



## SPA NEWSLETTER - NOVEMBER 2021

CONRAD®  
SPA  
DUBAI



**BREAK TIME:** 20% off all spa treatments between 11am - 3pm

### "Movember", support the cause

Created to help clearing a congested body and mind and support the immune system, the "Immune Support" treatment starts with a guided breathing and continues with a peppermint and eucalyptus oils massage. This soothes a heavy head, unblocks sinuses, eases headaches and promotes overall health.

**Duration:** 60 minutes | **Price:** AED 640

10% will be donated to *Al Jalila Foundation* for cancer research and treatments in the UAE.

دائرة الشؤون الإسلامية والعمل الخيري  
Islamic Affairs & Charitable Activities Department  
License No. 4200

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مؤسسة الجليلا  
AL JALILA FOUNDATION



### Dubai 30X30 Fitness Challenge

Are you aware of the Conrad Dubai Fitness Challenge? All you have to do is to create a daily healthy habit from eating a fruit, exercising 30 minutes, sleeping early and avoid checking your phone first thing in the morning.

Follow our **30 useful tips** to stay fit and healthy.

Join us on and take advantage of a **30% discount** on the Annual Silver membership. Offer valid until end of November.



### Celebrating UAE 50<sup>th</sup> Anniversary at Conrad Spa

In the occasion of the *UAE 50th Anniversary* you will be able to enjoy an extended relaxing session at the Conrad Spa. Book a 90 minute treatment and get **50% off** on any following spa experience of your choice.

Terms and conditions apply. Offer valid only during the month of November.



### Ladies Wednesdays #Girlsday

It is time to pamper yourself and your girlfriends. Enjoy a 60 minute Relaxing Experience massage followed by a 30 minute *Express Facial*.

**Price:** only AED 375 (value AED 870)

**When:** Every Wednesday



### Ultimate Day Retreat

Indulge in a relaxing day pampered by the sound of the waterfall in one of our **private cabanas**, right into the sparkling blue pool – designed for those wishing to indulge in an **effortless luxurious experience**.

Book your cabana from AED 400 for 2 people. Click [here](#) to download our brochure. Pool day passes: weekdays AED149 | weekend AED 199, including AED 75 dining credit.



For more information and reservations, please call Conrad Spa on + 971 4 444 7440 or email [dubaispa@conradhotels.com](mailto:dubaispa@conradhotels.com)  
Visit [conraddubai.com/conrad-spa](http://conraddubai.com/conrad-spa) or follow us on [f](#) [@](#) / conraddubaispa.