isometric muscle contractions and water turbulence to tense all muscle groups including postural muscles.

# SPIRITUAL & EMOTIONAL FITNESS

## GUIDED MEDITATION

*45 minutes*

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.

## YOGA & BODYWORK

*45 minutes*

Experience varying styles of yoga and bodywork to increase your flexibility and vitality. One-on-one and group classes are available.

## SOUND HEALING SESSION

*45 minutes*

Specialised sound frequencies creates a therapeutic atmosphere promoting deep rest, emotional and nervous system rebalancing and releases feel-good hormones that help access deeper levels of inner wisdom and self-healing while in a meditative or theta brainwave state.

# GENERAL INFORMATION

## OPENING HOURS

|                |             |
|----------------|-------------|
| Spa & Wellness | 9am to 9pm  |
| Fitness Centre | 6am to 9pm  |
| ALKEMY Salons  | 10am to 8pm |

*Opening hours are subject to change.*

## AGE INCLUSION

The Spa and Fitness Centre is for the enjoyment of those 16 years old and above. We welcome guests aged 12 to 15 years old between 9am to 2pm daily to enjoy select spa treatments or to use the fitness centre if accompanied by a parent or guardian aged 18+. Children under 12 are not permitted into the fitness centre, lap pool or spa facilities.

## ENVIRONMENT

Silence, peace and respect are part of our philosophy. Please silence electronic devices you might have before entering the spa. The spa facilities, changing rooms and Elements Retreat are separate for men and women. Changing rooms are equipped with vanity amenities, please note we avoid single use plastic where possible and are committed to cruelty free, plant-based products and accessories.

## SCHEDULE AN APPOINTMENT

To schedule an appointment, please contact our spa reservation team who will be able to help you choose the perfect treatment. We recommend advanced reservation to ensure availability. Appointments booked by guests not staying at Atlantis The Royal must be secured by pre-payment.

## ARRIVAL

In order to give you adequate time to fill in the well-being questionnaire and relax, we recommend to arrive at least 45 minutes prior to your treatment. Late arrival will affect the duration of your scheduled appointment.

## RESCHEDULING OR CANCELLATION

If you wish to reschedule or cancel your reservation, please be advised that 6 hours advanced notice is required.

No-show or last-minute cancellations within 6 hours of appointment time will incur a 100% charge.

## ATTIRE

Bathrobes, spa slippers and disposable briefs are provided. Swimsuits or shorts are recommended while enjoying the heat and water facilities.

## HEALTH CONSIDERATIONS

Kindly consult with your physician before having any treatment or using our facility. If you have any allergies or sensitivities, please make sure to inform our wellness team. Spa services are contraindicated in the first 3-months of pregnancy.

## VALUABLES

We advise not to wear valuables to the spa. We provide secure lockers for your belongings, however, do not assume liability for any loss of or damage to personal items during your visit.

## AWAKEN SHOP

Gift cards are available online and at the AWAKEN Boutique. To continue your 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.



AWAKEN

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