

spa menu  
**bliss**<sup>®</sup>

bliss doha





# bliss<sup>®</sup> spa menu

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#### look for these symbols

- 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 using oral or topical keratolytic medications, 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.

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.

Please note: We require at least 12 hours notice to cancel any appointment, and a credit card number is needed to hold your reservation.

## a brief 'bliss-story'

Founded in New York in 1996, Bliss ignited a modern spa revolution by combining a clever menu of super-effective services and a fun, 'no-attitude' atmosphere. With trademark touches like rhythm and blues tunes, a brownie buffet and the friendliest, most talented staff on the planet, it's no wonder we've gained a gaggle of grooming groupies over the past decade. Today, we're spreading the 'rub' with Bliss spas worldwide—so you can don your robe across the globe.

## professionally-powered products

Bliss' lauded line of bath, body and skincare stuff is all inspired by countless hours of tension-nixing and skin-fixing at our spas—so every formula receives the 'esthetician seal of approval'. To score your Bliss fix, shop our in-spa stores, browse our beauty-by-mail catalog or visit [blissworld.com](http://blissworld.com), where you can sign up for beaut-e-mails to stay in the 'glow'. Bliss products can also be found at select retailers worldwide.

## a room with a 'dew'

Just imagine: Carrot and Sesame Body Buff-booking concierges, waxing and wake-up calls, Triple Oxygen Treatments and turndown service—that's just the start of the brilliant Bliss/W Hotel mix. Spa-strength Bliss amenities can also be found sinkside at W Hotels worldwide.

to book an appointment, call 974 453 5555

spa hours 9am-9pm 7 days a week

looking for treatments for two? ask about our 'BIP' couples suite.

## skincare/facials

**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. 60 min 850 QR **a**

**the triple oxygen treatment™** Our most-popular all-around complexion reviver includes intensive cleansing, exfoliating, a fruit acid wash, a pre-extraction oxygen wrap, necessary extractions, a calming oxygen mask, and vitaminized oxygen spray. Fantastic for all skin types. 85 min 750 QR

**'dew' diligence™** Think traditional facial, with a Bliss twist. Combines a skin-type specific cleansing, exfoliation, extractions, an individualized treatment mask with strategic shoulder, neck, arm and foot massaging. Ideal for further customization with a variety of facial build-ons. 60 min 600 QR

**crystal clearing®** This incredibly effective whitening and resurfacing treatment uses a spray of micronized crystal particles to improve the appearance of fine lines, wrinkles and lightens hyperpigmentation for a brighter complexion. 60 min 920 QR **a p**

**oxygen blast™** Includes a 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 360 QR

## facial 'build-ons'\*

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

refining fruit acid wash	90 QR	all
bilberry & vitamin C seaweed task mask	90 QR	all
lighten-up seaweed task mask	90 QR	▲●●
warm wax mask	90 QR	●▲●●
the 'eyes' have it <b>S</b>	200 QR	●●●
firming collagen mask	200 QR	all
anti-aging collagen ampoule	90 QR	●●●
microdermabrasion add-on (face, neck or hands)	240 QR	all
brightening mushroom enzyme peel <b>a</b>	240 QR	all

### key

aging	●	clogged	▲	smokers	●
all skin types	all	dry	●	oily/acne	●
blotchy	▲	hyperpigmented	●		

\* A build-on cannot be booked by itself.

## body treatments

**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 700 QR **h p**

**the hot salt scrub™** This right-on rubdown drives away dry skin with our legendary rosemary and eucalyptus oil sea salt scrub blend. **Do not shave before or schedule same day waxing services.** 60 min 450 QR **p**

**scrubs deluxe™** Fall head over heels in 'scrub' with one of our seriously-softening body smoothing treatments in your fave 'flave': **lemon+sage or vanilla+bergamot.** 60 min 500 QR **p**

## slimming treatments

**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 and stubborn fat. We recommend a six (session) pack. 60 min 470 QR **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. After 6 sessions, you'll look 'fabu-legs'. 60 min 450 QR **p**

**the deep sea detox™** This super wrap and stimulating shower combo simultaneously slims, remineralizes, relaxes and hydrates. Once a week is ideal, but once in a while works wonders, as well. 90 min 600 QR **h p s**

**the shrink wrap™** Sweat your way to a slimmer self in sixty minutes. This dry brushing-boosted wrap uses firming and toning South African grapefruit essential oil to start the perfect pre-little black dress water-shed. 60 min 600 QR **h p**

## add-on spa services\*

Add these to any facial, body treatment or massage.

**hair dew®** An acupressure application of scalp-sloughing essential oils, a cocoon of conditioning cream and a stimulating massage mix. 130 QR **p**

**hot paraffin pack™** Stimulates circulation and relieves stiff necks, sore lower backs, chapped dry hands or feet, or sun-damaged décolletés. 130 QR

**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. 180 QR

**upper back buffing™** Gets dead cells 'off your back'. Adds an extra-strength 'clean' to clog-prone backs and shoulders. 130 QR

## 'BIP' spa suite

Book our 'BIP' (Bliss Important Person) spa suite to take your Bliss experience over the top. Book a bath soak or take a little extra time to unwind after your treatment. A 50% surcharge will be added to your service. Should you want to extend your Bliss even longer after your service, you may book the 'BIP' spa suite for an additional 30 min 300 QR or 60 min 600 QR

## super soaks

Add an 'aah-inspiring' bath soak to any treatment by booking our 'BIP' spa suite. We'll 'tub' you the right way with a signature **bliss bubbly blend** that will unwind your mind and send stress straight down the drain.

\* An add-on spa service cannot be booked by itself.

## massage

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 550 QR **P**

**blissage™105** The Blissage75, but extended by 30 more mind-bogglingly massaged minutes. Includes warm wax foot wrap. 105 min 700 QR **P**

**the ginger rub™** 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 1000 QR **h P**

**the deep tissue treatment** Offers 'winning' relief of stubborn knots in areas of chronic tension (includes a warm wax foot softening wrap.) 75 min 600 QR or 105 min 750 QR **P**

**great expectations** This bump-friendly version of our Blissage75 helps maxed-out moms-to-be relax and relieve tired muscles, swelling, and sluggish circulation. (After the first trimester only.) 75 min 600 QR

**reflexology** This ancient Chinese blend of foot massage strokes helps stimulate circulation and detox you down to the tips of your toes. 30 min 300 QR or 60 min 500 QR **P**

**rapid rub®** Thirty minutes of intensive massage work on whatever muscles are mistreating you most. 300 QR **P**

## aromassage add-ons

Add some aroma to your massage.

**the nerve whacker™** A mellowing mixture of sweet orange, chamomile and spearmint essential oils. 80 QR **P**

**hot off the stresses™** Fatigue fighting mix of lavender, bergamot and sage essential oils. 80 QR **P**

**jet out™** A time-aligning rub of pine, rosemary and eucalyptus essential oils. 80 QR **P**

## nail care

**hot cream manicure** Our basic manicure, with a hot cream hand soak, cuticle clipping, pushing, perfecting and polishing. 30 min 100 QR

**the upper hand™** A youth-inducing hand treatment with a brightening and whitening mask, warm wax wrap and Hot Cream Manicure. Perfect for dry or sundamaged hands. 60 min 220 QR

**the bliss basic pedicure** Includes soaking, de-roughing, trimming, and very particular painting. Pick your 'flavor': **lemon+sage**, **vanilla+bergamot** or **rosemary+eucalyptus**. 60 min 200 QR

**the hot milk and almond pedicure™** Feet are softened in steamed whole milk and almond oil, scrubbed into softness and taken to the pinnacle of 'pedicuring'. 60 min 240 QR

**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 330 QR

**french polish** Add to any manicure or pedicure. 55 QR

**paraffin add-on** Hands or feet. 130 QR

## hair removal

### waxing

lip or chin	40 QR
cheeks	45 QR
brow	50 QR
ear	35 QR
face	120 QR
underarm	55 QR
half arm	80 QR
arm	100 QR
chest	120 QR
stomach	55 QR
half back	75 QR
back	140 QR
basic bikini	80 QR
the betweeny™ wax	110 QR
brazilian bikini (the full monty)	170 QR
lower leg	100 QR
upper leg	140 QR
upper leg/bikini	170 QR
upper leg/betweeny™	200 QR
upper leg/brazilian	270 QR
full leg (no bikini)	190 QR
full leg/bikini	240 QR
full leg/betweeny™	250 QR
full leg/brazilian	300 QR
full body wax	595 QR

### threading

lip	40 QR
cheeks	45 QR
brow	50 QR
face	120 QR

Please see page 2 for important information before booking a wax.

#### key

- ⊕ using poetic strip wax
- ⊖ using poetic strip-less wax

## bliss for men

A sampling of services that'll make any guy feel at 'homme', but feel free to explore the other pages too.

**'homme' improvement\*** This very virile, absolutely masculine version of our Triple Oxygen Treatment is a must have facial for any well-groomed guy. 85 min 750 QR

**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 550 QR

**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.) 75 min 600 QR or 105 min 750 QR

**the hot salt scrub™** This right-on rubdown drives away dry skin with our legendary rosemary and eucalyptus oil sea salt scrub blend. **Do not shave before or schedule same day waxing services.** 60 min 450 QR

**the deep sea detox™** This super wrap and stimulating shower combo simultaneously slims, remineralizes, relaxes and hydrates. 90 min 600 QR **h s**

**the manly-cure™** Our manicure for the most masculine. Includes a hot cream soak and hand massage, cuticle clipping and pushing, and nail buffing. 30 min 100 QR

**the bliss basic pedicure** Includes soaking, de-roughing, trimming, and buffing. Pick your 'flavor'. 60 min 200 QR

**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 330 QR

### waxing for men

brow	50 QR
ear	35 QR
chest	120 QR
stomach	55 QR
half back	75 QR
back	140 QR

#### key

- ⊕ using poetic strip wax
- ⊖ using poetic strip-less wax

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