

GRAND HYATT AMMAN

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STAY SOCIAL



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Treatments Menu

Spa Etiquette

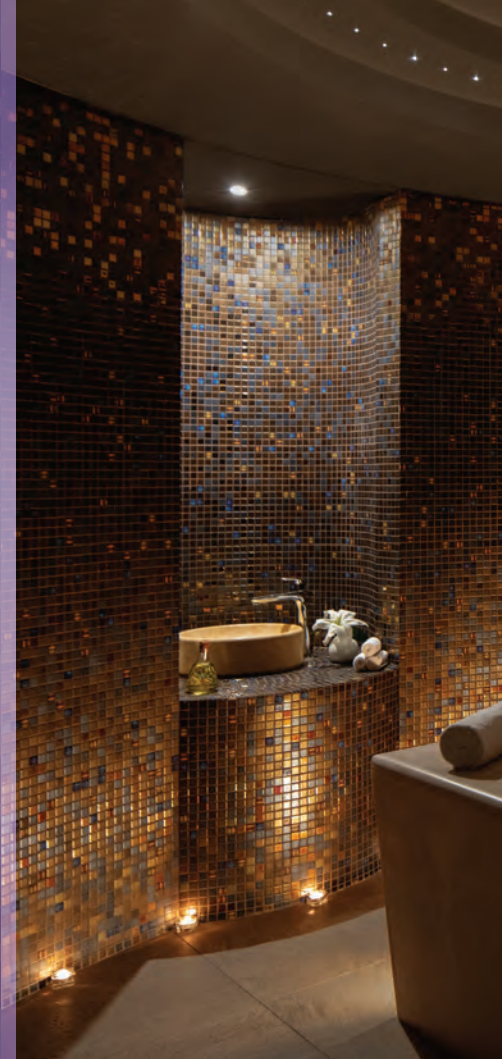
RESERVATIONS To make your reservation at Zara Spa, please call **06-4651234** or dial extension **6150** from within the hotel; a valid credit card is required to hold guarantee your reservation.

PRE-ARRIVAL Please arrive **30** minutes prior to appointment to take full advantage of our facilities. Appointments begin promptly at the time scheduled. If you arrive late, your appointment will be shortened so that the therapist will be on time for the next session.

CLOTHING You will be provided with a robe, slippers and draped during your massage. Disposable undergarments will be provided or guest may wear that of their choosing. Undergarments are required to be worn during all services.

COMMUNICATION Please communicate with your therapist to ensure satisfaction and to customize your treatments to fit your needs.

All prices are inclusive.



HEALTH CONSIDERATIONS For your comfort, please advise us upon booking for any allergies, injuries or concern areas.

SPA POLICY We respectfully ask you to leave cell phones turned off so that the tranquility of the ZARA spa experience may be preserved, and please leave at home or deposit all valuables in your locker, as Zara Spa and Hyatt Hotels cannot be held responsible for loss of personal items.

CANCELLATION Cancellations and changes of scheduled treatments are accepted up to **4 hours** prior to appointment time without incurring a charge. Without any notification of cancellation and a no show is recorded, a **50%** fee will be assessed.

GIFT CERTIFICATES Gift certificates are available for purchase and may be used for all Spa treatments.

AGE LIMITATION Children under age 16 are not permitted to use the Spa services.

SPA CONCIERGE If you have any additional questions or would like to further customize your spa experience, please do not hesitate to contact the spa concierge by calling **06-4651234**.

All prices are inclusive.

EXPLORE RECHARGE BALANCE

It all begins with the name **ZARA** the mother of all nature, the seed of all flowers. Here, you are the grand flower, so take a breath, relax, let your senses be balanced, let your soul be rejuvenated and let the magic happen.

Zara Spa is your ultimate sanctuary to enjoy a carefully selected treatments, saunas and steam rooms, an authentic Moroccan hammam, an indoor and an outdoor swimming pool over-viewing the historical city of Amman.

Recharge your body and mind in our fully equipped gym, and stay on track with your training goals. Whether you are looking for energizing cardio, or a quiet Pilate's session; Zara Spa is the place to achieve your goals and begin your journey towards a healthier you!

And now, we invite you to relax and indulge in a unique spa experience!

All prices are inclusive.



Signature Massages

Balinese Massage

80minutes price JD120

Balinese massage is a full-body, deep-tissue, holistic treatment. Traditional Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood and oxygen, bringing a sense of wellbeing, calm, and deep relaxation.

Lomi Lomi Massage

80minutes price JD120

Lomi Lomi massage is a traditional restorative massage therapy. The massage comprises of continuous, gliding strokes applied by our professional therapist. This technique uses the masseuse's hands, forearms, and elbows, ensuring a seamless flow of movement from one part of the body to the other. We focus on relaxing the entire body as opposed to targeting a specific area. The benefits associated with the massage are endless. Improved blood circulation, immune response, increased flexibility, and better posture are just some of the benefits amongst many others.

All prices are inclusive.

Deep Tissue Massage

50 Minutes JD 80 / 80 Minutes JD 110

A soothing massage concentrating on accumulated stress and muscle tension across the body. This massage relaxes muscles, improves circulation and relieves stress.

Back, Neck and Shoulder Deep Tissue Massage

30 Minutes JD 55

An accumulating stress and tension relief massage, concentrating on the back, shoulders and neck. This massage relaxes muscles, improves circulation and relieves stress.

Absolute Relaxation Massage

50 Minutes JD 80 / 80 Minutes JD 110

A flowing and soothing massage which enhances blood circulation, allowing you to achieve total serenity combining the lavender oil with lime scent. A perfect way to reduce emotional stress and body aches to achieve deep relaxation and total balance for the body and mind.

All prices are inclusive.



Back, Neck and Shoulder Relaxation Massage

30 Minutes JD 55

Gentle back, neck and shoulders massage using a blend of aroma oils, allowing you to achieve total serenity. A perfect way to reduce emotional stress and body aches to achieve deep relaxation.

Calming Warm Stone Massage

80 Minutes JD 120

Explore the heated basalt stones being massaged to the body in a way that awakens your mind and uplifts your spirit, revealing your inner glow. The heat coming from the stones help release the tension and pain, while the reviving aromas soothes and calms your body.

Jet Lag Massage

50 Minutes JD 90 / 80 Minutes JD 120

A touch of relief and restorative massage that is ideal for combatting the effects of jet lag. An indulgent treatment using luxurious oil blends to release tension, nourish your skin and leave you calm and relaxed.

All prices are inclusive.



Oriental Head Massage

30 Minutes JD 60

A natural face lift. Pressure points on the scalp and face are released to help smooth your brow and relieve your eyes.

Relaxing Foot Massage

30 Minutes JD 50

An invigorating leg and foot massage that stimulates blood flow using pressure points.

Indian Head Massage

50 Minutes JD 70

Indian head massage is an ancient therapeutic treatment that has been practiced in India for thousands of years, and is incredibly relaxing. This deep massage focuses on your head, neck and shoulders, using a variety of pressure points and techniques that tap into your seven “chakras” or paths of energy and encourages healing and balance for the whole body.

All prices are inclusive.

Body Treatment

Dead Sea Salt Scrub

30 Minutes JD 50

An invigorating body scrub using a locally sourced aromatherapy salts and oils, which allows you to enjoy a silky and smooth skin.

Silky Smooth Body Wrap - A Thalgo Signature Ritual

30 Minutes JD 60

Like soft rice paper on the skin, this Thalgo silky cream with sweet notes of sacred lotus and enriched with rice germ oil, will transport you into a Chinese temple of beauty-Leaving the skin nourished and moisturized.

All prices are inclusive.



Pink Sand Scrub - A Thalgo Signature Ritual

30 Minutes JD 60

Through toning movements, you will feel the grains of pink sand and delicate white quartz crystals of this Thalgo fragranced scrub, for smooth soft and radiant skin.

Dead Sea Body Mud Wrap with Herbal Oils

50 Minutes JD 60

Explore the Dead Sea secrets with a relaxing body wrap using the curative essence of the Dead Sea. Designed to help cleanse the skin and stimulate blood circulation, followed by a relaxing face and scalp massage.

Dead Sea Body Mud Wrap Natural

50 Minutes JD 55

A full body wrap using the curative essence of the Dead Sea. Designed to help cleanse, detoxify the skin and stimulate circulation, followed by a relaxing face and scalp massage.

All prices are inclusive.

Hammam Rituals

Royalty Ritual Hammam **60 Minutes JD 100**

Inspired by one of the oldest cleansing traditions in the world, the hammam is a purifying and refreshing ceremony that promotes well-being for body and mind. The heat inside the hammam warms up the body and softens the skin, allowing pores to open. Through exfoliation the dead skin layer is removed, allowing the skin to breathe. After exfoliation, a massage is performed in a cloud of foam.

Secrets of Arabia Hammam **75 Minutes JD 140**

Explore all the secrets of hamman with the re-mineralizing and detoxifying effects of the hammam ghassoul-clay-wrap, to improve and soften skin texture. Your skin will be exfoliated and cleansed before being pampered into the ultimate hammam experience and regenerated with massage using authentic argan oil leaving the skin soft and satin.

All prices are inclusive.



Facial Treatments

Soothing Mud Facial **30 Minutes JD 50 / 55 Minutes JD 70**

A purifying and relaxing facial cleanse followed by a gentle skin refiner, facial massage and a Dead Sea mud mask to purify, revitalize and freshen the skin, leaving it with a healthy and naturally radiant glow (suitable for all skin types).

Heart of the Ocean Rituals - A Thalgo Signature Ritual **60 Minutes JD 85**

The vital force of the oceans concentrated at the heart of a carefully tailored treatment to meet the specific needs of every skin type. This Thalgo signature massage is available in 3 treatment rituals.

Express Anti-fatigue Treatment (Women / Men) **30 Minutes JD 60**

Wake up and energize your skin in just 30 minutes. A full cleansing and a scrub with marine crystals, followed by reviving face massage and an anti-fatigue mask, leaving you with cleaner, clearer skin, and relaxed features.

All prices are inclusive.

Zara Spa Packages

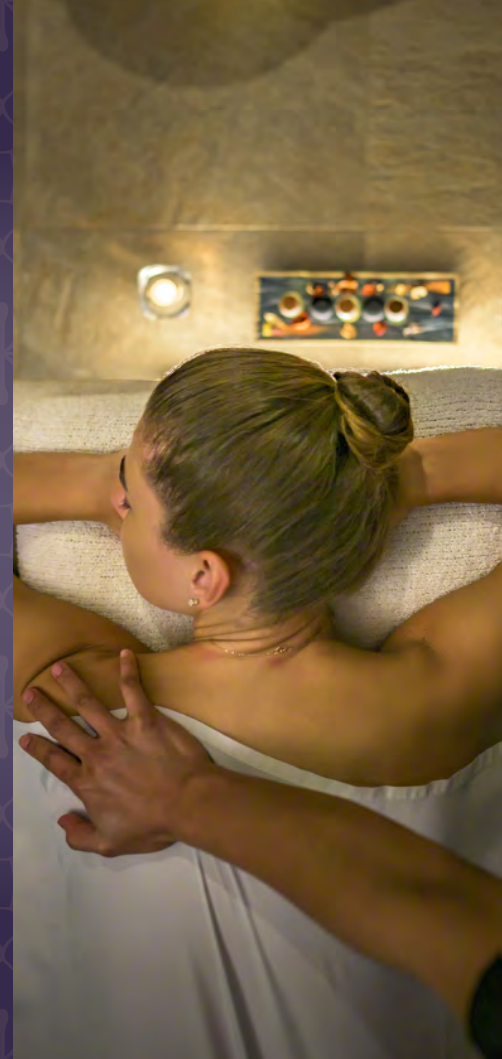
Exploring Authentic Dead Sea Retreat 130 Minutes JD 172

Dead Sea Body Salt Scrub
Dead Sea Body Mud Wrap Relaxing
Absolute Relaxation Massage

Peace of Mind Package 100 Minutes JD 135

Oriental Head Massage
Relaxing Foot Massage
Relaxing Dead Sea Mud Wrap

All prices are inclusive.



Grand Balancing Package 150 Minutes JD 200

Dead Sea Body Salt Scrub
Calming Warm Stone Massage
Oriental Head Massage
Mini Mud Facial

PRODIGE DES OCÉANS Face and Body Ritual 60 Minutes JD 120

Treatment Experience – Ultimate Exploration, Revitalization and Relaxation
Enjoy the ultimate treatment experience where innovation and technical expertise combined with luxury and sensoriality. This exceptional ritual offers the ultimate in revitalization for total youthfulness and deep relaxation.

The revitalizing benefits of intelligence Marine Régénérative, a complete concentrate of 63 marine active ingredients – an exclusive Thalgo patent – are teamed with a face massage, inspired by age-old Japanese manual facelift techniques, to visibly smooth wrinkles and restore the skin's firmness and elasticity. The body massage combines maneuvers that relieve tension for a complete relaxation.

A moment of pure pleasure that extends from head to toe to feel deeply revitalized.

All prices are inclusive.