

A woman with long dark hair, wearing a black robe with gold trim, is seated in a blue chair. She is holding a green ceramic cup to her lips with her right hand and a matching saucer with her left hand. The background is a wood-paneled wall. In the foreground, a green ceramic teapot and a white orchid are visible on a table.

EXPERIENCE A  
JOURNEY OF  
LUXURIOUS  
WELLBEING



**ANANTARA**  
SPA

# WELLNESS BY BANANA ISLAND RESORT DOHA BY ANANTARA

Wellness is an active process of making choices toward a healthier existence. It is the constant, conscious pursuit of living life to its fullest potential.

The focus of our wellness program is on balance and rejuvenating the mind, body and spirit. The programs are customised for each individual's unique requirements with the aim of helping achieve personal wellness goals.



# SIGNATURE JOURNEYS

## BANANA ISLAND GOLD SIGNATURE EXPERIENCE

150 minutes

Luxury decadence in your own private spa suite, focusing on Intensive top to toe hydration for thirsty skin. An emotionally grounding experience for skin that has never felt silkier. A deeply cleansing body scrub that encourages cell regeneration for the softest, smoothest, most nourished skin. This nutrient-rich body mask uses deeply nourishing ingredients to encourage super skin health and powerful detoxification. It helps to stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated. A powerful blend of massage techniques for targeted toning and improved circulation. A relaxing hydrotherapy bath to melt away excess tension. Complete your journey with an Express Facial which leaves your skin feeling replenished and quenched for days, breathing in beautiful essential oils as the epitome of your beautiful spa journey.

- 45-minute full body exfoliation and body mask
- 15-minute steam or sauna and shower
- 60-minute full body relaxing massage
- 30-minute express facial

## ISLAND TREASURE

120 minutes

Customise your experience with a two-hour spa journey. Starting with a 60-minute full body exfoliation and body wrap followed by a 60-minute relaxing massage for a renewed balance.

- 60-minute full body exfoliation and body wrap
- 60-minute Relaxing massage

## ARABIAN OUD INFUSION

90 minutes

Are you in the mood for Arabian oud? Experience an extraordinary spa journey of a body scrub infused with oud, a highly valued Arabian agarwood, which removes dead skin cells and prepares skin for a decadent 60-minute full body aromatic oud massage.

- 30-minute Oud body exfoliation
- 60-minute Arabian oud massage



# COUPLE'S INDULGENCE

## BANANA ISLAND COUPLE'S DELIGHT

150 minutes

Step into an enchanting retreat especially created for you two, surrounded by candlelight to enjoy a 60-minute couple's body treatment followed by a blissful 60-minute signature massage and a 30-minute hydrating facial. A complete head-to-toe pampering for you and your special someone.

- 45-minute full body exfoliation and body mask
- 15-minute steam or sauna and shower
- 60-minute full body relaxing massage
- 30-minute express facial

## SHARED ISLAND TREASURES

120 minutes

A beautiful spa experience for two starting with a full body exfoliation followed by a body wrap that leaves your skin feeling silky smooth and nourished. Complete your experience with a 60-minute full body relaxing massage in a private couple's spa suite with a romantic setting.

- 60-minutes couple full body exfoliation and body wrap
- 60-minute couple relaxing massage

## ROYAL COUPLE'S EXPERIENCE

90 minutes

A shared experience in an exclusive spa suite for two. It starts with an hour of relaxing massage with light to medium pressure, combined with a 30-minute express facial to enhance the mental and physical benefits of this delightful treatment.

- 60-minute couple relaxing massage
- 30-minute couple express facial



# HAMMAM RITUALS

## ROYAL HAMMAM

120 minutes

Relax and enjoy an hour of either Turkish or Moroccan hammam followed by a 60-minute massage. The combination of these treatments will clean and detoxify your skin, with the heat of the hammam will ease your sore muscles and the signature massage comforting your body and calming your mind.

- 60-minute hammam
- 60-minute signature massage

## MOROCCAN HAMMAM

60 minutes

Performed in the soothing surroundings of hammam facilities, the gentle heat of the steam and stone softens and prepares the skin for a kessa mitt exfoliation, black soap application followed by Rhassoul mask. Relax fully under the supervision of our skillful hammam specialists, whose aim is to leave you feeling renewed and revitalised.

- Steam
- Black soap application
- Kessa mitt exfoliation
- Rhassoul mask
- Hair shampooing and conditioning

## TRADITIONAL TURKISH HAMMAM

60 minutes

The Turkish hammam ritual is an ancient cleansing and relaxing bathing tradition with a foam application.

- Steam and sauna
- Kessa mitt exfoliation
- Olive oil soap foam
- Hair shampoo and conditioning

*Inquire from our Spa team about exciting group Hammam options for up to 6 guests\**





# MASSAGE REMEDIES

## ANANTARA SIGNATURE MASSAGE

60/90 minutes

Our signature massage using revered Eastern and Western techniques applied with a blend of oils, combined with wringing, kneading and stretching techniques. This stimulates muscle circulation and promotes deep muscle relaxation, while restoring the energy flow along the meridian lines.

## BALINESE MASSAGE

60/90 minutes

The Balinese massage is an authentic massage style influenced by the ageless tradition of combining gentle stretches with palm pressure to relieve tension and improve blood flow.

## ARABIAN OUD ENCHANTMENT

60/90 minutes

Aromatic massage with pre-blended oils of oud enchantment to entice the senses and relax the body, mind and soul. Total stress release, soothes achy tired muscles, decompresses to remove lactic acid build-up, and relieves pain and stiffness caused by physical and emotional life stressors.

## DEEP TISSUE MASSAGE

60/90 minutes

Combines firm and slow pressure aiming at the deeper tissue structures of the muscles, more intense and designed to alleviate deep-seated muscular tension and relieve chronic pain such as stiff neck, lower back pain, or sore, tight shoulders.

## ORIENTAL FOOT MASSAGE

60 minutes

A combination between foot massage and reflexology points along the meridians of the feet, restoring balance and harmony in the body while releasing tension. This detailed foot treatment helps facilitate a deep state of relaxation, calms the emotions, and produces a serene mind.

## PEACEFUL PREGNANCY MASSAGE

75 minutes

A calming massage that is suitable for every mother-to-be where in the therapist uses tried and tested techniques, which are adapted to each stage of pregnancy. The massage helps relieve tension in the lower and upper back, as well as hydrates skin that is expanding to accommodate a growing baby. (20 weeks - 32 weeks)



## SEASHELL SENSORY

90 minutes

The island as the canvas sets the tone for this idyllic treatment. The smooth texture and shape of the tiger-striped clam shells contour the body, delivering a seamless massage of heat and touch. Warm manipulation of the muscle helps to melt away stress and re-energises the body one area at a time.

## AROMA HOT STONE THERAPY

90 minutes

This treatment uses a unique combination of aromatherapy oils and heated volcanic stones, to ease away deep muscular pain whilst experiencing complete relaxation

# THE ORIENTAL THERAPIES

## AYURVEDIC JOURNEY

90 minutes

Restore your body's balance with this ancient healing Abhyanga massage into the skin using soothing friction strokes. As the oils penetrate the skin, toxins and impurities are loosened, calming the nervous system. Overall experience the divine therapy of Shirodhara which is renowned for its detoxifying and rejuvenating holistic benefits.

## ABHYANGA

60/90 minutes

Abhyanga means "to anoint". Warm herb-infused oils are lightly massaged into the skin using long, soothing strokes. As the oils penetrate the skin, toxins and impurities are loosened, reducing muscle tension and calming the nervous system. Experience a sense of well-being and harmony after this treatment.

## SHIRODHARA

60 minutes

Shirodhara comes from the Sanskrit words "shiro" (head) and "dhara" (flow). This Ayurvedic healing technique incorporates various Indian herbs. Its purifying, rejuvenating therapy is designed to eliminate toxins and mental exhaustion, as well as relieve stress and any ill effects. This therapy helps to enhance the functions of the whole central nervous system.

## TRADITIONAL THAI MASSAGE

60/90 minutes

Traditional Thai massage is an ancient healing system that combines broad and targeted acupressure, stimulation and manipulation of energy lines called SEN, and assisted yoga postures. Remain fully clothed as you enjoy this dry massage performed on a traditional low rise Thai designed massage bed.



## TRADITIONAL THAI HERBAL COMPRESS MASSAGE

90 minutes

This unique ancient healing massage is both aromatic and nurturing. A classic massage using herbs to soothe joint pain and muscle tension as well as to release stagnant energy. The herbal poultices are warmed in therapeutic oils and used to massage the entire body. The massage promotes better circulation within the affected area, this increasing perspiration, which in there helps the skin to eliminate toxins.

## BODY THERAPIES

### BODY EXFOLIATION

30 minutes

An intensive exfoliation to deeply clean and retexture the body for a softer and more supple skin. In addition, this treatment will help you look fresher, brighter and more toned.

### MAGNESIUM REBALANCE BODY POLISH

30 minutes

Multi-functional and multi-sensory magnesium exfoliation aims to remove dead skin cells thereby revealing a much brighter and extremely rejuvenated skin.

### REPLENISHING BODY WRAP

30 minutes

Indulge in a luxurious spa body wrap treatment for skin that will radiate and will feel very soft to touch. Carefully balanced to both deeply cleanse and replenish, our body wrap treatments lift the veil of dullness and dryness in order to restore hydrated silkiness. Choose among Nourishing, Revitalizing and Detoxifying body wraps.

### NATURAL SUNBURN

60 minutes

This delightfully unique body treatment is the perfect way to promote a glowing, long-lasting tan. Wonderfully soothing and calming, an expert therapist applies a fresh, cooling body wrap to calm your skin and decrease redness and pain.

### THE HEAVENLY BODY TREAT

60 minutes

Treat your skin with our specialised body scrub and body wraps. Depending on your desired outcome, we will tailor your wrap to your needs and wants. The whole experience deeply nourishing and hydrating.

# FACIAL THERAPIES

## MESOTHERAPY SKIN 360

90 minutes

RECOMMENDED FOR TONING, HYDRATION, AND LIFTING

Serums are applied to your skin using micropuncture technology to rejuvenate, tone, and smooth fine lines and wrinkles. Alongside their lifting effect, they activate the cells, further encouraging collagen production and cell renewal. A comprehensive, all-encompassing approach to advanced skincare for a more youthful appearance.

## LIFTING, FIRMING, AND ANTI-AGEING FACIAL BOOST

90 minutes

RECOMMENDED FOR ANTI-AGEING AND SKIN AFTER AESTHETIC PROCEDURES

This special treatment stabilises particularly sensitive and fragile skin. It strengthens and restructures the epidermis, delivering a soothing effect to the skin. This treatment is ideal for rebalancing the skin after aesthetic procedures such as laser, IPL, and mesotherapy.

## OXYGENATING FACIAL

60 minutes

RECOMMENDED FOR PIGMENTATION, UNEVEN SKIN TONE, AND BRIGHTENING

This skin brightening and anti-pollution ritual features a perfect combination of micro-exfoliation and oxygenation of the epidermis. By combining the mini glove with the Booster VIPO2 complex, a wonderful technique is skillfully applied to intensify, hydrate, and soften the skin. This treatment leaves the skin truly revitalized and regenerated.

## OPTIMUM HYDRATION TREATMENT

60 minutes

RECOMMENDED FOR DEHYDRATED, SENSITIVE, AND THIN SKIN TYPES

This reconditioning treatment stimulates the epidermal defense system, assisting the skin in maintaining its youthful appearance. It effectively hydrates, softens irregularities, and calms stressed skin, providing a lifting effect and long-lasting moisture retention. The skin will appear refreshed, smoothed, and radiantly healthy.

## PLUMPING & RESTRUCTURING TREATMENT

60 minutes

RECOMMENDED FOR DEVITALISED, LIFELESS SKIN TYPES

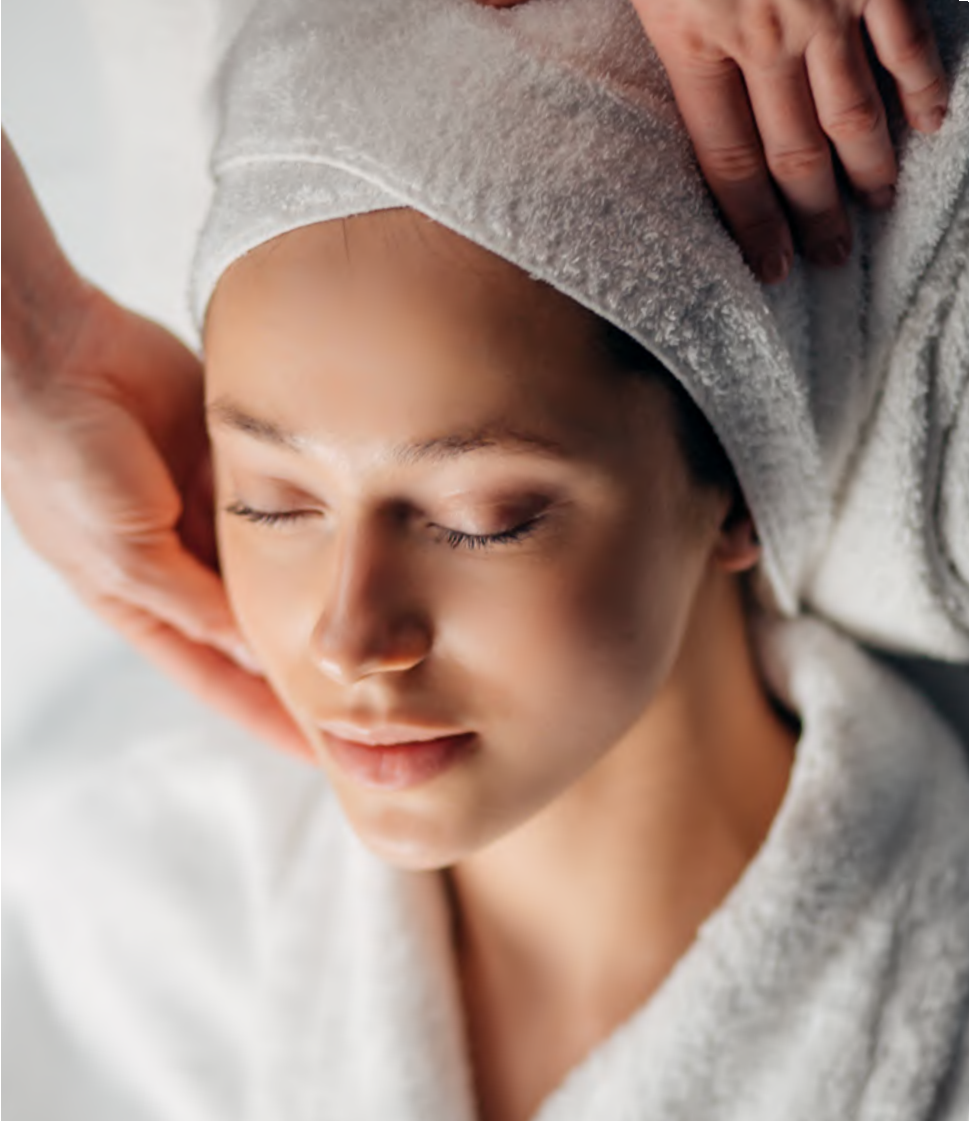
This treatment exfoliates, purifies, refines skin texture, optimises epidermal functions, plumps up and volumises wrinkles and fine lines while toning and moisturising the skin. It leaves the skin with a brighter complexion, redefined contour, and a more youthful glow.

## BIOSENSIBLE TREATMENT FOR INTOLERANT SKIN

60 minutes

### RECOMMENDED FOR INTOLERANT SKIN TYPES

This treatment is specifically designed to offer highly soothing and stabilize skin that is particularly fragile or prone to reactions, whether due to atopic skin conditions or cosmetic products. It reduces skin temperature and sensitivity, improves its tolerance threshold and texture, while nourishing the skin. This will provide instant comfort and revitalization.



## ADD-ONS

### ORIENTAL FOOT MASSAGE

30 minutes

Experience holistic balance and deeply relaxing treatment releases stiffness and tension in the feet and lower legs.

### INDIAN HEAD MASSAGE

30 minutes

This treatment was inspired by champissage (an Indian word for massage). The effectiveness of head massage is based on principles specifically surrounding energy flow. It is believed that when the energy does not flow properly, negative energy is likely to build up, causing common ailments including stress and various pains.

### BACK, NECK AND SHOULDER MASSAGE

30 minutes

A quick but excellent treatment to release muscle pain and tension, incorporating different parts of the upper body.

### EXPRESS FACIAL

30 minutes

A mini-facial “in a flash.” This facial includes cleansing, exfoliation, massage, and ends off with a day or night cream protection.

## KIDS’ SPA

For our young spa enthusiasts, from 4 to 14 years old.

(It is advised that children be accompanied by one parent or adult guardian)

### CHOCOLATE AND COCONUT DUO

30 minutes

Sweeten your senses with a chocolate scrub which gently cleanses and smoothens the skin. A blissful massage using coconut oil follows through to relax the busy mind and evoke a sense of calm.

### TROPICAL BANANA ISLAND MASSAGE

30 minutes

Soothing massage techniques using massage oils help our junior spa guests to unwind, increasing healthy blood circulation and releasing the “happy” endorphins.

### PRINCE AND PRINCESS FACIAL

30 minutes

Pure and natural ingredients are used to comfort, protect and calm the young and sensitive skin of our beloved princes and princesses, giving them a healthy facial glow.



# SPA ETIQUETTE

## OPERATION HOURS

The Anantara Spa is open daily from 10.00 am to 9.00 pm. Cancellation policy and additional charges apply for treatments booked outside of regular opening hours.

## LOCATION

Anantara Spa is located near the overwater villas.

## RESERVATIONS

We recommend booking in advance to secure your preferred treatment schedule. Please dial 5158 or visit the Anantara Spa, and one of our receptionists will assist you.

## SPA ARRIVAL

You are encouraged to arrive 15 minutes prior to your treatment schedule. This will allow for a smooth check-in and the opportunity to relax before your session. Late arrivals will be subject to reduced treatment times. Mobile phones and smoking are not permitted inside the facility at any time.

## CANCELLATION POLICY

Should you need to cancel your Anantara Spa treatment, we require a minimum of 24 hours' notice to avoid being charged 50% for your treatment time. Alternatively, we require a minimum of 4 hours to reschedule without any charges.

## SPA ATTIRE AND VALUABLES

When you arrive for your treatments, you will be provided with a spa robe and slippers as well as a locker to keep your belongings. We recommend you leave all valuables in your room, suite or villa as Anantara Spa does not assume responsibility for any lost items.

## HEALTH CONCERNS

If you are pregnant or have any pre-existing conditions or allergies, please consult a doctor before booking any spa treatments or using our spa facilities. Kindly advise your therapist before your treatment commences to ensure your safety.

## BEHAVIOUR

Any sexual harassment or aggressive behavior towards our team members will not be tolerated. Any form of verbal, physical or sexual harassment will result in legal action.

## GIFT VOUCHERS

Anantara Spa offers gift vouchers which are ideal gifts for your families and special friends. Our receptionists will gladly assist you with creating the perfect spa treatment gifts. All gift vouchers must be presented at the time of booking. These vouchers are non-refundable, cannot be redeemed for cash and cannot be used for retail purchases at Anantara Spa.

## THE PRODUCTS

Anantara Spa offers a number of internationally respected brands. Your spa and wellness care professionals will recommend the product range most suited to your specific requirements. Kindly note that products purchased are non-refundable.



منتجع جزيرة البنانا  
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