



bliss spa menu[®]

bliss doha

call: 4453 5555

click: blissworld.com

spa menu bliss®

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'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, Differin, 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 twenty-four hours notice to cancel any appointment, and a credit card number is needed to hold your reservation.**
- All spa guests must be 16 years of age or older to schedule or receive a Bliss Spa service. Guests between the ages of 16 and 18 can receive a Blissage75. Guests under the age of 16 may receive nail services only when accompanied to Bliss by an adult. All guests under the age of 18 must bring a signed guardian consent form to their appointment.

skincare/facials

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.

the youth as we know it™ Our ultimate anti-aging treatment targets tone, elasticity, volume, fine lines and wrinkles—all the way to your décolleté. Includes a gentle yet effective mushroom enzyme peel, a high-tech cell-regenerating moisturizing cocktail and a soothing collagen mask. **(Not recommended for Accutane users.)** 60 min QR850

the triple oxygen treatment™ Our most-popular all-around complexion reviver includes intensive cleansing, exfoliating, a fruit acid wash, 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 QR750 **a**

oxygen blast™ Includes a quick fruit acid wash, 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 QR300 **a**

NEW peeling groovy® This speedy super smoother starts with a thorough cleansing, follows with microdermabrasion and a brightening mushroom enzyme peel, and finishes with a facial massage using our Triple Oxygen + C Energizing Cream. A popular anti-aging quick fix. 30 min QR500 **a**

NEW the remède alchemy facial Featuring Laboratoire Remède's cult classic Alchemy line, this très-luxe, all-inclusive facial addresses early signs of aging to resurface and revitalize the face, décolleté and hands. Includes extractions, hand and foot paraffin wraps, targeted masks to treat issues like sun damage and fine lines, and a decadent scalp massage. Expect to be asked where you got your work done. **(Not recommended for Accutane users.)** 60 min QR900 **a**

NEW the 'bright' stuff facial™ Don't get mad, get 'even!' Calm down hyperpigmentation, diminish dark spots and get a gorgeous glow with this super-effective facial. The complexion correcting combination of a no nonsense peel and brightness boosting mask works wonders for every skin tone, from ebony to ivory. A series of six every ten days is recommended for the brightest bright. 60 min QR700 **a**

NEW 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. 60 min QR600

NEW elemis tri-enzyme resurfacing facial® Smooth things over with this anti-aging facial, which uses Elemis' patented micro-encapsulated enzyme therapy to stimulate skin's natural exfoliation to leave skin clean, clear, radiant and porcelain smooth. Works miracles on aging and acne-scarred skin, and is clinically proven to be très effective: after just one session, it will resurface the skin by up to 75%* and leave it up to 32%* smoother. 60 min QR750

chestcial/backcial 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 fruit acid wash or 'build-ons' to target particular problems. 60 min QR500

microdermabrasion

Visit blissworld.com pre-treatment for info on how to get the most from your 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. Includes a post-abrasion regenerative oxygen spray or targeted task mask. 60 min QR920 **a p**

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 QR550 **a p**

facial 'build-ons'*

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

the 'eyes' have it The essential addition to any facial, this peeper-perfecting treatment includes a wrinkle-renovating Japanese mushroom 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.)

QR200 **S**

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 jiggly jowls and a droopy décolleté. QR200 **a p s**

facial 'build-ons'*

bilberry & vitamin C seaweed task mask	QR90
breakout busting seaweed task mask	QR90
lighten-up seaweed task mask	QR90
warm wax mask	QR130
firming collagen mask	QR200
regenerating vitamin A, C & E oxygen spray	QR200
anti-aging collagen ampoule	QR90
refining fruit acid wash a	QR90
NEW super-smoothing enzyme peel a	QR200
brightening mushroom enzyme peel	QR240
microdermabrasion add-on (face, neck or hands) a	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 polish and a Vichy shower rinse off, then gives orange-'aid' to your most knotted spots with a 30-minute massage. 60 min QR600 **P**

the carrot and sesame body buff™ Includes a carrot mulch and hot oil rubdown, warm milk and honey drizzle, a skin-softening wrap, and a sesame seed and sea salt scrub to remove every last patch of rough from your 'buff'. A Vichy shower is the grand finale. 90 min QR700 **h P**

the hot salt scrub™ 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.** 60 min QR450 **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 QR500 **P**

NEW elemis exotic lime and ginger salt glow™ A tropical treat, this 'skin'-vigorating body polish features a light body brushing, warm Japanese Camellia Oil drizzling, and top-to-bottom buffing with Elemis' lime and ginger-tinged salt scrub. Skin is left soft, smooth and ready for the 'lime'-light. 30 min QR400 **P**

slimming treatments

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

NEW 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 QR600 **h p s**

NEW fatgirlscrub™ This dimple-dashing, skin-smoothing scrubdown starts with a stimulating sloughing using FatGirlScrub (boosted with lump-leveling Himalayan Pink Salt and seaweed extract), followed by a Vichy shower, a layering of Love Handler, and a finishing coat of FatGirlSlim or FatGirlSleep (depending on the time of day). 60 min QR460 **p s**

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 QR470 **p s**

quadruple thighpass™ This 4-step anti-cellulite 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'. 60 min QR450 **p**

the deep sea detox™ This super wrap includes a firming oil massage with heated seashells, a French marine seaweed hot pack and a stimulating shower to simultaneously slim, promote lymph drainage, remineralize, relax and hydrate. Works wonders when booked weekly. 90 min QR600 **h p s**

massage

Our 'aah-inducing' massages run the gamut from half-hour 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.)

blissage™75 A virtual countdown to 'butter', this tension-taming massage begins with an amazing warm wax foot softening wrap that loosens you up and targets your most 'troubled' muscles. 75 min QR550 **P**

blissage™105 The Blissage75, but extended by 30 more mind-bogglingly massaged minutes. Includes warm wax foot wrap. 105 min QR700 **P**

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 QR650 **P**

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 **h P**

the deep tissue treatment (a.k.a. sports massage) Offers 'winning' relief of stubborn knots in areas of chronic tension (includes a warm wax foot softening wrap.) Ideal for athletes, weekend warriors or over-rubbed regulars. 75 min QR600 or 105 min QR750 **P**

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 QR600

the rubber neck® Kneading, stretching and acu-pressing follows a parafango 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.) 60 min QR450 **P**

the rapid rub™ Thirty minutes of intensive massage work on whatever muscles are mistreating you most. QR300 **P**

reflexology A 'toe'-tally Bliss twist on the classic blend of foot massage strokes helps stimulate circulation, untangle sports-tortured tendons and detox you down to your last little piggy. 30 min QR300 **P**

NEW 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. QR130 **P**

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 **P**

hot off the stresses™ Fight fatigue and flagging energy with essential lavender, bergamot and sage oils. QR80 **P**

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 **P**

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.

NEW '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. QR150 **P S**

NEW the hands of time This paw-pampering treatment smoothes and lightens spots with a youth-inducing enzyme peel, then hydrates hands with a 30-minute paraffin pack. QR150 **(not recommended for Accutane users)**

hair dew® Destress tresses with an acupressure application of scalp-sloughing essential oils, a cocoon of conditioning cream and a stimulating massage mix. QR130 **P**

hot paraffin pack™ Stimulates circulation and relieves stiff necks, sore lower backs, chapped dry hands or feet, or sun-damaged décolletés. Complements any massage, skincare or nail service. QR130

parafango 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 sore 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. QR130

* An add-on cannot be booked by itself.

nail care

Much more than mainstream manis and pedestrian pedis.

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

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 QR220 **the bliss basic pedicure** includes soaking, buffing, de-roughing, clipping, trimming, base-and-top coating and very particular painting. 60 min QR200

NEW 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 QR250

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 QR240

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 QR250

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 QR330

double choc™ A chocolate fete for your feet, this treatment is sweet. Includes a hot chocolate milk skin-smoothing soak, and all the prerequisites of a perfect pedicure—with a supremely creamy chocolate treat served on the side. 60 min QR255

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. QR60

NEW kooky coat pedicure™ Want more pizzazz than plain old polish? Get Kooky-ed! Perfect for a big night out, Kooky nail coverings let you doll up your digits with playful colors and patterns, from metallic to cheetah print. Following filing and buffing, a flexible film is applied instead of liquid, so there's no smudging, chipping or drying time (which means booking pre-facial or massage is a go).

Available patterns vary 45 min QR310

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Available patterns vary 45 min QR200

NEW 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! 30 min QR150

re-shellac™ manicure Removal and reapplication
45 minutes QR200, removal only QAR 50

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re-shellac™ pedicure Removal and reapplication
60 minutes QR330, removal only QAR 70

waxing

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

lip or chin	✔	QR55
cheeks	✔	QR60
brow	✔	QR110
ear	✔	QR55
full face	✔	QR200
underarm	✔	QR90
half arm	⊕	QR125
arm	⊕	QR165
chest	⊕	QR220
stomach	✔ ⊕	QR90
half back	⊕	QR130
back	⊕	QR235
basic bikini	✔	QR130
the betweeny™ wax	✔	QR185
bikini (the full monty)	✔	QR255
lower leg	⊕	QR145
upper leg	⊕	QR220
upper leg/bikini	✔ ⊕	QR310
upper leg/betweeny™	✔ ⊕	QR365
upper leg/full monty	✔ ⊕	QR420
full leg (no bikini)	⊕	QR330
full leg/bikini	✔ ⊕	QR400
full leg/betweeny™	✔ ⊕	QR456
full leg/full monty	✔ ⊕	QR530
full body wax	✔ ⊕	QR1200

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

'homme' improvement[®] This very virile, absolutely masculine version of our Triple Oxygen Treatment is performed with lots of hot towels, a series of scrubs, a fruit acid wash and an anti-ingrown hair follicle calming mask. A must for any well-groomed guy. 75 min QR750

the youth as we know it[™] This overachieving anti-aging treatment targets tone, elasticity, volume, fine lines and wrinkles with a gentle yet effective mushroom enzyme peel, a high-tech cell-regenerating moisturizing cocktail and a soothing collagen mask. **(Not recommended for Accutane users.)** 60 min QR850


massage



blissage[™] **75** A virtual countdown to 'butter', this tension-taming 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. 75 min QR550

the deep tissue treatment (a.k.a. sports massage) Offers 'winning' relief of stubborn knots in areas of chronic tension (includes a warm wax foot softening wrap.) Ideal for athletes, weekend warriors or over-rubbed regulars. 75 min QR600 or 105 min QR750

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body treatments

the hot salt scrub™ 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.** 60 min QR450 

the deep sea detox™ This super wrap includes a firming oil massage with heated seashells, a French marine seaweed hot pack and a stimulating shower to simultaneously slim, promote lymph drainage, remineralize, relax and hydrate. Works wonders when booked weekly. 90 min QR600  












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 QR100

the bliss basic pedicure includes soaking, de-roughing, clipping, trimming and buffing. 60 min QR200

foot patrol® 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 pruned to perfection. 75 min QR330

waxing

brow 	QR110
ear 	QR55
chest 	QR220
stomach  	QR90
half back 	QR130
back 	QR235
arm 	QR165
half arm 	QR125
half leg 	QR220
full leg 	QR330

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