



LAZY LAYOVER

TREATS FROM FROM THE EAST

Try traditional Middle Eastern treatments, Indian indulgences and exotic Thai remedies at Eastern Mangroves Hotel & Spa by Anantara.



THE SPA at Anantara’s Eastern Mangroves property dazzles with Arabian splendour and is an ideal place to find refuge in the Capital.

Marbled walkways with sweeping arches lead to 15 luxurious treatment rooms; two Vichy shower rooms; sauna and steam rooms and the spa’s opulent hammam.

It’s inside the latter that ancient Turkish cleansing and relaxation bathing traditions can be tried. A traditional hammam experience is a theatrical affair that sees you being scrubbed down by a skilled therapist, then covered in a cloud of warm foam, before you’re rinsed again to emerge feeling rejuvenated with glowing skin.

The Royal Ottoman treatment takes this one step further as you can enhance the ritual with a natural honey, sesame and lavender body mask.

And the Anantara Signature Hammam is perhaps the ultimate indulgence. This six-step ritual blends traditional Turkish elements and incorporates a selection of detoxifying body treatments too.

Turning to a different part of the East for inspiration, the spa also offers 60- and 90-minute traditional Thai massages.

This centuries-old therapy, known as passive yoga, is the perfect answer for anyone searching for improving their health. It’s a dry massage performed on a customary solid oak bed.

Meanwhile, the Arabian massage focuses on the body’s pressure points, and therapists use Thai stretches among other techniques, to release muscle tension and pain.

End any of the body treatments with an Indian head and scalp massage. Therapists

combine gentle and stimulating techniques on the upper back, shoulders, neck and scalp to improve your blood flow, nourish the scalp and induce a deep sense of calm.

For the month of May, the spa is offering a special 90-minute Summer Skin Preparation package, which consists of a 15-minute body scrub, a 45-minute aromatherapy oil massage and a 30-minute skin resurfacing facial. Add to that a freshly brewed raw juice for the ultimate glowing skin. The offer is available on weekdays (Sundays to Thursday) between 10am and 2pm. ♦

For spa bookings, email easternmangroves spa@anantara.com or call +971 2 656 1000.