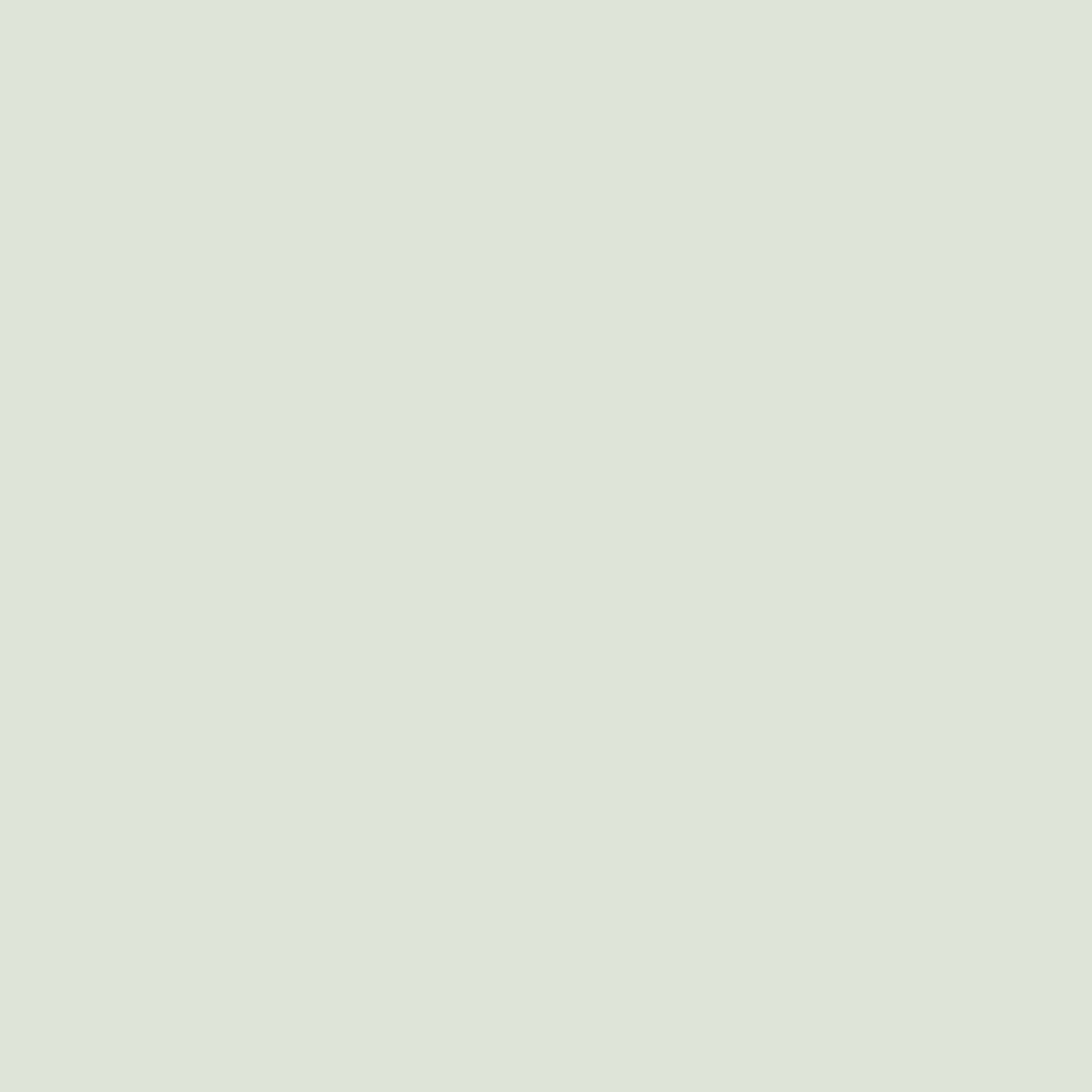




THE SPA
— AT —
MANDARIN ORIENTAL

DOHA



FINDING YOUR WAY TO WELLNESS

The Spa at Mandarin Oriental, Doha embraces a holistic approach to overall wellness for the mind, body and spirit. It is based on the Orient's ancient philosophy and understanding of the mystic properties of balancing the five elements.

Years of pioneering knowledge, local wellness, wisdom, intuition, innovative treatments, and skillful techniques combine to provide guests with personalized programmes tailored to address their specific needs and to suit their lifestyle.

Spread over 3,030 square meters, the nine spacious treatment rooms include two VIP suites and one exclusive couple's 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.

Allow us to tailor a bespoke wellness journey to address your specific needs.



ESSENCE OF DOHA

ARABIAN JOURNEY

2 hours

QAR 1600

Explore the wonders of Qatar with this locally inspired treatment. Feel the essence of the pearl with a welcoming foot ritual. Experience a full body exfoliation using a natural Date Seed scrub to cleanse and remove dead skin cells. Indulge your senses with an organic Arabian Oud oil massage to release tension. Finish this treatment with a hydrating and nourishing facial massage with Date Seed Face Oil from the region.

- Pearl Foot Ritual
- Date Seed Full Body Exfoliation
- Arabian Oud Oil Body Massage
- Hydrating Date Seed Oil Facial Massage

SINGING SAND DUNES EXPERIENCE

1 hour 30 minutes

QAR 1700

Cocoon your body in our mystical Quartz bed, accompanied by the harmonious and soothing tones of traditional Himalayan singing bowls. Experience a full body massage that will leave you in a tranquil state of mind. This treatment includes private access to our Oriental Suite for 45 minutes, either before or after your treatment.

- Soothing resonance of Himalayan singing bowls
- Absorb the mystic energy and optimal pressure from our Quartz sand bed
- Relax to an Arabian Oud Oil full body massage



SPECIALISATIONS

CRYSTAL & SOUND RITUAL

1 hour 45 minutes

QAR 1600

Intention setting and breathing techniques ground the mind and body. Experience a restorative massage with Rose Oil, enhanced by the energies of Rose Quartz, Clear Quartz and Kambaba Jasper crystals. This is harmoniously paired with the resonant sounds of the traditional Himalayan singing bowls. This treatment deeply resonates with your wellbeing, promoting calmness self-love and compassion.

- Intention setting and breath work
- Soothing resonance of Himalayan singing bowls
- Absorb the mystic energy and optimal pressure from the touchstone crystals
- Relax to a Rose Oil full body massage
- Knesko Skin gem infused face mask application and quartz roller

Created in partnership with Crystal Auras crystals and The Subliminal Self sound healing



MADOTHERAPY BODY TREATMENT

1 hour 30 minutes

QAR 1200

Madotherapy is a body contouring treatment originating in Columbia which consists of massaging and manipulating the body with wooden tools to sculpt the body targeting cellulite. The treatment aims to refine and tone by boosting collagen production and increasing blood circulation which helps to accelerate lymphatic drainage, reduce water retention and eliminate toxins from the body. The experience is completed with a luxurious and comforting body wrap and scalp massage. Each treatment is unique to the guests needs and targets precise zones in the body.

A series of 12 treatments is recommended for best results of Madotherapy Body Treatment. Please consult with our Spa Concierge before booking to advise if the treatment is suitable.

RASUL

1 hour 30 minutes

QAR 1200

Begin with a thorough full-body exfoliation, followed by the application of mineral-rich clay. Once prepared, guests are guided to our exclusive color therapy steam room. This softens the clay promoting pores to open, toxins to be released and nutritious, natural minerals to be absorbed resulting in refreshed, smooth skin. A body lotion is applied afterwards. Finish your experience with a soothing scalp massage with hair serum and a relaxing foot massage.

SIGNATURE THERAPIES

TIME RITUALS™

2 hours

QAR 1600

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilize their individual talents to create and customize treatments to your unique needs.

ORIENTAL QI

1 hour 30 minutes

QAR 1050

A simple effective and authentic spa experience. This relaxing, hands-on body massage ritual works on the energy of the meridians using the benefits of essential oils to create a balance of the mind and body.

INTELLIGENT MOVEMENT

1 hour 30 minutes

QAR 1050

Designed to help guests improve their posture and mobility through trigger point release work deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.

DIGITAL WELLNESS ESCAPE

1 hour 30 minutes

QAR 1050

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease stresses and strains resulting from the frequent use of digital devices.

INNER STRENGTH

1 hour 30 minutes

QAR 1050

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.



SPA SUITE EXPERIENCES

SUITE ROMANCE

1 hour 30 minutes

Mandarin Suite
Oriental Suite

QAR 3810

QAR 3410

Relax and reconnect with your loved ones in this side-by-side experience.

- Choose from the Signature Therapies: Oriental Qi, Intelligent Movement, Digital Wellness Escape and Inner Strength
- Experience a Knesko Skin gem-infused face mask with quartz roller
- Spend a tranquil hour in suite either before or after your treatment
- Bespoke set up (Heart Cake, Red or Pink Balloons, and Rose Petals)

WELLNESS RETREATS

Experiences designed to focus on specific guest needs. Each retreat includes day access for use of the Fitness Centre and outdoor swimming pools.

INNER STRENGTH RETREAT – MINDFULNESS, RESILIENCE & SELF-LOVE

Incorporating stillness into our lives is essential. It is in moments of silence, contemplation, and mindfulness that we cultivate our Inner Strength.

2 hours

QAR 1600

- Foot ritual accompanied by deep breathing exercises
- Inner Strength Signature Treatment
- Knesko Mask applied with a Rose Quartz roller
- Himalayan Singing Bowls

OUTER STRENGTH RETREAT – FITNESS, HEALTH & LONGEVITY

Maintaining physical strength is of utmost importance. Our outer strength is developed through exercise, movement and mobility.

3 hours 30 minutes

QAR 1800

- Body Composition Analysis and Functional Movement Screen: 1 hour
- Private Functional Fitness Training: 1 hour
- Intelligent Movement Signature Treatment: 1 hour 30 minutes

HOLISTIC THERAPIES

ORIENTAL ESSENCE

1 hour 30 minutes

QAR 1050

Using custom-blended oriental oils and movements inspired by traditional oriental therapies, this tension-busting massage treats the whole body. Focuses on the traditional stress-holding areas of the back, neck and shoulders.

BALINESE MASSAGE

1 hour 30 minutes

QAR 1050

A relaxing holistic massage, handed down through generations, combines long kneading strokes skin rolling, palm and thumb pressure techniques as well as gentle stretching.

PREGNANCY GLOW

1 hour 30 minutes

QAR 1050

Mothers-to-be will be delighted with this luxurious massage using Swedish style techniques catering to your needs during this special time which provide overall sense of wellbeing, improves sleep, and reduces fluid retention. This massage is performed only after the first trimester.



HOLISTIC SKIN CARE

Natural and sustainable ingredients create beautiful healthy skin that glows.

SODASHI CALM

1 hour

QAR 850

Experience a beautifully calming facial designed to soothe and nourish. Cooling mists and soothing aromatic gels nurture the skin, while Sodashi's unique plant essence blends and herbal extracts strengthen capillaries and reduce sensitivity. Skin is revived, with a calm, soothed and even complexion. Safe during pregnancy. Organic and vegan friendly.

FULL FACE FITNESS MASSAGE

1 hour

QAR 850

Inspired by the Kobido technique from Japan, this carefully choreographed full face workout is adapted and unique to each individual and their face shape. Deep facial massage techniques include draining, kneading, and lifting movements to stimulate collagen production, accelerate microcirculation and lymphatic drainage. This treatment with natural nourishing date seed oil leaves the face redefined, smoothed and promotes a radiant and illuminated complexion.

ADVANCED SKIN CARE

111SKIN facial treatments deliver an aesthetic approach to all skin concerns, harmonising clinical and therapeutic spa techniques utilising their renowned products tailored to be appropriate for all skin types, ages and concerns.

REPARATIVE FACIAL

1 hour

QAR 950

A high-performance facial formulated with powerful antioxidants to neutralize free radical damage and to repair irritated skin. This double clinical cleanse treatment, with deep tissue muscle massage harnesses the 111SKIN signature NAC Y2 complex - the original Dramatic Healing Serum formula - to strengthen and restore skin's lipid barrier and prevent further inflammation. Using a combination of restorative ingredients, the facial also targets skin issues such as dehydration, sensitivity and rosacea for skin that feels and looks calmer and deeply hydrated.

CELESTIAL BLACK DIAMOND NON-SURGICAL FACE LIFT

1 hour 30 minutes

QAR 1400

A comprehensive anti-wrinkle facial, this luxurious experience harnesses 111SKIN's most potent collection – the Intensive Collection – to encourage a youthful, sculpted and visibly firmer appearance. A series of thoroughly active steps, including antioxidant-rich formulas aided through diamond absorption. The multi-masking treatment reduces pigmentation for brighter and more balanced-looking skin. A combination of the smoothing wand and signature massage ensure the skin is taut and deep lines are minimised, sculpting along the natural contours of the face for a lifted youthful appearance.



HYDRAFACIAL

HydraFacial is a powerful, non-invasive resurfacing treatment that can be performed on all skin types. This high-performance machine cleanses, exfoliates, and performs extraction while simultaneously leaving your skin hydrated. The HydraFacial immerses antioxidant properties into the skin, leaving the face invigorated and plumped.

PLATINUM HYDRAFACIAL

1 hour 30 minutes

QAR 1600

This luxury facial starts with a lymphatic drainage massage to decrease puffiness. It is then followed by a cleansing routine including a deep exfoliation and extraction of imperfections with the aid of LED therapy. The treatment concludes with Vortex-fusion boosters to exfoliate, extract and hydrate skin, combined with the latest technology mask treatment, leaving the skin with illuminating results.

DELUXE HYDRAFACIAL

1 hour

QAR 1000

A comprehensive facial that starts with a lymphatic drainage massage to decrease puffiness. It is then followed by a cleansing routine including a deep exfoliation and extraction of imperfections. The finishing mask is applied to enhance skin definition.





LUXURY EXPERIENCE

To make your experience extra luxurious delight in an urban escape within the tranquil couples' suite or luxurious VIP suites with private facilities and relaxation area.

Choose from durations that suit your needs and share relaxation time together either before or after your treatment to enhance your spa journey.

JASMINE SUITE

45 minutes

QAR 200 per person

ORIENTAL VIP SUITE

45 minutes

Additional 1 hour

QAR 300 per person

QAR 300 per person

The Oriental Suite features a couple's treatment room, steam room and showers.

MANDARIN VIP SUITE

45 minutes

Additional 1 hour

QAR 500 per person

QAR 500 per person

The Mandarin Suite features a couple's treatment room, scrub room, sauna, steam shower and a relaxation lounge.

TREATMENT ENHANCEMENTS

Relax and rejuvenate with our bespoke beauty collection tailored to your specific needs. To complete your spa journey you may choose from the following treatment enhancements.

FACIAL GUA SHA

QAR 100

Enhance your facial experience with our specialized Gua Sha technique to increase blood circulation and lymph flow leading to a more youthful and radiant complexion.

HAIR SERUM

QAR 100

Miriam Quevedo hair serum is used during a luxurious scalp massage during your treatment to deep condition and add shine, softness and vitality for healthy hair post massage.

HOT STONES

QAR 150

Applying heated volcanic stones to improve circulation and decrease muscle tension, thus promoting overall wellbeing to the back or legs.

ORIENTAL BODY SCRUB

QAR 400

30 minutes

This luxurious and invigorating scrub blends Mandarin Oriental's signature body oil infused with essences of tropical ginger, frankincense and mandarin with organic, mineral-rich sea salt to leave the skin smooth, replenished and exotically fragrant.

ADD ON MASSAGE

QAR 400

30 minutes

Add on an additional 30 minute massage to your facial or experience. Using custom-blended signature oils and movements inspired by traditional Oriental therapies. Pick an area to focus on for a targeted treatment such as back, neck and shoulders, foot massage or scalp massage.



MASK ENHANCEMENTS

A must-have treatment before any special occasion, masks leave the skin prepped, beautifully hydrated, plumped and illuminated. Masks may be added on to any treatment including holistic body treatments.

KNESKO SKIN MASK

QAR 180

10 minutes

Relax the mind, rebalance the spirit, and rejuvenate the skin with this clean clinical gem infused mask application. The masks are reiki energy infused with gemstone particles and natural marine collagen. Applied with a Quartz Roller for product absorption and drainage.

AMETHYST HYDRATE

Calms the skin, hydrates, and nourishes, effectively locking in healthy moisture for a restored complexion.

ROSE QUARTZ ANTIOXIDANT

Pamper your skin with powerful antioxidants designed to target skin-damaging free radicals. Calming, soothing, and restorative treatment.

NANO GOLD REPAIR

Premium-sourced 24K Colloidal Gold rejuvenates and repairs damage, while Hyaluronic Acid restores hydration. Add the tightening, wrinkle-reducing benefits of elastin firm, plump and tighten.

DIAMOND RADIANCE

Radiance for your complexion. This mask minimizes pores, smooths, and brightens skin tone, and Hyaluronic Acid keeps skin looking hydrated and energized.

111 SKIN MASTER-MASKING

QAR 150

The ultimate masking treatments to smooth, lift and hydrate, working on specific issues by utilizing the facial architecture method. This inspired the development of multi-sectioned masks for targeted results.

CELESTIAL BLACK DIAMOND LIFTING AND FIRMING FACE MASK

Reduces fine lines and wrinkles, plumps, firms and contours the skin, while hydrating and reducing redness.

ANTI BLEMISH BIO CELLULOSE FACIAL MASK

Healing treatment that regenerates stressed out, dull or spotty skin.

ROSE GOLD BRIGHTENING FACIAL TREATMENT MASK

Illuminates, hydrates and brightens the skin. It is excellent for use before a special occasion to give the skin a beautiful healthy glow.

Y THEOREM BIO CELLULOSE FACIAL MASK

This healing and super hydrating, soothing and brightening mask is great for sensitive, fragile, and sunburnt skin.



TERMS & CONDITIONS

OPEN DAILY

For more information regarding our wellness facilities and opening hours, please visit the website at mandarinoriental.com/doha

BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

CANCELLATION OR CHANGE POLICY

It is required to make a payment in advance to confirm any reservation. Should you wish to cancel, at least one day notice in advance needs to be given to avoid any charges. By cancelling one day in advance, guests may utilize the pre-payment to reschedule their appointment within the following two weeks. After that period, the payment will be forfeited. If guests cancel on the same day as their reservation or do not show up, the full amount will be charged.

For Suite Experiences and groups of 4 or more individuals, a notice of at least two days is required for any cancellations, changes, or rescheduling. Any modifications made within this timeframe will be charged at the full rate of the original reservation.

ARRIVAL

We recommend arriving at least 15 minutes before your scheduled treatment time to check in and change. Allow even more time if you wish to use of facilities and relaxation areas.

Please be reminded that a late arrival will not automatically extend the completion time. If the spa

is fully committed, you will receive the remaining time at the full rate.

HEALTH CONCERNS

Please advise us in case of any health concerns allergies, or injuries which could affect your service when booking your appointment.

AGE RESTRICTION

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

DIGITAL WELLNESS

We invite all our guests to disconnect from technology when visiting our spa, as well as respect the serenity of the environment

GIFT CARDS

Our gift cards are an ideal gift and are available online at mandarinoriental.com/gift-cards and at Spa Reception.

REFUND POLICY

All sales are final. No refunds will be made.

HOMECARE

To continue your spa regimen at home, all spa products used in the treatments are available in our Spa Boutique.

REFUND POLICY

Unopened retail products except cosmetics can be exchanged within 3 days of purchase with the original receipt.







MANDARIN ORIENTAL

DOHA

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