

WELCOME TO WELLBEINGS

Welcome to Wellbeings, where every treatment is designed to ease tension, elevate your senses, and support your overall wellbeing.

Massage Therapies

60 min | AED 510 • 90 min | AED 710

Each massage is thoughtfully customised following a detailed consultation, allowing your therapist to blend techniques that meet the precise needs of your body and spirit. Every treatment is designed to melt tension, restore balance, and guide you into a deeper state of relaxation.

Wellbeings Signature Stress Relief Massage

A deeply soothing massage using slow, flowing movements to ease tension and settle the mind. This gentle ritual melts stress, restores comfort, and guides the body into a state of complete relaxation.

Deep Tissue Sports Massage

A powerful therapeutic massage targeting deeper layers of muscle to release chronic tension and improve mobility. Ideal for relieving tightness, supporting recovery, and restoring physical balance.

Balinese Massage

A comforting ritual inspired by traditional Balinese healing. Long, sweeping strokes, gentle pressure, and soft stretches work together to calm the mind, improve circulation, and restore inner harmony.

Royal Thai Massage

A revitalising, movement-based treatment combining stretching, pressure-point techniques, and rhythmic compression. This dynamic ritual enhances flexibility, improves energy flow, and leaves the body feeling open, refreshed, and rebalanced.

Detox Restore Massage

A light, rhythmic massage designed to stimulate lymphatic flow, reduce water retention, and support natural detoxification. Experience a sense of clarity, lightness, and renewed vitality from within.

Pre & Post Natal Massage

A nurturing and supportive treatment created to ease pregnancy-related discomforts. Gentle, restorative techniques relieve tension, improve circulation, and provide deep comfort for mothers before and after birth.

Couples Massage

60 min | AED 740 • 90 min | AED 1,030

A harmonised massage experience enjoyed side by side. Each therapist personalises the treatment to your individual needs, creating a shared moment of deep relaxation and connection.

Express Customised Massage

30 min | AED 280

A focused massage tailored to your chosen area — back, neck, head, or feet. Perfect for relieving specific tension and providing quick, effective rejuvenation.

Wellbeings Enhancements

Enhance your treatment with a personalised upgrade

Therapeutic Oils

Virgin Coconut Oil — AED 50
Arnica Oil — AED 80
Magnesium Oil — AED 80

Heat & Therapeutic Enhancements

Hot Stones — AED 100
Himalayan Salt Stones — AED 100
Herbal Steam Compress — AED 100

Restorative Add-Ons

Oxygen Therapy — AED 200
Ear Candle Ritual — AED 200
Sound Healing — AED 150

Facial Boost

Signature Mask Infusion — AED 80
Express Facial — AED 300

Facial Collection

60 min | AED 570

Each facial is personalised to your skin's needs, combining expert techniques with targeted formulations to restore clarity, hydration, and radiance. Your therapist will guide you in selecting the treatment that best supports your skin's natural balance.

Hydrating Facial - A deeply replenishing treatment that restores moisture, strengthens the skin barrier, and leaves the complexion soft, supple, and beautifully refreshed.

Anti-Aging Facial - A rejuvenating facial designed to smooth fine lines, boost firmness, and improve elasticity. Skin appears lifted, revitalised, and naturally radiant.

Purifying Facial - A clarifying treatment ideal for congested or acne-prone skin. Deep cleansing and detoxifying techniques refine pores and restore balance.

Sensitive / Pregnancy Facial - A calming, gentle treatment created for delicate or reactive skin. Soothing formulas reduce redness and restore comfort, making it safe and nurturing during pregnancy.

Whitening Facial - A targeted facial that improves clarity and reduces the appearance of pigmentation, enhancing brightness and promoting an even, radiant tone.

Gentlemen's Facial - A revitalising facial tailored to men's skin needs, addressing congestion, roughness, and fatigue. Leaves the skin smoother, refreshed, and energised.

Body Rituals

30 min | AED 280

Aromatic Body Scrub

A gentle, fragrant exfoliation that smooths the skin and reveals a fresh, refined glow. This uplifting polish softens texture, brightens tone, and revitalises the body using your choice of aromatic blends.

Arabian Desert Sand Scrub

Inspired by the purity of the desert, this mineral-rich exfoliation uses finely ground local sand to buff away dullness and restore silky softness. A grounding and deeply renewing ritual that leaves the skin polished, refreshed, and beautifully revitalised.

Signature Hammam

A traditional steam-infused cleansing ritual inspired by the ancient bathing traditions of the Middle East. Begin your journey on the warm marble table as the heat softens the skin and prepares the body for renewal. Your therapist performs a deep exfoliation using the Kessa mitt and black soap, followed by layers of fragrant infusions including sandalwood, amber, musk, orange blossom, rhassoul clay, and rose water. The result is skin that feels purified, polished, and beautifully revitalised — a truly memorable ritual of release and renewal.

- Moroccan Hammam – 60 min | AED 510
- Royal Amber Hammam – 90 min | AED 870

Wellness Signature Rituals

Wellbeings Deep Serenity Ritual

90 min | AED 850

A beautifully layered mind-body ritual that begins with calming sound healing to slow the mind and gently release mental tension. A personalized aromatherapy massage follows, easing stress from head to toe. The journey concludes with a refreshing facial boost that softens, brightens, and restores your natural glow. Ideal for moments of stress or mental fatigue, this ritual leaves you grounded, quiet within, and deeply restored.

Chakra Balancing Ritual

90 min | AED 820

A deeply spiritual healing journey designed to realign and awaken the body's seven chakras. Your ritual begins with a soothing singing bowl meditation, allowing energetic blockages to soften and the mind to settle. A therapeutic full-body massage follows, with intentional movements focused on activating dormant chakras and restoring harmony throughout the body. Seven carefully selected emerald crystals are then placed on each chakra point to open, balance, and elevate your energetic flow. Warm hot stones, reflexology, and gentle stretching complete the ritual, encouraging prana to move freely and evenly once more. You emerge feeling lighter, balanced, clear, and deeply connected within.

Arabian 1001 Night Ritual

120 min | AED 980

Inspired by the timeless beauty traditions of the Middle East, this sensory journey begins with a mineral-rich desert sand scrub to refine and awaken the skin. A warm herbal cushion massage follows, using traditional oussada and uplifting Moroccan mint khemoussa pouches to soothe the body and elevate the senses. The ritual concludes with a Dubai-inspired facial enriched with camel milk and local date extracts for a luminous, nourished glow. An unforgettable experience rooted in regional heritage.

Couples Experience

120 min | AED 1,250

Immerse yourselves in a harmonious wellbeing journey. Your experience begins with a 60-minute massage of your choice, enriched with a tailored upgrade selected just for you by your therapist. Conclude with a nurturing express facial that brightens and restores—leaving you both relaxed, renewed, and radiantly connected.

IV Vitamin & Detox Drips

A personalised wellness infusion designed to deliver essential vitamins, minerals, antioxidants, and amino acids directly into the bloodstream for optimal absorption. Guests can choose from a selection of targeted drips, such as Hydration, Detox, Hangover Recovery, and more, each formulated to support immunity, energy levels, skin radiance, metabolism, recovery, and overall wellbeing. Whatever your wellness goal, our team will guide you toward the drip best suited to your needs, offering deeper nourishment from within.

For details on available drips and pricing, please speak with a member of our team.

Holistic Healing

Our holistic therapies are designed to create lasting transformation, supporting emotional balance, mental clarity, and energetic harmony over time. Offered as structured programmes, these sessions work progressively to help you realign from within and experience deeper, long-term wellbeing.

Neuro-Linguistic Programming (NLP)

A transformative mind-body approach that helps release limiting patterns, shift perspective, and support emotional resilience.

Hypnotherapy

A guided therapeutic journey that works with the subconscious mind to ease stress, support behavioural change, and promote inner calm.

Meditation & Mindfulness

Personalised sessions that cultivate presence, reduce mental tension, and encourage steady, grounded clarity.

Crystal Healing

An intuitive energy-balancing therapy using the vibrational power of selected crystals to harmonise the body's energetic field.

Energy Healing

A gentle, restorative experience designed to clear stagnation, rebalance energy flow, and promote emotional and physical ease.

Sleep Therapy

A soothing programme that helps calm the nervous system, quiet the mind, and support healthier sleep rhythms.

15-minute complimentary initial session included.

Further details available upon consultation with our wellness practitioner.

COMPLIMENTARY WELLNESS THROUGHOUT YOUR VISIT

- Sound Therapy and Frequency Healing — all music tuned to 528 Hz (Solfeggio frequency) in all treatment rooms
- Aromatherapy blends chosen daily for optimal health
- Handcrafted wellness teas and beverages available in the wellness lounge
- Arts and crafts / Mindfulness

Please arrive 15 minutes before your appointment and enjoy our spa wet facilities.

Bathrobe, Slippers and Towels are provided for your convenience.

CANCELLATION POLICY

To avoid a full charge, kindly provide at least 24 hours' notice for cancellations.

Service Charge & Municipality Fee

All prices are in UAE Dirhams and are inclusive of 10% Service Charge, 5% Vat, 4% Municipality Fee & 4% Tourism Fee



Al Raha Beach Resort & Spa



LET'S GET SOCIAL

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