RELAX

One&Only

SERENITY

Amidst courtyards and
fragrant gardens, find
a haven to relax and
recharge.

One&Only
ROYAL MIRAGE
Dubai



SIGNATURE TREATMENTS

Our exclusive Signature Treatments are uniquely crafted for One&Only Royal Mirage, blending traditional techniques with modern innovation for a deeply personalized experience.

TRADITIONAL HAMMAM
60 minutes

A timeless ritual of cleansing and renewal, this restorative hammam begins with gentle warmth and aromatic steam to prepare the skin for a black soap cleanse. A skilled exfoliation with a loofah mitt removes impurities, unveiling radiant, silky skin. Deeply purifying and nourishing, it leaves you refreshed, renewed, and glowing with inner light.

ROYAL HAMMAM
90 minutes | 120 minutes

Indulge in the ultimate Arabian ritual, beginning with a Moroccan black soap cleanse and loofah exfoliation. A nourishing Ghassoul body wrap and white clay face mask follow, along with a green tea hair cleanse. The experience concludes with a soothing shea butter massage on a warm marble slab, leaving you purified, nourished, and deeply relaxed.

INDULGENT HAMMAM BY MAROCMAROC
90 minutes

Embark on a sensory journey with marocMaroc, celebrating Moroccan tradition through the essence of argan, rose, and almond blossom. The ritual begins with a black soap cleanse and full-body kessa exfoliation using Miel d'Ambre for a silky, radiant glow. A soothing hair wash, gentle facial exfoliation, and traditional stretching ritual complete the experience, restoring balance to body and mind.

GOLDEN HAMMAM
60 minutes | 90 minutes

Surrender to the warmth of the hammam in a golden ritual of renewal. A eucalyptus black soap cleanse and kessa exfoliation purify the skin, followed by a nourishing blend of rassoul clay, shea butter, and honey to hydrate and restore radiance. The journey concludes with a honey and gold-infused facial mask and anti-ageing cream, leaving the skin soft, luminous, and rejuvenated.

HOLISTIC HAMMAM AND SOUND RITUAL
90 minutes

An exclusive 90-minute Moroccan hammam ritual blending ancient cleansing traditions with the healing power of sound. It begins with a rose water welcome and chakra bowl resonance, followed by tabrima-infused black soap exfoliation and a detoxifying ghassoul clay wrap. Concluding with a nourishing shea butter massage and soothing sound therapy, it leaves the skin radiant and the spirit renewed in perfect balance.

ONLY BODY

Indulge in our relaxing body treatments designed to rejuvenate, detoxify, and restore, leaving you feeling renewed from head to toe.

ESSENCE OF ARABIA
120 minutes

Purify and rejuvenate your body and mind with this deeply cleansing ritual. Enjoy a full-body exfoliation followed by a nourishing wrap and a personalised aromatherapy massage, complemented by a revitalising scalp massage. Experience refreshed, smooth skin as toxins are eliminated, tension is released, and you emerge feeling re-energised and renewed.

BODY WRAP
60 minutes

Purify your body or deeply replenish your skin with a personalised body wrap designed to deliver instant results. Choose from a detoxifying algae or nourishing marine mud treatment to leave your skin refined, toned, and beautifully radiant. A soothing scalp massage completes the experience, enhancing relaxation and restoring balance.

HOLISTIC BODY RITUAL
120 minutes

Bring harmony to your mind and body with this truly holistic experience. Enjoy a full-body exfoliation, a warming hot stone massage, a soothing scalp massage, and a rejuvenating facial; all designed to relieve tired muscles, strengthen the body, and awaken the senses. Tailored to your individual needs, this ritual leaves you feeling comforted, balanced, and restored.





ONLY FACE

Experience radiant skin with our tailored facials, using advanced techniques and premium ingredients to achieve a glowing, youthful complexion.

PERSONALIZED FACIAL
60 minutes | 90 minutes

Experience instant renewal with this tailored Tri-Active™ facial. Skin appears clear, hydrated, and naturally radiant. The treatment includes a detailed skin analysis, triple cleanse, exfoliation, facial massage, personalised mask, soothing scalp massage, and extractions if required.

REJUVENATING HYDRAFACIAL
60 minutes

Revitalize tired skin with a rejuvenating HydraFacial. Begin with a personalized deep cleanse, followed by gentle exfoliation and precise extraction to purify and refine the skin. Your complexion is then bathed in antioxidant-rich solutions and deeply replenished with hydrating hyaluronic acid, restoring suppleness and luminosity. A targeted multi-peptide Dermabuilder infusion smooths lines and softens wrinkles, while LED light therapy - in soothing red or clarifying blue - addresses your skin's specific needs and enhances natural vitality.

ULTIMATE HYDRAFACIAL
90 minutes

This revitalising facial begins with a soothing lymphatic massage to boost circulation and detoxification, followed by deep cleansing, gentle exfoliation, and targeted extraction for refined clarity. Skin is then infused with antioxidants, peptides, and hyaluronic acid for instant radiance, enhanced by a customised mask, calming serums, and LED light therapy. Finished with rich moisturisers, it leaves the skin plump, radiant, and renewed.

BAMFORD SIGNATURE FACIAL
60 minutes

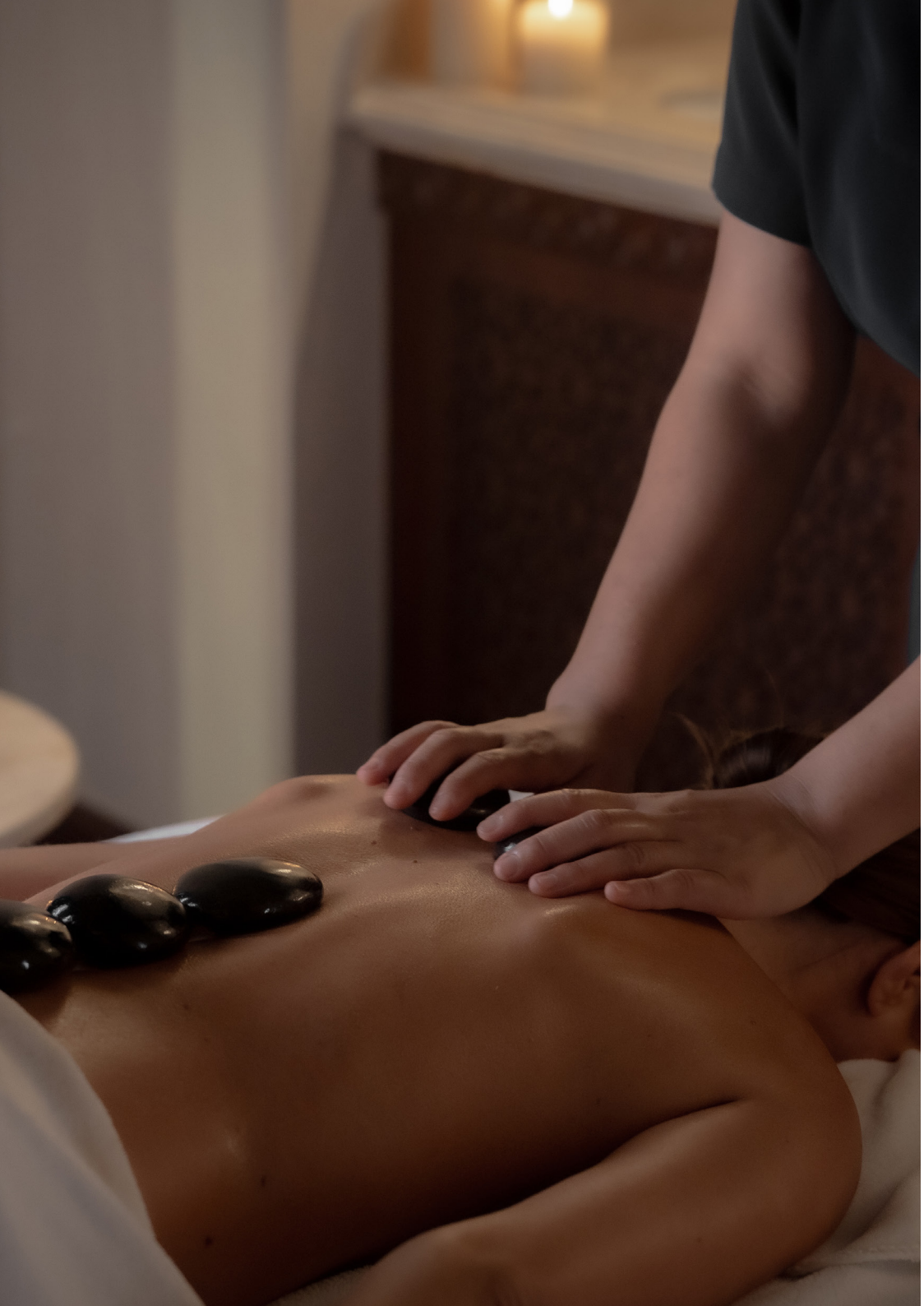
Designed to brighten and balance the skin, including deep facial massage techniques and a hot/cold stone massage to stimulate cell regeneration and to release any tension. Tailored to your skin's needs using a personalized selection of Bamford skincare products. Suitable for all skin types.

DE-PUFFING FACIAL WITH CRYO GLOBES
60 minutes

An energising facial that revives tired, dull skin by boosting microcirculation and reducing puffiness and fatigue. Cooling Cryo Globes and Cryo Eye elements promote lymphatic drainage, target dark circles, and refine skin tone. Combined with signature massage and reparative masks, it leaves the complexion radiant, toned, and rejuvenated.

BLACK DIAMOND NON-SURGICAL LIFT FACIAL
90 minutes

Our most luxurious anti-ageing facial, featuring 111SKIN's Intensive Collection to deliver a youthful, sculpted look. Gentle exfoliation smooths and evens skin tone, while Fine Diamond Particles and the NAC Y2™ formula enhance renewal and brightness. Wrinkle Wand application and deep facial massage lift, firm, and define facial contours for a visibly youthful result.



MASSAGE

Relax and unwind with our soothing massages, each designed to relieve tension, restore balance, and promote deep relaxation.

AROMATHERAPY MASSAGE
60 minutes | 90 minutes

Quieten your mind, release tension, and nourish your skin with a holistic, deeply restorative experience. Tailored to your physical and emotional needs, specially selected aromatherapy blends work to relax, cleanse, or energize, while an advanced massage eases muscle tension and soothe anxiety. You'll leave feeling balanced, re-energized, and restored to a state of inner calm.

SWEDISH MASSAGE
60 minutes | 90 minutes

Revive your body and uplift your spirit with an invigorating massage designed to work where you need it most. Combining traditional Swedish techniques with pure, nourishing oils, this treatment boosts circulation, relieves tight, aching muscles, and reawakens your body from head to toe.

DEEP MUSCLE MASSAGE
60 minutes | 90 minutes

Restore comfort, flexibility, and ease of movement with an intensely effective massage. Combining active stretching and targeted massage using expertly blended aromatherapy oils, this treatment relieves deep-seated tension in your neck, shoulders, and back. Muscular pain is reduced, leaving you feeling stronger, more energized, and rejuvenated.

HOT STONE MASSAGE
60 minutes | 90 minutes

Experience lasting relaxation for both mind and body with this aromatherapeutic journey. A personalized hot stone massage melts away deep muscle tension, while pure aromatic essential oils calm the mind, relieve stress, and recharge your spirit, leaving you feeling completely rejuvenated.

THAI MASSAGE
60 minutes | 90 minutes

Inspired by ancient healing traditions, experience an ancestral dry massage that combines intense stretching with deep pressure point techniques to energize your body's flow and release physical tension. You'll emerge feeling revitalized and free from stress.

PRE & POST NATAL MASSAGE
60 minutes | 90 minutes

Embrace the changes in your body and calm your mind with this soothing, tailored treatment. Customised to your needs and stage of pregnancy, the purest, most gentle formulas nurture the skin, while expert massage techniques ease tight, tender muscles — leaving you in a state of blissful relaxation.



RECOVERY

B STRONG TREATMENT
60 minutes | 90 minutes

Anti-Inflammatory – Healing – Muscle Release

A therapeutic full-body massage that combines Shiatsu and traditional techniques to relieve deep muscle tension and support recovery. It stimulates circulation, releases adhesions, and promotes healing by relaxing and realigning muscle tissue.

B SILENT TREATMENT
90 minutes

De-Stressing – Improve Sleeping – Deep Relaxation

A calming body therapy that combines Japanese Shiatsu rocking, therapeutic back massage, and assisted stretches to ease stress, improve sleep quality, and deeply relax the body. Focused neck and chest work helps release lingering tension, promoting a more restful night's sleep.

BAMFORD WELLNESS FACIAL
90 minutes

Energy – Radiance – Toning

A personalised facial that combines abdominal massage to support gut health and emotional release with gua sha and firm facial techniques to ease tension, boost lymphatic flow, and reduce puffiness. Tailored to individual skin needs, it promotes radiant skin, renewed energy, and overall well-being.

SPECIALTIES

SOUND HEALING MASSAGE RITUAL
90 minutes | 120 minutes

Harmonic - Grounding - Transformative

A deeply restorative journey that harmonises mind and body through the transformative power of touch and sound. This unique ritual begins with a full-body massage infused with healing sound techniques, using seven hand-hammered chakra bowls to balance energy and promote inner calm. The 90-minute experience focuses on chakra alignment and therapeutic massage, while the 120-minute journey enhances detoxification and circulation with a gentle Himalayan salt scrub before the massage begins. A multisensory ceremony of resonance, balance, and renewal.

TIBETAN SOUND MASSAGE
60 minutes | 90 minutes

Calming - Restorative - Harmonising

Soothe away stress and reconnect with the present moment through this holistic and rebalancing treatment. A unique experience that combines deeply therapeutic massage with the harmonising effects of sound. This ritual begins with a full-body massage, designed to release both physical and emotional tension, while carefully guided sound exercises using Tibetan singing bowls promote relaxation and positive energy flow. Every movement and vibration works in harmony to restore balance to mind, body, and spirit, leaving you feeling deeply relaxed, rejuvenated, and emotionally renewed.

COUPLE TREATMENTS

COUPLE HAMMAM EXPERIENCE
90 minutes

Step into a fragrant steam sanctuary where gentle exfoliation and invigorating rinses awaken and refresh the senses. This exclusive retreat brings together the time-honored traditions of Moroccan wellness with modern indulgence, offering a serene and intimate escape for two. As the ritual unfolds, aromatic steam and soothing treatments prepare the body for a shared 30-minute massage, where every movement restores balance, releases tension and nurtures a deep sense of connection. The combined experience rejuvenates both body and soul, leaving you radiant, relaxed, and completely renewed - a celebration of wellness and togetherness.

OPTIMAL RELEASE
90 minutes

Experience the ultimate couple's retreat, starting with a 30-minute full-body scrub that exfoliates and invigorates your skin, followed by a 60-minute customized massage tailored to your individual preferences. Enjoy a rejuvenating journey together in a private couple's room, where you will both relish a perfect blend of exfoliation and massage designed to relieve stress and enhance your well-being.

TOTAL HOLISTIC DUO RITUAL
120 Minutes

Designed exclusively for two, this unique ritual begins with a bespoke facial, thoughtfully tailored to each guest's individual needs. The experience unfolds in the serene privacy of a tranquil couples' room, where the perfect blend of relaxation, touch, and personalised care creates an unparalleled sense of harmony. A deeply restorative massage follows, melting away tension while promoting total revitalisation of both body and mind. From start to finish, this indulgent journey leaves you and your partner feeling radiant, rejuvenated, and exquisitely connected.





MICRO COLLECTION

BACK, NECK, AND SHOULDER MASSAGE
35 minutes

Relax and relieve muscle tension with our localized back, neck, and shoulder massage. Using nourishing oils, this targeted treatment focuses on areas of stress, melting away knots and tightness.

FOOT MASSAGE
35 minutes

Enhance your recovery with our reflexology foot treatment, designed to boost venous and lymphatic circulation while aiding in the elimination of toxins from muscle exertion. Experience a delightful lightness in your legs and feet, significantly alleviating muscle cramps and soreness.

BODY SCRUB
35 minutes

Reveal radiant, smooth skin with this revitalising body scrub, crafted from a natural blend of pure exfoliants designed to gently remove dry, dull cells and excess oils. Your skin is left feeling supple, refreshed, and beautifully prepared for subsequent therapies. Rich, nutrient-dense body serums deliver deep nourishment, while the natural polish restores vitality and glow, leaving your skin healthy, vibrant, and luxuriously soft to the touch.

INSTANT FACIAL
40 minutes

Reveal a clear and refreshed complexion with our express facial, customized to your needs. Natural actives cleanse, rebalance, and hydrate, while aromatic oils relax your mind. Enjoy a skin analysis, double cleanse, exfoliation, personalized mask, and a soothing scalp massage.

PURIFYING GLOW HYDRAFACIAL
30 minutes

Indulge in a rejuvenating experience that deeply cleanses, extracts impurities, and hydrates your skin. Potent serums rich in antioxidants, peptides, and hyaluronic acid work to refresh and nourish your complexion, leaving you feeling revitalized.

THE BATHING RITUAL
45 minutes

A traditional Moroccan cleansing ritual where oud black soap prepares the skin, an orange blossom scrub polishes, smooths, and refines, and mineral-rich ghassoul clay restores balance. The experience concludes with a veil of Moroccan rose water infused with hyaluronic acid, leaving the skin purified, hydrated, and serenely perfumed.



PEDI:MANI:CURE STUDIO

Bastien Gonzalez is renowned worldwide for his distinctive method of treating feet and hands. Drawing from his expertise as a French podiatrist, he has created exclusive treatments that seamlessly blend wellness and beauty for feet, nails, and hands.

BASTIEN'S DUO
75 minutes

Experience the ultimate relaxation with this synchronized four-handed treatment that rejuvenates your nails, hands, feet, legs, and arms.

BASTIEN'S PEDICURE
60 minutes

Experience a thorough pedicure that combines nail care, skin treatment to eliminate dryness, and a soothing massage from toes to legs to relieve tension.

BASTIEN'S MANICURE
45 minutes

Experience an exceptional three-step manicure that includes cuticle and nail care, a natural beauty finish, and a thorough massage of your forearms, wrists, hands, and fingers.

PARAFFIN TOUCH
20 minutes

Experience the soothing warmth of this silky wax, designed to enhance the absorption of moisturizers for deeper skin hydration.

NAIL BRIGHTNESS BY BASTIEN GONZALEZ
45 minutes

Reveal the natural beauty of your nails with this signature treatment designed to enhance their natural shine. Through expert nail shaping, meticulous cuticle care and specialised buffing techniques, nails are left smooth, luminous and beautifully polished without the need for colour.

FOOT 'REFOUNDATION' MASSAGE
35 minutes

Indulge in a specialized treatment for your feet and legs, perfect for relieving tiredness after a long flight. A relaxing massage from toes to knees to enhance muscular flexibility, joint mobility, blood circulation, and skin elasticity.

COLOR TOUCH
20 minutes

Choose your favorite lacquer color from our selection, all free from formaldehyde, toluene, and DBP. The treatment includes nail reshaping.

FRENCH TOUCH
30 minutes

A white line is applied to the nail tip, topped with a natural soft pink lacquer for a flawless French manicure. The treatment includes nail reshaping.

GLOBAL REFOUNDATION BY BASTIEN GONZALEZ
35 Minutes

Experience ultimate relaxation with this synchronised four-hand massage performed by two therapists. Focusing on the hands, arms, feet and legs, this revitalising treatment helps ease tension and feelings of heaviness, leaving the body feeling relaxed, refreshed and renewed.



FITNESS CENTRE

PERSONAL TRAINING SESSION
45 minutes | 60 minutes

Enjoy a personalized training session that's tailored just for you! Work one-on-one with a certified fitness trainer who will help you achieve your specific goals and needs.

ASSISTED STRETCHING SESSION
30 minutes

Join our class to experience a wonderful balance of relaxation and energy! This full-body stretch helps you become more mindful of your body while safely increasing flexibility without any strain.

CORE TRAINING SESSION
30 minutes

Experience the benefits of a core training session that focuses on enhancing your overall fitness and wellness. Strengthening your core muscles not only improves your posture and stability but also reduces the risk of injury.

SHADOW BOXING
30 minutes | 45 minutes

Join our shadow boxing session for a high-energy workout that blends punches and movement without an opponent. This engaging training improves cardiovascular fitness, coordination, and muscular endurance, offering a fun and powerful way to stay fit.

HIIT TRAINING
30 minutes | 45 minutes

Experience high-intensity interval training (HIIT), combining bursts of intense exercise with brief recovery periods. This dynamic workout keeps your heart rate elevated, boosts endurance, and burns fat efficiently for maximum results in minimal time.

PRIVATE YOGA SESSION
60 minutes

Discover the benefits of yoga through asanas, meditation, breathing, and stretching — a traditional Indian practice that promotes balance, mindfulness, and overall well-being.

SUSPENSION TRAINING
30 minutes | 45 minutes

Transform your bodyweight into a full-body workout with Suspension Training. Using the TRX system, it builds strength, balance, flexibility, and core stability by harnessing gravity for dynamic, effective training.

TABATA TRAINING
30 minutes | 45 minutes

Experience an intense four-minute workout of 20-second bursts and 10-second rests, repeated eight times to push your limits and maximize fitness results.

SPORTS GUN MASSAGE
30 minutes | 45 minutes

Revitalize your body with our Sports Gun Massage, a percussive therapy that relieves muscle tension, aids recovery, and enhances overall well-being — perfect for athletes and active individuals.

SPORTS TRADITIONAL MASSAGE
30 minutes | 45 minutes

Experience the restorative power of the Sports Traditional Massage, blending deep tissue techniques with ancient healing methods to boost performance, speed recovery, and support overall wellness for active individuals.

ONE&ONLY SPA

Open daily from 9:00 AM to 9:00 PM
To make an appointment at our One&Only Spa, please inform the reception or get in touch with our Spa team at ext. 2140/2141.

ORIENTAL HAMMAM

Open daily from 9:00 AM to 9:00 PM
Ladies only: 9 AM to 1 PM
Mixed Gender: 1 PM to 9 PM
To make an appointment at our Oriental Hammam, please inform the reception or get in touch with our Hammam team at ext. 2130/2131.

PEDI:MANI:CURE BY BASTIEN GONZALEZ

Open daily from 10am to 8pm. To make an appointment at the Bastien Studio, please inform the reception or get in touch with our spa team at ext. 2187.

FITNESS CENTER

Open 24/7 and attended daily by a fitness coach from 7am to 9pm. To make an appointment at our Fitness Center, please inform the reception or get in touch with our fitness team at ext. 2130/2131.

RESERVATIONS

Schedule your appointments two to five days in advance, to ensure a preferred treatment or therapist is available. All reservations must be secured by a credit card and a valid telephone number.

GENDER POLICY

In accordance with the local cultural norms, treatments are exclusively administered by therapists of the corresponding gender. Only couple treatments can be performed by two female therapists.

HOTEL GUESTS

Receive complimentary access for One&Only Spa indoor plunge pool, steamed shower, sauna, relaxation, fitness studio and changing rooms.

EXTERNAL GUEST

A fee applies to use the facilities only.

CHECK-IN PROCEDURE

Guests are advised to arrive 15 minutes before their treatment is due to start. Any delays will result in reduced treatment times to avoid disruption to other guests.

AGE POLICY

Guests under 16 years can only receive manicure and pedicure. An adult same gender must always accompany minors and for the entire duration of the treatment. Massages and body treatments can only be received by guests of 16 years or older.

CANCELLATION POLICY

Cancelation of treatments less than 6 hours in advance and no show will be charged 100%. For further information please contact our One&Only Spa.

GIFT VOUCHERS

All gift vouchers follow applicable terms and conditions.

INQUIRES & RESERVATIONS

One&Only Spa
1st Floor, Health & Beauty Institute, The Residence, Ext. 2140

Oriental Hammam and Fitness Centre
Ground Floor, Health & Beauty Institute, The Residence, Ext. 2130

Pedi:Mani:Cure By Bastien Gonzalez, Fitness Studio
Ground Floor, The Palace, Ext. 2187

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