



THE
SPA

AT THE CHEDI KATARA

SPA ETIQUETTE

Health Matters

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any health-related concerns you may have when making your appointment.

Spa Attire

We will provide you with spa attire including a choice of spa underwear, alternatively you may choose to wear your own. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

Valuables

We provide a secure place for your personal items inside the spa suite; however, we do not accept liability for loss or damage.

Spa Arrival

Arriving late may make it necessary to limit the time for your treatment so the next guest is not delayed. Please arrive at The Spa reception ten minutes prior to your scheduled treatment time.

Cancellation Policy

The treatments you select are reserved especially for you. Guests will be charged a 50% cancellation fee for treatments cancelled less than six hours prior to the appointment time. No-show or cancellation with less than two hours-notice will be charged at 100%.

Smoking

Kindly note the spa and fitness facilities are designated as non-smoking zones.

Mobile Phones

Kindly refrain from using your mobile phone in the spa premises. Please keep your mobile phone on silent mode at all times.

Children

Minimum age for entry to the spa and fitness facilities is 15 years old.

Gift Certificates

Gift certificates for spa services and retail products are available at The Spa reception.

Hours of service

10:00 am to 10:00 pm

Please contact The Spa for reservations and enquiries.

Prices are in Qatari Riyals and are subject to change without notice.

The Chedi Hammam Ritual 120 minutes - QAR 1800

This traditional Middle Eastern ritual commences with a steam bath followed by a full body application of warmed eucalyptus-scented black soap prior to exfoliation. A kesse glove is used to exfoliate the epidermal layer to remove dead cells from the surface of the skin. This is followed by a body mask of purifying Moroccan geranium scented rhasoul mud mixed with rose or orange flower water. While you are enveloped by the body mask, enjoy a shampoo and nourishing hair mask, organic facial cleanse, exfoliation and facial massage with organic argan oil. The ritual concludes with a relaxing body massage using organic argan oil and application of organic day cream for the face. A top-to-toe complete rejuvenation treatment for silky hair, radiant complexion and velvety soft skin.

marocMaroc 60, 90 or 120 minute Hammam Rituals

Discover a refined, opulent skin care line that tells the story of sumptuous Morocco - land of lights, country of abundance where nature blooms and expands, a universe of warmth, colours and fragrant landscapes. marocMaroc is an invitation for the senses to travel while pampering the face and body with extreme gentleness. By reinterpreting ancestral beauty customs through modern formulas, marocMaroc gives life to the most enchanting beauty tales inspired by the soft atmosphere of the hammam, the richness of the argan tree, the majesty of the rose, the authenticity of almond flowers. It's very natural formulas -tested- its caressing touches, subtle perfumes, carefully selected plants, make it an exceptional line composed of elegant and seductive products. In each formula, ingredients are magnified through very natural textures, free of silicone and mineral oil. Pleasure and absolute confidence combine in these products formulated to minimise risks of allergy, non-comedogenic and tested for proven results. 60 minutes - QAR 910

A beautiful cleansing hammam experience commencing with a warm herbal steam and kesse glove exfoliation using eucalyptus scented black soap. It continues with the application of honey, orange, beeswax and argan oil detoxifying and exfoliating body balm and exfoliation of the face with Grains de Lumiere facial scrub. After rinsing the skin is massaged with orange flower shower milk, rinsed and dried, leaving the skin supple and enriched. 90 minutes - QAR 1365

This 90-minute version of the marocMaroc Hammam Ritual includes the addition of a nourishing Almond Milk Shampoo and scalp massage with Almond Cream Hair Mask. The treatment concludes with an application of Rose Body Milk or Nourishing Body Balm with with argan oil. 120 minutes - QAR 1800

This ultimate hammam ritual includes all of the above plus the addition of a massage with nourishing argan body balm.

DELUXE HAMMAM JOURNEYS

REJUVENATING MASSAGE THERAPY

The Chedi Massage 60 minutes - QAR 1275

A dynamic therapeutic massage that will dissolve deep muscle tension and soothe the spirit. Two therapists work in synchronised movements using a variety of remedial massage techniques including Japanese Shiatsu pressure point work, deep tissue Balinese Palming, orthopaedic remedial Thai Stretching, lymphatic draining Swedish Effleurage and nurturing long stroke Lomi-Lomi massage from Hawaii. One of the best massage experiences, not to be missed for those who enjoy a strong, yet relaxing massage with enduring therapeutic benefits.

Ayurvedic Abhyanga Massage 90 minutes - QAR 1100

An ancient ritual to restore balance to body and mind with warmed therapeutic oil and Ayurvedic massage techniques.

Warm nourishing oil is poured over the body with long sweeping movements to follow the natural flow of energy, with a focus on revitalising the marma points. The benefits of the massage include firming and toning, lubricate and free up joints, improve circulation, aid detoxification and elimination, calm the nerves and improve sleep.

Ancient Balinese Massage 60 minutes - QAR 800 | 90 minutes - QAR 1100

This traditional Balinese style massage includes Balinese palming, stretching, effleurage and pressure point techniques to relieve tension, improve blood flow, ease stress and calm the mind. The therapist will adjust the pressure to suit you, request moderate pressure for relaxation or stronger to relieve muscular tension, the choice is yours. Choose from a selection of signature hand-blended massage oils exclusive to The Chedi Katara.

Himalayan Warm Stone Massage 90 minutes - QAR 1200

Shamans have used heated river stones in their healing practice for centuries. Warm stones are placed on the chakras and then massaged over the body to promote a deep state of relaxation, soothing away stress and dissolving muscular tension. The warmth from the stones penetrates to the deep layers of muscle tissues to release tension and soreness resulting from the build-up of lactic acid in over worked muscles. A deeply relaxing experience that will refresh energy and renew the spirit.

Tibetan Ku Nye Massage 120 minutes - QAR 1450

Ku Nye is the ancient form of massage therapy used in Traditional Tibetan Medicine, it is an effective dynamic healing art. This body treatment honors and respects the ancient Tibetan traditions of healing, restoring, harmonising and strengthening the body's natural flow of energy. A potent blend of essential oils is combined with the traditional techniques of cupping, acupressure, kneading, rocking and hot stones to purify the five elements of the body, stimulate the lymphatic system and energise the subtle body and meridian system. This powerful healing ritual begins and ends with Tibetan singing bowl sound therapy using a special technique according to gender.

Thai-Style Foot Reflexology 60 minutes - QAR 800

The healing practice of reflexology is thought to have originated in ancient Egypt, it is generally relaxing and may help alleviate stress.

The theory behind reflexology is that areas of the foot correspond to organs and systems of the body.

Pressure applied to the foot will bring relaxation and healing to the corresponding area of the body. Firm pressure is used to stimulate the reflex points in the feet. During the treatment you will float into a deep state of relaxation for a divine sense of balance and well-being.

Prenatal Massage for Mothers-To-Be 60 minutes - QAR 880

Our portable pregnancy massage bed is designed to accommodate mother's baby bump for complete comfort and relaxation while laying prone in the early to mid-stages of pregnancy. Organic argan oil infused with herbal extracts of lavender, geranium and mandarin bring balance and harmony to mother and baby. Gentle lymphatic drainage massage techniques promote elimination of excess fluid retention while relaxation techniques relieve muscular tension.

(Massage is also available for mothers-to-be in the later stages of pregnancy, please contact our reception for details).

THERAPY WITH SOFT CUPS

This modernised version of cupping therapy employs a combination of massage techniques creating negative and positive pressure with the use of cups and hands. Suction cups are applied with a gentle, gliding motion, combined with a skin-loving blend of rich, therapeutic oils for a deeply relaxing experience. This multifaceted treatment has transformed the ancient practice of Hijama that can be traced back to 3,000 years ago - traditionally performed with glass cups and heat - into a modern massage service using silicone cups and no heat. This massage technique enhances circulation and promotes the elimination of toxins and waste from the body.

Energise and Lipo-Sculpt Cupping Therapy 75 Minutes - QAR 1100

Re-sculpt your face and body with the combination of cupping and hands-on massage, performed with a potent formula to detoxify, address cellulite, enhance slimming and to give your body the ultimate deep cleanse.

Sports Recovery Cupping Therapy 75 minutes - QAR 1100

Get the most from your workout by addressing muscle tension, removal of stiffness and joint immobility with a combination of cupping and hands-on massage, performed with the Bellabaci Hello Body Mechanic and Muscle Support formulas to bring comfort and have you ready for the next round on the golf course or lifting weights at the gym.

*This treatment includes a scalp massage performed with The Muscle Support Complex and a pressure point experience on the feet.

Reviving Cupping Therapy for Jetlag and Fluid Retention

60 Minutes - QAR 880 | 90 minutes (includes the face) QAR 1300

Revive body, mind and soul with a combination of cupping and hands-on massage techniques using a synergy of balancing organic essential oils to address the symptoms of jetlag, eye bags, puffy skin and fluid retention to reveal the best version of you. This treatment includes a dry brush experience and a scalp massage performed with the Bellabaci Revive Complex.

Sweet Dreams Deep Sleep Cupping Therapy 90 minutes - QAR 1300

Experience the sleep of your dreams with a combination of cupping and hands-on massage and a bouquet of organic essential oils formulated to create a restful sleep to leave you restored and stress-free.

*This massage includes a scalp massage performed using The Deep Relax Complex as well as a pressure point experience on the feet.

REVITALISING BODY TREATMENTS

Subtle Energies Himalayan Energising Body Polish 60 minutes - QAR 880

Feel invigorated with a strong exfoliating body polish, using mineral rich, Himalayan Crystal Salts which releases toxins and stimulates circulation. Skin will be visibly radiant, releasing stress along the way with the active effects of rare Ayurveda Aromatherapy oils. Hot compresses nurture throughout and a full body hydration with rich ingredients deeply moisten and balance the skin.

Subtle Energies Rasayana Detox Body Polish 60 minutes - QAR 880

This rejuvenating light to medium exfoliation of walnut shells, buffs away dead skin cells, reducing the signs of cellulite, as hot compresses are applied in between. Uplifting aromatics of tulasi, wild turmeric and limbu invigorate, ideal for jet lag and tired skin, followed by a personalised full body hydration to compliment the detoxification process.

Subtle Energies Rasayana Detox Envelopment 75 minutes - QAR 1100

Revitalise, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite mineral rich clay infused with powerful herbs of tulasi, wild turmeric and limbu envelop your body providing the ultimate detox. Experience full body hydration with a choice of aromatic infused body butters, lotions or blends to conclude the experience.

Subtle Energies Pearl Remineralising Envelopment 90 minutes - QAR 1500

Experience the power of pearls with this exceptional treatment carefully designed to deliver multi-sensory results. Commencing with a skin softening exfoliation, the journey continues with a mineral rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate skin cells and regenerate. Whilst cocooned in this mineral mask experience, receive a Subtle Energies signature facial marma massage, using potent anti-ageing actives of mogra and Indian rose to release tension and stress, and restore balance.

Blood Orange and Shea Butter Body Balm 60 minutes QAR - 880 | 90 minutes - QAR 1300

The ultimate in anti-ageing body treatments from LING combining luxury Asian inspired ingredients to hydrate and soften with deeply relaxing movements to envelop you and energise your soul. This decadent treatment combines blood orange, walnut powder and natural skin brighteners to soften, smooth and brighten the skin, and a nourishing shea butter balm wrap to nourish and protect along with a personalised choice of aromas to refresh, balance or relax your inner Chi. Best for: All skin types, dry, dehydrated, thirsty skins that need a boost in moisture levels. Perfect after exposure to sun or for those that simply need deep relaxation, nourishment and soft silky skin.

Detoxifying Organic Rhassoul Clay Envelopment 75 minutes - QAR 1100

A deep cleansing and relaxing ritual for the body that leaves the skin super soft and squeaky clean. After a full body dry brushing, a walnut and oat straw body scrub is performed to stimulate detoxification. Organic rhassoul clay and LING certified organic shea butter are combined to detoxify the skin of impurities. Skin is left silky soft, hydrated and nourished with organic green tea massage oil. Best for: Rough textured skin, dry, dehydrated skin that is thirsty, skin that needs detoxifying and re-mineralising.

Aloe and Ginseng After Sun Envelopment 90 minutes - QAR 1300

Skin is gently exfoliated with a dragon fruit jelly scrub packed with antioxidants and vitamin C. After a warm shower, a deeply nourishing body hydrator and aloe and ginseng body cocoon is applied to soothe and calm. The treatment is complete with a full body application of personalised essential oil aroma in an organic green tea massage oil mixed with shea butter. Skin is left silky soft and hydrated with the delicate scent of aromatherapy oils. Suitable for all skins, best for dry, sensitive and sunburn.

BEAUTY REFINING FACIALS

Subtle Energies 24K Gold Age Defying Facial 60 minutes - QAR 965 | 90 minutes - QAR 1450

Combining collagen and elastin boosting actives, this age-defying facial features potent ingredients such as Mogra, Queen of Jasmine and 24k gold that will penetrate into the dermal layers of the skin renewing and regenerating skin cells with a sustained result. Bring a radiant glow to the skin by oxygenating deeply on a cellular level, reduce fine lines and wrinkles whilst addressing emotional needs such as stress, anxiety and hormonal balance.

Subtle Energies Advanced Antioxidant Facial 60 minutes - QAR 965 | 90 minutes - QAR 1450

Designed for dehydrated, mature, sensitive or damaged skin. This intense enriching facial therapy delivers an exceptional nutrient rich elixir that revitalises tired ageing skin. Infused with advanced antioxidants and essential fatty acids to fight free radical damage and protect the skin from the visible signs of ageing. The facial massage delivers an impressive active serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. Finish this restorative treatment with smooth, vitamin enriched skin that is deeply hydrated.

Subtle Energies Wild Kashmir Purifying Emulsion Facial 60 minutes - QAR 880 | 90 minutes - QAR 1320

This powerful facial will optimise your wellbeing and replenish your skin with a renewed freshness. Wild turmeric offers intense purification while exotic Kashmir lavender soothes and restores. This deeply detoxifying treatment will revitalise tired, congested and stressed skin. Toxins will be drawn out through a double cleanse, saffron and frankincense exfoliation, and a purification mud mask. A complete indulgence that purifies and tones.

Subtle Energies Essential Hydration Facial For Men 60 minutes - QAR 880

A purifying and toning facial tailored especially for men. Wild grown botanicals are used to cleanse and nourish facial skin with a double cleanse, exfoliation, facial massage and purifying mask. A relaxing treatment that will leave your skin feeling invigorated and renewed.

Triple Oxygen Glow Facial 60 minutes - QAR 880 | 90 minutes - QAR 1320

This stunning triple oxygen facial consists of a therapeutic face, neck, and shoulder massage which detoxifies, and increases skin tone whilst relieving deep tension, a gentle organic apple peel is used to clear skin impurities, along with an award-winning oxygen mask to energise and oxygenate the complexion. The 90 minute version concludes with a boost of O₂ utilised to infuse oxygen and other powerful ingredients into the skin while also firming and contouring for an instant non-invasive facelift. Best for tired skin, smoker's skin, dull skin, congestion, breakouts, blemish scars and rejuvenating a dry, dull skin bringing it back to life.

DoNotAge Facial 60 minutes - QAR 965 | 90 minutes - QAR 1450

This ultimate anti-ageing facial includes double cleansing and triple exfoliation for squeaky clean skin that looks smooth and refined. Includes use of ginseng and aloe to rejuvenate and hydrate the surface skin cells whilst intelligent peptides re-educate skin cells deep down to induce collagen production. A lifting and toning massage is performed to improve facial tone. This exceptional facial is a must for anyone concerned with ageing and who wants to see instant results. In the 90 minute treatment we use the LING exclusive energy lift machine with far infra-red light and heat therapy to increase cellular function, stimulate the production of collagen and firm facial contours. Best for chronological ageing, premature ageing, all signs of ageing, tired skin, fine lines and wrinkles.

Triple Peel Facial 60 minutes - QAR 965 | 90 minutes - QAR 1450

A super deep cleansing facial that includes three different levels of exfoliation to gently remove surface dryness and debris from the skin. After a deeply relaxing and skin softening massage, pore extractions are performed to remove congestion. A charcoal detox mask purifies, followed by a custom blended ginseng therapy moisture mask to instantly soothe, revive and alleviate inflammation. A customised cocktail of solve serums are applied to target your skin concerns prior to lifting and application of protective day creams. Complexion is super clean, smooth and clear, your skin will instantly glow! The 90 minute option includes the Tourmaline Energy Lift to energise and lift the skin and induce collagen formation. Best for all skin types, including congested, blackheads, clogged and large pores.

ESSENTIAL GROOMING

We use Orly "Breathable" at The Chedi Katara for stronger, healthier nails, the nail polish that breathes. Free from toxic ingredients, allows moisture and oxygen to reach the nail while excess moisture escapes, preventing chipping and peeling for lasting manicures. No base or topcoat needed, treatment + Colour with argan oil, Pro Vitamin B5 & Vitamin C.

A full-service nail treatment including a hand or foot soak, scrub, mask and massage.

Orly Breathable Manicure

60 minutes - QAR 350

Orly Breathable Pedicure

60 minutes - QAR 400

Waxing

Depileve cartridge and film wax are used.

Ladies

Full Leg - QAR 455

Half Leg - QAR 230

Full Arm - QAR 230

Half Arm - QAR 130

Underarm - QAR 130

Eyebrows - QAR 105

Bikini - QAR 270

Brazilian - QAR 455

Upper Lip - QAR 105

Full Body - QAR 1200

(full leg, full arm, underarm, Brazilian and eyebrow)

Gentlemen

Full Back - QAR 270

Chest - QAR 235

Half Back - QAR 145

EXPRESS SERVICES



Enhance your massage treatment with the addition of an express service. These treatments may be combined or added to another service to create your own package: (minimum of one-hour total duration required)

Nesko Gemstone Hydrogel Facial Mask 30 minutes - QAR 550

Skincare technology developed by a team of doctors include collagen, minerals and gemstones charged with Reiki energy to balance chakras and promote deep relaxation and well-being. Mind, body and spirit are harmonised to create a glow from within resulting in beautiful looking skin. The treatment includes a cleanse and facial massage with serum and a semi- precious gemstone roller followed by application of a hydrogel facial mask either: Nano Gold Repair (firm, lift, hydrate) or Diamond Radiance (hydrate, smooth, exfoliate)

Express Lifting Facial with Cupping Massage 30 minutes - QAR 475

Give your skin a refreshing boost with this enhanced cupping facial, enriched with a hydrating blend of argan, rosehip seed, and coconut oils. This treatment uses modern cupping techniques to target the look of fine lines and wrinkles, leaving your skin revitalised and your spirit renewed.

Subtle Energies Express Wild Kashmir Purifying Emulsion Facial 30 minutes - QAR 475

This powerful facial will optimise your wellbeing and replenish your skin with a renewed freshness. Wild turmeric offers intense purification while exotic Kashmir lavender soothes and restores. This deeply detoxing treatment will revitalise tired, congested and stressed skin. Toxins will be drawn out through a double cleanse, saffron and frankincense exfoliation, and a purification mud mask. A complete indulgence that purifies and tones.

Eye Lift Refresher 30 minutes - QAR 475

As the windows to your soul, your eyes deserve special care and nourishment. Relieve tired eyes, under eye- bags, dark circles and puffiness with Jade Rollers that are effective in diminishing wrinkles and lifting the brow area. An express 30- minute treatment using a cocktail of serums customised to suit your skin concerns to give you instant bright eyes. Best for lines, wrinkles, dark shadows, puffiness, heavy eye lids and tired eyes.

Tourmaline Energy Lift Wellness Therapy 30 minutes - QAR 475

Tourmaline gemstone is a semi-precious mineral stone well known for its incredible ability to aid in the detoxification process of the human body. It is one of only a handful of minerals that have the ability to emit negative ions and far- infrared rays. Furthermore, tourmaline produces a detoxifying, cleansing effect on the nervous system, as well as the organs and tissues of the body. It has been shown as a useful aid for improving circulation, reducing stress, improving brain alertness, mood and activating the immune system. By applying this wonderful healing energy to the body and face at special acupoints, we unlock the full potential benefits. You will experience a one-of-a-kind treatment that will uplift your face, body and spirit.

Express Oxygen Sparkling Glow and Lift Facial 45 minutes - QAR 650

This express oxygen facial consists of a purifying facial cleanse, therapeutic pressure point face, neck, and shoulder massage to relax and refresh, an organic apple peel to digest skin impurities, and concludes with LING's award winning Sparkling Makeover Oxygen Mask to stimulate, energise and oxygenate the complexion. An energising facial massage with a gemstone roller completes this mini-facial and reveals a vibrant skin. Best for: An express pick me up for dull skin, quick glow, dry, dehydrated and normal skins

The Back Facial 45 minutes - QAR 640

Get 'red carpet' ready with this deep cleansing, skin smoothing back facial. Skin is thoroughly cleansed and exfoliated whilst steam and extractions are performed to decongest and clear skin. A unique mask using volcanic ash and charcoal is used to promote clarity and detoxify before hydrating moisturisers are applied to nourish and protect. Best For: Congested, blocked or scarred skin or to get "red carpet ready"

marocMaroc Deep Conditioning Hair Mask 30 minutes - QAR 450

A nourishing almond milk and argan oil balm will restore vitality, shine and luster to the hair. A warm, soothing compress will infuse the orange blossom water, panthenol and plum extract into the hair and scalp. A relaxing scalp massage invigorates the flow of nutrients to hair follicles for recharged growth.

Foot Reflexology 30 minutes - QAR 400

The healing practice of reflexology is thought to have originated in ancient Egypt, it is generally relaxing and may help alleviate stress. The theory behind reflexology is that areas of the foot correspond to organs and systems of the body. Pressure applied to the foot will bring relaxation and healing to the corresponding area of the body. Firm pressure is used to stimulate the reflex points in the feet. During the treatment you will float into a deep state of relaxation for a divine sense of balance and well-being.

Rejuvenating Whirl Bath

30 minutes - QAR 400

A wonderfully relaxing whirl bath in one of The Chedi's private spa suites is the perfect start or end to any massage therapy. French clay, organic argan oil, essential oils and magnesium bath salts bring therapeutic benefits to this relaxing experience. Clay is toning and firming while magnesium relieves muscle fatigue and soreness. Argan oil is replenishing and nourishing for all skin types while an exquisite blend of essential oils balance the nervous system to relieve stress and tension. Choose from the following:

Red clay for sensitive skin / Yellow clay for dry skin / White clay for normal skin / Green clay for oily skin



GHM

A STYLE TO REMEMBER

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