

information

Mandarin Oriental, Doha
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THE SPA AT MANDARIN ORIENTAL, DOHA

Offering a holistic approach to relaxation and rejuvenation, [The Spa at Mandarin Oriental, Doha](#) focuses on the wellbeing of mind, body and spirit. As an oasis of calm and tranquillity, guests will be immersed in a seamless journey with holistic therapies based on the Orient's ancient wisdom and philosophy of zen and balance to suit every lifestyle and need. Signature programmes and treatments for which Mandarin Oriental is renowned, are tailor-made to the individual, thereby providing a completely bespoke experience for every guest.

Spread over 3,030 square meters, the nine spacious treatment rooms include two VIP suites and one exclusive couples' suite. The Spa also features extensive heat and water facilities for guests to relax and unwind before and after their treatments. Facilities include separate male and female areas with indoor pools, heated loungers, steam rooms, dry saunas and experience showers. Combined with coloured lights and refreshing scents, the unique experience showers provide both cold and warm body jets that gently massage the body.

Two experiences unique to The Spa at Mandarin Oriental, Doha which pay homage to the heritage of Qatar – “Singing Sand Dunes” and “Harmony of Pearls.” Singing Sand Dunes is perhaps the most unique treatment and experience with healing properties utilizing the gold quartz sand treatment table by Gharieni, which uplifts the mind and spirit, attune the body's rhythm to a tranquil state by promoting regeneration and improving circulation.

Featuring the latest in gym technology, the hotel's Fitness & Wellness Centre comprises private and personalised areas including female-only areas, as well as three multi-purpose studios designed specifically for Pilates Reformer, Yoga, TRX, FunXtion experience and Octagon multi-functional training. The Pilates Reformer training promotes all the benefits of Pilates, including overall strength, flexibility, coordination and balance. Guests can also experience a unique training with the FunXtion station which provides choice of immersive trainings on an interactive digital fitness platform.

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To support guest's fitness & lifestyle needs, The Spa at Mandarin Oriental, Doha offers bespoke and individualised programmes with extensive privileges through a private programme called Wellness & Lifestyle Membership. Guests will have the opportunity to consult with our personal trainer for custom coaching and advice in the state-of-the-art Fitness and Wellness Centre which includes - active zone, private studios, female only exercise studio and movement zone.

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For further information, please contact:

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