



VITALITY

مركز اللياقة والصحة
WELLBEING & FITNESS CENTRE

Refresh · Relax · Recharge

The perfect venue for restoring
energy and balance when flying.



WELCOME TO VITALITY!

The Vitality Wellbeing & Fitness Centre offers a selection of recreational spaces such as indoor swimming pool, hydrotherapy tubs, shower rooms, gym and squash courts.

Indulge your senses with relaxing and reviving treatments created exclusively for the Vitality Wellbeing. All of the classic spa treatments have been combined to create treatments that are effective and results focused - designed specifically for the needs of today's traveller.



VITALITY RITUALS

TRANQUILITY

Our signature treatment is a precious sensorial journey of delicate textures, pure aromatherapy scents and the power of human touch for a unique body and facial experience to deeply relax the body, reducing tension and stress, relaxing the mind – An excellent jet lag recovery treatment.

80 min. - QR 480

SIGNATURE TREATMENTS

REVITALIZING MASSAGE

Incorporating a combination of massage techniques from Bali, this is the perfect remedy to revitalize the entire body. Using fingers pressure from, elbows and palms, this treatment stimulates, relaxes and soothes acupressure points and energy meridians.

50 min. - QR 340

30 min. - QR 240

MOISTURE BALANCE

Pure plant extract is used for nourishing thirsty skin with a wave of profound hydration, while the gifted hands of the Vitality therapist uses enveloping movements for an incomparable feeling of well-being.

50 min. - QR 340

30 min. - QR 260



VITALITY MASSAGE

DEEP TISSUE INVIGORATE

Specially designed for sports enthusiasts, this ritual is for those who enjoy a deep massage. Accompanied by a warming and stimulating essential oil blend, the body is stretched and soothed, muscles are softened, and bones are realigned, thanks to modalities ranging from regular deep tissue massage to traditional Thai yoga techniques.

50 min. - QR 390

AROMA PURIFY

A profoundly soothing, calming massage which restores natural energy and balance, melding together long, lengthening strokes with gentle rocking and stretching and sculpting of deep musculature along with gentle lymphatic drainage. This treatment is complemented with the selection of your chosen aromatherapy essential oil blend for the perfect reviving and restoring treatment.

50 min. - QR 390

HOT STONE

A must-try spa treatment, with the exclusive synergy of therapeutic hands-on techniques, accompanied by soothing hot stone massage with powerful energy balancing along with a revitalizing head massage and a cooling refreshing foot treatment. Encouraging detoxification, it increases body metabolism and stimulates your own healing mechanisms for a beautiful and unforgettable experience.

50 min. - QR 390



CLASSIC

A full body massage with a cocktail of techniques ensuring that your body deeply rests. Relaxation is guaranteed thanks to the harmonious balance of touch and scent: each massage is customized according to needs and concerns. Recommended to reduce stress and support sleep.

50 min. - QR 390

VITALITY FACIALS

SKIN ZONE

A customized facial according to your skin condition with deep but gentle purification and intensive rehydration using the latest hydra-memory technology to sooth, nourish and repair sensitive skin. The power of natural active ingredients and the exclusive comfort touch face massage™ leaves your skin rebalanced and revitalized.

50 min. - QR 420

ANTI-AGE RECOVER

Reveal vibrant, younger-looking & even-toned skin with a bespoke anti-aging facial tailor-made to your particular concerns. Rejuvenate with peeling-Chromo reverser, immediate lifting from our radiant and wrinkle-action sublime or lightning via absolutely pearl. Natural and biotechnological ingredients are combined for immediate and long lasting results.

50 min. - QR 460

MAN FACE

A facial specifically designed for the executive traveler to remove impurities, rebalance excessive sebum production and leave the skin with a clarifying matte finish.

50 min. - QR 420



VITALITY EXPRESS

FOOT REVIVE

Enjoy a complete relieving and reviving experience through a unique massage technique for the feet, incorporating shiatsu and reflexology modalities. A genuine systemic relaxation for improved circulation and a sensation of lightness in the legs.

50 min. - QR 330

25 min. - QR 250

FACIAL RECHARGE

For a quick fix, this is the perfect facial! Including cleansing, gentle exfoliation and a relaxing massage for face and neck, a moisturizer and sunscreen to offer maximum protection complete the experience.

25 min. - QR 250

BODY RENEW

Our body scrub aims to refresh the skin and increases circulation. The treatment exfoliates the dead skin cells and bestows nourishment, youth and splendor to all types of skin conditions.

25 min. - QR 250



RECREATION:

Usage Fee - QR 175

Vitality Wellbeing & Fitness Centre offers a selection of recreational spaces such as 25 meter temperature-controlled indoor swimming pool, hydrotherapy tub, fully-equipped gymnasium with cardiovascular and weight training equipment, shower room, and amenities.

SQUASH COURT:

Usage Fee - QR 90

Racquets, balls and shoes provided.

SHOWER ROOM:

Usage Fee - QR 90

Towel and amenities provided.

Rates are subject to change without prior notice. Terms and conditions apply.

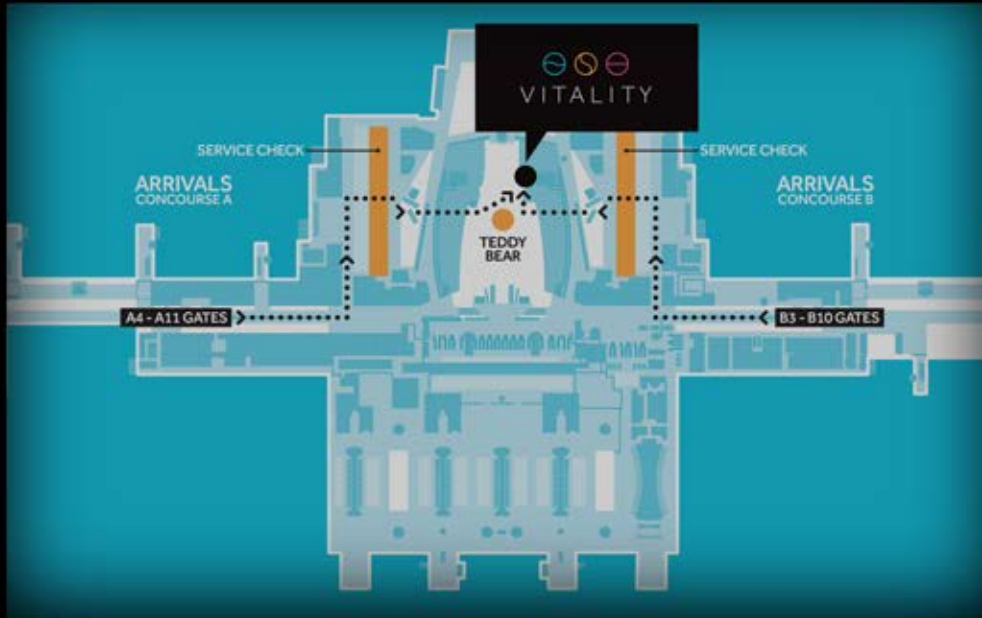


SPA ETIQUETTE NOTICE

- An advanced booking for spa treatments is highly recommended to avoid disappointment.
- Please arrive at least 15 minutes prior to your scheduled time to check in and prepare. Appointment times will be reduced if you arrive late however the full treatment time will be charged.
- Bookings and purchases are subject to Vitality Wellbeing and Fitness Centre "Cancellation and No-Show Terms of Purchase Policies."
- The Vitality Wellbeing and Fitness Centre does not take responsibility for loss or damage to any personal property or valuables.
- If you experience high blood pressure, a heart condition, allergies or any other medical complications, we suggest you consult your doctor before booking spa treatments or taking part in fitness activity.
- Smoking is not permitted in the Vitality Wellbeing and Fitness Centre. Consumption of alcohol is not recommended before spa treatments or other recreational activities.
- You are required to complete a health questionnaire so the therapist may identify any potential contraindications and customize the spa treatment to your specific requirements. Information provided will be kept confidential in accordance with our strict privacy policy.
- Robes, slippers, disposable underwear, towels, toiletries, lockers, showers, hairdryers, are provided free of charge. You are requested to shower prior to spa treatments.
- Any jewelry worn into the spa must be removed prior to your treatment.
- It is requested you move quietly around the Spa and Pool area and use lowered speaking volumes. To maintain a relaxing and quiet environment, mobile phones, pagers, personal organizers and other electronic devices must be turned off at the Vitality Wellbeing and Fitness Centre, and must remain turned off whilst in the main facility.
- Underwear, swimwear or disposable underwear must be worn for all body treatments. Please note some muds/oils used during the some of our treatments may stain clothing.
- You may prefer to remove hearing aids; eyeglasses or contact lenses for greater comfort during spa treatments do so once settled prior to the treatment.



OUR LOCATION



- Above Oryx Airport Hotel in Hamad International Airport
(Access via the elevator near the giant teddy bear)



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For reservations or more information, please call +974 4010 8204 or email spareception@oryxairporthotel.com.