



SPA SUASANA

Massage Therapy

Balinese Signature Massage

AED300 | 375

60 Min | 90 Min

A Balinese Massage includes a range of mild stretching, acupressure, long strokes, reflexology, aromatherapy oils and kneading. Essential oils are used to stimulate memory while at the same time offering relief from muscle damage.

Basalt Hot Stone Massage

AED375

90 Min

A body-healing massage that uses smooth, heated basalt stones made from volcanic rocks to relax the muscles, leaving you instantly calm & rejuvenated.

Foot Reflexology Massage

AED185 | 300

30 Min | 60 Min

A Foot Reflexology is a form of massage therapy that involves applying pressure to specific points on the foot. It is designed to reduce pain, improve circulation and promote overall health.

Neck Back & Shoulder Massage

AED185 | 300

30 Min | 60 Min

A Back, Neck and Shoulder Massage includes massage of the head, neck, shoulder, back, arms and hands. It is entirely focused on the upper body that helps soothe away aches, pains and stiffness promoting a deep sense of relaxation and renewed vitality.

Relaxation Massage

AED300 | 375

60 Min | 90 Min

A Relaxation Massage is a gentle and soothing massage designed to help you unwind and de-stress. It involves slow and rhythmic strokes, gentle kneading and light pressure on the muscles.

Sports Massage

AED300 | 375

60 Min | 90 Min

A Sports Massage is a deep form of soft tissue mobilization. It can be applied in a sporting and non-sporting context. It involves a wide range of techniques that includes effleurage, kneading, wringing, hacking and trigger pointing.



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Swedish Massage

AED 300 | 375

60 Min | 90 Min

A Swedish Massage is typically referred to as a classic, full-body massage targeted at relaxation that helps you reduce anxiety and improve sleep. It involves long, kneading strokes combined with rhythmic tapping strokes and movement of the joints honing on the relief of tense muscles.

Traditional Thai Herbal Compress

AED375

90 Min

This centuries-old therapy, known as passive energy flow, is the perfect answer for anyone searching for optimal health. The healing properties of Thai herbs stimulate the circulatory system and offer wonderful detoxifying benefits.

Body Scrubs

Exfoliating Body Scrub

AED185

30 Min

An Exfoliating Body Scrub is a physical exfoliant that is usually either salt or sugar-based, used to remove dead skin cells from your skin. It helps natural exfoliating, clearing the skin of older skin cells so your skin feels soft, supple and nourished.

Purifying Body Scrub

AED185

30 Min

A Purifying Body Scrub harnesses powerful plant-based cleansers to cleanse, moisturize and detoxify skin.



SPA SUASANA

Spa Packages

Pamper Me

AED625

145 Min

This lavish package offers everything you need to rest and relax after a long journey or stressful week at work. Enjoy body polish ritual, followed by your choice of massage with face massage or foot reflexology.

Indulge Me

AED455

100 Min

A purifying body scrub harnesses powerful plant-based cleansers to cleanse, moisturize and detoxify skin.

The Executive

AED355

60 Min


Designed for those who are always in a rush and living a hectic lifestyle but still want a full spa experience. Enjoy a refreshing body polish ritual followed by a neck, back and shoulder massage or a foot reflexology to melt the stress away; just what you need to re-energize and get back to your busy lifestyle.





SPA SUASANA 11AM to 11PM

LEVEL R | PARK REGIS KRIS KIN HOTEL DUBAI

RESERVATIONS / INQUIRIES

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Prices are inclusive of 5% VAT, 7% Municipality Fee & 10% Service Charge