

*Mama  
Skin*

# Treatments Menu

L'ODAÏTÈS®  
— APOTHECAIRE DES SENS —





## Welcome to the intimate Spa at Mama Shelter Dubai by L'ODAÏTÈS

Escape the vibrant energy of Dubai and immerse yourself in a haven of beauty and serenity.

In an atmosphere of sheer softness and tranquility, our spa invites you to discover a curated selection of body and facial treatments by L'ODAÏTÈS, a French botanical skincare brand founded by three sisters (Alya, Sofia and Nabila) paying tribute to their grandmother, an apothecarist. She immersed them in the ritual of harvesting flowers in her wonderful garden, preparing essential oils, engaging them in the art of crafting balms, teaching them the virtues of plants and imparting the deep knowledge of the entire process.

The sisters bring the generational knowledge of this ritual and their individual expertise to breathe new life into these old sensory formulas and to recreate them in Alya's pharmaceutical lab. Together, the three sisters craft epicurean skincare products that blend indulgence with remarkable efficacy, thanks to the powerful properties of noble active ingredients and in particular the date fruit, a time-tested ingredient deeply

cherished by their grandmother, renowned for the exceptional benefits contained in its nectar, seed oil and seed powder (antioxidant, repairing, regenerating, anti-inflammatory, hydrating, brightening, energizing, firming...).

As their grandmother, the three sisters value the plants that thrive in the desert due to their extraordinary capacity to capture energy, retain water, endure harsh sun exposure and self-repair from UV rays and oxidation.

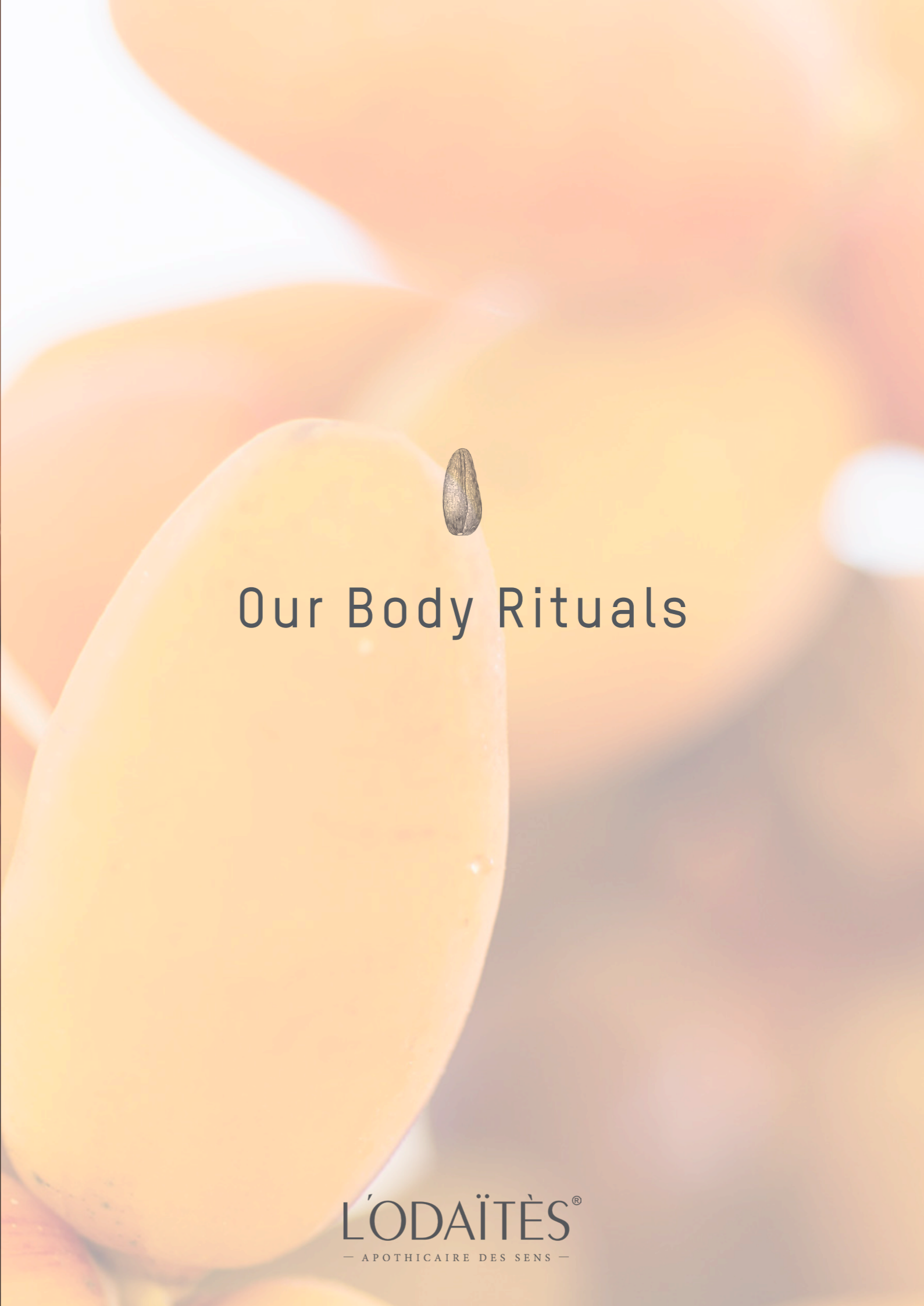
With their velvety texture and addictive scent of orange blossom, each skincare product unveils the potency of its rare active ingredients, meticulously extracted through sophisticated technologies to deliver a truly transformative beauty experience. Honoring DAÏTÈS, the Greek god of feasts, L'ODAÏTÈS skincare offers your skin a sensory feast with the finest essence, and a joy for the senses.

Guided by enveloping maneuvers and the skilled hands of our therapists, give in to a moment of deep relaxation, where expertise meets indulgence to awaken your senses and elevate your beauty.

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# Our Body Rituals

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# An escape to the heart of well-being

Whether you seek deep relaxation, intense muscle relief, or an immersive sensory experience, each ritual invites you to a profound moment of well-being and absolute serenity. Let our experts elevate your relaxation experience, restoring harmony to both body and mind.

## **Shiatsu | 1H • 265 AED**

This Japanese massage releases tension in the head, neck, and shoulders by stimulating key energy points. Ideal for soothing the mind, reducing stress, and restoring inner harmony.

## **Aromatherapy | 1H • 325 AED**

This body treatment offers a moment of sensory escape and sheer relaxation through lymphatic drainage and stress relief, using the power of aromatherapy and more specifically lavender essential oil, to induce a feeling of profound well-being. As a result, stress is relieved, sleep is improved, skin health is enhanced.

## **Swedish | 1H • 285 AED | 1H30 • 335 AED**

This medium-pressure body massage offers a moment of great relaxation thanks to the silky-smooth texture of “Peau de Velours” oil. Together with traditional Swedish massage techniques, i.e., precise strokes and energizing movements, it helps to restore strength, and tones. The longer option relaxes even more thanks to a 15-minute face and head massage. Easily customized, this body massage can be adapted to each client’s needs and concerns.

## **Deep Tissue | 1H • 285 AED | 1H30 • 335 AED**

Highly revitalizing and relaxing, this body treatment fosters muscle recovery by focusing on working out tension, stiffness and muscle spasms through intense and deep maneuvers. The longer option goes even further thanks to a very relaxing face and head massage. It’s ideal for those who need a stronger, more rigorous, sports massage.





## Our Face Rituals

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# Treat your skin to a highly sensory ritual and reveal its sublime beauty

Immerse yourself in the delicate scent of orange blossom and treat yourself to a beauty ritual with one of our facials, where each expert touch enhances the power of L'ODAÏTÈS skincare and potent active ingredients.

## **Fraîcheur Méditerranéenne | 45min • 515 AED**

This facial treatment is a tribute to the refreshing Mediterranean orchards. Thanks to our invigorating treatments, the gesture of expert hands perform a sensorial waltz of freshness and detoxifying, revitalizing, moisturizing and antioxidizing power. Cleansed and purified, your skin is silky-smooth and radiant. A sensory interlude in the soothing, relaxing world of orange blossom flower.

## **Lumière Divine | 1H10 • 695 AED**

This facial treatment offers a moment of sensory escape and a renewed vitality for the skin, with immediate results on radiance, suppleness, skin hydration and cell regeneration. The silky texture of our skincare, rich in ultra-powerful botanical active ingredients, caresses the skin before intensely nourishing it for a complete, beautiful result. It rebalances body and mind, offering a sensory escape into the soothing, relaxing world of orange blossom flower.

## **Régénération Solaire | 1H30 • 725 AED**

This holistic facial treatment is a sensory escape where products and hands work in tandem to perform a deeply draining, relaxing, firming ballet that also stimulates cell renewal. The skin's vitality and suppleness are restored, the eye contour is smoothed, and the face is instantly plumped, hydrated, and lifted, leaving the face glowing. The products are packed with powerful botanical actives and feature a silken texture and soothing fragrances that rebalance body and mind for deep relaxation with an orange blossom scent.





Essential Information

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