



SANDSCAPES

SPA AND WELLNESS

M E N U

MASSAGE THERAPY

THE PEACE MASSAGE | 90 min

QAR 1,000

A comprehensive approach to healing that addresses the physical, emotional, and spiritual aspects of well-being. This deeply rejuvenating therapy harmonizes various therapeutic methods, commencing with an energizing massage to promote the flow of vital energy throughout the body. Subsequently, a soothing oil massage, complemented by the application of warm volcanic stones, to help re-balance and stabilize the body's energy field, facilitating the transformation of stored energy within the heart. The session culminates with crystal energy healing, which focuses on emotional equilibrium and spiritual enlightenment.

HOT VOLCANO MASSAGE | 90 min

QAR 1,000

A full body massage enhanced by the soothing warmth of Basalt stones, delivering instant muscle relaxation and enabling the treatment to penetrate deeply. These heated stones prove invaluable in alleviating tension, diminishing discomfort, and strategically placed along the chakras, they facilitate the unblocking of energy pathways. Accompanied by a luxurious seaweed-based oil infused with the revitalizing essences of lemon-grass, lavender, and juniper, this therapy not only detoxifies but also rejuvenates the skin, leaving you refreshed and renewed.

THAI HERBAL HOT COMPRESS MASSAGE | 90 min

QAR 1,000

An exceptional therapy that showcases delicately heated compresses filled with a blend of dried plants, roots, and leaves. These carefully chosen ingredients are renowned for their ability to address a diverse range of physical ailments, including back and joint discomfort, while also offering relief from mental challenges like anxiety and fatigue.

THE CROWN MASSAGE | 60 min

QAR 850

This serene therapy purges the mind, diminishes anxiety, alleviates headaches, and broadens one's consciousness. As the oil gently courses through the hair and onto the scalp, a carefully choreographed massage unfolds, focusing on the head, neck, and shoulders.

HOT COMPRESS MASSAGE | 60 min

QAR 850

Filled with a blend of health-enhancing herbs, these compression balls are gently heated, often through steaming, and then applied to the body. This application of moist heat permeates the skin and tissues, effectively dissolving tension and alleviating soreness.

BESPOKE MASSAGE | 60 min

QAR 700

Discover the extraordinary and celebrated healing properties of aromatherapy. Every treatment commences with a personalized choice from our exclusive array of aromatherapy oils, inspired by the ancient traditions of the Orient, Arabia, India, or the Mediterranean. This distinctive massage experience is further enriched with a thorough exfoliation and a revitalizing, moisturizing body treatment. Your journey embarks with your selection of the essential oil blend, followed by a massage ritual that seamlessly weaves together an exceptional blend of techniques derived from these four enchanting realms of AROMASOUL.

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THE SNOOZE MASSAGE | 60 min

QAR 700

Drawing inspiration from the Indonesian Sea Malay Massage, this extraordinary ritual harmonizes seamlessly with our Tranquillity™ Sound and Essential Oil Blend, skillfully inducing a profound state of relaxation. It's an ideal choice for jet lag recovery.

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GO DEEP MASSAGE | 60 min

QAR 700

A profoundly invigorating massage infused with Arnica oil, designed to alleviate the discomfort stemming from excessive physical strain or a sedentary lifestyle. Utilizing a combination of firm pressure, cross-fiber techniques, and comprehensive full-body stretching, this massage is tailored to expedite post-intensive exercise recovery and facilitate the ultimate release of tension, promoting optimal relaxation.

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TO THAI MASSAGE | 60 min

QAR 700

Drawing from an age-old Thai tradition, this massage technique combines gentle pressure on specific muscle and ligament points with deep, elongating stretches. It effectively alleviates spinal and muscular tension while gently improving joint mobility.

FOR MOTHERS MASSAGE | 60 min

QAR 700

Indulge in a soothing and rejuvenating massage tailored for both expectant mothers and those in the post-pregnancy phase. Experience reduced swelling, enhanced circulation, and the promotion of skin smoothness and tone.

STEP INTO WELLNESS MASSAGE | 60 min

QAR 700

Discover the enhanced therapeutic benefits of incorporating hot stones into your reflexology session. Each stroke with a hot stone is estimated to be as effective as five strokes by hand, yielding longer-lasting results. The soothing heat relaxes foot muscles, enabling our skilled therapist to work deeper on the reflex areas, providing a more profound experience.

ACTIVE REJUVENATION MASSAGE | 60 min

QAR 700

Experience a revitalizing sculpting treatment designed to amplify the benefits of your workout while eliminating toxins. This treatment enhances muscle tone and replenishes vital vitamins and mineral salts, all thanks to the rejuvenating power of Brazilian Yellow Clay.

TONED TRANSFORMATION MASSAGE | 60 min

QAR 700

Experience a potent session that activates slimming, boosts microcirculation, stimulates the lymphatic system, and rejuvenates fascial layers. This treatment promotes detoxification while enhancing skin tone and elasticity. It's a thoughtful, effective, and physiologically-inspired approach to wellness.

PRECISION TENSION RELIEF MASSAGE | 60 min

QAR 700

Addressing key stress points for profound tension relief, this treatment combines a warm marine massage mud application with a soothing scalp, back, and shoulder massage.

BODY THERAPY

TIP-TO-TOE INDULGENCE | 60 min

QAR 700

Experience a luxurious hand and foot ritual that combines the purifying, nourishing, and protective benefits of individual manicure and pedicure treatments. Elevate your experience with the soothing touch of hot stones for an energetic balancing effect throughout the session.

VITAL BUST SCRUB | 45 min

QAR 700

Revitalize your skin with an exfoliating gel featuring Natural Silica particles, Orange Peel, and 10% Alpha-Polyhydroxy Acids. This dual-action scrub, both mechanical and chemical, delivers immediate skin smoothness.

VOLCANIC SAND SCRUB | 45 min

QAR 500

Reveal radiant skin with deep exfoliation using pure volcanic rhyolite particles from Stromboli, Sicily, while Karité Butter and Betaglucan provide intense nourishment.

HIMALAYAN SALT SCRUB | 45 min

QAR 500

Embark on a complete body detoxification journey, alleviating muscle aches and promoting effective metabolism stimulation.

RADIANT REJUVENATION SCRUB | 45 min

QAR 500

This treatment is perfect for skin preparation before a body massage or both before and after sun exposure, providing a renewing and softening effect to your skin.

MOISTURIZING BODY WRAP | 45 min

QAR 500

Experience a smoothing, renewing, and regenerating treatment that restores tone, elasticity, and hydration. It's an excellent choice for skin in need of moisture and elasticity, and for those looking to address stretchmarks. This treatment's regenerative and revitalizing properties leave your skin feeling soft, silky, and firm.

MONTALCINO THERMAL MUD BODY WRAP | 45 min

QAR 500

Indulge in an intensive treatment featuring thermal waters from Bormio, offering detoxifying and anti-cellulite benefits. A blend of essential oils facilitates deep tissue purification, while fucus and laminaria algae promote lipolytic action. Ideal for eliminating accumulated toxins and restoring your skin's vitality.

3-IN-1 BODY CIRCLE BODY WRAP | 45 min

QAR 500

This three-phase intensive remodeling treatment starts with a thermogenic action to boost microcirculation, followed by a vigorous draining massage phase, and concludes with a revitalizing and toning phase. It's the ideal solution for addressing cellulite and enhancing microcirculation, with visible effects after just one treatment.

HAND REJUVENATION BODY TREATMENT | 45 min

QAR 500

Treat your hands to a moment of pampering with a gentle cleansing, personalized exfoliation, and intense hydration and nourishment.

FOOT REJUVENATION TREATMENT | 45 min

QAR 500

Show your feet some love with protective and revitalizing care. This treatment smooths and renews localized calluses while providing deep repair and nourishment.

REVITALIZE YOUR YOUTH FACIAL TREATMENT | 75 min

QAR 1,000

Experience the latest in skincare innovation with our new-generation peels and advanced lifting solutions. Correct visible signs of aging such as wrinkles, loss of skin tone, and hyperpigmentation with our intensive double peel, customized to your skin's specific needs. Witness a remarkable reduction in expression lines and wrinkles, leaving your skin exceptionally smooth.

ULTRA GLOW PEEL FACIAL TREATMENT | 60 min

QAR 1,000

Brightening, tone-correcting peel to treat dullness, hyperpigmentation and melasma. Immediate radiance and glow with an even complexion and improvement of dark spots.

PRO-LIFT FACIAL TREATMENT | 60 min

QAR 1,000

Experience the rejuvenating effects of our firming treatment, which provides a natural filler-like effect. This facial combines the power of a re-plumping Peel-off Mask with Kobido Techniques to restore fullness and tone to your skin.

HYDRA BOOST UP FACIAL TREATMENT | 60 min

QAR 850

Achieve continuous hydration and a radiant complexion with the revolutionary HYDRAMEMORY skincare line. Keep your skin hydrated and glowing, wherever you go.

THE JOY OF BEAUTY FACIAL TREATMENT | 60 min

QAR 850

Pamper your skin with the care it deserves. Our bespoke power-packed facial is designed to address your skin's unique needs, whether it's age protection, purification, or soothing. Your path to beauty, your way.

HYDRA FACIAL THERAPY

PLATINUM ELIXIR FACIAL TREATMENT | 90 min

QAR 1,500

Embark on the ultimate hydra facial journey! Kick start the detoxification process with lymphatic drainage, followed by our signature hydra facial. This transformative experience deeply cleanses, exfoliates, extracts, and hydrates your skin while addressing your specific skin concerns with a booster of your choice. The treatment concludes with LED light therapy to further diminish visible signs of aging.

LUXE REJUVENATION FACIAL TREATMENT | 60 min

QAR 1,200

Revitalize your skin with our invigorating treatment, encompassing all the essentials of the signature hydra facial. Tailor the experience to your unique skin needs with a booster of your choice, and enjoy the added benefits of LED light therapy to combat visible signs of aging.

HYDRAFACIAL KERAVIVE HAIR TREATMENT | 60 min

QAR 1,200

Hydrafacial Keravive is a unique treatment that is utterly relaxing and specifically designed to cleanse, stimulate, nourish and hydrate your scalp for fuller and healthier-looking hair. Hydrafacial Keravive is not just for those suffering from baldness and thinning hair. It is also fantastic for those who regularly color treat their hair or to complete between extensions as it restores the scalp's health.

DEEP CLEANSING FACIAL TREATMENT | 30 min

QAR 900

Experience a thorough skin transformation with our Deep Cleansing treatment. This session deeply cleanses, exfoliates, extracts, and hydrates your skin, utilizing potent super serums enriched with antioxidants, peptides, and hyaluronic acid. Your path to refreshed and rejuvenated skin starts here.

LYMPHATIC SKIN RENEWAL FACIAL TREATMENT | 30 min

QAR 500

Enhance your skin's vitality with our HydraFacial Lymphatic Face treatment, which promotes detoxification through mechanical lymphatic therapy. Experience a healthy and radiant complexion from the inside out.

LED LIGHT REJUVENATION FACIAL TREATMENT | 30 min

QAR 500

Elevate your HydraFacial experience with LED light therapy. Red and blue lights are utilized to enhance the effects of your treatment. Blue light targets and eliminates acne-causing bacteria, making it an excellent choice for congested and oily skin.

HYDRA FACIAL ENHACEMENT

COMBINED REFRESH FACIAL TREATMENT | 20 min

QAR 500

The HydraFacial Perk is an all-in-one cleansing treatment with added benefits. It gently exfoliates using serums rich in antioxidants, resulting in flawless skin in just 10 minutes. Your skin is left hydrated and primed, ready for a radiant glow, with no downtime. Plus, you get to keep the vial used during the service until your next treatment.

EYE PERK SERVICE FACIAL TREATMENT | 15 min

QAR 300

Revitalize your delicate eye area with our Eye Perk Service. Reduce dark circles and puffiness to reveal refreshed and awakened eyes.

LIP PERK SERVICE FACIAL TREATMENT | 15 min

QAR 300

Achieve luscious lips with our Lip Perk Service. Experience a subtle plumping effect while locking in moisture, resulting in a perfect pout.

HYDRA BODY THERAPY

BACK CLARIFYING TREATMENT | 60 min

QAR 900

Experience the advanced Hydrafacial vortex-fusion technology, specially designed for your back. This treatment gently extracts impurities deeply embedded in your skin's pores, removes excess oil, and infuses your back with customized skincare products to address your specific needs.

LYMPHATIC ARM REVIVAL TREATMENT | 30 min

QAR 500

Our Hydrafacial Arm Lymphatic treatment combines the best of both worlds, offering a holistic approach to arm skincare. This treatment incorporates the exfoliation, cleansing, and hydration benefits of Hydrafacial with lymphatic massage techniques to promote detoxification, reduce swelling, and improve circulation, leaving your arms feeling rejuvenated and refreshed.

LYMPHATIC ABDOMEN REVIVAL TREATMENT | 30 min

QAR 500

Experience a comprehensive skincare approach for your abdomen area with our Hydrafacial Abdomen Lymphatic treatment. It combines the exfoliation, cleansing, and hydration benefits of Hydrafacial with lymphatic massage techniques to enhance circulation, reduce bloating, and promote detoxification, leaving your abdomen feeling revitalized.

SIGNATURE BACK RENEWAL TREATMENT | 30 min

QAR 500

Our Signature Hydrafacial is an all-encompassing treatment that cleanses, exfoliates, extracts, hydrates, infuses, and protects your skin with a blend of antioxidants and peptides. Ideal for the upper back, full back, or both, it leaves your back smoother, clearer, and more toned, enhancing its overall appearance.

HYDRA BODY ENHACEMENT

ARMS & HANDS REJUVENATION TREATMENT | 30 min

QAR 500

Experience complete revitalization for both your arms and hands with the Hydrafacial Arms & Hands treatment. In just one session, both areas will be rejuvenated, refreshed, and nourished, revealing beautifully radiant skin.

HANDS REJUVENATION TREATMENT | 15 min

QAR 300

Transform the texture and appearance of your hands with our specialized treatment. Ideal for overworked, dry, or aging hands, this session begins with steam and a thorough cleanse, followed by our 3-step Signature HydraFacial. The treatment concludes with a soothing hand mask, antioxidant serum application, and sunscreen to enhance your hand's overall look and feel.

ARMS REJUVENATION TREATMENT | 15 min

QAR 300

Elevate the condition of your arm skin with our Hydrafacial Arms treatment. This non-invasive procedure utilizes advanced technology to exfoliate, cleanse, extract, and deliver tailored serums to your skin. In just 30 to 45 minutes, it enhances the overall appearance of your arms, leaving them refreshed and revitalized.

HAMMAM

MAROCMAROC BLISS HAMMAM | 90 min

QAR 1,200

Indulge in a serene Hammam experience inspired by MAROCMAROC. This ritual combines the timeless benefits of the "Traditional" Hammam, featuring hair washing and a nourishing hair mask, along with a full-body stretching ritual. A blissful finale awaits with the application of orange blossom shower milk and a rejuvenating purifying mask, followed by the cocooning embrace of a luxurious rose body cream. It's a top-to-toe treatment that leaves you radiantly refreshed.

TIMELESS TRADITION HAMMAM | 60 min

QAR 900

Experience the essence of a Traditional Hammam ritual with our "Old Fashion" treatment. This cherished tradition begins with a thorough black soap application for deep cleansing and purification. A full-body exfoliation using both a kessa glove and Miel d'Ambre follows. The journey concludes with a facial exfoliation and a traditional stretching ritual, leaving you completely revitalized.

TURKISH DELIGHT HAMMAM | 60 min

QAR 900

Transport yourself to the culture of the Ottoman Empire with our "In Turkey" Hammam treatment. Immerse yourself in the luxury and relaxation of a Turkish Hammam, a tradition dating back centuries. Reinvigorate your senses and find calm in a tranquil spa atmosphere, a true homage to the timeless Turkish bathing experience.

SCULPT & REJUVENATE TREATMENT | 120 min

QAR 1,400

Experience the perfect fusion of body contouring, exfoliation, and wrapping to stimulate body heat, culminating in an invigorating massage that revitalizes your body's energy.

BEAUTY RADIANCE TREATMENT | 120 min

QAR 1,240

Indulge in the art of living beautifully with a full-body massage and the Hydra Boost Up facial treatment. This combination restores your skin's smooth texture and moisture balance, promotes circulation, and leaves you with a radiant complexion.

INNER RECONNECTION TREATMENT | 120 min

QAR 1,200

Reconnect with yourself through the soothing Snooze treatment paired with the Crown treatment. This pampering experience allows you to find inner harmony and a sense of connection.

REFRESH & REVIVE TREATMENT | 120 min

QAR 1,000

Choose between a rejuvenating body scrub or a revitalizing body wrap, followed by a bespoke massage that will leave you feeling invigorated and refreshed.

FACIAL ENHANCEMENT

EYE REVITALIZATION TREATMENT | 15 min

QAR 150

Experience a triple-action treatment against dark circles, puffiness, and wrinkles, delivering immediate lifting and luminosity for your eyes.

GLOW PEEL BOOST TREATMENT | 15 min

QAR 150

Energize your skin with a quick boost of AHAs using the Double Peel Method, achieving instant glow and vitality.

PEEL OFF MASK THERAPY TREATMENT | 15 min

QAR 150

Indulge in an intensive lifting and replumping experience with our Peel Off Mask, leaving your skin feeling rejuvenated.

ABSOLUTE FIRMING FOR NECK & DÉCOLLETÉ TREATMENT | 15 min

QAR 150

Experience targeted lifting and firming action for your neck and décolleté area, achieving a more youthful appearance.

CAFFEINE BOOST TREATMENT | 15 min

QAR 150

Enhance and intensify your remodeling routine with our new Caffeine Boost. These concentrated cocktails of active ingredients work harmoniously to promote effective remodeling. The fluid, fast-absorbing texture allows for the application of other products in the Body Strategist Cellulite line, amplifying the overall results

TIP & TOE NOURISHMENT TREATMENT | 15 min

QAR 150

Experience a blend of nourishing plant-based oils designed to protect and strengthen your hands and nails while also softening your cuticles. In cases of extreme dryness, it can be applied as an overnight intensive mask for optimal hydration.

PRIVATE ROOM

EXCLUSIVE COUPLES RETREAT PRIVATE FACILITIES | 30 min

QAR 500

Indulge in a private oasis designed for couples to savor the hydrothermal experience and access our exceptional facilities, concluding with a delightful refreshment.

SOLE INDULGENCE PRIVATE FACILITIES | 30 min

QAR 300

Escape to a private haven where you can fully immerse yourself in the hydrothermal journey and explore our top-notch facilities, all capped off with a rejuvenating refreshment.