

A pair of hands is shown from the top, holding a cluster of vibrant pink rose petals. Below the hands is a clear glass bowl filled with water, in which several more pink rose petals are floating. The background is a soft, out-of-focus white. The overall mood is serene and relaxing.

Skyfitness & Rooftop Spa

Let us take you to the  
**world of relaxation...**



Overlooking downtown and the serene Dubai Creek, and located just 5 minutes from Dubai International Airport, the Marriott Executive Apartments Dubai Creek provides business travelers with an ideal setting for longer stays during their relocation. Each of these 1-, 2- and 3-bedroom luxury serviced apartments in Dubai indulge guests in the amenities and personal attention one would usually expect from a 5-star hotel.

Elegantly appointed, each also offers the welcome comforts of home: a fully-equipped kitchen; entertainment center; high-speed Internet and en suite bathrooms. The residence Skywalk Cafe is open for all-day dining. The Marriott Executive Apartments Dubai Creek also has fully equipped fitness club, rooftop spa, pool, Jacuzzi, children's play area, secured assigned parking and business services available 24-hour.

Our Rooftop Spa is a place in which you can enjoy and relax. Guests may experience a full range of spa treatments provided by our well trained therapists. Our products are manufactured by 8 French Laboratories that provide skin care products with exclusive formulas developed in specialized research units. We are also using the purest essential oils the world has to offer and standard treatment techniques.

Before a treatment begins, the therapist will spend few minutes discussing your specific requirements and suggests a treatment that meets your unique needs. We are dedicated to calm your mind and balance your emotions.

Remember that the difference between a good and great treatment is an excellent therapist.

## TERMS AND CONDITIONS

- Prospective members of the club will be requested to complete an applications form and attach two recent passport size photographs for membership card.
- Payment of the membership fee must be made on acceptance of the application. Entry to the club will not be permitted until this membership fee is paid.
- The management must approve all memberships for the SkyFitness. The management reserves the right to select and refuse membership without explanation or reason.
- Membership is non-refundable and non-transferable.
- The management shall have the right to terminate a membership without refund if the member violates any rules and regulations.
- Members have to print their names clearly in the registration sheet all the time when using the club facilities.
- Any person, whether member or guest entering the club and using its facilities does so at their own risk.
- The management does not accept responsibility for any loss or damage caused to items, valuables or personal belongings brought into the club and members do so at their own risk.
- Members or their guests are advised to undergo a medical examination prior to joining the club. The management will not be responsible for the death, injury, illness and /or mental impairment of any members and /or their guests caused and/or aggravated by any prior injury or illness of the member.
- The SkyFitness will be open daily from 07:00am to 10:00pm the club reserves the right to alter its opening time as necessary.
- For reasons of safety and hygiene read thoroughly the recommended safety guidelines posted in the SPA areas pertaining to the use of sauna and steam room.
- Members are not permitted to bring personal food and beverage items in to the club or pool area from outside.
- Members are requested to respect the right of the other user and refrain from shouting, foul language and boisterous behavior.
- Smoking is permitted in the pool area only; in all areas of the club Smoking is prohibited.
- Members are requested to abide by all rules and regulation posted throughout the club.

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I have read and understood the terms & conditions of the SkyFitness at the Marriott Executive Apartments Dubai Creek and herewith agree to abide by them and ensure the compliance of all accompanying family members and guests.

Signature \_\_\_\_\_

Date \_\_\_\_\_

## MEMBERSHIP RATES

Category	Annual Membership	6 MonthsMembership	3 Months Membership	1 Month Membership
Single	2500	1600	1250	700
Couple	4500	400	1800	-
Junior(4-15 years)	600	450	350	-

## DAILY GUEST FEE

	Weekdays	Weekend
Adult	50	60
Junior	30	40

## ACTIVITIES

- Personal training (fee applies)
- Aerobics (fee applies)
- Power-Plate training (fee applies)

## CORPORATE MEMBERSHIP POLICY

It is our pleasure to extend a 20% discount on our Annual Membership Fee to a company when 5 or more individuals or families enroll. Additionally, as a corporate member individually named person can transfer their membership to other nominated company employees, for a minimal fee of 100 AED.

## MEMBERSHIP BENEFITS AT THE SKYFITNESS

Membership to the Skyfitness Club entitles the member to receive the following facilities:

- 10% discount on all spa treatments
- Special prices on Power-Plate training packages
- Complimentary introduction from a personal trainer
- All members who wish to book a room in the hotel will be eligible for a room upgrade during off peak periods and subject to availability
- Members will receive priority booking in food and beverage outlet

*\* All prices are in Dirhams and are inclusive of 10% Municipality Fee and 10% Service Charge*

## POWER-PLATE RATES

Category	Guests in-house	SkyFitness Members	Non-Members
Single session	25	35	55
10 Sessions	225	315	540
15 Sessions	325	455	780

## BENEFITS

- Increase metabolism
- Increase muscle strength
- Increased flexibility
- Cellulite reduction
- Pain dampening
- Activate circulation
- Increase coordination
- Increase bone density
- Enhanced fitness
- Golfers performance
- Spa & Beauty
- Cosmetic improvements

## RULES & REGULATIONS

- Power-Plate sessions will be 30 minutes long including warming up, strengthen, stretching, massage and relaxing.
- Every session has to be booked at least 2 hours prior the training time.
- Each user must sign the “good health condition sheet” and agreements.
- The session will be conducted by a professional trained person only.
- Purchased tickets are non refundable.
- The property is not responsible for any damage caused by improper use of self-users.
- Any purchased package has to be used only by one person in a time period of three months.

## FITNESS PROGRAMS

### POWER YOGA

category	Guest/member	Non-member
Single Class	25	35
10 Classes	225	315
15 Classes	325	455

### DESCRIPTION

#### POWER YOGA

- Focuses on self-awareness enhancing good moods, clear thoughts and stress release
- Improves strength, balance and flexibility
- Strengthens lower back, reduces low back pains
- Faster recovery from high intensity exercises and weight training
- Based on “Hatha” Yoga
- Decreases Physiologic age by improving flexibility and range of movement

### FITNESS 360

Category	Guest/member	Non-member
Single Class	50	60
10 Classes	30	40
15 Classes		

### FITNESS 360

#### (TOTAL BODY WORKOUT)

- Dynamic stretching
- HI-Lo intensity aero
- Fitness aero boxing
- Aero puma strength training
- Abdominal aerobics
- Basic Tai Chi cool-down

### RULES & REGULATIONS

- Classes will be held only on Fridays
- Classes must have minimum of 4 students
- Purchased packages must be consumed within 3 months
- Training will be conducted by professional trainer
- Reservations are essential

## BODY MASSAGE

### Shiatsu

Is a Japanese art of therapy derived from the Japanese word “shi” which means finger and “atsu” pressure. The ancient belief of the Japanese that healing energies known as “tsubos” are present in the body flowing through energy channels “the meridians”.

**Service Rate: 190 AED-50 minutes / 145 AED-30 minutes**

### Swedish

Developed by a Swedish Physiologist, Henri Peter Ling in 1812. It increases the oxygen flow in the blood, release toxins from the muscles, increases circulation without increasing heart load, stimulates the skin and nervous system. Reduce stress, both emotionally and physically.

**Service Rate: 195 AED-50 minutes / 150 AED-30 minutes**

### Aromatherapy Massage

As you enter the treatment room you will smell the relaxing scent of aroma oil. It is a therapeutic body massage that releases stress and promotes relaxation. The guest can choose scent of the massage oil. Essential oils to be used has curative and rejuvenating effects.

**Service Rate: 205 AED-50 minutes / 160 AED-30 minutes**

### Combination Massage

A combination of Shiatsu and Swedish massage techniques that is uplifting and relaxing. The therapist will massage the whole body for totally and truly relaxing massage experience.

**Service Rate: 200 AED-50 minutes**

### Lomi-Lomi Massage

Hawaiian for rub-rub and also known as “Loving Hands” massage. This name helps to explain it’s principles-the massage works gently yet deeply into the muscles with continuous, flowing strokes. Allowing the recipient to relax and give into the nurturing touch.

**Service Rate: 215 AED-50 minutes / 165 AED-30 minutes**

### Balinese Massage

Uses a combination of gentle stretches, acupressure and aroma oils to stimulate the flow of blood, oxygen and “qi” energy around your body using deep relaxation. Oils to be used are calming and sensual and leaves you feeling relaxed and serene.

**Service Rate: 215 AED-50 minutes / 165 AED-30 minutes**

### Thai Body Massage

A mobilization pressure massage to align the body and increase flexibility. The effect is uniquely relaxing as well as energizing. Performed over loose clothing without the use of oil. The Thai massage facilitates a sense of unity, wholeness and balance.

**Service Rate: 220 AED-60 minutes**

### Lymphatic Drainage Massage

A therapeutic massage treatment that uses very light pressure, long and gentle rhythmic strokes to increase lymphatic flow and get rid of toxins in your body. It is popular and effective treatment for cellulite, reduces water retention and improve skin texture.

**Service Rate: 210 AED-50 minutes / 160 AED-30 minutes**

### Sports Massage

To battle the aches from travel and work, the most suitable is the systemic lymphatic points to drain metabolites. Even better after work out, pain inducing substances will be drawn out of your body through activation of the natural body elements using comfortable pressure.

**Service Rate: 205 AED-50 minutes / 160 AED-30 minutes**

### Aromatic Caress

A therapeutic massage to relieve all the muscle aches and pains on the stress area. An effective treatment for Myofascial Pain Syndrome (MPS). This massage technique addresses specific muscles and muscle groups at the back, neck, shoulder and scalp.

**Service Rate: 150 AED-30 minutes / 75 AED-15 minutes**

### Stone Massage Therapy

A glorious spa journey to vitality and a heightened sense of personal wellness. It delivers an unsurpassed mineral through relieving muscular, mental and emotional tension. Scientifically, proven to alleviate stress and fatigue, eliminate toxins and rejuvenate skin.

**Service Rate: 235 AED-60 minutes**

### Xiamen Massage

One of the most unbelievably relaxing treats that you can experience. It promotes nerve and blood circulation through drainage and relaxation by using aromatic oil.

**Service Rate: 145 AED-25 minutes**

## FACIALS

### Age Defying Facial (60 minutes)

You don't want to think of your real age? Here's the best way. An intense regeneration treatment for mature as well as devitalized skin. The FRESH CAVIAR fully benefits all caviar qualities to fight against premature aging. It preserves the beauty and youth of your face.

**Service Rate: 240 AED**

### Purifying Facial (60 minutes)

Ideal for oily/acne-prone skin type and for those who have visible pores and evens your skin overall texture. Thorough removal of impurities cleans the pores and leaves skin soft, clean and well-hydrated.

**Service Rate: 240 AED**

### Aroma Sensitive Relaxing Facial (60 minutes)

Every skin type has its own sensitivity. Caring for sensitive skin is not an easy task. Here's the complete treatment combining PhytoSerums, Essential Oil Concentrate and Chromatic Mask.

**Service Rate: 255 AED**

### Express Facial (45 minutes)

A mini facial that is designed for those always "on the go" and busy people who care about the health of their skin. This treatment provides the skin with the necessary nutrients needed.

**Service Rate: 200 AED**

### Fitness Facial for Men (60 minutes)

A revitalizing face treatment personalized for the special needs of male skin. Each product used has calming and soothing properties which leaves the skin clean, matt and smooth.

**Service Rate: 240 AED**

### White Perfect Facial (60 minutes)

A clear complexion makes the skin so attractive. A vitality treatment for tired, pigmented and dehydrated skin. It removes impurities and reactivates the energy due to the face massage. It lightens the skin and preserves the skin's natural moisturizing factor.

**Service Rate: 265 AED**

## FOOT & HAND TREATMENTS

### Foot Spa (40 minutes)

Your feet carry you through every walk of life and in order to maintain healthy stable feet you must take care of them regularly and properly. This treatment eliminates painful calluses, cracked heels, swelling ankles and lower leg.

**Service Rate: 160 AED**

### Hand Spa (25 minutes)

An ultimate hand treatment which gently removes dead skin cells and lightens hands by using hand lightening mask that has glowing and moisturizing effect. Pamper your hands now.

**Service Rate: 135 AED**

### Calming Arm and Hand Massage (20 minutes)

The hands, wrists and arms can hold much tension and pain, especially if a person operates a lot with their hands. Apart from the benefits of the full body massage entails, this massage would indeed be a soothing and relaxing experience for those looking for instant solutions.

**Service Rate: 125 AED**

## BACK TREATMENTS (BACIAL)

### Back Bliss (30 minutes)

A specialized back treatment that can energize alone and is an ideal gift for special occasions for clients who are under the weather and need that little TLC.

**Service Rate: 160 AED**

### Purifying Bacial (30 minutes)

Deep cleansing treatment to leave skin purified and smooth. This is particularly beneficial for clients who have problematic skin on their back. Hyperpigmented skin may also be treated with this regime.

**Service Rate: 165 AED**

## BODY SCRUBS

### Chocolicious Body Scrub (45 minutes)

Legend has it that the Great Mayan Emperor Montezuma tossed back some 50 cups of choco a day. My question is! What did he have for dessert? Today, the good news about chocolate. Just keeps on coming. Not only does it kick up the feel good juices in our brains, but chocolate is loaded with anti-aging vitamins and minerals. Renew your skin texture and buff away dead skin cells to leave your skin with a super soft glow. This chocolate body scrub will work it's magic from your shoulders all the way to your toes. Believe in the power of Chocolate... 100% natural indulgence.

**Service Rate: 240 AED**

### Aroma Guerande Salt Glow Body Scrub (45 minutes)

Highly original body care treatment combines exfoliation and deep cleansing of the skin using sea salt with aromatic oil that makes your skin glow after removing rough dry skin and invigorate your senses as it smoothen the skin. Isn't it time you give your body a wake-up call?

**Service Rate: 250 AED**

### Aqua Thermly Body Scrub (45 minutes)

It has been created as an essential step for anti-cellulite body care program. This natural body exfoliant gently removed dead skin cells and impurities while enhancing detoxification and increasing blood circulation. After the treatment, your body feels cleaner and radiant and skin breathes freely due to detoxifying effect.

**Service Rate: 270 AED**

*\* All prices are in Dirhams and are inclusive of 10% Municipality Fee and 10% Service Charge*

## SPA ETIQUETTE

### Conditions

Our aim is to give you an hour or few hours of relaxation. We hope you will emerge from Rooftop Spa totally, de-stressed and relaxed. If this is your first time at a Spa, we will make sure that your treatment will be the best. Guests 14 years and older are welcome.

### Appointments

We are committed to offering all our clients a reliable timetable. We recommend that you arrive at the Rooftop Spa 15 minutes before your treatment.

### Cancellations

If you must cancel an appointment, please give us at least 2 hours notice as a courtesy to other guests who may wish to enjoy our services at this time.

## BODY WRAPS

### Aqua Thermly Detoxifying Seaweed Body Wrap (75 minutes)

The ideal treatment for regaining body tone. Used here under the form of wraps, algae give excellent results on generalized excess weight. Recommended for those who are tired and weary, lacking energy, when the body or mind cannot keep up the pace. Reviving and invigorating, this treatment rapidly provides a feeling of well-being. Tiredness gently melts away, body tone returns and the psyche is restored. As an occasional tonic, or as a long-term therapy, this treatment gives the body a real boost.

**Service Rate: 360 AED**

### Oligo Thermly Anti-toxin Body Wrap (75 minutes)

Stress, nervous strain, painful joints... This treatment is intended for all those who sometimes find the stresses and strains of modern life are more than they can cope with, as well as anyone who spends prolonged periods standing or sitting, causing their back and joints to stiffen. Due to OLIGO THERMY, you can at last relax and feel you body unwind as essential oils and clay, at the heart of this treatment, release their unique benefits.

**Service Rate: 390 AED**

### Balinese Boreh (60 minutes)

Boreh has been used by Balinese and the mask is made of herbs and spices with healing effects on the body. It is applied to the whole body then wrapped in a thermal body wrap to prevent rheumatism, relieve muscular pains, warm the body, normalize the blood circulation, heal headache and flu. After the treatment, the body is applied with a relaxing moisturizer.

**Service Rate: 305 AED**

### Personal Items

Rooftop Spa and Sky Fitness will not assume responsibility for your valuables. Lockers are available in the Spa and Fitness Changing Rooms for your personal use. Robes and slippers are provided.

## SPA BOUTIQUE

### Gift Certificates

Give a gift of health, beauty and relaxation. A pampering Rooftop Spa Gift Certificate is a lovely way to show your appreciation to loved ones and friends.



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