

# *TheSpaReview.com*

**Zen the spa at Rotana Fujairah**  
**Dr. KC Barker, *TheSpaReview.com***

Ajwa body scrub – an invigorating scrub treatment using a blend of traditional date fruits and scented salt crystals. Almas body wrap – soya milk and green clay lathered on and rinsed off in a traditional Arabic Rasul. Finally!!! I am at long last experiencing spa treatments that say “you are in the Emirates” in a spa that actually represents its environment – it’s a memorable and unusual spa treat for me. How enticing it is to read a menu with names like Sanaa (means brilliance or splendour) and Ghaniyah (in Arabic, beautiful woman) and Salimah (peaceful, safe and healthy)! This is not another Balinese spa relocated to the deserts and mountains of the Middle East – this is a spa created for the Middle East. Even the shade of aquamarine blue for towels and decorative touches reflects the blue of the Indian ocean that laps near the Zen beach cabanas. (I do wonder if there is an Arabic or Persian or Bedouin word for the concept of Zen?)



Working together, Sandrine Bertrand and Jean Francois Laurent have realized a dream of the exquisite boutique-size spa in a resort hotel. With eight single treatment room, one couple room, one Thai room and one “serenity suite,” they’ve challenged that UAE mantra that “bigger is better.” Cleverly designed, one group of rooms is set around water treatments – the Rasul, Wet Hammam, Ice Cave, Vichy shower – complete with instructions for an invigorating and purposeful circuit of “wet, cold and heat.” A second group of candle-lit treatment rooms are set around the relaxation area. No long hallways. Wall screens that become sliding pocket doors. The illusion of a being in a maze or Persian mandala is comforting.

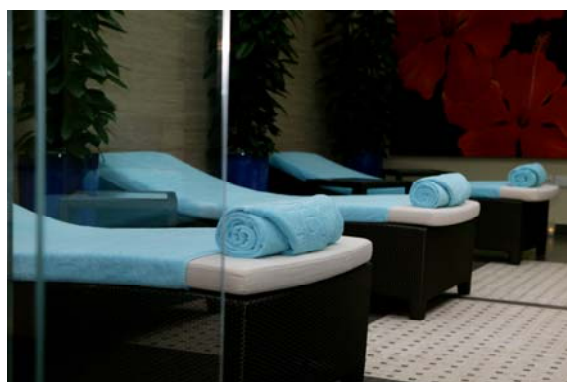
Set slightly apart from the hotel, the spa is an inviting addition to the many other Rotana leisure, recreation and wellness facilities. Sleek dark wood and silvery grey glass punctuated with hot pink pots – from beginning to end, this spa is redolent with special, carefully-chosen touches.



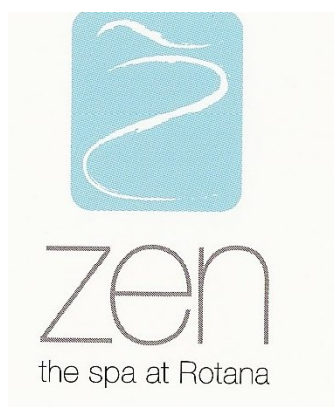
I particularly liked the blossom tea – the little ball of jasmine flower that blossoms before my eyes like a metaphor for how a good spa day makes me feel. And the hand in the small of my back – a therapist gently guiding me to remove all indecision or fear of slipping. All – yes all of our [SpaReview.com](http://SpaReview.com) expectations for attention to client satisfaction are addressed – attentive and generous staff, sensory indulgences, signature treatments,

professional management, welcoming ambience, superb treatments.

My treatments are – in a word – excellent! My skin, my muscles and my mind all feel silky soft. On the aquamarine-towelled recliner, with a warm lavender neck pillow and cooling eye pillow, I'm floating on a raft of blissful invisibility. When I can't see the world, it can't see me, and it's the ultimate in release for the body, mind and soul. I put off returning to the world as long as I can.



“Zen the spa” in Fujairah is the latest of the Zen spas in the Rotana hotel chain, but the first to sell itself with the simple and elegant graphics. In fact, the unique logo and advertising images perfectly reflect the clear and focused approach Rotana wants to offer in the world of wellness and luxury spa choices. I'm eager to see if the upcoming website will reflect these principles as well – until it is ready, Zen spa will send you the menu of treatments by email. And it is so impressive. For a very small spa, the range is amazing and so interesting. Fresh from gathering seashells on the beach, I'm



intrigued to sample Noor – a massage “using shells to invigorate and relax.” After the indulgences of the Christmas season, I imagine I'll “require” a Hayfa package – 5 days of slimming treatments – Nathifa and Junua and Fleur de Sable. I'm intrigued and I can't wait to return!



This last photo is mine taken from my room at the Rotana. How can you resist? Thanks to the spa for the rest of the photos!

**Zen the spa, Fujairah Rotana is rated by *TheSpaReview.com* as a 5 Crown Spa - the five Silver Crowns indicating that you can expect Absolutely Royal Treatment. Zen the spa, Fujairah Rotana can say:**

*We are a*  
  
*Spa rated in 2008 by*  
  
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