



## **Hamмам**

### **Hamмам with either Vital Energy or Glowing Radiance**

**50 min – 900Dhs**

Detoxifying\* Hydrating\* Nourishing\*

For a traditional spa experience. Hammam means 'spreader of warmth'. This treatment begins with the traditional Hammam, which includes a steam & black soap body cleanse. A kessa and argan seed scrub with rhassoul clay is then applied over the whole body and allowed time to absorb before a soothing rose milk is poured onto the skin for nourishment. An application of Body Cream for Glowing Radiance for nourishing and hydrating or Vital Energy Body Cream for revitalising completes this purifying and softening ritual.

*Treatment ritual - steam, black soap body cleanse, kessa and argan seed full body renewal, rhassoul clay application, rose milk pouring and body cream application.*

## **Signature Ritual**

### **Vital Wellbeing Ritual**

**120 min – 1500Dhs**

Purifying\* Energy Boosting \* Positive Mood Enhancer\*

If you are in need of restoring vitality and seeking total wellbeing, this top to toe ritual is the answer. Combining a detoxifying and energising scrub, prana vitality full body massage and a bliss face therapy, this ritual leaves the skin rejuvenated, soft and glowing and mind, body and spirit sparkling with vitality.



## **Facials**

### **Ananda Face Therapy**

**60 min – 650Dhs**

Nourishing \* Hydrating \* Rejuvenating\*

For stressed and exhausted skin. Using ila's 'Glowing Radiance Collection', this divine therapy begins with an aloe vera and pomegranate cleanse and a gentle blackcurrant & honey exfoliation to the face, followed by powerful damascena rose otto and sandalwood oils to stimulate energy to skin cells. Specialised marma massage techniques restore natural luminance, whilst a green clay mask reduces inflammation. Skin glows with radiance and a sense of peace pervades the body.

*Treatment ritual - cleanse, exfoliation & tone, classic opening techniques, marma & light therapy, green clay mask.*

### **Revitalising Face Therapy for Men**

**60 min – 690Dhs**

Purifying\* Anti-bacterial\* Youthful\*

For stressed & exhausted skin. Using ila's 'Glowing Radiance Collection', this men's therapy restores vitality to skin weakened by frequent shaving or exposure to the elements. A hydrating blackcurrant, honey and sandalwood exfoliator cleanses, tones and moisturises, prior to a marma point massage with anti-bacterial vetivert and healing damascena rose otto. To end, a seaweed and bio-plasma mask purifies and nourishes, leaving skin supple and strengthened.

*Treatment ritual - cleanse, exfoliate & tone, classic opening techniques, marma & light therapy, marine rich green clay mask.*

### **Gold Cellular Age Restore Face Therapy**

**90 min – 1300Dhs**

Advanced Anti-Ageing\* Hydrating\* Repairing\*

For mature, irritated & rosacea prone skin. Using ila's 'Gold Cellular Age Restore Collection', this powerful treatment encompasses a blend of the world's most undiscovered ingredients that have been proven to work with the skin to heal and protect from the many natural signs of ageing. Three types of naturally occurring gold and the rarest of Frankincense from the Gardens of Ethiopia, are delivered into the skin using cleansing & healing massage techniques. ila's unique BosTriWell® & hyaluronic extract combined with sonic wave therapy, instantly increases collagen levels and reduces cell inflammation. Skin is reprogrammed and rejuvenated.

*Treatment ritual - cleanse, exfoliation & tone, classic opening techniques, lymphatic drainage & warm herbal poultices, Sonic wave and light therapy, nutrient dense mask and back massage.*



## Massage

### **Prana Vitality Massage**

**60 min – 800Dhs**

Energy Boosting \* Detoxifying\* Positive Mood Enhancer\*

For low energy & sluggish circulation. This revitalising full body massage helps release toxins, reduce fatigue and restore physical and mental strength. Invigorating massage & marma therapy with energy-enhancing essential oils of juniper berry, geranium, lemongrass and patchouli leave mind, body and spirit sparkling with vitality.

*Treatment ritual - ila core full body massage, marma therapy.*

### **Ku Nye Full Body Massage**

**90 min – 1100Dhs**

Rejuvenating\* Therapeutic medicine\* Time honoured techniques\*

For dry skin, deep fatigue & recovery. This Tibetan body treatment balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs. Tibetan cupping, kneading and acupressure techniques help release physical and mental tension. Warm crystals and poultices bring harmony from the tips of the toes, to the crown of the head.

*Treatment ritual- Tibetan cupping, ila advanced full body massage, Tibetan acupressure, warm herbal poultices and rose quartz crystals, Tibetan scalp massage.*

## Scrubs

### **Energising & Detoxifying Body Renewal**

**60 min – 700Dhs**

Toning\* Illuminates skin \* Cleansing \*

For exhaustion & combatting cellulite. Using the ionising properties of Himalayan Salt Crystals, this body renewal is subtly massaged into the skin resulting in rapid exfoliation and the elimination of toxins and tension. On a subtle level, it cleanses and strengthens the bio-energy fields leaving mind, body and spirits uplifted.

*Treatment ritual- ila core full body massage, marma therapy, shower, full body oil/cream application.*



## **Blissful Body Renewal**

**60 min – 1000Dhs**

Nourishing\* Illuminates skin\* Restorative\*

For depletion and fatigue. Drawing on the healing properties of Himalayan salt crystals, this heavenly body scrub nourishes both physical and emotional wellbeing – ideal for when special pampering is required. Pure essential oils of damascena rose otto, jasmine and sandalwood work directly with the sensory organs to settle the nervous system and revive stressed or neglected cells. Skin is left glowing with health and a sense of joy is restored.

*Treatment ritual - ila core full body massage, marma therapy, shower, full body oil/cream application.*

## **Enhancements**

### **Express Bliss Face Therapy**

**30 min – 450Dhs**

This treatment uses delicate techniques to open the energy centres of the face, working with the body's blissful higher energy to induce feelings of deep peace and beautifully glowing skin. A perfect quick-fix for dehydrated and tired skin.

*Treatment ritual - Express Ananda Face Therapy.*

### **Back and Shoulder Recovery**

**30 min – 590Dhs**

Using a unique blend of five elements oil, this Tibetan-style massage combines gentle cupping and kneading to stimulate the flow of energy along the spine and strengthen the nervous system.

*Treatment ritual - Express Ku Nye Back Massage.*

### **Instantly Detoxifying Scrub**

**30 min – 500Dhs**

This energising full-body scrub targets cellulite, stress and exhaustion. Drawing on the ionising properties of Himalayan Salt Crystals, it stimulates circulation and toxin elimination, uplifting mind, body and spirits.

*Treatment ritual - Express Body Renewal (mini body scrub)*

### **Instantly Blissful Scrub**

**30 min – 650Dhs**

Using the healing properties of Himalayan Salt Crystals, this soothing all-over scrub restores and relaxes the nervous system, leaving skin glowing and the body infused with a sense of enhanced wellbeing.

*Treatment ritual - Express Body Renewal (mini body scrub).*

### **Scalp and Head Reviver**

**30 min – 500Dhs**

Combining scrub, and acupuncture, this invigorating and restorative treatment relieves tension in the head and neck whilst nourishing the hair and hair follicles.

*Treatment ritual - scalp scrub, Tibetan scalp massage, warm herbal poultices.*