

# Shopping and Pampering on the go

With the Dubai Shopping Festival just around the corner and serious shopping to be done, get to grips with some of the best spas to pamper tired feet

**W**hen it comes to shopping no one does it better than the girls. But what happens if you want to stop off for a spot of R 'n' R in between? As any serious shopaholic will tell you, true shopping is a skill, and a successful trip is as much about maintaining energy as it is about bargain spotting.

To take the heat from your feet, dropping off into one of the many spas for which Dubai is renowned, is a must. Remember there are the stand alone day spas and the hotel based ones to choose from. We explore a few of them.

## AL ASALLA SPA AT DUBAI LADIES CLUB

Venture down Jumeirah Beach Road and you will come across one of Dubai's most successful health and leisure clubs. The Arabic Spa lives up to its name with a distinct architecture blending ancient terracotta with modern touches. Expect half day and full day packages comprising oxygenating facials, detox rituals, and stress relievers such as the Vichy shower. The luxury brand products can even be

purchased in the spa. If your shopping companion is a teenage girl then the 'Teen Spa' for girls between ages 12 and 16 will leave you both in pampered bliss.

**Tel: +971 4 3499922**

## CARACALLA SPA AT LE ROYAL MERIDIEN

Inspired by the Roman Antonine Baths from the third century AD, this spa is a haven with its flickering candles, sumptuous aromas and intimate ambience. Located at Le Royal Meridien Beach Resort & Spa on the Jumeirah Beach Strip, it is open to both hotel guests and visitors. An ideal way to leave your bags at the door, the 'Welcome Touch' warm aromatic compress applied to the feet will remove more than the day's fatigue. Expect reviving facials and body glow treatments and a multitude of pampering rituals to lift the mind and spirit.

**Tel: +971 4 3995555**

**Web: www.leroyalmeridien-dubai.com**

## CLEOPATRA'S SPA AT THE WAFI PYRAMIDS

One of Dubai's most popular spas located in the heart of the city at the Pyramids is a stone's throw from the



Wafi Mall. The spa is divided into male and female areas and comprises sauna, steam room plunge pools and more. Rasul mud treatments to detoxify, Ionothermie to tone, Ayurveda treatments to balance are some of the many treatments on offer. The signature Javanese Royal Treatment bathing in milk and exotic flowers is the perfect antidote to shopping till you drop. The female spa opens from Saturday to Thursday 9am-8pm and Friday 10am-8pm.

**Tel: +971 4 3244356**

**Web: www.cleopatras-spa.com**

## DUBAI MARINE SPA

Nestled in the picturesque surroundings of the Dubai Marine Beach Resort, this



sanctuary within the Dubai Marine Beach Resort & Spa offers full day spa packages including use of the resort pool and beach facilities as well as including lunch at the Taverna International Restaurant. Enjoy treatments such as reflexology, seaweed wraps, manicures and pedicures using some of the best products. Guinot, Thalgo, La Phyto are some of the names to choose from. An ideal way to kick off your shoes after hitting the malls, this could be the ideal place to do it.

**Tel: +971 4 3048081**

**Web: www.dxbmarine.com**

## HEALTH & BEAUTY INSTITUTE AT THE ONE & ONLY ROYAL MIRAGE

If you have chosen this exemplary Dubai hotel to rest your head, then the wonderfully secluded spa is a must see

spot. Hidden away with its own private courtyard set amidst palm trees, it has all the intricate grandeur that you would expect. The Givenchy Spa set on the mezzanine floor offers all the treatments to revitalise the skin and halt the ageing process. Meanwhile, the Hammam is home to the skilled masseurs called 'tellaks' who apply their skill to work knots out of tired muscles, whilst heated marble is fabulous under aching feet.

**Tel: +971 4 3999999**

**Web: www.oneandonlyresorts.com**

## PARIS DAY GALLERY AT THE DEIRA CITY CENTRE MALL

A very convenient way of pampering while you shop, located on the second level of the mall this place offers welcome respite for the serious shopper. Dip into hydro pools or the Moroccan

baths or take advantage of the hair and make-up services courtesy of Kerastase and the Beyond Beauty make-up artists. In addition to sampling some of the most indulgent of relaxation therapies. The self heating marine mud techniques also help to relieve tension in the spine and afford spectacular relaxation. There are Deluxe Creative Spa Manicure treatments on offer for tired hands too.

**Tel: +971 4 2944000**

**Email: dayspa@uae-parisgallery.com**

## THE RITZ - CARLTON SPA

If you happen to be staying at the Ritz-Carlton Hotel, then you can take advantage of its spectacular spa facilities. The Balinese influences are everywhere not just in the décor but in the treatments too. The Balinese Boreh massage, Indonesian cream bath are evocative of the world renowned spa tradition. There are also Swedish massage and European treatments on offer too. If you have spent the day shopping with the children then treat them to the Ritz - Carlton Kids Club facilities whilst you enjoy a few welcome hours of pampering from the skilled masseuses.

**Tel: +971 4 3994000**

**Web: www.ritzcarlton.com**