

THE SPA *by*
EQUINOX HOTELS

EQUINOX RESORT AMAALA
KINGDOM OF SAUDI ARABIA

INNER + OUTER BODY EXCELLENCE

Select from our integrated circuit treatments – inter-modalities, multi-treatment experiences, cryotherapy, infrared sauna, quantum harmonics sessions, massages, body work and skin therapies – or create your own circuit from our innovative treatments and add on amplifiers, developed by a team of internationally recognized medical authorities and therapists renowned for their mastery of healing.

GLOSSARY

01. FACIALS

02. MASSAGES + HYPERBARIC OXYGEN CHAMBER

03. MLX DOME, CRYOTHERAPY, ICE BATH + INFRARED SAUNA

04. SUPER SPA FOOD

05. SCALP MASSAGE + BRAIN BOOSTING WAVE BED

06. MAGNESIUM SALT POOL + SPA GROTTA HYDROTHERAPY

07. PERSONAL FITNESS, PERSONAL SWIMMING LESSON
PRIVATE YOGA CLASS + PILATES CLASS

GUEST GUIDELINES

To optimize your spa experience, please read the essential [.guidelines](#) provided prior to booking

HEALTH CONSIDERATIONS

When making an appointment, please let us know if you are pregnant or have any health concerns, such as high blood pressure, heart conditions or allergies. We will tailor your treatment accordingly.

SPA ETIQUETTE

As a courtesy to other guests, please silence your mobile devices prior to arrival and be mindful of others when taking photos. In the relaxation area, keep conversations at a lower volume to allow everyone to enjoy their spa experience.

SPA ATTIRE

For your comfort and convenience, personal lockers are provided to secure your valuables and belongings, and are equipped with slippers and robes.

APPOINTMENT ARRIVAL TIME

We suggest arriving at least 30 minutes before your treatment begins to enjoy the spa facilities. Please note that treatments must end on time, regardless of their start time. If you arrive late, we will not be able to complete the full service, and treatment fees cannot be prorated.

CANCELLATION POLICY

If you need to cancel or reschedule, please notify us at least 24 hours before your appointment to avoid being charged for the service in full.

OPENING TIMES

The SPA opens daily from 10 AM to 10 PM.

PRICES

All prices include VAT at 15%.

THE X CIRCUITS

Explore our 7 circuits to achieve inner + outer body excellence. We recommend doing the complete circuit - one from each modality, or individual treatment depending on your needs.



SCIENTIFIC BEAUTY

Facials | Dr. Lara Devgan | Biologique Recherche | Young Goose Scientific Skincare



PERFORMANCE HEALING

Massages | Hyperbaric Oxygen Chamber



CONTRAST TEMPERATURE THERAPY

Cryotherapy Chamber Minus 85 Degrees | Infra-Red Sauna + Ice Bath
MLX i3Dome Ultimate Detox



INNER BODY

Superfood Menu at Mint+Co | Healthy Drinks at EQX Den



SLEEP

Poolside Relaxing Scalp Massage 30 Min | Brain Boosting Wave Bed 30 Min



MINERAL WATER THERAPY

Magnesium Salt 360 Pool | SPA Grotto Hydrotherapy Pools



MIND: BODY EQUILIBRIUM

Personal Fitness Training | Personal Swimming Lesson
Private Yoga Class + Pilates Class



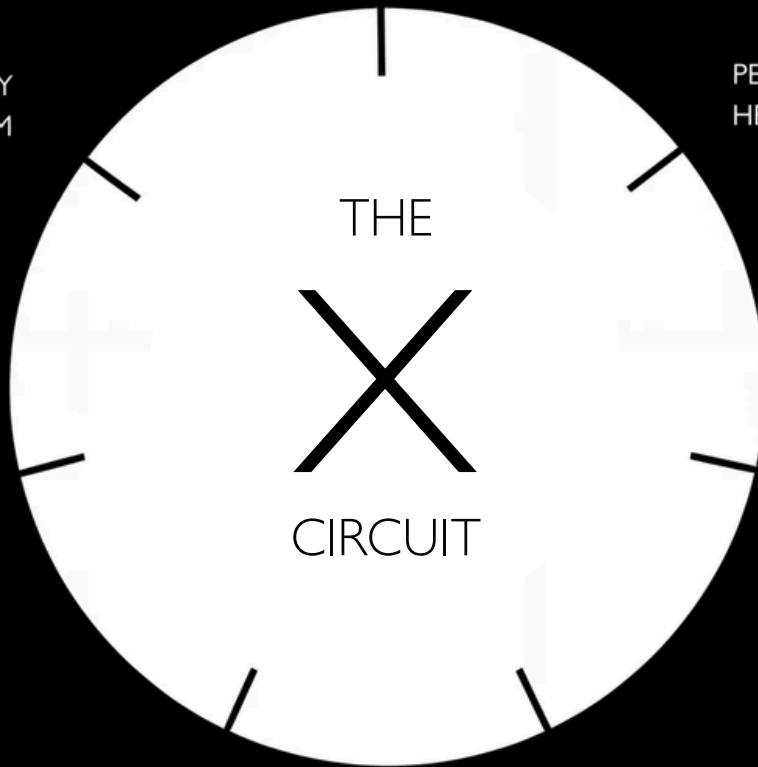
SCIENTIFIC BEAUTY



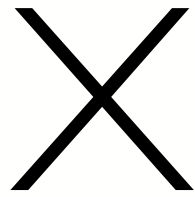
MIND : BODY
EQUILIBRIUM



PERFORMANCE
HEALING



THE



CIRCUIT



MINERAL WATER
THERAPY



CONTRAST
TEMPERATURE
THERAPY



SLEEP : BRAIN
HEALTH



INNER BODY



SCIENTIFIC BEAUTY

FACIALS

Highly sophisticated facial and body optimizations, natural and non-invasive techniques, products, and solutions that deliver optimal skin health, function, and appearance.

SCIENTIFIC BEAUTY

Highly sophisticated, natural, and non-invasive techniques, products, and solutions that deliver optimal skin health, function, and appearance.

EQX HIGH-PERFORMANCE FACIAL

60 MIN - 90 MIN | ₪ 1,250 - 1,800

Biologique Recherche delivers a high-performance treatment that firms and smooths skin texture, enhances tone, boosts radiance, and provides precise, targeted results for visibly refined, luminous skin.

DR LARA DEVGAN NEW YORK FACIAL

60 MIN | ₪ 1,400

Medical-grade skincare by Dr. Lara Devgan, world-renowned plastic surgeon based in New York City, enhancing tissue quality, boosting collagen, and refining skin with subtle precision.

THE NAD+ ANTI-AGING FACIAL

60 MIN | ₪ 1,400

Young Goose harnesses NAD+ and spermidine to boost cellular energy, support DNA repair (as tested on human blood), and strengthen the skin barrier for lasting results.

ADD-ON: 20 MIN | ₪ 350

POOLSIDE JAPANESE ALGAE FACE MASK

The Young Goose Mask instantly lifts, deeply hydrates, firms, and restores a radiant glow.





PERFORMANCE HEALING

MASSAGE + HYPERBARIC OXYGEN CHAMBER

Highly functional bodywork and deep tissue techniques help promote deep recovery. Our massages help reboot both the mind and body through muscular release and specialized bodywork techniques.

The hyperbaric oxygen chamber delivers pure oxygen under pressure to enhance cellular repair, reduce inflammation, and support collagen production. The result is improved recovery, energy, and overall vitality in a deeply restorative, longevity-focused experience.

PERFORMANCE HEALING

Highly functional bodywork and deep tissue techniques help promote deep recovery. Our massages help reboot both the mind and body through muscular release and specialized bodywork techniques.

EQX HIGH-PERFORMANCE MASSAGE

60 MIN - 90 MIN | 🏠 800 - 1,100

Personalized wellness massage with therapeutic techniques, breathing rituals, and a refreshing foot treatment for total relaxation and mobility.

EQX DEEP TISSUE SPORTS MASSAGE

60 MIN - 90 MIN | 🏠 850 - 1,200

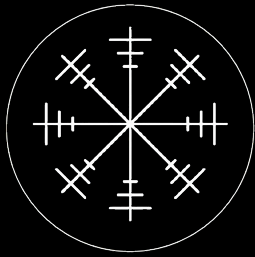
A therapeutic treatment designed to relieve chronic pain, reduce muscle tension, and enhance physical recovery. It supports better posture while lowering stress levels and promoting overall mental well-being.

HYPERBARIC OXYGEN CHAMBER

15 MIN - 30 MIN | 🏠 300 - 500

The Hyperbaric Oxygen Chamber enhances oxygen absorption to speed recovery, reduce inflammation, and boost clarity through improved cellular energy.





CONTRAST TEMPERATURE THERAPY
MLX DOME,
CRYOTHERAPY,
ICE BATH +
INFRA-RED SAUNA

Advanced technology that delivers multiple therapeutic benefits.

CONTRAST TEMPERATURE THERAPY

Contrast temperature therapy uses alternating hot and cold immersion to boost circulation, reduce inflammation, and accelerate recovery - leaving the body reset, recharged, and deeply restored.

MLX DOME – THE ULTIMATE DETOX

30 MIN |  500

Significant Wellbeing Improvement | Accelerated Detoxification | Metabolic Booster | Dramatic Sports Recovery | Reduced Negative Stress and Depression | Promotes Supple Skin.

CRYOTHERAPY CHAMBER MINUS 85°

3 MIN |  300

Calorie Burn | Immunity Boost | Cellular Renewal | Endorphin Release Jumpstarts overall health, fitness, weight loss, and beauty. Stimulates quick recovery.

INFRA-RED SAUNA + ICE BATH

30 MIN |  500

Calorie Burn | Circulation | Inflammation Reduction | Skin Improvement | Detox Relaxation | Sleep Benefits Intense cold therapy to energize skin, reduce inflammation, and deliver ultimate recovery with a detoxifying glow.





NUTRITION

INNER BODY

Essential nutrients, targeted antioxidants, superfoods, and adaptogens come together to promote peak performance through a curated selection of nutrient-dense meals and adaptogenic drinks.

SUPER SPA FOODS

Many of the items on our menu contain functional, bio-active ingredients with exemplary health benefits. We want you to know what goes into our recipes - and your body.

SUPERFOODS MENU AT MINT + CO

Boost performance and regeneration with antioxidants, superfoods, adaptogenic drinks, and nutrient-dense meals.

FUNCTIONAL SMOOTHIES, JUICES + BEVERAGES AT EQX DEN

A performance-driven beverage bar designed to fuel energy, sharpen focus, and accelerate recovery. Featuring functional blends, adaptogenic elixirs, and precision-crafted drinks, each offering supports mental clarity.





BRAIN HEALTH

SLEEP

Optimized sleep therapy, brain boosting, cognitive enhancement.

QUANTUM HARMONICS

BRAIN + BODY BOOST

Experience immersive sound and harmonic resonance therapy on our exclusive Wave Bed to achieve deep restfulness + renewed energy, clarity, and focus. A 30-minute treatment aims to provide 3 hours of sleep.

POOLSIDE RELAXING SCALP MASSAGE

Relieve tension with a calming poolside scalp, neck, and shoulder massage for deep relaxation and clarity.

30 MIN | ₪ 500

BRAIN BOOSTING WAVE BED

Experience deep rest and clarity on the Wave Bed - 30 minutes equals three hours of restorative sleep.

30 MIN | ₪ 500





MINERAL WATER THERAPY

MAGNESIUM SALT POOL + HYDROTHERAPIES

A scientifically calibrated immersion in magnesium-dense waters designed to bypass digestion, directly replenishing cellular levels to reset the nervous system and induce a profound state of biochemical calm.

MINERAL WATER THERAPY

A therapeutic immersion in magnesium-dense waters designed to biochemically decompress the nervous system, elevating the spirit through profound, weightless restoration.

MAGNESIUM SALT 360 POOL

08:00 - SUNSET

Elevate mood and recovery with a magnesium-rich mineral soak that relieves tension and supports deeper, more restorative sleep.

SPA GROTTA HYDROTHERAPY

08:00 - 22:00 HRS

Boost performance at The Grotto with Finnish sauna, Steam, and Vitality Pools designed for faster recovery and full-body rejuvenation.





MIND : BODY

EQUILIBRIUM

A precise fusion of movement and science to release deep stress. Synchronize your mind and body for absolute, centered calm.

MIND : BODY EQUILIBRIUM

A way of living that goes beyond workouts - uniting mental clarity and physical vitality to create true mind-body equilibrium. It's not fitness, it's life.

PERSONAL FITNESS TRAINING

Tailored one-on-one sessions designed to match your specific goals, fitness level, and body chemistry.

60 MIN | ₪ 600

PERSONAL SWIMMING LESSON

Private aquatic coaching tailored for every level - from stroke refinement / technique development for athletes to building water confidence for beginners.

60 MIN | ₪ 600

PRIVATE YOGA CLASS + PILATES CLASS

A customized practice focusing on alignment, breathwork, and core stability in a private, one-on-one setting.

60 MIN | ₪ 600

