



YOUR POLYNESIAN ESCAPE

SHARING POLYNESIAN.

Ola Spa is a unique haven of tranquillity and stillness, nestled in the heart of Lapita, Dubai Parks and Resorts.

Ola, meaning life, health and wellbeing, is our spa - a true Polynesian sanctuary that allows you to escape from the stresses of your day with soothing and relaxing treatments. Ola Spa is an indulgence for the body, mind and senses.

Incorporating the perfect design, ambience and harmonious surroundings, Ola Spa allows you to rediscover harmony, relaxation and inner peace.

Ola Spa features a traditional Moroccan Hammam treatment room offering an array of both modern and ancient healing practices. Elegant single and couple's treatment rooms feature a comprehensive treatment menu inspired by traditional Polynesian techniques. Each therapy ritual is tailored perfectly to your needs in our eleven exquisitely appointed, private treatment rooms.

Complete your spa experience by unwinding in our Wellness areas for a therapeutic post thermal experience with dedicated men's and women's relaxation lounges, aromatherapy steam rooms, saunas, vitality pools and ice fountains. Discover the wonders of holistic and peaceful pampering at Ola Spa - the ultimate venue for relaxation and wellness specially created with you in mind.



LAPITA POLYNESIAN JOURNEY

LOMI LOMI AUTOGRAPH MASSAGE (Hawaiian Massage) 60 minutes

Lomi Lomi massage is used by Hawaiian healers as a holistic tool with traditions dating back to the Polynesian islands' first settlers. Lomi Lomi works muscles gently and deeply with continuous flowing movements that calm the senses, reminiscent of ocean waves. Our Lomi Lomi massage is carried out on areas of your body, which are rolled using the therapist's arm from the wrist to the elbow.

TAURUMI MASSAGE (Tahitian Massage) 60 minutes

This relaxing massage strengthens the connection between body and spirit and will allow you to restore your sense of well-being. The techniques used in this traditional Polynesian massage have been passed down from generation to generation and will give you a touch of French Polynesian spirit.

POHAKU MASSAGE (Samoan Massage) 75 minutes

This stimulating massage combines warmed basalt stones with monoi oil to penetrate deep into muscular tensions to energise and invigorate the body. The heat and texture, combined with powerful movements, will melt your tension away.

MOANA AUTOGRAPH FACIAL 75 minutes

This unique treatment draws inspiration from Polynesia to hydrate the skin and relax the mind and body.

VAHINE FACIAL 90 minutes

The skin will be deeply hydrated and regenerated, while the body can loosen up to the rhythm of Tuiponos for a relaxing and warming neck and shoulder massage.

LAPITA AUTOGRAPH RITUAL 90 minutes

Experience Polynesia through the exotic sensorial spa ritual, inspired by four of the most beautiful islands hidden in the heart of the Pacific Ocean. This luxurious full body treatment takes you on an exotic journey of discovery, through the Polynesian islands of Taha'a, Manihi, Bora Bora and Raiatea.

LOMI LOMI HAMMAM FUSION 90 minutes

Fusion of two cultures – Polynesian and Arabic. In the traditional Moroccan hammam experience, your body is doused with warm water and a cleansing exotic soap is applied to your skin to open the pores, followed by a full-body exfoliation. Complete the ritual with ancestral Polynesian healing massage. A combination of long, gentle strokes using the forearms helps to induce deep relaxation and general well-being.

FACE THERAPY

CUSTOM FACIAL

60 minutes

A tailor made facial experience that ensures visible and effective results for all skin types.

Purify, hydrate and smooth your complexion with this expert facial that is customised to suit your individual needs.

OCEAN FACIAL FOR MEN

60 minutes

A facial for men who wish to relieve signs of tiredness and equalize the skin's moisture balance.

This intensive care treatment is specifically designed for men who wish to have a cleaner and fresher complexion. The therapy detoxifies your skin, reduces fine lines and leaves your skin feeling hydrated.

M-CEUTIC RENOVATION RADICALE

60 minutes

This patented facial peel treats all types of skin irregularities and conditions for a smoother and more balanced complexion.

This innovative and results-driven treatment is designed to target imperfections such as blemishes, pigmentation, scarring, enlarged pores and uneven skin tone. Active components, such as Pure Marine Mésolift and Neo-Skin, penetrate the deepest layers of the skin, significantly improving skin quality.

BRIGHTENING TREATMENT

75 minutes

A skin-perfecting asset, this treatment visibly brightens the skin.

This treatment smooths and lightens your complexion while reducing uneven skin tone. Your skin's pigmentation marks and pores will appear less visible and your skin will feel younger and more radiant.

COLLAGEN MARINE

60 minutes

Give your skin a collagen boost with immediate anti-ageing results.

This treatment provides your skin with the Collagen it needs and also allows the skin to reactivate its own production of collagen to smooth first lines, moisturise and restore radiance and softness.

HYALURONIC SMOOTH & FILL FACIAL

60 minutes

Correct the signs of ageing with this smoothing and filling facial designed for reducing the appearance of wrinkles.

This unique zone-to-zone anti-ageing treatment provides the skin with Hyaluronic Acid and also promotes the skin's natural production of Hyaluronic Acid. This will allow the skin to regain its original plumpness and density, as well as its resilience and suppleness.

SILICIUM SUPER LIFT FACIAL

75 minutes

Dare to defy time with this super lift facial, designed to combat loss of firmness and pronounced wrinkles.

This treatment firms your skin and gives it more elasticity whilst also filling deep wrinkles. Your complexion is left ultra radiant, your skin appears lifted and your wrinkles less visible.

EXCEPTION ULTIMATE

90 minutes

The ultimate anti-ageing facial to combat all signs of ageing and hormonal deficiencies.

This luxurious facial treatment has a natural "facelift effect" and smooths wrinkles, re-defines facial contours and re-positions slackened volume. The skin regains its firmness, density and tone, with visible results after just one session.

WELLNESS LIFESTYLE THERAPY

SLEEP TREATMENT

60 minutes

Enter a room, deeply scented with Tranquillity fragrance - an extraordinary blend of 19 of the purest possible essential oils to induce deep sleep. The treatment begins with a peaceful guided meditation, reflexology and breathing techniques. We drizzle the Intensive Skin Treatment Candle oil over the skin throughout the treatment, concentrating on key stress relieving points. Prepare to be lost in a blissful state, ready for a deep night's sleep.

DE-STRESS TREATMENT

60 minutes.

Our Real Luxury fragrance, including lavender, jasmine and Brazilian rosewood, creates a de-stressing environment the moment you enter the room followed by a peaceful guided meditation, reflexology and breathing techniques. We drizzle the Intensive Skin Treatment Candle oil over the skin throughout the treatment incorporating techniques of shiatsu, cranio, Thai massage and trigger point work. This treatment calms your senses and allows your mind, body and soul to recuperate.

ENERGISE TREATMENT

60 minutes

Using changes in temperature and speed-of-touch this treatment begins with a Body Scrub containing wild mint and mandarin. Your skin will then be fully enveloped in the energising cream clay wrap, whilst you experience a face and scalp pressure point massage plus specialist reflexology techniques applied on your feet. Your senses will be awakened and your body and mind will be given a boost of natural energy.

HAPPINESS TREATMENT

60 minutes

This treatment begins with a guided meditation using a blend of seven of the purest essential oils including: white neroli, mimosa and lemon, followed by reflexology and breathing exercises designed to lift your mood. Your skin will be lightly exfoliated with wild mint and mandarin before being massaged using special massage techniques. The treatment will decrease stress levels and release endorphins, leaving you feeling relaxed and relieved.

MUM TO BE TREATMENT

60 minutes

This safe and effective pre-natal massage uses our hand-picked blend of 100% natural essential oils that deliver additional comfort and warmth during this special and delicate time. This top to toe treatment begins with a pregnancy-specific guided meditation and includes a relaxing back exfoliation to help naturally lift your mood, followed by a 'Mothers to-be' massage.

MASSAGE THERAPY

RELAXING MASSAGE

60/90 minutes

A timeless full body massage using long, flowing strokes to promote relaxation. Free the body from all its tensions with a classic stress-relieving massage using medium pressure techniques. This treatment improves circulation, relieves stiff, tight and fatigued muscles and joints and promotes an overall sense of well-being.

DEEP TISSUE MASSAGE

60/90 minutes

This is an experience recommended for tense, knotted and painful muscle areas. Using a variety of muscle release techniques with strong pressure, the therapist will work within your pain threshold to release and relax tension. Ease your muscle pain and re-awaken your senses with this deep oil-based treatment.

CEREMONIAL MASSAGE

60 minutes

Drawing on ancient hammam rituals, the massage will begin with a back exfoliation using Miel d'Ambre, a detoxifying and regenerating balm inspired by the traditional black soap. This is followed by a full body massage utilising the incredibly aromatic Onguent d'Argan, a melting and nourishing body balm, made with Argan Oil and Monoi butter.

THAI MASSAGE

60/90 minutes

Thai massage is an ancient massage that combines gentle body rocking, deep stretching movements and firm acupressure techniques relying on the use of palms, elbows and thumbs. This massage will improve your flexibility, stimulate blood circulation and increase vitality.

MEDITERRANEAN THERAPY

HAMMAM ESCAPE

60 minutes

This traditional Hammam treatment includes black soap application, full body exfoliation and traditional stretching.

HAMMAM TIME FOR YOU

90 minutes

This hammam treatment includes black soap application, full body exfoliation, scalp massage, hair washing ritual and traditional stretching massage.

IMPERIAL HAMMAM

120 minutes

The imperial hammam experience consists of a 60 minute hammam ritual that includes the black soap application, full body exfoliation, scalp massage, hair washing ritual and traditional stretching massage followed by a 60 minutes ceremonial massage.

MOROCCAN INSPIRED PURITY FACIAL

60 minutes

Your facial will begin with a relaxing hot stone massage followed by a gentle exfoliation to prepare your skin for the traditional rhassoul clay mask. The treatment will finish with an application of Richesse d'Arganier, a rich face cream that purifies and nourishes the skin. Your skin will feel cleaner, plumper and well nourished immediately after this facial.

MOROCCAN INSPIRED RADIANCE FACIAL

60 minutes

For skin that is lacking in moisture and vitality, the Radiance Facial is an intensely hydrating treatment that uses argan seeds for application. Followed by argan oil and melting honey to restore clarity and improve the skin's appearance.

SWEET ROSES

60 minutes

A regenerating scrub inspired by the black soap used in traditional hammam rituals. This treatment removes dead skin cells and increases microcirculation leaving skin smooth and purified before enveloping the skin in Roses de Sucre cream. This scrub will leave your skin feeling nourished and wonderfully moisturized with a soft scent of rose and neroli that will linger for the hours that follow.

INDOCEANE RITUAL

90 minutes

Indocéane is an invigorating spa ritual and is regarded as the most sensual of treatments. This ritual takes your mind and spirit away to a place of ultimate relaxation.

BODY THERAPY

FRIGI LEGS/FEATHER LIGHT LEGS

45 minutes

Discover Thalgo's famous cooling marine wrap that boosts circulation and eliminates excess fluid retention and toxins from the hip and thigh areas. Frigi Thalgo effectively reduces cellulite and works as a slimming quick fix.

HIGH PRECISION BODY SHAPING TREATMENT

45 minutes

This high-performance, innovative treatment consists of three exclusive and coordinated treatments: a body wrap with active oxygen, a high performance concentrate infused with active ingredients and a Perfect Sculpt massage.

PERSONALIZED SCRUB

30 minutes

This detoxifying full body exfoliation removes dead skin cells and increases microcirculation that will leave your skin smooth and intensely purified.

SUN THERAPY

BEFORE SUN

30 minutes

Save your body from Dubai's intense climate with this ultra-moisturizing and deep soothing eco-certified treatment. This protective treatment ensures you are covered from head to toe in an SPF sun protection of your choice followed by a relaxing massage. Get your skin ready for the Middle Eastern sun with this luxury treat.

AFTER SUN

30 minutes

Repair and calm your skin with this ultra-moisturizing and deep soothing eco-certified treatment. The experience begins by prepping the skin with a cooling body cleanser known for its anti-inflammatory benefits that calm sunburnt skin. Your body will then be gently wrapped to ensure maximum absorption and retention of moisture while experiencing the calming indulgence of a mini face treatment, followed by a invigorating foot massage.

EXPRESS THERAPY

EXPRESS DE-STRESSING BACK TREATMENT

30 minutes

Prepare to unwind as we begin and end this treatment focusing on breathing and working on the key stress relieving points of the back. This 30 minutes to wellbeing treatment harnesses the very best massage techniques featuring deep tissue and trigger point work.

EXPRESS ENERGISING FOOT TREATMENT

30 minutes

This foot treatment revives both your mental and physical wellbeing, leaving your legs and feet feeling recharged and your mind feeling calm and relaxed.

EXPRESS FACIAL

30 minutes

This is the perfect express facial treatment for people on the go. An instant radiance-boosting facial that awakens dull complexions in 30 minutes flat and is suitable for all skin types.

TEENAGERS THERAPY

(From 12 years old)

ICE CREAM FACIAL

30 minutes

This facial is a perfect SOS treatment for sensitive, fragile skin. Your skin is left feeling fresh and luminous.

MENTHOL CANDY

30 minutes

This treatment will make your skin glow. A complete rebalancing treatment that will leave younger skin feeling refreshed and relaxed.

TEEN MASSAGE

30 minutes

Relax and let that hard day of fun and play be eased away by having a soothing massage.

VIK (VERY IMPORTANT KID) MANICURE-PEDICURE

30 minutes

Your nails are clipped, filed and shaped followed by a light massage for both the hands and feet. Finally, choose the colour, have it applied on your VIK nails and feel relaxed and pampered.

BORA BORA COUPLE'S SUITE

ESCAPE FOR TWO

60 minutes

Relax and unwind with your loved one by your side as you both enjoy our Autograph Lomi Lomi massage. This massage helps to stimulate circulation and restore the flow of energy through the body in our romantic and intimate Couple's Suite.

PARADISE FOR TWO

90 minutes

Enjoy each other's company while you relax in the privacy of our luxurious Couple's Room. Commence your journey with a body exfoliation of your choice followed by a relaxing massage leaving you relaxed and refreshed.

IMPERIAL HAMMAM FOR TWO

120 minutes

Enhance your couple's journey with a luxurious Arabian spa experience together in the privacy of your own hammam treatment room. This lavish treatment promotes wellbeing and 120 minutes of pure bliss. After the Hammam ritual the skin's specific needs will be fulfilled and you will be left feeling relaxed and complete.

DAY SPA RITUAL

POLYNESIAN PARADISE

150 minutes

Immerse yourself within the spirit of the islands with this three-treatment treat. First, enjoy an invigorating body exfoliation followed by a deep tissue massage and finish off your experience with a Moana facial that will leave you feeling relaxed and refreshed.

ISLAND EXTRAVAGANCE

180 minutes

Our spa team will be happy to create a custom Ola Spa journey just for you. Choose a theme such as, Vitality, Relaxation or Detoxification and let us take care of the rest.

SPA PRACTICE

CANCELLATION POLICY

If you must cancel or reschedule your appointment we request at least four hours' advanced notice allowing us to offer the time to other guests. Cancellations made within four hours or who fail to arrive for scheduled appointments will be charged the full service fee. The spa reserves the right to refuse bookings for guests who repeatedly fail to arrive for the appointment scheduled.

ARRIVALS AT THE SPA

All guests will be asked to fill out a consultation form prior to the commencement of the spa treatment. Please arrive at least 15 minutes prior to your scheduled appointment time to begin the relaxation experience. Arrival times up to 1 hour before treatments are acceptable to allow guests to enjoy the facilities and benefits within our relaxing spa.

LATE ARRIVAL

If you arrive late for your appointment, you will receive the best treatment possible within the remaining appointment time. It may be necessary to decrease your time with respect for the next appointment. Please note that full treatment costs will apply.

SPA ATTIRE

You may arrive in whatever clothing you wish as you will be given your own robe and slippers to wear around the spa upon your arrival. Disposable undergarments are provided and required when using the shared spa facilities. If you wish to use the vitality pool you must bring your own swimwear. Lockers are provided in a shared spa changing area. Ola spa and the hotel will not be responsible for the loss or damage of any jewellery or other personal items brought with you to the spa.

SPA ETIQUETTE

Our spa's environment is one of relaxation and tranquillity, for this reason we kindly request that all cell phones be switched off or in silent mode and we kindly ask you to speak in a soft voice. In order to protect the modesty of our guests, photography is not permitted in any area where others may be undressing or disrobed.

SPA INFO

SPA HOURS

Spa opening hours are from 9:00am to 10:00pm.

Last bookings are made to ensure treatments will end by 9:45pm.

Guests staying to use the facilities and relaxation areas after any appointments may also do so until 9:45pm.

Special requests for treatments outside of normal spa hours may be considered individually and are subject to availability and will incur an accommodation fee.

Spa facilities are open from 9:00am to 10:00pm.

ACCESSIBILITY

Ola spa facilities are available to all hotel guests who are of 16 years of age or older. Individuals who are pregnant, have disabilities, allergies or any health concerns are still welcome to use the spa but should notify the reception upon booking to ensure the appropriate therapist and service can be recommended.

CHILDREN POLICY

For spa treatments, a parent or legal guardian is required to sign a disclaimer form for children under the age of eighteen (18) years old.

FOOD AND ALCOHOL CONSUMPTION

Complimentary tea service and light snacks are provided for all spa guests in our relaxation areas. It is advisable to drink plenty of water before and after treatments and to stay well hydrated when using heated and hydro-facilities. Alcohol consumption is not recommended before or after treatments and is also prohibited in all spa and fitness areas. No Smoking is allowed.

GIFT VOUCHERS AND MEMBERSHIP

Ola spa gift vouchers and memberships are available for purchase for any specific amount or treatment requested. Please be advised that gift vouchers cannot be purchased with a discount.



LAPITA
DUBAI PARKS AND RESORTS

AUTOGRAPH COLLECTION[®]
HOTELS