

Al Shifa Spa is a haven of peace and tranquillity, offering the promise of pure relaxation, allowing your mind, body and soul to reach the perfect state of harmony and balance

Our diverse collection of treatments combines tradition with sophistication, offering total indulgence you are guided through a journey of healing, relaxation, beauty, inner peace and total wellness. Al Shifa spa caters to each and every aspect of ones being offering multiple therapies from ancient Indian Ayurvedic treatments to Thai, Chinese and Balinese programs infused with European classic techniques



Al Shifa Signature Collection

Journey to Emirates

2 hours

AED 450

Transport yourself to a Desert where the traditional beauty ritual will make you feel like royalty. Begin with the Herbal body treatment that soften, refine, exfoliates and nourishes the skin followed by our Signature Massage with smooth heavenly strokes using our special blended oil.

The Royal Indian

2 hours

AED 450

Follow the Kings and Queens of ancient era and experience the beauty and healing in the Ayurvedic treatments. Start with the Indian Head Massage then a full body Ayurvedic massage that uses warmed Ayurvedic oils to help remove toxins leaving you with a body of balance and inner peace.

Hot Stone Massage

90 minutes

AED 400

For centuries, people have been drawn to the healing power of heat and the specific energies of Lava Stones. This deluxe hot stone massage by specialized movements to ease and relax your muscles and wanting more.... with a relaxing massage for the face to rejuvenate completely

Spa Double Escape

90 minutes

AED 500

Two therapists work harmoniously to create the ultimate experience of total bliss. This massage is designed to de-stress your spirit, offers total escape, and an unforgettable spa journey.





Massages

Abhyangam

60 minutes

AED 200

This basic Ayurvedic oil massage improves blood circulation while eliminating toxins and boosts the immunity leaving one feeling revitalized by using a combination of soothing and symmetrical long strokes to regulate the circulatory and nervous systems of the body.

Shifa Dhara

60 minutes

AED 400

An exotic interpretation of a very popular and effective Ayurvedic treatment, Shifa Dhara starts with a head massage and then relax under the warm medicated oil dripped in a steady stream on your forehead, it quiets mind and the senses and helps in sleeplessness and general headache.

Elakizhi massage

60 minutes

AED 250

One of the most relaxing and refreshing massage that you can enjoy. This treatment is very good for relieving spasms and stiffness of muscles, lubricating the joints, strengthening the spinal muscles and relieving joint pain.

Al Shifa Soul Ritual

60 minutes

AED 290

90 minutes

AED 350

A complete sensorial experience with this ritual massage, taking you on a vast journey of 4 distinct worlds, Oriental - the exotic culture, Mediterranean - the vibrant and warm diversity, India - the multicoloured world & life philosophy, Arabia - the ancient world of the desert.

Aroma Breeze Massage**60 minutes****AED 250****90 minutes****AED 350**

An anti stress massage using relaxing essential oils for your senses and long smooth strokes to ease any tension, truly blissful. A deeply nurturing herbal massage serves to help the body unwind, alleviating stress and restlessness.

Aroma Massage with Cream Balm**60 minutes****AED 250**

A Unique formulated cream balm massage which incorporates and infuses the aroma massage techniques with traditional techniques such as thumb circling, gentle stretches and long knead stroking to stimulate and heal the body system, restore balance and feel spiritually renewed.

Swedish massage**60 minutes****AED 250****90 minutes****AED 350**

A classic massage to invigorate the senses and increase energy flow for the whole body with The pressure and rhythmic strokes work effectively on muscles, blood circulation and nerve endings, thus providing an excellent all-round treatment.. It reduces stress, both emotional and physical

Deep Tissue Massage**60 minutes****AED 290**

Aimed at targeting the deeper tissue structures of muscle and connective tissue, this treatment is a more focused type of massage with the pressure generally intense. Our skilled therapists work to release chronic muscle tension, knots and adhesions to increase flexibility and release deep tension.



Thai Massage

60 minutes

AED 250

90 minutes

AED 350

This unique, complete therapy combines elements of yoga, acupressure, gentle twisting, and deep stretching. Thai massage releases tension, increases vitality and creates wholeness of mind, body and spirit by restoring the body's energy flow.

Balinese Massage

60 minutes

AED 250

90 minutes

AED 350

Traditional Balinese massage with deep rhythmical strokes, rolling movements with gentle kneading and firm, smooth strokes that stimulate energy flow and circulation whilst creating a deep sense of relaxation.

Head, Neck & Back Massage

45 minutes

AED 125

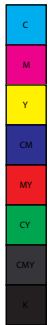
This medium to firm pressure massage focuses on the stressed muscles in the head, neck and shoulder area to ease away muscular aches and pains.

Reflexology

45 minutes

AED 150

Also known as ancient Chinese Foot Massage, this treatment applies pressure to reflex points located in the foot to stimulate the body's energy flows and release blockages by opening the body's energy pathways leaving you balanced with restored clarity.





Body Scrubs and Wraps

Aroma Sand Body Scrub

45 minutes

AED 150

An amazing natural scrub exfoliates skin, removes dead skin cells and other unwanted material. This body scrub allows the pores of the skin to function properly and speeds healing and disappearance of scars, increases circulation and stimulates lymphatic system.

Sea Salt Body Polish

45 minutes

AED 150

The body is polished with a blend of purifying salts, aroma oil & spices, an effective deep cleansing with detoxification which renew and refresh the skin texture

Udwarthanam Herbal Body Scrub

60 minutes

AED 250

This herbal body scrub cleanses and invigorates the body and leaves your skin feeling fresh, smooth, soft and saturated with antioxidants using an age old Ayurveda formula renowned for its strong antioxidant.

Udwarthanam Slimming Treatment

60 minutes

AED 350

It is a deep dry body massage using herbal powders. This treatment reduces obesity; imparts mobility to joints, tones skin and muscle, removes cellulite, imparts good complexion by exfoliating the skin, removes the toxins, stimulates the blood circulation and revitalizes sense of touch.

Shifa Dead Sea Mud Wrap

45 minutes

AED 190

The healing Dead Sea mud wrap will rejuvenate; re-mineralize the skin by stimulating the blood circulation. This wrap will cleanse the skin deeply.





Moroccan Bath

60 minutes

AED 250

This exotic bath ritual begins with a cleansing; hydrating with application of black olive soap then a scrub eliminates dead skin cells and improves circulation leaving your body refresh and revitalized.

Spa Bath treatments

Only at Ramada Hotel & Suites Ajman

Invigorating Luxuriating Bath

90 minutes

AED 375

Have the experience of Aroma Luxuriating Bath with Swedish massage, which gives you a feel of heavenly touch throughout your body.

Anti-Stress Luxuriating Bath

90 minutes

AED 375

Experiences the healing touch of aqua by Salt luxuriating bath with Aroma breeze massage that leaves your body completely stress free.

Facial Treatments

Tropical Balance

60 minutes

AED 275

This facial is a detoxifying treatment that uses pure essential oils and Botanical actives along specific energy points to purify, restore balance, relax, renew the skin and relieve stress lines by leaving it more youthful, energized and regenerated . This facial is personally customized for all skin types.

Pearl of Gulf for Her

60 minutes

AED 250

This facial counteracts photo-aging, reducing fine lines and strengthens the skins **elasticity**. Exceptionally hydrating and detoxifying due to the high concentration of face wash made from an old ancient recipe enriched with herbal extracts and pure essential oils to nourish the skin.

Desert Refresh for Him

30 minutes

AED 125

Specially formulated for Men, this treatment will lavish your skin with rich restorative moisture. This facial will help reduce roughness and boost firmness on the skin. This will revive a tired complexion with cleanse, tone and masque to reveal skin clarity.



Al Shifa Express Treatment

Foot Massage

20 minutes

AED 75

Known to relieve stress, reduce fatigue and improve general circulation, our luxurious foot massage is the perfect way to unwind and sink into holiday mode!

Indian Head Massage

20 minutes

AED 75

Based on the Ayurveda system of healing, this massage aims at releasing accumulated stress in the tissue, muscles and joints of the head, neck and back. It is ideal for relieving stress, tension and fatigue.

Neck & Back Massage

20 minutes

AED 75

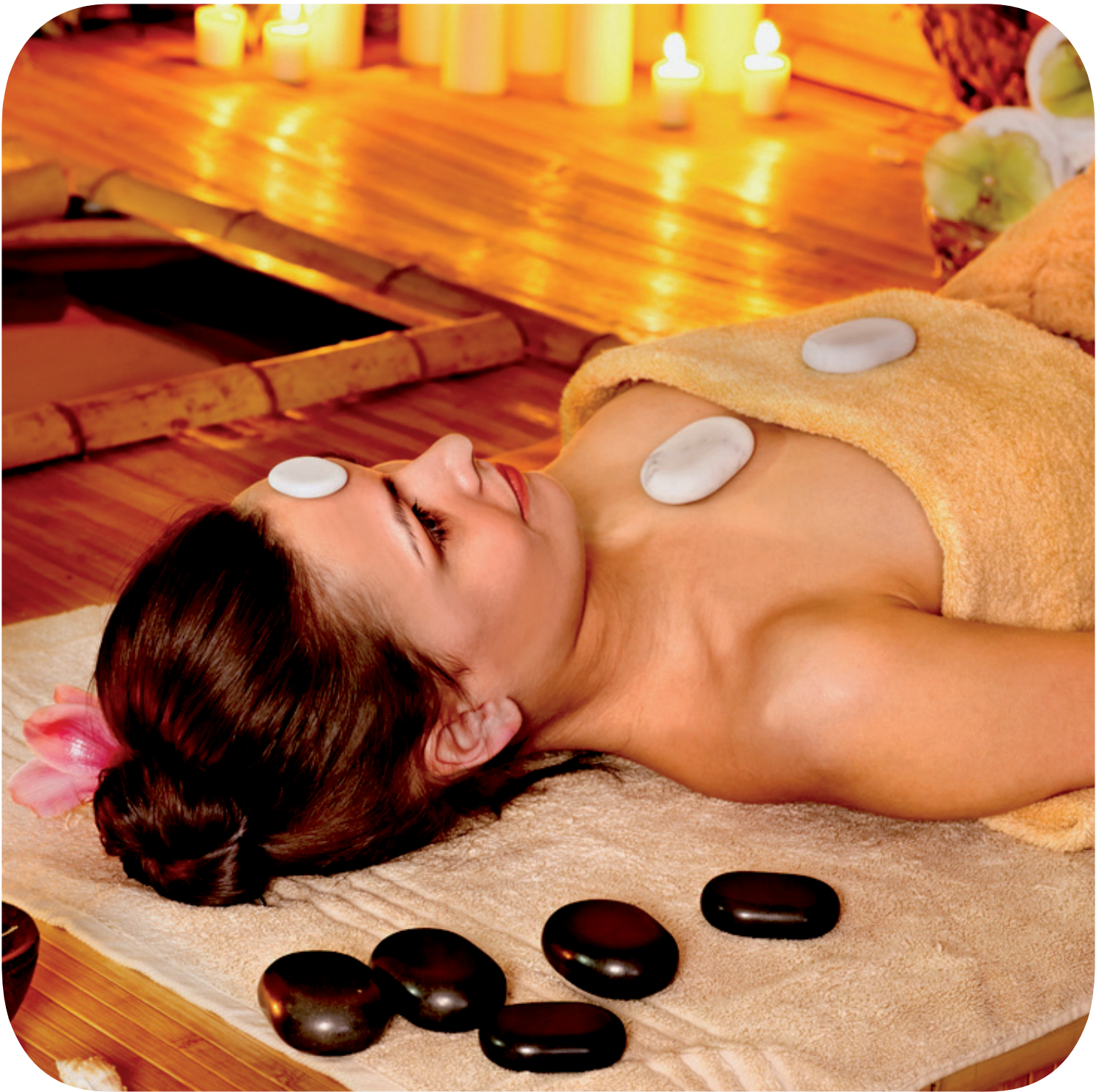
This invigorating massage relieves stress and improves posture by loosening stiff muscles in the upper and lower back. Relax your mind and body with this healing treatment.

Hand & Arm Massage

20 minutes

AED 75

This treatment successfully relieves muscle tension in the shoulders and forearms. It ends with a soothing and moisturizing hand massage



Al Shifa Spa Packages

Body Enhancer

2 hours

AED 450

- Udwarthanam Herbal Body Scrub
- Aroma Massage with Cream Balm

Desert Pleasure

2 hours

AED 450

- Aroma Breeze Massage 60 minutes
- Tropical Balance Facial

Arabian Delight

2 hours & 45 minutes

AED 600

- A choice of 45 minute scrub
- A choice of 60 minute massage
- A choice of 60 minutes Facial

Reviver package

90 minutes

AED 350

This package rejuvenates tired muscles with the choice of Aromatic or Ayurvedic oils that increase circulation, reduces fluid retention and stimulates the nerves. A Unique Aromatic Deep Cleansing Facial to rebalance, purify and soothe congested skin to complete the rejuvenation experience.

- **Jet Lag Reviver Massage**
(Choice of Aroma breeze massage or Ayurvedic Elakizi Massage)
- **Aroma Deep Cleansing Facial**





Al Shifa
SPA INTERNATIONAL



leave the rest to usSM

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RAMADA

HOTEL & SUITES AJMAN | BEACH HOTEL AJMAN

Ramada Hotel & Suites Ajman and Ramada Beach Hotel Ajman are operated by RHotels under a franchise agreement from Wyndham Hotel Group.