

# bliss<sup>®</sup>

spa menu

**bliss<sup>®</sup>**

**For spa locations and hours, to purchase  
bliss gift cards or to book an appointment,  
call: 4453 5555 click: [blissworld.com](http://blissworld.com)**



# bliss spa menu

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great facials, microdermabrasion, build-ons and combination plates

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scrubs, wraps & buffs

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best muscle 'relaxers' and aromassages

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treatment upgrades

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## 14-15 **bliss for man**

'guy' maintenance

### Look for these symbols when selecting your bliss spa services:

- s** not recommended for individuals who are allergic to shellfish/iodine
- p** we cannot perform this treatment on pregnant guests
- h** not recommended for guests who suffer from high blood pressure or heart problems
- a** not recommended for guests who are using Retin-A, Accutane, Avage, Tazorac, Dierin, have had recent laser or plastic surgery or are sunburned

• Ensuring our guests' safety is crucial. A 'guest-check' form must be completed before each and every treatment begins.

• Bliss reserves the right to modify, discontinue or raise prices on certain treatments without prior notification to ensure that maximum standards of service and quality are met. If you have any questions, please ask your reservationist when you book your appointment.

• Please note: We require at least six hours notice to cancel any appointment, and a credit card number is needed to hold your reservation.

• All spa guests must be 14 years of age or older to schedule or receive Bliss Spa service. Guests under the age of 14 may receive nail services only when accompanied to Bliss by an adult. All guests under the age of 14 must bring a signed guardian consent form to their appointment

# skincare/ facial

**Experience the stuff that started a spa revolution. And, don't forget, most facial bookings can be customized, should you decide to sink your skin into something more specific.**

## **New** the Multi-Face-Ed Customized Facial

Our new incredible facial starts with an intensive skin consultation with one of our world famous estheticians who will then customize a treatment specific to your skin, all while tackling the 6 signs of aging: reduce the appearance of fine lines and pores, improve skin tone and texture, and reveal softer, brighter skin. 75 min QR1450

## **New** Hollywood Celebrity Facial

Fast and effective skin brightening and collagen stimulating, featuring a 30% glycolic peel to fade pigmentation and LED infra-red technology followed by a vitamin massage and Korean inspired mask. 75 min QR1500

## **New** the head to toe 'Glow' Treatment

(triple oxygen, head, neck, shoulder, arm and foot massage + hairdew) This top-to-toe treatment lets you simultaneously soak up our signature skin-rejuvenating Triple Oxygen facial, and a hot oil and mask hair treatment, Followed by a scalp, shoulder, arm and foot massage. Talk about total 'wrap'-ture. 90 min QR1350

## **New** Fresh Caviar Treatment

A prestige facial with genuine sturgeon Caviar. Intense regeneration of mature skin lacking in vitality, moisturizing, nourishing and firming. Chemical and preservative free. 75 min QR1500

## **New** IDDNA Facial

Your Tailor Made Swiss Skin Solution now is available in Bliss Doha .IDDNA Facial is a revolutionary new technology and we bring the exclusive antiaging treatment make the measure from your DNA to improve the quality of your skin by mapping your genetic positioning and Reverse back the aging. 75 min QAR1750

## **New** Pearl Facial by Orogold

Are you ready to have a facial with real crushed pearls that helps remove toxins, brightens and nourishes the skin, while keeping wrinkles at bay? You will find that the benefits of pearl powder on the skin are breathtaking, helping early regulars avoid fine lines and other signs of ageing. 75 min QAR2500

## New Signature Pregnancy Facial

A gentle and nurturing facial for mothers-to-be, the Signature Pregnancy Facial addresses any visible effects of hormonal changes, targets tone, elasticity, volume, fine lines and wrinkles on the skin, finalized with vitamin-filled oxygen spray. At this very special time, taking care of your ever-changing needs is priority – just nourishment and tranquility. 75 min QAR1000

## peeling groove™

This speedy super smoother starts with a thorough cleansing, follows with microdermabrasion and a brightening enzyme peel, and finishes with a facial massage using our Triple Oxygen + C Energizing Cream. A popular anti-aging quick fix. 30 min QR550

## the triple oxygen treatment™

Our most-popular all-around complexion reviver includes intensive cleansing, exfoliating, a pre-extraction oxygen wrap, the necessary extractions, a calming oxygen and milk mask, hydrating enzyme pack and vitaminized oxygen spray. Fantastic for all skin types. 75 min QR800

## oxygen blast™

Includes face massage with mycelated vitamins, a hydrating hot towel and enzyme pack, and a five minute oxygen spray. Great pre-date, post-flight, mid-life. 30 min QR450

## orogold facial

Restore your skin with this ultimate skin rejuvenating treatment, 24 Karat Gold Facial treatment Advance anti-ageing gold facial promotes the skin's DNA repair system while luxuriously transporting your skin to an advanced state of renewal and serenity. Our anti-ageing jewel, a collagen mask on decollete, soft 24K gold mask will visibly tone, polish and brighten the skin leaving it glowing with illumination. 90 min QR2500

## fabulous facial®

This maintenance facial is ideal for upkeep between our more targeted facials and can be further customized with a variety of facial build-ons. This facial combines cleansing, exfoliation and extractions in order to achieve complexion 'pore'-fection. 50 min QR650

## bliss chest facial/back facial

A Best of Skintentions Facial for your back or chest (your choice). Best booked one week prior to donning that low-slung 'something'. Also available with exfoliation or 'build-ons' to target particular problems. 60 min, chest QR500, back QR750

## hydrafacial™

Resurfacing procedure thoroughly cares for your skin, providing cleansing, exfoliation, extractions, & hydration, including Vortex-fusion® of antioxidants, peptides, and hyaluronic acid. The hydrafacial™ is a non-invasive, non-surgical procedure that delivers instant results with no discomfort or downtime. The procedure is immediately effective. 75 min QR2000

## New the hydrafacial Acne Treatment™

Resurfacing procedure directly focus on acne problem with specific cleansing, exfoliation, extractions, & hydration, with related antioxidants & peptides that delivers instant results for the acne within 3 - 5 sessions with no discomfort or downtime. 75 min QR2300

## New the Hydrafacial Brightening Treatment®

New and improved version of our famous hydrafacial which focuses on brightening and even more intense brightening than before using vitamin c and alpha arbutin. 75 min QR2300

## New the Hydrafacial Decollette/Back™

Now you can treat your back and decollete to our most popular deep cleaning treatment specifically targeting the back and decollete. 75 min decollette QR2000, back QR2500

## New the hydrafacial underarm treatment™

Includes massage with mycelated vitamins, a hydrating hot towel and enzyme pack, and a five minute oxygen spray. Great pre-date, post-flight, mid-life. 40 min QR1000

## steep clean

Steep clean facial Perfect for 'problem' skin, this no-holds-barred facial combines a thorough microderm session with pore-purging extractions and an oxygen wrap, plus breakout-busting & calming masks to leave skin looking both clear and younger. 90 min QR1050

## New Dark Eye Recovery

Airborne allergens, which cause blood to pool in the vessels under the skin, can worsen the appearance. This ultimate under-eye treatment leaves the skin feeling strengthened and replenished, diminishing the appearance of fine lines and reducing the appearance of dark under-eye circles. 40 min QR500

## New Mom-To-Be Pampering Package

If you're a new or expecting mother, or just looking for the perfect gift for a mom-to-be, check out these treatments for special pampering. Only available for women who are in their first trimester. The package includes: Signature Pregnancy Facial, Pregnancy Massage, Hot Cream Manicure and Pedicure. QR1800 (only after 1th trimester)

## New Bride-To-Be Package

Every bride deserves to show her best version always – especially on her wedding day. BLISS has unique 3/6-month protocols for the bride-to-be, preparing her months in advance for her big day. Please call for consultation.

## microdermabrasion

### crystal clearing®

This incredibly effective resurfacing treatment uses a spray of micronized crystal particles to break up dead cell surface layers and reduce the appearance of aging on face and neck. 60 min QR970

### mini-microdermabrasion

Combines a standard cleansing, two passes over the face and neck and application of sunscreen. Can be booked between full-service sessions. 30 min QR450

# facial 'build-ons'\*

Tailor-make your treatment by selecting one, two, or a few of the following:

## thinny thin chin

This multi-step neck treatment can be done during any facial to brighten, tighten, firm, refine texture, reduce appearance of fine lines and wrinkles, and give you a jump on jiggy jowls and a droopy décolleté. QR200

## fabulips

This pucker-perfecting treatment includes a smooch-smoothing scrub, a gentle peel, a plumping collagen mask and a quick lip wax to leave you looking 'pout'-of-this-world. Can also be booked as a facial upgrade. QR210

## the 'eyes' have it

The essential addition to any facial, this peeperperfecting treatment includes a wrinkle-renovating Japanese enzyme peel, a dark-circle-diminishing 'round the eye' hydro-gel massage and a de-puffing task mask. Its instant brightening, smoothing and hydrating effects will leave you wide-eyed. (Not recommended for accutane users.) QR220

# facial 'build-ons'\*

diamond mask	QR650
bilberry & vitamin C seaweed task mask	QR150
breakout busting seaweed task mask	QR150
lighten-up seaweed task mask	QR150
firming collagen mask	QR250
regenerating vitamin A, C & E oxygen spray	QR250
brightening enzyme peel	QR250
New brightenol	QR500
gold mask	QR650
light therapy	QR500
microdermabrasion add-on (face, neck or hands)	QR240

# body treatments

**Our body-and-mind-unwinding selection of scrubs, wraps, rubs and buffs adds another layer to our already addictive massage offerings.**

## New head over 'peels' scrub+rub™

This freshly squeezed treatment starts with an energizing blood orange + white pepper scented body buffing and a rinse off, then gives orange-'aid' to your most knotted spots with a 60-minute massage. 90 min QR900 **P**

## the carrot and sesame body buff™

Includes a carrot mulch and hot oil rubdown, warm milk and honey drizzle, a skinsoftening wrap, and a sesame seed and sea salt scrub to remove every last patch of rough from your 'buff'. A Warm shower is the grand finale. 90 min QR720 **H P**

## New the hot salt scrub & Massage™

Looking for a super-stimulating smoothing session? You're getting warmer...this shoulder-to-shin rubdown softens skin with our self-heating, sinus-clearing rosemary and eucalyptus oil sea salt scrub. 75 min QR700 **P**

## scrubs deluxe™

Fall head over heels in 'scrub' with one of our seriously-softening body smoothing treatments in your fave 'flave': lemon+sage, blood orange+white pepper or vanilla+bergamot . 60 min QR520 **P**

## 24-'heaven' body treatment

Offering sweet 'salve'-ation to those with problem skin. This healing treatment features a soothing oatmeal mask and a heated wrap before winding down with a Warm shower and a rubdown with our high intensity 24-'heaven' healing body balm. Perfect for anyone seeking delivery from eczema, psoriasis, and dry or sun-damaged exteriors. 60 min QR650

## turkish hammam

Indulge yourself with our new authentic Turkish bath scrub and soap massage. A decadent ritual to rest mind, body and soul . Mind and body are deeply relaxed, whilst circulation is improved and skin is left beautifully hydrated and toned. 50 min QR600 for turkish hammam

## New marocMaroc Signature Hammam™

Inspired by ancient Moroccan customs and influenced by centuries-old traditional spa rituals, MarocMaroc provides its clients an advanced Moroccan bath with luxurious products, allowing for a deep purifying and detoxifying experience. 75 min QR800

## New marocMaroc Queens Treatment™

This unique treatment combines the advanced marocMaroc Hammam followed by a comforting oriental massage. Inspired by authentic traditional techniques, this offers some of the most elegant ways to refresh your body and mind. 120 min QR1350

# slimming treatments

**These targeted bod-bettering treatments will help you look your svelte-est especially when booked in a series of sessions.**

## fatgirlslim™

A savior before slipping into anything curve hugging, this detoxifying, circulation-stimulating, body-toning treatment includes dry brushing, application of firming grapefruit essential oil, a trouble-spot-targeting seaweed task mask, a heated wrap, and a rubdown with waist-whittling Love Handler followed by our famed FatGirlSlim or FatGirlSleep (depending on the time of day). 75 min QR630/per session

## New slim & lift™

Slim & Lift contains the main active ingredient Pro-Sveltyl® from the Nelumbo Nucifera, an extract of the lotus flower. It is an ingredient which offers a triple action anti-cellulite approach to block this inevitable sequence of accumulation of fat - localised inflammation - water retention. The Slim & Lift treatment includes: Exfoliation with Adipo Break Anti-Cellulite Body Scrub Application of Adipo-Slim and Adipo Lift Serums followed by a slimming massage with Slim Wax Massage Wax, body wrap with Adip-Enzyme and Application of Active Calcium Slimming Cream 6 treatment sessions recommended with one or two sessions a week QR800/per session  
6 sessions QR4000

## the love handler™

This serious spare-tire-tackling treatment combines vacuum-assisted massage, bloat-busting essential oils, and a firming seaweed task mask wrap to target cellulite, stubborn fat, lazy lymphs and sluggish cells on a not-so hard 'core' area. We recommend a six (session) pack. 60 min QR490 per session

## quadruple thighpass™

This 4-step anti-cellulite & firming treatment combines our microcirculation-stimulating essential oil blend with vacuum-assisted thigh smoothing, toxin-purging massage and lymph clearing. After 6 sessions, you'll look 'fabu-legs & hips'. 60 min QR470/per session

## zerona™ slimming & contouring

ZERONA low-level laser therapy is a new body sculpting procedure designed to contour the body without invasive surgery. If you are considering a body contouring procedure, discover the many benefits of the ZERONA body sculpting laser treatment.

zerona 9 sessions QR4000  
zerona 12 sessions QR5000  
zerona 15 sessions QR6000

## New EMS 20 min intensive slimming workout

The deeper lying muscle are simultaneously stimulated with impulses, this enables users to gently and effectively train both specific muscle groups as well as the whole body 10 sessions QR3000

# massage

**Our 'aah-inducing' massages run the gamut from halfhour knot-nixing quickies to 'just try and peel me off the table' 135-minute muscle-melting marathons. (Please note that we do not perform any massage treatments on women in their first 12 weeks of pregnancy.)**

## New lava shell massage™

Prepare yourself to be on cloud nine A patented, natural, biodegradable heat technology is incorporated into the Lava Shell® and Due to the unique shape and angles they become an extension of the therapist's hands, deploying deeply therapeutic relief to where it is needed. Fantastic for shooting the muscle aches. 75 min QR900

## New bliss shiatsu™

Shiatsu originated in Japan from traditional Chinese medicine, with influences from more recent Western therapies. Although shiatsu means 'finger pressure' in Japanese, in practice a practitioner uses touch, comfortable pressure and manipulative techniques to adjust the body's physical structure and balance its energy flow. It is a deeply relaxing experience and regular treatments can alleviate stress and illness and maintain health and well-being. 60 min QR750

## blissage™ 60 / blissage™ 75 / blissage™ 105

A virtual countdown to 'butter', this tensiontaming massage begins with an amazing warm wax foot softening wrap that loosens you up and targets your most 'troubled' muscles. 60 min QR600, 75 min QR650 or 105 min QR800

## the super blissage™

Combines a bevy of massage moves with two soft-spot stimulating paraffin packs. We recommend using it on a lousy lower back, knotted-up neck or those high-strung hamstrings. 85 min QR750

## the ginger rub™

A massage legend in its own time. Boasts a brisk rub of freshly-grated ginger root and warm detoxifying essential oils, a cozy warming foil wrap, a 20-minute soak and a 100-minute body-melting massage. 135 min QR1000

## the deep tissue treatment

Offers 'winning' relief of stubborn knots in areas of chronic tension (includes a warm wax foot softening wrap.) Ideal for weekend warriors or over-rubbed regulars. 60 min QR650 75 min, QR700 or 105 min QR850

## great expectations

This bump-friendly version of our Blissage75 combines massage products to help maxed-out moms-to-be relax and relieve tired muscles, swelling, and sluggish circulation. (After the first trimester only.) 75 min QR650

## four hands massage

A four-hands massage can be like experiencing two full body massages at the same time. This tension relaxing massage will target your most troubled muscles. 60 min QR1200

## asian mix

Asian Mix Massage is the perfect massage to relax and discharge your body from the stress of everyday life. Using the techniques of stretching and finger pressure you will have relief of most stubborn knots in your body. 90 min QR850



## **New** Hot Wax Candle Massage

This massage features Scottish handmade candles infused with natural essential oils, specifically designed for candle massages. The oils will awaken your senses and deeply nourish your skin, enhancing the full massage experience. Candle massages are perfectly safe for the skin as they do not contain harmful substances such as phthalic acid salts, paraben or glycol. 75 min QR950, 90 min QR1100

## **New** 24K Gold Massage

24K Pure Gold has origins traced back many years at the emperor's court in China. It was used by doctors as gold sheets, crushed and sprinkled over the body, with the purpose of protecting the body against external aggressions and to nourish and vitalize the blood. We blend 24K Pure Gold with essential oils for this unique treatment in order to stimulate collagen and elastin synthesis, ensuring immediate effect of tightness and intensive moisturizing of your skin. 75 min QR900

## **the rubber neck™**

Kneading, stretching and acu-pressing follows a paraffin pack warm-up to get the boulders out of your shoulders and make you into mush 'from the neck up'. (Note: This is not a full body massage.) 50 min QR500

## **the rapid rub™**

Thirty minutes of intensive massage work on either back or legs. 30 min QR370

## **reflexology**

A 'toe'-tally Bliss twist on the classic blend of foot massage strokes helps stimulate circulation, untangle sportstortured tendons and detox you down to your last little piggy. 30 min QR350 or 60 min QR550

## **more massage**

Can't seem to peel yourself off the table? If you 'knead' to prolong your rubdown, ask about adding 15 more minutes of 'aah' to the end of your massage. Based on technician availability and cannot be booked by itself. QR150

## **aromassages™**

**Add some aroma to your therapy with one of these essential oil blends.**

### **the nerve whacker™**

Tame tension, nerves and related mood swerves with a mellowing mixture of sweet orange, chamomile and spearmint essential oils. QR80

### **hot off the stresses™**

Fight fatigue and flagging energy with essential lavender, bergamot and sage oils. QR80

### **jet out™**

Ziplock your jet lag with a time-aligning rub of pine, rosemary and eucalyptus. (It's best to book this at the same time as your tickets.) QR80

# add-on spa services\*

**Spoil yourself! To add these to any 'by the book' facial, body treatment or massage, simply request the upgrade when booking or checking in.**

## **'tight' on target**

Give a bulge-battling boost to any facial, massage or body treatment with a seaweed task mask that pinpoints your pudgier parts (choose hips and thighs, torso or arms), plus a slathering of three slimming creams. QR100

## **New** the hands of time

This paw-pampering treatment smooths and lightens spots with a youth-inducing enzyme peel, then hydrates hands with a 30-minute paraffin pack. QR100 (not recommended for Accutane users)

## **hair dew™**

Destress tresses with an acupressure application of scalp treatment both hydrates the hair. QR100

## **hot paraffin pack™**

Stimulates circulation and relieves stiff necks, sore lower backs, chapped dry hands or feet, or sundamaged décolletés. Complements any massage, skincare or nail service. QR130

## **Parafango™**

tension fighter. this warm sea mineral mud pack can be applied to any part of your body (within reason) to draw out toxins, increase circulation and relieve some muscles and tension. QR180

## **upper back buffing**

Gets dead cells 'off your back'. Adds an extra-strength 'clean' to clog-prone backs and shoulders. A great post-massage add-on for athletes or oily types. QR100

\* An add-on cannot be booked by itself

# nail care

**Much more than mainstream manis and pedestrian pedis.**

## shape & polish

15 min QR65 (Polish only QR30)

## hot cream manicure

Our basic manicure, with a hot cream hand soak, cuticle clipping, pushing, perfecting and polishing. 30 min QR100

## New Nipper free manicure

It's a high tech manicure free of nipper who likes softer cuticles perfecting and polishing. 30 min QR130

## the upper hand™

A youth-inducing hand treatment with a brightening mask, warm wax wrap and Hot Cream Manicure. For dry or sun-damaged hands. 60 min QR250

## the bliss basic pedicure

includes soaking, buffing, de-roughing, clipping, trimming, base-and-top coating and very particular painting. 60 min QR200

## head over 'peels' pedicure™

This sole-stimulating, citrus-scented pedi serves up all the 'juicy' details, including a blood orange+white pepper soak and scrub, plus a clipping, buffing and polishing that will leave feet looking seriously a-'peel'-ing. 60 min QR260

## the hot milk and almond pedicure™

Feet are softened in steamed whole milk and almond oil, then scrubbed into softness and taken to the pinnacle of 'pedicuring'. 60 min QR250

## cold feet™

A masterful mint flavor pedicure that uses alternating hot and cold therapies to deflate aching, swollen feet and puffy ankles. (Recommended during PMS, pregnancy, post-flight or pre-marathon.) 60 min QR260

## New hot foot pedicure™

A sublimely sensory pedicure with a eucalyptus soak, orange oil softening and heating sea-salt scrubbing. 60 min QR300

## foot patrol® (now even more fabulous)

The ultimate power-pedi that gives scary 'Franken-feet' a major overhaul. With added attention to callus buffing, sloughing, softening and smoothing, feet will be preened and polished to perfection. 75 min QR350

## New oaty-geos pedicure®

The ultimate therapeutic pedi-'cure' for extremely dry, cracked feet. This treatment will take you to cloud nine with an oatmeal bath soak, callus-eliminating foot mask and massage with our high intensity 24-'heaven' healing body balm, followed by an intense polishing. 60 min QR350

## shellac™ manicure

This high-tech nail manicure uses Shellac™, a UV-cured 'hybrid' nail color that brushes on like polish but holds up like a gel—so its natural, glossy 'wet look' finish can last up to 2 weeks without smudging or chipping (and doesn't require power tools for removal). It's perfect pre-vacation, pre-honeymoon, or pre-anything. Your dazzling, durable digits will leave you 'shellac'-shocked! 45 min QR150

## re-shellac™ manicure

Removal and reapplication 60 minutes QR220, Removal only QR50

## shellac™ pedicure

This high-tech pedicure uses Shellac™, a UV cured 'hybrid' nail color that brushes on like polish but holds up like a gel—so its natural, glossy 'wet look' finish can last up to 2 weeks without smudging or chipping (and doesn't require power tools for removal). It's perfect pre-vacation, pre-honeymoon, or pre-anything. Your dazzling, durable digits will leave you 'shellac'-shocked! 45min QR290

## re-shellac™ pedicure

Removal and reapplication 75 minutes QR340, removal only QR50

# add-on nail services\*

## the callus conqueror

Ideal for extra-hardened heels, this pedicure add-on dissolves stubborn calluses with a powerful exfoliating formula, then buffs them away with a thorough foot filing to reveal baby-soft soles. Can be added to any pedicure. QR90

## hands of-time QR80

## hot paraffin pack QR80

## New 20 min foot reflexology QR200

# waxing

Quick, expert and as painless as possible waxing to remove unwanted hair from (practically) anywhere. For best results, hair should be at least 1/4 inch in length.

✔ lip or chin	QR55
✔ cheeks	QR60
✔ brow	QR110
✔ ear	QR55
✔ nose	QR55
✔ full face	QR230
⊕ underarm	QR90
⊕ half arm	QR130
⊕ full arm	QR165
✔ ⊕ chest	QR250
✔ ⊕ stomach	QR110
⊕ half back	QR140
⊕ full back	QR235
✔ basic bikini	QR150
✔ the betweeny™ wax	QR185
✔ brazilian bikini (the full monty)	QR280
⊕ lower leg	QR145
⊕ upper leg	QR220
✔ ⊕ upper leg/bikini	QR320
✔ ⊕ upper leg/betweeny™	QR370
✔ ⊕ upper leg/full monty	QR430
⊕ full leg (no bikini)	QR330
✔ ⊕ full leg/bikini	QR400
✔ ⊕ full leg/betweeny™	QR470
✔ ⊕ full leg brazilian	QR540
✔ ⊕ full body wax	QR1200

## add-on waxing services\*

### calming mask QR50

You must refrain from using waxing as a hair removal method if you are using Retin-A (currently or in the last 3 months), Accutane (currently or in the past 6 months), other keratolytic medications (that increase skin exfoliation) or are sunburned or recovering from a recent laser peel.

# bliss for men

Here, a sampling of services that'll make any guy feel at 'homme' in our spas. Of course, almost all of our services are designed for equal opportunity indulgence so feel free to explore the other pages, too (it's not called a spa 'men'u for nothing).

## super-strength skincare

### New the Multi-Face-Eted Customized Facial

Our new incredible facial starts with an intensive skin consultation with one of our world famous estheticians who will then customize a treatment specific to your skin, all while tackling the 6 signs of aging: reduce the appearance of fine lines and pores, improve skin tone and texture, and reveal softer, brighter skin. 75 min QR1450

### New Hollywood Celebrity Facial

Fast and effective skin brightening and collagen stimulating, featuring a 30% glycolic peel to fade pigmentation and LED infra-red technology followed by a vitamin massage and Korean inspired mask. 75 min QR1500

### New the head to toe 'Glow' Treatment

(triple oxygen, head, neck, shoulder, arm and foot massage + hairdew)  
This top-to-toe treatment lets you simultaneously soak up our signature skin-rejuvenating Triple Oxygen facial, and a hot oil and mask hair treatment, Followed by a scalp, shoulder, arm and foot massage. Talk about total 'wrap'-ture. 90 min QR 1350

### New Fresh Caviar Treatment

A prestige facial with genuine sturgeon Caviar. Intense regeneration of mature skin lacking in vitality. moisturizing, nourishing and firming. Chemical and preservative free.  
75 min QR 1500



## hydrafacial™

Resurfacing procedure thoroughly cares for your skin, providing cleansing, exfoliation, extractions, & hydration, including Vortex-fusion® of antioxidants, peptides, and hyaluronic acid. The hydrafacial™ is a non-invasive, non-surgical procedure that delivers instant results with no discomfort or downtime. The procedure is immediately effective. 75 min QR2000

## Orogold facial

Restore your skin with this ultimate skin rejuvenating treatment, 24 Karat Gold Facial treatment Advance anti-ageing gold facial promotes the skin's DNA repair system while luxuriously transporting your skin to an advanced state of renewal and serenity. Our anti-ageing jewel, a collagen mask on decollete, soft 24K gold mask will visibly tone, polish and brighten the skin leaving it glowing with illumination. 90 min QR2500

## massage

### New lava shell massage™

A virtual countdown to 'butter', this tensiontaming massage begins with an amazing warm wax foot softening wrap that loosens you up and targets your most 'troubled' muscles. 75 min QR900

### New bliss shiatsu™

The Blissage75, but extended by 30 more mind bogglingly massaged minutes. Includes warm wax foot wrap. 60 min QR750

### New the hot salt scrub & Massage™

This right-on rubdown drives away dry skin with our secret self-heating, sinus-clearing, mind-melting rosemary and eucalyptus oil sea salt scrub blend. Do not shave before or schedule same day waxing services. 75 min QR650

### New marocMaroc Kings Treatment

This unique treatment combines the advanced marocMaroc Scrub followed by a comforting oriental massage. 120 min QR1250

### blissage™ 60 / blissage™ 75 / blissage™ 105

A virtual countdown to 'butter', this tensiontaming massage begins with an amazing warm wax foot softening wrap that loosens you up and targets your most 'troubled' muscles. For relaxation, improved circulation and stress and fatigue reduction. 60 min QR600, 75 min QR650 or 105 min QR800

### the deep tissue treatment

Offers 'winning' relief of stubborn knots in areas of chronic tension (includes a warm wax foot softening wrap.) Ideal for weekend warriors or over-rubbed regulars. 60 min QR650, 75 min QR700 or 105 min QR850

## the rubber neck™

Kneading, stretching and acu-pressing follows a paraffin pack warm-up to get the boulders out of your shoulders and make you into mush 'from the neck up'. (Note: This is not a full body massage.) 50 min QR500

### New four hands massage

A four-hands massage can be like experiencing two full body massages at the same time. This tension relaxing massage will target your most troubled muscles. 60 min QR1200

### New asian mix

Asian Mix Massage is the perfect massage to relax and discharge your body from the stress of everyday life. Using the techniques of stretching and finger pressure you will have relief of most stubborn knots in your body. 90 min QR850

### more massage

Can't seem to peel yourself off the table? If you 'knead' to prolong your rubdown, ask about adding 15 more minutes of 'aah' to the end of your massage. Based on technician availability and cannot be booked by itself. QR150

## add-on services\*

## aromassages™

Add some aroma to your therapy with one of these essential oil blends.

### the nerve whacker™

Tame tension, nerves and related mood swerves with a mellowing mixture of sweet orange, chamomile and spearmint essential oils. QR80

### hot off the stresses™

Fight fatigue and flagging energy with essential lavender, bergamot and sage oils. QR80

### jet out™

Ziplock your jet lag with a time-aligning rub of pine, rosemary and eucalyptus. (It's best to book this at the same time as your tickets.) QR80

# body treatments

## 24-'heaven' body treatment

Offering sweet 'salve'-ation to those with problem skin. This healing treatment features a soothing oatmeal mask and a heated wrap before winding down with a Warm shower and a rubdown with our high intensity 24-'heaven' healing body balm. Perfect for anyone seeking delivery from eczema, psoriasis, and dry or sun-damaged exteriors. 60 min QR650

## nail services

### the manly-cure™

Our detail driven manicure for men includes a hot cream hand massage, followed by a cuticle curtailing soak, clipping and pushing, nail buffing and perfecting. Manly-cure maketh the man. 30 min QR120

### New Nipper free manicure

Our basic manicure, with a hot cream hand soak, cuticle clipping, pushing, perfecting and polishing. 30 min QR130

### foot patrol® (now even more fabulous)

The ultimate power-pedi that gives scary 'Franken-feet' a major overhaul. With added attention to callus buffing, sloughing, softening and smoothing, feet will be preened and polished to perfection. 75 min QR350

### New oaty-geos pedicure™

The ultimate power-pedi that gives scary 'Franken-feet' a major overhaul. With added attention to callus buffing, sloughing, softening and smoothing, feet will be preened and polished to perfection. 60 min QR350

### the sole-man pedicure

includes soaking, de-roughing, clipping, trimming and buffing. 60 min QR250

## waxing

**brow** QR120  
**ear** QR60  
**nose** QR60  
**chest** QR250  
**stomach** QR110  
**half back** QR200

**back** QR300  
**arm** QR165  
**half arm** QR130  
**half leg** QR250  
**full leg** QR360