

*Let us make the world
revolve around you.*

ESCAPE

Escape to an immersive sensory experience that pays homage to Qatar's traditional heritage. Drawing inspiration from the glittering Arabian Gulf, The Ritz-Carlton Spa, Doha features an array of signature treatments which blend Arabic principles, Asian traditions and European concepts while promising utmost serenity essence.

WELLNESS

Optimum wellness is supported by developing our ability to adapt well physically, mentally and spiritually to the challenges of everyday life. The Ritz-Carlton Meaningful Wellness Journeys nurture and encourage this adaptability by providing experiences and habits to build inherent resilience, strength and fortitude for the Mind, Body and Skin.

The Art of Wellness Massage

90 MINUTES

Bring healing and wellness to the mind, body & soul with this unique transformative treatment that creates a state of pure bliss. Guided breathing and visualization together with a deeply therapeutic Salt Stone and Rose Quartz Crystal massage releases physical tension and relaxes the mind to embrace the art of letting go.

COMING
SOON

Cleansing Body Sculpt Treatment

100 MINUTES

Combining a wellness boosting detoxifying algae wrap, cleansing exfoliation and sculpting body massage to help tone and firm the skin. This treatment targets areas prone to cellulite and fluid retention, stimulates circulation and smooths skin's texture. A course of treatments is recommended to maximize the effects.

Natural Resilience Facial

90 MINUTES

This specialized facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with cool and smooth Jade rollers that facilitate lymphatic drainage and provide results, leaving the skin firm, lifted and beautifully radiant.





BODY

Nourished Glow

60 MINUTES

Reveal your smoothest, softest skin ever with this body exfoliation, finishing with a deeply nourishing oil application and personalized back massage.

INCLUDES Full body salt and oil exfoliation, back massage, oil application.

Personalized Wrap

60 MINUTES

Deeply cleanse, refine and nourish your body with this beautifully enhancing, bespoke body treatment. Using either detoxifying algae or nourishing and re-mineralizing marine mud.

INCLUDES Body exfoliation, algae or mud envelopment, scalp massage.

O2 Body Perfection

60 MINUTES

Purifies Hydrates Revitalizes
Rich in micro nutrients to provide and intense nourishing, firming and rejuvenating effect. Helps improve fluid retention, eliminate toxins and reduce cellulite.

INCLUDES Body exfoliation, algae or mud envelopment, scalp massage.

Ultimate Body Balancer

90 MINUTES

Restore serenity to body, mind and skin with this richly indulgent and deeply effective bespoke treatment.

INCLUDES Back exfoliation and massage, custom facial, scalp massage





HAMMAM

Heart of Arabian Pearl

90 MINUTES

Let yourself go for a moment of relaxing and pampering with the most prestigious Hammam experience. A complete face and body heat treatment incorporating cleopatra's secret recipe of honey whitening mask and royal jelly.

INCLUDES Pearly shower, black soap, steam, kessa scrub, ghassoul mask, scalp massage, hair conditioning and application of shea butter.

Turkish Bath Ceremony

75 MINUTES

Embark on a journey of inner peace in this unique ritual. Your voyage of the senses begins with a pearly shower, as you let your imagination wonder. This full body experience leaves your skin soft, smooth and hydrated while bringing inner calm to your mind.

INCLUDES Pearly shower, black soap, steam, kessa scrub, turkish foam finishing ritual.

Arabian Hammam Ritual

60 MINUTES

Discover and experience the most authentic Arabian Hammam ritual. This total body experience deeply purifies the body and ignites your senses with a traditional black soap and delicate aromas while the skin regains vitality and softness with an Arabic clay and kessa exfoliation.

INCLUDES Pearly shower, black soap, steam, kessa scrub, ghassoul's clay wrap and oil application.





MASSAGE

Deep Muscle Massage

90 MINUTES or 60 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

Relaxation Massage

90 MINUTES or 60 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

Naturally Nurtured Massage

60 MINUTES

Nurture and nourish body and skin when you need it most with this gentle, restorative and entirely tailored massage. Ideal for expectant mothers after the first trimester.

COMING
SOON

Theragun Remedy

60 MINUTES

Bring a new level of revival and relaxation to your full body massage with Theragun percussive therapy. This proven method will assist in your deeper relaxation and body awareness bringing about a more complete massage and overall well being.

Hot Stone Massage

90 MINUTES

A therapeutic and rejuvenating massage using warm volcanic stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

Thai Infusion Massage

90 MINUTES

A heavenly full body massage using a hot Thai poultice filled with exotic herbs to relieve tired and aching muscles and improve skin texture providing anti-inflammatory and antiseptic effects that will aid in relieving stress and fatigue.



FACIALS

Custom Facial

90 MINUTES or 60 MINUTES

Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.

INCLUDES Deep brush cleanse, skin analysis, facial exfoliation, massage, mask, scalp massage

Performed with Espa Products

Age-defying Facial

90 MINUTES or 60 MINUTES

Instantly combat the most visible signs of skin aging by smoothing fine lines and reviving youthful radiance to your complexion.

INCLUDES Deep brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage

Performed with Espa Products

Ultimate Radiance & Renewal Facial

90 MINUTES

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion. The must-have treatment for immediate results prior to a special event

INCLUDES Brush cleanse, skin radiance mask, age-defying crystal massage, lifting mask, scalp massage.

Performed with Espa Products

Oxygen Facial

60 MINUTES

A light as- air formula penetrates the skin and releases pure oxygen molecules to re-energize natural cellular functions and eliminate toxins, leaving you revived and refreshed.

INCLUDES Cleanse, glycolic exfoliator, oxygenating serum, massage, face mask, scalp massage.

Performed with Natura Bisse Products

3D Collagen Shock

90 MINUTES or 60 MINUTES

A powerful and regenerative facial treatment, based on three types of collagen. Designed to increase skin firmness, define facial contours, and improve skin density while preserving moisture levels.

INCLUDES Cleanse, glycolic exfoliator, collagen boosting serum, massage, mask, scalp massage

Performed with Natura Bisse Products

Diamond Cocoon Experience

60 MINUTES

Activate the full potential of your skin with this prebiotic,revitalizing, renewing treatment designed to counter the effects of modern pollution and stress: a detoxifying ritual that leaves your skin healthy, luminous and protected.

INCLUDES diance peel, face massage, mask, scalp massage

Performed with Natura Bisse Products

Diamond Infusion Ritual

90 MINUTES

This treatment will leave you looking radiant and rejuvenated. Bio magnetic components act on age markers to allow a deeper infusion of product into the skin.

INCLUDES Cleanse, glycolic exfoliator,stimulating vibration face massage, LED face mask, scalp massage

Performed with Natura Bisse Products



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MEN

MEN

The Men's Massage

90 MINUTES

The ultimate male escape. Unwind in style with this rebalancing and intensely relaxing treatment that Includes a full body massage using heated stones, facial massage and a soothing scalp massage.

Relaxation Massage

90 MINUTES or 60 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

Power Hour

60 MINUTES

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens you, leaving you ready for anything.

INCLUDES Full body salt & oil exfoliation, back massage

Muscle Recovery Massage

90 MINUTES or 60 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

The Men's Facial

60 MINUTES

Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.

INCLUDES Double cleanse, facial exfoliation, steam and extraction, facial massage, mask, scalp massage

Performed with ESPA Products

COMING
SOON

Theragun Full Body Reboot

60 MINUTES

Theragun percussive therapy is a specialized deep muscle treatment, allowing for a more personalized experience. Theragun percussive therapy maximizes the therapeutic effects each time the device makes contact with your body delivering a deep effective treatment.



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ENHANCEMENTS

Upgrade your treatments by choosing one or more of our carefully created service enhancements.

Enhancements are available as incorporated additions to facial, body and massage services without adding additional time to the treatment. All Enhancements must be booked and received with a treatment.

Hand, Foot or Back Reviver

Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands or feet smooth, soft and bright.

Smooth & Firm Body Butter

Combine the sublime benefits of a lifting and smoothing body butter with your body massage oil for rich melting hydration to refine skin texture, soften and restore suppleness.

Essential Eyes

Depuffs, Decongests and Nourishes. A targeted treatment that relieves puffiness and dehydration around the eye contour area with a combination of cleansing, nourishing and decongesting ingredients, such as marine algae.

Hot Stone Melter

Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress during any massage treatment.

Detox Cure

Purifies, Detoxifies and Decongests. Add a deep cleansing treatment to your favorite facial. This detoxifying cure Includes meticulous extraction plus a pre and post treatment that will purify your skin for a luminous appearance.

COMING
SOON

Theragun Boost

Boost your massage outcome with this new modality of percussive therapy. It will enhance body awareness, assist the therapist in improving the quality of the massage and give you a longer lasting result.



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BEAUTY

Manicure

40 MINUTES

Essential maintenance for hands.

INCLUDES Soak, cut and file, cuticle work , application of hand cream, polish or buff.

Ultimate Manicure

50 MINUTES

This indulgent treatment provides long lasting results deeply nourishing products to repair, replenish and condition your nails.

INCLUDES Soak, cut and file, exfoliation, cuticle work, massage, personalized mask, polish or buff.

Polish Change

20 MINUTES

Basic file and polish of the hands or toes.

Pedicure

50 MINUTES

Maintain amazing results and keep nails in good condition with this conditioning treatment.

INCLUDES Soak, nail file and shape, exfoliation, cuticle work, application of body cream, polish or buff

Ultimate Pedicure

75 MINUTES

An intensive treatment using deeply nourishing products to repair, replenish and condition your nails depending on your individual needs.

INCLUDES Soak, nail file and shape, exfoliation, cuticle work, massage, personalized mask, polish or buff.



GUIDELINES

To enjoy your spa experience to the fullest potential, please familiarize yourself with the Spa Guidelines.

AT THE TIME OF RESERVATION

Please inform the Reservation Agent of the following :

- Allergies or medical conditions including pregnancy
- If you have a request for a specific Service Provider
- If you are celebrating any special occasions
- If you are fully vaccinated

PRIOR TO ARRIVAL

For the safety of our guests and employees, if you or a member of your household are experiencing any of the following symptoms cough, fever, breathlessness, sore throats or headaches, we respectfully request for you to postpone your appointment/visit until you have fully recovered.

ARRIVAL TIME

Please arrive at least 45 minutes prior to your scheduled treatment. This will allow time to enjoy the lounges, saunas, steam rooms, whirlpools, and indoor pool. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

WHILE VISITING THE SPA HEALTH & SAFETY

We would like you to relax during your visit and immerse yourself in the spa experience. For this reason we have taken extra measures to safeguard our guests against upon arrival and throughout your visit. Please assist us by following the instructions and guidelines provided throughout your time with us.

PERSONAL BELONGINGS/VALUABLES

We cannot be responsible for any personal items and/or valuables brought into the spa or left in your locker. Please leave your valuables at home or in your room safe.

USE OF ELECTRONIC DEVICES

To protect the privacy of our guests and to preserve the guest experience, use of cell phones, electronic devices and cameras are prohibited in the spa. Cell phones and electronic devices must be turned off.

AGE REQUIREMENTS

You must be 18 years of age or older to enjoy the spa relaxation and changing areas .
Massages and facials cannot be performed on anyone under the age of 18 years.

TREATMENT RECOMMENDATIONS

Shaving is not recommended prior to body treatments or hair removal services. Shaving is recommended, but not necessary for men prior to a facial. Your spa experience is your time, and you should delight in it to the fullest. If you experience discomfort due to room temperature, massage pressure, music volume or any other conditions, please notify your therapist immediately.

FOOD AND BEVERAGE

Guests are prohibited from bringing any outside food or alcohol into the spa. A guest appearing intoxicated will be denied access to the spa.

METHOD OF PAYMENT

We accept all major credit cards. You may also charge services to your hotel bill.

CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least twenty-four (24) hours in advance of your appointment to avoid being charged the full service fee. Cancellations of packages or private parties require one week's notice.



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