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* Signature Treatments of Express Unwind



Rejuvenation Thai Massage

Receiving a Thai massage is an experience unlike any other. Simultaneously energizing and relaxing, Thai massage combines stretching and gently applied pressure to increase flexibility, enhance joint mobility and balance the body's energy system.

Some recipients describe the experience as if they had been taken through a yoga class. Sessions are performed with the recipient fully clothed in comfortable garments, lying on a special floor mat.

60 minute sessions	AED 150
90 minute sessions	AED 220
120 minute sessions	AED 280



EXPRESS UNWIND
Thai Massage



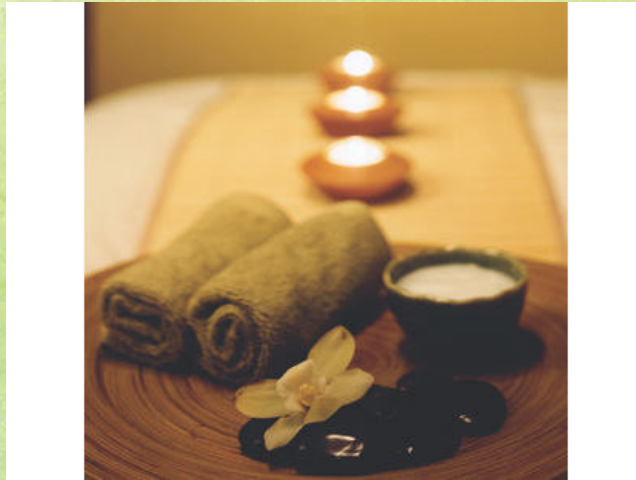
Thai Royal Hot Poultice Massage

This Royal Massage is differed because they combine soothing heat with therapeutic natural herbs and essential oils. Using the poultices in a slow, synchronized sequence, working out soreness and stiffness with the bag's warming heat. Incorporate with our original techniques to trace the energy pathways, pressure points, and lymphatic drainage... Every touch induces a new level of relaxation and healing.

60 minute sessions
90 minute sessions
120 minute sessions

AED 240
AED 360
AED 450



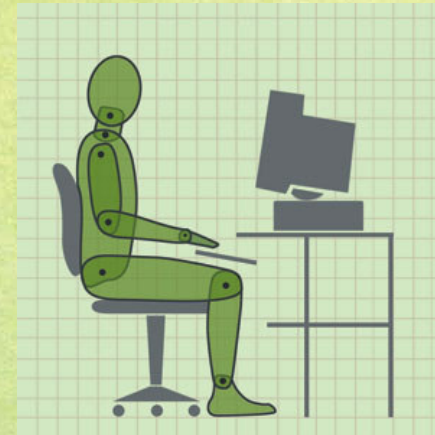


Thai Aromatherapy Oil Massage

An aromatherapy Oil Massage is a treatment involving oils that are naturally extracted from plants to balance, harmonize, and promote the health of body and mind. Distinct fragrances are thought to trigger memory and enhance an individual's responses to the aroma; perhaps calming, inducing relaxation, or restoring energy. The oils used in each session are usually determined with input from both the masseur and client, seeking to remedy specific needs. Several oils are decided upon after a consultation and blended into a massage oil to be used during the treatment

60 minute sessions	AED 200
90 minute sessions	AED 300
120 minute sessions	AED 400





Thai Office Massage

According to Chiropractic research sitting in a chair is one of the culprits in lower back problems. While computers enlarge our world and provide endless opportunities, our shoulders stiffen and our wrists are at risk of tension. Thai massage implements stretching and gently applied pressure to invigorate unused muscles, lubricate tense joints, and enhance breathing motion. You will feel taller, looser, re-energized, and re-focused as you head back to your day.

30 minute sessions
60 minute sessions

AED 80
AED 150



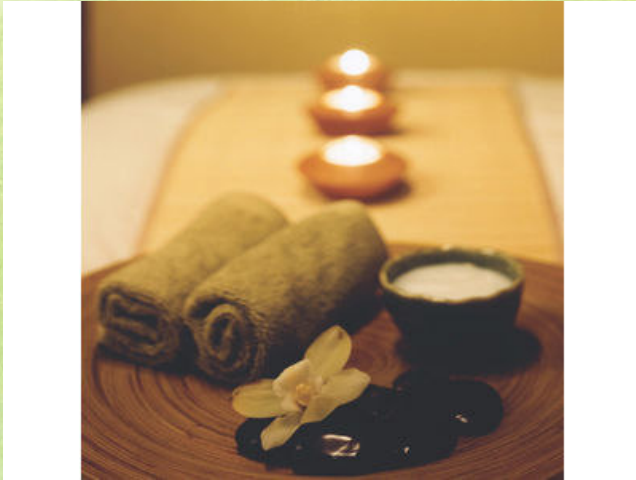


Thai Sports Massage

Stretching is proven to enhance performance, be it on Running, Snowboarding in Ski Dubai, Wakeboarding, or any physical activity that you enjoy. Thai massage implements stretching and gently applied pressure to enhance flexibility, balance and mental acuity, features that are bound to improve not only your game, but empower your workout.

30 minute sessions	AED 100
60 minute sessions	AED 180
90 minute sessions	AED 260
120 minute sessions	AED 320





Thai Head & Face Massage

An energetic stress-busting therapy which works on the muscular tissues of the neck, shoulders, scalp and face to relax or stimulate the body and help it maintain harmony. It provides relief for mental as well as physical stress. It involves working with a firm and gentle rhythm to help unknot blockages and relief of built-up tension and on an emotional level it calms the spirit, promoting relaxation and relieving stress.

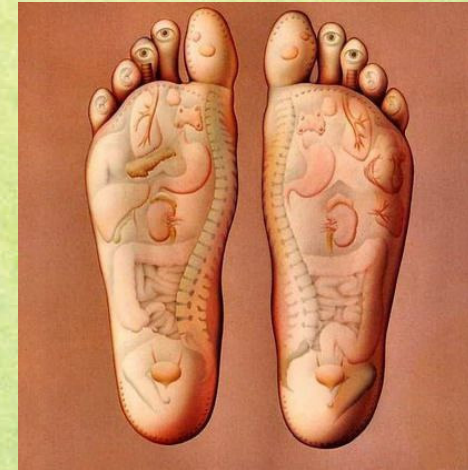
30 minute sessions

AED 70

60 minute sessions

AED 140





Thai Foot Massage

Experience the sheer pleasure of a specific massage for the feet and lower leg. All the energy meridians of the body are identified in the pressure points of the foot. Massaging the feet provides relaxation, soothes pain and releases blocked energy making this the ideal treatment after lots of walking or for tired feet.

30 minute sessions	AED 80
60 minute sessions	AED 150
90 minute sessions	AED 220



Thai Neck & Back Massage

This "express. ideal massage to combat stiffness and stress. The movements are designed to concentrate on the back, shoulders and neck with the techniques to ease muscle tension and releases stiffness.

15 minute sessions	AED 40
30 minute sessions	AED 80
45 minute sessions	AED 120
60 minute sessions	AED 160

