



THE SPA
— AT —
MANDARIN ORIENTAL
DOHA



BALANCING WELL-BEING & LIFESTYLE

Balancing exercise, relaxation, healthy eating, inspirational living and recreation is the core of our Wellness & Lifestyle membership. A membership for like-minded individuals who value “feeling and performing at their best” through activities which suit their lifestyle.

EXERCISE – from individual workouts and programmes, personal or group training in endurance, strength, balance and flexibility

HEALTHY EATING – enhance your well-being with a balanced approach to your daily nutrition

RELAXATION – holistic journeys of relaxation and rejuvenation through tailored treatments offered in The Spa’s comprehensive wellness facilities

INSPIRATIONAL LIVING – expect inspirations from “the latest and greatest” from the stylish capitals of Europe to our newest culinary creations, and attend by-invitation only lifestyle events

SOCIALISING – meet, connect or simply enjoy memorable times with friends old and new in any of the hotel’s venue

DESCRIPTION OF FACILITIES

The Fitness & Wellness Centre comprises of the Active Zone, which utilises state of the art equipment and technology to optimise members' workout performance, and the Sun & Pool Zone for members seeking to exercise in the water or simply enjoy the abundant sunshine.

ACTIVE ZONE

- Meet with our expert trainers for custom coaching and advice
- Access the Fitness and Wellness Centre – active zone, private studios, female only exercise studio and movement zone
- Access to multi-purpose studios - Pilates Reformer, Yoga, TRX, FunXtion experience and Octagon multi-functional training equipment
- Access to separate sauna and steam room facilities for male and female guests

SUN & POOL ZONE

- 25-metre temperature controlled rooftop swimming pool
- Dipping pool
- Private cabanas and sun loungers





SPA & RELAXATION

Check into the world of wellness at The Spa at Mandarin Oriental, Doha. Cocooned inside this tranquil setting, members can experience a variety of holistic treatments, inspired by our Oriental heritage and traditional Middle Eastern methods, as well as peace and solitude in the private VIP Suites.

TREATMENTS & RELAXATION ZONE

Spread over 3,030 square meters, The Spa at Mandarin Oriental, Doha is a haven dedicated to physical, mental and emotional wellbeing with the following facilities:

- Six treatment rooms
- One couples' suite
- Two exclusive VIP suites
- One Thai massage room
- Separate male and female heat and water facilities including indoor pools

MEMBERSHIP DETAILS

LIFESTYLE MEMBERSHIP

- Access to the state of the art Fitness & Wellness Centre
- Access to dry sauna and steam room at separate male and female facilities
- Meet with one of our qualified personal trainers for tailored coaching and continue with your regular training sessions
- Access to the rooftop swimming pool
- Invite your family and friends with complimentary guest passes
- Enjoy treatment allowances at The Spa at Mandarin Oriental, Doha
- Experience Mandarin Oriental's legendary hospitality with a stay for two in a suite inclusive of breakfast
- Enjoy exclusive services at the Sabit Akkaya Men's Grooming Lounge with special benefits
- Attend by-invitation only lifestyle events
- Enjoy use of complimentary 2-hour valet parking

FITNESS MEMBERSHIP

- Access to the state of the art Fitness & Wellness Centre
- Access to dry sauna and steam room at separate male and female facilities
- Meet with one of our qualified personal trainers for tailored coaching and continue with your regular training sessions
- Access to the rooftop swimming pool
- Invite your family and friends with complimentary guest passes
- Enjoy exclusive services at the Sabit Akkaya Men's Grooming Lounge with special benefits
- Attend by-invitation only lifestyle events
- Enjoy use of complimentary 2-hour valet parking



LIFESTYLE MEMBERSHIP PRIVILEGES

MEMBERSHIP DETAILS	12 MONTHS	6 MONTHS
Joining Fee	QAR 2,000	QAR 2,000
Single	QAR 28,000	QAR 15,000
Couple	QAR 45,000	QAR 24,000

BENEFITS PER MEMBER

Fitness & Wellness Centre	24 hour access	24 hour access
Sauna and Steam Facilities	Unlimited access	Unlimited access
Personal Training Assessment	1 session	1 session
Personal Training Sessions	12 sessions	6 sessions
Spa Treatment 50-minute massage	12 treatments	6 treatments
Guest Passes	12 passes	6 passes
Sabit Akkaya Ladies’ Hair Salon and Men’s Grooming Lounge	20% discount on services	20% discount on services
Complimentary stay in a suite	2-night stay for two with breakfast	1-night stay for two with breakfast
Complimentary valet parking	2 hours per visit	2 hours per visit
Lifestyle Events	Exclusive invitations	Exclusive invitations

FITNESS MEMBERSHIP PRIVILEGES

MEMBERSHIP DETAILS	12 MONTHS	6 MONTHS	3 MONTHS
Joining Fee	QAR 2,000	QAR 2,000	QAR 2,000
Single	QAR 18,000	QAR 9,000	QAR 5,400

BENEFITS PER MEMBER

Fitness & Wellness Centre	24 hour access	24 hour access	24 hour access
Sauna and Steam Facilities	Unlimited access	Unlimited access	Unlimited access
Personal Training Assessment	1 session	1 session	1 session
Personal Training Sessions	12 sessions	6 sessions	3 sessions
Guest Passes (per month)	12 passes	6 passes	3 passes
Sabit Akkaya Ladies’ Hair Salon and Men’s Grooming Lounge	20% discount on services	20% discount on services	20% discount on services
Complimentary valet parking	2 hours per visit	2 hours per visit	2 hours per visit
Lifestyle Events	Exclusive invitations	Exclusive invitations	Exclusive invitations



TAILORED FITNESS & WELLNESS SESSIONS

Whatever your goal, be it to improve overall fitness and wellness, improve endurance or to gain strength and guidance for a lifestyle change, our specialised instructors will work with you to ensure that you focus on appropriate customised exercises to gain optimal results and to help you reach your full potential.

Personal Training
1 session | 11 sessions

60 minutes
QAR 300 | QAR 3,000

Core Development

This abdominal training will help to strengthen and activate your core and back muscles to improve balance and overall physical strength.

Functional Movement

Improve your overall strength with dynamic movements. Activate the major muscles in your upper and lower body to improve your strength, stamina and speed.

HIIT

High intensity interval training will help you to burn more calories even after exercise. Some of the benefits of HIIT include increased fat loss, improved muscle tone and improved endurance levels.

Yoga

Partake in various static and dynamic stretches to improve your balance and flexibility. Yoga will help you to develop total body strength and allow you to destress by helping to relax your mind and muscular system.

Calisthenics

Master and control exercises that rely on your body weight. Calisthenics based exercises will improve your endurance, develop your strength, endurance as well as improve your range of motion and flexibility.

Mat Pilates

Strengthen your body's powerhouse muscle groups: abdominals, lower back muscles, pelvic floor muscles, hips and glutes. Tone your body whilst improving your flexibility and posture.

Thai Chi

The benefits of Thai Chi encompass everything from mental, physical, and emotional benefits to spiritual and healing benefits. It is a form of exercise that began as a Chinese tradition. It is based in martial arts and involves slow movements and deep breaths.

Specialised Training

1 session | 11 sessions

60 minutes

QAR 350 | QAR 3,500

Muay Thai

This is a fighting style native to Thailand and includes strikes with the fists, elbows, knees and shins. Muay Thai is a total body workout that improves your stamina, explosive power and enhances your self-discipline.

Kickboxing

This is a stand-up combat sport based on punching and kicking. Expect a total body workout that engages all the muscles in your body. Strengthen your core and become more explosive and athletic. Kick boxing will improve your flexibility, balance and reactions.

Boxing

Regular boxing has a positive impact on concentration and can reduce anxiety. This sport will strengthen your upper body, core and improve your footwork. Focus on various strikes to boost your power & endurance.

Yoga Therapy

Integrate your mind, body and spirit to rejuvenate your senses. Yoga Therapy is an excellent way to destress by engaging in various types of dynamic and static stretches alongside breathing exercises to improve your mental and physical health.

Reformer Pilates

1 session | 11 sessions

60 minutes

QAR 400 | QAR 4,000

Improved flexibility, abdominal muscles toning, lower back and hips strengthening are few of the benefits of Pilates training. Our specialist team can design your training to support a rehabilitation program. The Pilates packages include a functional posture assessment with a certified physiotherapist.



TERMS & CONDITIONS

Memberships are processed by The Spa at Mandarin Oriental, Doha and are valid as of the joining date. Memberships and joining fees are non-refundable and non-transferable. The applicant shall be admitted as a member of The Spa at Mandarin Oriental, Doha and entitled to its membership privileges, only after the membership application process is completed, full payment of all relevant fees is received and Rules & Regulations / Benefits & Pricing have been agreed to, as acknowledged by the signature at the bottom of this document.

The Spa at Mandarin Oriental, Doha reserves the right to refuse admission and may expel any member or guest whose conduct is in serious breach of The Spa at Mandarin Oriental, Doha Rules and Regulations.

AGE REQUIREMENT

A minimum age of 16 years is required to access to the Fitness & Wellness Centre.

A minimum age of 18 years is required to access to The Spa at Mandarin Oriental, Doha.

RESERVATIONS AND CANCELLATION POLICY

We highly recommend booking your service in advance to ensure that your preferred time and service are available. Please note The Spa at Mandarin Oriental, Doha has a 2 hours cancellation policy for all services, including treatments and wellness activities. Cancellation or changes must be done 2 hours prior to the scheduled appointment time or a no show will incur a 100% charge.





MANDARIN ORIENTAL

DOHA

Barahat Msheireb Street
Msheireb Downtown Doha, PO Box 23643, Doha, Qatar
Telephone +974 4008 8888
mandarinoriental.com/doha