



Zari Spa's mission is to holistically nurture its clients through an exclusive sensory experience, inviting you to relax your mind and body, leaving stress far behind you and to enhance the radiance, inside and out, through its mastered techniques of grooming and therapies.

Zari Spa's vision is to be the spa of choice for the discerning clients of Abu Dhabi and beyond, distinguished by the quality of its services and the warmth of its people.

### **FACIALS**

Facial treatment comprise of cleansing, toning, massage face and neck, exfoliate, nourish and protect the skin. Zari Spa's therapist analyze the skin and customize this procedure that suits individual needs. The Spa uses renowned facial products from Shehaz Hussain and it is designed to address specific skin concerns and needs. Zari Spa combines a variety of techniques and methods to give you the most thorough and complete facial treatment at each time.

### **BODY TREATMENTS**

Inspired by ancient traditions and philosophies and combined with modern day touches, the Spa's body treatments offer a uniquely pampering and relaxing top-to-toe experience to rejuvenate both the mind and body.

### **MOROCCAN BATH**

Moroccan bath is an age old traditional cleansing ritual of Moroccans which is spread across the middle east and popularly known as Hammam Magherbi. This ritual is done to clean, whiten and soften the skin. It also helps to relax the tired nerves and muscles while enhancing the blood circulation of the body.

**Benefits: Anti-Aging, Balances oil skin oil secretion and control acne, Refines skin texture by removing dead skin**

**layers, Improves the skin color, remove tan etc..**

*Enjoy a moment of pure delight with Zari Spa's exclusive massages tailored for your needs by its handpicked Therapists from different parts of the world.*

### **SWEDISH MASSAGE**

Swedish massage is one of the most popular and effective massage techniques offered by Zari Spa's trained therapists. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension  
Benefits: Deep Relaxation, tone up muscles, Relieves Stress

### **SHIATSU MASSAGE**

An ancient oriental therapeutic massage using finger pressure technique incorporating stretching, joint rotation and joint manipulation. It is deeply relaxing experience and help to prevent the build up of stress in the body  
Benefits: Stimulates and strengthen immune system, Reduce muscle and arthritis pain, Improve blood and lymph circulation throughout the body

### **THAI ORIENTAL/ TRADITIONAL BODY MASSAGE**

Traditional Thai Massage uses gentle and rhythmic rocking, pressure and stretching to balance the flow of energy throughout the body, improving flexibility and relieving muscle tension.

**Note that this treatment uses no oil.**

**Benefits: Improve blood circulation, increase flexibility and mobility in muscle, slow aging process, improve posture**

## HOT STONE MASSAGE

Massage uses Hot water-heated stones to apply pressure and heat to the body. Stones coated in oil are used by the therapist delivering various massaging strokes. The hot stones used are commonly lava rocks which is extremely polished and smooth. As the stones are placed along the recipient's back, they help to retain heat which then deeply penetrates into the muscles, releasing tension and sore muscles

**Benefits:** Muscle relaxation, Pain relief and Improve circulation

## AROMA THERAPY MASSAGE

Aroma Therapy is done with the use of essential oil to promote healing and wellbeing. The essential oils are extracted from the part of herbs and plants and contain healing properties. Muscle are stimulated through massage techniques bringing warmth and circulation that increase the beneficial properties of the oils, allowing for better absorption through the skin, carried round the body, allowing their healing effects to permeate to all the major body organs

**Benefits:** Relaxation, Rejuvenation of Muscles, Reduces Muscle Aches and manage body pain

## AYURVEDIC MASSAGE

This detoxifying treatment delivered by our trained therapists uses warm medicated oil to stimulate circulation, detoxification and relieve tension on both physical and mental levels.

**Benefits:** Increase strength and Stamina, Promotes sleep, Reduce Joint pain and increase mobility, Reduce fatty tissues etc

## CHAMPISSAGE

A beautifully relaxing massage that targets all the places you hold the most tension – the head, neck and shoulders. Choose your desired level of pressure, whether you need a strong massage to relieve built up tension, or a gentle and tranquil experience to break from your busy life.

**Benefits:** Relaxation, Relieves Stress

## FOOT REFLEXOLOGY

A traditional massage technique of applying pressure to the reflex points of the feet that is both deeply relaxing and therapeutic. Points on the feet are massaged and stimulated to release blocked energy from corresponding areas in your body

**Benefits:** Stimulate nervous system, Improve blood circulations, Induce the state of deep relaxation

## SALON SERVICES

The grooming environment for today's man... Zari Spa is committed to offering quality services with consistent results for all your hair, nail, and body care services.

- Haircut
- Hair Color
- Highlights
- Keratin hair treatment
- Hair Straightening/re bonding
- Intensive hair/Scalp treatment
- Cellophane treatment
- Hot Oil Shoulder & Head Massage
- Traditional Hot Shave
- Royal Hot Shave
- Zari Men's Manicure
- Zari Men's Pedicure

## WAXING

- Full Legs
- Half Leg
- Full Arms
- Half Arms
- Under Arms
- Back and Chest
- Full Body

