One&Only Spa

SIGNATURE TREATMENTS	Minutes	Price (AED)
Traditional Hammam	60	750
Royal Hammam	90/120	890/1,250
Indulgent Hammam by marocMaroc	90	920
Golden Hammam	60/90	920/1,250
Holistic Hammam and Sound Ritual	90	2,400

ONLY BODY

Essence of Arabia	120	1250
Holistic Body Ritual	120	1250
Body Wrap	60	675

ONLY FACE

Personalized Facial	60/90	775/875
Rejuvenating Hydrafacial	60	1,050
Ultimate Hydrafacial	90	1,400
Bamford Signature Facial	60	850
De-puffing Facial with Cryo Globes	60	950
Black Diamond Non-Surgical Lift Facial	90	1,100

MASSAGE

Aromatherapy Massage	60/90	750/975
Swedish Massage	60/90	750/975
Deep Muscle Massage	60/90	775/995
Pre & Post Natal Massage	60/90	775/875
Hot Stone Massage	60/90	800/1,025
Thai Massage	60/90	800/1,025

RECOVERY

Bamford B Strong Treatment	60/90	815/950
Bamford B Silent Treatment	90	950
Bamford Wellness Facial	90	1,100

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SPECIALTIES	Minutes	Price (AED)
Sound Healing Massage Ritual	90/120	995/1,310
Tibetan Sound Massage	60/90	775/875
COUPLE TREATMENTS		
Couple Hammam Experience	90	1,800
Optimal Release	90	1,800
Total Holistic Duo Ritual	120	2,400
MICRO COLLECTION		
Back, Neck, and Shoulder Massage	35	400
Foot Massage	35	400
Body Scrub	35	400
Instant Facial	40	575
Purifying Glow Hydrafacial	30	700
The Bathing Ritual	45	650
PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ		
Bastien's Manicure	45	340
Bastien's Pedicure	60	575
Bastien's Duo Treatment	75	930
Nail Brightness	45	480
Paraffin Touch	20	130
Scrub Touch	10	150
Foot Refoundation - Foot & Leg Massage	35	335
Global Refoundation - Leg & Arm Massage	35	500
Colour Touch	20	150
French Touch	30	175
CLASSIC MANI-PEDICURE EXPERIENCES		
Classic Manicure	30	250
Classic Pedicure	30	300

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GEL

	Minutes	Price (AED)
Gel Manicure	90	550
Gel Pedicure	90	775
Hands / Feet Gel Removal Only	20	150
Hands / Feet Gel Touch	45	300

FITNESS CENTRE

Personal Training Session	45/60	275/400
Assisted Stretching Session	30	275
Core Training Session	30	275
Shadow Boxing	30/45	200/250
HIIT Training	30/45	150/200
Private Yoga Session	60	500
Suspension Training	30/45	150/200
Tabata Training	30/45	150/200
Sports Gun Massage	30/45	200/250
Sports Traditional Massage	30/45	275/350

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