

GUERLAIN
SPA



ENTER A WORLD OF
ABSOLUTE BEAUTY
AND WELL-BEING







THE ART
OF
SKINCARE

KNOW - HOW & daring

Guerlain opened its Institute and aesthetic training school in 1939. It has since trained all its Beauty Experts there, inspiring them to be ambassadors of Guerlain excellence. Throughout the world, these Experts carry out treatments requiring tremendous technical skills, such as the 19-minute facial treatment, which is considered as an industry standard. Spurred on by its pioneering and enterprising vision, Guerlain has been developing massage techniques that combine tradition and innovation for the past 80 years.

With its years of know-how and expertise, Guerlain ensures that every single treatment is an outstanding and personalised experience. Guerlain Beauty Experts perform Guerlain protocols with perfect skill, while being attentive to each individual. The diagnosis stage allows the Experts to adapt their movements and pressure to meet precise needs and expectations. For a unique and absolutely unforgettable experience...





|
AN INDIVIDUAL APPROACH
FOR INSTANTLY VISIBLE AND
LASTING RESULTS
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THE HAMMAM SUITE
'DÉSERT D'ORIENT'



H A M M A M Ritual

The Guerlain Spa at One&Only The Palm invites you to discover 'The Hammam Suite', a temple of serenity where each treatment unfolds step by step. A sanctuary of wellness, The Hammam Suite 'Désert d'Orient' is the perfect place in which to enjoy a treatment with someone special.

Each experience includes different layers of true oriental rituals: body exfoliation, heated slabs, steam session, body massage... Our 'Désert d'Orient' Hammam Ritual reveals an exotic sensory journey where exquisite pleasure and sensuality intermingle.



AWAKENING the senses

Inside an intimate cocoon, soothed by relaxing music, the senses are aroused and the mind is calmed. Before each treatment, Guerlain Beauty Experts ask each guest to choose their own olfactory theme to create an atmosphere of relaxation and serenity. This theme helps to encourage gentle relaxation and to ensure that the journey to well-being is enjoyed to the full.

Rare orchids with outstanding longevity properties, healing bee products... Since it was founded, Guerlain has been inspired by nature, respectfully drawing on its sensoriality and effectiveness. This unique quest for perfection is echoed at every single Guerlain Spa. Inside each haven, complex rituals are performed to the most exacting standards - the result of extensive development and research - so that every single Guerlain treatment, throughout the world, is an unforgettable experience.



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A MULTI-SENSORIAL EXPERIENCE
WHERE PLEASURE
MEETS EFFECTIVENESS

|

EXCLUSIVE
experiences



GUERLAIN AND ONE&ONLY THE PALM
HAVE CREATED UNIQUE EXCLUSIVE JOURNEYS
ONLY AVAILABLE AT ONE&ONLY THE PALM

ONE&ONLY SOLAR EVASION 1.5 HRS

This sensory and relaxing face and body treatment prepares your skin for tanning and prolongs your healthy glow after soaking up the sun. Prior to your treatment, your body is pampered with a smoothing exfoliation, leaving your skin cleansed, refined and silky soft. Your body is then revitalised thanks to a soothing massage. The masterful ballet of soft and harmonious massage therapy provides a profound sense of absolute relaxation and escape.

DUBAI HARMONY 1.5 HRS

This treatment is the perfect harmony between a treatment and a massage, creating an incredible feeling of wellbeing and lightness. By alternating between hot and cold temperatures, the skin gets regenerated, the complexion illuminated and tissues re-oxygenated. A sequence of flowing manoeuvres with draining effect stimulates reactivation of the circulation and relieves the body of any muscle tension.

DÉSERT D'ORIENT HAMMAM RITUAL 1 - 1.5 - 2 - 2.5 HRS

This journey begins with a deep body exfoliation and a Guerlain body wrap to prepare your skin. Following true oriental tradition, you then enter the steam room which confers its soothing benefits. The wrap combined with the virtues of the steam room purifies your skin, eliminates toxins and soothes muscle pain. Rounded off with a personalized massage with one of the four Guerlain scented Massage Elixirs, this treatment leaves your skin soft and silky, and plunges you into one of our sensory universes. A luxurious feeling of wellbeing takes hold of you.



A vertical black line runs down the center of the page. To the left of this line, there is a partial view of a person's shoulder and upper arm, which is slightly out of focus. The background behind the text is a light, neutral color.

LIGHT UP
YOUR FACE

ORCHIDÉE IMPÉRIALE

Complete anti-ageing



THE SELECTION OF ORCHIDÉE IMPÉRIALE TREATMENTS
CONTINUES TO EVOLVE,
FOR ENHANCED PLEASURE AND EFFECTIVENESS.

ORCHIDÉE IMPÉRIALE BLACK TREATMENT 1 HR

This revolutionary complete anti-ageing treatment combines Blackimmune™ technology by Guerlain with cutting-edge aesthetic manual techniques to act on almost all the cells involved in the skin's defence system. An exquisite way of renewing the skin while enhancing one's natural beauty.

ORCHIDÉE IMPÉRIALE BLACK CURE 4 SESSIONS

An outstanding anti-ageing treatment for visible skin renewal. Each of these hour-long sessions includes the four stages of the Orchidée Impériale Black Intensive Treatment. The skin is carefully resurfaced, illuminated, redefined and plumped. An incredible beauty secret, by Guerlain.

ORCHIDÉE IMPÉRIALE PRESTIGE TREATMENT 1.5 - 2.5 HRS

This complete anti-ageing treatment is a multi-sensorial all-encompassing experience. The exclusive protocol, based on the Orchidée Impériale range, redefines and firms the skin, erasing wrinkles. Pamper yourself in pure pleasure, and leave your skin radiant and glowing with beauty.

ORCHIDÉE IMPÉRIALE FACE & BODY TREATMENT 2 - 3 HRS

A complete treatment for the pleasure of the senses, in which each of your muscles is stimulated during a vigorous massage. Your body is sculpted and your skin illuminated. Anti-ageing effectiveness and flawless well-being.

ABEILLE ROYALE

Absolute repair



PROVIDING OUTSTANDING NATURAL HEALING PROPERTIES,
BEE PRODUCTS INSPIRED GUERLAIN TO CREATE TARGETED
TREATMENTS TO COMBAT THE SIGNS OF AGEING.

HONEY REPAIR TREATMENT 1.5 HRS

Guerlain brings a new angle to its expert treatment designed with the Abeille Royale range to reap all the benefits offered by bee products. It starts with a microdermabrasion to perfectly smooth the skin texture, followed by a purifying massage with warm plant infusions to perfectly stimulate the epidermis. Then, each wrinkle is the focus of attention using the Abeille Royale Serum application technique, which acts on the key processes in skin reconstruction. Finally, the new Abeille Royale cataplasms mask, inspired by honey wounds dressings, is applied. It is tailored to the needs of each individual woman to create a smoothing and repairing effect. Through this complex protocol, the signs of ageing gradually fade away. The skin is firmer, and the face opens up and appears illuminated... A catalyst for youth to be enjoyed without moderation.

PERSONALISED FACIAL TREATMENTS

Unique experiences



GUERLAIN HAS DESIGNED PERSONALISED MESSAGES
TO MEET THE NEEDS OF ALL SKIN TYPES.
WHERE TECHNICAL SKILL MEETS SOPHISTICATION.

INTENSIVE FACIAL TREATMENT 2 HRS

The skin's beauty is revealed and enhanced during this treatment that includes an exclusive massage, a specific mask and a targeted active concentrate. Tailoring the protocol to each individual, the Beauty Expert artfully and precisely adapts her movements and the intensity of the massage for instantly visible results.

COMPLETE FACIAL TREATMENT 1.5 HRS

An essential Guerlain skincare classic. The exclusive Guerlain massage is the star of this show, enhanced with a targeted active concentrate, a mask and facial cleansing to meet the skin's needs perfectly. The features are relaxed and the face is radiant. An absolute must.

RADIANCE FACIAL TREATMENT 1 HR

A fresh, clear and glowing complexion. This delicious treatment combines an exclusive Guerlain massage, the intensity of which is adapted to individual needs, with a mask that acts as an impressive radiance booster. Give in to temptation.

AESTHETIC ANTI-AGEING MESSAGES

Secrets of youth



GUERLAIN HAS FINE-TUNED SOME UNIQUE TECHNIQUES
TO PLUMP THE FACE AND SCULPT THE EYES.
UNIQUE MOVEMENTS TO COMBAT THE EFFECTS OF TIME.

BEAUTY LIFT 1 HR (PROGRAMME OF 4 OR 8 SESSIONS)

Body building for the face! Just like a cardio class, this aesthetic facial massage is intense and incredibly effective. The in-depth and powerful work on the muscles releases tension, sculpts, smooths and plumps for an immediate and lasting lifted effect. The leader in anti-ageing.

SKIN LIGHT 1.5 HRS

This treatment delivers an immediate radiance boost and reveals the skin's natural glow. Microdermabrasion and a deep muscle massage for the face, enhanced with the Orchidée Impériale Radiance mask are just some of the secrets this treatment has to offer. The results are spectacular. The complexion is even and beautiful.

EYE FOCUS 45 MINS

This expert treatment sculpts and widens the eyes. The eye contour is left smoother, sculpted and revived. The whole face positively glows with new-found radiance!

** 30 mins Eye Focus in addition to any other treatment.*





THE BODY
IN ALL
ITS GLORY

INTENSE BODY ENHANCEMENT

A perfect silhouette



TREAT YOUR STRESSED AND WORN OUT BODY
TO A WELL-DESERVED BEAUTY BREAK. AN EXTRAORDINARY
EXPERIENCE OF PLEASURE AND WELL-BEING.

SLIMMING TREATMENT 1 - 1.5 HRS

(PROGRAMME OF 4 OR 8 SESSIONS)

Kneading, rolling, rocking. This treatment combines the world's most effective techniques to refresh and liberate the body. Toxins are drained away, and blood circulation is improved. After the treatment, the legs and hips feel lighter, and the figure is naturally slimmer.

BODY LIFT 1 - 1.5 HRS

Flexibility, muscle strengthening, targeted smoothing, movements for suppleness. This aesthetic massage sculpts the body, stimulates cellular renewal and firms the skin. As effective as a workout!

INTENSIVE BODY THERAPY 2 HRS

Scrub, wrap, personalised massage... This treatment is an exceptional and sensual experience that deliciously enhances the body.

BODY POLISH 0.5 - 1 HR

The skin is clear and refined, as soft as silk, with a surprisingly relaxing effect. The scrub is an invitation to well-being.

BODY MASSAGE

Relaxation and energy



RELAX COMPLETELY OR BOOST YOUR ENERGY
WITH THESE BODY MASSAGES INCORPORATING PRECISE
AND BALANCED TECHNIQUES.

IMPERIAL RELAXING MASSAGE 1 - 1.5 HRS

Paying tribute to Eau de Cologne Impériale, this signature Guerlain massage arouses all the senses. It stimulates circulation, promotes oxygenation and brings about irresistible relaxation.

4-HAND IMPERIAL MASSAGE 1 - 1.5 HRS

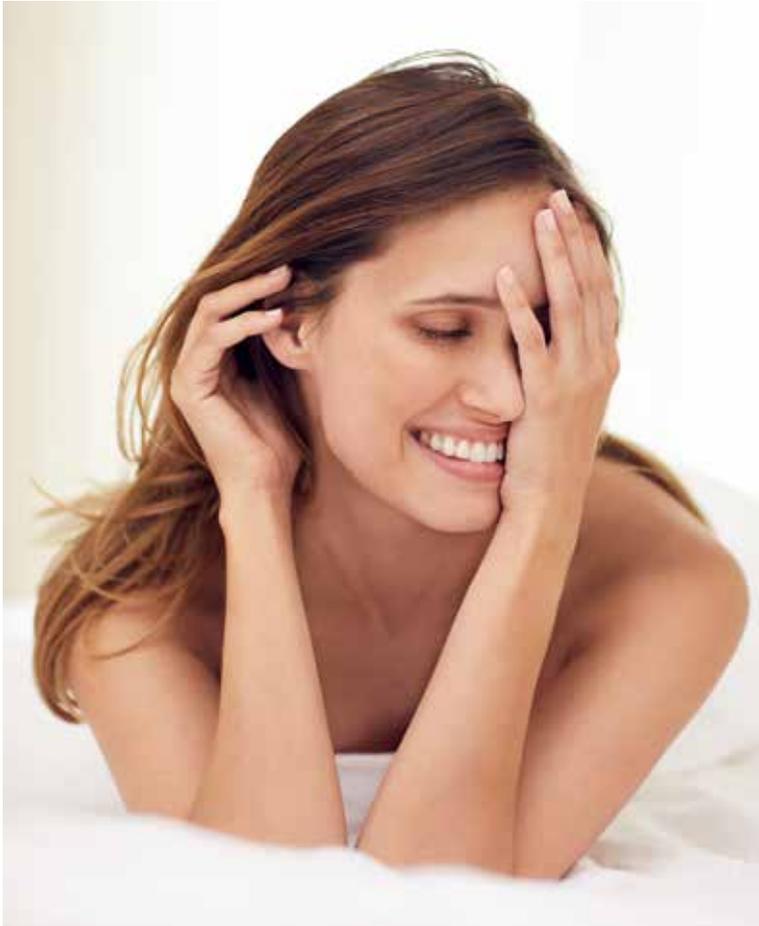
This ballet of expert techniques, developed from the Imperial Relaxing massage, promises to deliver a wonderfully uplifting sensation of well-being. Let yourself go.

DEEP MUSCULAR MASSAGE 1 - 1.5 HRS

This powerful ritual is based on five of the most effective ancestral methods in the world. It sculpts, strengthens and tones the muscles, releasing tension for deep relaxation.

BODY MASSAGE

Relaxation and energy



RELAX COMPLETELY OR BOOST YOUR ENERGY
WITH THESE BODY MESSAGES INCORPORATING PRECISE
AND BALANCED TECHNIQUES.

HOT STONE MASSAGE 1 - 1.5 HRS

Thanks to the use of hot stones, this massage deeply warms muscles and stimulates the nerve endings to activate blood circulation and improve complexion. The drainage and detoxifying effect is immediate, blood circulation and energy flow are naturally restored.

FOOT REFLEXOLOGY 1H

A reflexology foot treatment speeds up recovery by improving venous and lymphatic circulation, and stimulates the elimination of toxin build up associated with muscle exertion. It brings a sensation of lightness to the legs and feet, and considerably reduces muscle cramps and soreness. The session is accompanied by an invigorating scrub surprisingly relaxing.

THAI MASSAGE 1 - 1.5 HRS

This ancestral dry massage takes its cue from natural traditional medicines. Acupressure and stretching techniques inspired by yoga awaken the body's energy flow and release any physical tension.

The massages proposed are for the purpose of stress reduction, wellbeing and beauty. We recommend that you consult a healthcare professional for any medical examination.

UNIQUE AESTHETIC RITUALS

Absolute harmony



FOR PERFECT HARMONY IN THE BODY AND MIND,
GUERLAIN PRESENTS THREE HOLISTIC RITUALS
FOCUSED ON WELL-BEING.

BODY SUPPLENESS AND HARMONY RITUAL 1 - 1.5 HRS

Rebalance the body and mind with this completely unique composition. Based on friction and criss-cross techniques, it works on the ligaments and tendons like strings on a musical instrument. The joints are released, liberated; tissue oxygenation is improved. Restores flexibility and serenity.

FEMININE BEAUTY RITUAL 1 - 1.5 HRS

This unique and gentle ritual naturally soothes minor pain associated with womanhood. It stimulates points and reflex areas on the face, uses targeted pressure and light massage techniques, smoothing and deep stretching to deliver a lasting soothing effect and a wonderful sensation of well-being.

PRE/POST NATAL RITUAL 1 - 1.5 HRS

Designed to improve the skin's elasticity and stimulate the circulation, this massage can be performed after the first trimester of pregnancy or when the baby has been born. A tailored personal experience to relieve the body of minor ailments associated with motherhood.

80 years

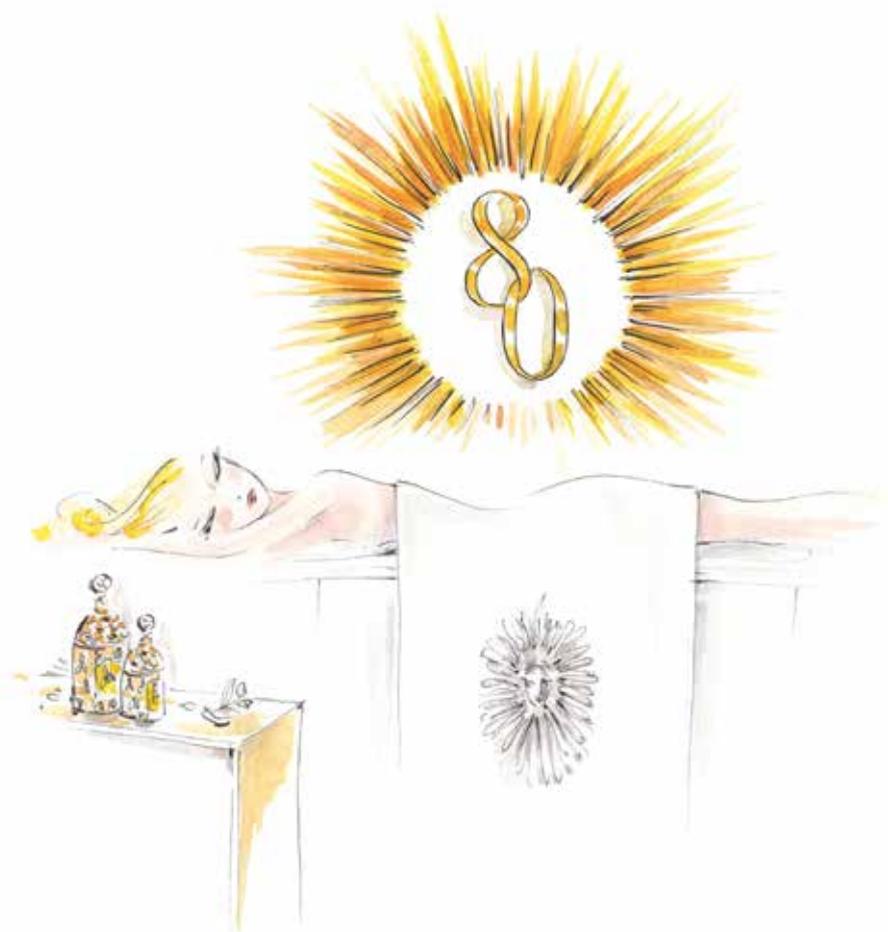
OF AESTHETIC KNOW-HOW

TO CELEBRATE THE 80TH ANNIVERSARY
OF L'INSTITUT 68, CHAMPS-ÉLYSÉES,
GUERLAIN HAS CHOSEN TO SHOWCASE
ITS KNOW-HOW BY OFFERING A NEW AND
OUTSTANDING AESTHETIC MASSAGE.

THE 8 1.5 HRS

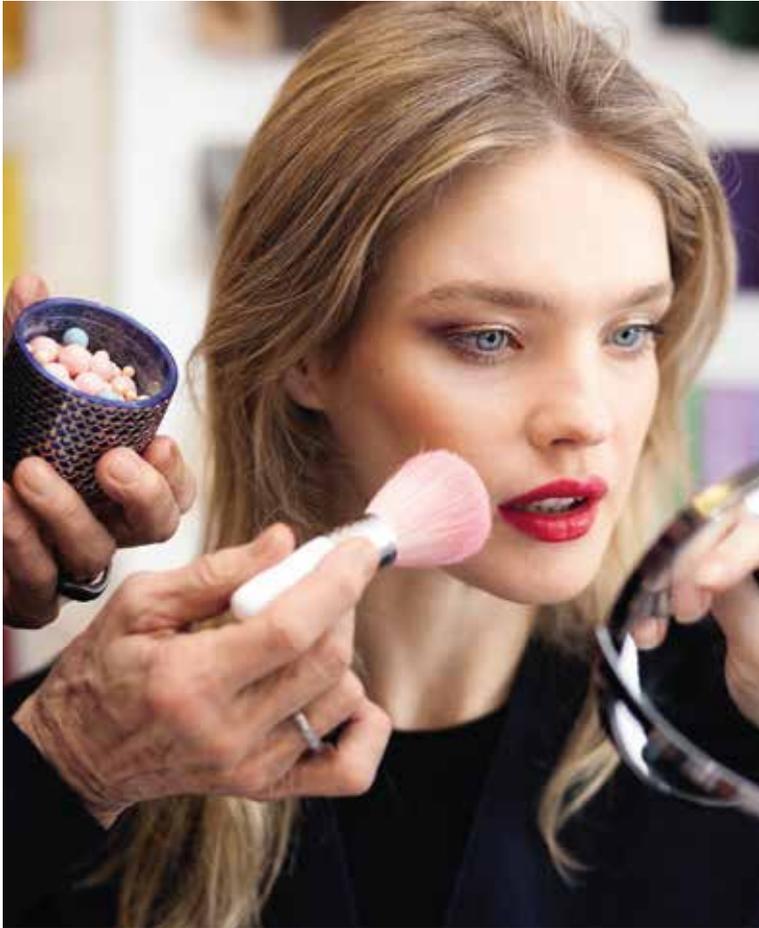
This treatment is a unique experience, a proof of Guerlain's incredible ability to innovate while drawing on its long-standing expertise. The 8 has been designed to meet each individual's own expectations, working on 80 muscles in the body and face, and involving 80 specific techniques applied to 80 pressure points, where every movement can be personalised. The protocol has one aim:

to ensure your mind and body are completely relaxed, through the alternating rhythms set by the Guerlain Beauty Expert. After this session, the body feels light, supple, relieved from stress, and full of renewed energy and self-confidence. Once again, Guerlain has designed a new treatment that takes up the challenge of combining an aesthetic massage with the effects of a yoga session.



THE ART OF MAKE-UP

An asset for seduction



WHETHER SOPHISTICATED OR NATURAL, GUERLAIN CAN
CREATE PERSONALISED MAKE-UP FOR EACH WOMAN,
TO MAKE HER IRRESISTIBLY BEAUTIFUL.

MAKE-UP APPLICATION 1 HR

Guerlain is the master of make-up from every angle. Whether it's for a special occasion or just to look perfectly irresistible every day, treat yourself to a make-up session where expertise and enjoyment are the order of the day.

MAKE-UP LESSON 1.5 HRS

Who doesn't dream of mastering the art of make-up? During this workshop, Guerlain lets you in on the most effective beauty secrets to enhance your face. Previously kept under wraps, they are now explained during a one-to-one workshop. Unmissable.

BRIDAL MAKE-UP 1 HR + 1.5 HRS

For the most wonderful day of your life, opt for tailored make-up in two stages. The first step to ideal bridal make-up is a series of trials by the Guerlain Beauty Experts, during a pre-consultation, in order to have the perfect look on the big day. You will feel relaxed with the conviction of being in good hands.

TREATMENTS FOR MEN

Look and feel great



LET GO OF STRESS AND STRAINS
AND TAKE SOME TIME OUT TO TAKE CARE
OF YOUR SKIN, BODY AND MIND.

SKIN SAVER FACIAL 1.5 HRS

This treatment includes a scrub, exclusive face massage, mask and eye contour treatment. It restores radiance and comfort to the face. A real confidence booster.

ENERGIZING FACIAL 1 HR

Sometimes the skin deserves a boost! This treatment includes a scrub, massage, mask, and eye contour treatment to restore freshness.

INVIGORATED BREAK 1 - 2 HRS

Eliminate the effects of stress and replenish energy level with this face and body programme. A toning massage and eye contour treatment - do your body some real good!

ULTIMATE EXPERIENCE 3 HRS

Treat yourself to an exceptional indulgence with this complete programme. Revitalising treatment, massage, Bastien manicure or pedicure - what more perfect way to give your skin a fresh start?

All the other treatments in our catalogue are suitable and available for men.

AN EXPERIENCE OF ABSOLUTE RELAXATION

Exceptional pampering



TREAT YOURSELF TO A DAY OR HALF-DAY PROGRAMME
TO PAMPER YOUR BODY AND REPLENISH YOUR ENERGY,
RADIANCE AND YOUTH.

COCON IMPÉRIAL 4.5 HRS

Orchidée Impériale Prestige Treatment (1.5 hrs),
Imperial Relaxing Massage (1 hr), Body Polish (1 hr),
Bastien Duo Treatment (1.15 hrs).

MOTHER'S PAMPERING 3.5 HRS

Pre/Post Natal Ritual (1 hr), Complete Facial Treatment (1.5 hrs),
Bastien Pedicure (1 hr).

RESTORE YOUR NATURAL GLOW 3.5 HRS

Body Suppleness and Harmony Ritual (1 hr),
Skin Light (1.5 hrs), Body Polish (1 hr), .

BOOST YOUR ENERGY 3 HRS

Energising Muscle Massage (1.5 hrs),
Honey Repair Treatment (1.5 hrs).

LIFT YOUR FACE AND BODY 2.5 HRS

Beauty Lift (1 hr), Body Lift (1 hr), Eye Focus (30 mins).



GUERLAIN FEATURING ITS EXCEPTIONAL
PRODUCT COLLECTIONS AT
**One&Only The Palm,
Dubai**

A selection of Guerlain products is available for purchase at the Guerlain Spa boutique. Indulge in Guerlain's realm of exceptional fragrances, the sensuality of their luxurious textures and let yourself be seduced by the extraordinary range of cosmetics available at One&Only The Palm, Dubai.

THE EXCLUSIVE COLLECTIONS

Lovers of beauty will appreciate Guerlain's timeless and elegant fragrances, each with its own individual character and exquisitely designed bottle – l'Art et la Matière, les Elixirs Charnels, Les Absolus D'Orient. With their use of precious materials and absolute refinement, the Exclusive Collections encapsulate the Guerlain spirit.

THE ART OF SKINCARE

Guerlain's research has always focused on the quest for perfect skin by creating outstanding skincare products that blend active, natural and rare ingredients. Like precious jewels, every beautifully crafted jar encases an efficient and refined product that has been carefully formulated and delicately perfumed, to ensure each use is a truly sensory experience.

THE MAGIC OF MAKE-UP

Shimmering powders and extraordinary lipsticks...an exclusive selection for Dubai has been chosen from the Guerlain collection for an illuminating effect.

GUERLAIN SPA GIFT CERTIFICATE

Give the treasured gift of Guerlain – an experience as luxurious as it is unforgettable. Select from our wide array of Spa treatments and Guerlain products.

TERMS and conditions of sale

YOUR CUSTOMISED SPA

Transform a Guerlain Spa into your own exclusive setting for an afternoon of treatments with friends, or any other specific request. We are here to make your dreams come true. Don't hesitate to contact us for a customised offer.

GUERLAIN BEAUTY BREAKS

Treat someone special to an unforgettable and luxurious experience with Guerlain Spa Beauty Breaks. Choose your gift from a wide selection of treatments and products by Guerlain.

GUERLAIN AESTHETIC MASSAGE

The massages we offer are for beauty and aesthetic purposes. If you are looking for therapeutic massages, we recommend consulting a physician for advice.

TREATMENT DURATION

For efficient planning, the duration times listed correspond to the treatment time inside the Spa. To make the most of your experience, we suggest you arrive 10 minutes before your scheduled appointment time.

PEACE OF MIND

In order for you to experience your Spa visit with complete peace of mind, we have safes available in each of our treatment rooms for you to store your personal valuables but we recommend that no jewelry be worn at the Spa. The management and Ambassadors accept no responsibility for the loss of money or valuables of any kind brought into the Spa premises.

A TRANQUIL SETTING

Our Spa is a place to relax and unwind, so we kindly ask you turn off your mobile telephones in order to make the most of your experience and preserve the peaceful environment for other visitors.

RESERVATION AND CANCELLATION POLICY

In order to secure the most suitable schedule for you, we recommend that you anticipate your treatments by reserving an appointment. Should you need to cancel or reschedule your appointment, as a courtesy we ask that you provide 24 hours' notice to avoid incurring the full therapy fee or voiding gift certificates. Cancellations made within less than 24 hours will incur a charge of 100% of the treatment price. The minimum age of 16 is required for access and treatment in the Spa.

LATE ARRIVAL

Late arrivals may result in lost treatment time unless our schedule enables us to offer you the full service.

SPECIAL CONSIDERATION

Guest who have high blood pressure, heart conditions, have any other medical complications, or are pregnant are advised to consult their doctors before signing up for any spa services. Kindly inform your Spa therapist of any existing medical conditions.

S P A S around the world

EUROPE

L'Institut 68, 68 avenue des Champs-Élysées, Paris, France
Mandarin Oriental Spa, Mandarin Oriental, Paris, France
Saint James Spa, Saint James, Paris, France
Relais Christine Spa, Relais Christine, Paris, France
Guerlain Spa, Trianon Palace Waldorf Astoria, Versailles, France
Spa Impérial, Hôtel du Palais, Biarritz, France
Cheval Blanc Spa, Hôtel Cheval Blanc, Courchevel, France
Guerlain Spa, Cheval Blanc St-Tropez, St Tropez, France
L'Institut, Dlouhá 704, Prague, Czech Republic
Guerlain Spa, Intercontinental Bordeaux Le Grand Hôtel, Bordeaux, France
Guerlain Spa, Waldorf Astoria Berlin, Germany
Guerlain Spa, The Caledonian Waldorf Astoria Edinburgh, United Kingdom
Guerlain Spa, Waldorf Astoria Amsterdam, Netherlands

ASIA

Socie, 15 E.S.G.P. (Esthetique Salon Guerlain Paris), Japan
Guerlain Spa, The Shilla Seoul & The Shilla Jeju, South Korea
Guerlain Institute, 7/F, 1 Duddell Street, Central, Hong Kong
Flare Spa, Four Seasons Hotel Pudong, Shanghai, China
Guerlain Spa Institute at Sogo II, Taiwan

THE AMERICAS

Guerlain Spa, The Plaza Hotel, New York
Guerlain at the Breakers Spa, Palm Beach
Guerlain Spa, Hotel X Toronto® Toronto, Canada

AFRICA & MIDDLE EAST

Guerlain Alfardan Spa, Alfardan Towers, Doha, Qatar
Guerlain Spa, One&Only The Palm, Dubai, United Arab Emirates
Guerlain Spa, Four Seasons, Tunis, Tunisia
Guerlain Spa, Four Seasons, Casablanca, Morocco

SPA RESORTS

Cheval Blanc Spa, Cheval Blanc, Randheli, Maldives
Cheval Blanc Spa, Cheval Blanc, St-Barth Isle de France

Spa addresses can be found on www.guerlain.com

GUERLAIN SPA

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Spa@oneandonlythepalm.com

From 10am to 9pm from Sunday to Saturday

GUERLAIN
PARIS