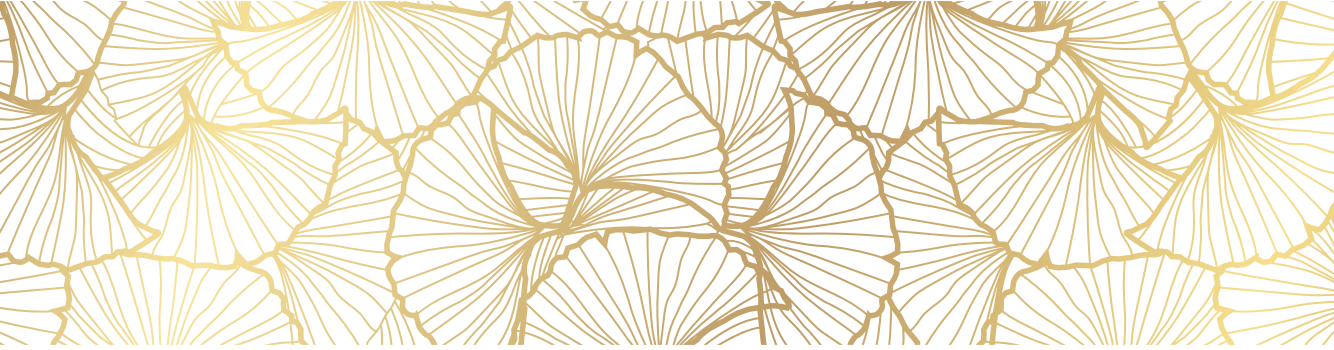




کیو سبا  
Qspa



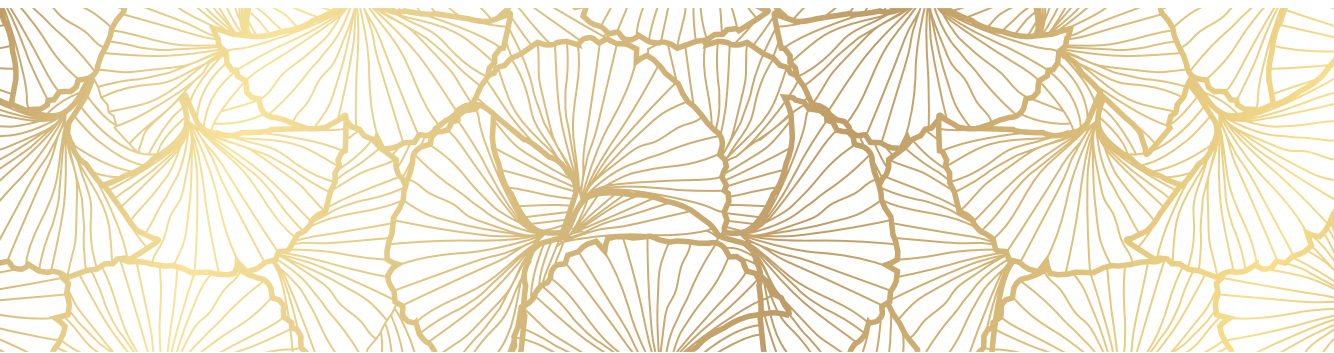
WELCOME TO

# Qspā

کیو سبا

Revitalise your senses with an experience inspired by Qatar's timeless Arabian heritage. At **Qspa** we blend time-honoured healing traditions with modern innovations, creating a sanctuary of tranquillity and renewal.

Indulge in bespoke treatments enriched with aromatic essences and therapeutic techniques that nurture both body and soul. Allow us to guide you on a holistic voyage of relaxation, rejuvenation and inner harmony, designed to prepare you for your onward travels.





## BODY THERAPIES

### **SHIATSU ENERGY RELEASE – 15 MINS**

An invigorating dry massage performed on a seated chair, applying targeted pressure along meridian points to restore energy flow and balance.

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**QAR 120**

### **LEG & FOOT REVITALISER – 30 MINS**

A restorative lower-limb massage that alleviates fatigue, stimulates circulation and leaves your legs and feet feeling light and refreshed.

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**QAR 360**

### **BACK, NECK & SHOULDER RELIEF – 30 MINS**

Focused therapy to release muscular tension and soothe stiffness in the upper body. Ideal for frequent travellers.

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**QAR 360**

### **DEEP TISSUE RENEWAL – 60 MINS**

A powerful massage that works into the deeper layers of muscle and connective tissue to ease chronic tension, enhance mobility and restore vitality.

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**QAR 630**

### **AROMATHERAPY JOURNEY – 60 MINS**

A deeply calming massage using your choice of signature blends – Eastern, Indian, Mediterranean or Arabic – to relax the mind, uplift the spirit and restore harmony.

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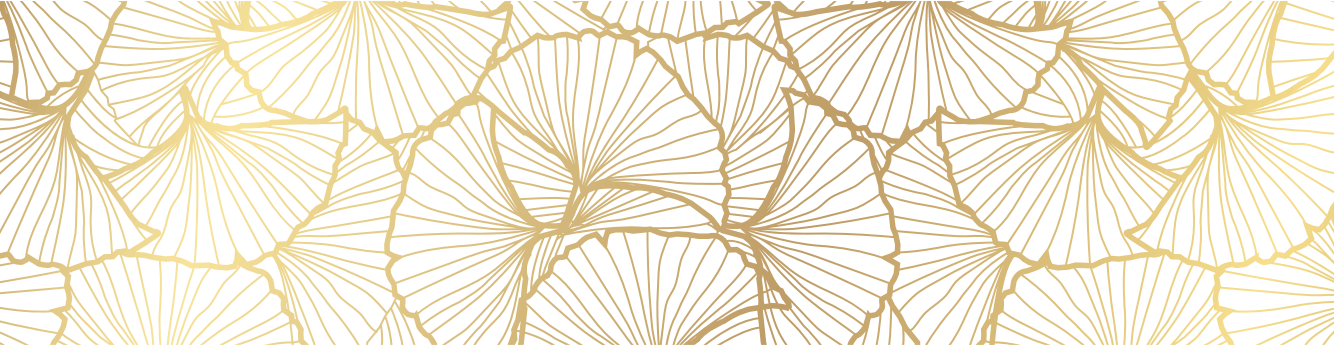
**QAR 600**

### **PRENATAL HARMONY – 60 MINS**

A nurturing massage designed to support expectant mothers (from the fourth month onwards). Helps tone the skin, relieve fatigue and promote a sense of calm.

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**QAR 660**



## FACIAL RITUALS

### **RADIANCE GLOW FACIAL – 45 MINS**

A firming and anti-ageing treatment for face and neck, leaving the skin luminous, smooth and revitalised.

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**QAR 585**

### **DETOX PURIFYING FACIAL – 45 MINS**

A deep-cleansing ritual that targets congestion, excess oil and acne scars, restoring freshness and balance to the complexion.

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**QAR 585**

## HAND & FOOT CARE

### **CLASSIC MANICURE OR PEDICURE – 30 MINS**

Essential grooming including nail shaping, cuticle care, gentle exfoliation and a hydrating massage.

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**QAR 210**

### **MANICURE OR PEDICURE WITH POLISH – 45 MINS**

Complete nail care ritual finished with a nail polish of your choice for immaculate hands or feet.

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**QAR 280**