

WELLNESS THERAPIES

The world is in search of the answer to true inner wellbeing. Eastern Medicine and the power of traditional healing combined with modern technologies based on science. We have it all...

Holistic Healing

Consultation with our trained Wellbeings Alternative Practitioner
60 mins – 500 AED

- NLP
- Hypnotherapy
- Trauma Therapy
- Meditation & Mindfulness
- Crystal Healing
- Reiki
- Energy Healing

*programs available upon request

Cryotherapy *60 mins – 460 AED*

Choose from our array of cryo services to speed up metabolism, decrease lactic acid built up and enhance muscle recovery and weight loss. The pinnacle of result driven technology.

- Localized Cryolopolis
 - Fatfreeze
 - Wim Hof Ice Bath
 - Cryo Facial
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Oxygen Therapy *30 mins - 200 AED*

Relax in our lounge whilst we help speed up the healing process by supporting additional oxygen flow to your body. This treatment can also be added to a treatment.

Sleep Therapy *POA*

Problems falling asleep or sleeping through the night ?
Our healers will determine exactly what is needed;

- Course of specific Massages
 - Use of strong aromatherapy before sleep
 - Breathing techniques
 - Recommendation of lifestyle changes
 - Consultation with healer and added meditation
 - Nutrition Changes
 - Analyzing of REM phase and sleep cycles.
 - Evaluation of personal sleep surroundings (Mattress, lighting, sound, airflow, etc)
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Detoxification & Weight loss *60 mins - 1000 AED*

Whether it is a detox program to recharge your energy levels or a plan to reboot your lifestyle, our team and our carefully selected array of machines, services and products can help you achieve your objectives.

Try one of these result driven treatments:

- Ultrasonic Cavitation
- Lipo Laser
- Velashape Technology
- Radio Frequency
- Detox Escape
- Detox Cleansing Ritual