



THE SPA
— AT —
MANDARIN ORIENTAL
DOHA





BALANCING WELL-BEING & LIFESTYLE

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

Discover our curated membership programmes designed to help you strengthen your body, settle your mind and reconnect with your goals.

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

HEALTHY EATING – enhance your well-being with a balanced approach to your daily nutrition and monitor your progress with regular onsite body analysis sessions.

RELAXATION – holistic journeys of relaxation and rejuvenation through tailored treatments offered in The Spa including those for mobility and post exercise.

INSPIRATIONAL LIVING – priority invitations to members for events and activities centered around mobility, living and aging well. To encourage growth and ultimately inspire fulfilling lives.

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

DESCRIPTION OF FACILITIES

The Fitness & Wellness Centre comprises of the Active Zone, with 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

- Fitness and Wellness Centre – active zone, private studios female only exercise studio and movement zone
- Multi-purpose studios - Pilates Reformer, Yoga, Group Cycle TRX, and FunXtion work outs
- Sauna and steam room facilities for male and female guests
- Guided coaching by our fitness trainers to assist through functional training based on your goals

SUN & POOL ZONE

- 25-metre temperature-controlled rooftop swimming pool
- Leisure plunge 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 and exclusive Spa 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 Spa Suites

Separate male and female heat and water facilities including indoor pools to enjoy before and/or after your spa treatments.

FITNESS & WELLNESS MEMBERSHIP

Caring for the mind, body and spirit is the cornerstone of Mandarin Oriental's spa philosophy. Our membership is designed for those who wish to focus on a multidimensional approach to their health and well-being.

Designed for fitness level, from committed fitness enthusiasts to beginners looking to learn how to live a more active lifestyle. The Fitness & Wellness Membership provides access to expert knowledge of our trainers as well as our state-of-the-art facilities with regular guidance and body analysis sessions. Strive towards your individual personal fitness goals with a focus on functional training and mobility.

Curate your wellness experiences with regular holistic treatments to compliment your guided fitness routines and develop your knowledge by attending our lifestyle events and priority access to any visiting spa experts.

ANNUAL MEMBERSHIP INCLUDES

- Mandarin Oriental Leather Card Holder
- One Mandarin Oriental Spa water bottle
- One personalized bathrobe

MEMBER EXCLUSIVE OFFER

- Purchase 10 spa treatments of 1 hour 30 minutes or more and receive a complimentary 1 hour 30-minute massage of your choice.
- Purchase 10 personal training sessions and receive one complimentary session.
- Complimentary valet parking service
- Unlimited access to group fitness classes (subject to availability)
- Priority access or special rates to Wellness Experiences, Events & Activities (subject to availability)
- 20% discount on all dining outlets at Mandarin Oriental, Doha, excluding alcoholic beverages. This offer is not combinable with other promotions or discounts.

MEMBERSHIP	1 MONTH	3 MONTHS	6 MONTHS	12 MONTHS
Single	QAR 2,000	QAR 5,000	QAR 10,000	QAR 15,000
Couple			QAR 15,000	QAR 28,000
BENEFITS				
Fitness & Wellness Centre (Functional training and mobility guides on site daily)	Unlimited access	Unlimited access	Unlimited access	Unlimited access
Steam and Sauna Facilities at Fitness & Wellness Centre & Outdoor Swimming Pools at Level 8	Unlimited access	Unlimited access	Unlimited access	Unlimited access
Fitness Assessment including Functional Movement Screen and Cardiovascular Fitness Test (Sub-Maximal) (1 session, 1 hour)	Included	Included	Included	Included
Tanita Body Composition Analysis	Unlimited	Unlimited	Unlimited	Unlimited
Private Personal Training (1 session, 1 hour)			Included	Included
Fitness & Wellness Day Guest Access to Fitness & Wellness Centre and Pools at Level 8 (additional passes at QAR 350 per person)			2 passes	4 passes
Membership Pause (Up to 2 months consecutive period, once per year)				Included

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 60 minutes

1 session at QAR 300 | 11 sessions at QAR 3,000 – Exclusively for Members

Functional Fitness

Functional Fitness session combines 4 pillars of functional training: Locomotion, level changes push & pull and rotation. This workout will improve your athletic performance and is also suitable for beginners to learn the benefits of compound movements.

Intelligent Movement Fitness Experience

Intelligent Movement Fitness Experience is designed to help our guests to move more and move better. By Integrating functional movement patterns with mobilising and stabilising exercises you will improve your performance, posture, and recovery.

Tabata Workout

Set to afford the body an efficient workout, with maximum benefits, in a short amount of time. The Tabata training method uses high intensity interval training to provide a full workout, building strength and improving cardio condition.

TRX Training

Delivering a fast and effective total body workout that helps to build a rock-solid core, increase muscle endurance and mobility. Compound movements make it an effective calorie-burning workout that will benefit people of all fitness levels.

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.





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 de-stress by helping to relax your mind and muscular system.

Tai 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 on martial arts and involves slow movements and deep breaths.

Stretch & Release

Using passive assisted stretching to relieve stress, increase flexibility and mobility. If required we will also incorporate the Hypervolt treatment to relieve muscle pain, stiffness and promote recovery from injuries.

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.

FMS Functional Movement Screen

The Functional Movement Screen tests seven fundamental movement patterns that are key to identifying your functional movement quality. The process provides a reliable baseline for actionable and effective steps to improve your performance and recovery.

Reformer Pilates 60 minutes

1 session at QAR 400 | 11 sessions at QAR 4,000 – Exclusively for Members

Improved flexibility, abdominal muscles toning, lower back and hips strengthening are a 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 the appropriate application form.

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 & 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 that The Spa at Mandarin Oriental, Doha will require prepayment for spa booking confirmation on peak days including weekends and public holidays. Please allow 1 day notice for cancellation to avoid charges, cancellations within 1 day the prepayment can be used to reschedule within 2 weeks after which the amount will be redeemed. Cancellations within same day or a no show will incur 100% charge.





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