

Welcome

Inspired by the pristine beauty of its iconic location on the Oberoi Beach Resort Al Zorah.

The Oberoi Spa offers a selection of holistic healing practices, modern rejuvenation and well-being Techniques, which relieve the mind, body and spirit. Therapists well-versed in the art of massage guide you through elevating experiences that result in reduced stress, skin revitalization and relaxation. Choose from an array of Ayurvedic and internationally influenced therapies to restore the vital energy of the body.

Or

select one of our carefully designed beauty therapies that impart nourishment and radiance. Whatever your preference, an afternoon at the Oberoi Spa will leave you refreshed, renewed and re-energised.

Massage therapies:

From pain relief to deep relaxation, a skillfully delivered massage is excellent for your overall health and well-being. The Oberoi spa offers the most effective Eastern and Western spa treatments that soothe the senses, restore vitality and revive the spirit.

Oberoi Signature:

Enjoy sheer renewal with our carefully designed holistic massage. A unique blend of eastern and western treatments, the Oberoi therapy includes long, rhythmic strokes that release the body and mind from deeply held tensions. The experience concludes with our signature dhara, a warm, aromatic blend especially concocted to stimulate the third eye, relieve insomnia, and deliver a profoundly calming effect.

Duration: 75 minutes

Price: 650 AED

Aroma Massage :

This therapy uses revitalising blends of natural oils extracted from herbs, flowers and fruit to soothe the senses and relax the mind. Blissful aromas fill up the room as your therapist delivers stimulating strokes, increasing circulation, balancing your body's nervous responses and energising the spirit. Customised to fit your specific needs.

Duration: 60/90 minutes

Price: 500/650 AED

Swedish Massage:

The most widely practiced and best known western massage system, Swedish therapy is designed to invigorate and renew the body. The healing hands of your therapist provide a combination of classic strokes and pressure techniques such as pounding to improve micro-circulation, release muscular tension and relieve aches and pains. The experience leaves you refreshed and rejuvenated.

Duration: 60/90 minutes

Price: 500/650 AED

Balinese Massage:

Developed on the island of Bali, this luxurious massage therapy combines the revitalising properties of aromatic oils with deep pressure techniques such as skin rolling, deep tissue manipulation and reflexology. A sense of calm and well-being envelops you as vital energy points are stimulated and muscle tension is eased. Highly recommended for pains and aches.

Duration: 60/90 minutes

Price: 500/650 AED

Foot Reflex Massage

Reflexology is based on the principle, of our organs being mapped onto corresponding points on our feet and by applying pressure on these points, stimulating the energy flow and restoring balance and promoting well-being.

Duration: 45/60 minutes

Price: 350/450 AED