



HOW TO SPA

What time should I arrive? To ensure you receive the full benefits of your spa experience, we ask that you arrive at least 15 minutes ahead of your scheduled time or much earlier if you wish to use the hydro thermal facilities.

What if I am late? If you do arrive late for a reservation, we will do our best to accommodate you, but please be aware that it may be necessary to reduce your treatment time in consideration of the next reservation. Full costs remain applicable.

Can I cancel my appointment? We understand you may need to change your reservation. We ask that you give notice of a minimum of 6 working hours. Reservations cancelled within 4 hours will incur a fee. Reservations cancelled within 2 hours or a 'no show' will incur full payment.

What if I have a medical concern? Please inform Lum'a Spa reception at the time of your booking and your therapist if you have any known medical conditions, ailments, allergies or are taking any medication.

What do I wear in the Spa? Disposable underwear, robe, slippers and towels will be provided. However, guests need to bring their own bathing suit for use of the swimming pool, sauna and steam facilities.

How old do I have to be to use the Spa? You must be 16 years of age and above. Children under 16 must be accompanied by an adult at all times.

Where should I put my valuables? Lockers are provided; however, we strongly recommend that you arrive at Lum'a Spa without your valuables. Lum'a Spa and Grand Hyatt Abu Dhabi cannot accept responsibility for any loss or damage of any kind.

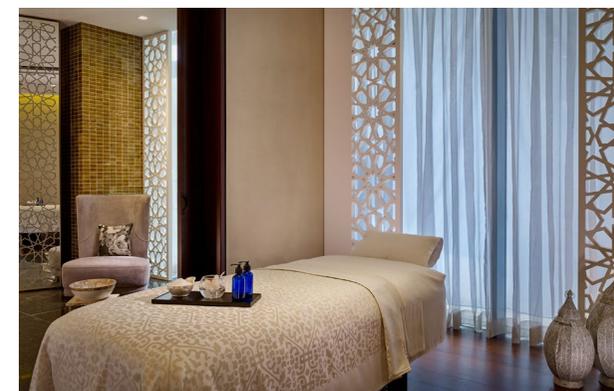
How do I pay? We accept most cards and cash. All prices are in AED and inclusive of all applicable service charges and local fees.



SPA MENU

Lum'a offers a traditional, powerful and luxurious selection of spa and wellness experiences, using the finest-quality products rooted in science to defy aging and restore energy.

Energy is life... We will help you find it.



LUM'A HEALTH CLUB & SPA

GYMNASIUM

6 am to 10 pm

SWIMMING POOL

8 am to 8 pm

Grand Hyatt Abu Dhabi Hotel and Residences Emirates Pearl
West Corniche, Abu Dhabi

United Arab Emirates

T: +971 2 510 1215

E: lumahealthclub@hyatt.com

BODY SCRUBS

Pearl Rose Body Polish

45 minutes, AED 395

A gentle luxurious body polish enriched with pure oils of Damascene Rose, Argan, and Shea butter. Pearl Rose polish removes dullness and impurities, leaving you with silky smooth skin and hypnotic aroma of Rose.

Lavender Scrub

45 minutes, AED 350

An invigorating body scrub with lavender and gentle buffing grains sweep away dull surface cells, increase circulation and refine with the subtle aroma of lavender.

ENERGISING JET-LAG JOURNEYS

World Traveller

120 minutes, AED 850

Luma Massage • Radiance Facial

Long-Haul

150 minutes, AED 950

Body Scrub • Swedish massage
Radiance Facial • Reflexology

Short-Haul

75 minutes, AED 550

Release Massage • Indian Head Massage

FACIALS

Our approach to skin care is simple: We work from the outside in and the inside out! To achieve this we use products with the highest concentrations possible to ensure results that are visible and undeniable.

HYDROPEPTIDE

HydroPeptide has revolutionized skin care through the power of peptides. The award-winning daily care and professional collections offer targeted customised results-driven regimens that address every skin care concern.

Illuminating

75 minutes, AED 590

Infused with the restorative and uplifting benefits of peptides, growth factor activators and proteins. Begin with a two-step peel that incorporates vitamin C-infused microdermabrasion crystals and a plumping activator to reveal fresh, glowing skin. A hybrid mask purifies while wrinkle-fighting peptides leave the features firm and rejuvenated. Fine lines and wrinkles don't stand a chance with this signature facial.

Purifying

60 minutes, AED 550

Improves skin clarity while combatting problems and imbalance. A combination of salicylic acid and acne-targeting peptides improve skin smoothness and balance oil production, unclog pores and speed up cell turnover to reveal a healthy glow.

Radiance

30 minutes, AED 300

Leaves the skin hydrated and ready "To go". Peptides and brightening botanicals instantly penetrate, increasing moisture absorbency for an immediate boost that reduces signs of fatigue.



MASSAGE

All our massages are created by seamlessly blending various massage techniques with the elements and apothecary to rebalance, restore and reactivate your energy.

Luma' Five Element Aroma

60, 90, 120 minutes; AED 470, 670, 870

A powerful aromatherapy massage inspired by both Eastern and Western massage techniques to stimulate circulation and release an exhilarating sense of balance and renewed energy.

Wood

Revitalize and Renew

Fire

Vitality and Energy

Earth

Equilibrium and Clarity

Metal

Purify & Refine

Water

Relax and Calm

Traditional Thai

60, 90, 120 minutes; AED 450, 650, 850

Designed to expose exceptional flexibility and mobility to relieve muscle and joint tensions through stretching, compressions and yoga techniques. Your life force and flexibility are reawakened.

***Oil free with pyjamas provided*

Sports

60, 90 minutes; AED 480, 680

A vigorous massage concentrating on specific muscles and muscle groups. Perfect for the athletic individual to increase muscle flexibility, alleviate pain and assist the healing process. Perfect for Pre and Post workout.

Swedish

60, 90, 120 minutes; AED 450, 650, 850

The classic. Gentle to firm pressure with gliding strokes, kneading and friction techniques stimulate circulation, ease muscular tension and promote relaxation.

Lava Stone

90, 120 minutes; AED 650, 850

Hot volcanic stones are used as an extension of your therapist's hands with the purest oil infusions of rosemary and lavender to melt away stress, soothe and induce a sense of calm and well-being.

Reflexology

60 minutes; AED 450

This ancient technique stimulates pressure points on the feet to open the body's energy pathways leaving you with restored clarity.

Indian Head

30 minutes; AED 300

A massage of the scalp, this distinctive pressure point massage will stimulate and recapture lost energy

**Oil Optional*

Release

30 minutes; AED 300

Focusing on the head, neck, and shoulders to release muscular stress and tension.