



VITALITY

WELLBEING & FITNESS CENTRE

WELCOME

While in the midst of your journey, step into our oasis within Hamad International Airport to enjoy our signature experiences and renowned recreational facilities. Refresh and rejuvenate the body and leave you revitalized for the next part of your adventure.

Vitality spa is welcoming not only our hotel guests but all passengers transiting through Hamad International Airport as well. The spa offers a wide range of facilities including gym usage, pool access, showers, lockers and Jacuzzis.



DAILY ENTRANCE FEE

Start with a workout at our state of the art fully equipped gymnasium, dip into our blissful 25 meter heated swimming pool or bubbly Jacuzzi and take a refreshing shower before your next journey.

Adult	-	190 QAR		55 USD*	(Per Person)
Children	-	115 QAR		33 USD*	(Per Child 6-13yrs)
Showers Only	-	105 QAR		30 USD*	(Per Person)

Price quoted in USD is an estimate and might vary according to the hotel exchange rate



Children under the age of 5 are prohibited from using the pool and other facilities. Children who are 5 years old and above would be granted access, as long as they are accompanied by an adult

RECREATIONAL ACTIVITIES

GOLF SIMULATOR

We are proud to offer our visitors a fully immersive golf simulator featuring a number of world-class courses.

60 Min 120 QAR | 35 USD*
30 Min 75 QAR | 22 USD*

Per Person



SQUASH COURT

Squash is one of the healthiest sports in the world as it helps to improve general physical fitness & psychological wellbeing.

2 Hours 90 QAR | 26 USD*

Per Person



Price quoted in USD is an estimate and might vary according to the hotel exchange rate



VITALITY SPA



Taking you through our signature spa experiences to refresh & rejuvenate the body and leave you revitalized for the next part of your journey.



COMFORT ZONE

We use a complete line of regenerative, effective and sustainable face & body products made-in-Italy.

HYDRO JET MESSAGES

Drift into pure tranquility as soothing waves of warm water jets glide beneath a soft surface, This indulgent dry hydrotherapy treatment enhances circulation, eases muscle fatigue and leaves you deeply relaxed and rejuvenated.

Experience the below treatments with Hydro Jet Massage which shall leave refreshed and revitalized for the next part of your adventure.

Benefits

- Relieves muscle tension
- Improves blood circulation
- Enhances recovery
- Boosts overall wellbeing
- Reduces stress & fatigue

Treatments available:

- Fit Legs
- Healthy Back
- Pure Relaxation
- Strong Relaxation
- Strong Shoulders
- Body Massage

30 Min - 150 QAR | 41 USD*

45 Min - 190 QAR | 55 USD*



Price quoted in USD is an estimate and might vary according to the hotel exchange rate



VITALITY PACKAGES

JET LAG RECOVERY

Indulge in the ultimate relaxation experience with our jet lag recovery package, crafted to rejuvenate your body and mind.

This exclusive package includes:

- 50-minute Deep tissue massage
- 25-minute foot revive treatment
- Complimentary herbal tea.
- Access to showers and jacuzzi.
- 15% discount on squash court and golf simulator

Benefits

- Increasing blood flow
- Relieving muscular pain
- Increasing lymph flow
- Removing of toxins from muscles
- Removing dead skin
- Encouraging relaxation

Products Used

- Tranquility oil
- Tranquility massage cream

75Min 640 QAR | 186 USD*

Price quoted in USD is an estimate and might vary according to the hotel exchange rate



VITALITY PACKAGES

STOPOVER SERENITY

Experience the perfect blend of relaxation and rejuvenation with our stopover serenity package. This package caters both relaxation and beauty needs.

This exclusive package includes:

- 50-minute personalized massage tailored to your specific needs.
- 30-minute instant glow facial treatment.
- Complimentary herbal tea.
- Access to showers and jacuzzi.
- 15% discount on squash court and golf simulator

Benefits

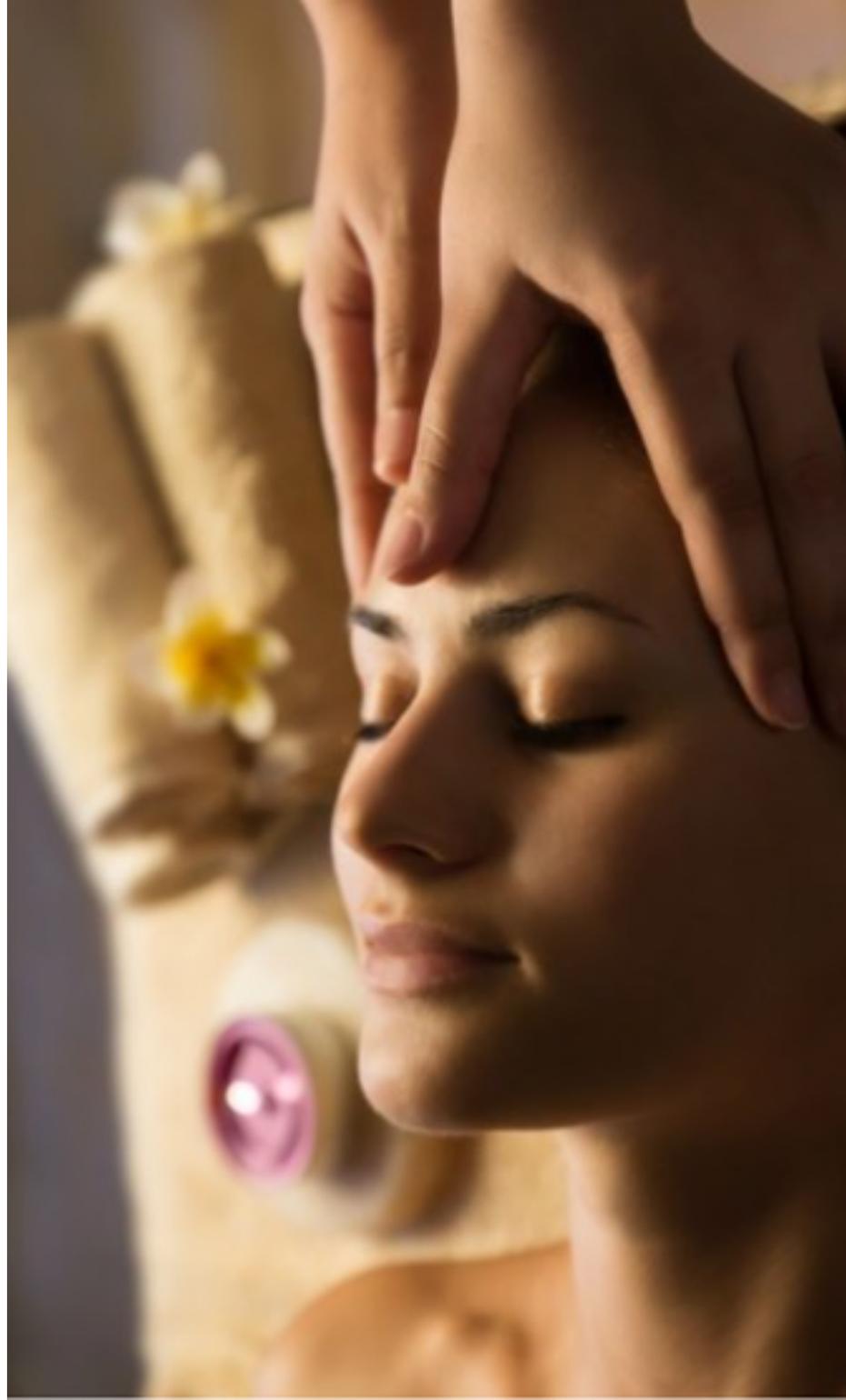
- Customized relief and relaxation
- Improved circulation
- Renewing youthful glow
- Restoring skin volume
- Firming skin & tighten pores
- Improves skin cell production

Products Used

- Tranquility oil
- Tranquility massage cream
- Essential milk
- Essential Toner
- Essential Scrub
- Recover touch massage cream
- Sublime rich cream

80Min 605 QAR | 175 USD*

Price quoted in USD is an estimate and might vary according to the hotel exchange rate



VITALITY PACKAGES

SOLE SERENITY

This treatment combines the therapeutic power of Hydro Jet Therapy with a restoring Foot Revive treatment. The warm, rhythmic water pressure melts away muscle tension, enhances circulation and prepares the body for deeper relaxation. This exclusive treatment brings instant comfort and deep relaxation, easing fatigue due to long hours of travel.

This exclusive package includes:

- 30-minute Hydro Jet Therapy
- 25-minute Foot Revive Treatment
- Complimentary herbal tea.
- Access to showers and jacuzzi.
- 15% discount on squash court and golf simulator

Benefits

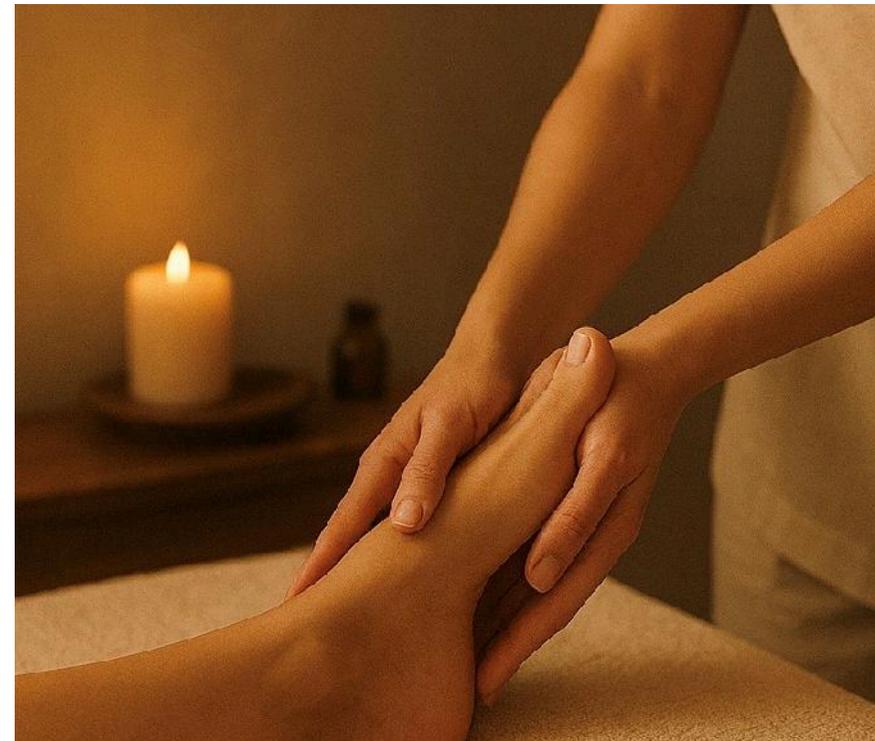
- Encouraging relaxation
- Improving circulation
- Improves blood circulation
- Enhances recovery

Products Used

- Hydro Jet
- Tranquility Massage Oil / Cream

55Min 395 QAR | 115 USD*

Price quoted in USD is an estimate and might vary according to the hotel exchange rate



SIGNATURE MESSAGES

TRANQUILITY PRO SLEEP

(FEMALE ONLY TREATMENT)

Embrace deep serenity with this full-body ritual (*female only treatment*), designed to gently prepare the body and mind for restorative sleep. This treatment leaves you feeling balanced, comforted and rejuvenated.

Experience this treatment with our professional therapists using the most sustainable COMFORT ZONE products for all skin types.

Benefits

- Promotes deep relaxation
- Better sleep quality
- Boosts circulation
- Reduces muscle tension

Products Used

- Tranquility Blend
- Tranquility Oil
- Tranquility Cream
- Brush

SOFT PRESSURE

60 Min - 600 QAR | 174 USD*

Price quoted in USD is an estimate and might vary according to the hotel exchange rate



SIGNATURE MESSAGES

TRANQUILITY

This is an excellent jet lag recovery treatment as it is a unique body and facial experience designed to deeply relax the body and mind, reducing tension & stress. Our signature ritual experience offers a precious sensorial journey combining delicate textures and pure aromatherapy scents along with the power of human touch.

Experience this treatment with our professional therapists using the most sustainable COMFORT ZONE products for all skin types.

Benefits

- Boosting Immune System
- Improving Sleep
- Improves Quality Of Life
- Glowing Skin

Products Used

- Essential Biphasic Makeup Remover
- Essential Cleansing Milk
- Essential Toner
- Essential Scrub
- Recover Touch Mask
- Sublime Skin Rich Cream
- Tranquility Blend Oil

SOFT / MEDIUM PRESSURE

80 Min - 545 QAR | 158 USD*

Price quoted in USD is an estimate and might vary according to the hotel exchange rate



SIGNATURE MASSAGES

REVITALIZING MASSAGE

A perfect remedy to revitalize the entire body with a combination of techniques such as kneading, strokes and tapping to stimulate blood circulation in order to relax and soothe your body.

Experience this treatment with our professional therapists using the most sustainable COMFORT ZONE products for all skin types.

Benefits

- Reducing stress
- Improving immune function
- Helping to eliminate toxins
- Stimulating blood circulations

Products Used

- Tranquility Oil

SOFT PRESSURE

30 Min 325 QAR | 95 USD*

50 Min 415 QAR | 120 USD*

Price quoted in USD is an estimate and might vary according to the hotel exchange rate



SIGNATURE MASSAGES

MOISTURE BALANCE

A profound hydration treatment using pure plant extract lotions to nourish dry skin. This relaxing massage will leave you feeling rejuvenated.

Experience this treatment with our professional therapists using the most sustainable COMFORT ZONE products for all skin types.

Benefits

- Intensely moisturizing dry depleted skin
- Enhancing skin's natural resilience
- Strengthening the skin lipid barrier

Products Used

- Tranquility Body Cream
- Recover Touch Massage Cream

SOFT PRESSURE

30 Min 325 QAR | 94 USD*

50 Min 425 QAR | 123 USD*



Price quoted in USD is an estimate and might vary according to the hotel exchange rate

VITALITY MESSAGES

DEEP TISSUE

A treatment specially designed for sport enthusiasts or for those who enjoy deep strokes and strong pressure combined with warming and stimulating essential oils. This therapy ensures that muscles are relaxed and softened while bones are realigned.

Experience this treatment with our professional therapists using the most sustainable COMFORT ZONE products for all skin types.

Benefits

- Increasing blood flow
- Relieving muscular pain
- Increasing lymph flow
- Removing of toxins from the muscles

Products Used

- Tranquility Oil

HARD PRESSURE

50 Min 465 QAR | 135 USD*



Price quoted in USD is an estimate and might vary according to the hotel exchange rate

VITALITY MESSAGES

AROMATHERAPY

A soothing & calming treatment focused on restoring your natural energy levels, achieving a mind and body balance. A combination of essential oils, long flowing movements, gentle rocking and stretching elements are applied to achieve a perfectly reviving treatment.

Experience it with our professional therapists using the most sustainable COMFORT ZONE products for all skin types.

Benefits

- Reducing stress
- Restoring your energy levels
- Relieving muscle tension
- Reducing stress and anxiety

Products Used

- Aromasoul Mediterranean Blend
- Aromasoul Indian Blend
- Aromasoul Oriental Blend

MEDIUM PRESSURE

50 Min 445 QAR | 129 USD*

80 Min 545 QAR | 158 USD*



Price quoted in USD is an estimate and might vary according to the hotel exchange rate

FOOT & BODY TREATMENTS

FOOT REVIVE

Pamper yourself with our foot ritual, designed to increase blood circulation and soften the skin. Feel perfectly refreshed and balanced after this reviving and relaxing treatment.

Experience it with our professional therapists using the most sustainable COMFORT ZONE products for all skin types.

Benefits

- Encouraging relaxation
- Improving circulation

Products Used

- Tranquility Massage Oil / Cream

25Min 305 QAR | 88 USD*

Price quoted in USD is an estimate and might vary according to the hotel exchange rate



FOOT & BODY TREATMENTS

BODY RITUAL

Dead skin cells are exfoliated leaving the skin perfectly smooth and prepared for the relaxing massage application of our hydrating moisturizing lotion.

Experience it with our professional therapists using the most sustainable COMFORT ZONE products for all skin types.

Benefits

- Helping to calm, de-stress your mind, body and soul.
- Enhancing the immune system.
- Smoothens skin

Products Used

- Aromasoul Volcanic Scrub

30Min 325 QAR | 94 USD*

60Min 445 QAR | 129 USD*



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FACIALS

INSTANT GLOW

A refreshing facial with deep cleansing, gentle exfoliation and revitalizing skin-toning massage for the face and neck. This treatment is completed with the application of firming eye cream to reduce puffiness and wrinkle visibility.

Experience it with our professional therapists using the most sustainable COMFORT ZONE products for all skin types.

Benefits

- Renewing youthful glow
- Restoring skin volume
- Firming skin & tighten pores
- Improving skin cell production

Products Used

- Essential Make up remover
- Essential Milk
- Essential Toner
- Essential Scrub
- Recover Touch Massage cream
- Sublime Rich Cream

30Min 305 QAR | 88 USD*

Price quoted in USD is an estimate and might vary according to the hotel exchange rate



FACIALS

SKIN ZONE

A customized facial for your skin type with deep but gentle purification and intensive rehydration using a special method to soothe, nourish and repair skin. The combination of natural active ingredients and massage techniques in this treatment leaves your skin rebalanced & revitalized.

Experience it with our professional therapists using the most sustainable COMFORT ZONE products for all skin types.

Benefits

- Nourishing and repairing skin
- Helping skin rebalances and revitalized.

Products Used

- Essential Biphasic Makeup Remover
- Essential Milk
- Essential Toner
- Essential Scrub
- Recover Touch Massage Cream
- Hydramemory Cream Gel

50Min 480 QAR | 139 USD*

Price quoted in USD is an estimate and might vary according to the hotel exchange rate



FACIALS

AGE RECOVER

An active lifting and deep renewal treatment. This facial aims to restore the firmness of the skin, define jaw lines, smooth and reduce wrinkles with its natural and biotechnological ingredients. It is a perfect combination for immediate and long lasting results.

Experience it with our professional therapists using the most sustainable COMFORT ZONE products for all skin types.

Benefits

- Nourishing tissues, aids in healing
- Increasing muscle tone
- Skin blood flow
- Restoring elasticity of your skin (Reducing Wrinkles)

Products Used

- Essential Biphasic Makeup Remover
- Essential Milk
- Essential Scrub
- Recover Touch Massage Cream
- Hydramemory Cream Gel
- Sublime Skin Peel Off Mask
- Sublime Skin Rich Cream

50Min 525 QAR | 152 USD*

Price quoted in USD is an estimate and might vary according to the hotel exchange rate



FACIALS

GENTLEMEN FACIAL

A facial specially designed for the needs of men offering a thorough cleansing, rebalancing sebum production and leaving the skin perfectly hydrated with a matte finish.

Experience it with our professional therapists using the most sustainable COMFORT ZONE products for all skin types.

Benefits

- Hydrating skin
- Glowing skin
- Reducing excessive moisture

Products Used

- Essential Milk
- Essential Toner
- Essential Scrub
- Recover Touch Massage Cream
- Recover Touch Mask
- Sublime Rich Cream

50Min 480 QAR | 139 USD*

Price quoted in USD is an estimate and might vary according to the hotel exchange rate



VITALITY ETIQUETTE

VALUABLES

Vitality wellbeing & fitness center does not take any responsibility for loss or damage to any personal belongings. Please leave your valuables in your room safe or in the lockers provided in the changing rooms.

WHAT TO WEAR

It is mandatory to wear swimsuits and slippers in the spa area, while appropriate sport shoes and clothing are necessary for use in the fitness facilities.



*For further information or for reservation please contact the spa reception by dialing 204 from your room or at +974 4010 8204.
Email : spareception@oryxairporthotel.com*