

SPA ETIQUETTE

ARRIVAL TIME

If this is your first visit with us, please arrive 15 minutes prior to your scheduled time, so that you may relax and unwind before your treatment. We will ask you to kindly fill out the Guest Health Questionnaire Form prior to your treatment.

LATE ARRIVALS

We regret that arriving late will decrease the time of your treatment but you will still be charged the full price. Scheduled treatments must end on time so that the next guest is not delayed. Your treatment will last the full duration if no other booking is scheduled after your appointment.

CANCELLATION POLICY

Please remember that our team works by appointment times. Should you need to cancel your appointment, please call 3 hours prior to your booking time. Otherwise, a charge of equal to 50% of your treatment fee will be charged.

WHAT TO WEAR

You may wish to wear your own bikini and briefs, or we can provide you with hygienic disposable underwear. Our therapists use draping techniques to respect your privacy.

SHOWER

A quick shower just before your treatment is relaxing and washes off any salts, minerals or chemicals that could clog pores when mixed with essential oils. Your therapist will pick you up from the locker room or relaxation lounge.

WHAT ABOUT MY VALUABLES?

Please avoid bringing valuables to THE SPA. Lockers are provided for your use but THE SPA will not accept responsibility for any loss incurred.

PERSONAL PREFERENCES

We definitely encourage a personal touch. It is your time and you should enjoy the experience to the fullest. Whether it is the room temperature, lights or massage pressure, please ask your therapist to adjust to suit your needs.

SHAVING BEFORE FACIAL TREATMENT

We recommend that men shave a few hours before their facial appointment rather than immediately before.

FOR PREGNANT WOMEN

Please contact our spa receptionists for advice on treatments that are safe to enjoy during pregnancy.

CHILD POLICY

Young guests of 16 years and below must be accompanied by an adult.

HILTON AL HAMRA BEACH & GOLF RESORT

P.O. Box 1468 | Vienna Street | Ras Al Khaimah
T: +971 (0)7 204 2306

THE SPA



Open daily: 10:00am – 9:00pm

MASSAGES

COUPLE MASSAGE

A special time shared by two who like getting a relaxing treatment of their own choice at the same time and place.
60 minutes AED 620
90 minutes AED 820

MOTHER-TO-BE

Perfect for mothers-to-be, this experience will improve the balance between the body and mind for the developing baby to feel protected and contented.
90 minutes AED 510

HOT STONE MASSAGE

Indulge in a naturally therapeutic hot stone massage experience. Relax with smooth-surfaced stones or river rocks, warmed and placed on your body to open the flow of healing energies. Made of Basalt, the stones help retain heat in the body during massage, truly rejuvenating both for the body and mind.
60 minutes AED 450
90 minutes AED 560

AROMA THERAPY MASSAGE

Uses plant materials and aromatic plant oils, including essential oils, and other aromatic compounds to naturally enhance the benefits of massage and to alter one's mood, cognitive, psychological or physical well-being.
60 minutes AED 320
90 minutes AED 460

BALINESE MASSAGE

Exclusive to our spa, this form of deep pressure massage treatment focuses on increasing energy levels, ease muscular tension and release toxins as well as blocked energies.
60 minutes AED 320
90 minutes AED 460

DEEP TISSUE MASSAGE

Focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronic aches and pains and contracted areas such as stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.
60 minutes AED 320
90 minutes AED 460

SWEDISH MASSAGE

Helps relax the entire body and is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.
60 minutes AED 320
90 minutes AED 460

BODY SCRUBS

A spa treatment which exfoliates the skin of your body with an abrasive product, revealing a moisturized layer of fresh, clean and smooth skin.
45 minutes AED 275

BODY WRAP

CHOCOLATE WRAP

Utterly delicious and perfect for those who adore chocolate-but all with zero calories! A deeply hydrating and nourishing treatment rich in pure cocoa.
45 minutes AED 320

DETOX BODY WRAP

Submerging into a total feeling of wellbeing, this journey uses the synergy of active mud to detoxify and drain negativity from the body.
45 minutes AED 320

TUTTI FRUTTI BODY WRAP

Fruit delight that captivates the senses and the body. The wealth of active fruit ingredients cares for the skin and spreads a unique scent which induces a perfect mood for relaxation.
45 minutes AED 320

SPA PACKAGES

DE-STRESS RELIEVER

A choice of two treatments that relieves you of stress and provides relaxation and well-being:
- 45 minutes of Back and Neck or Foot Massage
- 45 minutes of Facial by Farm Fresh
- 45 minutes of body scrub of your choice
90 minutes AED 570

JET LAG RECOVERY

Includes 60 minutes of Aroma Therapy Massage and 30 minutes of Anti-stress Facial.
90 minutes AED 570

TENSION RELIEF

Includes 45 minutes of Head and Shoulder Massage and 45 minutes of Detox Body Wrap
90 minutes AED 570

THE GREAT ESCAPE

Includes 30 minutes of Back and Neck Massage, 30 minutes of Body Scrub and 30 minutes of Facial
90 minutes AED 570

QUICK ESCAPES

BACK AND NECK MASSAGE

45 minutes AED 270

FOOT MASSAGE

45 minutes AED 270

HEAD AND SHOULDER MASSAGE

45 minutes AED 270

SPA GIFT VOUCHER

Looking for that perfect gift?
AED 270 | 320 | 460 | 510 | 570 | 620

All prices are inclusive of 10% service charge and 5% VAT
For more information please contact our Spa at +971 (0)7 204 2306

FARM HOUSE FRESH FACIALS

GUAC N' GLOW - HYDRATING FACIAL

This amazing facial revitalizes and includes a cooling mask that nourishes the skin with avocado oil, butter and extract, essential fatty acids, moisture locking ingredients and skin-feeding super antioxidants.
60 minutes AED 320

LEMON PUDDING PIE COMFORT FOOD - A BRIGHTENING FACIAL

A brighter and more radiant looking skin exfoliated with One Fine Day that leaves the skin dewy-soft.
60 minutes AED 320

POWER PUDDING AGE RENEW - ANTI AGING FACIAL

This facial leaves your skin feeling smooth and renewed using glycolics and fruit extract-based AHA's combined in a gentle skin-renewing pudding that tingles away as it sloughs off dry skin, revealing refreshed skin beneath.
60 minutes AED 320

EXPRESS FACIAL

This 30 minute, steam - powered revival facial will leave your skin clear and radiant.
30 minutes AED 275



At **THE FARM**, we dream, develop and hand assemble exquisite products that bring delight with every use.

WHIMSICAL. NOSTALGIC. GIFTABLE.

For even your finickiest friends.

OUR INGREDIENTS ARE RIPE.

Each product is Paraben and Sulfate free, with many Vegan & Gluten-Free options. Each product uses up to 99.6% natural and naturally-derived ingredients like wild honey, yogurt clay, and pumpkin. All made in Texas.

OUR FRAGRANCES ARE FRESHLY PICKED.

You'll swoon from the moment you release the carefully crafted aromas into the air.

For more details or to purchase products, please contact the Spa Reception or call 07 204 2306.