

AWAKEN

ATLANTIS, THE PALM



AWAKEN Wellness at Atlantis, The Palm

Welcome to AWAKEN Wellness

*This is not a spa. This is a world of mind-clearing,
soul-stirring rituals.*

AWAKEN delivers first-of-its-kind therapies and treatments, infused with cutting-edge technology and world-renowned products. Set within extraordinary surroundings, it offers guests the space and the tools to unlock something deeper.

With Reiki-certified therapists, world-class facilities, and a state-of-the-art Fitness Centre, AWAKEN redefines wellness as more than a moment of care. It's a return to self.

**FOR MORE DETAILS, VISIT THE AWAKEN PAGE
ON THE WEBSITE OR DOWNLOAD THE MENU HERE:**

AWAKEN MENU

AWAKEN Spa

AWAKEN is a sensory and spiritual reset. Designed to cleanse the body, clear the mind, and stir the spirit, it offers a truly different approach to wellness.

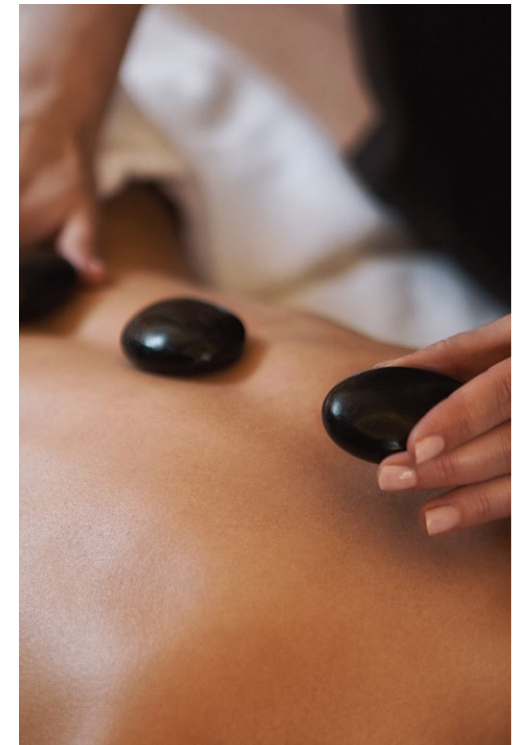
Guests are invited to discover the signature AWAKEN A-List; a curated collection of original core treatments powered by the spa's own holistic wellness range. Produced locally in the UAE, these aromatherapy, skin, and body care formulations are paired with sound and music frequencies to create a fully immersive experience that supports physical, emotional, mental and spiritual wellbeing.

GUESTS ARE WELCOME TO RETREAT WITHIN THE SPA FACILITIES:

- Sauna
- Steam Room
- Cold Plunge
- Vitality Pool
- Relaxation Lounge

OPENING HOURS:

Daily, 9:00am – 9:00pm
(Subject to seasonal adjustment)





AWAKEN Fitness

AWAKEN's state-of-the-art Fitness Centre is a space to build strength across body, mind, and spirit.

Equipped with cutting-edge Technogym equipment, it supports a full spectrum of fitness goals, with expert-led therapies designed to energise, restore and empower.

Guests can enjoy a wide range of cardio, strength, and flexibility equipment in an inspiring and supportive environment.

PHYSICAL & MENTAL HEALTH

A curated selection of programmes challenges limits and strengthens resilience, pairing training with targeted recovery for optimal results.

PERSONAL TRAINING

For those training towards a specific goal or event, our expert coaches create tailored one-on-one programmes to push performance, inspire results and build lasting strength.

CRYOTHERAPY

Accelerate recovery with cryo chamber therapy. This advanced cold treatment relieves muscle soreness, reduces inflammation, oxygenates the body, and speeds up toxin release while also supporting deeper sleep and increased energy through endorphin release.

STRETCH POD

Specialist-assisted stretching using long, controlled movements and body weight to release tension and improve flexibility. Ideal both pre and post workout, or for focusing on specific muscle groups.

THERABODY RECOVERYAIR

Precision-engineered compression boots deliver safe, targeted pressure to the lower legs. This enhances circulation, reduces muscle fatigue and promotes faster recovery using TruGrade™ technology.

SPIRITUAL & EMOTIONAL FITNESS

Guests are invited to reconnect and rebalance with a range of mindful experiences, from guided meditation and beach yoga to family sound baths and underwater sessions.

OPERATING HOURS:

Daily, 6:00am – 9:00pm

(Subject to seasonal adjustment)





AEON

AEON is a pioneer in regenerative medicine and wellness in Dubai. AEON clinic offers a transformative journey that restores vitality and elevates health.

REGENERATIVE MEDICINE

Targeting the body at a cellular level, these treatments support renewed energy, increased vitality, and deeper systemic wellbeing.

REGENERATIVE WELLNESS

Harnessing the full potential of regenerative science, this holistic approach promotes balance, longevity, and long-term health from within.

ADVANCED AESTHETICS

Expert-led treatments designed to refine appearance, rejuvenate the skin, and boost self-confidence.



OPERATING HOURS:

Daily, 10:00am – 8:00pm
(Subject to seasonal adjustment)

Nailology

More than just a manicure, this is where beauty is redefined.

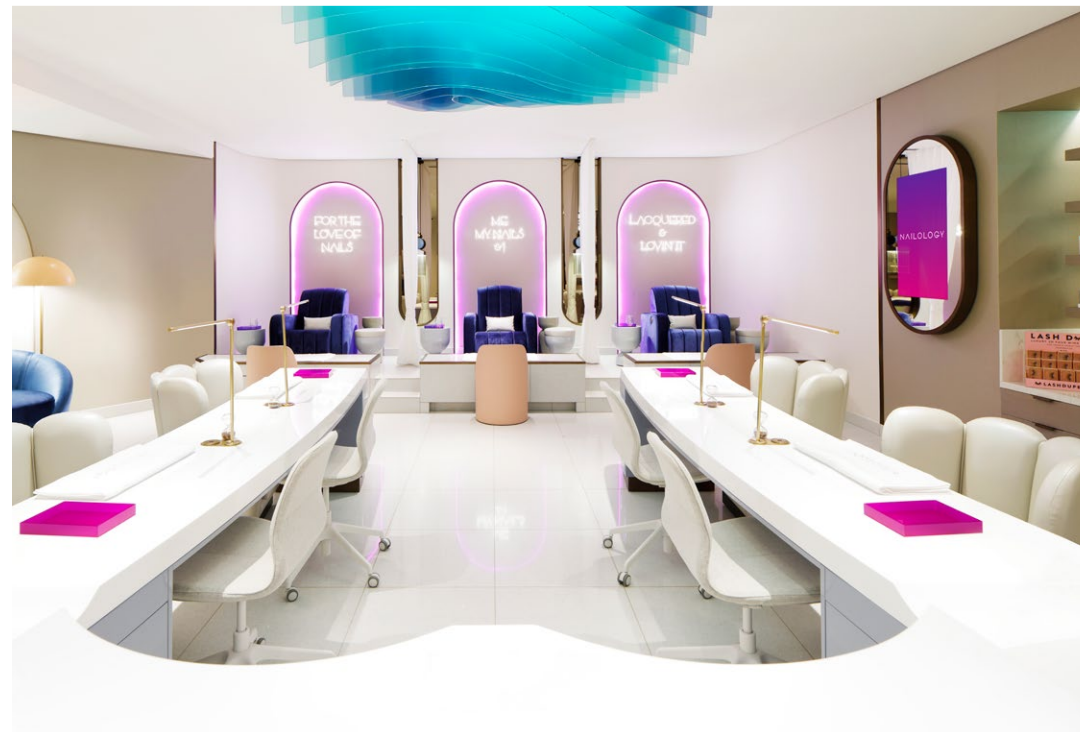
The trendiest nail bar in town, Nailology offers a luxury nail spa experience unlike any other. It's the only spot in Dubai where guests can sip on crafted mocktails or cocktails while being pampered in style.

SERVICES INCLUDE:

- Manicure & Pedicure
- Skincare & Facial Treatments
- Henna Art

OPENING HOURS:

Daily, 9:00am – 9:00pm
(Subject to seasonal adjustment)



ALKEMY

With over 30 years of industry experience, ALKEMY is home to one of the most innovative styling teams in the Middle East.

Blending expert technique with creativity, energy stones and aura cleansing, ALKEMY delivers beauty that radiates from the inside out.

ALKEMY WOMAN

A full suite of hair and body treatments designed to leave every guest looking and feeling their absolute best.

ALKEMY MAN

Sharp, confident, and effortlessly refined, ALKEMY Man offers tailored grooming experiences crafted for the modern gentleman.

OPENING HOURS:

Daily, 10:00am – 8:00pm

(Subject to seasonal adjustment)





Full Days Of Wellness

Atlantis, The Palm serves up the ultimate way to lounge along the tranquil stretches of sand and the vibrant poolside. Guests can enjoy pool and beach access passes in addition to booking their treatments at AWAKEN Spa.

*Children aged 3 and below can enjoy complimentary access.
Passes are available on the day of the spa service and subject to availability.



Pools & Beaches

PALM POOL

A haven of laid-back relaxation, this serene setting invites guests to unwind with iconic views of the Palm. Whether enjoying a leisurely swim or simply lounging under the sun with a cool drink, it's the perfect spot to soak up the calm.

FAMILY POOL

From water basketball and aqua aerobics to fun-filled games for all ages, this lively poolside experience offers non-stop action and all-day smiles, the perfect setting for memorable moments.

PALM BEACH

Stretch out across over two kilometres of pristine, private shoreline. With thrilling water sports, impeccable service and more, Palm Beach offers the perfect mix of relaxation and adventure.



Thank You

AWAKEN
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