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THE SPA AT SHARQ VILLAGE EMBRACES ‘WELLBEING’ WITH THE INTRODUCTION OF ‘WELLNESS SPA’

DOHA, QATAR (1 JANUARY 2022): The Spa at Sharq Village & Spa, a Ritz-Carlton Hotel Doha is designed to reflect traditional Qatari heritage homes and communal living from the days gone by. Ethnic settings, adorned with earthenware, winding alleys with open skies above and natural elements enlivening the space, this Spa is truly a ‘sanctuary for wellness and relaxation’.

The overarching philosophy of the Spa is creating wellness experiences by placing an equal focus on the Physical, Mental, Spiritual and Emotional Wellbeing of the guest. By engaging these four core pillars of wellbeing, we aim to elevate the experience beyond just a service.

Sharq Village and Spa, a Ritz-Carlton Hotel is proud to introduce a brand new identity to its ‘Wellness Sanctuary’. Fitted with a holistic set of rejuvenation facilities & services, ‘The Wellness Spa’ will elevate the expert repertoire of services currently provided.

The ‘Wellness’ theme will mainly center around – Mind (mindful awareness), Body (optimizing physicality) and Skin (skin health for face & body).

Through ‘Wellness Spa’, our ultimate endeavor is to:

ENHANCE The Ritz-Carlton Spa Program by providing tangible Wellness offerings with unique and memorable experiences

CREATE Wellness Rituals for The Ritz-Carlton Spa that are current and innovative.

DELIVER a concept that addresses the needs of the acute wellness traveler and takes into consideration ancient traditions and modern modalities.

Therapies would encompass a plethora of activities, namely:

- Wellness Activities
 - Mindful Wellness with Brain Education
 - Ki-Gong
 - Self-Healing Tools
 - Meditation
 - Mindfulness Re-Treat
 - Workshop
- Wellness Practitioner
 - Mindful Mini (5 – 7yrs old)
 - Meditation for Deep Sleep
 - Mindfulness Meditation
- Teen Spa
 - Teen Escapades
 - Girls Day Out
 - Mother and Daughter Treatments

- Kids Wellness
 - Yoga
 - Mindfulness Kids
 - Kids Fitness
 - Football Clinic
- Wellness Re-Treat
 - Silent Day Re-Treat
 - Day Re-Treat
 - Overnight Re-Treat

Spa Operational Timings: 8am to 12 midnight (Includes Mixed section and 'Ladies Only' section).
Treatment Timings: 9am to 11pm.

For more details, contact us via email at rc.dohsq.spa@ritzcarlton.com or by calling +974 4425 6690.

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About Sharq Village & Spa, a Ritz-Carlton Hotel

Sharq Village & Spa, a Ritz-Carlton Hotel is a luxury beachfront property overlooking Doha Bay, 15 minutes from the city center. Modelled after a traditional Qatari village, the 174-room resort blends authentic Arabian architecture with the very latest in modern comforts and amenities. Services and facilities include restaurants and lounges serving Middle Eastern and Western cuisine; a 6,500 square meter Spa with 23 treatment rooms, private ladies' areas, and two outdoor pools; and over 1,130 square meters of conference space that includes two magnificent ballrooms, a boardroom and a grand reception foyer.

About The Ritz-Carlton Hotel Company, LLC

The Ritz-Carlton Hotel Company, L.L.C., of Chevy Chase, Md., currently operates more than 90 hotels in the Americas, Europe, Asia, the Middle East, Africa, and the Caribbean. More than 30 hotel and residential projects are under development around the globe. For more information or reservations, visit the company web site at www.ritzcarlton.com, for the latest company updates, visit news.ritzcarlton.com and to join the live conversation using #RCMemories. The Ritz-Carlton Hotel Company, L.L.C. is a wholly-owned subsidiary of Marriott International, Inc. (NASDAQ:MAR).

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