

# SOUL

S E N S E S

SPA & WELLNESS





Imagine a world where you experience infinite bliss and security...

Welcome to Soul Senses Spa & Wellness UAE... a universe of soothing sounds, invigorating aromas and relaxing touches.

A sanctuary in itself where tranquillity meets luxury and time stands still.

Our intimate, world-class offerings have been carefully crafted to ensure that every minute detail which is provided by us is always a memorable one with an unparalleled experience.

We have combined the best techniques and products with skilled professionals providing exclusive services to usher you into stillness and relaxation with vitality beyond imagination.

So loose yourself in a number of our signature treatments or perhaps a package, specially designed to reconnect your mind, body and spirit.

Our treatments and therapies are inspired by the very first meaning of the word 'SOUL', which has been deeply rooted in the heritage of wellness, by blending ancient secret techniques and ingredients, we offer the perfect amalgamation that shall heal the spirit itself.

Our outlets are conveniently located across Abu Dhabi & Dubai.

'You are never too far away from Soul Senses Spa & Wellness'.



## Spa Etiquettes

- For a smooth experience please arrive 15 minutes before your appointment. Enjoy a refreshing beverage fill out a quick and easy consultation form and get in the mood for spa time.
- So you don't lose your jewelry, we recommend you keep it safely in your guest room.
- Let us know if something comes up and you can't make your treatment 2 hours notice is required for single treatments, otherwise we'll need to charge you half the price.
- For your health and comfort, please don't sunbathe after Spa treatments.
- Let's keep the spa a quiet space. Please don't use your mobile phone.
- Our spa's aroma is fresh and exotic, so kindly refrain from smoking.
- Please remember to arrive on time to enjoy every blissful moment of your treatment.



# Classic Treatments



ALL PRICES ARE INCLUSIVE OF TAX & FEES

# Classic Treatments

## Hot Oil Head Massage

An ideal way to deal with stress is to get a blissful and a perfect head massage. It is safe, simple and yet the most effective therapy, which is popular for relieving numerous symptoms of stress. This type of therapy gives amazing results and treats various conditions such as the relief of a headache, removal of physical and emotional stress, treatment of neck, shoulder and upper arm pain, calming of stiff muscle areas, treatment of eye strain etc.

30 mins    AED 175

## Foot Reflexology

It helps increase blood circulation, relax muscles tension, and release energy channels blocked by pressing acupressure points. Many pressure points on the foot connect with your internal organs. The foot reflexology will help regulate hormones and improve organ health, leaving you feeling relaxed and rejuvenated.

30 mins    AED 175  
60 mins    AED 250

## Back, Neck & Shoulder Massage

Relieve yourself with the built up tension in your muscles with energizing Neck, Back & Shoulder massage. Neck Massage can alleviate neck pain, stress headaches and more. Additionally, it goes a long way to relieving headaches also. The result is an improved appearance. The effects exist for a long time and soothe the Neck, Back & Shoulder areas.

30 mins    AED 200  
45 mins    AED 275

## Thai Traditional Massage (Thai Yoga Massage)

Thai massage aims to relieve pain in joints and sore muscle through a vigorous yet comfortable set of assisted yoga-like stretches. It stimulates different pressure points to improve circulation of the blood and internal energy. The medium to deep continuous strokes into the muscle tissue result in easing of muscle pain and any tension to restore the former elasticity.

60 mins    AED 375  
90 mins    AED 550

# Classic Treatments

## Swedish massage

Swedish massage is one of the most commonly offered massage techniques. It is sometimes referred to as a classic massage. Its long gliding strokes is scientifically designed to stimulate the flow of blood.

And therefore increase oxygen levels, improve clogs in the arteries and reduce muscle toxins. This massage will surely give you the agility and vigor you need for your daily activities.

60 mins AED 375  
90 mins AED 550

## Aromatherapy Massage

Calm, balance and harmonize the body with this enchanting massage. Infused essential oil blends will promote peace and relaxation. We combine long stroke and soft to medium pressure that works on your blood circulation. It is totally perfect in boosting body self-healing.

60 mins AED 375  
90 mins AED 550

## Deep Tissue Massage

Deep tissue massage targets the deeper layers of muscles and connective tissues. The massage therapist uses deep, strong and steady pressure to relieve the tension. It is designed to manually work on physical and psychological stress and improve your athletic performance to combat pain and muscle spasm. The intense point-grip-release technique makes you relax, decrease depression and lower anxiety.

60 mins AED 375  
90 mins AED 550

## Balinese Massage

This revitalizing massage therapy uses the combination of acupressure, reflexology and aroma therapy utilizing the knuckles and hand pressure technique. It cures muscle tissue, relieves joint pain and eases stressed muscles. This is the best treatment to regain harmony of body and mind.

60 mins AED 375  
90 mins AED 550



# Premium Treatments



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# Premium Treatments

## Hot Oil Therapy

Drift away into a state of blissfulness with this herbal infused hot oil massage therapy designed to detoxify and soothe the central nervous system. It promotes a feeling of warmth and comfort with each stroke. It uses medium pressure to ease the body discomforts and increase blood flow. Joint mobility technique is incorporated to rejuvenate the mind, body and soul.

60 mins AED 425  
90 mins AED 625

## Thai-Aroma Combination

The time-honoured healing technique of "Nuad Boran" is the old way of acupressure on vitality lines and assisted yoga posture of stretching. We have infused the proven benefits of aroma touch therapy to further increase and boost in the immune system, making the body renewed and energized.

60 mins AED 425  
90 mins AED 625



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# Premium Treatments

## Soul Senses Signature Massage

A combination of the palm and thumb pressure will work manually on the postural muscles and release the aching knots on your neck and shoulder. Ideal for any person who have a very active lifestyle, work vigorously and doing strenuous sports activities. The combination technique would ease away your stress and relax you at the same time. Let the healing touch of our therapist work their remedy and give you the much needed rest to give your mind and body tranquility.

60 mins AED 425  
90 mins AED 625

## Hot Stone Massage

Take a break and heal your body and soul with this healing treatment. Each stone placement and strokes has sedative effect to relieve chronic pain, reduce muscle tension, regulate blood circulation, and promote deep relaxation.

60 mins AED 450  
90 mins AED 650

## Herbal Compress Thai Ball (Bolus Massage)

Melt away your body aches with this ancient technique of "poultice" or "herbal hot compress" combined with acupressure. This treatment will boost your emotional and physical well-being, assist in alignment and postural strengthening as well as stimulate your lymphatic flow to relieve your stress and make you deal with everyday life actively.

60 mins AED 450  
90 mins AED 650

## Full Body Moisturising Scrub

Get a glow and give your body a healthy boost with a full body exfoliation that will leave your skin silky smooth . Wake up your senses with uplifting natural scents.

45 mins AED 375



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# Royal Treatments

## Moroccan Bath (Valid at selective outlets)

Rediscover your glow with steam, scrubbing and a sense of well-being. The black soap combined with Argan oil and loofa scrub which eliminates all dead skin cells and gives your body a thorough cleansing it needs. Lavish your body and senses with this pampering body treatment that will renew your skin to its youthful glow.

60 mins AED 550

## Turkish Hammam Body Escape (Valid at selective outlets)

A treatment combining tradition and modernity. Step into the hammam, where the steam will release underlying tensions and prepare the skin for gentle exfoliation. Give into soothing sensations with a foam massage using fine handmade olive oil soap on a heated stone bed. Feel relaxed as the gentle heat softens your muscle and skin. The ritual is completed with the application of moisturizing body butter.

60 mins AED 599

## Kahraman : The Royal Amber Experience

Experience the rare and precious essence of Amber Silk protein exfoliation get rid of dead skin cells, smooth and strengthen your epidermis.

Your amber journey continues with full body massage that invite you to travel and immerse your senses using the highest quality natural ingredients, to bring a source of escape and promise of wellness. Envelope your skin with a luxurious shea butter to nourish and unveil the magnificent scents and superior benefits for your skin, body and soul.

120 mins AED 799



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# Royal Treatments

## The Four Hands Massage

This is an extremely relaxing way of massaging. It is an exclusive massage therapy that brings maximum sensation. In four hands massage, two pairs of hands move synchronously, and these movements help you get relaxed faster than ever. The technique effects on all energy lines twice as strong and provides incredible relaxation and a surge of strength. It also promotes peaceful dreams and helps overcome stress.

60 mins    AED 600

## Lava Shell Massage

For an ultimate calming massage, the Lava Shell Relax treatment is a soothing solution. As the marine, polished sea shells are glided smoothly over the body, you will instantly drift into a blanket of warmth, falling into a state of tranquillity. Experience deep tissue relaxation of your feet, legs, back and shoulders as the therapist eases the tension knots, unblocking an energy flow and releasing a sense of balance to your mind, body and soul.

60 mins    AED 625



# Soul Serenity Body Rituals

**This list cannot be clubbed with any other offer/membership plan.**

## Calming Pure Bliss

Your choice of treats.....with the help of our experts relieve those muscle tensions with this treatment that combines exotic & essential ingredients from across the globe. There are truly very few things you can compare to this experience.

- Full Body Massage (Choose from any of our classic treatments)
- Body Scrub (30 Mins).

90 mins    AED 580

## Top To Toe Ritual

This Spa ritual is a treat for revitalizing the body, mind & soul. with our recommendations of these combined treatments you will rediscover the new you. Our experts will begin with an exfoliation of your choice to remove the dead skin cells & improve the texture of your skin, followed by the massage of your choice from the below with a final balancing touch of a Moroccan bath, where you get pampered with the luxurious products with style.

- Massage of Your Choice (Choose from any of our classic treatments)
- Moroccan Bath (60 Mins)

120 mins    AED 699

## Pure Harmony

A treat to yourself to unwind & relax your body, mind & soul.....indulge in the most uniquely crafted therapies which can be customized to get the best results in you. Never to forget the beauty & glow for the new 'YOU'.

- Soul Senses Signature or Thai Aroma Massage (60 Mins )
- Guinot Facial (without machine) (45 Mins)
- Nourishing Scalp Massage (15 Mins)

120 mins    AED 649



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# GUINOT

INSTITUT • PARIS

## Welcome to Guinot world!

For 40 years, GUINOT's mission has been to make women more beautiful through exclusive and innovative care methods.

GUINOT has elected the Institut de Beauté as the only professional venue for serious practice of its methods of care through qualified beauticians.

Women have found in the Institute of Beauty a professional place where the beautician, like a "Doctor in Beauty", prescribes the product best suited to their skin.

Today GUINOT has become "the reference" of the Beauty Institute.

GUINOT benefits from an international presence: 11,000 Institutes in 70 countries around the world, including 1,800 Beauty Institutes in France who practice GUINOT proprietary care protocols and offer the products recommended and prescribed by beauticians to consumers.



# Guinot Facial & Skin Care

## Hydra Clean

A Deep Cleansing Treatment.

An alternative to steam, this adjustable heated electrode allows the specific gel serum to penetrate the skin, to cleanse the full face, especially focusing on the congested T zone. The skin is left feeling deep cleansed, hydrated and radiant.

45 mins AED 340

## Hydradermie Double Ionisation Guinot Star Treatment

This advanced non-invasive procedure penetrates active ingredients deep into the dermis of the skin by the use of the Hydradermie machine to bring you amazing results. With a specific gel serum for every skin type everyone can benefit from Guinot's star treatment. From anti-ageing to rebalancing this facial is for you. Experience renewed radiance, smooth features, purified pores and hydrated skin. The treatment starts with mild ionisation using gentle massage movements of the rollers to help the plant based active ingredients penetrate into the skin, deep cleansing it and revealing its inner beauty. Next, high frequency action is used to oxygenate and energise the cells, as well as create an antibacterial effect. A customised mask and relaxing massage completes the treatment, leaving your complexion balanced, healthy and glowing.

60 mins AED 475

## Hydradermie Deluxe (Hydradermie Double Ionisation & Hydradermie Lift)

This treatment has been given the name deluxe for a reason, when it comes to anti-ageing and toning this is the best facial for you. Not only does it incorporate the active ingredients of an anti-ageing face, neck and eye serum gel deep into the skin using the Hydradermie double ionization method, it will also firm the muscles of the face and neck using a muscle stimulating current. With this luxurious facial often described as a non Surgical facelift, tension vanishes, proper circulation is re-established and toxins are eliminated. The muscles are then gently exercised to regain volume and tone, acting like a gentle body building session. The treatment is completed with a modelling massage to nourish, revitalise, firm and further tone the skin.

105 mins AED 580

# Guinot Facial & Skin Care

## Aromatic De-stressing Facial (No Machine)

This aromatherapy treatment combines essential oils with exclusive Guinot massage technique to relax facial features and release tension. An essential Oil blend is personalized to each skin type to balance, soothe and leave the skin more radiant the plant concentrated infused mask.

60 mins    AED 420

## Lift Summum

The Lift summum treatment restore radiance and vitality to the skin while firming, strengthening and lifting the features. The pro-collagen concentrate containing marine collagen will stimulate the production of elastin fibres and provoke an in depth firming action. Next the heating thermo lift mask infuses the cells with a new energy boosting cell regeneration. As the mask sets, it redefines the contours of the face. The active ingredients in the anti-age serum smooth the features and oxygenate the cells and skin to complete the firming effects of the treatment.

60 mins    AED 475

Lift summum will give you immediate result. This facial is highly recommended prior to a special occasion due to its immediate visible results. In less than an hour your face will have a fresh and glowing skin.

## Age Summum

The Age Summum Treatment is the alternative to plastic surgery for treating immediate signs of ageing: wrinkles and fine lines, loss of firmness, and lack of radiance. Using combination of powerful active ingredients: Pro Collagen, Vitamin C Acid, the skin is left feeling Firmer, Less Wrinkles and Radiant after just one Treatment.

50 mins    AED 475



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# Romantic Spa Treatments for Couples

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# Romantic spa treatments for couples

**This list cannot be clubbed with any other offer/membership plan.**

Experience the ultimate romantic getaway at the award-winning Soul Senses Spa & Wellness. Our couples massage is the perfect way to relax, rejuvenate, and reconnect with your loved one. Book a relaxing session with your loved one in the privacy of your own in-built shower rooms.

The experience kicks off with a welcome drink & foot ritual in your private suite treatment room. From there you'll be scrubbed down with stress relief exfoliation after rolled up in a nourishing body envelope to silken your skin. After that you'll be offered a relaxing oil massage and a thai stretch to loosen up your body, in the end our post massage refreshments will complete your luxury experience.

## Soul Senses Retreat Package

Body exfoliation 30 mins  
Shower  
Thai aroma Spa Treatment 60 mins

90 mins    AED 1199

## Soul Senses Romance Package

Body exfoliation 30 min  
Shower  
Body envelope 30 min  
Thai aroma Spa Treatment 60 min

120 mins    AED 1599

Enjoy complimentary access to the Hotel swimming pool to elevate your experience. (At selected locations)  
Our team of experienced professionals provides the highest quality service and aim to deliver an unforgettable experience.

\*Alcohol is a prepay drink. (At selected locations)

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# SOUL

S E N S E S

SPA & WELLNESS

ENGLISH 

## SOUL THERAPY DESCRIPTIONS

### Classic Treatment List

#### SWEDISH

Mild pressure with Palm

#### AROMATHERAPY

Relaxing medium pressure

#### DEEP TISSUE

Strong Elbow pressure for deep muscles

#### BALINESE

Medium to Strong Acupressure knuckle techniques

#### TRADITIONAL THAI MASSAGE

Yoga postures Dry Massage

#### BACK, NECK & SHOULDER MASSAGE

Specific on Neck & Back

#### FOOT REFLEXOLOGY

Pressure points on feet from knee to toe

#### HOT OIL HEAD MASSAGE

Pressure points on Head

#### CLASSIC COUPLE MASSAGE

Couple Me Time relaxation

### Premium Treatment List

#### HOT OIL THERAPY

Warm therapy for relaxation of muscles with herbal oils

#### THAI AROMA COMBINATION

Yoga postures + Aroma Relaxation

#### HOT STONE MASSAGE

Heated Lava stones on muscles for blood flow

#### HERBAL THAI BALL

Heated potli with herbs to cure frozen muscles

#### BODY SCRUB

Moisturizing & exfoliates for skin

 ARABIC

وصف أنواع العلاجات بالتدليك

### قائمة بالعلاجات الكلاسيكية

#### التدليك السويدي:

الضغط بقوة معتدلة باستخدام راحة اليد

#### آروماتيرابي:

الضغط بقوة معتدلة بهدف الاسترخاء

#### تدليك الأنسجة العميقة:

الضغط بقوة باستخدام الكوع للوصول إلى الأنسجة العميقة

#### التدليك البالي

تقنيات علاج المفاصل بالإبر بقوة معتدلة إلى شديدة

#### تدليك تايلاندي تقليدي

وضعية اليوغا + التدليك الجاف

#### تدليك الظهر والرقبة والكتفين

تدليك خاص بالرقبة والظهر

#### تدليك القدمين

ممارسة الضغط على الرجلين من الركبة حتى الأصابع

#### تدليك فروة الرأس بالزيت الساخن

ممارسة الضغط على الرأس

#### تدليك الزوجين الكلاسيكي

وقت للاسترخاء مُعدّ للزوجين

### قائمة بالعلاجات الاستثنائية والمميّزة

#### العلاج بالزيت الساخن

علاج دافئ للحرص على استرخاء العضلات باستخدام زيوت بالأعشاب

#### التدليك التايلاندي والآروماتيرابي

وضعية اليوغا + الاسترخاء بطريقة الآروماتيرابي

#### التدليك بالأحجار الساخنة

استخدام أحجار الحمم البركانية الساخنة على العضلات لتحسين الدورة الدموية

#### مزيج من التدليك التايلاندي والبالي بالأعشاب

تدليك باستخدام حصيرة بوتلي الساخنة مع الأعشاب لعلاج العضلات المشنجة

#### سكرايب الجسم

علاج لترطيب البشرة وتفتيحها



## ENGLISH

### SOUL THERAPY DESCRIPTIONS

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Yoga postures Dry Massage

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##### FOOT REFLEXOLOGY

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##### HOT OIL HEAD MASSAGE

Pressure points on Head

##### CLASSIC COUPLE MASSAGE

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##### HERBAL THAI BALL

Heated potli with herbs to cure frozen muscles

##### BODY SCRUB

Moisturizing & exfoliates for skin

## RUSSIAN

### ОПИСАНИЯ ТЕРАПИИ ДУШИ

#### Список классических процедур

##### Шведский

легкое давление ладонью

##### Ароматерапия

расслабляющее среднее давление

##### Глубокие ткани

сильное давление локтя на глубокие мышцы

##### Балийский

техника акупресуры суставов от средней до сильной

##### Традиционный тайский массаж

позы йоги, сухой массаж

##### Массаж спины, шеи и плеч

специально для шеи и спины

##### Рефлексология стопы

точки давления на стопы от колена до пальцев ног  
Массаж

##### головой горячим маслом

точки давления на голове

##### Классический массаж для пары

релаксация в паре

#### Список премиальных процедур

##### Горячая масляная терапия

теплая терапия для расслабления мышц с травяными маслами

##### Тайская аромакомбинация

позы йоги + аромарелаксация

##### Массаж горячими камнями

нагретые лавовые камни на мышцы для притока крови

**Травяной тайский шар** –подогретые потли с травами для лечения замороженных мышц

##### Скраб для тела

увлажняет и отшелушивает кожу



**SOUL**  
S E N S E S  
SPA & WELLNESS

**ENGLISH** 

**SOUL THERAPY DESCRIPTIONS**

Classic Treatment List

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**CLASSIC COUPLE MASSAGE**

Couple Me Time relaxation

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**BODY SCRUB**

Moisturizing & exfoliates for skin

**FRENCH** 

**DESCRIPTIONS DE LA THÉRAPIE PAR L'ÂME**

Liste des Massages Classiques

**MASSAGE SUÉDOIS**

Légère pression avec la paume

**MASSAGE D'AROMATHÉRAPIE**

Pression moyenne relaxante

**MASSAGE MUSCULAIRE PROFOND**

Pression forte du coude pour les Muscles profonds

**MASSAGE BALINAIS**

Techniques d'acupression des articulations moyennes à fortes

**MASSAGE THAÏLANDAIS TRADITIONNEL**

Postures de yoga + Massage à sec

**MASSAGE DOS - COU - ÉPAULES**

Spécifique au cou et au dos

**RÉFLEXOLOGIE PLANTAIRE**

Points de pression sur les pieds, du genou à l'orteil

**MASSAGE CRÂNIEN AUX HUILES CHAUDES**

Points de pression sur la tête

**MASSAGE CLASSIQUE EN COUPLE**

Détente en couple

Liste des Rituels Uniques

**MASSAGE AUX HUILES CHAUDES**

Thérapie chaude pour la relaxation des muscles avec des huiles à base de plantes

**MASSAGE THAÏLANDAIS COMBINÉ À L'AROMATHÉRAPIE**

Postures de yoga + relaxation aromatique

**MASSAGE AUX PIERRES CHAUDES**

Pierres de lave chauffées sur les muscles pour favoriser la circulation sanguine

**MASSAGE THAÏLANDAIS AUX POCHONS D'HERBES**

Potli chauffé avec des herbes pour soigner les muscles spastiques

**GOMMAGE CORPS**

Hydratant et exfoliant pour la peau

# Award-Winning Spa





## DUBAI

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JUMEIRAH CREEKSIDE HOTEL - AL GARHOUD	M: +971 54 405 1100
OAKS HOTEL - IBN BATTUTA GATE	M: +971 56 421 4525
NOVOTEL HOTEL - AL BARSHA	M: +971 50 370 5145
ATRIUM CENTRE - BUR DUBAI	M: +971 54 405 9911
GRANDEUR HOTEL - AL BARSHA	M: +971 54 405 9922
NOVOTEL HOTEL - HEALTHCARE CITY	M: +971 50 370 9139
DOUBLE TREE BY HILTON - AL MANKHOOL	M: +971 52 182 2838
DELTA HOTELS BY MARRIOTT - DIP	M: +971 54 485 9545
NH COLLECTION DUBAI THE PALM - PALM JUMEIRAH	M: +971 54 481 5441
OASIS MALL - SHEIKH ZAYED ROAD	M: +971 50 244 0977
MOVENPICK HOTEL - JUMEIRAH VILLAGE TRIANGLE	M: +971 50 244 0991
LAPITA, DUBAI PARKS & RESORTS - SHEIKH ZAYED ROAD	M: +971 50 546 4080
KHALIDIA PALACE HOTEL - DEIRA	M: +971 50 137 6090
ZABEEL HOUSE THE GREENS- SHEIKH ZAYED ROAD	M: +971 50 583 6920

## ABU DHABI

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MARRIOTT HOTEL - DOWNTOWN	M: +971 50 370 6467
NOVOTEL HOTEL - AI BUSTAN	M: +971 54 405 9955
ADAGIO HOTEL - AI BUSTAN	M: +971 54 405 9955
MAJLIS GRAND MERCURE - ELECTRA STREET	M: +971 50 678 9121
AL MAHA ARJAAN BY ROTANA - AL DANAH	M: +971 50 583 6910

## SOUL SENSES SPA & WELLNESS

LUXURY WELLNESS SPA SINCE 2012

MULTIPLE BRANCHES ACROSS DUBAI & ABU DHABI LOCATED IN PREMIUM HOTELS, MALL & RESORT

CENTRAL RESERVATION NUMBER:

  +971 50 301 0810

 [www.soulsensespa.ae](http://www.soulsensespa.ae)

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