SPA MENU

MASSAGE

RELAXATION MASSAGE
60/90 MINUTES - QAR 700/QAR 800
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.

DEEP TISSUE MASSAGE
60/90 MINUTES - QAR 750/QAR 800
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.

HOT STONE MASSAGE
90 MINUTES - QAR 900
A therapeutic and rejuvenating massage using warm volcanic stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

BODY TREATMENTS

NOURISHED GLOW
60 MINUTES - QAR 700
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

ULTIMATE BODY BALANCER
90 MINUTES - QAR 900
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

CRYOTHERAPY
QAR 495
Experience the unique power of Cryotherapy. This cool treatment uses low temperatures in order to trigger the body’s natural responses. It is a fast and healthy process that accelerates the body’s natural recovery while improving overall wellbeing and energizing the body.
INCLUDES Consultation, whole body Cryotherapy session
CUSTOM FACIAL
60/90 MINUTES - QAR 700/QAR 800
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

OXYGEN FACIAL
60 MINUTES - QAR 800
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

INTENSIVE LIFT FACIAL
MINUTES - QAR 1,250
The most effective and targeted age-defying facial designed to restore a youthful radiance by addressing the signs of ageing, minimizes wrinkles and immediately improves hydration levels.

**INCLUDES** Brush Cleanse, double mask application, specialized age-defying contouring and lifting facial massage

EXPRESS TREATMENTS

BACK DE-STRESSOR
30 MINUTES - QAR 450
Restore serenity to body, mind and skin with this richly indulgent and deeply effective bespoke treatment.

HEAD IN THE CLOUDS
30 MINUTES - QAR 450
Calm you busy mind with our head and scalp massage that uses gentle, stimulating techniques to relieve muscular tension and induce a deep sense of calm.

EXPRESS FACIAL
30 MINUTES - QAR 450
Covering all the essentials for a healthy cleansed skin, this targeted treatment includes a deep cleanse, exfoliation and your choice of massage or mask providing you skin a well-deserved boost.