





LAMARA
SPA



 **INTERCONTINENTAL**
DOHA THE CITY

 [icdohathecity](https://www.instagram.com/icdohathecity)

 spa.icdohacity@ihg.com

 +974 4015 8888 - Ext: 8664 / +974 3098 3103

Hours of Operation: 11am - 10pm

INTRODUCTION

Located on the 46th floor, InterContinental Doha The City's Lamara Spa draws inspiration from its surroundings, boasting stunning views of West Bay, natural daylight, and sensory elements that promote relaxation and rejuvenation. Our spa provides a luxurious and comprehensive approach to wellness, complete with top-of-the-line amenities, renowned treatments, and a team of skilled professionals to administer them.

Embark on a sensory spa journey to awaken your senses and discover the benefits of our European Skincare Brands and Arabic Traditional Hammam.

Facilities Male & Female:

Treatment rooms | Sauna | Hammam | Steam room

SPA ETIQUETTE

Embark on a journey to inner peace by exploring our comprehensive tour of unforgettable experiences. Take your pick from an array of indigenous treatments that reflect the charm and remedies of Europe and the Middle East.

Our experienced therapists provide personalized signature treatments tailored to the specific needs of each guest.

We guarantee exceptional care and satisfaction for your well-being.

RELAX, REVIVE AND REJUVENATE.

DIGITAL DETOX

Disconnect from the outside world to relax and enjoy a tranquil, rejuvenating experience.

To fully immerse yourself in the moment, kindly put your mobile device on silent mode and maintain a peaceful atmosphere.



RESERVATIONS

Please ensure to book your treatment in advance contact our Spa at +974 4015 8888, ext. 8664
Mobile +974 3098 3103
or by email: spa.icdohacity@ihg.com

WHAT TO WEAR

We provide you with a bathrobe and slippers during your visit. Our therapists are well-trained to ensure you are appropriately draped to respect your privacy.

We provide disposable underwear:

If you wish to use our wet facilities, please make sure you bring your own swimming suit.

PRE-ARRIVAL TIME

Please arrive 15 -30 minutes prior to your appointment time to ensure you experience our facilities fully. You can also take advantage of our wet area facilities including the Sauna/Steam Room.

JEWELRY AND VALUABLES

We recommend that you leave your valuables in your hotel room safe. At the Spa facilities, any valuables will be at your own responsibility and risk.

SPECIAL CONSIDERATIONS

Upon arrival, guests are requested to complete a spa consultation form, to select the most suitable treatment. Please advise the receptionist or manager if you have any allergies, high blood pressure, pregnancy, or disabilities.

GIFT CERTIFICATE

Surprise your loved ones by purchasing a Gift Certificate at Spa Reception. It will be a perfect gift that can be used for all Spa Treatments and both genders.

HOME CARE

Retail items are available to continue your care at home. The purchased Item cannot be returned if opened and used the next day.

CANCELLATION POLICY

We have a 24-hour cancellation policy: if we cannot rebook your treatment time, a 50% charge will apply.

MASSAGES

Anne Semonin draws their inspiration worldwide to offer you a blissful, effective, premium massage experience. Choose from four unique therapies : Aroma Energizer, Pure Rejuvenation, Relax & Renew, each brilliantly combining an innovative fusion of massage techniques and oil blends and delivering a treatment that works specifically for you every time. Otherwise, if you prefer the traditional massages, choose our Deep Tissue, Balinese, or Four Hands, which you will enjoy equally.

Our cupping massages is also a perfect choice for those who prefer a holistic approach to body and mind.

DEEP TISSUE MESSAGE

60 MIN – 600 QR / 90 MIN – 750 QR

Experience a whole body, deep tissue massage, targeting tension release, and is specifically designed for tight, stressed muscles. Working into the deep tissue layers, tired muscles are invigorated; Tensed and knotted muscles are erased as the tension is drained. Whether it's a heavy work or exercise schedule, your body can quickly become stiff, tight, and painful when you push yourself to the limit. This therapeutic massage turns the body into its naturally relaxed state and stimulates its natural defenses. You will leave feeling healthy, and refreshed.

BALINESE MESSAGE

60 MIN – 550 QR / 90 MIN – 700 QR

Balinese massage is a full-body, deep-tissue, holistic treatment. Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate blood and oxygen flow around your body and bring a sense of well-being, calm, and deep relaxation.

FOUR HANDS

60 MIN – 800 QR

An exclusive synchronized ritual specifically designed to be performed simultaneously by two therapists. Through synchronized moves, the expert hands of the two therapists provide maximum benefits to your body, revealing ultimately decongested and radiant skin. Exquisite aromatic oils and balms melt into the skin to offer excellent results. This ritual provides an unforgettable sensory experience to anyone who wants to be transported to a deep state of relaxation.



INTERCONTINENTAL SIGNATURE MASSAGE COLLECTION

AROMA ENERGISER

60 MIN - 500 QR / 90 MIN - 650 QR

Taken from the tradition of Ayurveda, ginger's exotic, warming aroma stimulates and uplifts the senses. Enriched with vitamin E, this delightfully nourishing oil perfectly merges with classic deep tissue and stretching techniques to enliven the senses and release muscle tension.

PURE REJUVENATION

60 MIN - 500 QR / 90 MIN - 650 QR

Designed to deliver a flawless combination of protective treatment and pure relaxing care. Long, rhythmic strokes glide across the entire length of the body while the Omega 3 and 6 found in cranberry and vitamins A & E from olive oil penetrate the skin deeply achieving maximum skin regeneration.

RELAX & RENEW

60 MIN - 500 QR / 90 MIN - 650 QR

Hazelnut and sesame form a rich base oils to facilitate the slow, flowing movements of this total body de-stress therapy. The lavender and mandarin-infused oil permeates the skin quickly, releasing stored tension from deep within the muscles, completely unwinding the entire body.



CUPPING MESSAGES COLLECTION

Cupping Massage Therapy is a modified and simplified version of the ancient cupping therapy: it's a healing method that uses suction to create negative pressure to lift the underlying tissues, allowing for a surge of blood flow to an area of concern, in synergy with natural handcrafted aromatherapy oils. Using medical grade silicone cups combined with hand massage, giving you a four-hand massage feeling, this natural therapy is your pure definition of holistic treating body and mind.

Benefits: enhances blood circulation, works on fluid retention and cellulite, helps in pain relief, and expels toxins and waste in the body, as well as promotes lymphatic drainage.

STRESS NO MORE

60 MIN - 450 QR / 90 MIN - 600 QR

DESTRESS – UPLIFTING – BALANCE

Feel your best inside out with Stress No More Genie, a beautiful blend of Ylang Ylang, Jasmine and Chamomile. A relaxing full-body therapy carefully designed to relieve tension and calm emotional upsets and busy minds.

Upgrade to 90 minutes to include Insomnia Cupping placement

REVITALIZING MESSAGE

60 MIN - 450 QR / 90 MIN - 600 QR

OXYGENATING – ENERGIZING – REVIVING

Cicuflow genie is a classic infusion of Cedarwood and bergamot to stimulate the body's natural systems to fight water retention. Suitable for the body and face to combat tired legs and overall fluid retention, perfect for boosting lymphatic and blood circulation.

Upgrade to 90 minutes to include Sinus & Congestion Relief and Eye Bag Removal

CELLULITE BE GONE

45 min 350 QR

DETOX – CLEANSE – PURIFY

The perfect combination of the suitable blends of Orange Peel, Buchu Leaf, and Coriander will help you say goodbye to cellulite while supporting the body's detoxification by activating and stimulating the lymphatic system.

THE ULTIMATE FACIAL COLLECTION

Encounter this unique facial therapy collection that combines elegant French skincare with results-driven, made-to-measure techniques that transform and re-sculpt your face contour. Every facial includes an exclusive Anne Semonin lymphatic massage, designed to gently release toxins from the dermal tissues, increasing blood flow and resulting in radiant skin. The unique fusion of this specialist massage, the highest quality classic ingredients, and a holistic approach means each Anne Semonin facial is a tailored experience just for you.

CRYO AGE DEFEND

60 MIN – 600 QR

Defy the aging process with this quintessential regenerating facial therapy. Signs of aging dissolve as essential oils and minerals are gently massaged into the skin, improving tone and elasticity. Maturing skins will appreciate extracts of Mexican Wild Yam and Vitamin A & E, which provide the ultimate defense against environmental elements and maintain a youthful radiance at a cellular level.

MARINE DEEP CLEANSE

75 MIN – 700 QR

A profoundly cleansing treatment has been created by combining traditional steam and extraction techniques with marine elements. The Anne Semonin peel-off mask, which contains a high concentration of minerals and algae, can instantly soothe, decongest, and leave the skin feeling silky smooth.

SHINE BRIGHT

60 MIN – 550 QR

Using the exclusive Anne Semonin Brightening Complex, this correcting treatment visibly lights up the complexion. It reduces the appearance of sun and age spots to unveil a more even skin tone. Its detoxifying antioxidants neutralize damage from air pollutants, while sea-sourced minerals and moisturizers keep your skin glowing.



ULTIMATE BODY COLLECTION

A sumptuous collection of advanced body treatments carefully selected to address specific needs, whether revealing a natural glow, toning, firming, or age defense, each treatment is a truly individual journey.

HYDRA-INTENSIVE WRAP EXPERIENCE

60 MIN – 550 QR

It is a wonderfully gentle treatment suitable for even the most sensitive skin. Choose from anti-oxidant or relaxing oil blended with the delicate mineral-rich Noirmoutier Sea Salt to exfoliate and nourish. Followed by the moisture mask that encases and wraps the body, replenishing nutrients as it instantly heals and hydrates.

ADD ONS

EXPRESS MESSAGE

30 MIN – 300 QR

Relieve pain and tension, release “Feel Good” chemicals, improve sleep, increase circulation – it just Feels Good. The reason to choose this massage is that it is tailored to the part of the body that you need (Back, Legs, Hands), or maybe you need more time adding it to the regular 60 or 90-minute treatment from our Menu. Sometimes, you need to take a little time to relax and enjoy the pleasurable sensation of the human touch.

REPAIR & FACE LIFT MESSAGE

30 MIN – 300 QR

" Must to do "face treatment will give you a Rejuvenating – Firming – Nourishing immediate effect. The ultimate cure for skin with a unique blend of Rosehip, Neroli, and Argan nourishes and strengthens the skin while boosting collagen production. Perfect for mature, dry, and dehydrated skin types.

EXPRESS RADIANCE MINI FACIAL

30 MIN – 300 QR

Suitable for everyone, this clever combination of cleanser, exfoliator, and mask allows even the busiest person to attain a look of instant freshness. The fast, effective results leave skin hydrated, soft, and radiating health.



BODY EXFOLIATION

Indulge your senses with the Anne Semonin scrub collection, created to be as individual as you. At the heart of each unique experience is a carefully blended combination of essential oils, trace elements, and marine ingredients, delivering smooth, nourished, radiant skin and a thoroughly relaxed body.

PEARL SCRUB

30 MIN – 300 QR

SHIMMER LIKE A PEARL / EXFOLIATE – SMOOTH – SHIMMER.

A luxurious body scrub made with Bora Bora Sand and Rose Quartz Powder, infused with a refreshing Lemon fragrance that leaves the skin revitalized, smooth, and glowing.

MINERAL SCRUBS

30 MIN – 300 QR

Anne Semonin has developed four opulent treatments for smoothing the body, which merge the tangible outcomes of salt scrub with the finest essential oil blends. For a personalized experience, opt for any of the following options that cater to your mood and requirements:

ENERGIZING & TONING

With ginger and vitamin E to ease muscle tension and boost circulation.

NOURISHING & RELAXING

A subtle blend of pure essential oils to release stored tension and soothe the body and mind.

DETOXIFYING & DRAINING

The stimulating peppermint and lemongrass enliven the senses and expedites the removal of toxins.

ANTIOXIDANT & VITAMIN RICH

A powerful blend of cranberry and olive oils, bursting with anti-oxidants, to restore the skin's natural radiance.



CHARM D'ORIENT HAMMAM TREATMENT DESCRIPTION

RITUAL OF HAMMAM

60 MIN- 600 QR

All the secrets of Hammam are revealed in this global ritual. Purify your body deeply with a black soap scrub and a Ghassoul's wrapping, and end the treatment with a delicate scent. Your skin will regain its vitality and softness.

ROYAL HAMMAM

90 MIN – 800 QR

The Hammam experience provides a full-body and facial treatment, concluding with Cleopatra's secret recipe: The Whitening Mask with Honey and Royal Jelly for the face and body.

TURKISH BATH CEREMONY

75 MIN – 700 QR

Indulge in the remarkable ritual of the Turkish Bath. Relax in a gentle steam, get a scrub using a traditional Kessa glove and black olive soap to eliminate dead skin cells and conclude the experience with a massage amidst a cloud of foam that will make you feel completely at ease.







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