

SPA & WELLNESS SANCTUARY

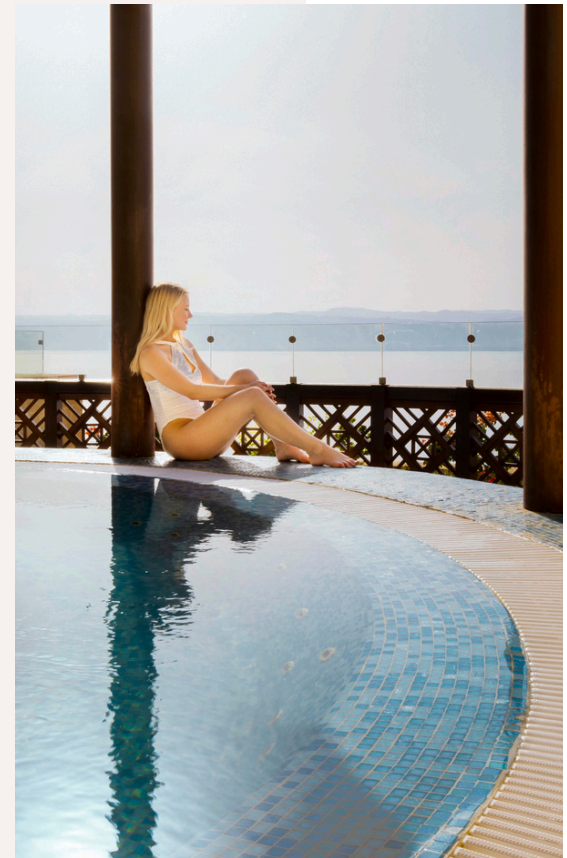


CROWNE PLAZA®

— BY IHG —

Jordan Dead Sea Resort & Spa

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Dear Guest,

We welcome you to wellness, relaxation and an enjoyable experience at our D'sante Spa. Our comprehensive menu has your whole body covered, from signature massages, facials, wraps and scrubs to locally-inspired treatments, specialist therapies and balancing journeys.

After all, getting back to being healthy should be an enjoyable experience and that too by the shores of the Dead Sea, a sea that is blessed with immense healing properties.

For the Spa enthusiast, we have even brought the Dead Sea experience inside the spa with a Dead Sea water pool and even an entire floor reserved for authentic German hydrotherapy and spa baths.

By adapting these therapies, we have ensured that all our treatments are highly effective, safe and enjoyable.

Additionally, all our services are truly personalized, ranging from face therapy wherein we cater to your specific needs of your skin to the body work where we customize aspect such as music volume, temperature settings, lighting levels and even the pressure that is carefully applied.

All our products are carefully selected for its natural origins, effectiveness and safety. Please contact us for a complimentary spa consultation to help you customize your spa journey.



Body Work

Manipulation of trigger points on the head, neck and rest of the body, is administered to effectively relieve tension and ease you into a state of relaxation and healing. The therapies are all completed with a suggestion for relaxation, followed by a serving of warm healthy herbal beverage, thus restoring positivity and well-being in oneself.

Aromatherapy Massage

Indulge in this authentic massage, an uplifting combination of aroma oils selected from carefully preserved global bio-reserves, are blended with cold pressed anti-oxidant rich base oils to provide a gentle relaxing massage, which is effective on the senses as well as on the skin and nerve endings. Surrender yourself to a thoroughly pampering experience.

Swedish Massage

Boost your energy levels and re-energize your body with the classic Swedish massage We use rejuvenating seasonal blend of oils to provide a firm and deeply relaxing experience. We recommend it for its effectiveness in relieving muscle soreness and stimulating the overall blood circulation.

Couple Massage

The body is energized through a journey of the senses. All the meridian channels of the body run from the feet to the head and our therapists will perform a total top-to-toe luxurious treatment to soothe, energize and unblock meridians.



Body Work

Hot Stone Massage

Inspired by the energy healers, this unique ritual starts with a deeply relaxing massage. The massage is carried out with oil enveloped on warm volcanic stones which are placed on key energy points on the body. This evokes warmth seeps deep into the body for aiding muscle relaxation, this therapy will leave you rejuvenated, relaxed and help you feel light in body and mind.



Deep Tissue Massage

This massage has an integration of Sports Massage and Thai Acupressure techniques, to effectively work on irritated deep tissue, fascia and muscles. Recommended for those who require deep bodywork to undo muscle knots and loosen fibrous tissue, this therapy accounts to be one of the most chosen and appreciated treatments by our clients.

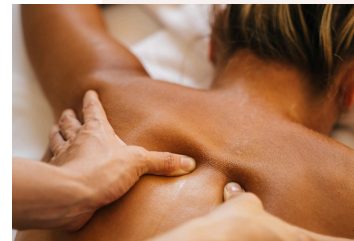


Thai Massage

Using Thai massage techniques, this treatment focuses on pressure points and gentle stretching movements along the body's energy channels. It is offered fully- clothed and without oil to re-awaken the body's energy flow.

Balinese Massage

The traditional Balinese Royal Massage is a technique of relaxing the body through acupressure, skin rolling, and firm smooth strokes along specific energy channels.



Body Work - Short Therapy



Indian Head Massage

An energizing head massage using trigger points and quick strokes to boost circulation, nourish the scalp, and deeply relax.



Back-Neck & Shoulder Massage

This massage focuses on the typical stress and tensions points and helps you to feel energized and refreshed.



Foot Reflexology Massage

Foot reflexology stimulates key body systems, promoting healing and relaxation, ideal for easing fatigue after a long day.

Ayurveda Therapies

We follow and execute time tested techniques of ancient Indian healing therapies to make our guests feel pampered and healthy. This therapy ritual uses long strokes, with healing herbs and oils to stimulate circulation, enhance joint mobility, relieve muscle soreness, hydrate skin, speed up detoxification process and re- balance the energy flow throughout the body.

Abhyanga

This is a popular body massage in Ayurveda, which uses long strokes and warm herb infused sesame oil to stimulate circulation, enhance joint mobility, relieve muscle soreness, hydrate the skin, assists anti-ageing, effective stress reliever, induces sleep and speed up detoxification.

De-stress Shirodhara

This remedy gets to the root of hair and scalp complaints, increasing blood circulation, reducing hair loss, limiting thinning and controlling dandruff. The mix of herbal oils combines their powers in this highly relaxing scalp massage. Shirodhara is also effective in improving memory, reducing anxiety, relieving sinusitis and migraine symptoms.

Skin Refinements

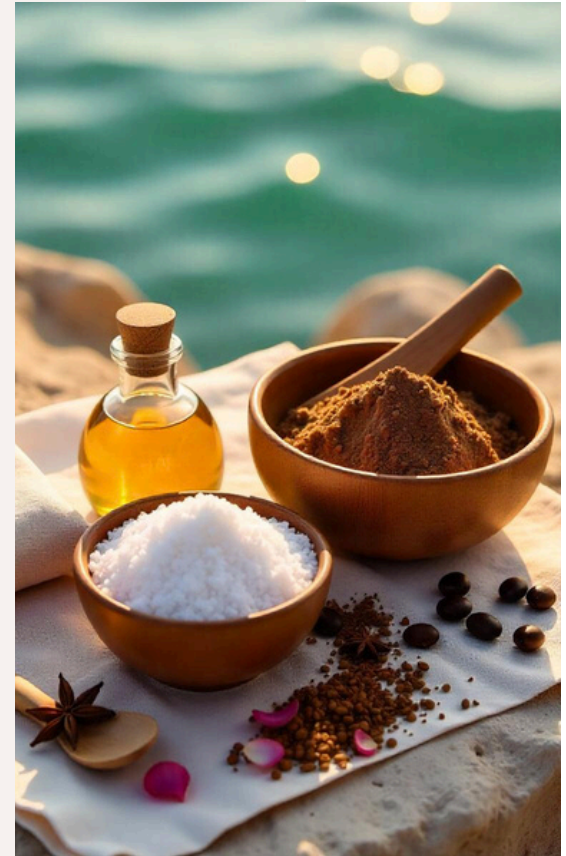
Skin refinements are gentle overall body exfoliations, using natural extracts, blended with anti-oxidant rich, cold-pressed base oils and organic sugar or finely grounded sea salts. This therapy removes the dead skin cells, stimulates blood circulation and oxygenates the skin. Further, the skin is hydrated and nourished with a fragrant body balm, leaving you feeling silky-smooth and refreshed. We recommend skin refinements at least once every fortnight to retain the health and glow of our skin. Combined with a facial, wrap & massage, this makes it a complete beauty and wellness ritual.

Arabic Coffee & Brown Sugar

Re-invigorate the senses with this exfoliation ritual. An energetic rub with handpicked finely ground aromatic Arabic coffee, captures the mystery of this ancient Arabic skin treatment. It instantly increases circulation and makes the skin smoother and hence elevates your mood, making you happy and content.

Dead Sea Aromatherapy Salt & Oil

More than 37 minerals in a unique combination as found in the Dead Sea is the secret behind this much celebrated body polish. Known for its healing properties Dead Sea salt not only exfoliates the skin but also assists in detox. The salt we use is derived by natural process of evaporation from pristine portions of the Dead Sea and finely grounded to ensure its safe on the skin. This is recommended highly as a starter for all therapies.



Body Envelopments

Commonly referred to as body wraps and body masks, this Spa ritual begins with an invigorating body scrub to exfoliate dead skin cells and stimulate circulation. All natural floral or marine extract rich, purifying mask is then applied to the whole body to ensure that the skin is left soothed and rebalanced. This therapy helps as an anti-septic and nourishes and tones the skin thoroughly. It is highly recommended if you are looking for a full body enhancement.

Micronized Marine Algae Wrap

Loaded with incredible benefits of marine algae, this therapy is revitalizing experience helpful in skin rejuvenation, dry skin and stubborn cellulite. It also offers a rapid detox and a burst of much needed minerals, vitamins and micronutrients to help rebalance the body. This is particularly recommended for young mothers and those wishing to regain figure and form.

Dead Sea Natural Scrub & Mud Wrap

The therapy starts with a scalp massage and goes on to a body scrub using Dead Sea salts and followed by a wonderful mud wrap with the goodness of over 37 minerals extracted from the Dead sea. This therapy is “ultimate choice” for those looking for nourishing the skin, stimulating circulation and enable a natural detox.

Dead Sea Anti-Cellulite Mud Wrap

In this wrap anti-cellulite oils are massaged into the skin and then followed up with a Dead Sea mud mix, It is famous for assisting in reduction of cellulite.



Face Therapy

Glowing skin reflects good health and our signature facial will do more than simply treat the surface. Following a skin analysis, your therapist will perform a balancing facial that includes cleansing, exfoliating, massage, mask and moisturizing treatment to suit your skin's individual needs. Each treatment combines the healing properties of our Skin Care products with the power of touch to encourage lymphatic drainage and improved skin elasticity and clarity. Your skin will feel silky-soft and delicately scented, with a complexion that is polished, toned and radiant. It is recommended once a week for lasting results.

Moisture Enhancing Facial

Specially designed for dehydrated skin that is occasionally subject to flakiness, the special mask used in this facial is rich with active marine ingredients and vegetable extracts. It makes the skin instantly softer by improving the texture of the skin, creating a feeling of comfortable freshness and tightening the skin.

Thalgotermyl Facial

A treatment designed specifically for youth with acne-prone skin. Control amine is an algae actively used in this range which helps to control the sebum production. Natural essential oils with re-balancing Marine Algae peel-off mask helps to reduce inflammation and control excess oil. This treatment can also be adapted to treat all acne-affected areas such as back and shoulders.



Face Therapy

Protective Facial

This is a gentle and relaxing facial to soothe the skin off the hazardous effect pollutants; it rejuvenates the fragile, delicate and sensitive skin. This therapy is highly effective in reducing irritation, redness and blotchiness.

Mini - Express facial

Recommended for all skin types, this gentle softening exfoliating substance effectively removes dead skin cells built up on the skin's surface. It is designed to restore the skin's optimum hydration levels making the skin intensely nourished and supple.

Silicium Super Lift Facial

This newly developed treatment that has proven results that are based on extensive testing and research uses marine hyaluronic acid molecules and silicium for optimum effectiveness and immediate results. It is one of the most effective anti-aging treatments.

Ultimate Time Solution Facial

For individual with mature skin, this revolutionary anti-aging synergy and exceptional treatment plumps up the skin makes it firmer and smoother with amazing and long-lasting results. The facial contour is redefined and remolded from within. The face appears visibly younger.



Spa Packages

These are thoughtfully created, keeping in mind the regular Spa user's quest for results, which comes with liberal doses of relaxation and pampering. Wellness can be deeply satisfying! All you need to do is repose your faith on our in house wellness physician and well trained therapists who will ensure you a guaranteed fantastic ride of well-being and an impeccable relaxation experience.

We have created a unique program that combines nature with science with the goodness of the healing Dead Sea waters and the ancient Indian science of ayurveda and yoga. What's more, we also give you lifestyle tips that you can take home and practice for experiencing increasing wellness and health.

Polynesia

Inspired by the Polynesian wisdom, this treatment is a multistage journey. It provides a genuine sensory and holistic experience and is suitable for men and women of all ages who are stressed out and tense as a result of their lifestyle, and are looking for moments of relaxation and well-being.

Indocéane

Release your body and let your mind escape in an exotic spa ritual that takes you towards a new type of relaxation. The four-step treatment begins with a body exfoliation, followed by a Milk Bath. The third step is a relaxing massage using aromatic oils, while the final step is performed with a Sublime body wrap and cream.

Dead Sea ritual

This therapy enjoyed by heads of state and celebrities from across the World. It promises the most naturally relaxing experience with natural ingredients and includes a Salt Scrub followed by a Natural Dead Sea Mud Wrap and completed with a relaxing full body massage.



Dead Sea Discovery Package

Spa Consultation

3 Spa Experiences / 1 Head Massage / 1 Exfoliating Dead Sea Salt Scrub
1 Dead Sea Natural Mud Wrap / 1 Balinese Sea Salt Scrub 1 Dead Sea
Natural Mud Wrap / 1 Balinese Massage / 1 Hydro Bath 1 Aromatherapy
Massage / 1 Dead Sea Cleansing Facial / 1 Manicure or Pedicure

Spa Consultation

5 Spa Experiences / 1 Back Massage / 1 Mini-Express Facial / 1 Exfoliating
Dead Sea Salt Scrub / 2 Dead Sea Natural Mud Wrap Sea Dead Wrap / 1
Hydro Bath / 1 Balinese Massage / 1 Swedish Massage / 1 Aromatherapy
Massage 1 Dead Sea Cleansing Facial / 1 Manicure / 1 Pedicure

Spa Consultation

7 Spa Experiences / 1 Dead Sea Cleansing Facial 1 Dead Sea Mini Mud
Facial / 1 Exfoliation Sea Salt Scrub / 2 Dead Sea / Natural Mud Hydro
Bath / 1 Balinese Massage / 1 Head 15 1 Swedish Massage / 1
Aromatherapy Mass Foot Reflexology 1 Thai Massage / 1 Deep Tissue
Massage / 1 Manicure / 1 Pedicure



Dead Sea Signature Treatments



Natural Dead Sea Mud Wrap

Body wraps using natural Dead Sea mud ending with relaxing scalp massage. This treatment has been designed to nourish the skin stimulate and detoxify the blood circulation.

Dry Floatation Dead Sea Mud Wrap

Get pampered while being floating with the Dead Sea mud all over your body, getting a facial mud mask followed by an application of moisturizing cream.

Dead Sea Mini Mud Facial

Recommended for all skin types, this gentle softening exfoliating organic substance, effectively removes dead skin cells built up on the skin's surface. It is designed to restore the skin's optimum hydration levels making the skin intensely nourished and supple.

Dead Sea Cleansing Facial

Recommended for all skin types, this gentle softening exfoliating organic substance, effectively removes dead skin cells built up on the skin's surface and deep cleanse, this facial combined with facial massage and unique Dead Sea mud mask, followed by application of Dead Sea minerals rich cream. It is designed to restore the skin's optimum hydration levels making the skin intensely nourished and supple.

Nail Care

Spa Pedicure

Spa Manicure

Nail Polish





Hydrotherapy

Hydrotherapy has been used all across Europe for a long time for its healing properties. We have further enhanced its effectiveness by combining the healing waters of the Dead Sea with precise European water therapy equipment imported from France and Germany.

In fact, we have built a whole floor to give you an opportunity to experience its healing effects. We have built one of the most extensive facilities in Jordan with heated indoor pools - one for exercise, one for floatation with Dead Sea water and one for hydrotherapy.

Since hydrotherapy is extremely effective, its use is forbidden in those suffering from heart ailments, those with communicable skin diseases and open wounds, pregnant women, women having their periods, respiratory distress, circulation problems, diabetes, fever and degenerative diseases, etc. Do consult our team, who can guide you safely.

Spa Experience

Group Use Hydrotherapy

Enjoy our extensive hydrotherapy facilities consisting of Whirlpool, Steam, Sauna and our three vast indoor pools to exercise and energize or to just float and relax.

Hydropool

Used as an invigorating therapy, the water jets work their magic on all major muscle groups and relieve muscle aches and pains. It is particularly effective after a rigorous workout.

Dead Sea Water Pool

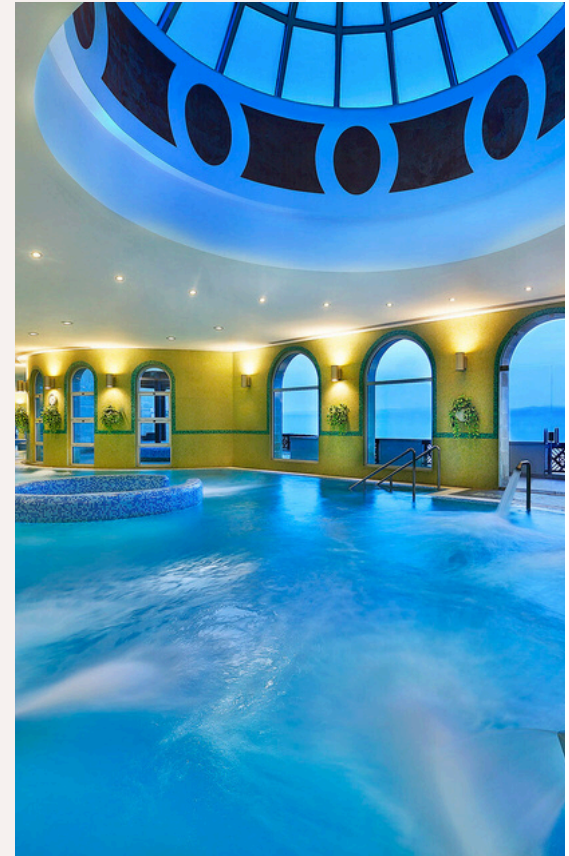
The indoor Dead Sea water pool provides many health benefits, improves quality of life and offers relief in many health conditions without side effects and with long-term improvement.

Secondary Pool

Relax after salt scrub and black mud applications.

Sauna / Steam

Both steam and sauna are known to increase metabolism, help in removing toxins from the sweat and relieve pain essentially through the effect of heat. Do ensure you drink 2 glasses of water before starting the therapy and during the therapy as necessary. Do take rest of a minimum of 20minutes before proceeding to another water or heat therapy.



Spa Experience

Personalized Hydrotherapy

Hydrotherapy Tub bath, Mineral rich Dead Sea salts are added in the specially built hydrotherapy tub to ease away aches and pains and get totally refreshed. Works well on the upper layers of the skin and enhances circulation because of the gentle massage from the water jets.

Vichy Shower

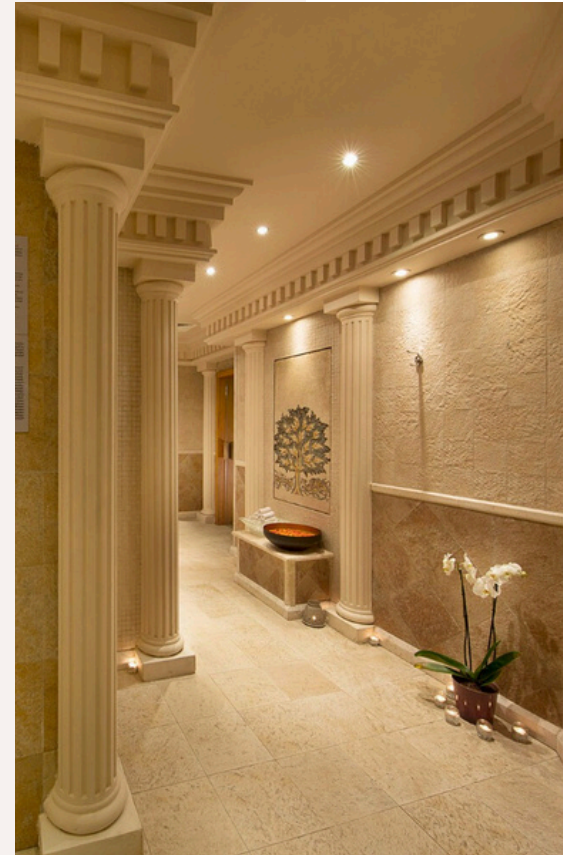
The Vichy Shower is a unique body treatment inspired by the treat circulation, which then increases the functionality of the immune system, relaxes tight and sore muscles and promote lymph circulation.

Hydro-Capsule

In use for well over a century this therapy is effective in pain relief and energizing the whole body. The water can be directed on various parts of the body with varying pressure and temperature hence working well to relieve pain & stiffness.

Royal Hammam

Your complete top-to-toe Moroccan cleansing experience begins with a personalized blend of purifying Rhassoul clay and nourishing shea butter application on entire body. The hair and face are also cleansed, combining the purest Moroccan remedies to restore a fresh complexion. The ritual finishes with a traditional dousing of orange blossom and rose water to leave you calm, revived and radiant. This treatment prepares the skin perfectly for a massage or facial.



Spa Protocol

This is the first time I am having a Spa therapy. Will someone help me choose the most appropriate treatment(s)?

Any of our Spa team members will be happy to discuss our range of therapies with you. We will help you meet your objective which could be to detoxify, energize, improve skin clarity, improve skin tone and/ or just relax. Towards this objective we offer you a wide selection of therapies from around the world delivered to you in our classic style of care and empathy.

What if I have any health concerns?

Kindly notify our Spa team at the time of making your Spa reservation, else, just prior to your treatment. Please note it is extremely important to inform to our team, if you are pregnant, suffer from cardiovascular disorders such as cardiac ailments or high blood pressure, have recently undergone surgery, have any implant in the body or are suffering from skin diseases.

When should I eat before my Spa therapy?

Since most Spa therapies improve blood circulation and use pressure techniques, we advise against eating a heavy meal at least two hours before your treatment. A light snack is appropriate if you are hungry. We do not recommend any intake of alcohol before any Spa therapy.

What type of skin care products will you use in my Spa therapy?

We have taken great caution to ensure that all of our products are gentle on your skin. Where possible we use marine and plant based products that are tested for safety and are hypoallergenic. Considering the varying skin types, we offer different ranges of national and international products to meet specific objectives.

What should I wear during my visit to the Spa?

You may arrive in your formal/casual wear, since all of our luxurious treatment rooms are equipped with changing facilities. We shall offer you the appropriate disposable undergarments and other apparel while enjoying our Spa therapies. Appropriate swimming gear is a must to use our wet facilities. Appropriate gym attire (dress and shoes) is a must to use fitness center facilities.

What should I wear during my treatments?

Since we respect your modesty and privacy we will always provide you with disposable undergarments where necessary. Please be assured that except the areas of your body that are involved in the therapy, the rest shall be draped at all times.



PRICE LIST

BODY WORK

Aromatherapy Massage 60 minutes JD 80 - 90 minute JD 110

Swedish Massage 60 minutes JD 80 - 90 minutes JD 110

Thai Massage 60 minutes JD 90 - 90 minutes JD 120

Deep Tissue Massage 60 minutes JD 90 - 90 minutes JD 120

Balinese Massage 60 minutes JD 80 - 90 minutes JD 110

Hot stone Massage 90 minutes JD 120

Couple Massage 60 minutes JD 140 - 90 minutes JD 210

BODY WORK SHORT THERAPIES

Indian Head Massage 30 minutes JD 50

Foot Reflexology 30 minutes JD 50

Back-Neck & Shoulder Massage 30 minutes JD 50

BODY ENVELOPMENTS

Dead Sea Natural Scrub & Mud Wrap 75 minutes JD 90

Dead Sea Anti-cellulite Mud Wrap 75 minutes JD 95

Micronized Marine Algae Wrap 75 minutes JD 120

FACE THERAPY

Moisture Enhancing Facial 75 minutes JD 90

Thalgodermyl Facial 75 minutes JD 100

Protective Facial 60 minutes JD 90

Mini - Express facial 30 minutes JD 50

Silicium Super Lift Facial 75 minutes JD 125

Ultimate Time Solution Facial 90 minutes JD 150

SPA PACKAGES

Indocéane 120 minutes JD 170

Polynesia 120 minutes JD 170

Dead Sea ritual 120 minutes JD 170

DEAD SEA DISCOVERY PACKAGE

Spa Consultation 3 Days JD 450 5 Days JD 500 7 Days JD 900

DEAD SEA SIGNATURE TREATMENTS

Natural Dead Sea Mud Wrap 50 minutes JD 75

Dry Floatation Dead Sea Mud Wrap 50 minutes JD 80

Dead Sea Mini Mud Facial 30 minutes JD 50

Dead Sea Cleansing Facial 75 minutes JD 100

SKIN REFINEMENTS

Dead Sea Aromatherapy Salt & Oil 30 minutes JD 60

Arabic Coffee & Brown Sugar 30 minutes JD 60

DEAD SEA SIGNATURE TREATMENT

Natural Dead Sea Mud Wrap 50 minutes JD 75

Dry Floatation Dead Sea Mud Wrap 50 minutes JD 80

Dead Sea Mini Mud Facial 30 minutes JD 50

Dead Sea Cleansing Facial 75 minutes JD 100

HYDROTHERAPY

GROUP USE HYDROTHERAPY

Residents: JD 25

Non-residents: JD 50

Whirlpool Dead Sea Water Pool Secondary Pool Sauna / Steam

Hydrotherapy Tub bath 30 minutes JD 50

Vichy Shower 30 minutes JD 50

Hydro-Capsule 30 minutes JD 50

Royal Hammam 75 minutes JD 120

AYURVEDA THERAPIES

Abhyanga 60 minutes JD 90 - 90 minutes JD 120

De-stress Shirodhara 45 minutes JD 95

NAIL CARE

Spa Manicure 60 minutes JD 39

Spa Pedicure 60 minutes JD 48

For more information and reservation call
+962 5 349 4000 or +962 79 811 4000



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