

Palma Spa lives up to its promise of helping clients to achieve complete wellness through relaxation, beauty, and fitness services



Sports Massage

A sports massage is a targeted therapy for active people, using deep tissue work, stretching, and other techniques to improve performance, prevent injuries, and speed up recovery by manipulating muscles and soft tissues (skin, tendons, ligaments) to reduce tension, improve circulation, and increase flexibility.



Body Scrub Massage (30min scrub + 60min massage)

Body scrubs remove dead skin cells, help to improve blood circulation and cleanse the skin via exfoliation. While a scrub massage helps your body to relax and leaves your skin refreshed and glowing.



Foot Reflexology

Foot reflexology can help to relieve tension, improve circulation, stimulate the body's natural healing processes, and induce relaxation. It is often used as a complementary therapy to support overall well-being and relieve various ailments.



Deep Tissue Massage

A high pressure massage with forearm, Albows, Palms, Fingertips & knuckles. This can reduce chronic pain, muscle tension, Soreness & reduces knots.



Swedish Massage

Less to medium pressure with Efflorage, petrissage. The goal of Swedish massage is to promote relaxation, improve circulation, relieve tension, and enhance overall well-being. It is often known for its gentle and soothing techniques.



Back Massage

A back massage is a therapeutic massage focused on the muscles and tissues of the back. It involves various techniques such as kneading, gliding strokes, and deep tissue pressure to help relax and alleviate tension in the back muscles.



Hot stone Massage

The heat from the stones helps to warm and loosen the muscles, allowing the massage therapist to apply deeper pressure if desired. Hot stone massage is known for its ability to relieve muscle tension, improve blood circulation, and provide a soothing and calming experience.



Head, Neck and Shoulder Massage

This can help alleviate headaches, neck stiffness, and shoulder tension caused by stress, poor posture, or muscle tightness. It promotes relaxation, improves blood circulation, and can provide immediate relief and a sense of overall well-being.

Palma Spa Massage Treatments

- Sports Massage 60 Min AED 300
- Body Scrub Massage 90 Min AED 350
- Swedish Massage 60 Min AED 190 - 90 Min AED 260
- Hot Stone Massage 90 Min AED 310
- Deep Tissue Massage 60 Min AED 260 - 90 Min AED 320
- Foot Reflexology 30 Min AED 100
- Head, Neck & Shoulder Massage 40 Min AED 130
- Back Massage 30 Min AED 100
- Face Massage 30 Min AED 100
- Prenatal Massage 60 Min AED 190



Prenatal massage

A prenatal massage is a gentle, pregnancy-safe therapy designed to relieve back, hip, and leg aches, improve circulation, reduce swelling, ease stress, and promote relaxation using techniques adapted for a mother's changing body.



Face Massage

Focuses on the muscles, tissues, and pressure points of the face. It typically involves gentle strokes, kneading, and tapping motions to stimulate circulation, relax facial muscles, and promote relaxation.

PLEASE BOOK IN ADVANCE

Palma Spa other Services

• Manicure	AED 55
• Pedicure	AED 55

Day Use Packages

• Gym	AED 35
• Sauna & Steam	AED 45
• Pool	AED 110
• All Facilities (Gym, Sauna & Steam, Pool)	AED 150

Palma Gym & Fitness Centre

PALMA GYM MEMBERSHIP



LIGHT MEMBERSHIP

INCLUDES ONLY GYM

DURATION	MALE/FEMALE
1 MONTH	275 AED
3 MONTH	700 AED
6 MONTH	1275 AED
1 YEAR	1600 AED

BRONZE MEMBERSHIP

INCLUDES GYM, SAUNA, STEAM, INDOOR POOL

DURATION	MALE	FEMALE
1 MONTH	375 AED	350 AED
3 MONTH	900 AED	800 AED
6 MONTH	1475 AED	1375 AED
1 YEAR	1900 AED	1750 AED

TIMING: 10AM TO MIDNIGHT. LADIES ONLY TIMING: 10 AM TO 12PM