

### **BALINESE MASSAGE**

Balinese Massage is a traditional therapy from Bali that combines stretches, acupuncture, reflexology, and aromatherapy. It stimulates blood flow and energy ("qi"), promoting relaxation and well-being. Techniques include skin rolling, kneading, stroking, and pressure point stimulation with essential oils.

**QAR 250**  
60 MINS

### **AROMA THERAPY MASSAGE**

The blend of incredible oils and the luxurious massage will send you into complete relaxation leaving feeling renewed.

**QAR 250**  
60 MINS

### **DEEP TISSUE MASSAGE**

An intensive full body massage and muscle reconditioning techniques helping relieve muscular tension, with a fresh perfumed oil.

**QAR 300**  
60 MINS

### **SWEDISH MASSAGE**

Relax whilst feeling the expert hands of your therapist easing stress-related knots and melting away tension and anxiety that have built up in this body zone.

**QAR 250**  
60 MINS

### **LOMI LOMI MASSAGE**

A classic European style massage. Using long and deep strokes, therapist will use hands and forearms to relax your muscles and promote blood circulation throughout your body.

**QAR 300**  
60 MINS

### **SIGNATURE HEALING MASSAGE**

Let the pressure of life go away as you begin your journey with our unique Signature Healing Massage. A combination of Swedish and Deep Tissue Massage technique. Your journey ends with using Pink Crystals & Argan Shell Body Scrub for your hands & feet.

**QAR 350**  
60 MINS

### **HEAVENLY RELAXING MASSAGE**

A full body massage using palm pressure with long stroke movement. A combination of firm and gentle touch to relax your body, mind and soul.

**QAR 250**  
60 MINS

### **FOOT ESSENTIALS**

A Soothing and revitalizing treatment for sore, tired feet beginning with a foot exfoliation to help boost circulation, followed by a luxurious massage with shea butter enriched with Argan Oil, leaving your skin soft, nourished with a delicate perfume.

**QAR 250**  
60 MINS

### **ENERGIZING MASSAGE**

Intensive full body massage. In an energizing massage, the blood and the lymph system are stimulated through solid and energetic movements. This will result in faster and more thorough exchanges between cells as they will receive more oxygen and nutrients.

**QAR 250**  
60 MINS

*The  
Crown Spa*

### **KEROKAN (INDONESIAN TRADITIONAL COIN MASSAGE)**

Kerokan is a traditional Indonesian massage that uses a coin and warm oil to relieve cold, flu, muscle aches, and indigestion. It improves circulation, detoxifies the body, and alleviates fatigue. The treatment leaves red welts on the skin, resembling "zebra stripes."

**QAR 300**  
60 MINS

### **SERENITY MASSAGE**

The Serenity Massage is a medium pressure massage. Long strokes are used with this massage to promote a deeper state of relaxation and tension is released on problematic areas using medium pressure on trigger point area throughout the body.

**QAR 175**  
30 MINS

### **MATAHARI MASSAGE**

The treatment includes a harder massage touch, originating from Indonesia, known for its use of deep tissue techniques, stretching and pressure points to promote relaxation and relive muscle tension. It often incorporates elements of traditional Indonesian healing practices and may involve the use of oils.

**QAR 175**  
30 MINS

### **MIRACLE MASSAGE**

Miracle Massage offers a healing touch based on traditional Chinese massage. The right combination of therapeutic, Sweedish, Deep Tissue and Aroma Therapy. This can be as simple as a relaxing massage or multifaceted as needed.

**QAR 175**  
30 MINS

### **FOOT DELUXE MASSAGE**

Let the pressure of life go away as you begin your journey with our unique Signature Healing Massage. A combination of Sweedish and Deep Tissue massage technique. Your journey ends with a using Pink Crystals & Argan Shell Body Scrub for your hands & feet.

**QAR 175**  
30 MINS

### **PURE & RADIANT BACK**

#### **TREATMENT**

Our skilled therapists use specialized techniques to reduce the stress hormone cortisol, leaving you with lifted spirits. Combination of neck, shoulder and back massage.

**QAR 175**  
30 MINS

### **BACK ENERGY MASSAGE**

Massage helps loosen tight muscles and reduces stiffness in muscles and tendons. Massage techniques involve a combination of hands-on movements, such as kneading, stretching, compressing, and/or gliding that may range from light stroking to deep pressure.

**QAR 175**  
30 MINS