

Aromatherapy for two.



### **So what's the deal?**

Looking for a spa experience that appeals to all of your senses? Check out The Spa at Radisson Blu, where everything from the soothing colours and serene music to the ginger tea and delicate aromas are designed to help you let go of the week's stress – an experience that's especially nice if you can share it with someone you love.

After filling out a lengthy questionnaire detailing physical and mental well-being, our Abu Dhabi Week couple went their separate ways to his and hers changing rooms where each were fitted out in bathrobes, slippers and disposable undergarments.

In adjoining therapy rooms, the treatment starts with a relaxing foot soak followed by a session of exfoliation just for the feet and hands. The rest of the body receives the same treatment with massages just vigorous enough to let the gritty scrub do its work. After a quick rinse in the

massive showers (the couple going their separate ways), it's then back to the table for a second full body massage, this time with essential oils, then a fresh water mud masque for hands and feet plus a head and face massage with more essential oils.

The fragrant experience was great for this couple, even if our male half was caught snoring about ten minutes into the treatment: proof enough the therapists do a great job.

### **Why go?**

During October and November, The Spa at Radisson Blu is running a promotion; enjoy the 90 minute Aromatherapy Enriching Body Treatment for AED 475 and get a 30 minute Aromatherapy Nourishing Hair and Scalp Treatment worth AED 140 for free.

### **And why not?**

While Yas Island is home to the Abu Dhabi Grand Prix, it's still a bit off the beaten track – great if you live on the mainland (especially now that Yas Tunnel is open) but not so much if you live in, say, Khalidiya.

**What?** Aromatherapy Enriching Body Treatment plus Nourishing Hair and Scalp Treatment for two

**Where?** The Spa at Radisson Blu, Yas Island

**The treatment:** A dual massage designed to exfoliate and moisturise the skin from head to toe

**Cost:** AED 475 for both treatments during October and November

**We say:** Check it out with someone you love and relax together

**Contact:** 02 656 2000