



VITALIA SPA

A haven of tranquility, our spa offers a holistic environment in which to pamper yourself and rejuvenate.

Just steps away from the Dead Sea; Vitalia spa offers a genuine experience of serenity and complete healing.

Enrich your senses and revive your soul with ancient Arabian and Asian rituals.



**VITALIA SPA IS AN OASIS OF
SERENITY, RELAXATION AND
REJUVENATION... A PLACE WHERE
PRIVACY AND TRANQUILITY ARE OF
THE UTMOST IMPORTANCE.**

Opening Hours

Daily from 9am to 8pm. Last treatment to start at 6pm.

Arrival Time

You are requested to arrive at least 15 minutes prior to your appointment. Please be advised that late arrival may result in the cancellation of treatment.

Spa Treatment

If you wish to have assistance in choosing a service, we recommend calling the spa directly and speaking to one of our staff members. Information and recommendations from our reception staff can often help you decide between specific types of spa treatments depending on whether your goal is simply relaxation or more therapeutic in nature.

Scheduling an Appointment

To schedule an appointment for the perfect treatment, please speak with our specialists who will recommend the perfect treatment for you. Hotel guests can call spa reception by dialing * 6024 * from their room phone. To ensure that your preferred time and treatment is available, we advise booking in advance.

Spa Etiquette

Our spa environment is one of calm and tranquility. Please respect all spa guests' right to privacy and serenity. To preserve this environment, VITALIA SPA is a Mobile phone, and smoke-free zone. VITALIA SPA will provide robes, towels, slippers, shower caps and all amenities required for use during your visit. The minimum age requirement for access is 18 years; if under the age of 18, guests must be accompanied by a guardian and can only have treatments performed by therapists of the same gender.

Health conditions

Kindly advise us of any health conditions, allergies or injuries you may have when making your spa reservation.

Cancellation Policy

Cancellation of treatment less than 3 hours prior to the reservation will result in a 50% charge. No show will be charged 100%.

Alcoholic Beverages

We recommend that you do not consume alcohol during or immediately after your spa treatment.

Payment

We accept cash and all major credit cards or as a guest of the hotel you can also charge the bill to your room.

Pregnancy

We have specially designed treatments for expecting and nursing mothers. Please advise the spa team upon booking to allow us to guide you through the selection of treatments that are most suitable for you during this special time.



Homecare

To continue your spa regime and experience at home, all products used in the treatments are available for purchase from the spa reception.

Feedback

If your experience at our spa has not met your expectations, we request you to speak with our on-duty spa manager before leaving the facility. If unavailable, please feel free to call the spa to discuss the issue at a later date.

Price

All prices are quoted in Jordanian Dinar and are subject to 10% service charge and 7% governmental tax.



BE TAKEN TO ANOTHER WORLD
OF RELAXATION AND BEAUTY
WITH OUR TOP THERAPISTS.



BODY MASSAGE

Vitalia Spa features an array of pampering massages, each designed to soothe the body and release muscle tension, leaving you completely refreshed and rejuvenated.



CLASSIC

Swedish Massage JD 50-80++

Duration: : 50- or 80-minute treatment & 30-minute refreshments and relaxation

A distinctly European, full body massage that stimulates blood circulation and soothes tense muscles, medium in pressure. This massage uses a combination of three basic strokes, comprising long, firm strokes; kneading strokes; and small circular strokes, to relieve stress.

Balinese Massage JD 50-80++

Duration: : 50 - or 80 - minute treatment & 30-minute refreshments and relaxation

A medium to strong 60 - or 90-minute deep tissue massage where the therapist uses thumb and palm pressure and firm strokes to stimulate blood circulation, improve energy flow and relieve tension.

Thai Classic Massage JD 65-90++

Duration: 60 - or 90 - minute treatment & 30-minute refreshments and relaxation

This classic massage blends subtle stretching with rhythmic massaging and compressions to stimulate energy flow. The therapist uses traditional Thai techniques and Inner Balance Oil - a blend of bergamot, almond and Vitamin E - applying deep palm strokes on the back with delicate stretching; the perfect combination to promote deep relaxation while improving flexibility.

Reflexology 60 mins JD 58++

This deeply relaxing treatment involves the application of pressure to reflex points on the feet, helping to restore the body to a healthy balance. For optimal results, we suggest to combine reflexology with the head massage.

Hot Stone Massage JD 60++

Duration: 60 - minute treatment & 30 - minute refreshments and relaxation

Classic massage techniques are enhanced by heated basalt stone therapy. The smooth stones glide over the skin, warming and soothing aching muscles and induce a state of deep relaxation.

Aromatherapy Massage JD 45-65++

Duration: 60- or 90 - minute treatment & 30-minute refreshments and relaxation

Essential oils have medicinal properties that work mainly with the nervous system. They automatically relax you; allowing for the release of tension, aches and pains; they speed up blood circulation and lymphatic flow. Try this massage that is characterized by gentle pressure and wonderful soothing abilities.

Traditional Thai Herbal Compress Massage 120 mins - JD 110++

Manage physical exhaustion, aches and pains with the soothing benefits of Traditional Thai Massage acupressure combined with the use of heated Herbal Compresses. This exceptional treatment is likened to a heavenly massage in a hot bath filled with blended aromatic Thai herb. You will float out of Kiyora with the lingering scent of herbs, revitalized and rejuvenated.



ON THE SPOT

Back Massage JD 35++

Duration: 30 - minute treatment & 30 - minute refreshments and relaxation

For those who spend long hours working at the desk or encounter backaches, this 30-minute massage serves as the perfect relief to iron out the tension and pain.

Vitalia Foot Massage JD 35++

Duration: 30 - minute treatment & 30 - minute refreshments and relaxation

Relaxing 30-minute foot massage concentrating on the pressure points of the feet to help rejuvenate tired, painful muscles from your soles to the tips of your toes.

Head & Shoulder Energy JD 35++

Duration: 30 - minute treatment & 30 - minute refreshments and relaxation

Banish fatigue with this deceptively simple combination of upper body massages that focus on the head and shoulders.

Deep Tissue Back Massage JD 35++

Duration: 30 - minute treatment & 30 - minute refreshments and relaxation

Release all your worries with this firm therapeutic massage, designed to soothe tired and aching muscles, ease knots, and relieve any tension and stiffness.

Note: This treatment may create some tenderness in the muscle the following day.

ADDS ON TREATMENT

Tension & Soother 30 mins / JD 35 ++

A reviving back, neck and shoulders massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

Scalp Treatments 30 mins / JD 35++

Relieve stress and induce a sense of ease with this relaxing massage focusing on the scalp's pressure points.

Eye Contour Treatment 40mins / JD 45++

This new treatment eliminates puffiness, dark circles, wrinkles and fine lines. Decongests regenerates and moisturizes for younger more relaxed eyes.

Express Facial 30 mins / JD 35++

Cleansing, exfoliation and a relaxing mask

Reflexology 30 mins / JD 35++

Relieve stress and induce a sense of ease with this relaxing foot massage focusing on the pressure points



FACIAL EXPERIENCES

Indulge in our revitalizing facial treatments that leave your skin glowing with refreshed vitality.





DEAD SEA EXPERIENCES

Dead Sea Revitalizing Facial JD 55++

Duration: 50 - minute treatment & 30 - minute refreshments and relaxation.

This treatment stimulates reproduction of collagen fibers around the face and eyes by using natural Dead Sea minerals which help to re-contour and re-firm the skin for a smoother, more toned and youthfully-radiant glow.

Dead Sea Purifying Facial JD 55++

Duration: 50 - minute treatment & 30 - minute refreshments and relaxation.

Our signature deep cleansing facial. Dead Sea mud and elements are used to eliminate impurities to leave you with fresh, glowing skin.

Vitalia Signature Facial 50 mins / JD 55 ++

This bespoke facial is designed to suit your skin type and skincare concerns, using natural products and techniques best suited to deliver desired results.

Mini Mud Facial JD 20++

Duration: 25 - minute treatment & 20 - minute refreshments and relaxation.

PHYTOMER EXPERIENCES

Marine Breeze JD 60++

Duration: 50 - minute treatment & 30-minute refreshments and relaxation.

A treatment that provides a real dose of oxygen to the skin. Shine and blemishes are reduced as the skin is cleansed and detoxified to regain all of its luminosity.

Douceur Marine JD 60++

Duration: 50 - minute treatment & 30-minute refreshments and relaxation.

A gentle treatment for skin that is sensitive or subject to redness. This cocoon treatment softens the skin and maximizes its protection system for soothed and ideally hydrated skin.



BODY TREATMENTS

Each treatment and body wrap is a wonderful experience on its own. To achieve maximum results, preparing your skin with our Aromatherapy Body Salt Glow is recommended.



Dead Sea Mud Body Wrap

Fresh Mud JD 45++

Duration: 45 - minute treatment & 30 - minute refreshments and relaxation.

The unique minerals found in the Dead Sea mud are revered for their ability to expel impurities and toxins from the body, whilst reviving, nourishing and toning skin.

Energizing Mud JD 55++

Duration: 50 - minute treatment & 30 - minute refreshments and relaxation.

A wonderful skin treatment to pamper your skin with an aromatic blend of Mandarin and Cedar wood with Dead Sea minerals.

Relaxing Mud JD 55++

Duration: 50 - minute treatment & 30 - minute refreshments and relaxation.

Full Body Wrap treatment that lasts for 45 - minute. The Dead Sea mud that is used is mixed with anti-cellulite oils. The treatment ends with a facial and a relaxing scalp massage. This treatment helps reduce cellulite accumulated in certain areas of the body.

Dead Sea Salt Scrub

Mineral Dead Sea Salt Scrub (Pomegranate or Citrus or Mango). JD 50++

Duration: 45 - minute treatment & 30 - minute refreshments and relaxation.

A Mineral Dead Sea Salt Scrub consists of fine-grained Dead Sea salts small enough to gently exfoliate the skin, and is safe to use on a daily basis. The scrub stimulates skin and improves circulation while removing dead cells, and when used with warm water, it prepares the skin to absorb the scrub's enriching minerals. Topically absorbed, the magnesium, potassium, calcium chloride, and bromides present in the salt crystals are known to benefit the skin in a variety of ways.

Mineral Dead Sea Salt Scrub with Orange Skin JD 55 ++

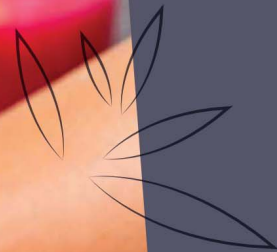
Duration: 45 - minute treatment & 30 - minute refreshments and relaxation.

Dead Sea Salt Scrub with Orange peel exfoliates, moisturizes, and rejuvenates. The large salt crystals in this scrub deeply exfoliate the skin, allowing the minerals from the salt, as well as the omega 5, and nutrients from the natural oils to be absorbed. The base of the natural oils - including olive oil, pomegranate seed oil, and bitter orange peel oil - deliver intense and lasting moisture to the skin while the zesty fusion of pomegranate and citrus energizes the body and mind. The lasting citrus scent is mild yet uplifting.



HANDS & FEET

Treat your hands and feet to a session of pampering with treatments to cleanse, massage and moisturize, leaving them in tip top condition.





FOR HER

Hand Basics JD 35++

Duration: 60 - minute treatment & 30 - minute refreshments and relaxation.

Hand Bath, Hand Scrub, Nail File & Shape, Hand Massage, Nail Painting or Buffing

Foot Basics JD 35++

Duration: 60 - minute treatment & 30 - minute refreshments and relaxation.

Foot Bath, Foot Scrub, Nail File & Shape, Foot Massage, Nail Painting or Buffing

Hand & Foot Basics JD 55++

Duration: 60 - minute treatment & 30 - minute refreshments and relaxation.

Hand & foot Bath, Hand & Foot Scrub, Nail File & Shape, Hand & Foot Massage Nail Painting or Buffing

Heel Scrub Basics JD 35++

Duration: 30 - minute treatment & 30 - minute refreshments and relaxation.

Foot Bath, Foot Scrub, Foot Massage, Foot Polish to Remove Dead Skin Cells

FOR HIM

Hand Basics JD 20++

Duration: 30 - minute treatment & 30 - minute refreshments and relaxation.

Hand Bath, Hand Scrub, Nail Maintenance

Foot Basics JD 20++

Duration: 30 - minute treatment & 30 - minute refreshments and relaxation.

Foot Bath, Foot Scrub, Nail Maintenance

Hand & Foot Basics JD 35++

Duration: 30 - minute treatment & 30 - minute refreshments and relaxation.

Hand & foot Bath, Hand & Foot Nail Maintenance

Heel Scrub Basics JD 35++

Duration: 30 - minute treatment & 30 - minute refreshments and relaxation.

Foot Bath, Foot Scrub, Foot Massage, Foot Polish to Remove Dead Skin Cells



SPA EXPERIENCES

A selection of Spa experiences especially designed to renew and revive the mind, body and spirit.



Vitalia Signature Experience

Restored Vitality JD 80++

Duration: 150 - minute treatment & 30 - minuts refreshments and relaxation.

Scrub with Orange Skin, Balinese Massage

Dead Sea Touch JD 120++

Duration: 150-minute treatment & 30-minuts refreshments and relaxation.

Fresh Mud, Citrus Scrub, Aromatherapy Massage, Dead Sea Purifying Facial

Pure Indulgent JD 85++

Duration: 120 - minute treatment & 30-minute refreshments and relaxation.

Foot Ritual, Swedish Massage, Mango Scrub, Mini Mud Facial

Absolute Liff JD 60++

Duration: 90 - minute treatment & 30 - minute refreshments and relaxation.

Back Massage, Heel Scrub Basics

Royal Vitalia JD 140++

Duration: 150 - minute treatment & 30 - minute refreshments and relaxation.

Foot Ritual, Thai Massage, Scrub with Orange Skin, Douceur Marin Facial

Renewal JD 65++

Duration: 105 - minute treatment & 30 - minute refreshments and relaxation.

Pomegranate Scrub, Foot Basics, 15 - Minute Cleansing Facial

Palm Retreat – Couple JD250++

Duration: 180 - minute treatment & 30 - minute refreshments and relaxation.

Floral Foot Ritual, Dead Sea Purifying Facial, Foot Massage, Aromatherapy Massage, Fresh Mud



THE SALT ROOM

Salt room therapy is a natural and holistic treatment that has been known to aid in detoxifying the respiratory system, healing skin conditions, promoting better breathing, sounder sleep and overall wellness.

First of its kind at the Dead Sea...The Dead Sea Salt Room

Human activity usually leads to deterioration in air quality; therefore, searching for places that simulate an environment without pollution is important.

The Dead Sea Salt Room plays a crucial role, as a holistic space for treatment and wellness known as halotherapy, based in a controlled air medium that simulates a natural salt space microclimate.

How it works: Salt therapy or Halo therapy (Halos Greek for Salt) is an alternative treatment in a salt space, which reproduces the unique microclimate found in natural salt formation. Salt is naturally anti-inflammatory, antiviral and anti-fungal. Salt can destroy the irritants that prevent optimal wellbeing.

Salt Room Halo Therapy Experience

Relax & Breathe 25 mins/ JD 20++

The Dead Sea Salt room is a tranquil and therapeutic experience. Our signature A Salt Room treatment is a 45 - minute session. We offer relaxing reclining chairs to ease and relax your body while the salty air administers its natural healing particles in the air.

Bliss time Massage 50 mins/ JD 70++

A halo-generator is used to disperse a pharmaceutical grade Dead Sea Salt into the room while receiving a relaxing massage to create one amazing treatment.

Couple Massage in Salt Suite 50 mins/ JD 100++

Create a private sanctuary with a loved one or friend as you indulge in a massage in our private treatment room or exhilarating Dead Sea Salt Room. You have a choice of Deep Tissue or Swedish massage for this relaxation session.

Salt Room Packages for Optimal Results 20 mins session:

3 Breath & Relax Sessions

JD 40++

5 sessions package

JD 70++

10 sessions Package

JD 120++

Kids Suite 10 minutes session

JD 15++

Children under 5 years are not allowed in the Salt Room



Private Suite Experiences

Designed with total privacy in mind, the Private Spa Suite offers a truly unique experience, with a great view of the Dead Sea. The Private Spa Suite Space includes a massage room, sauna, steam room, Jacuzzi, private changing area and ample space to relax and recharge.

The Vitalia Stress Reliever 2hrs 30 mins/ JD 160++

A calming, soothing journey designed specifically to achieve ultimate relaxation and tranquility.

- **De-Stress Massage 60 mins.**
- **Personalized Results Facial 60 mins.**

Vitalia Spa's Holistic Experience 3 hrs. 30 mins- JD 200++

Achieve ultimate deep sense of relaxation with this powerful combination of spa treatments and the use of the Private Spa Suite facilities

- **Bespoke Massage 90 mins.**
- **Revitalizing Facial 60 mins**
- **Use of the Private Spa Suite Space**

Head to Toe Experience 3 hours/ JD 165++

This ritual begins with traditional olive seed scrub followed by Tibetan massage, a traditional massage that restores energy and balance. This ritual continues with a facial tailored to every unique skin type which is filled with natural local ingredients.

Vitalia Spa Suite 60 mins/ JD 50++

Vitalia Spa Suite offer a sumptuously appointed relaxation room, where couples and small groups may unwind in their own special lounge before, after or in between spa treatments.

Enhance your experience by reserving the spa suite by the hour or for a full day of bliss. We invite you to personalize your own private spa suite escape for romance, celebration or special occasions.

Vitalia Spa at Dead Sea Spa Hotel
Sweimeh, Dead Sea Road
Tel: +962 5 356 1000
Fax: +962 5 356 1012
Sales office +962 6 582 6444
P.O. Box 184194 Amman 11118, Jordan
E-mail: info@dssh.jo | spa@dssh.jo
www.dssh.jo



Vitalia SPA