

ADORA SERVICE MENU



ADORA SIGNATURE TREATMENTS

Our specially crafted treatments are expertly created to enhance energy and promote healing through natural methods.

Signature Chakra Harmonising Treatment

Duration

Price

A signature chakra harmonising treatment is a variety of bodywork techniques that aims to balance the 7 energy centres in the body using meridian flows with crystals.

The goal is to promote balance, alleviate physical and emotional ailments and overall well-being. We use HEALY, a quantum-frequency reader/generator, to scan your body's frequency, to better cater a treatment that is best suited to work for you. The frequency healing blower is recommended when necessary.

120 minutes

698 AED

Consultation is included.

Traditional Thai Body-Work

This treatment combines blend of stretching , acupressure points movement, deep tissue techniques to clear energy blockage. This will revive tired muscles and rejuvenate the body. The aim of this treatment is to help achieve a state of physical and emotional balance.

60 minutes

398 AED

Traditional Balinese Bliss

Our Balinese professionals, who have inherited traditional techniques, perform this full body work which includes a combination of stretches, smooth strokes and skin-rolling techniques with firm pressure using their palms and thumbs.

60 minutes

398 AED

WELL-BEING RITUALS

Duration

Price

Anti-Cellulite

Anti-cellulite is a treatment that aims to reduce the appearance of cellulite using deep tissue manipulation. It will be combined with special creams or oils, and aims to improve skin elasticity and tone.

60 minutes

488 AED

Mama-To-Be

Our signature prenatal massage is a specially tailored treatment for expectant mothers, using feather stroke and soft touch techniques to help them relax and improve circulation. Our professionals will focus on areas of concern and use the treatment technique and nourishing oils to alleviate discomfort.

60 minutes

398 AED

Four-Handed Harmony

Experience the restorative effects of two therapists working together in harmony, using coordinated techniques from both the East and West to stretch your muscles. Enjoy a unique gentle stroke experience as four hands move in synchronisation.

60 minutes

598 AED



Duration

Price

Hot Stone Treatment

The warmth emanating from basalt stones, which are known for their healing properties, is able to reach deep into the muscle tissue, soothing tension and assisting in the removal of toxins.

60 minutes

438 AED

Head Spa

This treatment includes head and neck massage to de-stress the headache and tension carried on your shoulders. Improve blood flow and oxygen to the brain, which can improve concentration and mental clarity.

60 minutes

398 AED

Foot Reflexology

Balinese foot reflexology is based on pressure points on the soles of the feet which support and re-balance corresponding parts of the body

60 minutes

398 AED



ELEVATE YOUR EXPERIENCE

Enhance your treatment experience by adding a specialised service for the body, tailored to your specific needs and preferences.

Duration

Price

Moxibustion Treatment

Moxibustion is traditional Chinese herbal therapy that involves burning dried mug-wort leaves on specific points of the skin to stimulate healing, relieve pain and balance body's energy. It is a way to promote overall health and well-being.

60 minutes

438 AED

Extra Treatment Time

Extend your soothing sensation time.

30 minutes

120 AED

