

Enhance Your Well-Being

For a better you.™



Urban retreat. Endless choices.

The Westin Dubai, Al Habtoor City is designed to ensure healthy choices are tantalizingly tempting, with programs that guarantee guests feel well rested, well nourished and well cared for.

We realize that proper relaxation in an invigorating setting is the only way to make you feel good at all times. The 41-storey Westin Dubai, Al Habtoor City is influenced by the Art Deco movement and eco-sensitive colors and textures that provide environments where you can feel your very best.

Fitness & Free Time

Elevate energy levels at the state-of-the-art 24-hour WestinWORKOUT® Fitness Studio or de-stress and feel well in the dedicated yoga studio. Guests are free to indulge at the luxurious Heavenly Spa by Westin®, which features 20 treatment rooms including two couple treatment rooms and a stimulating Hammam. Steam room, sauna, hot tubs and speciality showers ensure a variety of options for total relaxation.



Revitalize and energize with the Heavenly Spa by Westin®. From therapeutic massages to cleansing facials and invigorating body treatments, each element of your spa visit is designed to stimulate the senses and nourish both body and mind.

Featuring 20 treatment rooms including two couple treatment rooms and a stimulating hammam, steam room, sauna, hot tubs and speciality showers, the Heavenly Spa by Westin® ensures a variety of options for total relaxation. Choose any of our signature treatments and let our professionally trained therapists guide you on a pathway to renewal.

Our wellness features include:

- Dedicated female and male changing room with Heavenly Spa amenities
- Spa relaxation lounge
- Couples Relaxation Area
- Couples Room
- SuperFoodsRx™
- Steam room
- Hammam
- Sauna room
- Hot Tubs
- Rooftop deck

To book our spa treatments, call us on +971.4.437.3300 or send us an email: heavenlyspaalhabtoorcity@westin.com



WESTIN WORKOUT

State of the art Technogym Equipment including:

- Treadmill
- Upright Bike
- Recumbent Bike
- Elliptical Trainer
- Adjustable Benches
- Urethane Encased Dumbbells (1-46 kgs)
- Leg Extension
- Leg Curl
- Shoulder Press
- Lat Machine
- Chest Press
- Stability Balls
- Omnia
- Kinesis
- Spinning Bike
- Optimal private training rooms for individuals or females
- Views of Dubai Water Canal and Burj Khalifa
- Dedicated female and male locker facilities
 - Steam
 - Sauna
 - Hot Tub

Fitness Session Rates

Personal Training

50-minute training session	AED 150
Series of 5 sessions	AED 600
Series of 10 sessions	AED 1,100

Day Passes

Spa, Gym and Pool Access	
Weekday	AED 150
Weekend/Public Holiday	AED 250
Child	AED 100

Group Classes

AED 100 for any of the following classes:

Yoga, pilates, core, circuit training, stretch and aerobics. Please visit our website for full class schedule.

Yoga with Ashtanga Yoga

Please contact the reception for more information.

Membership Rates

Type	1 month (AED)	6 months (AED)	1 year (AED)
Single	1,000	4,800	9,000
Couple	1,800	8,640	16,200
Family (+ 2 children)	-	11,800	18,000



Benefits for One month Membership (Single and Couple)

- 20% discount in Westin F&B outlets
- 10% discount for next membership
- 20% off Heavenly Spa treatments
- 20% off Personal Training and Group Fitness Classes
- One complimentary personal training session

Benefits for Six months Membership (Single, Couple and Family)

- 20% discount in Westin F&B outlets
- 10% discount for next membership
- 20% off Heavenly Spa treatments
- Two complimentary Heavenly Spa Signature Massages
- Two complimentary Personal Training sessions
- 20% off all Personal Training Sessions and group fitness classes
- 20% off Retail
- Two complimentary one-day guest passes
- 20% discount on daily passes for friends and family
- 20% off on Ashtanga Yoga

Benefits for One Year Membership (Single, Couple and Family)

- 20% discount in Westin F&B outlets
- 10% discount for next membership
- 20% off Heavenly Spa treatments
- Complimentary Heavenly Spa Signature Massage per quarter
- Complimentary Personal Training session per quarter
- 20% off all Personal Training sessions and group classes
- Complimentary group classes
- 20% off retail
- Four complimentary one-day guest passes
- Complimentary one-night stay with breakfast
- 30% discount on daily passes for friends and family
- Invitation to exclusive events throughout the year
- 20% off on Ashtanga Yoga

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