

THE RITZ-CARLTON SPA

SHARQ VILLAGE, DOHA





Optimum wellness is supported by developing our ability to adapt well physically, mentally and spiritually to the challenges of everyday life.

The Ritz-Carlton Meaningful Wellness Journeys nurture and encourage this adaptability by providing experiences and habits to build inherent resilience, strength, and fortitude for the Mind, Body and Skin.



THE RITZ · CARLTON SPA

WELLNESS

MIND

THE ART OF WELLNESS MASSAGE

90 MINUTES

Bring healing and wellness to the mind, body, and soul with this unique transformative treatment that creates a state of pure bliss. Guided breathing and visualization together with a deeply therapeutic salt stone and rose quartz crystal massage releases physical tension and relaxes the mind to embrace the art of letting go.

AWAKENING BAMBOO MASSAGE

90 MINUTES

Channelling an uplifting, rhythmic blend of free-flowing bamboo massage which encourages a surrender of deep tension from top to toe, this enlivening treatment leaves the body energized and the mind settled in a place of positivity.

BODY

WELLBEING AND RESILIENCE MASSAGE

90 MINUTES

Moving your mind and body to a place of greater strength and resilience, this treatment releases muscular tension, revitalizes wellbeing, boosts energy levels and supports your immune system with a liberating blend of yogic stretching, sinus release, reflexology, and deep back and scalp massage.

BODY FORTIFYING MASSAGE

90 MINUTES OR 60 MINUTES

Targeting muscular pain and restoring comfort and supple movement with active stretching, this deep muscle massage uses hot stones and a fortifying oil on the neck, shoulders and back to instantly alleviate deep-seated tension and provide lasting relief so you feel strong and energized.

SKIN

DETOXIFYING WELLNESS POULTICE TREATMENT

90 MINUTES

This health boosting treatment has a cleansing effect on the body and mind, using warm herbal poultices to provide warmth to the muscles and joints while boosting circulation with stimulating exfoliation. Immerse in this rebalancing massage and scalp massage.

NATURAL RESILIENCE FACIAL

90 MINUTES

This specialized facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.



Revel in a wellness experience through curated journeys, tailor-made to rejuvenate your mind, body and soul. Signature spa experiences created to encompass the peaceful spirit of the country's culture, experienced within a cocoon of tranquility. Tradition comes alive with inspired therapies delivering a sense of total wellness.

SHARQ SANCTUARY

90 MINUTES

Qatar's rich and long-standing sea-faring history has inspired this beautiful signature treatment experience. Porcelain smooth and gently warmed Cowrie shells are applied with expert skill as advanced massage techniques ease muscle tension and comfort the skin. Evoking a sense of days gone by and ancient healing practices with a unique touch.

INCLUDES: Body massage with warm shells, and scalp massage



THE RITZ · CARLTON SPA

EXPERIENCE

ROYAL HAMMAM EXPERIENCE

120 MINUTES

Regal, luxurious and exquisite – experience the ultimate body ritual revealing smooth, super-soft, nourished and glowing skin. A traditional hammam cleanse prepares body and mind for the therapeutic warm essential oil massage. Emerge transformed and with a renewed sense of wellbeing.

INCLUDES: Hammam scrub and cleanse, hair nourishing ritual, aroma body massage

HYDRATING JOURNEY

150 MINUTES

Immerse yourself in pure indulgence with this deeply hydrating top to toe therapy. Therapeutic bamboo exfoliation brightens and smooths the skin and an oxygenating mask and relaxing massage restore your inner balance. Skin is left brighter and awakened with an oxygen boosting facial.

INCLUDES: Body scrub, wrap, full body massage, facial

REVITALIZING JOURNEY

120 MINUTES

Awaken the skin with an energy boosting body scrub and wrap infused with pure Vitamin C. This deeply hydrating body treatment is perfect to protect the skin from dryness and premature ageing. An antioxidant facial is performed to restore vitality to sun damaged skin. Leaving your body feeling energized, mind restored, senses uplifted, tension released and connecting you back to the present moment.

INCLUDES: Body scrub, body wrap and facial

DETOX JOURNEY

120 MINUTES

This journey is designed to cleanse, purify, release toxins and impurities that build up in your body. Featuring a body exfoliation followed by an algae body wrap to simultaneously soothe and relax your muscles, while also improving microcirculation and promoting healthy blood flow. A massage using seaweed, chia and amaranth oils will promote the detox process and regenerate the skin on a cellular level.

INCLUDES: Body exfoliation, body wrap and massage



THE RITZ · CARLTON SPA

MASSAGE

DEEP MUSCLE MASSAGE

90 MINUTES **OR** 60 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

STRESS RELIEF MASSAGE

90 MINUTES **OR** 60 MINUTES

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

RELAXATION MASSAGE

90 MINUTES **OR** 60 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

HOT STONE MASSAGE

90 MINUTES **OR** 60 MINUTES

A therapeutic and rejuvenating massage using warm volcanic stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

BALINESE INFLUENCED MASSAGE

90 MINUTES **OR** 60 MINUTES

An indulgent massage that leaves your mind, body and spirit soothed and relaxed.

THAI-INSPIRED MASSAGE

90 MINUTES **OR** 60 MINUTES

An invigorating massage combining stretches to reduce tension.



NOURISHED GLOW

60 MINUTES

Reveal your smoothest, softest skin ever with this body exfoliation finishing with a deeply nourishing oil application and personalized back massage.

INCLUDES: Full body salt and oil exfoliation, back massage, oil application

ULTIMATE BODY BALANCER

90 MINUTES

Restore serenity to body, mind and skin with this richly indulgent and deeply effective bespoke treatment.

INCLUDES: Back exfoliation and massage, custom facial, scalp massage



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BODY

PERSONALIZED WRAP

60 MINUTES

Results driven body wrap tailored to your needs.

INCLUDES: Body exfoliation, algae or mud envelopment, scalp massage

ACTIVITY RECOVERY

90 MINUTES

Soothes aching muscles targeting the back, legs and feet.

INCLUDES: Back exfoliation and massage, foot and leg exfoliation and massage

HAMMAM TREATMENTS

MOROCCAN HAMMAM

50 MINUTES

This time-honoured tradition from northern Africa cleanses, smoothes and nourishes skin – renewing cells and leaving skin silky smooth.

INCLUDES: Steam, black soap cleanse, kese scrub

TRADITIONAL HAMMAM

50 MINUTES

Our traditional Arabian hammam experience with specialised hair mask and full body loofah exfoliation leaves skin stimulated and hydrated.

INCLUDES: Steam, black soap cleanse, kese scrub, hair nourishing ritual

ULTIMATE HAMMAM

80 MINUTES

This definitive Hammam ritual takes traditional experiences to another level. Detoxifying, purifying and invigorating with a nourishing mud mask to soothe and hydrate, the whole body is left relaxed, glowing and invigorated.

INCLUDES: Steam, black soap cleanse, kese scrub, hair nourishing ritual, body mask



THE RITZ-CARLTON SPA

FACIAL

CUSTOM FACIAL

90 MINUTES OR 60 MINUTES

Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs.

INCLUDES: Deep brush cleanse, skin analysis, facial exfoliation, massage, mask, scalp massage.

PERFORMED WITH ESPA PRODUCTS

AGE-DEFYING FACIAL

90 MINUTES OR 60 MINUTES

Instantly combat the most visible signs of skin aging - smoothing fine lines and reviving youthful radiance to your complexion.

INCLUDES: Deep brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage.

PERFORMED WITH ESPA PRODUCTS

ULTIMATE RADIANCE & RENEWAL FACIAL

90 MINUTES

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion. The must-have treatment for immediate results prior to a special event.

INCLUDES: Brush cleanse, skin radiance mask, age-defying crystal massage, lifting mask, scalp massage.

PERFORMED WITH ESPA PRODUCTS

DIAMOND EXPERIENCE FIRMING FACIAL

90 MINUTES

This revitalizing facial will firm and renew the skin for a radiant glow. Visibly diminishes fine lines and restoring a youthful energy to every level of the skin.

INCLUDES: Cleanse, shirodhara massage, glycolic peel, LED mask, collagen mask.

PERFORMED WITH NATURA BISSE PRODUCTS

THE ESSENTIAL FACIAL WITH 3D COLLAGEN

90 MINUTES

Designed to deeply nourish and surprise the skin with a unique cocktail formulated to combat premature ageing and maintain plump, hydrated and wrinkle free skin.

INCLUDES: Cleanse, glycolic peel, hand massage, firming massage, revitalizing mask.

PERFORMED WITH NATURA BISSE PRODUCTS

DIAMOND EXPERIENCE SENSORIAL FACIAL

90 MINUTES

A multi sensorial experience designed to remove visible signs of stress and ageing to achieve the perfect synergy of revitalization and well-being for the skin. Offering immediate and long-lasting visible results leaving the skin deeply hydrated with a luminous glow.

INCLUDES: Cleanse, glycolic peel, shiatsu pressure point massage, firming mask, hand and foot massage.

PERFORMED WITH NATURA BISSE PRODUCTS



THE MEN'S MASSAGE

90 MINUTES OR 60 MINUTES

The ultimate male escape. Unwind in style with this rebalancing and intensely relaxing treatment that includes a full body massage using heated stones, face massage and a soothing scalp massage.



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MEN

DEEP MUSCLE MASSAGE

90 MINUTES **OR** 60 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

RELAXATION MASSAGE

90 MINUTES **OR** 60 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

STRESS RELIEF MASSAGE

90 MINUTES **OR** 60 MINUTES

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

POWER HOUR

60 MINUTES

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens, leaving you ready for anything.

THE MEN'S FACIAL

60 MINUTES

Deeply cleanse, hydrate and smooth skin, leaving your complexion instantly energized.

PERFORMED WITH ESPA PRODUCTS

THE MANICURE

50 MINUTES

Maintain amazing results and keep nails in good condition with this conditioning treatment.

INCLUDES: Soak, nail file and shape, exfoliation, cuticle work, application of body cream, buff

THE PEDICURE

50 MINUTES

Maintain amazing results and keep nails in good condition with this conditioning treatment.

INCLUDES: Soak, nail file and shape, exfoliation, cuticle work, application of body cream, buff



Upgrade your treatments by choosing one or more of our carefully created service enhancements. Enhancements are available as incorporated additions to facial, body and massage services without adding additional time to the treatment. All Enhancements must be booked and received with a treatment.



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ENHANCEMENTS

HAND, FOOT OR BACK REVIVER

Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands or feet smooth, soft and bright.

SMOOTH & FIRM BODY BUTTER

Combine the sublime benefits of a lifting and smoothing body butter with your body massage oil for rich melting hydration to refine skin texture, soften and restore suppleness.

HOT STONE MELTER

Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress during any massage treatment.

MOROCCAN OIL SCALP TREATMENT

Using the strengthening properties of Moroccan Oil with a deeply relaxing scalp massage to reduce tension, condition the scalp and leave you with beautifully healthy hair.

GUIDELINES

To enjoy your spa experience to its fullest potential, please familiarize yourself with the Spa Guidelines.

AT TIME OF RESERVATION

Please inform the Reservation Agent of the following:

- + Allergies or medical conditions including pregnancy
- + If you have a gender preference for your Service Provider
- + If you have a request for a specific Service Provider
- + If you are celebrating any special occasions

You must provide a valid credit card number with expiration date at time of booking.

ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to enjoy the lounges, saunas, steam rooms, whirlpools, cold plunges and indoor pool. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. You will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

WHILE VISITING THE SPA

PERSONAL BELONGINGS/VALUABLES

We cannot be responsible for any personal items and/or valuables brought into the spa or left in your locker. Please leave your valuables at home or in your room safe.

USE OF ELECTRONIC DEVICES

To protect the privacy of our guests and to preserve the guest experience, use of cell phones, electronic devices and cameras are prohibited in the spa. Cell phones and electronic devices must be turned off.

AGE REQUIREMENT

You must be 18 years of age or older to enjoy the spa relaxation and locker areas. Massages and facials cannot be performed on anyone under the age of 18 years. Salon treatments are available for children 5 years of age or older. This includes hair and nail services only. Parent must be present for the entire service and a locker will not be provided.

TREATMENT RECOMMENDATIONS

Shaving is not recommended prior to body treatments or hair removal services. Shaving is recommended, but not necessary for men prior to a facial. Your spa experience is your time, and you should delight in it to the fullest. If you experience discomfort due to room temperature, massage pressure, music volume or any other conditions, please notify your therapist immediately.

FOOD AND BEVERAGE

Guests are prohibited from bringing any outside food or alcohol into the spa. A guest appearing intoxicated will be denied access to the spa.

METHOD OF PAYMENT

We accept all major credit cards. You may also charge services to your resort bill.

CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least twenty-four (24) hours in advance of your appointment to avoid being charged the full-service fee. Any appointments rescheduled within the twenty-four (24) hour window will incur a move fee of \$25. Cancellations of packages or private parties require one week's notice.



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SHARQ VILLAGE, DOHA

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