

information

Al Faisaliah Hotel
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mandarinoriental.com



SPA AND WELLNESS

There are two luxury health and fitness spas at [Al Faisaliah Hotel](#).

Ladies only

This award-winning [Al Faisaliah Spa](#) is a luxurious haven of rich textures, sparkling crystals and soothing waterfalls. Ladies can relax and rejuvenate in tranquil surroundings, where every detail is taken care of by attentive therapists. Comfortable, indulgent and all-encompassing wellbeing experiences across four floors include hammams and heat therapies, private spa suites and massage rooms.

Mandarin Oriental's signature blend of global expertise and world-class service combine with the spa's mix of Eastern philosophies and natural ingredients, enabling therapists to personalise treatments to suit each guest's needs and wellbeing.

Sumptuous facilities at Al Faisaliah Spa include a 16-metre indoor swimming pool with soothing waterfalls and surrounding cleansing steam baths, and scented Finnish-style saunas. There are nine treatment rooms, three Jacuzzis and three steam rooms.

The Spa also has a cosy and relaxing tea lounge, as well as separate areas for socialising and lounges that are ideal for quiet reflection.

For guests keen on exercise, there's a modern and fully equipped fitness room with state-of-the-art Technogym weight and cardiovascular equipment.

Membership options are available for visitors who are not staying at the hotel.

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Men only

The [Men's Health Club at Al Faisaliah](#) offers state-of-the-art facilities and equipment and provides training programmes for all fitness levels.

To tone up their fitness, guests can exercise with cardiovascular equipment and isotonic weight machines, then enjoy a swim in the club's men-only 16-metre indoor swimming pool or relax in the surrounding steam baths and scented Finnish-style saunas.

The club boasts a massage centre in addition to a hot tub, sauna, steam bath and plunge pool.

Membership options are available for visitors who are not staying at the hotel.

A tennis court for men and women is also available at Al Faisaliah Hotel.

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For further information, please contact:

[Al Faisaliah Hotel](#)

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