AWAKEN

ATLANTIS, THE PALM

You, Unlocked

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

AWAKEN WELLNESS RANGE

Experience holistic treatments using 100% vegan aromatherapy, skin, and bodycare products made in the UAE. Combined with healing sounds and frequencies, every session is guided by therapists certified in Reiki and trained in spatial medicine.

BRAND CURATION

Experience treatments crafted with the world's leading wellness and skincare brands, including Dr. Burgener, 111SKIN, Biologique Recherche, and Hydrafacial, for exceptional results and care.

AWAKEN RETREAT FACILITIES

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

- Sauna
- Aromatherapy Steam
- Vitality Pool
- Cold Plunge
- Plant-Powered Relaxation Lounge

Signature Journeys

Curated AWAKEN experiences combining expert therapies and premium products for complete mind and body renewal.

AWAKEN Spa Day

Full Day

Immerse yourself in a full day of wellness with spa and fitness access, a 60-minute massage, 60-minute facial, a nourishing lunch at The Edge, and relaxing pool or beach time.

Self-Love

2 Hours

Indulge in a customised facial and signature AWAKEN massage, blending aromatherapy and Reiki to harmonise mind and body, leaving you glowing and renewed.

Desert Duo

2 Hours

Awaken your senses with an oud-infused exfoliation using desert sand and date sugar, followed by a mineral-rich pink clay wrap and AWAKEN massage for smooth, nourished skin and ultimate relaxation.

Couple Rituals

Exclusive experiences for two, designed to relax, reconnect, and enjoy treatments together.

Spa Suite Journey

3 Hours

Enjoy a serene VIP suite experience together, including a relaxing bath, shimmering scrub, nurturing massage, and refreshing facial, complemented by plant-based refreshments.

Soul Resonance

2 Hours 30 Minutes

Strengthen your bond with sound healing, a Chakra Balancing massage, and a radiant facial, designed to harmonise mind, body, and connection.

Sweet Love

2 Hours

A customised facial paired with the signature AWAKEN Massage to align body, mind, and spirit, creating a shared moment of harmony.

Upgrade your spa experience to our VIP Spa Suite, which includes a relaxing bath before your treatment, followed by plant-powered refreshments and relaxation time afterwards.

Facials

DR. BURGENER

Repairing Gold and Green Caviar Facial

1 hour 30 minutes

Using advanced ultrasound technology, this regenerative facial delivers green caviar from Okinawa Island and gold trace elements to repair, revitalise, and restore your skin at a cellular level.

Lifting and Firming Collagen Facial

1 hour 30 minutes

Ultrasound stimulates natural collagen and elastin production, while a collagen mask and acacia collagen cream firm and smooth the skin for a more lifted, even complexion.

Brightening Facial with Pearls of Vitamin C

1 hour

Pure Vitamin C pearls, glycolic and fruit acids reduce pigmentation, smooth fine lines, and harmonise skin tone, leaving the complexion radiant and protected from oxidative stress.

Facials

111SKIN

Black Diamond Non-Surgical Lift Facial

1 hour 30 minutes

Using 111SKIN's Intensive Collection, this facial combines gentle exfoliation, Fine Diamond Particles, and signature deep muscle massage to lift, firm, and sculpt the face for a youthful, contoured look.

Rose Gold Radiance Facial

1 hour 30 minutes

A restorative treatment using advanced formulas and a three-level facial massage to relax the mind, brighten the complexion, and reveal a sculpted, refined appearance - ideal before any special occasion.

De-Puffing Cryo Facial

1 hour 15 minutes

Cryo-inspired technology and re-energising formulas boost microcirculation, reduce puffiness and fatigue, and brighten the skin. Cooling Cryo Globes and Cryo Eye elements support lymphatic drainage, while signature facial massage and multi-masking leave the complexion refreshed, sculpted, and soothed.

BIOLOGIQUE RECHERCHE

Skin Instant Lab® Consultation

20 minutes

A full Skin Instant Lab® diagnosis with expert dermo-cosmetic analysis. Real-time skin mapping defines a fully customised treatment and homecare plan.

Instant Skin Revive Facial

45 minutes

Deeply personalised treatment targeting hydration, sensitivity, early signs of aging, or acne-prone skin. High concentrations of active ingredients combined with tailored massage techniques restore balance and reveal a radiant, healthy complexion.

Bespoke Booster Facial

1 hour

Following a thorough skin analysis, a fully personalised treatment is created using highly concentrated, natural, fragrance-free biological actives. Formulas are tailored to specific skin needs, ideal for all skin types, especially for repair, reconditioning, firmness improvement, or pigmentation correction:

- Soin Restructurant et Lissant – Plumps and smooths skin
- MC110 Treatment – Minimises fine lines and wrinkles
- Lift CVS – Lifts and firms facial contours
- Masque Exfoliant Visage P50 – Reduces pigmentation spots and evens tone

HYDRAFACIAL

The Classic HydraFacial

1 hour

A customisable treatment that reduces lines, congested pores, mild acne, hyperpigmentation, and uneven skin tone. LED light therapy enhances results, leaving the skin visibly refreshed and radiant.

111SKIN Diamond HydraFacial

1 hour 30 minutes

The ultimate HydraFacial with lymphatic drainage to support detoxification, deep cleansing, exfoliation, extractions, hydration, and a booster of your choice for targeted results.

Teen Spa Facial*

1 hour

Created for sensitive young skin, this facial helps manage early signs of acne while teaching healthy skincare habits to protect and maintain natural softness.

* Between 9am and 2pm daily, children aged 12 to 15 years may enjoy selected mini spa treatments with a parent.

Massages

AWAKEN Massage

1 hour or 1 hour 30 minutes

This signature massage blends Swedish and aromatherapy techniques with Reiki energy healing, targeting major muscle groups while restoring balance. Choose your AWAKEN massage oil and preferred pressure according to your elemental needs.

Mindful Movement Massage

1 hour or 1 hour 30 minutes

A fully customised massage where you select from Swedish, lymphatic drainage, hot stone therapy, or cupping, each tailored to your unique intentions.

Massages of the World

1 hour or 1 hour 30 minutes

Experience traditional therapies from around the globe, including Philippine Hilot with banana leaves and coconut oil, Thai stretching massage, African Rungu stick massage, Indian techniques, or deep-pressure Balinese massage.

Lymphatic Drainage

1 hour or 1 hour 30 minutes

Stimulate lymphatic flow to boost immunity, improve circulation, remove toxins, and oxygenate cells, supporting energy, muscle function, and healthy skin.

Massages

Maternity Massage

1 hour or 1 hour 30 minutes

A nurturing massage for expectant mothers, using gentle techniques and pure oils to support mind, body, and spirit, leaving you grounded and cared for during this special time.

Muscle Recovery Massage

1 hour or 1 hour 30 minutes

A personalised full-body dry stretch enhances mobility, followed by a reconditioning oil massage with trigger point and alignment techniques to enhance overall wellbeing.

Deep Muscle Massage

1 hour 30 minutes

A therapeutic massage to improve circulation, relieve tension, and aid recovery, finished with AWAKEN Muscle Relief Balm for long-lasting effects.

Teen Spa Massage*

1 hour

A relaxing treatment designed to support both physical and emotional wellbeing. This gentle massage helps boost dopamine, reduce stress, and promote a positive sense of balance.

*Between 9am and 2pm daily, children aged 12 to 15 years may enjoy selected mini spa treatments with a parent.

Body Treatments

DR. BURGENER

Anti-Cellulite Slimming Treatment

1 hour 30 minutes

A results-driven contouring treatment using Ultrasound Liposculpture to target fat and boost lymphatic flow. Dermo-massage smooths cellulite and firms the skin, followed by a CryoFit Lotion massage to tighten, tone, and refresh.

Swiss Alps Salt Crystals & Algae Ritual

1 hour

A full-body exfoliation with Swiss Alps Salts reduces water retention and improves circulation. A Fucus Algae Remineralising Wrap and Precious Body Oil with Fit Body Booster detoxify, relax, and restore balance.

Body Treatments

Desert Sand & Date Sugar Infusion

1 hour

An oud-infused exfoliation with Dubai desert sand and date sugar smooths the skin, followed by a Khaliji pink clay wrap and date shea butter for lasting hydration.

Gulf Salt & Moringa Leaf Infusion

1 hour

A gentle exfoliation with Gulf salts, date seeds, and moringa leaves purifies the skin, followed by a moringa flower wrap and moringa shea butter for soft, revitalised skin.

Energy Therapies

AWAKEN Reiki Energy Therapy

1 hour

Guided by your therapist's intuition and the ancient art of Byosen, this treatment identifies energy imbalances caused by physical or emotional strain. A blend of hands-on and hands-off Reiki techniques helps restore balance, promote relaxation, and support natural healing.

AWAKEN Chakra Balance

1 hour 30 minutes

Purposeful movements and tuning fork frequencies work to clear stagnant energy and realign your body's energy centres. Combined with massage, this sensory treatment helps restore natural energy flow and a sense of calm.

AWAKEN Hypno Healing

1 hour 15 minutes

A back, neck, and shoulder massage combined with mindful meridian headwork, sound immersion, breathwork, and hypnotic suggestion to calm the mind, relieve tension, and restore a positive mental state.

Add-ons

Body Exfoliating Perfect Skin by Dr. Burgener

30 minutes

This treatment removes impurities while stimulating circulation and firming the skin. Polyphenols from Swiss vineyard grapes combat free radicals and help refine, tone, and smooth the skin.

Light Legs by Dr. Burgener

30 minutes

A targeted treatment for the legs to reduce water retention, hydrate, and relax. Combines lymphatic drainage with mineral-rich Brown Seaweed and essential oils to decongest and provide a cooling effect.

Add-ons

The Scalp Method with HydraFacial

30 minutes | Only available with HydraFacial treatment

Vortex Technology removes impurities from the scalp and follicles, while the Keravive Peptide Complex hydrates and nourishes with growth factors and proteins.

Back or Body HydraFacial

30 minutes | Only available with HydraFacial treatment

Using the power of HydraFacial, this add-on decongests the back, purifies pores, accelerates skin renewal, and leaves the area hydrated, refreshed, and radiant.

Fitness

Personal Training

1 hour

One-on-one sessions designed to test limits and inspire results. Your trainer creates a tailored programme to keep you on track and achieve your fitness goals.

Private Reformer Pilates

1 hour

Tailored session with expert guidance, customised to support your individual fitness goals and enhance your overall strength and flexibility.

Private Yoga

1 hour

One-on-one yoga session personalised for your level and goals. Whether beginner or experienced, enjoy guidance that supports your wellness journey and enhances mind-body balance.

Recovery

Cryotherapy

3 minutes

Relieve muscle soreness, reduce inflammation, oxygenate tissues, and flush toxins with a cryo chamber session. Benefits include deeper sleep and an energy boost from endorphin release.

Far-Infrared Detox

30 minutes

Deep detox with far-infrared technology to release impurities, relax muscles, boost fat metabolism, and support immunity. Complemented by targeted red, blue, or green light and plasma therapy to enhance facial radiance and balance.

Stretch Pod

30 minutes

Specialist-assisted stretching to increase range of motion, ideal for pre- or post-workout routines or targeting specific areas.

TheraBody Compression Boots

20 minutes

TruGrade compression boots apply precise pressure to boost circulation, reduce muscle fatigue, and aid lower-leg recovery.

Mindfulness

Guided Meditation

30 minutes

Tailored meditation sessions using mental imagery, breathing exercises, and mantras to support relaxation and mindfulness.

Private Sound Bath

45 minutes

Personalised sound therapy sessions that enable you to experience the transformative power of sound in a relaxing and comfortable environment.

Underwater Sound Healing Meditation

45 minutes

Immerse yourself in curated sound frequencies designed to calm the mind, soothe the nervous system, and release tension. Set against the aquarium backdrop, this session fosters clarity, resilience, and deep relaxation.

Underwater Yoga

45 minutes

Gentle postures, mindful breathwork, and flowing sequences build strength, improve flexibility, and release tension. This immersive session restores balance, sharpens focus, and leaves the body and mind calm, centred, and refreshed.

* Enjoy complimentary access to the Lost World Aquarium after your session.

General Information

AGE INCLUSION
Spa and Fitness are for guests 16 years and above. Guests 12 to 15 years can use select treatments or the fitness centre from 9am to 2pm if accompanied by a parent or guardian aged 18 years and above. Children under 12 are not permitted in the fitness centre.

ENVIRONMENT
Please silence devices before entering. Spa facilities and changing rooms are separate for men and women, with vanity amenities provided. Single-use plastics are minimised, and are committed to cruelty free, plant-based products and accessories.

SCHEDULE AN APPOINTMENT
Contact the spa reservation team to book your treatment. Advanced booking is recommended. Appointments booked by guests not staying at Atlantis, The Palm must be secured by pre-payment.

ARRIVAL
Arrive at least 30 minutes before your treatment to complete the wellbeing questionnaire and relax. Late arrival may shorten your scheduled appointment.

RESCHEDULING OR CANCELLATION
Reschedule or cancel at least 4 hours in advance. No-shows or cancellations within 4 hours incur a 100% charge.

ATTIRE
Bathrobes, spa slippers, and disposable briefs are provided. Swimsuits or shorts are recommended for heat and water facilities.

HEALTH CONSIDERATIONS
Consult your physician before treatments or using facilities. Inform our wellness team of any allergies. Spa services are not recommended during the first three months of pregnancy.

VALUABLES
Do not wear valuables. Secure lockers are provided, but Atlantis is not responsible for loss or damage of personal items.

AWAKEN BOUTIQUE
Gift cards and all products used in spa treatments, including lifestyle items for physical, mental, emotional, and spiritual wellbeing, are available at the AWAKEN Boutique.

ATLANTIS ATLAS PROJECT
AWAKEN Wellness promotes sustainable practices with plant-based, chemical and paraben-free products, locally sourced. Refill packs are available to reduce waste and excess packaging.

AWAKEN IN-ROOM SERVICES
Experience the AWAKEN massage and facial in the comfort and privacy of your room.

OPENING HOURS
Spa - 9am to 9pm | Fitness Centre - 6am to 9pm

Opening hours are subject to change.

+971 4 426 1020 | thepalm.awaken@atlantisdubai.com | atlantis.com/awaken

AWAKEN
ATLANTIS, THE PALM

	DURATION	AED
SIGNATURE JOURNEYS		
AWAKEN Spa Day	Full day	1,960
Self Love	2 hours	1,590
Desert Duo	2 hours	1,530
COUPLES RITUALS		
Spa Suite Journey	3 hours	4,280
Soul Resonance	2 hours 30 mins	3,650
Sweet Love	2 hours	3,180
VIP Spa Suite Upgrade	*1 hour*	*610*
FACIALS		
DR. BURGENER		
Repairing Gold & Green Caviar Facial	1 hour 30 mins	1,480
Lifting And Firming Collagen Facial	1 hour 30 mins	1,180
Brightening Facial With Pearls Of Vitamin C	1 hour	960
111 SKIN		
Black Diamond Non-Surgical Lift Facial	1 hour 30 mins	1,220
Rose Gold Radiance Facial	1 hour 30 mins	1,120
De-Puffing Cryo Facial	1 hour 15 mins	1,020
BIOLOGIQUE RECHERCHE		
Skin Instant Lab® Consultation *Redeemable on Biologique Recherche treatments or products on the same day	20 mins	200
Bespoke Booster Facial	1 hour	960
Instant Skin Revive Facial	45 mins	775
HYDRAFACIAL		
The Classic HydraFacial	1 hour	1,080
111Skin Diamond HydraFacial	1 hour 30 min	1,380
Teen Spa Facial	1 hour	855
MASSAGES		
AWAKEN Massage	1 hour 30 mins	995
	1 hour	825
Mindful Movement Massage	1 hour 30 mins	995
	1 hour	825
Massages of the World	1 hour 30 mins	995
	1 hour	825
Lymphatic Drainage	1 hour 30 mins	995
	1 hour	825
Maternity Massage	1 hour 30 mins	995
	1 hour	825
Muscle Recovery Massage	1 hour 30 mins	995
Deep Muscle Massage	1 hour 30 mins	995
Teen Spa Massage	1 hour	825

All prices are quoted in UAE Dirhams and are inclusive of 7% municipality fee, 10% service charge, and 5% VAT where applicable. Prices are subject to change without prior notice.

	DURATION	AED
BODY TREATMENTS		
DR. BURGENER		
Anti-Cellulite Slimming Treatment	1 hour 30 mins	1,320
Swiss Alps Salt Crystals & Algae Ritual	1 hour	980
Desert Sand & Date Sugar Infusion	1 hour	825
Gulf Salt & Moringa Leaf Infusion	1 hour	825
ENERGY THERAPIES		
AWAKEN Reiki Energy Therapy	1 hour	825
AWAKEN Chakra Balance	1 hour 30 mins	995
AWAKEN Hypno Healing	1 hour 15 mins	895
ADD-ONS		
Body Exfoliating Perfect Skin by Dr. Burgener	30 mins	470
Light Legs by Dr. Burgener	30 mins	470
Scalp Method with HydraFacial *(only available with HydraFacial treatment)*	30 mins	400
Back or Body HydraFacial *(only available with HydraFacial treatment)*	30 mins	400
Massage *(Foot | Head & Neck | Back & Shoulder)*	30 mins	290
Hot Stones Massage	30 mins	290
Glow Facial	30 mins	290
Body Scrub	30 mins	290
FITNESS À LA CARTE		
FITNESS		
Personal Training – For One	10 sessions	2,800
	5 sessions	1,575
	1 session	350
Personal Training – For Two	10 sessions	4,800
	5 sessions	2,700
	1 session	600
Private Reformer Pilates	1 session	500
Private Yoga	1 session	400
RECOVERY		
Cryotherapy	10 sessions	1,750
	5 sessions	1,000
	3 session	675
	1 session	250
Far-Infrared Detox	30 mins	350
Stretch Pod	30 mins	200
TheraBody Compression Boots	20 min	100
MINDFULNESS		
Guided Meditation	30 mins	200
Private Sound Bath	45 mins	525
Underwater Sound Healing Meditation	45 mins	275
Underwater Yoga	45 mins	275

All prices are quoted in UAE Dirhams and are inclusive of 7% municipality fee, 10% service charge, and 5% VAT where applicable. Prices are subject to change without prior notice.