

An aerial photograph of a coastal scene. The left side of the image shows a dark, textured area, likely a forest or a shadowed part of the beach. The right side shows a sandy beach with several large, light-colored, textured rocks. Waves are crashing onto the shore, creating white foam. The water is a dark, textured grey-blue.

asaya

SKIN HEALTH & EMOTIONAL

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## YOUR PATH TO WELL-BEING

Named after the Sanskrit term for setting an intention to propel self-change and transformation, asaya is a thoughtfully curated 3,600 square meters social wellness club providing guests and members with opportunities to restore, grow and enjoy holistic health and happiness centered around our five experience pillars of emotional balance, physical movement, skin health, nutrition and community.

For more information, please contact us at  
[doha.asaya@rosewoodhotels.com](mailto:doha.asaya@rosewoodhotels.com), call or WhatsApp +974 4030 3300.

### OPERATING HOURS

ATELIERS	6am - 10pm
SKIN HEALTH	10am - 10pm
DUCK & DRY	12pm - 9pm
PANKHURST LONDON	12pm - 9pm
FITNESS & MOVEMENT	6am - 10pm 24 hours for inhouse guests
ROSEWOOD EXPLORERS	10am - 9pm Sunday to Thursday 9am - 9pm Saturday & Sunday
POOLS	Lap Pool 6am - 10pm Family Pool 8am - 7pm Lounge Pool 8am - 7pm



## HOLISTIC FACIALS

## POMEGRANATE ENZYME FACIAL

*Subtle Energies*

This radiance-boosting facial by Subtle Energies harnesses activated pomegranate enzymes and natural AHAs to gently exfoliate, smooth, and brighten the skin. Infused with active botanicals and aromatics, it restores moisture levels and reveals a refreshed, glowing complexion. Ideal for all skin types.

QAR 900

## ADVANCED ANTIOXIDANT FACIAL

*Subtle Energies*

Designed for skin exposed to urban toxicity and free radical damage, this intense enriching facial therapy by Subtle Energies delivers an exceptional nutrient-rich elixir that revitalizes tired, ageing skin. It is infused with advanced antioxidants and essential fatty acids to combat free radical damage and reduce visible signs of ageing. Ideal for sun-exposed, dry, sensitive, damaged or dehydrated skin.

QAR 900

## STURMGLOW

*Dr. Barbara Sturm*

The signature SturmGlow Facial by Dr. Barbara Sturm incorporates advanced techniques developed at her German clinic, combining deep cleansing, exfoliation, potent hydration, and firming massage with cutting-edge molecular science. This revitalizing treatment cleanses, nourishes, and awakens the skin, restoring its natural glow.

QAR 900

## BESPOKE ESSENTIAL SAHO

*Evidens de Beaute*

The Bespoke Essential Saho by EviDenS de Beauté is a luxurious skincare ritual inspired by the Japanese tea ceremony's code of etiquette, known as Saho. This unique facial combines traditional Japanese beauty practices with cutting-edge French skincare technology to provide a deeply rejuvenating experience suitable for all skin types, including the most sensitive.

QAR 1,000

60 mins

## ADVANCED FACIALS

## 24K GOLD HOLISTIC BIOTECH

*Subtle Energies*

Combining collagen and elastin-boosting actives, this age-defying facial by Subtle Energies features potent ingredients such as Mogra, Queen of Jasmines, 24k Gold, and Vegan Collagen. These elements penetrate the dermal layers of the skin, renewing and regenerating skin cells for sustained results. The treatment brings a radiant glow to the skin by oxygenating deeply on a cellular level, reducing fine lines and wrinkles, while also addressing emotional needs such as stress, anxiety, and hormonal balance.

QAR 1,450

90 mins

## HIGH-PERFORMANCE LIFT

*Dr. Barbara Sturm*

The Super Anti-Aging Facial replenishes the skin's moisture reservoirs and boosts the skin's natural barrier function, resulting in a smoother and more youthful complexion. Exclusively designed with Dr. Sturm's re-sculpting and anti-gravity massage, this cosmetic treatment reaches deeper layers of the skin, reducing the appearance of fine lines and wrinkles, resulting in a younger and more luminous appearance. Includes MyoLight Microcurrent therapy, a non-invasive and low-level electrical current that stimulates the muscles and tissues.

QAR 1,450

90 mins

## SIGNATURE EXTREME 360

*Evidens de Beaute*

Signature Extreme 360 Anti-Aging Ceremony by EviDenS de Beauté is an exquisite fusion of cutting-edge technology and the highest touch. This treatment elevates the experience through enhanced infusion of nano-encapsulated ingredients that intensify cellular metabolism via Oxygen Therapy, Microcurrent, Biosonix Ultrasound, and Oxylight Therapy. Indulge in a masterpiece of Kobido Japanese lifting massage, followed by our high-performance Bio Collagen mask infused with lifting and invigorating ingredients for breathtaking, rejuvenating results.

QAR 1,850

120mins



## MASSAGES

## REMEDIAL DEEP TISSUE

A results-driven, personalized massage that focuses on realigning the deeper layers of muscles and connective tissue. Designed to relieve chronic muscle tension and pain, it boosts circulation and enhances mobility.

QAR 800 / 1,100

60/90 mins

## RESTORE AROMATIC

*Subtle Energies*

Experience effective, immediate relaxation as firm, flowing movements combine with targeted techniques to ease stress-related tension. This treatment promotes vitality, soothes the mind, and rejuvenates the body.

The 90-minute treatment includes our signature Facial Marma Massage, featuring potent aromatic actives designed to balance emotions, release stress, and reduce anxiety.

QAR 800 / 1,100

60/90 mins

## IMMUNITY &amp; ENERGY BOOSTING

90 mins

*Ignæ*

An energizing full-body Himalayan salt stone massage blends ancient Ayurvedic practices, European lymphatic massage, and Traditional Chinese Medicine techniques to eliminate toxins, relieve tension, and rebalance chakra points. This healing journey begins with a reflexology foot massage to boost immunity and ends with an oriental head massage, promoting deep relaxation of body and mind.

QAR 1,100

45 mins

## CONTOURING BODYWORK

Experience the transformative effects of our Maderotherapy body contouring treatment, designed to enhance your body's natural shape and improve overall skin tone. This unique therapy utilizes wooden tools to gently massage and stimulate lymphatic drainage, reducing the appearance of cellulite and promoting fat reduction. The rhythmic movements help to contour your body, boost circulation, and enhance relaxation. Ideal for anyone seeking a holistic approach to body sculpting, this treatment leaves you feeling rejuvenated and empowered.

QAR 1,000

## BODY TREATMENTS

## WILD JUNIPER MINERAL SALT SCRUB

60 mins

*Subtle Energies*

Elevate your mood and energy with this invigorating full-body scrub. Formulated to stimulate cell renewal for healthier, more radiant skin, it also boosts lymphatic circulation to reduce fluid retention and support natural detoxification. Enriched with mineral-rich salt, its uplifting aroma and deeply hydrating formula leave your skin soft, moisturized, and beautifully balanced.

QAR 800

## GOLD &amp; PEARL INFUSED REMINERALISING BODY MASK

90 mins

*Subtle Energies*

Experience a head-to-toe, multi-sensory treatment designed to nourish and rejuvenate the skin. Infused with the luxurious properties of 24K gold and pearl, this ritual stimulates and regenerates skin cells, promoting a radiant, glowing complexion. While the body is cocooned in this mineral-rich mask, a signature Facial Marma Massage is performed to release tension, reduce stress, and restore inner balance.

QAR 1,100

## MIND &amp; BODY DIGITAL DETOX

90 mins

*Ignæ*

This signature treatment is crafted to relieve the physical and mental strain of a digitally driven lifestyle. It targets muscular tension caused by prolonged device use and addresses the effects of blue light on the skin. A soothing massage blends light-pressure techniques, Azorean aromatherapy oils, and healing TCM methods to calm the nervous system, reduce stress, and improve sleep quality. Powered by Ignæ's exclusive EPC Factor, the Volcanic Clay Mask and Blue Light Serum are applied to repair blue light damage, promoting deep cellular regeneration and lasting skin protection.

QAR 1,200



## SKIN HEALTH

### H A M M A M

#### LE HAMMAM MAROC *marocMaroc*

Our traditional Le hammam Maroc ritual blends ancestral techniques with a luxurious black soap application to deeply cleanse, purify and prepare your skin. A full body exfoliation using a kessa glove and Miel d'Ambre, nourishing butters and sugar together to take you on a restful and aromatic journey revealing a radiant glow. The revitalization continues with a facial exfoliation followed by a unique technique of traditional body stretching that promotes a deep sense of well-being and rinses away tension.  
QAR 900

#### CACTEA HAMMAM *marocMaroc*

Our signature hammam incorporates an ancestral recipe that combines the power of argan oil with prickly pear to deeply hydrate, stimulate circulation and improve joint mobility. Following traditional steps of the Hammam experience and fused with manual massage techniques incorporating hands, forearms and hot stones, the oil of cactus itself releases a Vitamin A, D, E & K rich liquid that covers and then soaks into the skin.

QAR 1,600

60 mins

90 mins



## EMOTIONAL

### SOUND & ENERGY HEALING

#### REIKI HEALING

60 mins  
Reiki is a gentle yet powerful Japanese energy healing practice that supports physical, emotional, mental, and spiritual well-being by restoring the natural flow of life energy within the body. Using light touch or hands held just above the body, the treatment helps release stress, clear energetic blockages, and promote deep relaxation and inner balance. Crystal placement may be incorporated to support chakra alignment, while singing bowls create soothing vibrations that calm the mind and enhance the healing experience. This non-invasive therapy is suitable for all ages, often used as a complementary practice to support overall wellness, and a series of sessions is recommended for optimal results.

QAR 800

#### ENERGY BALANCING SOUND BATH

60 mins  
Chakra alignment enhancing vitality and clarity. Allow the sacred sounds to reverberate in your innermost. A transcendent experience not to be missed. Let the sound and vibration allow you to experience your true, limitless nature.

QAR 600

#### SOUND BATH GROUP SESSION

30 mins  
This energy balancing group session is a perfect remedy for those seeking total relaxation of the body, mind and spirit.

QAR 200

## MIND BIOHACKING

#### PULSATING HAPTIC THERAPY

30 mins  
Experience the magic of music and pulsating haptic sensations in a distinct and deeply immersive wellbeing experience on the Gharieni Aurasens lounger.

QAR 200

#### QUANTUM HARMONICS

30 mins  
Immerse yourself in complete natural vibration and binaural sound therapy for complete synchronization of body and mind on the Gharieni Satori lounger.

QAR 200