



merana

Protected by the Hajar mountains and soothed by the Indian ocean's gently ebbing waves, Merena Spa at Naama offers a unique Spa retreat and a beautiful space in which to re-charge, re-balance and re-vitalise mind and body. Our vision to blend tradition with modern innovation has led to the creation of an exquisite guest journey and a therapeutic compendium of holistic treatments, immersive sensorial experiences and results-orientated therapies. Drawing inspiration from the rich regional heritage and natural healing resources, wellness experts Merena Spa have forged our bespoke holistic treatment experiences and journeys to envelope mind and body with wellbeing.



TREATMENT ETHOS AND OVERVIEW

Holistic wellfulness is at our heart and every Merena Spa at Naama experience encourages you to rediscover self, to find balance and stillness, and to be nourished and nurtured back to wholeness.

World-renowned spa specialists Merena Spa have crafted a collection of bespoke Naama rituals and wellfulness journeys evoking a genuine sense of place, where personalised and results-focused facials, high performance body treatments and immersive massages harmonise and nurture your body, calm your mind, and leave skin looking and feeling naturally radiant.

The influence of the Sea brings warm Marine Algae to envelope the body, stimulating circulation and invigorating the senses; while massage with mineral-rich salt stones and potent essential oils combine to condition skin and soothe body and mind.

Our advanced and innovative signature facial treatment uses chilled cryotherapy globes and results-driven active ingredients to invigorate and refresh skin, restoring natural glow and radiance to the complexion. A selection of joyful Wellfulness Retreats encompass both mind and body and extend out into nature helping guests reset their life balance and experience skills to manage and navigate their own journey along the path to wellbeing.

The treatment offering includes:

- ▶ Exclusive Autograph Rituals
- ▶ Curated Wellfulness journeys
- ▶ Therapeutic Massage collection
- ▶ Advanced results-driven Facials
- ▶ Targeted Bodywork treatments
- ▶ Signature regionally influenced Hammam experiences
- ▶ Gentlemen's treatment collection
- ▶ Hairdresser Salon and Beauty services
- ▶ Barber grooming services



SPA FACILITIES OVERVIEW

The Spa is designed to align with the guest's personalized journey, showcasing a thoughtfully formed series of spaces from the spa arrival, changing rooms, heat experiences and bathing zone, indoor pool, relaxation area and treatment rooms including exclusive private treatment Suites.

The Spa offers a range of comprehensive facilities, with gender separation zones for the utmost privacy for male and female guests, and is designed with wellbeing in mind throughout.

Wellness touchpoints can be seen through the calming interior features, tactile finishes and soft furnishings affording a warm and inviting color palette, and the soothing sounds provided in part by the reflection pool at the centre of the spa, allowing a sense of calm and peace to permeate throughout.

With a spacious footprint of 1,995 sqm arranged over two floors the facilities offer a luxurious Arabic inspired aesthetic and atmosphere, and have been compassionately designed to provide a sense of place, warmth and intimacy, for all guests.

The Spa facilities include:

- ▶ Spa Arrival and Retail Lounge
- ▶ Changing Rooms and Heat Experiences – separate for female and male guests – including sauna, steam room, vitality pool and cold plunge pool
- ▶ Hammam – separate experiences for female and male guests
- ▶ Indoor Swimming Pool and relaxation deck
- ▶ Private Spa Suite – with private steam room, sauna and hot tub, relaxation lounge and double treatment area
- ▶ Double Treatment Rooms x 2
- ▶ Treatment Suites x 6
- ▶ Relaxation Lounges – for after treatment chill out – separate for female and male guests
- ▶ Gym – with the latest TechnoGym equipment
- ▶ Mind & Body Studio – offering wellfullness classes including various style of Yoga
- ▶ Hairdresser and Beauty Salon
- ▶ Barber and Grooming Suite

ABOUT MERANA SPA

Universally recognised as one of the world's leading spa and wellness brands, Merena Spa's industry expertise and innovative, holistic approach has shaped the global spa industry for over three decades. Founded in 1992, Merena Spa was acquired by THG in 2017 as part of its Beauty portfolio. With over 550 spas in 55 countries, each has a unique reflection of our philosophy and the spa's environment.

Merena Spa combines the conceptualisation, development and management of five-star spas with expertly crafted and effective natural products and treatments. Guided by 30 years' experience Merena Spa creates deeply sensorial and personalised wellness experiences to nurture and nourish the holistic wellbeing, bringing harmony and balance to the mind, body and spirit.

Merena Spa's expansive product ranges are expertly crafted from the finest natural ingredients, combining aromatherapy and biochemistry to create innovative skincare. Each formulation is designed to nourish and delight the senses, whilst revitalising the skin to deliver clinically proven and independently tested results you can see and feel.





merana



Email: merana@naamavillas.com

Tel: +971 (09) 206 9999

www.naamavillas.com