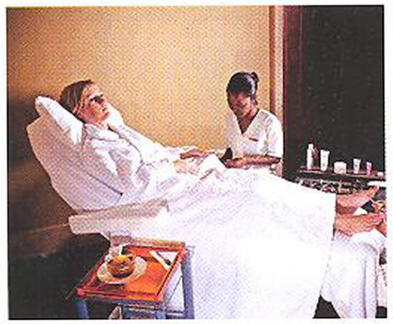
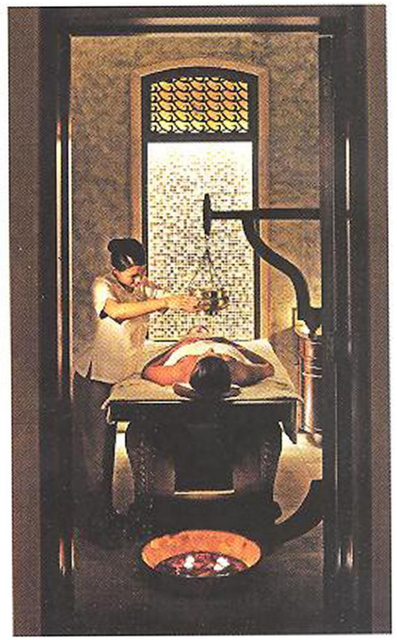
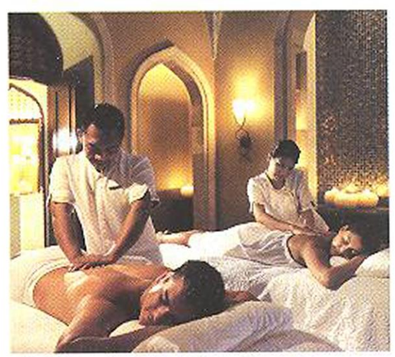
Journey into another world

Savour more than a hundred different treatments at ShuiQi Spa and Fitness.

By Kelly Crane







Almost 30 rooms spread along two magnificent floors offer more than 100 treatments amid water-lined pathways, a secluded Royal Spa Suite, a hair salon, gym and men's grooming parlour — and that's just the tip of the iceberg.

Set across 2,400 square metres, it is one of the biggest spa facilities in the Middle East, and the only one with an innovative medical edge.

Literally meaning water, the combination of Shui (from Feng Shui) and energy, or Qi, results in a first-class establishment striving to constantly challenge the norm and push boundaries.

Now celebrating five successful years, the ShuiQi Spa and Fitness has grown and nurtures an impressive returning client base and has seen a tripling of the number of available treatments.

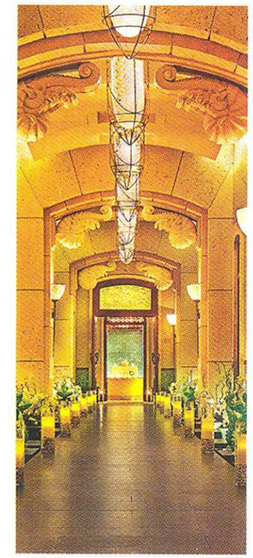
"In 2009, we had a menu offering around 50 treatments," says Neil Hewerdine, Vice-President, ShuiQi Spa and Fitness. "Now, the same menu boasts more than 122 options and each treatment is unique."

An extensive menu there may be, not to mention tough decisions for patrons, but Hewerdine says the success of his baby has been predominantly down to the product brands offered. Three top brands — Shiseido, Aromatherapy Associates and ESPA — make up the master-crafted menu. "Each has its own identity, just like our clients. With more than 130 people on a daily basis, we must be able to cater to everyone. Shiseido designed two signature treatments that are exclusively available here at ShuiQi," he says.

> "We are proud to supply exclusive products to the most luxurious resort in Dubai. The great results and the services have allowed us to have a strong relationship with the stylists and clients."
> — *Alliance Import and Export*

A well-trained and decorous 52-strong team welcomes both new and returning customers with smiles. Being greeted by a giant waterwall and a sweeping staircase gives the feeling of sinking into the ocean bed. Once submerged, the true ShuiQi experience can begin. The sound of running water follows you through your journey, awakening the senses as you float effortlessly from one awe-inspiring room to the next.

Some guests enjoy exclusive treatments and bathing options, as well as traditional and water-based therapies, while others make their way along earth-hued natural stone steps to relaxation.



A tranquil haven of serenity, opulence and pure indulgence, ShuiQi is fit to cater to the A-list celebrity, or simply the celebrity in us all.

The Royal Spa Suite is a lavish affair, complete with an open-plan lounge and treatment area, private terrace and the pièce de résistance, a stone oval pedestal tub. "The royal suite has its private entrance, ensuring anonymity. It's also popular with families and couples who wish to experience the spa together," says Hewerdine.

While the signature treatments and rooms are varied, ShuiQi houses Thai- and Indian-specific massage rooms, but the Swedish variety is a favourite, making up almost 50 per cent of the business. But for those guests who wish to try something different and push the limits a little further, cosmetic teeth-whitening, Botox and fillers have all found a home on the ShuiQi menu.

Celebrate with these treatments

The ShuiQi De-Stress Experience

A tension-relieving ESPA ritual that helps balance the mind, soothe muscles and nourish skin. Body brushing and exfoliation are followed by an aromatherapy back massage.

The Shiseido ShuiQi Japanese Ritual

This begins with a rose petal foot bath and continues with a full body Qi massage and Shiseido's facial.

Aromatherapy Associates

In the Aromatherapy Associates Middle Eastern Aqua Cure experience a body exfoliation using a scrub of coffee, frankincense and almond oil.

Between September 29 and October 10, 2013 mention fifth anniversary special when you book your treatment and get a heated bean bag worth Dh199 for your neck for free (while stocks last)

For reservations call 04 426 1020, or email: spa@atlantisthepalm.com