

## Welcome to Breeze Spa

Whether you're a lifelong spa devotee, a newcomer to wellness or just someone looking to recharge or unwind, we look forward to showing you how fun it is to feel good!

Here at Breeze Spa, we believe that happiness is one of the key foundations of wellness – and that's what our treatments are all about. You won't need a dictionary of new-age jargon or ancient languages to understand our menu – you just need to know how you want to feel!

On the pages that follow, you'll find our ever-evolving assortment of treatments to put the bounce back in your step and a smile on your face. Our spa consultants would love to chat with you about how you can get the most out of your time, so if you're having trouble deciding, just give us a shout!

Feel the breeze – and discover the brighter side of life!

### The Details

#### Arrival

So many things in life are rushed – we'd like to make sure your treatment isn't one of them! That's why we ask that you arrive about 15-20 minutes early for your appointment.

#### Consultation

Our spa manager and spa receptionist are passionate about helping our guest look and feel their best. To make this even easier, we invite you to fill in the consultation form provided (don't worry – there are no wrong answers!).

#### Special Attention

Please tell our receptionist if you are pregnant, have any injuries, are suffering from high blood pressure, any allergies, or have had recent cosmetic surgery.

#### Valuables

The spa is a place to leave the world behind – and that includes your valuables! We recommend that you leave your jewellery, cash, watches, mobile phones or other valuable items back in your room for safekeeping.

#### Clothing

This is one place you won't have to worry about a dress code! Just come as you are and we will provide you with a robe and slippers and disposable underwear in your treatment room.

#### Younger Guests

Guests under 16 years of age will need to be accompanied by a parent, and a guardian's consent form must be signed.

#### Ensuring Tranquillity

You've probably come here to get away from it all, and so have your fellow guests. That's why we kindly ask that mobile phones or tablets remain switched off and that you refrain from smoking whilst you're here.

#### Cancellation

We know that things do pop up, so we offer you the freedom to cancel your reservation at no charge for up to four hours before your appointment time. After that, we must apply a cancellation fee of 50% of your treatment cost. However, for cancellations with less than one hour's notice, including missed appointments, the full price of your treatment will be charged.

## Signature

### Doha Luxury Package

150 mins 850

Refresh yourself after being in the heat of the outside or after the stress of a long day with the special soothing jasmine and a refreshing scrubbing mask. Giving the treatment an extra boost – certified organic sea buckthorn berry oil, rich in antioxidants, essential amino acids and Vitamin E, and certified organic black mulberry extract, the ‘super fruit’ praised for its rejuvenating properties. The scrub will leave you feeling refreshed and your skin satiny smooth. The experience continues with a massage that combines Thai and aromatic massage techniques, providing ultimate relaxation to strained muscles. Complete the journey with an uplifting Crystal Fresh Facial treatment to nourish your fresh skin.

### Mood Scrubs

45 mins 350

Looking to really get in the mood? Our deep exfoliating Signature Mood Scrubs are the perfect complement to your Mood Massage experience. Rejuvenated, Dreamy, Serene, Invigorated and Energised – ensuring you’re in just the right state of mind to receive the benefits of the massage.

#### Dreamy

#### Serene

#### Rejuvenated

#### Invigorated

#### Energised

### Mood Messages

60 mins 430

90 mins 620

We have developed signature Mood Messages to take the guesswork out of picking just the right massage. Here’s how it works: think about how you’re feeling now. Then, imagine how you’d like to feel. Now, just select the Mood Massage below that best matches that feeling!

#### Dreamy

Leave the busy world behind as calming sounds, hypnotic aromas and long, flowing massage strokes send you into a state of complete and utter tranquillity. Perfect after a long flight, at the end of a busy day, or just whenever you want to drift away.

#### Serene

Lie back and let it all go. To help that along, this oh-so-soothing massage utilises a long stroke palm pressure technique that stretches the muscles, works out all the knots and kinks, and leaves you feeling like you don’t have a care in the world.

#### Rejuvenated

The science behind it says that these drainage and aromatic massage techniques using carefully selected essential oils can speed up the removal of unwanted toxins built up from stress, pollution and a busy life. But we like it because it leaves you looking and feeling absolutely radiant, enlivened and ready to take on the world.

#### Invigorated

Our own deep-tissue massage was created especially for those who want to leave their chronic tension in the past. Strong, high-pressure techniques target those points where stress often resides, forcing out the tension and getting those feel-good endorphins flowing.

#### Energised

This traditional Thai massage proves that ancient wisdom can still teach us a thing or two today. We start with over 10 traditional Thai herbs to create a warm herbal compress exuding earthy aromas and healing goodness to loosen up. Then prepare to be stretched and kneaded with Thai massage to unwind all the knots. The result? A new-found spring in your step and the energy to make tomorrow even better than today.

## Spa Therapy Journeys

We've designed a variety of ways you can enjoy the best of Breeze Spa condensed into handy two-hour and more leisurely three-hour combinations.

### Body Glow

120 mins 700

A combination of treatments that will give you a taste of what Breeze Spa does best. Choose one of the Mood Scrubs for an exfoliation or a detox with body wraps and then stimulate blood circulation with your choice of a Signature Mood Massage.

### Super Stress Relief

120 mins 700

**A super-refreshing tension release by Breeze Spa. Relieve all stress and tension from head to toe with a Muscle Tension Relief Massage, followed by an oriental head and foot massage.**

### Essential Body Revival

180 mins 950

With this three-hour package, you're at leisure to enjoy a massage no matter which option you choose. For an extra bit of pampering, choose whether you want to start with a rejuvenating Vive la Vichy or a shorter scrub to combine with your hour of massage and foot relaxing massage time.

### Head Over Heels

180 mins 1100

Give us an entire morning or afternoon, and we can indulge you from head to toe. Start with a foot ritual to get into the mood, and follow it up with your choice of body treatment. Continue to our Signature Mood Massage and then finish with your favourite facial treatment to recover the skin.

\* An additional charge will be applied for Brightening and Anti-Ageing Facial.

## Siam Sabai

Sabai reflects the Thai lifestyle of relaxation and happiness. Relax with a touch of fun and happiness with these treatments inspired by our Thai roots.

### Signature Muay Thai Massage

90 mins 650

120 mins 860

The deeply meditative and soothing stroke of Thai rhythmic pressure followed by the ancient method of using a Thai herbal compress to apply therapeutic heat, which is slowly released into the heart of the muscle as warm oil is massaged deeply to create utter relaxation.

### Muscle Tension Relief

60 mins 430

90 mins 620

Combining Thai holistic philosophy with vigorous deep-tissue massage, these techniques will reinvigorate tired muscles whilst targeting specific stress areas.

### Siamese Hot Stones Massage

90 mins 620

Following an ancient technique using heated volcanic stones. As the heated volcanic stones are expertly glided over the body, the heat is slowly released into the muscles, increasing the circulation and alleviating stress, sending you into a deep state of relaxation.

### Siamese Foot Massage

30 mins 250

60 mins 430

Did you know that your foot holds a network of nerve endings and pressure points that are connected to the rest of your body? To relax, just choose a 30-minute foot massage. For reflexology, choose the 60-minute massage.

### Siamese Back Tension Relief

60 mins 430

A back, neck and shoulder rub by someone who actually knows what they're doing for a change. So simple, so good. Feel those tension knots melt away under the fingertips and palms of an expert massage therapist. Perfect if you've just stepped off the plane.

### Siamese Head Massage

60 mins 430

Inspired by ancient Indian techniques, this treatment is especially helpful for those who suffer from migraines or insomnia. Meanwhile, everyone can benefit from the deeply relaxing rhythmic and gentle touches.

### Crystal Fresh Facial

30 mins 350

Face care with a deep-cleansing facial treatment combined with crystal facial therapy for anti-ageing and promoting radiant skin growth.

## Facial Treatments

Our facial treatments, using a globally renowned brand, helps transform your spa experience into an unforgettable sensorial experience.

### Hydration Facial Treatment

60 mins 500

Replenish dry, tired skin with this ultimate moisturising experience. Use this luxurious lipid and unique age-diffusing mask to ease fine lines, double skin hydration, restore your skin's natural contours and recapture a youthful glow. Instantly tighten, firm and revive dehydrated skin, whilst smoothing lines and renewing resilience.

### Sensitive and After Sun Treatment

60 mins 500

Whether a skin's redness was triggered by exposure to stress, sun, wind or extreme temperatures, this breakthrough treatment provides fast relief to calm and soothe easily inflamed, sensitive skin. This facial treatment offers two intensely calming and cooling facial masks, making it ideal for those who suffer from occasional or persistent redness.

### Deep-Cleansing Facial Treatment

60 mins 500

This deep-cleansing facial treatment dissolves pore-clogging impurities and refines pores, whilst taking away dull, dry skin cells to even skin texture and tone. This professional-strength deep-cleansing treatment features a radiance peel to open up clogged pores and improve clarity and smoothness.

### Brightening Facial Treatment

75 mins 600

Exclusively designed to fight dark spots, pigmentation, freckles and uneven skin tone, this fast-acting formula with double brighteners will boost skin radiance and reverse the visible signs of damage. If your skin is suffering from dullness and loss of elasticity, see the youthful glow and leave your skin brighter and smoother.

### Anti-Ageing Facial Treatment

75 mins 600

This comprehensive anti-ageing facial is the ideal treatment to target and defeat signs of ageing. Reduce the appearance of wrinkles with the powerful intensive radiance peel, whilst infusing the skin with long-lasting hydration. The results will leave your skin smoother and more youthful after just one treatment.

## Body Treatments

Scrub it off, wrap it up or rub it in. These rich body treatments have been specially created with some of our very own Breeze Spa magic!

### A Hamman Experience

60 mins 480

Whether you're looking to alleviate congestion, cleanse the skin, or just chill out, some time in our hammam is the perfect way to get you (and your body!) ready for a treatment. The hot steam clears the airways, relieves muscle tension and opens the skin's pores, allowing you to make the most of the botanical nutrients in our aromatherapy! Following the steam, your body will be scrubbed of impurities using a Kese cloth, which gently massages your whole body as it cleanses.

### Vive la Vichy

60 mins 480

Ever dream of having a nice long shower without getting out of bed? The Vichy shower is the closest thing to that! Lie down as if falling from the sky. The treatment starts with a quick rise before you are scrubbed down with your choice of Breeze Signature Mood Scrub.

### Jasmine Scrubbing Mask

45 mins 350

Uncover the mystery of soothing jasmine and refreshing melon with our Jasmine Scrubbing mask. The treatment offers an extra boost with Certified Organic Sea Buckthorn Berry Oil, rich in antioxidants, essential amino acids and Vitamin E; and Certified Organic Black Mulberry Extract, the praised 'super fruit' for its rejuvenating properties. The scrub will leave your skin satiny smooth and feeling refreshed!

## Nail Treatments for Men

From quick manicures and pedicures that only take a moment to stress-releasing deep-tissue massage, we've designed a special range of treatments to cater specifically to what men want (and need).

### Manicure

100

Having well-groomed hands is important both in (and out!) of the workplace. That's why we have created a fast and easy treatment just for men. It includes a cleans, a trim, a buff and, to finish, a deep-moisturising session. The best part is – it only requires a short half-hour of your precious time!

### Pedicure

120

Don't forget that your feet need love too! Our pedicure includes a cleanse, a trim, a buff and, finally, an amazing application of moisturiser to make your feet soft and smooth.