



SPA

MENU





BANYAN TREE  
SPA

SANCTUARY

FOR

THE SENSES

Drawing on Asian traditions that date back centuries, our intimate retreats blend romance and serenity with exotic sensuality. The architecture of the spa pavilions and suites infuses local inspiration seamlessly with the natural beauty of the environment. Our massages are based on evolving techniques that passed through the hands of many generations. Our health and beauty remedies combine the use of aromatic oils, herbs and spices with ancient healing powers. Under the intuitive touch of our therapists, simple sensory pleasures are reawakened to define the award-winning Banyan Tree Spa experience.

### Sense of Tranquility

Calm your mind and draw in the tranquility of your surroundings. Sit back and relax as our therapist welcomes you with a soothing Foot Bath. Leave the cares of the world behind as you enjoy an herbal drink and refreshments. All Banyan Tree Spa treatments come with a complimentary 30-minute Calm Time of refreshments and relaxation. Enjoy the difference.



BANYAN TREE  
SPA

## Please take a moment to read this

### **Etiquette**

For the consideration of others, we request that visitors keep noise to a minimum. Children are not allowed at the spa unless they are having a treatment, accompanied by an adult. We ask that you respect other guests' privacy by speaking softly.

Please switch your cellular phones and electronic devices off or to silent mode.

### **Calm Time**

Guests will be accorded a 30-minute Calm Time of refreshments and relaxation per visit, except selected a la carte treatments.

### **Check-in**

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment time. A late arrival will result in a shortened treatment to accommodate other guests fairly.

### **Valuables**

We recommend that no jewellery be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

### **Smoking and Alcohol**

Smoking and the consumption of alcohol within the spa are prohibited.

### **Cancellation Policy**

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show".

### **Refund Policy**

Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

### **Gift Certificate**

Treat a friend or loved one to an indulgent experience. Gift certificates are available for purchase. Please contact our spa receptionist for more details.

### **Disclaimer**

The spa treatments, services and/or facilities received or utilised at Banyan Tree Spa are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that Guests may have. Guests will fully indemnify and hold harmless Banyan Tree Spa, its holding company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities.



# BANYAN

# SIGNATURES

The ultimate pampering experience, Banyan Signatures features holistic treatments for your complete physical, mental and spiritual renewal.

## Royal Banyan

**QAR 1,700**

150-minute treatment

A well-loved treatment, Royal Banyan delivers the best of Eastern and Western massage techniques to improve blood circulation and ease muscle aches. Featuring a warm herbal pouch dipped in Sesame Oil, this signature treatment presents the quintessential Banyan Tree Spa experience like no other.

Coriander Cucumber Cleanser, Royal Banyan Herbal Pouch Massage, Jade Face Massage, Therapeutic Herbal Bath.

## Sense of Place - Sand of Arabia

**QAR 1,400**

120-minute treatment

Inspired by the movement of desert sands, a unique combination of fluid and circular movements soothes tired muscle and promote deep relaxation. Immerse in the richness of Arabia; from exquisite Argon oil infused scrub, mineral mud treatment to an aromatic bath soak that completes the indulgent experience.

Arabian Massage • Bath Soak • Steam Bath • Rain Shower • Salt Scrub • Rain Shower • Dead Sea Mud • Rainshower with Hair Wash.



# BANYAN

# SIGNATURES

The ultimate pampering experience, Banyan Signatures features holistic treatments for your complete physical, mental and spiritual renewal.

## Master Therapist Experience

QAR 1,100

90-minute treatment

Restore energy that was thought to be long gone. Drawn from the expertise of the Master Therapist, indulge in a specially tailored treatment using a repertoire of massage techniques and tools. Therapist will first take time to understand the profile of each individual guest before customising a package best suited to meet his or her needs.



# TIME-HONOURED

# TRADITIONS

Inspired by ancient traditions dating back centuries, this selection of classic therapies features timeless secrets of wellness and beauty.

## Chinese Traditions

QAR 1,000

90-minute treatment

---

A massage technique used for centuries to heal the body, Tui Na improves mobility and circulatory health by correcting the flow of Qi in the body. Restore harmony and balance through this powerful healing technique and enjoy complete physical relaxation.

Oriental Massages, Oriental Head Massage.

## Indian Traditions

QAR 1,150

90-minute treatment

---

This beautifying regime features Ayurvedic traditions with aromas that bathed the grounds of Indian palaces. Allow the therapist to restore vitality to your energy channels and strengthen your immune system. The Shirodhara effectively relieves anxiety as a soothing stream of warm oils flows onto your forehead.

Ayurvedic Massages, Chakra Head Massage, Shirodhara, Lepam, Steam Bath.



# TIME-HONOURED

# TRADITIONS

Inspired by ancient traditions dating back centuries, this selection of classic therapies features timeless secrets of wellness and beauty.

## Indonesian Traditions

**QAR 1,350**

120-minute treatment

---

Practised in the palaces of Central Java, you can now indulge in bliss fit for royalty. The deep tissue Balinese massage using strong, firm strokes dissolves all muscle tension. The divine treatment adopts century-old beauty recipes which include healing ingredients and their renowned herbal bath to harmonise the senses.

Balinese Massage, Lulur Purifier, Yoghurt Body Splash, Fresh Milk Nourisher, Jamu Bath.

## Thai Traditions

**QAR 1,400**

120-minute treatment

---

The therapeutic stretching of the massage alleviates internal tension and enhances flexibility of the body. Feel the soothing heat on your muscles and be wrapped in a healing remedy of Thai herbs. Soak in the goodness of an uplifting Ginger Bath as you step out with glowing skin.

Ginger Refresher, Thai Herbal Heat Treatment, Herbal Enhancer, Thai Classic Massage, Aromatic Ginger Bath.



# TAILORED FOR YOUR SENSES

Create your very own spa experience with favourites from a curated list of components. Select your desired duration then mix and match with the body treats of your choice.

90-minute treatment	QAR 1,000
120-minute treatment	QAR 1,200
150-minute treatment	QAR 1,500

## For The Ladies

- 60-minute Body Massage
- 30-minute Body Scrub
- 30-minute Body Conditioner
- 60-minute Facial
- 30-minute Calming Bath

## For The Gentlemen

- 60-minute Body Massage
- 30-minute Back Massage or 30-minute Foot Massage
- 30-minute Body Scrub
- 30-minute Body Conditioner
- 30-minute Express Facial
- 30-minute Calming Bath

\*For optimal relaxation and benefits, the duration of combined massages would be 90 minutes.



# FULL

# BODY

# MASSAGES

Choose from an indulgent array of massages, and surrender to the intuitive touch of our professionally trained therapists. Take your pick between Touch of Love or Touch of Peace massage oil to complement your state of mind and achieve desired effects.

## Balinese

---

60-minute treatment **QAR 700**

90-minute treatment **QAR 900**

A medium to strong massage where the therapist applies deep thumb and palm pressure with slow, firm, rhythmic strokes. These techniques uplift the senses and ease muscle tension, leaving you fully invigorated.

## Deep Tissue

---

60-minute treatment **QAR 700**

90-minute treatment **QAR 900**

A medium to strong deep pressure massage which minimises recovery time for stressed and tense muscles. The intensive strokes work to loosen and relax the muscles.

## Gentle Touch

---

60-minute treatment **QAR 700**

90-minute treatment **QAR 900**

A medium to strong deep pressure massage which minimises recovery time for stressed and tense muscles. The intensive strokes work to loosen and relax the muscles.



# FULL

# BODY

# MASSAGES

Choose from an indulgent array of massages, and surrender to the intuitive touch of our professionally trained therapists. Take your pick between Touch of Love or Touch of Peace massage oil to complement your state of mind and achieve desired effects.

## Thai Classic

---

60-minute treatment **QAR 700**

90-minute treatment **QAR 900**

A perfect mix of subtle stretching with rhythmic massaging and compressions to balance the body system and stimulate energy flow. This classic massage uses traditional Thai techniques to apply deep palm strokes on the back with delicate stretching.

## Thai Essence

---

60-minute treatment **QAR 700**

90-minute treatment **QAR 900**

A medium to strong massage adapted from traditional Thai massage techniques which improves overall flexibility from top to toe. Palms and thumbs are applied to pressure points to relieve tired muscles and to boost energy. No oil is used and a two-piece outfit is worn.

# FUSION

# FOCUS

Designed for guests who are on-the-go, these massages begin with a gentle foot wipe and end with light refreshments. Warm Clarity Oil is used in all massages to soothe nerves and moisturise skin.

30-minute treatment    QAR 700  
45-minute treatment    QAR 900

## Back Reviver

---

For the backaches resulting from long hours spent at the desk, this massage serves as a perfect relief to iron out tension and pain.

## Foot Release

---

Pamper your soles with this relaxing massage concentrating on the pressure points to rejuvenate tired, worn muscles from the heel to the tips of the toes.

## Hand Relax

---

Take good care of your arms, hands and fingers by reducing stress and tension. This massage prevents locked fingers and increases mobility.

## Head & Shoulders Reliever

---

Let your therapist knead your stress and headaches away with this simple but effective massage to improve flexibility and blood circulation within the head. Guests can choose to enjoy this massage with or without oil.



# BODY

# SCRUBS

30-minute treatment

QAR 400

## **Apple Green Tea Polisher** \_\_\_\_\_for All Skin Types/Sensitive Skin

Natural acids from the apple acts as a gentle cleanser while the green tea powder nourishes the skin with its anti-oxidant properties. The skin feels softer after this treatment and skin cells are naturally renewed.

## **Ginger Lemon Cleanser** \_\_\_\_\_for Oily Skin

The warming effect of fresh ginger paired with the citric fruit acid from lemon makes this body scrub a perfect cleanser. Let the refreshing scent of the natural ingredients relax your body as you look forward to refined and radiant skin.

## **Kiefer Lime Refresher** \_\_\_\_\_for Normal/Oily Skin

Fresh lime peels gives a delightful scent and acts as an antiseptic. The wheat germ included in the scrub smoothen fine lines with its rich Vitamin E content while the honey nourishes the skin.

## **Turmeric Honey Cleanser** \_\_\_\_\_for All Skin Types

Known for its healing and cleansing properties, turmeric mixed with honey, tamarind and sesame seeds forms this refreshing scrub. The oil from the crushed sesame seeds ensures that the skin is not stripped dry by the scrub.



# BODY

# CONDITIONERS

30-minute treatment QAR 400

## **Aloe Lavender Healer** ————— for All Skin Types/Sensitive Skin

Aloe and lavender are known for their healing and purifying properties. Excellent for sensitive skin, the mask improves skin condition, calms skin irritation and its light fragrance induces relaxation.

## **Chrysanthemum Enhancer** ————— for All Skin Types

A nutritious mix of dried chrysanthemum, honey and yoghurt provides a moisturising treatment to revitalise the skin. These ingredients are blended with wheat flour for extra soothing benefits.

## **Honey Avocado Healer** ————— for All Skin Types

The highly moisturising honey and creamy Avocado make up this body conditioner which improves skin condition and restore softness to the skin. Its delightful fragrance leaves you feeling refreshed.

## **Kie er Lime Mask** ————— for All Skin Types

Uplift your senses with the zesty lime as you are wrapped in this invigorating and fragrant body mask. The ingredients are quickly absorbed, leaving the skin feeling soft and radiant.



CALMING

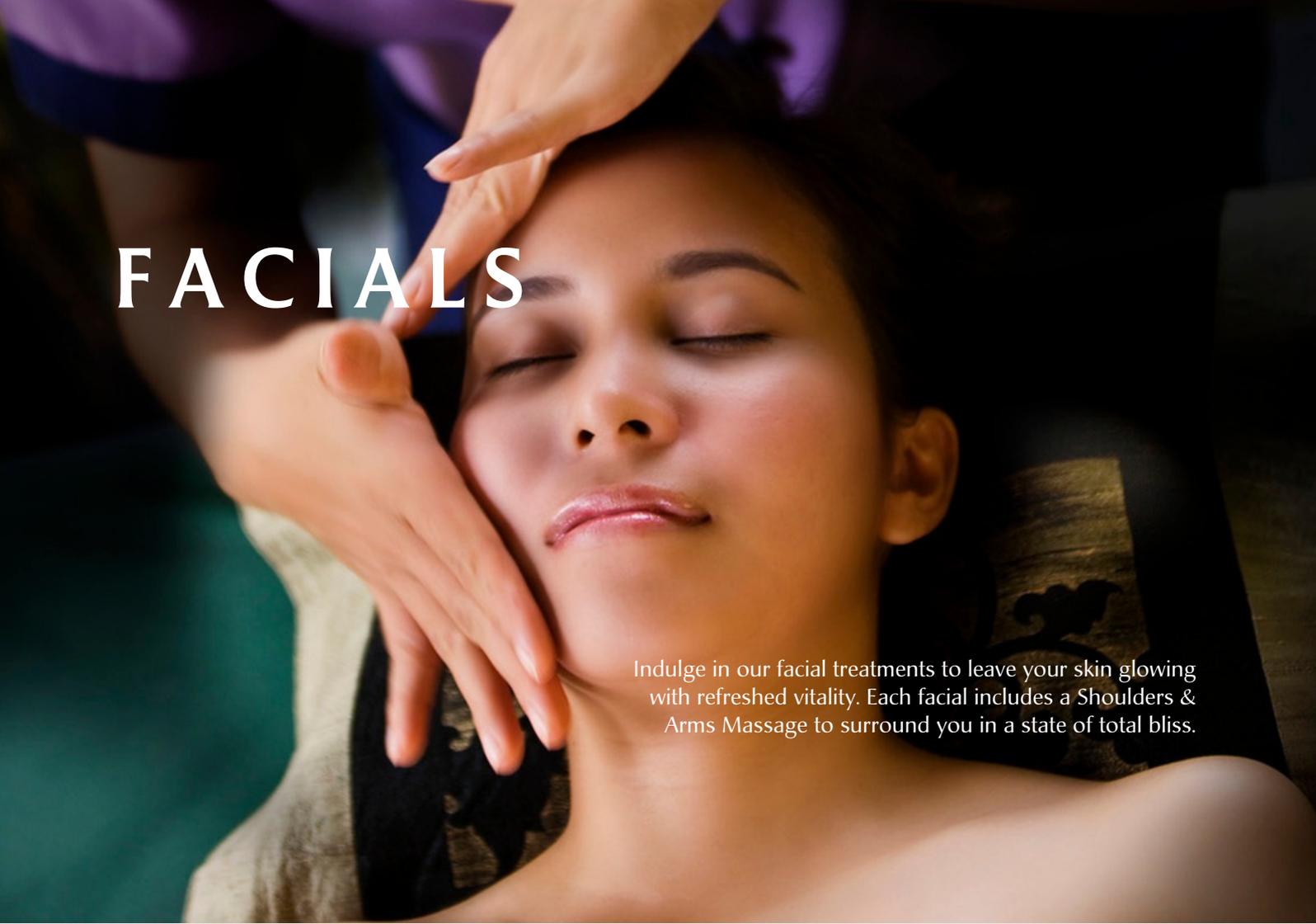
BATHS

30-minute treatment QAR 400

## Relaxing Bath

---

Infused with indigenous flower from the destination, feel your mood lighten up with this fragrant bath.



# FACIALS

Indulge in our facial treatments to leave your skin glowing with refreshed vitality. Each facial includes a Shoulders & Arms Massage to surround you in a state of total bliss.

## Premium Time Defence

**QAR 900**

90-minute treatment

---

A facial packed with skin renewal properties to bring out that youthful glow again. Nourish your skin with a cream mask filled with active serums and a radiance ice cube complex to reveal a visibly fresher looking complexion and reduced fine lines. Suitable for all skin types.

## Banyan Brilliance

**QAR 900**

90-minute treatment

---

An ultra-firming facial to plump and rehydrate the skin. Aromatic complexes and active serums boost cellular renewal while a refreshing mineral mask deeply nourishes, leaving the skin firm, smooth and brilliant. This facial concludes with a radiance ice cube complex for a lively glow. Suitable for all skin types.



# FACIALS

Indulge in our facial treatments to leave your skin glowing with refreshed vitality. Each facial includes a Shoulders & Arms Massage to surround you in a state of total bliss.

60-minute treatment **QAR 700**

## Perfectly Puried

---

A deep cleansing facial featuring traditional steam and a balancing face massage. Relax with a detoxifying face and eye mask to hydrate, purify and rebalance the skin. The result is a clear and shine-free complexion. Suitable for oily and congested skin.

## Sheer Comfort

---

A calming treat that provides gentle comfort and soothes irritations, this facial reduces redness and dark spots with a moisturising cream mask enriched with anti-oxidising properties. Emerge from the finest Banyan Tree Spa experience with a dewy, radiant complexion. Suitable for sensitive skin.

## Hydro Treat

---

Pamper dull devitalised skin with the moisture it craves with this intensive hydrating facial. Indulge in a mineral-infused velvet cream mask, which soothes and nourishes, delivering a surge of rich comforting moisture, leaving the skin dewy and supple. Suitable for normal and combination skin.

# FACIALS



Indulge in our facial treatments to leave your skin glowing with refreshed vitality. Each facial includes a Shoulders & Arms Massage to surround you in a state of total bliss.

## Banyan Facial

**QAR 800**

60-minute treatment

A signature facial recipe specially created by Banyan Tree Spa, a purifying scrub and a hydrating mask moisturise and brighten the skin, giving the face a fresh and healthy look. Suitable for all skin types.

## Express Facial

**QAR 500**

30-minute treatment

Create a blissful treat for your face, select the combination which works best for your skin type. This facial begins with cleansing to remove impurities and ends with a moisturiser to restore radiance. Choose from scrub, mask or massage to give a clearer and brightened complexion.

Cleansing, Scrub, Mask, Moisturise | Cleansing, Massage, Mask, Moisturise | Cleansing, Scrub, Massage, Moisturise.