



b/allitude

- LIFESTYLE DESTINATION -

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WELCOME TO B/ATTITUDE DOHA

A member of Buddhattitude Spa franchise, B/ATTITUDE Doha is positioned on the market as a Lifestyle Destination preferred by people in search of a holistic approach to health, well-being and beauty therapies, and featuring all the wellness facilities that a modern individual might need in one place. With our luxurious décor and wellness facilities, we promise a fully integrative wellness experience that would combine traditional and modern-day services for improving all aspects of clients' lifestyle: relaxation, beauty, fitness and overall health.

Our goal is to go one step further in personalizing lifestyle plans for clients by incorporating DNA testing and including a multidisciplinary team of specialists in creating a unique holistic lifestyle plan for each client, under D/CODE name. D/CODE by B/ATTITUDE is a pioneering concept in Qatar that combines cutting-edge science to unlock client's genetic data and lifestyle patterns and translate it into a clear, detailed wellness plan through personalized coaching and holistic wellness solutions.

Located in the luxurious Beverly Hills Tower in Doha's West Bay, B/ATTITUDE features all the wellness facilities that a modern individual might want in one place:



Buddha Bar Spa

17 treatment rooms (8 male, 9 female)

Sauna and steam rooms for Ladies and Gentlemen respectively

Jacuzzi facilities for Ladies and Gentlemen respectively

Aqua suites for Ladies and Gentlemen respectively



Gym and Fitness rooms

Private gymnasium for ladies

Public gymnasium

Spinning studio

Fitness classes studio

Outdoor swimming pool

Outdoor exercise area



Beauty Salons

Ladies' Salon for Hair, Nails and Make-up

Men's Barber and Grooming Salon

Suntanning Studio



Health Clinic

Treatments rooms

Consultation room

B/ATTITUDE ETIQUETTE

RESERVATION

Due to the popularity of the spa, we request all treatment bookings be made at least 24 hours in advance.

CANCELLATION

A 24-hour cancellation notice is requested to help us re-schedule your appointment. Any treatment not cancelled at least 12 hours beforehand will be charged at full amount.

ARRIVAL

Please arrive 15 minutes prior to your appointment, as we cannot guarantee the complete treatment time for late arrivals. This will also allow enough time to complete the spa consultation process.

SPA ATTIRE

Please wear light comfortable clothing or supplied bathrobe. Bathing suits must be worn when using the wet area facilities (Jacuzzi, Sauna, Steam and Hammam Pools). Please wear the slippers provided in the lockers while using the Spa facilities at all times. Disposable underwear is provided for most of the body treatments and our therapists are trained to drape towels discretely over any area of the body not involved in the treatment so as to respect privacy at all times.

AGE REQUIREMENT

We offer treatments from age 16 and above. Persons younger than 16 year of age must be accompanied with an adult supervisor.

HEALTH CONDITIONS

Should you have a high blood pressure, allergies, physical ailments, disabilities or if you are pregnant or nursing, please be sure to notify the Spa manager, therapists or receptionists at the time of reservation, and in any case before you start the treatment.

GIFT VOUCHERS

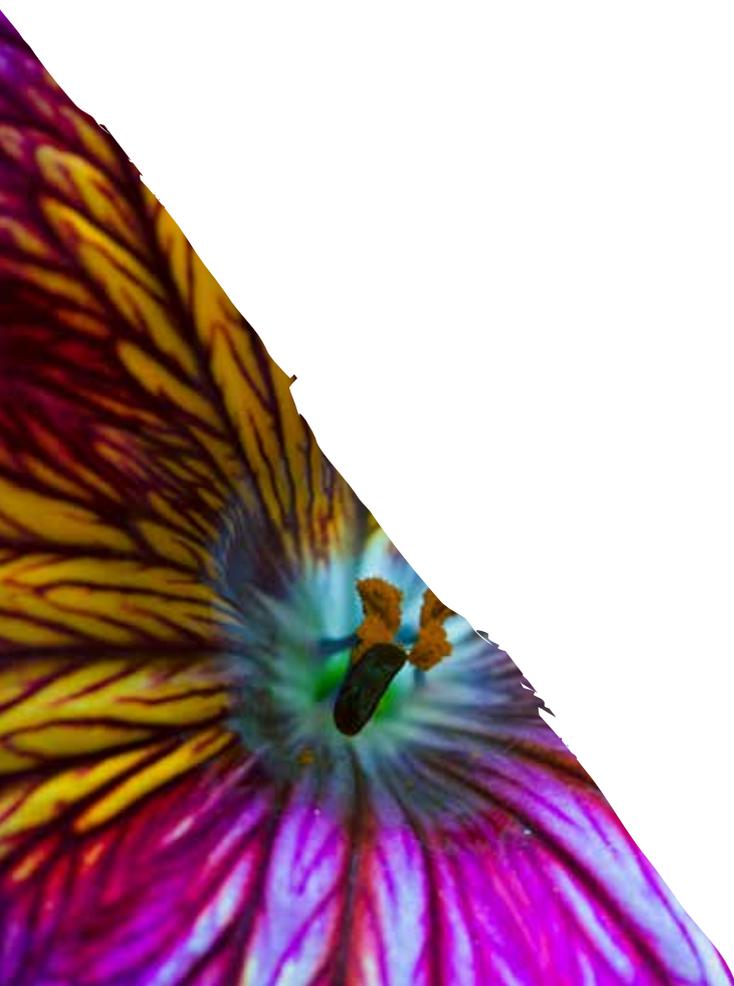
B/Attitude vouchers are available for purchase and its validity is six months since the date of purchase, unless specified differently.

MOBILE PHONES/CONVERSATIONS

At B/ATTITUDE we aim to provide a relaxing and tranquil atmosphere. To maintain the harmony and balance of the Spa and for the comfort of all our guests, we politely request that you switch off your mobile phones and any other electronic devices while using our facilities, and speak softly.

VALUABLES

Please keep your personal belongings and valuables in the lockers provided. B/ATTITUDE Management accepts no liability for any valuables left in the Company.





B/ATTITUDE SIGNATURE MASSAGES

For centuries, massage has been used to aid in the healing process, promote relaxation and relieve tension. Through rich experience and knowledge of the human body, B/ATTITUDE has become renowned for its massage treatments based on the fundamental principles of the Orient and Ayurveda.



“A Trip to Freedom” Massage

Discover our exclusive B/Attitude Spa massage techniques using western practices influenced by ancient eastern remedies. The warm oils used in the signature fusion massage will ease away all your stress, while our expert therapists gently knead away any muscular tension.

60 min 495 QAR
90 min 695 QAR



Intuitive “Tell Us What You Need” Massage

Following a personal consultation, your dedicated expert therapist will devise a bespoke massage ritual that’s especially tailored for your mental and physical needs. Various techniques and pressure will be applied by concentrating on the bodies key Chakra points using an oil of your choice for the ultimate massage experience.

60 min 495 QAR
90 min 695 QAR



Pedi Puja Foot Massage

Experience a rejuvenating combination of reflexology and rare foot massage with three metal Kansu bowl..

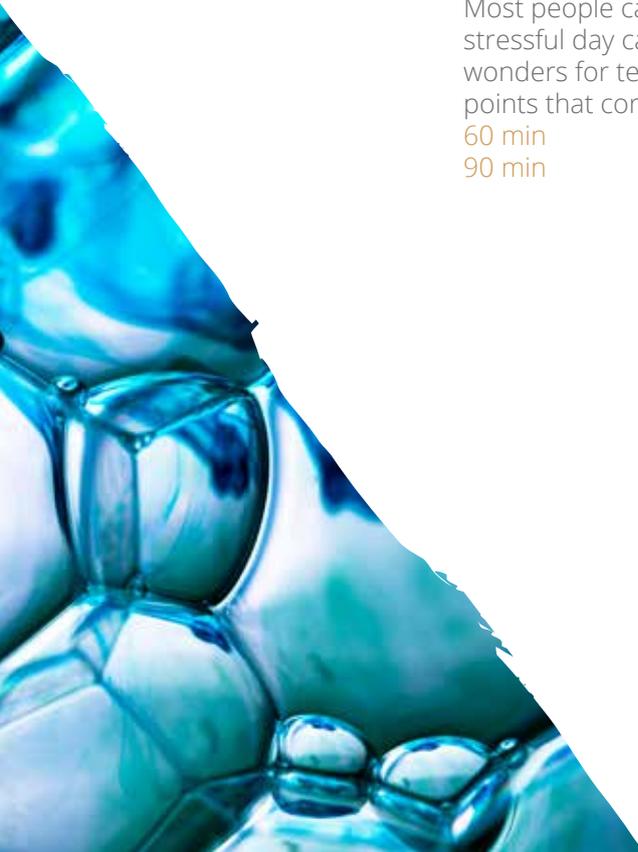
45 min 370 QAR



Stress Away Massage

Most people carry stress tension in the shoulders, neck and head -- which is why a stressful day can bring on a headache or muscle pain. Stress Away massage can do wonders for tense, sore muscles in these areas through working on the reflexology points that correspond to the entire body.

60 min 495 QAR
90 min 695 QAR





AYURVEDIC MASSAGES

These treatments are inspired by Tibetan masters to help restore harmony, building inner strength, clarity and connectedness – qualities that are rare to experience in the increasing chaos of modern day life. Using three systems, or doshas - the nervous (Vata), arterial (Kapha) and venous (Pitta) - the practitioners of Ayurveda help people align their mind and body.

Note: Kindly mention if you would like a Blowdry to be included in your treatment while making a reservation.



Abiyanga

An intense release to deep stress and anxiety, a firm yet gentle, full body massage using specially formulated warm oils. This rich oil massage helps to promote healthy circulation while nourishing your body for a rejuvenating experience.

60 min 465 QAR
90 min 650 QAR



Marma Therapy “Body Energy Rebalancing”

Ayurveda considers our body as a network of energy points called ‘Marmas’. Stress may cause these ‘Marmas’ to become blocked; gentle stimulations in key nerve points with oil unblock the ‘Marmas’, restoring your body back to good health and wellbeing.

60 min 465 QAR



Shirodhara “Intense inner Peace and Happiness”

This traditional Tibetan spa ritual brings out the ultimate relaxation for uneasy minds. A fine stream of warm oil is gently poured on to the middle of your forehead. Let the warm sensation of oil seep into your scalp completely envelope your mind and body, your worries will simply melt away.

90 min 725 QAR



TRADITIONAL MASSAGES

Massage therapy has a long history in cultures around the world. We are proud to present you the most popular treatments from different cultures.



Thai Massage

Thai massage is performed without the use of oil, so you may remain fully clothed. Our therapists apply firm rhythmic pressure as they gently stretch your body using yoga stretching techniques. The overall experience is like a rejuvenating yoga class whereby the instructor does all the work for you while, so you can relax.

60 min 465 QAR
90 min 650 QAR



Swedish European Massage

A full body massage that promotes relaxation and eases muscular tension by kneading out knots using warm oils, with long gliding strokes. Both your mind and your body will feel lengthened and relaxed, ready to embrace life.

60 min 465 QAR
90 min 650 QAR



Balinese Massage

This treatment is a type of natural therapy which includes the manipulation of the body's meridian through a combination of various massage techniques. Acupressure, aromatherapy and reflexology are used to address emotional and physical aspects of one's body and mind.

60 min 465 QAR
90 min 650 QAR



Chinese Bamboo Massage

This massage is an innovative way to provide deep tissue massage using heated bamboo to roll and knead the tissue. It releases muscle tension, improves circulation, and leaves the body feeling deeply relaxed.

60 min 465 QAR



TRADITIONAL MESSAGES



Hot Stone Massage

Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. Each 1 ½ -hour hot stone massage therapy session promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body.

90 min 695 QAR



Herbal Compress Massage

Performed for hundreds of years, Herbal Massage are known to provide deep relaxation while relieving stress and fatigue, and improving health. The therapy relies on the use of hot compresses filled with a selection of herbs and spices. Those compresses, generally wet and then steamed, are gently applied after Thai Massage to specific points of the body releasing their healing benefits into the pores of the skin.

90 min 725 QAR



Prenatal Massage

Performed while you lie on your side propped up by pillows, prenatal massage can relieve back pain and improve sleep and mood, as well as decrease stress and reduce labor complications.

60 min 465 QAR





SPECIALIZED BODY TREATMENTS

In B/ATTITUDE we use only the finest beauty care ranges and products for your face and body: our anti-ageing skin care, body and slimming treatments, moisturizing therapies and detoxifying treatments have become popular beauty care routines. Using unique high-end products we offer customers long-term results. For every skin problem, we have a solution. Please ask your therapist during consultation.

BODY SCRUBS



Body Scrub

This treatment is a superb salt or sugar exfoliant with a powerful soothing and relaxing aromatherapy blend, designed to remove all dead skin and leaving it soft, clean and smooth.

45 min 370 QAR



Dead Sea Salt Scrub & Mud Wrap

Dead Sea Salt contains a unique combination of Dead Sea Minerals, plant extracts and aromatic oils, that will exfoliate, soften and nourish your skin, helping to regain and retain a healthy, radiant glow.

75 min 600 QAR



Le Bain d'Orient (Hamam)

Similar to the traditional Moroccan Hamam. After softening the skin in the hot hamam, the body is scrubbed of dead skin cells and washed with black rasshoul soap under the vichy shower using specialized massage gloves.

60 min 575 QAR

Turkish Bath (Hamam)

This steam and body exfoliation followed by massage is part of ancestral traditions - indulge in a traditional Hammam while your imagination takes you on a mystical journey into the past.

75 min 600 QAR



Royal Hamam Treatment

Experience this luxurious head-to-toe hamam treatment which includes body scrub with black soap, body mask, hair mask and mini facial treatment.

105 min 950 QAR





SPECIALIZED BODY TREATMENTS

SLIMMING TREATMENTS



LPG Lipomassage

LPG Lipomassage is the only clinically proven treatment for fat reduction and skin firming. It uses a combination of aspiration and roller deep tissue massage to break down fat cells and cellulite and it leaves the body toned and dimple free. It is recommended before and after liposuction by cosmetic surgeons.

1 session 350 QAR
6 sessions 1.740 QAR
12 sessions 3.120 QAR

Plus LPG Body Suit (for packages) 1 piece 200 QAR



Anticellulite Massage

This manual massage tones and firms the body by kneading the skin to help eliminate cellulite. For best results it is recommended to do 10 to 15 sessions or combine it with LPG treatments.

45 min 495 QAR



Anticellulite Treatment

Performed with coffee-clim bandages, the treatment will reduce the dimples with a targeted body scrub, a body wrap and a strong anticellulite massage on your stomach, behind and thighs.

90 min 650 QAR

Anticellulite Program

LPG Body Lipomassage 12 sessions
Anticellulite Treatment 6 sessions
5.000 QAR

Weightloss Program

LPG Body Lipomassage 12 sessions
Private Training (60 min) 12 sessions
5.000 QAR

EXPRESS TREATMENTS

Foot Massage	30 min	250 QAR
Indian Head Massage	30 min	250 QAR
Neck and Shoulders Massage	30 min	250 QAR
Suntanning	1 min	10 QAR

FACILITY USAGE

Jacuzzi Usage (<i>*per person</i>)	60 min	150 QAR
Jacuzzi VIP Suite (<i>Ajna, Manipura rooms</i>)	60 min	500 QAR
Day Pass (<i>Gym, Pool, Indoor Spa</i>)	10am to 10pm	150 QAR





FACIAL TREATMENTS

As the largest organ in the body, our skin needs to be pampered and protected at all times and at all ages. Regular facial treatments help to increase circulation, stimulate the skin and delay the premature aging process in men and women equally.

BIOLOGIQUE RECHERCHE FACIAL TREATMENT

Customized for all skin types this is the perfect facial to start your commitment to attentive skincare. Using the exclusive Biologique Recherche highly active skincare products from France your skin is instantly restored, visibly smoother, firmer, and more radiant. Our skilled estheticians will personalize a facial treatment designed exclusively for your skin issue: rebalancing the PH, regulating sebum, dehydration, aging, redness, dullness etc. The classic facial includes an in depth skin analysis, deep cleansing, tone and balance, exfoliation, gentle extraction, prescriptive face mask, intensive protective finishing creams and a relaxing bio-reflex face massage. We promise your skin will love you for it.

VIP O2 Oxygenating & Brightening Treatment

A wonderful moment of well-being and relaxation that oxygenates the epidermis, relaxes your features and leaves you glowing with health.

60 min 500 QAR

Collagen Treatment - Masque Biologique Feerie

An exclusive firming and nourishing treatment, perfect for every skin type, except for very sensitive skin; recommended for mature and loose skin, thick skin with open pores, and dehydrated skin with weakened vitality.

90 min 750 QAR

The Plumper Lotion MC 110

A genuine plumping treatment to help your wrinkles and fine lines fade away; your skin will be left smoother, brighter and glowing.

90 min 750 QAR

Restructuring treatment – Soin Lissant

A reconditioning and lifting treatment for especially thin, sensitive, reactive skin.

90 min 750 QAR

Biovecteur Marine Treatment

With its energizing and moisturizing properties, it is indispensable for tired skin, weakened and dull by the winter months or damaged by the summer sun; the skin is immediately firmed, renewed and toned, with long-lasting effect.

90 min 750 QAR

AHA Fruit Acid Treatment

The power of several fruit acids is used to exfoliate and hydrate the epidermis, leaving the skin brighter, with balanced oil secretion; recommended for any skin type requiring deep exfoliation, especially dry, thickened or seborrhea conditions.

90 min 750 QAR



FACIAL TREATMENTS

Double Lift Luxury Treatment

A combination of Boosters, Masks and Serums is used to lift, firm and tone the skin, leaving it smooth and glowing.

150 min 1000 QAR

<i>Add-on LPG Endermolift</i>	30 min	200 QAR
<i>Add-on Deep Cleansing (Extraction)</i>	45 min	250 QAR

INTRACEUTICALS

A favorite of Hollywood A-listers, Intraceuticals is the only brand to offer a treatment with a serum specifically formulated to be infused deep into the skin with oxygen under pressure. The effects are visible within 24 hours of the treatment and also cumulative with long term benefits.

Intraceuticals Rejuvenate	45 min	750 QAR
Intraceuticals Opulence	45 min	750 QAR
Intraceuticals Booster (Vitamin C+3, Collagen+, Antioxidant+, Vitamin A+)	45 min	750 QAR
Add-on Intraceuticals Atoxylene	30 min	500 QAR
<i>Add-on LPG Endermolift</i>	30 min	200 QAR
<i>Add-on Deep Cleansing (Extraction)</i>	45 min	250 QAR

COURSE PACKS

Rejuvenate Course

(6x serums, cleansing gel, hydration gel, cream, eye gel)

4.500 QAR

Opulence Course

(6x serums, cleansing gel, hydration gel, cream)

4.500 QAR

Booster Pack

(6x serums, Rejuvenate daily serum, Booster skincare)

4.500 QAR



FACIAL TREATMENTS

LPG Endermolift

LPG's LIFT stimulation naturally reactivates the production of collagen and elastin, thus rebuilding the skin's supporting structure. As a result, your skin feels deeply redensified, firmer and more supple! Your cheeks are higher, facial contours are reshaped and redefined, your cheekbones enhanced.

Glowing Complexion Lift Treatment	15 min	150 QAR
Eye Lift Treatment	20 min	235 QAR
Collagen Activator Firming Treatment	30 min	250 QAR
Densifying Anti-Wrinkle Treatment	30 min	250 QAR
Face Slimming Lift Treatment	30 min	250 QAR
Cellular Regeneration Lift Treatment	40 min	300 QAR

LPG Endermolift Course

6 sessions	1.260 QAR
12 sessions	2.280 QAR



BEAUTIFICATION

FACE & BODY HAIR REMOVAL FOR HER

Eyebrow Shaping (Threading)	20 min	60 QAR
Upper Lip and Chin Waxing	15 min	50 QAR
Full Face Waxing	50 min	150 QAR
Underarm Waxing	20 min	65 QAR
Half Arm Waxing	20 min	95 QAR
Full Arm Waxing	30 min	125 QAR
Belly & Back Waxing	45 min	150 QAR
Half Leg Waxing	30 min	100 QAR
Full Leg Waxing	45 min	180 QAR
Bikini Line Waxing	20 min	120 QAR
Brazilian Waxing	30 min	200 QAR
Full Body Waxing	90 min	600 QAR

XTREME LASHES® EYELASH EXTENSIONS

GLAM Initial Application (total 60 lashes)	150 min	800 QAR
DIVA Initial Application (total 80 lashes)	180 min	1.000 QAR
VIXEN Initial Application (total 100 lashes)	210 min	1.200 QAR
GLAM Touch up (*less than 50% re-lash)	60 min	400 QAR
DIVA Touch up (*less than 50% re-lash)	90 min	500 QAR
VIXEN Touch up (*less than 50% re-lash)	120 min	600 QAR
Lash Removal	60 min	250 QAR
GLAM Re-lash Full (total 60 lashes)	150 min	700 QAR
DIVA Re-lash Full (total 80 lashes)	180 min	850 QAR
VIXEN Re-lash Full (total 100 lashes)	210 min	1.000 QAR
Henna Body	60 min	150 QAR



SPA EXPERIENCE

Radiance Body

Body Scrub (45 min) followed by Signature Massage (60 min)

105 min 600 QAR

Radiance Body Deluxe

Le Bain d'Orient (60 min) followed by Signature Massage (60 min)

120 min 750 QAR

Stress Escape

Signature Massage (60 min) followed by BR Facial Treatment (60 min)

120 min 700 QAR

Couple Massage

Surprise your beloved one with a classic 60-minute Signature Massage of choice followed by a 60-minute Jacuzzi relaxation in our VIP suites.

120 min 1.050 QAR

Birthday Experience

Surprise your friend with a chocolate cake and a luxurious treatment in our Jacuzzi suite with a 60-minute Signature Massage and 60-minute Jacuzzi session, decorated with birthday balloons.

120 min 1.350 QAR

Romantic Rhapsody for Two

Some couples enjoy being together every minute of the day. Some prefer each going their own way, then meeting for special experiences. Either way, a romantic couples massage makes a wonderful gift. Surprise your significant other with this luxurious treatment in our Jacuzzi suite with a 60-minute massage and a 15-minute Facial Massage surrounded by candles and rose petal decoration. You are welcome to relax in the Jacuzzi after the treatment for 45-minutes.

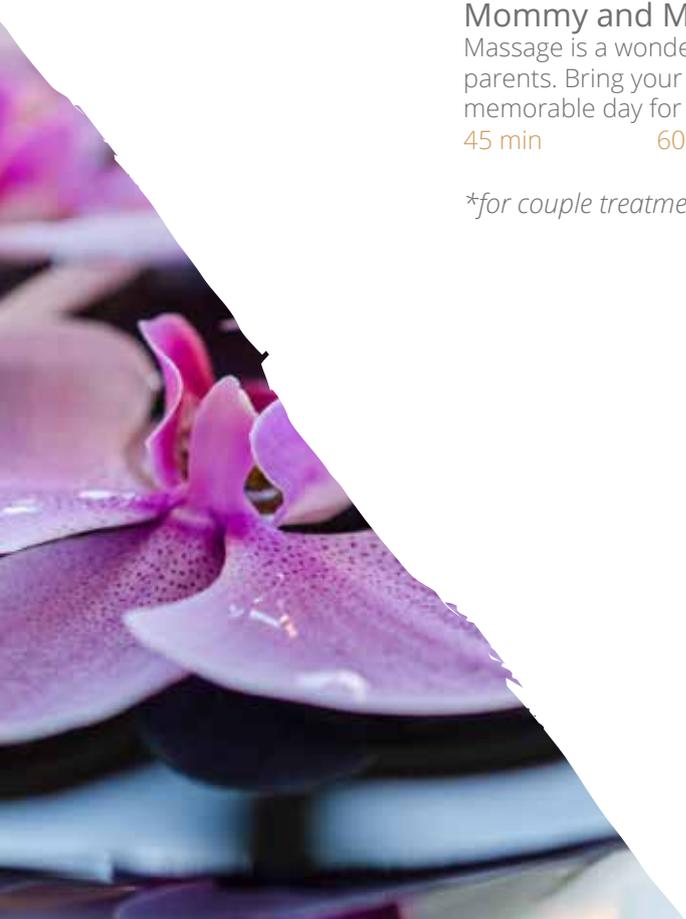
120 min 1.350 QAR

Mommy and Me Experience

Massage is a wonderful stress-release treatment for children as well as it is for the parents. Bring your child for a pampering treatment for 45 minutes and create a memorable day for him or her. For children aged six to twelve.

45 min 600 QAR

**for couple treatments we require marriage certificate*





PRIVATE TRAINING

Our professional staff of expert trainers is committed to working closely with you in order to develop a wellness program which is as unique as you are. They will design each section of your routine to match you present level of fitness to best attain your long and short term goals.

No. of Participants	60 min Sessions		90 min Sessions	
	1	2	1	2
No. of Sessions				
1	350	450	475	650
6 (+1 free)	2.000	3.000	2.800	3.700
12 (+2 free)	3.850	5.700	5.200	6.900
24 (+4 free)	7.300	10.500	10.000	13.000

Weightloss Program

LPG Body Lipomassage	12 sessions	5.000 QAR
Private Training (60 min)	12 sessions	

Wellness Program

DNA test	*of choice (Diet, Health, Fitness)	8.000 QAR
Private training	20 sessions	
Signature Massage (60 min)	6 sessions	



OPENING HOURS

Spa reception: 09:00 - 22:00

Gym: 09:00 - 22:00

Pool: 09:00 - 22:00

Spa treatments: 09:00 - 22:00

Solarium: 09:00 - 22:00

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