DSSSspa menu

bliss

For spa locations and hours, to purchase bliss gift cards or to book an appointment, call: 4453 5555 click: blissworld.com

bliss spa menu

- 3-5 skincare/facials great facials, microdermabrasion, build-ons and combination plates
- ⁶⁻⁷ **body treatments** scrubs, wraps & buffs
- 8-9 massage best muscle 'relaxers' and aromassages
- ¹⁰ **add-on spa services** treatment upgrades
- 11-12 **nail care** hand and foot fixers
 - ¹³ waxing
- 14-15 **bliss for man** 'guy' maintenance

Look for these symbols when selecting your bliss spa services:

- ont recommended for individuals who are allergic to shellfish/iodine
- we cannot perform this treatment on pregnant guests
- not recommended for guests who suffer from high blood pressure or heart problems
- a not recommended for guests who are using Retin-A, Accutane, Avage, Tazorac, Dierin, have had recent laser or plastic surgery or are sunburned

• Ensuring our guests' safety is crucial. A 'guest-check' form must be completed before each and every treatment begins.

• Bliss reserves the right to modify, discontinue or raise prices on certain treatments without prior notification to ensure that maximum standards of service and quality are met. If you have any questions, please ask your reservationist when you book your appointment.

Please note: We require at least six hours notice to cancel any appointment, and a credit card number is needed to hold your reservation.
All spa guests must be 16 years of age or older to schedule or receive Bliss Spa service. Guests between the ages of 16 and 18 can receive Blissage75. Guests under the age of 16 may receive nail services only when accompanied to Bliss by an adult. All guests under the age of 16 must bring a signed guardian consent form to their appointment

skincare/ facial

Experience the stuff that started a spa revolution. And, don't forget, most facial bookings can be customized, should you decide to sink your skin into something more specific.

the youth as we know it[™]

Our ultimate anti-aging treatment targets tone, elasticity, volume, fine lines and wrinkles—all the way to your décolleté. Includes a gentle yet effective mushroom enzyme peel, a high-tech cellregenerating moisturizing cocktail and a soothing collagen mask. (Not recommended for Accutane users.) 60 min QR880

the triple oxygen treatment[™]

Our most-popular all-around complexion reviver includes intensive cleansing, exfoliating, a pre-extraction oxygen wrap, the necessary extractions, a calming oxygen and milk mask, hydrating enzyme pack and vitaminized oxygen spray. Fantastic for all skin types. 75 min QR790 (3)

oxygen blast[™]

Includes a quick fruit acid wash, massage with mycelated vitamins, a hydrating hot towel and enzyme pack, and a five minute oxygen spray. Great pre-date, post-flight, mid-life. 30 min QR400 (2)

NEW peeling groovy®

This speedy super smoother starts with a thorough cleansing, follows with microdermabrasion and a brightening mushroom enzyme peel, and finishes with a facial massage using our Triple Oxygen + C Energizing Cream. A popular anti-aging quick fix. 30 min QR520 (3)

NEW gold facial

Restore your skin with this ultimate skin rejuvenating treatment, 24 Karat Gold Facial treatment Advance anti-ageing gold facial promotes the skin's DNA repair system while luxuriously transporting your skin to an advanced state of renewal and serenity. Our anti-ageing jewel, a collagen mask on decollete, soft 24K gold mask will visibly tone, polish and brighten the skin leaving it glowing with illumination. 90 min QR2500 (3)

NEW steep clean

Steep clean facial Perfect for 'problem' skin, this no-holdsbarred facial combines a thorough microderm session with porepurging extractions and an oxygen wrap, plus breakout-busting & calming masks to leave skin looking both clear and younger. 90 min QR1000

fabulous facial®

This maintenance facial is ideal for upkeep between our more targeted facials and can be further customized with a variety of facial build-ons. This facial combines cleansing, exfoliation and extractions in order to achieve complexion 'pore'-fection. 60 min QR600

elemis tri-enzyme resurfacing facial®

Smooth things over with this anti-aging facial, which uses Elemis' patented micro-encapsulated enzyme therapy to stimulate skin's natural exfoliation to leave skin clean, clear, radiant and porcelain smooth. Works miracles on aging and acne-scarred skin, and is clinically proven to be très effective: after just one session, it will resurface the skin by up to 75%* and leave it up to 32%* smoother. 60 min QR750

chestcial/backcial

A Best of Skintentions Facial for your back or chest (your choice). Best booked one week prior to donning that low-slung 'something'. Also available with exfoliation or 'build-ons' to target particular problems. 60 min QR500

hydrafacial[™]

Resurfacing procedure thoroughly cares for your skin, providing cleansing, exfoliation, extractions, & hydration, including Vortex-fusion[®] of antioxidants, peptides, and hyaluronic acid. The hydrafacial[™] is a non-invasive, non-surgical procedure that delivers instant results with no discomfort or downtime. The procedure is immediately effective. 75 min QR2000

microdermabrasion

Visit blissworld.com pre-treatment for info on how to get the most from your microdermabrasion

crystal clearing®

This incredibly effective resurfacing treatment uses a spray of micronized crystal particles to break up dead cell surface layers and reduce the appearance of aging on face and neck. Includes a post-abrasion regenerative oxygen spray or targeted task mask. 60 min QR950 (2) (2)

mini-microdermabrasion

Combines a standard cleansing, two passes over the face and neck and application of sunscreen. Can be booked between full-service sessions. 30 min QR450

facial 'build-ons'*

Tailor-make your treatment by selecting one, two, or a few of the following:

thinny thin chin

This multi-step neck treatment can be done during any facial to brighten, tighten, firm, refine texture, reduce appearance of fine lines and wrinkles, and give you a jump on jiggly jowls and a droopy décolleté. QR200 (a) (2) (5)



This pucker-perfecting treatment includes a smoochsmoothing scrub, a gentle peel, a plumping collagen mask and a quick lip wax to leave you looking 'pout'-of-this-world. Can also be booked as a facial upgrade. QR210

the 'eyes' have it

The essential addition to any facial, this peeperperfecting treatment includes a wrinkle-renovating Japanese mushroom enzyme peel, a dark-circle-diminishing 'round the eye' hydro-gel massage and a de-puffing task mask. Its instant brightening, smoothing and hydrating effects will leave you wide-eyed. (Not recommended for accutane users.) QR210 ^(S)



bilberry & vitamin C seaweed task mask	QR90
breakout busting seaweed task mask	QR90
lighten-up seaweed task mask	QR90
firming collagen mask	QR220
regenerating vitamin A, C & E oxygen spray	QR200
brightening mushroom enzyme peel	QR240
microdermabrasion add-on (face, neck or hands)	QR240 @

body treatments

Our body-and-mind-unwinding selection of scrubs, wraps, rubs and buffs adds another layer to our already addictive massage offerings.

head over 'peels' scrub+rub™

This freshly squeezed treatment starts with an energizing blood orange+white pepper scented body polish and a Vichy shower rinse of, then gives orange-'aid' to your most knotted spots with a 30-minute massage. 60 min QR600 ()

the carrot and sesame body buff™

Includes a carrot mulch and hot oil rubdown, warm milk and honey drizzle, a skinsoftening wrap, and a sesame seed and sea salt scrub to remove every last patch of rough from your 'buff'. A Vichy shower is the grand finale. 90 min QR720 (1)

the hot salt scrub™

This right-on rubdown drives away dry skin with our secret selfheating, sinus-clearing, mind-melting rosemary and eucalyptus oil sea salt scrub blend. Do not shave before or schedule same day waxing services. 60 min QR480 (2)

scrubs deluxe[™]

Fall head over heels in 'scrub' with one of our seriously-softening body smoothing treatments in your fave 'flave': lemon+sage, blood orange+white pepper or vanilla+bergamot . 60 min QR500 ()

NEW 24-'heaven' body treatment

Offering sweet 'salve'-ation to those with problem skin. This healing treatment features a soothing oatmeal mask and a heated wrap before winding down with a Vichy shower and a rubdown with our high intensity 24-'heaven' healing body balm. Perfect for anyone seeking delivery from eczema, psoriasis, and dry or sun-damaged exteriors. 60 min QR650 ()

NEW turkish hammam/moroccan bath

Indulge yourself with our new authentic Turkish / Moroccan bath scrub and soap massage. A decadent ritual to rest mind, body and soul . Mind and body are deeply relaxed, whilst circulation is improved and skin is left beautifully hydrated and toned. 50 min QR600 ()

slimming treatments

These targeted bod-bettering treatments will help you look your svelte-est especially when booked in a series of sessions.

fatgirlslim™

A savior before slipping into anything curve hugging, this detoxifying, circulation-stimulating, body-toning treatment includes dry brushing, application of firming grapefruit essential oil, a trouble-spot-targeting seaweed task mask, a heated wrap, and a rubdown with waist-whittling Love Handler followed by our famed FatGirlSlim or FatGirlSleep (depending on the time of day). 75 min QR630 **(1) (2) (5)**

NEW fatgirlscrub™

This dimple-dashing, skin-smoothing scrubdown starts with a stimulating sloughing using FatGirlScrub (boosted with lump-leveling Himalayan Pink Salt and seaweed extract), followed by a Vichy shower, a layering of Love Handler, and a finishing coat of FatGirlSlim or FatGirlSleep (depending on the time of day). 60 min QR460 (2) (3)

the love handler[™]

This serious spare-tire-tackling treatment combines vacuumassisted massage, bloat-busting essential oils, and a firming seaweed task mask wrap to target cellulite, stubborn fat, lazy lymphs and sluggish cells on a not-so hard 'core' area. We recommend a six (session) pack. 60 min QR490 () S

quadruple thighpass[™]

This 4-step anti-cellulite treatment combines our microcirculationstimulating essential oil blend with vacuum-assisted thigh smoothing, toxin-purging massage and lymph clearing. After 6 sessions, you'll look 'fabu-legs'. 60 min QR470 ()

NEW zerona™ slimming & contouring

ZERONA low-level laser therapy is a new body sculpting procedure designed to contour the body without invasive surgery. If you are considering a body contouring procedure, discover the many benefits of the ZERONA body sculping laser treatment.

zerona 9 sessions QR4400 zerona 12 sessions QR5500 zerona 15 sessions QR6500



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massage

Our 'aah-inducing' massages run the gamut from halfhour knot-nixing quickies to 'just try and peel me off the table' 135-minute muscle-melting marathons. (Please note that we do not perform any massage treatments on women in their first 12 weeks of pregnancy.)

blissage[™]75

A virtual countdown to 'butter', this tensiontaming massage begins with an amazing warm wax foot softening wrap that loosens you up and targets your most 'troubled' muscles. 75 min QB600

blissage[™]105

The Blissage75, but extended by 30 more mind bogglingly massaged minutes. Includes warm wax foot wrap. 105 min QR750 (2)

the super blissage[™]

Combines a bevy of massage moves with two soft-spot stimulating paraffin packs. We recommend using it on a lousy lower back, knotted-up neck or those high-strung hamstrings. 85 min QR700 (2)

the ginger rub[™]

A massage legend in its own time. Boasts a brisk rub of freshly-grated ginger root and warm detoxifying essential oils, a cozy warming foil wrap, a 20-minute soak and a 100-minute body-melting massage. 135 min QR1000 ()

the deep tissue treatment (a.k.a. sports massage)

Offers 'winning' relief of stubborn knots in areas of chronic tension (includes a warm wax foot softening wrap.) Ideal for athletes, weekend warriors or over-rubbed regulars. 75 min QR650 or 105 min QR800 ()

great expectations

This bump-friendly version of our Blissage75 combines massage products to help maxed-out moms-to-be relax and relieve tired muscles, swelling, and sluggish circulation. (After the first trimester only.) 75 min QR600



A four-hands massage can be like experiencing two full body massages at the same time. This tension relaxing massage will target your most troubled muscles. 60 min QR1100 ()

NEW asian mix

Asian Mix Massage is the perfect massage to relax and discharge your body from the stress of everyday life. Using the techniques of stretching and finger pressure you will have relief of most stubborn knots in your body. 90 min QR800 ()

the rubber neck®

Kneading, stretching and acu-pressing follows a paraffin pack warm-up to get the boulders out of your shoulders and make you into mush 'from the neck up'. (Note: This is not a full body massage.) 60 min QR490

the rapid rub®

Thirty minutes of intensive massage work on whatever muscles are mistreating you most. 30 min QR350 ()

reflexology

A 'toe'-tally Bliss twist on the classic blend of foot massage strokes helps stimulate circulation, untangle sportstortured tendons and detox you down to your last little piggy. 30 min QR300 or 60 min QR500 ()



NEW more massage

Can't seem to peel yourself off the table? If you 'knead' to prolong your rubdown, ask about adding 15 more minutes of 'aah' to the end of your massage. Based on technician availability and cannot be booked by itself. QR130 (2)

aromassages™

Add some aroma to your therapy with one of these essential oil blends.

the nerve whacker[™]

Tame tension, nerves and related mood swerves with a mellowing mixture of sweet orange, chamomile and spearmint essential oils. QR80 (2)

hot off the stresses™

Fight fatigue and flagging energy with essential lavender, bergamot and sage oils. QR80 (2)

jet out™

Ziplock your jet lag with a time-aligning rub of pine, rosemary and eucalyptus. (It's best to book this at the same time as your tickets.) QR80 (2)



add-on spa services*

Spoil yourself! To add these to any 'by the book' facial, body treatment or massage, simply request the upgrade when booking or checking in.

'tight' on target

Give a bulge-battling boost to any facial, massage or body treatment with a seaweed task mask that pinpoints your pudgier parts (choose hips and thighs, torso or arms), plus a slathering of three slimming creams, QR150 (1) (3)



This paw-pampering treatment smooths and lightens spots with a youth-inducing enzyme peel, then hydrates hands with a 30-minute paraffin pack. QR150 (not recommended for Accutane users)

hair dew[®]

Destress tresses with an acupressure application of scalp treatment both hydrates the hair. QR130

hot paraffin pack[™]

Stimulates circulation and relieves stiff necks, sore lower backs, chapped dry hands or feet, or sundamaged décolletés. Complements any massage, skincare or nail service. QR130

upper back buffing

Gets dead cells 'off your back'. Adds an extra-strength 'clean' to clog-prone backs and shoulders. A great post-massage add-on for athletes or oily types. QR130

* An add-on cannot be booked by itself





Much more than mainstream manis and pedestrian pedis.



NEW shape & polish 15 min QR65 (Polish only QR30)

hot cream manicure

Our basic manicure, with a hot cream hand soak, cuticle clipping, pushing, perfecting and polishing, 30 min QR100

the upper hand[™]

A youth-inducing hand treatment with a brightening mask, warm wax wrap and Hot Cream Manicure. For drv or sundamaged hands, 60 min QR330

the bliss basic pedicure

includes soaking, buffing, de-roughing, clipping, trimming, baseand-top coating and very particular painting. 60 min QR200

NEW head over 'peels' pedicure[™]

This sole-stimulating, citrusscented pedi serves up all the 'juicy' details, including a blood orange+white pepper soak and scrub, plus a clipping, buffing and polishing that will leave feet looking seriously a-'peel'-ing, 60 min QR260

the hot milk and almond pedicure[™]

Feet are softened in steamed whole milk and almond oil. then scrubbed into softness and taken to the pinnacle of 'pedicuring'. 60 min QR250

cold feet[™]

A masterful mint flavor pedicure that uses alternating hot and cold therapies to deflate aching, swollen feet and puffy ankles. (Recommended during PMS, pregnancy, post-flight or premarathon.) 60 min QR260

foot patrol[®] (now even more fabulous)

The ultimate power-pedi that gives scary 'Franken-feet' a major overhaul. With added attention to callus buffing. sloughing, softening and smoothing, feet will be preened and polished to perfection. 75 min QR350

NEW shellac[™] manicure

This high-tech nail manicure uses Shellac[™], a UVcured 'hybrid' nail color that brushes on like polish but holds up like a gel—so its natural, glossy 'wet look' finish can last up to 2 weeks without smudging or chipping (and doesn't require power tools for removal). It's perfect prevacation, prehoneymoon, or pre-anything. Your dazzling, durable digits will leave you 'shellac'-shocked! 45 min QR150

re-shellac[™] manicure

Removal and reapplication 60 minutes QR220, Removal only QR70

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re-shellac[™] pedicure

Removal and reapplication 75 minutes QR340, removal only QR70

add-on nail services*

the callus conqueror

Ideal for extra-hardened heels, this pedicure add-on dissolves stubborn calluses with a powerful exfoliating formula, then buffs them away with a thorough foot filing to reveal baby-soft soles. Can be added to any pedicure. QR70

shellac[™] french polish QR40

hands of-time QR150

hot parrafin pack QR130

waxing

Quick, expert and as painless as possible waxing to remove unwanted hair from (practically) anywhere. For best results, hair should be at least 1/4 inch in length.

🕲 lip or chin	QR55
🛇 cheeks	QR60
🗇 brow	QR110
🕏 ear	QR55
🔊 nose	QR55
🕏 full face	QR200
😳 underarm	QR90
😳 half arm	QR130
😳 arm	QR165
🕲 😳 chest	QR250
👽 😳 stomach	QR110
😳 half back	QR140
😔 back	QR235
🕏 basic bikini	QR150
⊘ the betweeny™ wax	QR185
🕏 brazilian bikini (the full monty)	QR275
😳 lower leg	QR145
😳 upper leg	QR220
🕲 😳 upper leg/bikini	QR320
🕲 😳 upper leg∕betweeny™	QR370
🕏 😳 upper leg/full monty	QR430
😳 full leg (no bikini)	QR330
🕏 😳 full leg/bikini	QR400
© 😳 full leg∕betweeny™	QR470
🕏 😳 full leg brazilian	QR540
🕏 😳 full body wax	QR1200

add-on waxing services*

Aggravated by ingrowns? This treatment includes microdermabrasion on the bikini line to help lift dead skin cells and brighten dark spots, followed by gentle, safe removal of any stray ingrown hairs that are trapped at the sunace. Can also be booked as a waxing upgrade, based on availability. QR240

calming mask QR50

You must refrain from using waxing as a hair removal method if you are using Retin-A (currently or in the last 3 months), Accutane (currently or in the past 6 months), other keratolytic medications (that increase skin exfoliation) or are sunburned or recovering from a recent laser peel.

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bliss for men

Here, a sampling of services that'll make any guy feel at 'homme' in our spas. Of course, almost all of our services are designed for equal opportunity indulgence so feel free to explore the other pages, too (it's not called a spa 'men'u for nothing).

super-strength skincare

'homme' improvement®

This very virile, absolutely masculine version of our Triple Oxygen Treatment is performed with lots of hot towels, a series of scrubs, a fruit acid wash and an antiingrown hair follicle calming mask. A must for any well-groomed guy. 75 min QR790

the youth as we know it[™]

This overachieving anti-aging treatment targets tone, elasticity, volume, fine lines and wrinkles with a gentle yet effective mushroom enzyme peel, a high-tech cell-regenerating moisturizing cocktail and a soothing collagen mask. (Not recommended for Accutane users.) 60 min QR880

chestcial/backcial

A best of skintentions facial for your back or chest (your choice). Best booked one week prior to donning that low-slung 'something'. Also available with exfoliation or 'build-ons' to target particular problems. 60 min QR500

massage

blissage[™] 75

A virtual countdown to 'butter', this tensiontaming massage begins with an amazing warm wax foot softening wrap that loosens you up and targets your most 'troubled' muscles. For relaxation, improved circulation and stress and fatigue reduction. 75 min QR600 or 105 min QR750

the deep tissue treatment (a.k.a. sports massage)

Offers 'winning' relief of stubborn knots in areas of chronic tension (includes a warm wax foot softening wrap.) Ideal for athletes, weekend warriors or over-rubbed regulars. 75 min QR650 or 105 min QR800

the rubber neck®

Kneading, stretching and acu-pressing follows a paraffin pack warm-up to get the boulders out of your shoulders and make you into mush 'from the neck up'. (Note: This is not a full body massage.) 60 min QR490

NEW four hands massage

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Asian Mix Massage is the perfect massage to relax and discharge your body from the stress of everyday life. Using the techniques of stretching and finger pressure you will have relief of most stubborn knots in your body. 90 min QR800

add-on services*

aromassages™

Add some aroma to your therapy with one of these essential oil blends.

the nerve whacker[™]

Tame tension, nerves and related mood swerves with a mellowing mixture of sweet orange, chamomile and spearmint essential oils. QR80

hot off the stresses[™]

Fight fatigue and flagging energy with essential lavender, bergamot and sage oils. QR80

jet out™

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bliss for men

body treatments

the hot salt scrub™

This right-on rubdown drives away dry skin with our secret selfheating, sinus-clearing, mind-melting rosemary and eucalyptus oil sea salt scrub blend. **Do not shave before or schedule same day waxing services.** 60 min QR450

NEW 24-'heaven' body treatment

Offering sweet 'salve'-ation to those with problem skin. This healing treatment features a soothing oatmeal mask and a heated wrap before winding down with a Vichy shower and a rubdown with our high intensity 24-'heaven' healing body balm. Perfect for anyone seeking delivery from eczema, psoriasis, and dry or sun-damaged exteriors. 60 min QR650

nail services

the manly-cure[™]

Our detail driven manicure for men includes a hot cream hand massage, followed by a cuticle curtailing soak, clipping and pushing, nail buffing and perfecting. Manly-cure maketh the man. 30 min QR120

the bliss basic pedicure

includes soaking, de-roughing, clipping, trimming and buffing. 60 min QR240

foot patrol®

The ultimate power-pedi that gives scary 'Franken-feet' a major overhaul. With added attention to callus buffing, sloughing, softening and smoothing, feet will be pruned to perfection. 75 min QR370

waxing

brow	QR120	back	QR250
ear	QR60	arm	QR165
nose	QR60	half arm	QR130
chest	QR250	half leg	QR250
stomach	QR110	full leg	QR360
half back	QR175		

cut by bliss

	Short	Medium	Long
Wash & Blow Dry	110	150	200
Waves & Curis	150	200	350
Steam Iron	250	300	350
Hair Cut	165	165	165
Gents Cut	120	120	120
French Cut	50	50	50
Kids Cut (kids below 12)	100	100	100
Hair Styling	250	400	starting from 500
Event Hair Styling	500	700	starting from 1000

hair coloring

Majirel	400	500	:
Inoa	600	700	:
Highlights	500	700	
Lowlights	400	600	
Ombree	500	600	:
Toner	200	400	
Stylish Color	350	700	
Removing Color	500	700	
Root Retouch	300	300 majirel	

starting from 700 starting from 900 starting from 900 starting from 800 starting from 800 starting from 600 starting from 1000 starting from 1000 400 inoa

hair treatments

Loreal Hair Treatment With steam Botox Treatment Collagen Treatment Crystal Treatment Hair Extension Color Hair Extension Make Up Event Make Up starting from 150 starting from 200 starting from 500 starting from 1200 starting from 1500 starting from 250 700 starting from 1500