



# SPA

INTERCONTINENTAL



Dear Guest,

Thank you for choosing Spa InterContinental for your spa experience.

Let us take you on a journey of genuine tranquility in the luxurious privacy of our spa sanctuary, mixing unique, natural elements from Europe with premium cosmopolitan products to optimise your beauty and wellness. Allow us to develop your personal treatment program based on experience, relaxation and results.

All treatments begin with a complimentary Relaxing Foot Ritual inside your private treatment room using indigenous ingredients to exfoliate the feet and lower legs, relax your body and mind followed by a pressure massage.

After your treatment, complimentary drinks and sweets will be served to complete your Spa journey.

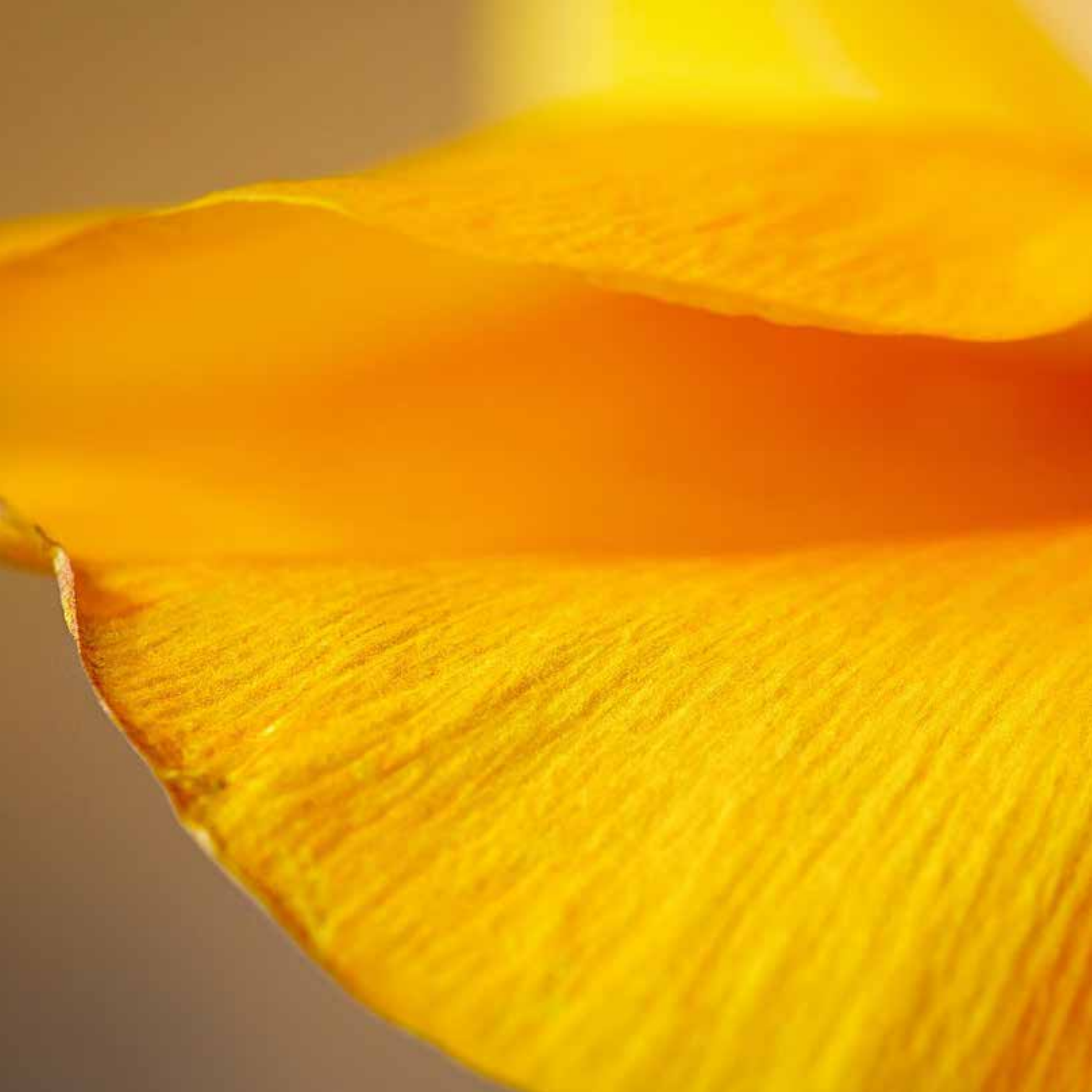
Sincerely,  
Spa InterContinental Team

#### Hours of Operation

Spa InterContinental is open daily from 9.00 am – 11.00 pm  
Treatments from 10.00 am - 11.00 pm

InterContinental Doha

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## SPA | OUR SPA BRANDS

### **Natura Bissé**

As one of the world's most exclusive brands, Natura Bissé is an innovative leader in the development of high performance skin-care products that are formulated with maximum concentrations of new ingredients and emulsions.

### **Intraceuticals**

Intraceuticals is an Australian company specialising in oxygen technology. This professional skincare range uses the powerful effects of oxygen.

### **BAIJA Paris**

Baija Paris is a natural and sensorial cosmetic brand with organic ingredients. Inspired by emotions, BAIJA Paris stimulates sensorial memories, a journey, a fragrance, a childhood memory, a familiar face. All BAIJA products come from a French fabrication incorporating ingredients from all over the world. Each fragrance and texture creates an emotion and tells its story reminding us of ours. BAIJA is an invitation to a world of emotions.

## SPA | MASSAGE BY BAIJA PARIS AROMA OIL

**All massages are performed with Aromatherapy oil. You may select from four types of BAIJA Paris fragrances: Caramelised Honey, Lotus Ginger, Rose Lychee, Green Tea Jasmine, or simply with Argan Oil**

### SIGNATURE SPA INTERCONTINENTAL MASSAGE

90 minutes | QAR 850

This unique deep pressure massage is a combination of therapeutic techniques and Spa InterContinental's signature golf ball instrument. The size, shape, and firmness of a golf ball ensures that the deepest sore spots in your muscles are reached, relieved, and revitalised. So relax and let our highly skilled spa therapists restore vitality to your weary muscles. Great for athletes and guests with sore muscles

### BALINESE MASSAGE

60/90 minutes | QAR 620/820

An energising massage using a combination of thumb and palm pressure with deep strokes, this intensive massage is perfect for those who prefer a deep pressure massage.

### SWEDISH MASSAGE

60/90 minutes | QAR 620/820

Relieves tired muscles, improves circulation and assists the body in eliminating toxins. This classic massage promotes health and well-being.

### HOT STONE MASSAGE

90 minutes | QAR 850

Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. Each hot stone massage session promotes deeper muscle relaxation through the placement of smooth, waterheated stones at key points on the body.

### TRADITIONAL THAI MASSAGE

90 minutes | QAR 820

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 techniques. The overall experience is rejuvenating and relaxing.

### HEAVENLY RELAXING MASSAGE

60/90minutes | QAR 620/820

This relaxing treatment is designed to promote relaxation, improve circulation, relieve muscle tension and reduce stress. This type of bodywork can be experienced in a lighter or stronger style depending on your preference. Only the sides of the palms are used.





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### HEAD TO TOE MASSAGE

120 minutes | QAR 1000

Calm your senses, soothe your mind and leave your worries behind. Our highly skilled therapists will make sure that you feel relaxed and revitalised before, during, and after your head-to-toe treatment. Start with a 60-minute massage of your choice, followed by a 30-minute reflexology massage, and completed by a 30-minute head massage.

### REFLEXOLOGY

30min/60 minutes | QAR 400/620

This ancient Chinese massage of the feet restores the flow of energy throughout the body. Reflexology points corresponding to all organs, systems and glands are stimulated to promote a sense of equalised wellbeing.

### STRESS RELEASE BACK, NECK & SHOULDER

45 minutes | QAR 500

Designed to relieve stress and tension by concentrating on specific areas of the back, neck and shoulders, this massage can also be tailored to your specific requirements.

## SPA | FACIALS BY NATURA BISSÉ

**Natura Bissé state-of-the-art facial treatments have been designed to address any skin need or condition and to help all skin types restore their beauty and radiance. Pamper your skin with the beauty rituals created by the Spanish luxury skincare brand, universally recognised for ground-breaking technology in results-driven skincare and world class spa treatments. Your skin will look more gorgeous than ever.**

### DIAMOND LIFE INFUSION

90 minutes | QAR 1050

Preserves the youth of skin and slows the aging process. Visibly diminishes fine lines and wrinkles and restores a youthful energy to every level of the skin. Dramatically reverses premature aging while increasing firmness and elasticity

### CITRUSVITA-ESSENCE

60 minutes | QAR 700

A facial ritual created for those looking for global care and well-being. A treatment that provides the perfect combination between the richest products such as Mediterranean citrus and the most exclusive contouring massage techniques. This incredible experience ends with an exquisite citrus aromatherapy experience. The result is a luminous and radiant skin.

### THE ESSENTIAL SHOCK

60 minutes | QAR 700

Shocks the skin with a unique cocktail formulated to combat premature aging and maintain plump hydrated and wrinkle free skin. This repairing treatment will stimulate the skin's cellular function to fight premature aging caused by hormonal fluctuations.

### CARBOXI-EXPRESS

30 minutes | QAR 450

A revitalising express treatment that incorporates one of the most effective techniques in aesthetic medicine: carboxitherapy using G3P Triple Exfoliation.

### ADD-ONS

#### ESSENTIAL EYES

30 minutes | QAR 450

A great add-on treatment which will intensify your selected facial as a focus for hydration or age defiance around the eyes.



## SPA | HOLLYWOOD FACIALS BY 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. Results are not only instant but continue to improve in the following days.**

### REJUVENATE INFUSION

60 minutes | 900 QAR

Cooling, calming Oxygen is applied directly under light pressure to the skin's surface increasing the absorption of the Rejuvenating Serum. Your skin will emerge deeply hydrated, youthful and glowing with a noticeable reduction in fine lines and wrinkles and a visible lift. Safe for all skin types even the most sensitive or stressed skin.

### OPULENT INFUSION

60 minutes | 900 QAR

Super concentrated Vitamin C and natural plant extracts safely and naturally treat the cause of uneven skin tone while revealing newfound luminosity and radiance. Your skin will emerge deeply hydrated, balanced and glowing with health and vitality.

### CLARITY INFUSION

60 minutes | 980 QAR

Soothing botanicals naturally help reduce bacteria to calm inflammation and redness. Helps control excessive cellular build-up and oil production while clarifying and refining the skin.

### ATOXELENE INFUSION

30 minutes | 450 QAR

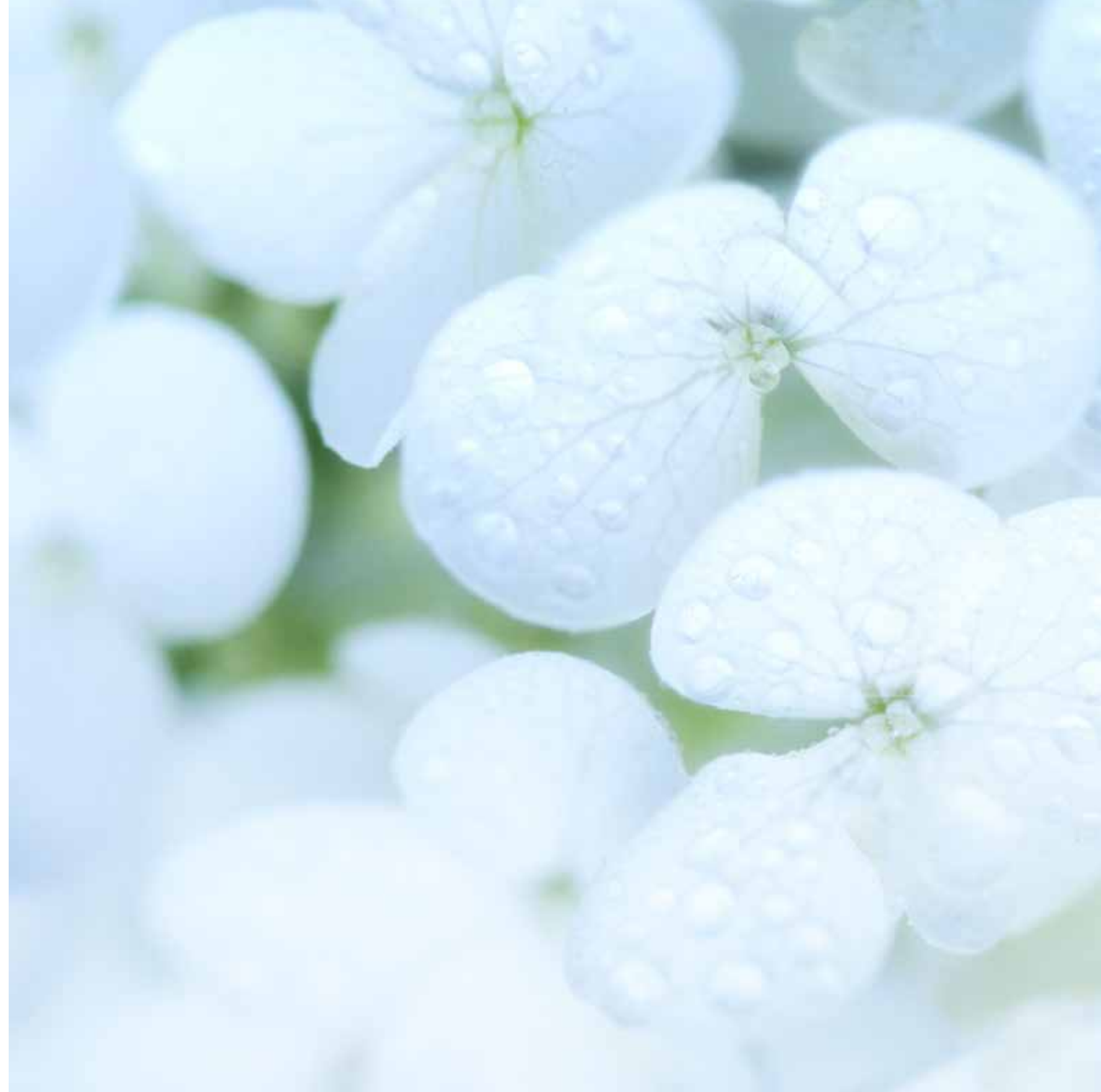
The Atoxylene Serum is designed specifically to refine the forehead, soften eye contour and immediately plump and smooth the lips. The natural amino peptide, Argireline significantly targets expression lines and increases skin firmness, the skin instantly looks smoother and feels tighter and firmer.

*Note: The Atoxylene Infusion may be applied before the Rejuvenate or Opulence Infusion for the ultimate in skin smoothing and tightening.*

### REJUVENATE AND ATOXELENE INFUSION

80 minutes | 1100 QAR

This is the treatment that everyone is talking about - the ultimate in skin rejuvenation and instant visible results. The Rejuvenate Infusion and Atoxylene Infusion work together to significantly reduce the appearance of fine lines and wrinkles while tightening and firming for more defined facial contour. Special care is taken to smoothen, open and refine the eye contour area while the lips are plumped and hydrated. Experience visible line smoothing and firming instantly.



## SPA | BODY BY BAIJA PARIS

**Let us take you into the universe of the French BAIJA Paris, select one from our four Emotions Fragrances exfoliating scrubs**

CARAMELISED HONEY 30/60 minutes | QAR 400/600

Suitable to all skin type, the natural honey extract is recognised for its soothing and nourishing virtues

LOTUS-GINGER

This body scrub stimulates microcirculations, leaves the skin delicately fragranced and aids restful sleep

ROSE LYCHEE

Rose Lychee is the perfect combination to reduce stress. The exfoliation stimulates microcirculation, tones up and leaves the skin delicately fragranced

GREEN TEA JASMINE

It's a tonic, detoxifying and creamy body scrub that leaves the skin cleansed, fresh and clear of dead skin

ORANGE FLOWER RHASSOUL CLAY BODY WRAP by BAIJA Paris 30 minutes | QAR 400

This deep body wrap from the Moroccan desert softens, purifies, and reminalises your skin. It is ideal to absorb excess sebum.

## SPA | BODY SCULPTURING BY NATURA BISSÉ

**BODY DETOX MASSAGE by NATURA BISSÉ** 60/90 minutes | QAR 650/850

A massage with gentle, slow, rhythmic manoeuvres performed with the hands and fingers throughout the body. It enhances the elimination of toxins while providing total well-being and relaxation.

**DETOX MARINE ESSENCE by NATURA BISSÉ** 60 minutes | QAR 650

Bamboo particles polish away dead skin cells while marine algae hydrate, detoxify and firm the body.

**LIPOCELL SCULPTOR by NATURA BISSÉ** 60 minutes | QAR 650

An ultra concentrated slimming and anti-cellulite gel combined with advanced massage techniques to effectively contour your silhouette. The draining and detoxifying active ingredients address and prevent fat nodules to reduce volume for firmer, smoother skin.

**OXYGEN BODY PERFECTION by NATURA BISSÉ** 60 minutes | QAR 650

Ideal for getting your body into shape and preparing it for a new season as well as a wonderful option whenever your skin needs extra care.

**BAMBOO SCRUB by NATURA BISSÉ** 30/60 minutes | QAR 400/600

A delicate body scrub formulated with bamboo micro-particles specifically selected to massage and exfoliate the skin, remove impurities and leave your skin feeling smooth and purified.





## SPA | RITUALS

**Indulge yourself in Spa Intercontinental. Our signature collection offers our most refined Spa Rituals which include complimentary post-refreshments**

### SPA INTERCONTINENTAL EXPERIENCE by BAIJA PARIS

2 hours | QAR 1040

Customised to your own treatment based on your needs with our BAIJA Paris oils and fragrances. Choose any of our treatments below or add them together to create your personalised ritual.

Body Scrub of your choice – 60 minutes

Body Massage of your choice – 60 minutes

### URBAN LIFESTYLE BY NATURA BISSÉ

2 hours 45 minutes | QAR 1800

A great treat to boost your energy levels and immune system while naturally brightening the skin. Offering intense vitamin boosters for face and body infused with nature's own hydrating remedies, a refreshing citrus exfoliation and body wrap will smooth the skin before a full body massage relaxes and hydrates. This package concludes with the power booster Citrus Vita Essence Facial leaving you glowing from the inside out.

*Body scrub · Body wrap · Facial*

### THE SECRET OF ARGAN BY BAIJA Paris

2 hour 30 minutes | QAR 1210

This treatment is a getaway in the heart of Morocco by combining a black soap scrub with the Kassa glove, an orange flower Rhassoul clay body wrap followed by a relaxing massage with Argan oil that will leave the skin with a silky smooth veil and a remineralised body and mind.

*Body scrub · Body wrap · Body massage*

### ULTIMATE HEAVENLY RETREAT

3 hours | QAR 1800

This divine escape from city life includes a combination of body scrub of your choice, an hour of customised massage and completed by a concentrated Vitamin C facial "Opulence Infusion Facial by Intracutaneous".

*Body scrub · Body massage · Facial*

## SPA SUITE | QUARTZ BED TREATMENTS

**The healing powers of the quartz combined with the warmth of the bed will transport you to a place unlike any other. Founded on the ancient tradition of earthlings, the treatments are based on the practice of employing the Earth's energy by grounding the body to the Earth's natural surfaces.**

### POULTICE-POWERED COMPRESS MUSCLE RELEASE

90 minutes | QAR 920

The unique Amber poultice dissolves tensions and elasticises the skin. Performed on the revolutionary Amber and Quartz Crystal Bed, this is the perfect answer for anyone searching for optimal health. This is a combination with poultice compress and deep tissue massage. This deeply relaxing massage is also great before or after exercise.

### DESERT DIAMOND ROSE by NATURA BISSÉ

90 minutes | QAR 920

Enjoy a smoothing and nourishing rose exfoliation followed by a regenerating massage with the exquisite absolute Damask rose oil that will transport you to a complete state of relaxation and well-being.

### ADD-ONS

#### The Quartz Bed is in the Spa Suite

30/60 minutes | QAR 200/350

Get any massage of your choice in the Spa Suite performed on the QUARTZ Bed

## SPA | SPA WAVE BED TREATMENTS

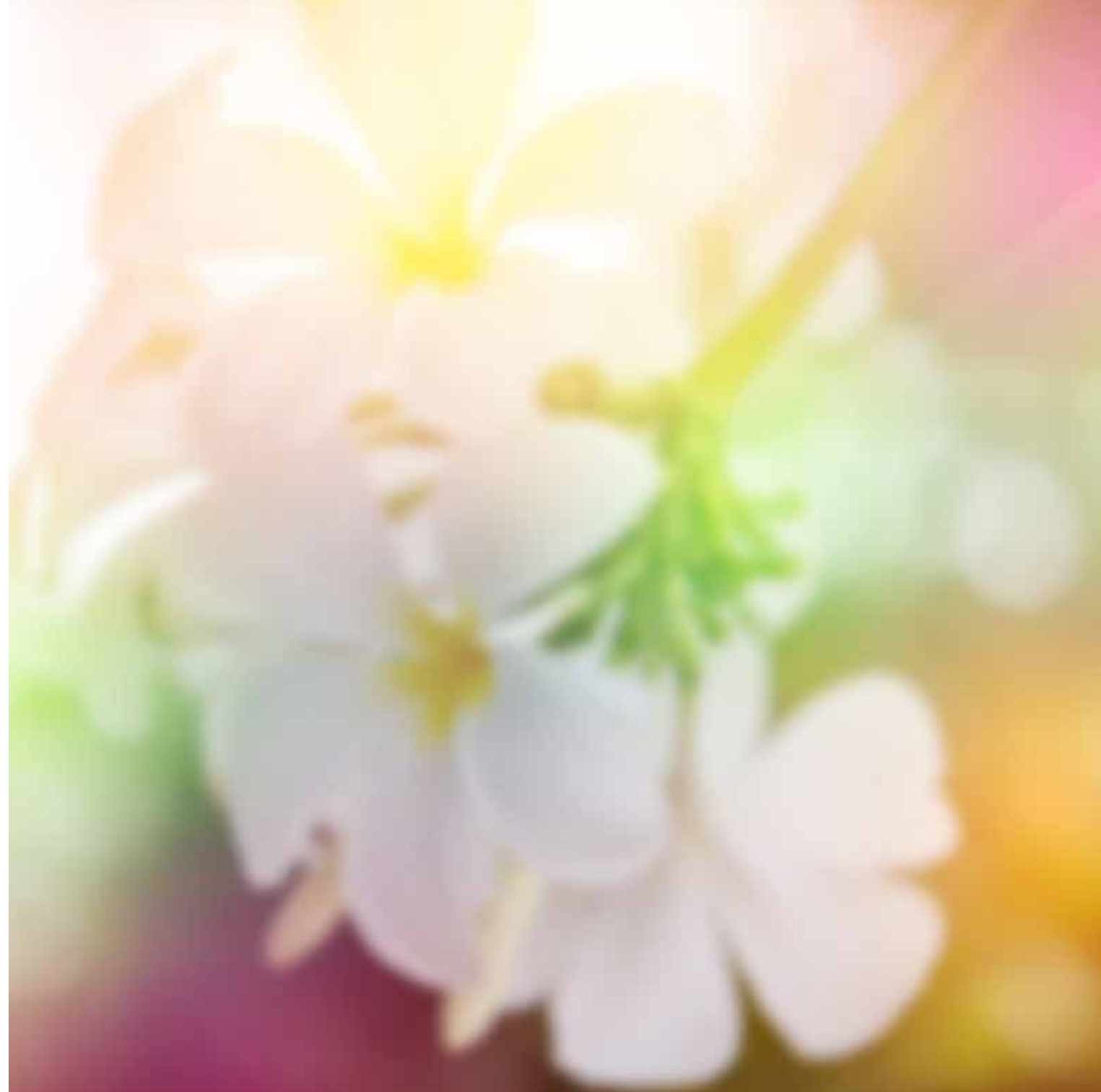
**The first of its kind in Doha, the Spa Wave experience provides key benefits such as mindfulness, meditation and deep-relaxation techniques. Special music, which is applied through gentle acoustic waves with binaural sounds, effects a completely new antistress-experience during a 30 or 60-minute sound treatment. The therapy is based on the Quantum Harmonic Sound therapy. Clinical studies carried out by independent researchers and laboratories have proven the effectiveness immediately after the first treatment.**

### ADD-ON

30/60 minutes | QAR 250/450

The Spa Wave is in a single treatment room where you can get any type of treatment from the Spa menu. You may choose to have your treatment on the Spa Wave bed. Any treatment outcome will be improved using Spa Wave. You may also choose to go on a sleep retreat with the Spa Wave therapy relaxation beds.

*\*Spa Days programs are available on this state-of-the-art Spa Wave bed.*



## SPA | TEENS

**At Spa InterContinental, we take care of our little guests as they too deserve to be pampered. Please note that the minimum age group for children is above 16 years old and must be accompanied by a parent.**

### O2 RELAX by NATURA BISSÉ

60 minutes | QAR 620

This essential exfoliating and invigorating treatment re-energises cellular function and reveals perfectly hydrated skin. The revitalising power of pure oxygen will decongest and brighten a dull complexion restoring clarity and a healthy glow.

### FROM THE BANKS OF THE DEAD SEA by BAIJA PARIS

90 minutes | QAR 850

The dead sea, well known for its abundance of minerals, is magnified in this treatment. The dead sea minerals rebalance the skin's moisture levels and at the same time regenerates and relaxes the entire body. The treatment is completed with a full body wrap to soften and purify the skin

## SPA | PAMPERING MOTHERS

### MOTHER-TO-BE MASSAGE

60/90 minutes | QAR 620/820

Massage techniques tailored to the requirements of the mother-to-be, using specially crafted massage oil, which helps prevent stretch marks, alleviates muscle tension, improve circulation, and promotes relaxation for mother and baby

## SPA | LOVE INDULGENCE

**Created for that before-the-big-day glow or to reflect and recharge your body and mind. All our treatments can be enjoyed together in the couple suite or separate from each other.**

### GLOWING BRIDE

3 hours | QAR 1760

30 min – Orange Flower Rhassoul Body Scrub by BAIJA Paris

60 min – Balinese Massage

90 min – Diamond Life Infusion by Natura Bissé

### GORGEOUS GROOM

3 hours | QAR 1635

60 min – Body Scrub of choice by BAIJA Paris

60 min – Quirosport

60 min – Citrus Vita-Essence by Natura Bissé

### WEDDING INDULGENCE (Couple)

2 hours | QAR 2150

60 min – Body Scrub of choice by BAIJA Paris

90 min – Body Massage of your choice

Fresh fruit juice with macarons

### HONEYMOON DELIGHT (Couple)

3 hours | QAR 3340

90 min – Customised Massage

60 min – Rejuvenate Infusion by Intraceuticals

30 min – Rose Petal Bath

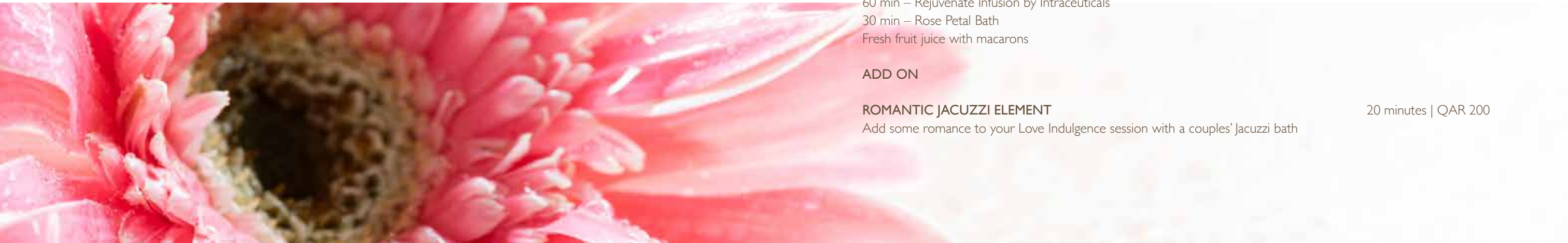
Fresh fruit juice with macarons

### ADD ON

### ROMANTIC JACUZZI ELEMENT

20 minutes | QAR 200

Add some romance to your Love Indulgence session with a couples' Jacuzzi bath



## SPA | MEN

**De-stress and recharge with spa treatments especially tailored for you. Our wide selection of men's treatments are designed to relax and revitalise, leaving mind and body cleansed and refreshed**

### QUIROSPORT

60/90 minutes | QAR 620/820

A one of the kind Sports massage ideal for relaxing the body through techniques and specific products that target tension and sore muscles. Perfect after an intense session of physical activity.

### MUSCLE REVIVER

30 minutes | QAR 400

A perfect solution for tension related headaches and neck strain. This deeply soothing back, face and stress releasing scalp massage is an ideal way to alleviate tension and ease tight muscles.

### THE CURE by NATURA BISSÉ

60 minutes | QAR 700

A thoroughly cleansing facial that includes expertly performed extractions through a nearly imperceptible extraction technique while a stimulating mask with a deliciously foamy texture effectively releases its moisturising, soothing and revitalising effects on the skin.

### EXPRESS FACIAL by NATURA BISSÉ

30 minutes | QAR 450

Renew and maintain a healthy complexion for the client on the go. Deeply hydrating treatment to rejuvenate the skin in a flash.



## SPA | HOW TO SPA

### **SPA HOURS**

Spa InterContinental Reception is open from 09:00 am to 11:00 pm daily.

Spa InterContinental Treatments are available from 10:00 am to 11:00 pm daily.

Spa InterContinental Wet Facilities are open from 10:00 am to 11:00 pm daily.

### **ARRIVAL**

Please arrive 30 minutes before your scheduled treatment time. This will enable you to enjoy our welcome refreshment and gives your body and mind time to start relaxing in our private Spa facilities.

### **LATE ARRIVAL**

If you arrive late for an appointment, you will receive the best treatment possible within the remaining appointment time. Full treatment costs apply.

### **CANCELLATION POLICY**

We require 12 hours' notice for a cancellation, change or re-scheduling of any appointment. Less than six hours' notice or a "no show" will result in full payment.

### **RESERVATIONS**

Advance bookings are always recommended to guarantee your preferred treatment and time. We cannot secure any spa treatments without a credit card or cash deposit.

### **HEALTH**

Please advise us of any health conditions, allergies, injuries and pregnancy. Our Receptionists are well versed and will recommend the desired treatment which will delight your senses.

### **SPA ATTIRE**

Your privacy will be respected at all times. Disposable underwear is available and should be worn during the treatment. Robes and slippers are provided for your comfort. Please bring with you your own bathing suit and gym clothing if your package includes the use of the swimming pool or fitness centre.

### **VALUABLES**

Please secure your valuables in your respective lockers. Spa InterContinental and InterContinental Hotels Group will not be liable for any losses or damages.

### **SPA POLICY**

Spa InterContinental female guests will be paired with female therapists and male guests with male therapists.

## SPA | HOW TO SPA

### MOBILE PHONES

As a courtesy to other guests, please switch off your mobile phone or place it in silent mode at all times whilst in Spa InterContinental.

### AGE REQUIREMENT

At Spa InterContinental, we take care of our little guests as they too deserve to be pampered. Please note that the minimum age group for children is above 16 years old and must be accompanied by a parent.

### WEDDING PLANNER

In preparation for your special day, we will be delighted to create personalised packages to ensure that you achieve the results you desire or you can choose from our Love Indulgence.

### COUPLES' SUITE

Enjoy treatments with a partner in Spa InterContinental's marvellous couples' suite, which has its own Jacuzzi bath.

### GIFTCERTIFICATES AND VOUCHERS

Gift vouchers are available from the Spa reception and can be personalised to monetary or treatment value. They are beautifully presented and make the perfect gift. All treatments are available for both men and women. All prices include municipality fees.

### HOMECARE

Retail items are available and cannot be returned or exchanged after the day of purchasing.

### OUTSIDE CUSTOMERS (NON HOTEL GUEST)

To continue your spa retreat at Spa InterContinental, you can spend the rest of the day at our beautiful pool and beach.

### ADD On after treatment:

QAR 100 weekdays | QAR 250 weekends



SPA  
INTERCONTINENTAL



