

pause  
spa  
CHATEAU BERGER



## WELCOME TO PAUSE SPA

Book a first-class departure from daily life to an enclave of calm and utterly restorative pampering. PAUSE by CHATEAU BERGER at Paramount Hotel Dubai is a luxe, calming all-white, timeless haven where the treatments are matched in style only by your surroundings. With therapists trained in special effects according to the rituals and celebrated skill of Chateau Berger signatures, the emphasis is on serenity and renewal.

Witness the perfect marriage of Paramount glamour and Pause reflection as you plan your sequel experience.

Leave the world behind as you succumb to the intriguing sights, aromas, textures, and sounds that each moment on the journey presents. The scene is set for an indulgent mind-body escape and you're the star.



### ESCAPE TO HOLLYWOOD

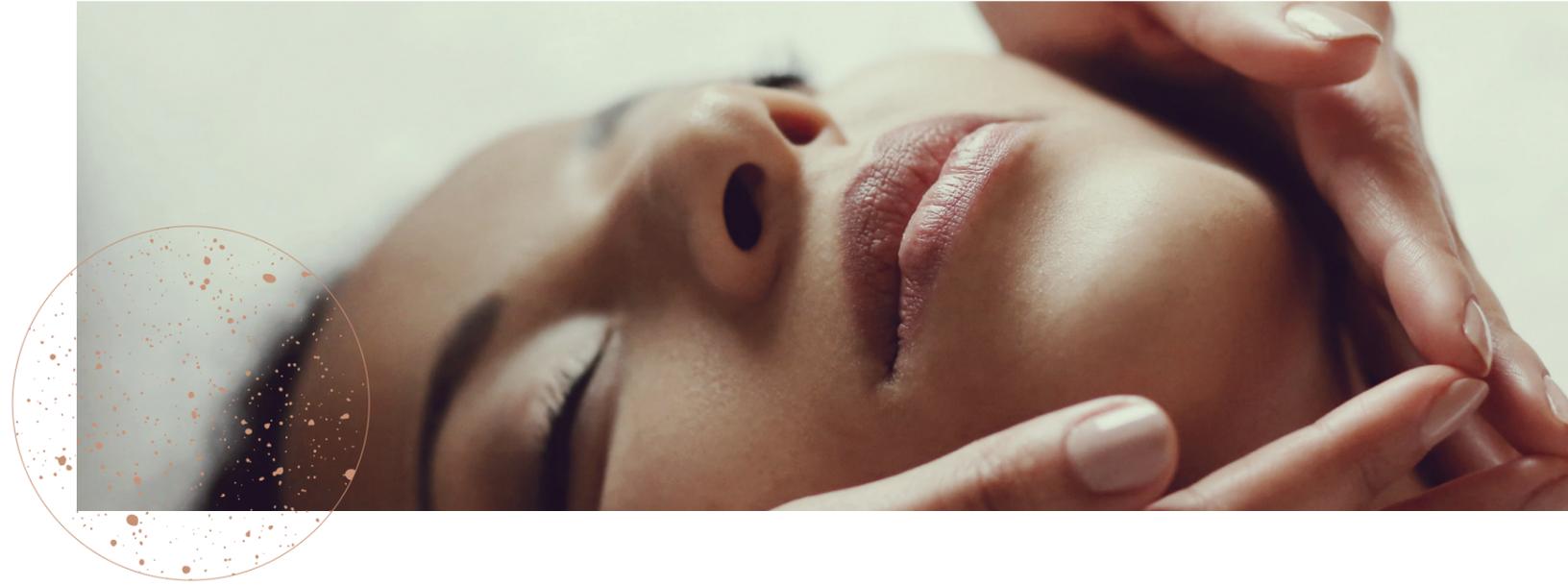
Chateau Berger radiance boosting treatment-face care  
**60 minutes**

A real youth reactivator.  
 Before a party or to erase stress on a complexion.  
 The radiance boosting is a must as the effects are immediate on all signs of tiredness. This intensive boosting treatment includes massages techniques and draining specific movements which leave the skin smoothed and plumped. A unique experience which encourages water circulation within the epidermis and restores the skin's ideal hydric balance. The skin tissues are lifted and the skin is radiant and becomes plumpy.

### JOURNEY OF THE SENSES

Chateau Berger relaxing massage  
**60/90 minutes**

A manual tailor -made massage individually customized. Our spa therapists will draw on their know-how to perform a massage to meet your expectations of the moment. This massage will help to remove body muscle tensions by promoting overall relaxation with gentle movements. It provides extremely relaxing and regenerating benefits.



### DETOX WITH WHITE CLAY

60 minutes

The detoxifying treatment cleans and purifies your skin while maintaining its water balance. The pores are tightened, the skin purified, and the complexion evened out. Your face restores its transparency, freshness and glow.

### JET LAG CRYOTHERAPY

60 minutes

This specialized treatment provides an instant tautening which boost your complexion. It relaxes the features and effaces the passage of time. The sign of the fatigue is erased. It active the power "lift" by flash cooling with ball of cryotherapy and refreshes the complexion. This effect on the facial jet lag seems immediate. The skin is radiant and fresh. It is a real boost!

### THE ART OF KOBIDO

45 minutes

Originally from Japan, the the Kobido is realized with a cream to keep a close contact with the tissues. It consists of synchronous gestures (smoothing, petrissages, percussions) of one side then of the other of the face. It stimulates cutaneous microcirculation and lymphatic flow. It is a remarkable manual face and neck lifting. The effect obtained is that of a plumped face with a firming action on the skin and relaxation of the muscles that smooth the lines of expression.

### ANTI-AGING TREATMENT VITAMIN C

75 minutes

This ultimate facial treatment contains all the virtues of vitamin C. Rejuvenating anti-aging treatment 90minutes of attention, precision, and technicity for a spectacular result. It makes the skin smooths, eliminating dark areas, and restoring radiance. This highly specific treatment leaves your face regenerated and looking visibly more youthful. The complexion immediately looks even and radiant. The epidermis toned, the fine lines and wrinkles are smoothed. To help the relaxation hand and feet massages.



**SWEDISH MASSAGE****60/90 minutes**

A vigorous massage using long strokes and kneading to the superficial layers of the muscles. It helps to improve circulation, to enhance relaxation, to ease muscle aches and tension and also to improve flexibility. A genuine work out on the body, focusing on the skin's deepest layers.

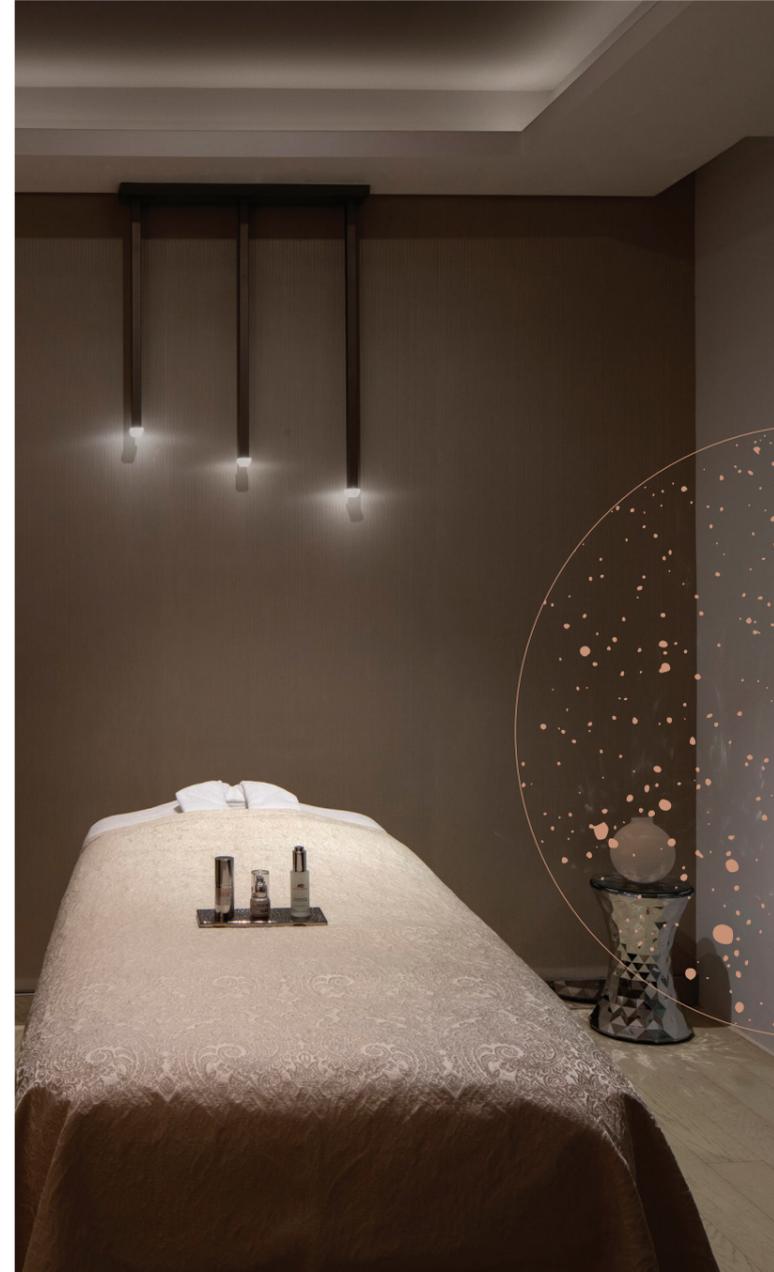
**AYURVEDIC MASSAGE****60/90 minutes**

An invigorating traditional Indian massage carried out with hot sesame oil. Tonic and rhythmic, it restores vitality and energy balance. They are a succession of various energetic and warming rhythms that relaxes muscles and releases tension.

Ayur\_: science Veda\_: life

**HOT STONE MASSAGE****60 minutes**

A massage performed using hot volcanic rocks that promotes the dispersion of tension, muscular contractions and reduces pain. This treatment is a holistic therapy for mind and body alike. A real sense of peacefulness.

**REFLEXOLOGY****45 minutes**

An invigorating traditional Indian massage carried out This treatment begins with a massage to warm the muscles. The reflex pressure points on the feet correspond to specific areas in the body (gland and organs). It reduces stress and eliminates toxins.

**SLIMMING MASSAGE****60 minutes**

This massage combines lengthy, firm movements using kneading, twisting, frictions, rolling techniques on zones where cellulite and water retention have taken hold. The pressure allows in depth action on each area to make a toned and slim body. The treatment is followed by a refreshing, firming and purifying gel to stimulate and improve venous circulation and the appearance of the skin. It's the perfect combination of rhythmical modelling and the effectiveness of anticellulite actions.

**THAI MASSAGE****60/90 minutes**

This massage is designed to stimulate your body's natural Well-being. It is based on muscle stretching exercises which active energy flow while getting rid of accumulated tension and stress for in depth relaxation.

**HEAD, NECK AND SHOULDERS MASSAGE****30 minutes**

A massage to loosen up tension in the scalp, the nape and the trapeze muscles. This treatment releases tensions, eases pain (cervical pain and headache). It eliminates stress and harmonizes the energy flow.



### BODY SCRUB WITH HIMALAYA SALTS

30 minutes

This treatment eliminates dead surface skin cells impurities. Circulation is improved and the skin is moisturized leaving it soft and renewed. With a fascinating earthy scent and brilliant energizing recipe featuring Himalaya salts you will awake to satin smooth skin. This scrub illuminated the skin, restoring its natural softness.



### AN INVITATION TO SWEETNESS AND TO LET GO

60 minutes

This extraordinary exfoliating body treatment rich in vitamin E and antioxidant combines aromatherapy and effectiveness of a reinvigorating body scrub for a soft and smooth skin to the touch. Enjoy a wonderful moment of well-being. The essential oil wrap refines, hydrates and illuminates the skin, immediately give the body this radiance back.

**BLACK SOAP****30 minutes**

In pure oriental tradition, you start the treatment with the hammam and hot and humid steam bath with eucalyptus. Excellent for overall relaxation. Then your therapist will exfoliate your body using a kessal glove. It helps to eliminate toxins and impurities from the skin.

**ORIENTAL DELIGHTS**

Black soap exfoliation and Chateau Berger rhassoul mask

**60 minutes**

A purifying hammam utilizing eucalyptus and a vigorous exfoliation with a traditional kessa glove. A full body wrap is applied using an oil with citrus, lavender and mint to purify your body and clean your senses. This moment purifies the skin to leave it feeling soft and satiny.

**ROYAL HAMMAM**

Black soap exfoliation and foam massage with olive soap

**90 minutes**

The body is carefully rubbed with a textured mitt and covered with the fragrant froth of soap, which cleanses and revitalises the skin, creating a feeling of relaxation and well-being.

Special aromatic oils and circular massage movements in typical hammam fashion are used to revitalise the muscles while particular attention is paid to the scalp, hands and feet.



## AGE RESTRICTIONS

The Pause Spa is an adults only sanctuary catering exclusively to guests aged 16 years of age or older. Children, even if accompanied by an adult are not permitted within the Spa facilities or treatment area.

## CANCELLATION / NO SHOW POLICY

If you must cancel or reschedule your appointment, we request four hours' advanced notice allowing us to offer the time to other guests.

Cancellations made within four hours or who fail to arrive for scheduled appointments will be charged the full service fee.

The Spa reserves the right to refuse bookings for guests who repeatedly fail to arrive for appointments scheduled.

## HEALTH MATTERS

When making your reservation, please notify our reception team of any medical conditions, allergies or physical ailments in order for us to give you the best possible experience.

If you are pregnant or think you may be pregnant, we have specially designed treatments which provide maximum benefits for expectant mothers. Due to the changes occurring inside the body, we do not perform full body massage or body treatments on expectant mothers within their first or final trimesters and some treatments should be avoided throughout.

## SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquility, for this reason we kindly request that all cell phones be switched off or on silent.

In order to protect the modesty of our guests, photography is not permitted in any area where others may be undressing or disrobed. Robes and slippers are provided, and underwear must be worn at all times during treatments, disposable underwear is supplied for ladies & gentlemen. All treatments can be enjoyed by both male and female guests; in accordance with local laws and customs the gender of the therapist will always be that of the guest.

Lockers are available; however, if you are a hotel guest we recommend valuables be kept securely in your guest room safe.

The Paramount Hotel is not responsible for any loss, damage or theft of any valuable items left unattended whether in a locker or not.

## ARRIVAL TIME

You are welcome to arrive any time before your treatment to make use of the facilities.

If you wish to enjoy a shower, steam or sauna prior to your treatment we recommend you arrive no later than 30 minutes before your scheduled treatment time.

Arriving late will reduce the time of your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest will not be delayed; the full value of your treatment will be charged for the time reserved.

## PAYMENT & GRATUITIES

Services may be settled in cash, by credit or debit card, a valid voucher or charged to your hotel room if you are an in house guest.

All treatment prices include service charge and any additional gratuity is entirely at your discretion. All prices are in AED and inclusive of all government taxes, fees & VAT

## SPA VOUCHERS

Spa vouchers make the perfect gift and may be purchased for a specific treatment or a cash value to redeem against treatment and products. All vouchers are valid for 6 months from the date of purchase; vouchers must be used within the timeframe and cannot be extended and are non-refundable.

## HOURS OF OPERATION

Spa reception & facilities: 9am – 10pm  
For more information or to make a reservation kindly contact the Spa reception team by dialing +971 4 246 6750 or  
e-mail [pausespa@paramounthotelsdubai.com](mailto:pausespa@paramounthotelsdubai.com)

In-house guests may contact the Spa by dialing 7750 from the telephone in your guest room.

## PARAMOUNT HOTEL DUBAI

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