



# 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

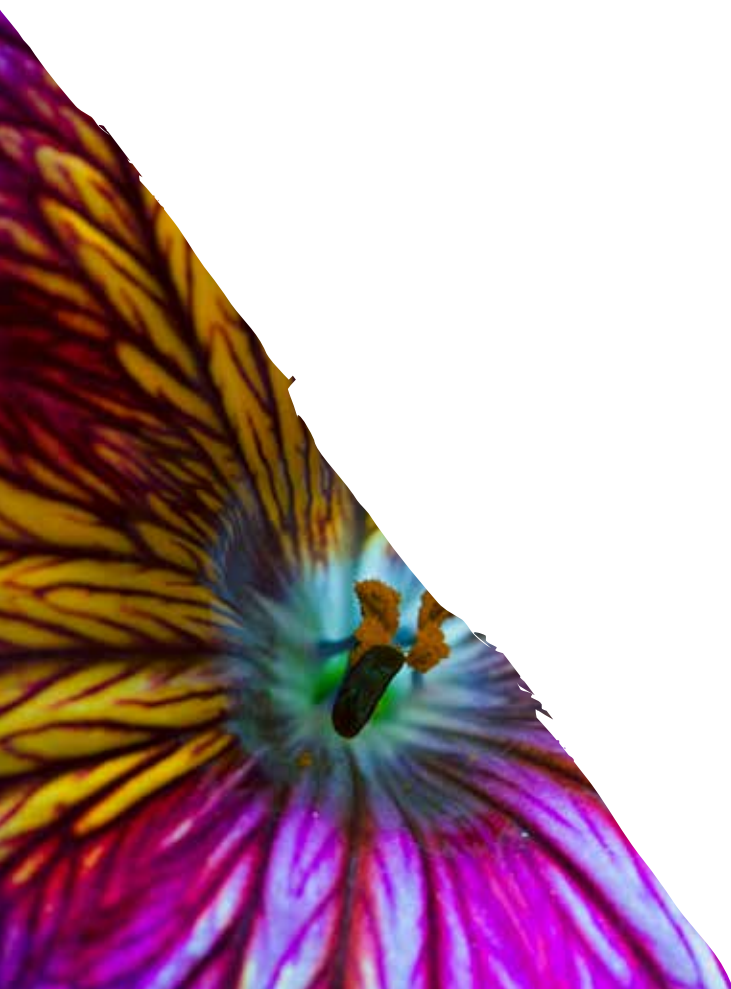
B/Attitude vouchers are available for purchase and its validity is six months since the date of purchase, unless specified differently.

### 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..

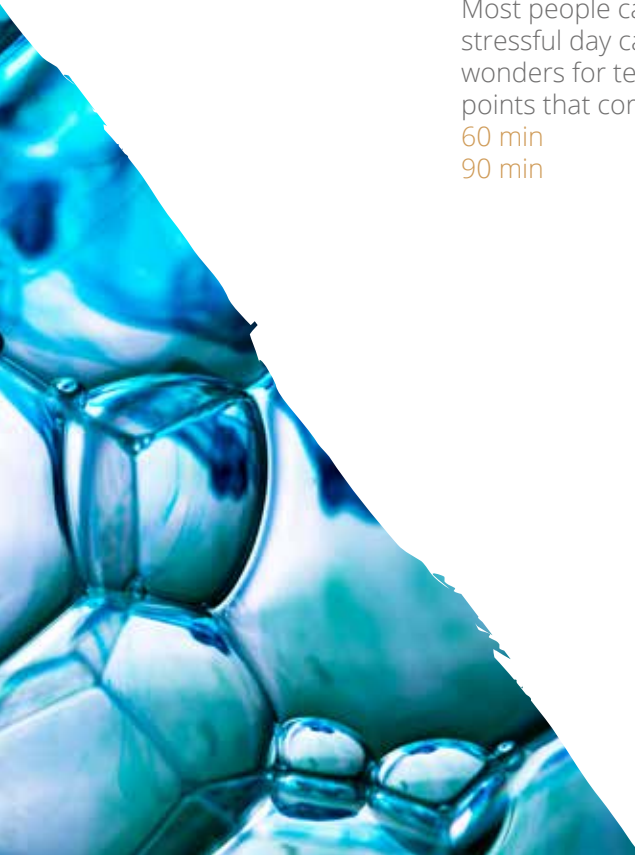
45 min      370 QAR



### 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 MESSAGES

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<br>( <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<br>(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   |



## NAIL TREATMENTS

### FOR HANDS

#### Polish Only

Treatment includes removal of old polish and new color application.

15 min      30 QAR

#### Express Manicure

Superfast manicure: includes scrub, shape and color polish application.

30 min      70 QAR

#### Cuticle Care

Cleaning, shaping and nourishing the cuticle and shaping the nails, without a polish. For natural nails.

45 min      90 QAR

#### Classic Manicure

A classic tidy up including nail shaping, complete cuticle work and an application of nourishing hand scrub and cream. The treatment is finished with a color polish of choice.

Natural Nails    60 min      110 QAR

Gel Nails        75 min      130 QAR

Acrylic Nails    75 min      130 QAR

#### Manicure Spa Treatment

The ultimate pampering experience with nail care, exfoliation, paraffin treatment or mask for deep hydration, ending with a relaxing hand massage and polish application.

90 min      165 QAR

#### Shellac / Veneer Touch Up

Includes removing the polish, shaping the nails and re-application of the polish for a refreshed look.

45 min      140 QAR



## NAIL TREATMENTS

### Shellac / Veneer Manicure

Long-wear manicure that allows for a chip-free, extended-wear colour. It is cured to give great flexibility and durability and an incredible wet look shine that lasts until removal.

75 min                      200 QAR

### Gel Enhancement

Gel formula delivers a long lasting, flawless finish that protects the natural nail. Please ensure you book a "Soak Off" and Polish application, if required.

|                        |         |         |
|------------------------|---------|---------|
| Single Nail            | 15 min  | 50 QAR  |
| Full Set               | 150 min | 500 QAR |
| Refill                 | 120 min | 300 QAR |
| Overlay                | 90 min  | 300 QAR |
| Soak off (Gel Removal) | 60 min  | 100 QAR |

### Acrylic Enhancement

A hard protective layer over your natural nails is a perfect canvas for any color and it will make your nails grow without chipping. Please ensure you book a "Soak Off" and Polish application, if required.

|             |         |         |
|-------------|---------|---------|
| Single Nail | 15 min  | 35 QAR  |
| Full Set    | 150 min | 350 QAR |
| Refill      | 120 min | 250 QAR |
| Overlay     | 90 min  | 250 QAR |
| Removal     | 60 min  | 100 QAR |

### Accent Nails (Fake Nails)

|             |        |         |
|-------------|--------|---------|
| Single Nail | 15 min | 30 QAR  |
| Full Set    | 75 min | 150 QAR |





## NAIL TREATMENTS

### FOR FEET

#### Polish Only

Treatment includes removal of old polish and new color application.

15 min      30 QAR

#### Express Pedicure

Superfast pedicure: includes scrub, shape and color polish application.

30 min      90 QAR

#### Foot Care

Foot scrubbing and cleansing with nail grooming and cuticle care treatment, without nail polish.

45 min      110 QAR

#### Classic Pedicure

A classic foot recovery treatment: includes nail grooming, cleansing and cuticle treatment, finished off with a color polish.

60 min      150 QAR

#### Pedicure Spa Treatment

The ultimate pampering experience with complete nail grooming, exfoliation, paraffin treatment or mask for deep hydration, relaxing foot massage and polish application.

90 min      225 QAR

#### Shellac / Veneer Touch Up

Includes removing the polish, shaping the nails and re-application of the polish for a refreshed look.

45 min      140 QAR

#### Shellac / Veneer Pedicure

Long-wear pedicure that allows for a chip-free, extended-wear colour. It is cured to give great flexibility and durability and an incredible wet look shine that lasts until removal.

75 min      225 QAR



## NAIL TREATMENTS

### ADD-ON SERVICES

|  |        |         |
|--|--------|---------|
| Loubotin Polish                          |        | 40 QAR  |
| French Tip                               |        | 30 QAR  |
| Shellac / Veneer Polish on Gel / Acrylic | 45 min | 140 QAR |
| Shellac / Veneer French Tip              |        | 40 QAR  |
| Shellac / Veneer Top Coat                |        | 40 QAR  |
| Shellac / Veneer Removal                 | 20 min | 30 QAR  |
| Paraffin Wax Hands                       | 30 min | 30 QAR  |
| Paraffin Wax Feet                        | 30 min | 50 QAR  |

### Nail Art Painting

|             |        |         |
|-------------|--------|---------|
| Full Set    | 60 min | 100 QAR |
| Single Nail | 15 min | 20 QAR  |

### Nail Art Rhinestones

|             |        |        |
|-------------|--------|--------|
| Single Nail | 30 min | 30 QAR |
|-------------|--------|--------|

### Chrome effect

|             |        |        |
|-------------|--------|--------|
| Single Nail | 5 min  | 10 QAR |
| Full Set    | 15 min | 50 QAR |

## KIDS' CORNER

### Little Princess Manicure

(Children up to 12 years old)

Perfect as gifts or to accompany your own spa experience, this manicure includes a hand soak, gentle nail shaping, a moisturizing massage, and a choice of nail polish colour.

30 min 50 QAR

### Little Princess Pedicure

(Children up to 12 years old)

Perfect as gifts or to accompany your own spa experience, this pedicure includes a fragrant foot bath, followed by a foot massage and a choice of nail polish colour.

30 min 50 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.

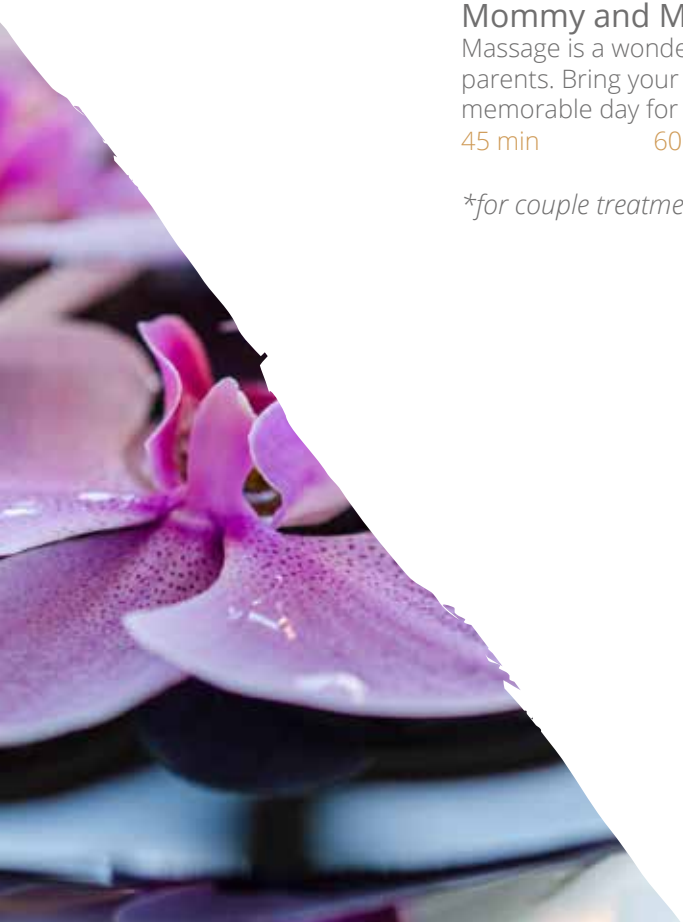
120 min      1.350 QAR

### 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.

|                     | 60 min Sessions |        | 90 min Sessions |        |
|---------------------|-----------------|--------|-----------------|--------|
|                     | 1               | 2      | 1               | 2      |
| No. of Participants |                 |        |                 |        |
| 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

**b/altitude**

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