



CORE
SPA

CORE WELLNES

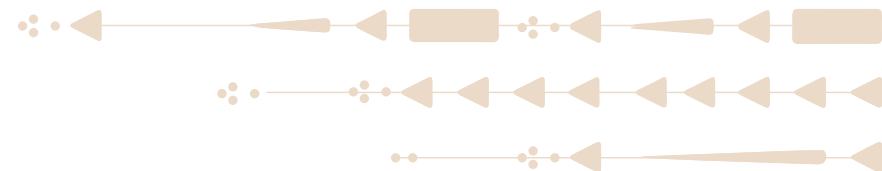
From the moment you walk through our doors, you will feel something extraordinary. Each of our CORE spas has a unique personality, inspired by the most serene corners of the world, blending timeless elegance and recognizable tradition, unique only to the kingdom.

This space is where elegance, innovation, and a holistic approach to your wellbeing come together to create an atmosphere unlike any other.

From signature CORE treatments, and carefully chosen massages, to luxury facial and body treatments, we promise to elevate your mind, body, and soul.

Whether you enjoy the traditional spa techniques or our science and technology-based treatments, our team will guide you through every moment of your journey with us. CORE wellness isn't just the spa — it's a community, a lifestyle, and a commitment to those who seek the very best, to those who seek the soulful experience.

Welcome to CORE Wellness!



Every treatment is thoughtfully tailored to your goals and aspirations. Look for these icons next to each of our services to help you choose which one complements and enhances your personal wellness needs.



WEIGHT MANAGEMENT

If you are looking to either lose weight, gain weight or maintain your optimal weight.



PEAK PERFORMANCE

If you are wishing to enhance your training and have your body perform at its optimal level.



REGENERATION

If you are wishing to destress, realign and let your inner body rejuvenate & grow.



APPEARANCE

To enhance your natural beauty.

SPA FEATURES

- Infrared Sauna
- Herbal Steam Room
- Ice Fountain Room
- Experience Shower
- Vitality Pool
- Cold Plunge Pool
- Hot Tub
- Treatment Rooms
- Vichy Shower
- Cryotherapy Chamber
- Oxygen Therapy – AirPod
- Caracalla
- Dressing Room
- Relaxation Suite
- Skin & Hair Care Boutique
- Hair & Nail Salon
- Barber Salon

SPA FACILITIES

Between our luxurious treatment rooms, vitality areas, and relaxation spaces, you will find the peacefulness you are looking for to unwind, recover, and revitalize. To further enhance your spa experience, we recommend that you begin with a traditional spa journey in our vitality area. Expel toxins from your body, by spending time in our sauna, steam and hydrotherapy pool, this will open your airways and skin pores whilst warming up your muscles. Follow this with our cold plunge and ice fountain room for a refreshing experience leaving you feeling rejuvenated. The perfect way to prepare or relax your body as part of the ultimate CORE wellness experience.

MASSAGE

SWEDISH MASSAGE

The Swedish body massage is a combination of many different techniques rolled into one session. Your therapist will utilise smooth long strokes, with light to moderate pressure, helping to reduce stress, relax muscles, improve circulation, and stimulate the skin and nervous system.

60 min | ₦650 - 90 min | ₦800

DEEP TISSUE MASSAGE

Designed to target deep-seated muscle tension, this therapeutic massage technique uses firm pressure and slow strokes to alleviate stress and release chronic knots. Your therapist will customize the massage to your specific needs, focusing on areas of tension and restoring your body's balance and vitality.

60 min | ₦750 - 90 min | ₦900

HEAD, NECK & BACK MASSAGE

Let yourself melt away with this deeply relaxing head, neck, and back massage targeting stress relief and key areas of muscle tension. Feel renewed and refreshed

30 min | ₦400

FOOT MASSAGE

Sit back and relax as you enjoy a decadent foot massage, designed to release tension in the lower legs and feet. A perfect treatment to help the body unwind, improve blood circulation, lower blood pressure, and rejuvenate tired feet. Excellent for after work or post travel.

30 min | ₦400

ADVANCED MASSAGE

CORE SIGNATURE MASSAGE

A fusion massage that seamlessly blends together various massage techniques custom-designed and adapted to meet your physical needs and preferences. Our most popular service. Only available at CORE Spas.

60 min | ₪1050 - 90 min | ₪1375

LYMPHATIC DRAINAGE

Using gentle, repetitive strokes to facilitate the movement of fluids around the body, helping to remove toxins from the body's tissues. This massage can also aid in the prevention of swelling after injury or surgery and is known to provide a major boost to the health of your immune system. Lymphatic drainage is very effective for cases of oedema and reduces cellulite. It is highly recommended as a treatment after flying, or following illness.

60 min | ₪750

SPORTS MASSAGE

The application of sports massage prior to and after exercise is shown to enhance performance, aid recovery and prevent injury. Your therapist will provide a personalised massage designed to assist in correcting issues and imbalances in the soft tissue that are caused from repetitive and strenuous physical activity and trauma.

60 min | ₪800

MADEROTHERAPY

Technique that uses specialized wooden tools to target muscle tension, improve circulation, and help reduce body fat, offering a tailored approach to body contouring and relaxation.

45 min | ₪700

ADVANCED MASSAGE

WARM BAMBOO MASSAGE

Utilising heated bamboo tools of various shapes and sizes, this holistic therapy will achieve deep tissue manipulation without causing discomfort, providing deep relaxation and releasing muscle tension. Proven to relieve migraines, alleviate joint and arthritic pain and stimulate cellular activity to repair and intensely nourish the skin.

60 min | ₺800

HOT STONE MASSAGE

A restorative massage performed with smooth, warmed mineralised stones. You will achieve deep muscle relaxation through the placement of soothing, heated aromatic stones along pressure points on the body, whilst your therapist performs muscle manipulations that will melt away all tension and stress.

60 min | ₺800 - 90 min | ₺920

SHIATSU MASSAGE

This traditional Japanese Shiatsu Massage is a form of therapeutic bodywork. Our expert therapist will apply pressure to your body using fingers, thumb and palms to help heal ailments, promote relief from symptoms and correct imbalances in the body by regulating the nervous system and stimulating the circulatory, lymphatic and hormonal systems. A most beneficial treatment to correct poor posture, sciatica and acute joint, neck and back pain.

60 min | ₺800

BIOLOGIQUE RECHERCHE

"A personalised vision of skincare."

Founded in Paris, this ultra-luxury skincare line is renowned for its innovative natural products, science-based formulations, personalised regimes and individualised treatment protocols.



FACIAL TREATMENT

SOIN BOOSTER VIP

Ideal for all skin types, especially dull and devitalised skin. This innovative treatment helps to brighten, detoxify and lift the skin by stimulating the epidermis and re-oxygenating the skin tissues. Your complexion will gain an incredible and lasting glow and your skin is instantly more luminous and bursting with radiance.

60 min | ₺750

SOIN RESTRUCTURANT ET LISSANT

This rejuvenating and firming procedure is the perfect anti-stress, anti-aging procedure, reducing signs of aging, restoring moisture, stimulating the skin's natural functions and firming the skin. It is also recommended after medical procedures such as plastic surgery, laser or chemical peel treatments as it promotes regeneration, helping the skin recover faster.

60 min | ₺850

TOLESKIN

Formulated for sensitive and reactive skin, this facial is extremely soothing and helps reduce skin sensitivity, itching and discomfort. Regular use helps skin become more tolerant and less irritated, with the skin's texture becoming smoother and redness reduced. It is perfect if your skin is in a state of crisis, needs calming or intense moisturising.

60 min | ₺975

SOIN LIFT CVS

An exfoliating and lifting treatment that is combined with shaping techniques. The treatment uses highly concentrated active ingredients to purify and restore volume, even out tone and create a firm, flawless skin surface. The results are akin to a manual facelift.

60 min | ₺1100

FACIAL TREATMENT

SOIN SECONDE PEAU TREATMENT



A pioneering renewing and lifting treatment that is created using an electrospun mask with 80% pharmaceutical-grade hyaluronic acid. It increases cohesion, firmness, and density of the skin. Recommended to complement anti-wrinkle or filler injections and invasive skin treatments to promote healing and reduce downtime post-surgical or resurfacing procedures. **60 min | ₺1375**

SOIN TRIPLE LIFT FACE TREATMENT



An exceptional re-sculpting, rejuvenating and anti-wrinkle treatment. Combining face-lifting boosters to activate your skin's cellular metabolism this treatment will restore facial volume and diminish facial hollows, improve elasticity and highlight contours around the cheeks and jawline. This is a complete redefining treatment which offers immediate results from the signs of aging. **120 min | ₺1375**

SOIN MASQUE EXFOLIANT P50 VISAGE



An exfoliating and revitalizing treatment for wrinkled, dull and irregular skin. This treatment will reduce pigmentation imperfections and purify the epidermis, resulting in optimal cellular regeneration. Leaves the face smoothed, refined and radiant and your complexion unified and brightened. **60 min | ₺750**

BODY TREATMENTS

TIRED LEGS

Alleviate tired, heavy legs with a rejuvenating and replenishing treatment that has been crafted to improve circulation, reduce inflammation and bring much needed relief to fatigued or swollen legs. Perfect before or after travel and to deliver a re-energising and immediate feeling of lightness.

45 min | ₺400

BODY LIFT TREATMENT

A full body anti-aging treatment for tightening, toning, sculpting and defining the silhouette of the body. The multi-layered process accelerates the renewal of the epidermal structure, whilst the skin-tightening effect assists with reversing skin laxity and encourages the production of collagen and elastin proteins that help your skin stay firm and smooth.

60 min | ₺750

SOIN GOMMAGE P50 CORPS

Transform the appearance of your skin with this opulent exfoliating and regenerating treatment which leaves the skin softer, evenly toned and fully hydrated. This treatment consists of deeply cleansing and purifying the skin, then applying an oxygenating technique which stimulates cell renewal and improves elasticity.

60 min | ₺750

ALGAE DETOX SLIMMING BODY TREATMENT

This relaxing slimming treatment will smooth, firm, tone and decongest your body, leaving you looking and feeling wonderful. The thermal effect of the algae purifies toxins, whilst the marine active ingredients promote skin resurfacing and stimulates cell renewal. Using a heated blanket body wrap helps improve microcirculation and dissolve unwanted adipose fat.

60 min | ₺900

BODY TREATMENTS

LYMPHATIC DRAINAGE WOOD TREATMENT



Lymphatic Drainage Wood Massage uses specialized wooden tools to stimulate the lymphatic system, helping to reduce fluid retention, improve circulation, and promote detoxification, leaving the body feeling refreshed and revitalized.

60 min | ₪925

SCULPTURE WOOD SLIMMING TREATMENT



Sculpture Wood Slimming Treatment uses targeted wooden techniques to break down stubborn fat, boost circulation, and redefine your physique for a more toned, athletic look.

60 min | ₪850

CORE SIGNATURE ARABIC BATH (VICHY)



A fully personalised Arabic bathing ritual to stimulate your senses, with cleansing and nourishing treatments, unique strokes and soothing aromas. Your therapist will create a bespoke bathing and massage ritual designed just for you.

90 min | ₪1100

INDIBA FACIAL

This exclusive and patented technology is used for full facial rejuvenation. It helps to regenerate collagen and elastin fibres, plump the skin, reduce wrinkles and improve the signs of aging. Indiba uses low-frequency electrotherapy through electrodes to elevate the skin by stimulating circulation and collagen production

45 min | ~~£~~750

INDIBA RECOVERY

Advanced tissue repair for accelerated healing. A personalised manual technique where the therapist focuses action on specific soft and hard tissue types for a bespoke treatment programme. Highly effective for rehabilitation and recovery after surgery, for chronic conditions, acute injuries and pain reduction.

60 min | ~~£~~875

TRUSCULPT

A personalized muscle sculpting treatment that adjusts to your fitness level, shape, and goals to strengthen, firm, and tone your muscles. The unique Multi-Directional Stimulation (MDS) technology delivers three treatment options by replicating intensified crunch, squat and twisting actions.

TruSculpt Flex 1 Muscle Group

60 min | ~~£~~925

TruSculpt Flex 2 Muscle Groups

60 min | ~~£~~1250

LINFOPRESS



The latest in pressotherapy which uses a combination of eight differentiated-sector pressure elements and advanced compression that activates the circulatory and lymphatic system in a simple, quick and effective way. Recommended for recovery after intense lower body workouts, eliminating the sensation of 'tired legs,' and stimulating the lymphatic and cardiovascular systems for enhanced circulation and muscle recovery.

30 min | ₺400

HYDRAFACIAL



Clinically proven to provide instant results and a non-invasive alternative to laser or chemical peels. This technology is based on a patented three-part regime, which enters the skin's inner layers, clearing pores and removing dead skin. Intensely moisturising and nourishing. Suitable for all skin tones.

30 min | ₺625 - 60 min | ₺1025

Hydrfacial Delux

60 min | ₺1025

Hydrfacial Back Cleanse

30 min | ₺575

CRYOTHERAPY



Art of Cryo : Cryotherapy Chamber

Instantly feel the transformative effect of entering our sub-zero temperature whole-body cryotherapy chamber. This treatment creates full body rejuvenation, endorphin release, calorie burn and reducing inflammation and boosting cognitive function. You will see improvements in skin conditions and find a significantly reduced recovery time after workouts or injury.

15 min | ₺400

OXYGEN THERAPY



AirPod Propel

The AirPod takes the benefits of oxygen therapy to a new level. Oxygen is delivered through increased atmospheric pressure in a personal pod. This cutting-edge wellness technology strengthens the foundation for general health by promoting relaxation, improving sleep quality, reducing stress and boosting energy output. It also provides vital recovery benefits by accelerating repair processes in the body, boosting concentration, circulation and clarity together with expanding the lung capacity, improving athletic performance.

30 min | ₪400 - 60 min | ₪600 - 90 min | ₪900

CARACALLA



Harnessing the force of water jets into a focused stream creates a deep, wide band of pressure for therapeutic, manipulative penetration and myofascial release. This increases flexibility, improves recovery, strengthens and heals injured tissues through improved circulation.

25 min | ₪450

SKIN INSTANT MACHINE



skin analysis technology that evaluates your skin's condition in real-time, allowing for a personalized treatment approach to address specific concerns and optimize your skincare routine.

30 min | ₪300

BARBER SERVICES

We have partnered with the Italian Bullfrog range, which is classed as a most advanced men's grooming and barbershop product range with conceptual ideas. It is used by classical and exclusive men's barber establishments around the world. They provide modern male grooming solutions, with an old-school traditional approach.

HAIR & BEARD

Sharp Shaved Duo

A complete razor shave for both hair and beard, leaving no hair behind for a completely smooth, clean finish.

50 min | ₺250

Classic Duo

A classic haircut, combining clippers and a machine for a tailored hair and beard look.

50 min | ₺325

Tailored Fade Duo

A modern fade haircut for both hair and beard, creating a sharp, well-blended finish.

50 min | ₺325

Keep Them Short Duo

A trim with clippers, leaving some hair for a clean, shaped, and styled look.

50 min | ₺250

HAIR

Sharp Shave Haircut

A precise razor shave for the scalp, delivering a completely smooth and clean head.

30 min | ₺175

Classic Haircut

A traditional haircut using clippers and scissors, giving a sharp, refined appearance.

30 min | ₺200

BARBER SERVICES

Tailored Fade Haircut

A stylish fade haircut, tailored to your personal style for a sharp, modern look.

30 min | ₦250

Keep It Short Haircut

A clean and precise trim with clippers, leaving hair short but styled for a sharp finish.

30 min | ₦175

BEARD

Sharp Shave Beard

A detailed razor shave for the beard, leaving it smooth and perfectly shaped.

20 min | ₦125

Classic Beard Trim

A classic beard trim using clippers and scissors to refine and shape your beard to perfection.

20 min | ₦150

Tailored Fade Beard

A modern fade for the beard, blending and sculpting for a sharp, defined look.

20 min | ₦175

Bullfrog Beard Treatment

Deeply cleansing, exfoliating and nourishing for even the thickest beards.

30 min | ₦290

MALE GROOMING

Eyebrow Grooming

15 min | ₦125

Hair Dye

60 min | ₦400

Beard Dye

45 min | ₦250

Waxing Ears & Nose

20 min | ₦150

CORE ELITE HAIR GROOMING

An advanced grooming experience for your hair, providing precision and personalized styling for a flawless finish.

60 min | ~~¥~~450

CORE ELITE BEARD GROOMING

A premium beard grooming service that focuses on shaping, detailing, and refining your facial hair to perfection.

60 min | ~~¥~~400

CORE SIGNATURE GROOMING EXPERIENCE

The ultimate grooming experience, combining expert techniques and exceptional service for a complete, luxurious session.

75 min | ~~¥~~575

NAIL SERVICES

MANICURE

File & Polish Mani	30 min ฿ 125
Classic Manicure	60 min ฿ 250
CORE Signature Manicure	75 min ฿ 400

PEDICURE

File & Polish Pedi	30 min ฿ 150
Classic Pedicure	60 min ฿ 250
CORE Signature Pedicure	75 min ฿ 350

OTHER

Callus Removal	45 min ฿ 300
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SPA ETIQUETTE

ARRIVALS

- Please arrive at the Spa Reception 10 minutes before your scheduled treatment time and ensure you have completed the consultation form provided. Your therapist will meet you in the Spa Reception and take you through to the treatment room.
- To accommodate all our guests , each treatment will conclude at the scheduled time, regardless of start time.
- For your convenience, the spa will provide towels, slippers, shower caps and all amenities you may need to enjoy your visit.
- Swimsuits are required in some areas of the spa.
- Jewellery and valuables should be left in your designated locker. CORE Jeddah and Spa do not assume liability for any valuables.
- The spa and wellness environment is one of tranquility and relaxation. Please respect the quiet and privacy of other guests. We kindly request that you refrain from smoking and using mobile phones and cameras.

BOOKINGS

Advanced 24 hour's booking is highly recommended for preferred times and services. The Spa provides walk-in bookings based on availability.

LATENESS AND CANCELLATION POLICY

Please be aware that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask you to give a minimum of 12 hours notice for cancellations. Less than twelve hours' notice will result in a charge of the full price.

SPA ETIQUETTE

HEALTH CONSIDERATIONS

Please advise us of any health conditions, allergies or injuries that could affect your experience or use of the spa facilities. For first time visitors you'll be asked to complete a consultation form prior or upon arrival at the Spa Reception. This will allow your wellness professional to offer a better, customized experience to meet your needs.

MINIMUM AGE

- Only persons aged 18 years and above are to be granted access to the Vitality Area and Spa Services.
- Minors may access the Hair Salon, Barber, and Nail services. Under 12 years, must be accompanied by an adult.

OPERATION HOURS

- Spa Facilities Opening Times:

Sunday – Thursday : 7am – 11pm

Friday – Saturday : 9am – 9pm

- Spa Services Times:

9am – 8pm

WELLNESS CONSULTATION

CORE Wellness also provides direct wellness consulting, available prior to reservation to customize your treatment selection based on your specific needs.

CONTACT DETAILS

To reserve and book a session or treatment at CORE Spa please contact Guest Relations on **+966 55 300 5582**.



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