

R A F F L E S S P A

A Serene Haven for Relaxation and Regeneration

Welcome to Raffles Spa & Wellness, a one-of-a-kind sanctuary where time-honoured techniques and scientific advances come together in the service of physical and emotional wellness.

Subtle Energies®
AYURVEDA AROMATHERAPY



SUBTLE ENERGIES

Subtle Energies creates results-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles. The Australian range is created with intent to address multiple skin and body concerns, whilst delivering high performance results empowering one's physical, mental and emotional wellbeing.

Every ingredient, blend, product and treatment created by Subtle Energies is governed by a specific and pure intent, this is then carried through to the individual's experience of our products and services.

Subtle Energy

FACIAL

24K GOLD AGE-DEFYING FACIAL

90 min | QAR 1,500

High Performance Hero Facial

Combining collagen and elastin boosting actives, this age-defying facial features potent ingredients such as Mogra, Queen of Jasmines and 24k Gold that will penetrate into the dermal layers of the skin renewing and regenerating skin cells with a sustained result. Bring a radiant glow to the skin by oxygenating deeply on a cellular level, reduce fine lines and wrinkles while addressing emotional needs such as stress, anxiety and hormonal balance.

BODY TREATMENTS

RASAYANA DETOX BODY WRAP

90 min | QAR 1,500

Revitalise, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite mineral rich clay infused with powerful herbs of Spiked Ginger Lily, Spirulina and Green Tea envelops your body providing the ultimate detox. Experience full body hydration with a choice of aroma-infused body butters, lotions or blends after.

RASAYANA DETOX BODY BUFF

60 min | QAR 1,300

This rejuvenating light to medium exfoliation of walnut shells, buffs away dead skin cells, reducing the signs of cellulite, as hot compresses are applied. Uplifting aromatics of Tulasi, Wild Turmeric and Limbu invigorate, ideal for jet lag and tired skin, followed by a personalised full body hydration to complement the detoxification process.

PEARL INFUSED REMINERALISING BODY MASK

90min | QAR 1,500

Experience the power of pearls with this exceptional treatment carefully designed to deliver multi-sensory results. Commencing with a skin-softening exfoliation, the journey continues with a mineral-rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate skin cells and regenerate. Whilst cocooned in this mineral mask experience, receive a Subtle Energies signature facial marma massage, using potent anti-aging actives of mogra and Indian rose to release tension and stress, and restore balance.

HIMALAYAN ENERGISING BODY POLISH

60 min | QAR 1,300

Feel invigorated as a strong exfoliating body polish, using mineral-rich, Himalayan Crystal Salts, releases toxins and stimulates circulation. Skin will be visibly radiant, releasing stress along the way with the active effects of rare Ayurveda Aromatherapy oils. Hot compresses nurture throughout and full body hydration with rich ingredients deeply moisten and balance the skin.

Transformative Journeys

A GENTLEMAN'S DAY

2.5hrs | QAR 2,250

For the active man to the constant traveller, this customised treatment journey balances and restores oneself, maintaining immunity, muscle strength and healthy skin. Your body will be invigorated and renewed with a zesty body polish, to and then be transported to a place of deep relaxation with a full body detox massage, also assisting adrenal fatigue. Feel all the tension drift away as your skin is cleansed and balanced with a gentleman's essential hydration facial to complete this well-being journey.

REJUVENATE & RESTORE

2hrs | QAR 1,900

This Rejuvenating journey starts with a mineral-rich aromatic foot soak followed by a customised massage with a choice of aromatic oils, and an age-defying facial with collagen-boosting actives to promote a healthy glow.

RENEW & REVIVE

2hrs | QAR 1,900

This energizing journey starts with a mineral-rich aromatic foot soak followed by a full-body exfoliation using a choice of the Energizing Himalayan Salt Scrub (to energize the body and mind and reduce the appearance of cellulite) or the Rasayana Detox Body Scrub (to drain toxins, detoxify and leave skin with a renewed radiance).

A choice of Subtle Energies oil blend (Bliss, Rasayana or Relax Blend) for the 60 minute massage

INDULGENT BEAUTY

2hrs | QAR 1,900

Immerse yourself in a full body exfoliation, to then indulge in double creams or aromatic blends embalming the whole body. This retreat finishes with an anti-aging customized facial, where collagen-boosting actives and stress-reducing techniques allow one to replenish and unwind. Option to add on a detoxifying body wrap or a remineralising body mask.

CELLULAR RESTORATION JOURNEY

3.5hrs | QAR 3,500

Rebalance, revitalise, renew. Drawing on potent active ingredients, enhance cell regeneration and repair, with this indulgent treatment experience. Your restoration process begins with a purifying body exfoliation and a choice of a phytonutrient-rich wrap, which tightly tones the skin, before being transported to a state of deep relaxation with our signature marma massage. Our customised age-defying facial completes this opulent journey, restoring cellular radiance and vitality on every level of being.

PREGNANCY (MUM-TO-BE)

2hrs | QAR 1,900

Nourish and soothe your growing bump with our mum-to-be treatment. Whether you're only just starting to show or nearing your due date, a mother-to-be massage is the perfect way to prepare yourself for welcoming a new life into the world. Using our most gentle products to nourish stretched skin, whilst improving its tone and elasticity, our massage releases tensions, and reduces heaviness in the legs. The facial will leave your complexion radiant and glowing.

How to Spa

Welcome to Raffles Spa & Wellness, a haven where a curated selection of treatments and experiences await, tailored precisely to fulfil your unique needs. We are dedicated to providing you with the utmost benefits of health, wellness, calm, indulgence, and serenity.

Whether you find yourself weary after a long journey or simply seeking a tranquil escape, our personalized approach ensures an effortless and rewarding experience.

To enhance your enjoyment during your time with us, we would like to share the following essential information.

Advanced Bookings

We highly recommended booking your treatment in advance to ensure that your preferred time and service is available.

To schedule an appointment for a treatment, please speak with our Spa Specialist who will be happy to help you with your selection.

Email: spa.rafflesdoha@accor.com

Hotel guest may call at: ext 2444

From outside the hotel, please call at: +974 4030 7100

Always feel free to walk in, we may have space!

TREATMENT CONSULTATION

Our consultations are confidential and will be carried out before all our treatments.

CANCELLATION POLICY

To facilitate any changes to your spa treatment schedule, we kindly request that you inform us at least 4 hours in advance for individual treatments. In the event of cancellation or rescheduling without proper notification or in the case of a no-show, the full treatment fee of 100% will be charged. Your understanding and cooperation are greatly appreciated.

A credit card number is required at the time of booking.

For our well-being programs, please be aware that any cancellations made within 12 hours of the scheduled appointment time or in the case of a no-show will result in a 100% charge.

GIFT VOUCHERS

Gift cards for all spa services and packages are available for purchase. Please contact our Spa Receptionists for further information.

SPA ETIQUETTE

At Raffles Spa & Wellness, we pride ourselves on providing a serene and relaxing environment for all our guests. We kindly request that you respect the privacy and tranquillity of others during your visit. Please refrain from using cell phones or engaging in loud conversations while in the spa. To ensure the privacy of our guests, we do not permit photographs, videos, or any form of social media recording within the spa premises. Additionally, please be aware that Raffles Spa & Wellness is a strictly non-smoking facility. Your cooperation in adhering to these guidelines is greatly appreciated.

SPA ARRIVAL

We recommend that you check in at Spa Reception at least 30 minutes prior to your first scheduled appointment. This allows us to have a brief consultation with you about your treatment expectations and also gives you time to visit the spa facilities

In the event of a late arrival, the treatment duration will be shortened and the full value of your treatment will still be charged.

MEDICAL CONCERNS

Please notify the spa reception team before booking any treatment if you have any physical ailments, allergies, or disabilities, or are taking any medication and in case of pregnancy or breastfeeding.

AGE REQUIREMENT

The minimum age requirement for access to the spa, wellness and fitness is 16 years old. Certain treatments are not available to young adults under 16 years of age.

SPA ATTIRE

Towels, slippers, robe and amenities will be provided for your comfort during your visit.

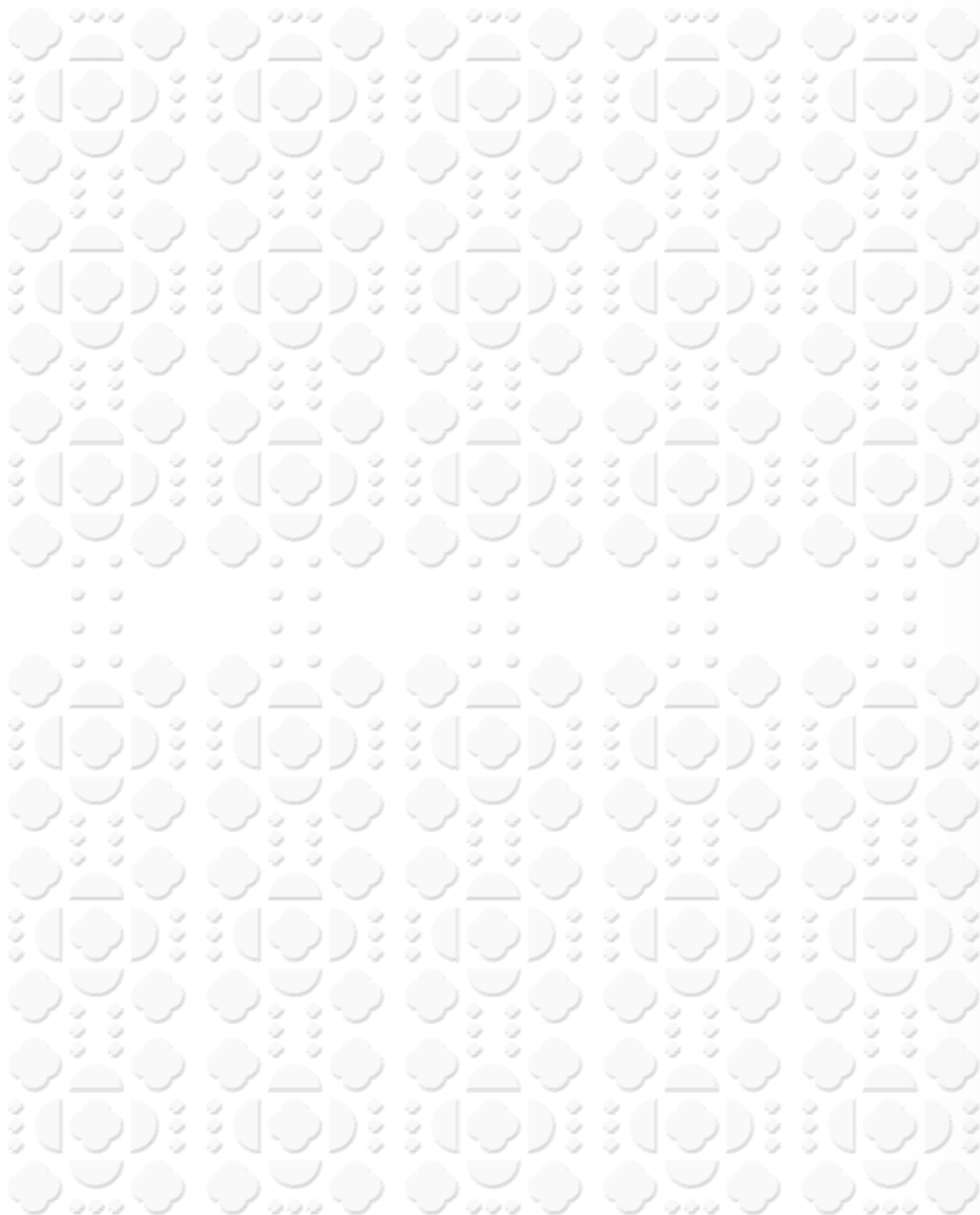
Upon your arrival, your therapist will provide a comprehensive explanation of the treatment's elements and guide you on the appropriate clothing to wear during the session. Rest assured that during the treatments, our therapists are trained to ensure your privacy by using draping techniques.

If you plan to enjoy our Jacuzzi pool or other facilities, kindly remember to bring your bathing suit with you. For your safety and convenience, we kindly request that you store your jewellery and valuables in your designated spa locker or hotel suite during your time at the spa.

OPENING HOURS

Gym: 6.00am - 11.00pm

Spa Treatments & Facilities: 10.00am - 10.00pm



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