

NYSA
SPA

A true urban spa designed to provide a retreat from your city schedule, where the exclusive 'Thermal area' pays homage to the very definition of spa: Sanitas per Aqua. Nysa Spa offers you a traditional and luxurious selection of spa experiences together with the latest techniques that defy ageing and restore energy.



WELLNESS JOURNEYS

THE RITUAL COLLECTION

VITALITY

165 min | AED 979

Commencing with a traditional Balinese massage, which interchanges gentle and relaxing strokes with a vigorous pressure-point technique, stimulating the circulatory and lymphatic systems. This is followed by a 'Citrus C Deep Cleansing Facial' for silky soft skin and renewed radiance. This ritual concludes with a energizing Thai Foot massage, leaving you completely rejuvenated.

DETOX & PURIFY

150 min | AED 889

The treatment starts with Udvartanam (Ayurveda Powder Massage), a deeply therapeutic treatment that cleanses the skin, improves circulation and aids with weight loss. This is then followed by Abhayangam, a lymphatic Ayurvedic massage which promotes longevity and nourishes all parts of the body. This treatment is an energy-releasing detox experience, which concludes with a detoxifying clay pack.

All the published prices are inclusive of VAT and Municipality fee, unless specifically provided otherwise

BLISS

135 min | AED 849

Commencing with a Moroccan bath treatment aimed at detoxifying, improving circulation and healing. This is followed by a Hot Stone massage, an exceptionally beneficial treatment for increasing oxygen flow and easing muscle tension. This ritual concludes with a -30minute Repair & Protect Facial.

COUPLES

120 min | AED 1499 for 2

Romance and relaxation go hand in hand, this journey begins with a -60minute massage of choice, followed by a 30-minute reflexology treatment, to further stimulate the mind, body and soul to relaxation. This ritual concludes with a rejuvenating -30minute Jacuzzi bath.



THE MASSAGE EXPERIENCE

Couples Massage

75 min | AED 999 for 2

All spa experiences can be enjoyed in one of our couples suites featuring a private two-person bathtub, a Swiss shower and a private relaxation lounge.

Regency Experience

60 min, 90 min | AED 499, AED 599

A combination of various massage techniques of your choice infused with essential oils, for a truly personalized experience.



Deep Tissue

60 min, 90 min | AED 415, AED 575

A vigorous massage concentrated on specific muscles and muscle groups. Perfect for the athletic individual to increase muscle flexibility, alleviate pain and assist the healing process.

Swedish

60 min, 90 min | AED 415, AED 575

The classic massage choice. Applying gentle to firm pressure with gliding strokes, using kneading and friction techniques to stimulate circulation, ease muscular tension and promote relaxation.

Aromatherapy

60 min, 90 min | AED 415, AED 575

A truly unique experience as the massage candle melts into a warm sumptuous massage oil. This warm oil of natural butters is drizzled over the skin for a wonderful massage treatment that melts away tension and nourishes the skin.

Balinese

60 min, 90 min | AED 415, AED 575

Deep rhythmical strokes and rolling movements with gentle kneading to disperse negative energy and muscle stress.

Abhyangam massage

60 min, 90 min | AED 385, AED 575

This head to toe nurturing Ayurvedic massage works on energy points and chakras using traditional herbal oil blends which bring balance and harmony to the body.

Hot Stone

75 min | AED 499

Hot volcanic stones are used as an extension of your therapist's hands to melt away stress, soothe and induce a sense of well-being.

Muscle Release

60 min, 90 min | AED 485, AED 645

A pain relieving, deeply restorative and powerful treatment. A specially designed therapy for tight, stressed and aching muscles.

Jet Lag

60 min, 90 min | AED 485, AED 645

Your jet lag remedy! A curative treatment, made of specially blended essential oils, able to revive the senses and aid in the recovery from a long journey.



URBAN TREATMENTS

Thai Foot Massage

30 min, 60 min | AED 265, AED 330

An invigorating and deeply relaxing treatment which involves massage, stretching and acupressure to stimulate reflex points.

Foot Reflexology

30 min, 60 min | AED 265, AED 330

An ancient technique of stimulating specific pressure points on the feet to open the body's energy pathways, leaving you with restored clarity.



Head Massage

30 min | AED 265

Gentle yet stimulating. Focusing on the head, neck and shoulders to release pressure and reawaken lost energy.

Back, Neck & Shoulders Massage

40 min | AED 330

A beautifully relaxing massage that targets the places where you hold the most tension. May also help boost the immune system.

THE FACIAL COLLECTION





Repair & Protect

30 min | AED 299

A calming facial for all skin types. Soothing stone crop and aloe vera rehydrate and heal, helping prevent post inflammatory pigmentation, while rose hip soothes and nourishes, leaving skin with a dewy complexion. Serves perfectly as an express facial treatment for damaged, dry and dehydrated skin.

Balance

75 min | AED 510

Give the skin what it needs and where it needs it! This duo, multi-action treatment contains innovative ingredients in skincare. Buchu leaf extract, charcoal and willow bark are designed to cleanse and refine pores in the T-Zone area, while rice milk and shea butter deeply moisturize dry areas. Intensified by the antioxidant powers of pomelo juice, green tea and bamboo leaf extract, skin is fully protected from free radicals and other harmful skin irritants.

Citrus C Deep Cleansing

75 min | AED 510

This facial offers great exfoliation, hydration and a deep pore cleanse using pure Vitamin C from fresh grapefruit, lime and grapes. Couperose-C Serum is used to soothe the skin after extractions, while healing herbs will be used to repair and brighten skin. Highly recommended for oily or congested skin making it smooth and healthy, and preventing future breakouts and congestion.

Firm Skin

75 min | AED 510

Achieve glowing and youthful skin that reduces the appearance of fine lines and wrinkles by infusing it with phytonutrients, antioxidants and vitamins found in acai, blueberry, raspberry and brambleberry. When combined with the hydrating powers of plant-derived Hyaluronic acid, the skin is firmed, and is left looking plump and instantly lifted! Recommended for mature skin.



Organic AHA Paprika

75 min | AED 510

Hot 'n' Cold Facial! This paprika treatment offers a truly exquisite facial with products so natural, you can see the fresh fruit pulp, seeds and even smell the fresh herbs. The tingling hot sensation of this uncommon facial is cooled with the application of a chilled Stone Crop Masque, helping to detoxify, oxygenate and renew the skin. Recommended for mature, dull, large pores, scarring, and all skin types, except for sensitive skin.

Microgreens Detox

75 min | AED 510

Environmental pollutants can wreak havoc on your skin. By harnessing potent antioxidants found in microgreens, formulated with actives from Swiss cress sprouts that clean and protect skin at the cellular level, to help counter the effects of pollution. This new treatment is sure to detox and renew your skin, leaving you feeling oxygenated and invigorated. Recommended for all skin types.

BODY TREATMENTS



Moroccan Oil & Walnut Casca Scrub

45 min | AED 350

Full body scrub using a mix of olive, Moroccan oil and walnut shells, is aimed at creating an exfoliating and deep cleansing effect. The treatment takes place within a temperature-controlled environment, and is followed with a steam bath, which results in a full detoxification process which leaves you with radiant and smooth skin.

Ayurvedic Body Treatment (Udvardanam)

45 min | AED 350

A deeply therapeutic deep tissue Ayurvedic Powder Massage that cleanses the skin, improves circulation and aids with weight loss.

Lemongrass & Green Tea

Full Body Scrub 30 min | AED 299

Naturally treats skin blemishes and repairs the appearance of sun damage for visibly improved brightness and texture. Skin irritations are soothed and excess oil is purified. Detoxifying, soothing and healing lemongrass, a natural antiseptic, regulates the skin's oil secretion and minimizes pores. Green tea neutralizes free radicals and reverses the skin's sun damage.

Mineral-Rich Clay Treatment

30 min | AED 299

Clay is a versatile, natural occurring substance, filled with an array of valuable minerals. Aimed at detoxifying, exfoliating and clarifying the skin, this treatment will leave you feeling relaxed and restored.



BATH EXPERIENCES

Private Jacuzzi Bath

30 min, 45 min | AED 349,299

Relaxing in a hot tub helps the body soften, offering a myriad of health benefits, from joint pain relief to improved circulation. A truly relaxing and refreshing Jacuzzi bath soak, infused with mint and eucalyptus, will calm the mind and body, leaving you completely rejuvenated.

Thermal Suite

60 min | AED 100

Experience the healing and refreshing benefits of our thermal water suite, and its' large array of hydro experiences. Enjoy 'thermotherapy' with our compliments before any of our Hammam or Rasul treatments.

SPA ETIQUETTE

Arrival

We kindly ask that you arrive at least 15 minutes prior to your scheduled appointment. Late arrival may result in decreased treatment time, with respect to the next reservation. Full payment will remain applicable.

Cancellations

Cancellations are subject to 12 working hours prior notice. Reservations cancelled within 6 hours will incur a cancellation fee, no-shows will incur full payment.

Health

Please inform your therapist and Nysa Spa Reception if you have any known medical conditions, ailments, allergies or are taking any medication.

Pricing

All prices are inclusive of service and municipality fees.

Valuables

Lockers are provided, however we recommend that you arrive without your valuables. Neither Nysa Spa nor Hyatt Regency Dubai Creek Heights will accept responsibility for any loss or damage of any kind.

Ambience

Please help us maintain a pure and tranquil environment by switching off or placing your mobile phone on silent mode.

Age Requirements

All guests must be aged 16 years or above.

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