



emerge  
brighter



# perfecting

*your journey*

eforea spa at Hilton Doha is a place like no other where you will reconnect with yourself and emerge brighter. Our Essentials and Escape Journeys feature both results-oriented and locally inspired therapies.

Signature to eforea spa are the Journey Enhancements, powerful mini treatments that are added to your existing services or enjoyed by themselves. These treatments have been specially designed for eforea and introduce guests to special, commonly unexperienced techniques from the most fabled spa cultures around the world.

## head & face

30 MIN 300 QR

Find clarity. This illuminating experience draws from mystical practices of ancient Indian massage and powerful Thai therapies.

## shoulder, neck & scalp

30 MIN 300 QR

Lighten your load. This deep relaxation experience draws from Chinese acupressure, modern science of trigger point therapy, and traditional methods of Swedish massage.

## feet

30 MIN 300 QR

Ground yourself. This foot and leg experience combines the richness of ancient Egyptian reflexology with spiritual concepts of Native American healers.

# essentials journey



## KERSTIN FLORIAN

Blending nature into innovative products and experiential treatments for unparalleled results, Kerstin Florian provides a portfolio of skincare programs that deliver noticeable results via beautiful and memorable sensorial experiences suitable for both men and women.

## face

### Correcting Facial

90 MIN 750 QR

This facial delivers targeted results, correcting problems such as oily congestion, sun damage, fine lines and uneven skin tone.

### Customised Hydrating Facial

60 MIN 580 QR

Using customised hydration for your skin type, this facial offers gentle cleansing, exfoliation, and cream application to nourish and hydrate the skin.

### Sensitive Skin Facial

90 MIN 650 QR

Designed for sensitive skin, this facial uses gentle healing techniques to help soothe, protect and rebuild skin affected by the environment, rosacea, medical peels, and laser treatments.

### Firming Facial

90 MIN 650 QR

This collagen - enhancing facial energizes, exfoliates, and tones the skin, revealing a tighter, more refined complexion.

### Express facial

30 MIN 300 QR

For those short of time this mini facial provides a intensive cleanse, exfoliation and application of moisturiser suitable for special events and quick maintenance.

### Antioxidant Facial

60 MIN 580 QR

This powerful treatment follows a skin illuminating sequence with antioxidants and vitamins to refine and tone the face.

## massage

### Bespoke Massage

60 MIN 580 QR

90 MIN 750 QR

This massage is designed by your therapist through consultation with you, using a variety of techniques, pressures and rhythmic movements to release muscular aches and pains.

### Volcanic Stone Massage

75 MIN 600 QR

This healing massage incorporates heated stones and therapeutic elements to release muscle tension and deeply relax the body.

### Thai Massage

60 MIN 600 QR

Performed on a traditional thai mattress, this massage incorporates deep stretching and use of pressure to alleviate tension and muscle tightness. This massage is performed without oil.

## body

### Healing Body Repair

90 MIN 700 QR

Invigorating mineral salt scrub followed by a healing body wrap and complemented by a relaxing facial massage, reviving eye treatment and warm foot treatment.

### Full Body Glow

60 MIN 495 QR

A two step gentle body exfoliation using granulated pumice stone followed by a loofah in botanicals, designed to leave skin renewed and fresh. The treatment finishes with a highly moisturising application of camomile body spray and lotion.

### Sensitive Skin Facial

120 MIN 1,050 QR

This head to toe experience is a journey of the senses. Started with a mineral salt scrub and followed by a full body wrap and warm foot treatment followed by a soothing full body massage to relax muscles and release energy flow.



escape  
journey

## massage

### Charme D'Orient Massage

60 MIN | 580 QR

Using the combination of heat and luxurious oils of the Orient, this decadent full body massage will transport you to a state of deep relaxation

### Kharaman Amber Stone Massage

90 MIN | 750 QR

Antioxidant massage using heated Amber oil. Your therapist will apply deeper pressure through the application of authentic Kharaman Amber Stones to enhance muscle and tissue healing and provide balance of the body.

## body

### Moroccan Hammam

60 MIN | 650 QR

The combination of steam, black soap and Kassa body scrub leave the skin renewed, followed by a Shea Butter full body massage skin is left with a soft pearlescent finish.

### The Secret of Argan

60 MIN | 550 QR

Treatment combining a mineral clay scrub followed by massage with ArganButter will leave the skin soft and moisturised.

### Oriental Body Wrap with Shea Butter

75 MIN | 500 QR

The Charm of the Orient! Wrap application with purifying ghassoul and Shea Butter. The Journey ends with a relaxing massage while your skin is nourished, moisturized and left feeling delightful satin soft.

### Honey Hammam Ritual

90 MIN | 950 QR

The secrets of the Hammam are in this all-rounded ritual that gives the skin a pearly appearance. This treatment is revitalizing and leaves the skin soft and satin smooth.

## experience

### Arabian Ritual

150 MIN | 1,280 QR

Steam, black soap, Kassa body scrub followed by full body white honey wrap which is nourishing and gives the skin a pearly appearance. Concluding with a white honey full body massage to leave skin soft and silky

### The Secret of Orient

150 MIN | 1,280 QR

Take a journey that begins with a body wrap in perfumed Shea Butter while your mind is calmed with a relaxing scalp massage. A hydrating body massage and customized oriental facial complete this indulgent escape.

### CHARME D'ORIENT

Working with artisans of various countries to collect authentic raw materials of which many are extracted from the source, Charme D'Orient draws inspiration from the vast and multiple traditional methods of the East to create a series of ritualistic treatments and highly effective natural products.



All prices are quoted in Qatari riyal and prices shown include local tax



## **eforea Spa at Hilton Doha**

provides a sanctuary to emerge brighter to men and women. Located on the lower ground floor the Spa provides a private experience with dedicated therapists.

**Phone** +974 4423 3441 or  
email: [eforeaspa.doha@hilton.com](mailto:eforeaspa.doha@hilton.com)

### TAKE TIME

Give yourself plenty of time to check-in and enjoy our thermal and relaxation lounges by arriving 20 minutes prior to your treatment time. This will relax and warm your muscles, aiding in the therapeutic benefits of your services. Both in consideration of our other guests and in order for you to receive your full service, being on time for your appointment is greatly appreciated.

### CANCELLATION POLICY

If you need to cancel or change the service we request a minimum of 6 hours notice. The 50% of the service will be charge in the event of late cancellation or no show appointments.

### COMPLIMENTARY AMENITIES

Robes and slippers are provided to help you relax during your stay in the spa. We also have tea and juice, enhanced waters, a eucalyptus steam room, rainfall shower, sauna, jacuzzi and a relaxation lounge.

### AGE REQUIREMENTS

eforea spa is an adult - oriented atmosphere, therefore the minimum treatment age is 18 years old.

### GIFT CERTIFICATES

Gift certificates are available at the eforea spa reception desk.