



ESPA

Your Wellness Rediscovered



Rediscover Inner Calm & Physical Wellbeing

Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed, and you emerge energised with renewed focus and lasting positivity.



Massage & Body Treatments

Mondrian Signature Massage	60 min	600 QR
	75 min	650 QR
	90 min	825 QR

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes: Full body aromatherapy massage - scalp massage

ESPA Deep Tissue Massage	60 min	700 QR
	75 min	825 QR
	90 min	975 QR

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Includes: Targeted massage, focusing on areas of concern - scalp massage

Asian Fusion Massage	75 min	850 QR
	90 min	975 QR

Drawing inspiration from traditional Asian techniques, this personalised massage blends stretching, targeted pressure points, and flowing movements. Tailored to your individual preferences, it works to release tension and dissolve knots, as our expert therapists help restore your body's natural balance. Experience mind and body relaxation with this deeply restorative massage.

ESPA Thai Massage	75 min	850 QR
	90 min	975 QR

Experience the ancient healing art of Thai massage, a unique blend of acupressure and gentle stretching. Performed fully clothed on a comfortable massage bed, this therapy improves flexibility, releases muscle tension, and restores energy balance. Ideal for those seeking deep relaxation, improved circulation, and a renewed sense of vitality.

ESPA Balinese Massage	90 min	975 QR
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A deeply relaxing full-body treatment rooted in traditional Indonesian healing techniques. Balinese massage combines gentle stretches, acupressure, reflexology, and long, flowing strokes to stimulate blood flow, relieve muscle tension, and calm the mind. Enhanced with aromatic essential oils, this massage promotes harmony of body, mind, and spirit. Perfect for stress relief and deep relaxation.

4 Hand Massage	60 min	1200 QR
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Indulge in the ultimate relaxation experience with a synchronized massage performed by two skilled therapists working in perfect harmony. This luxurious treatment combines mirrored movements, rhythmic techniques, and soothing strokes to fully immerse your body and mind. Ideal for deep relaxation, stress relief, and total sensory escape — a truly unforgettable spa experience.

Lymphatic Drainage Massage	60 min	750 QR
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A gentle, rhythmic massage technique that encourages the natural movement of lymph fluid throughout the body. Designed to reduce water retention, support the immune system, and detoxify tissues, this soothing treatment uses light pressure and precise movements to stimulate lymph flow. Ideal for post-surgery recovery, reducing puffiness, or promoting overall wellness and relaxation.

ESPA Hot Stone Massage	60 min	725 QR
	75 min	850 QR
	90 min	975 QR

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Includes: Full body aromatherapy massage with hot stones - scalp massage

Candle Massage	75 min	850 QR
	90 min	975 QR

Indulge in the ultimate relaxation with our luxurious candle massage experience. Handcrafted Scottish candles, infused with natural essential oils, melt into a warm, soothing blend that deeply nourishes your skin and awakens your senses. This indulgent treatment is designed to elevate your massage, promoting relaxation and rejuvenation while providing a safe, skin-friendly experience with every touch. Unwind, restore, and let the calming aromas transport you to pure serenity.

ESPA Pre-Natal Relax & Restore Massage	60 min	700 QR
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Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Includes: Back exfoliation (if required) - focused body massage - scalp massage

ESPA Muscle Soother	30 min	400 QR
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Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

Includes: Massage to the back, neck and shoulders

Foot Reflexology	60 min	500 QR
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A unique spin on the traditional foot massage, using specialized strokes to boost circulation and activate pressure points linked to organs, providing a full-body detox from head to toe.

Additional Slimming Treatments

ESPA Ocean Glow Salt Scrub

30 min

400 QR

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Anti-Cellulite Massage

45 min

750 QR

A targeted treatment designed to reduce the appearance of cellulite and improve skin texture. This invigorating massage uses firm pressure, deep kneading, and specialized techniques such as rolling, tapping, or suction to stimulate circulation, break down fat deposits, and promote lymphatic drainage. Often combined with slimming oils or creams, it helps smooth and tone the skin, leaving it firmer and more refined.

Contour & Cellulite Treatment

30 min

500 QR

A focused body-shaping session using the G5 slimming machine to smooth and tone areas affected by cellulite. Deep, rapid vibrations help break down fatty deposits, boost circulation, and improve lymphatic flow. This targeted treatment softens dimpling, enhances skin firmness, and refines body contours for a smoother, more sculpted appearance.

Contour & Cellulite Treatment

45 min

650 QR

A focused body-shaping session combining the G5 slimming machine with a targeted anti-cellulite massage for enhanced results. Deep, rapid vibrations from the G5 help break down fatty deposits, boost circulation, and support lymphatic flow, while the hands-on massage further stimulates detoxification and improves skin texture. Together, they soften dimpling, enhance firmness, and refine body contours for a smoother, more sculpted appearance.

Contour & Cellulite Treatment

30 min

4500 QR

10 Sessions

Contour & Cellulite Treatment

45 min

5000 QR

10 Sessions





Award-Winning Hammam Treatments

Traditional Turkish Hammam **45 min** **500 QR**

A timeless purification ritual. Begin with soothing hot steam to open the pores, followed by a traditional Kessa exfoliation to remove dead skin and stimulate circulation. A rich, indulgent foam massage deeply relaxes the body before a refreshing hair wash completes the experience. Skin is left smooth, toned, and beautifully renewed.

Moroccan Hammam **50 min** **650 QR**

A detoxifying Moroccan cleansing ceremony. Steam with Tabrima and Black Soap softens and purifies the skin, followed by a full-body Kessa exfoliation to unclog pores and eliminate toxins. A brightening Vitamin C scrub and revitalizing brightening mask restore clarity and radiance. Finished with a refreshing hair wash.

Rose Hammam **60 min** **750 QR**

An indulgent rose-infused Moroccan ritual. Steam with Tabrima and Black Soap, followed by Kessa exfoliation to renew the skin. A mineral-rich Aker Fessi scrub and nourishing Aker Fessi body mask enhance brightness and elasticity. Completed with a relaxing foam massage and hair wash for a radiant, youthful glow.

Blue Nila Hammam **60 min** **750 QR**

A luxurious brightening and firming treatment. Steam with Tabrima and Black Soap, followed by Kessa exfoliation to renew the skin. A mineral-rich Blue Nila scrub and rejuvenating Blue Nila mask help purify, firm, and naturally brighten the skin. Completed with a relaxing foam massage and hair wash for a refreshed, youthful glow.

Signature Royal Hammam **90 min** **1200 QR**

Our most exclusive hammam experience. A complete fusion of our Moroccan and Rose Hammam rituals, featuring steam purification with Tabrima and Black Soap, full Kessa exfoliation, Vitamin C and Aker Fessi scrubs and masks, a luxurious foam massage, and an intensive nourishing hair ritual. An unparalleled experience of tradition, luxury, and total renewal.

nourishing hair ritual. An unparalleled experience of tradition, luxury, and total renewal.

Nourishing Hair Ritual **30 min** **200 QR**

Indulge in the luxurious Nourishing Hair Ritual at the Moroccan Hammam. Immerse yourself in the soothing steam while we pamper your hair with a specially curated mask, designed to nourish and revitalize. As the ritual comes to a close, we gently rinse your hair, leaving it feeling refreshed, soft and beautifully renewed. Experience the perfect fusion of relaxation and hair care in one extraordinary treatment.



The ESPA Facial Method

ESPA Facial Method (EFM) transcends the ordinary facial, blossoming into a transformative experience for mind, body, and spirit.

At the heart of EFM lie our advanced therapeutic facial massages, a fusion of traditional and modern techniques for a uniquely potent experience. Our expert massage therapists have meticulously crafted these hands-on methods to deliver unparalleled performance and therapeutic benefits.

Personalisation is paramount. Each treatment offers a multitude of options, allowing you to curate your own immersive journey. Every ritual incorporates a comprehensive massage for face, a meticulous cleanse, a targeted mask application, and a selection of personalised finishing products to ensure a complete and transformative experience.

Every ESPA Facial includes:

- | Meticulous Cleansing
- | Thorough Skin Analysis
- | Therapeutic Massages
- | Targeted Masks
- | Personalised Finishing Product

ESPA Personalised Facial **60 min** **600 QR**
Congested & Dehydrated Skin | Pre & Post Natal

Deeply cleanse, hydrate and renew with these instant results facial. Tailored to your skin's precise needs, natural formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, naturally radiant and inner calm is blissfully restored.

Includes: Skin analysis with Skin Vision™ lamp - triple cleanse - exfoliation - facial massage - personalised mask - scalp massage

ESPA Nourish & Glow **60 min** **600 QR**
All Skin Types | Pre & Post Natal

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin so your face glows with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

Includes: Skin analysis with Skin Vision™ lamp - cleanse & exfoliation (including Foreo) - Gua Sha facial massage - double mask - hand & arm GuaSha massage

ESPA Intense Regenerating **90 min** **850 QR**
Advanced Anti-Aging

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened, and your skin is left feeling beautifully refined, soft and supple.

Includes: Skin analysis with Skin Vision™ lamp - triple cleanse - exfoliation - lifting facial massage - eye lift massage - toning mask - scalp massage - Dermalux light therapy

ESPA Personalised Skin Booster **30 min** **350 QR**
Perfect for Extending Regular Facial Results

Keep your skin radiant, rejuvenated and moisturised with our personalised skin enhancement. The perfect skin booster in-between regular facial appointments, your therapist will select the most suitable express facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision™ analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

Includes: Consultation - double cleanse and exfoliation - application of facial oils tailored to your skin - scalp massage - booster serum





Hydrafacial at ESPA Mondrian

ESPA's nutrient-rich, glow-giving formulas are ingeniously combined with HydraFacial's™ patented technology to cleanse, extract, and hydrate. For skin that radiates Natural Beauty and a renewed sense of Inner Calm.

ESPA Rejuvenating Hydrafacial **60 min** **900 QR**

A revitalising facial combining advanced HydraFacial™ technology with luxurious ESPA products. This treatment deeply cleanses, exfoliates, and extracts impurities, then infuses the skin with antioxidants, hyaluronic acid, and peptides to hydrate, smooth fine lines, and restore radiance.

Includes: Deep cleanse, Exfoliation & extraction (tailored to skin type), High frequency, Cryo globes.

Skin is left smooth, refreshed, and glowing.

ESPA Hydrafacial Signature **90 min** **1500 QR**

An advanced HydraFacial™ experience combined with premium ESPA products to deeply cleanse, exfoliate, and hydrate the skin. Powerful antioxidants, hyaluronic acid, and peptides help smooth fine lines and enhance radiance, while Dermalux LED boosts skin renewal.

Includes: Deep cleanse, Exfoliation & extraction, Dermalux LED light, High frequency (tailored to skin type), Cryo globes

Skin appears smooth, refreshed, and luminous.

Hydrafacial Keravive **60 min** **1500 QR**

Keravive treatment promotes natural hair growth with a powerful, hyper-concentrated blend of rejuvenating peptides. Experience visible results, including a cleaner, exfoliated, and deeply hydrated scalp, along with revitalized hair follicles. This treatment enhances scalp circulation and significantly improves the appearance of healthier, thicker, and fuller-looking hair.

Back Cleansing Hydrafacial **60 min** **2300 QR**

Indulge in the ultimate back skincare experience with Back HydraFacial! Choose from a tailored selection of boosters to deeply decongest your back, leaving your skin rejuvenated, hydrated, and radiant. This treatment accelerates skin surface renewal, dissolves excess oil, and purifies pores for a smooth, refreshed appearance. Reveal cleansed, healthier skin with this luxurious, revitalizing treatment.

Hydrafacial Arm - Underarm **60 min** **800 QR**

Treat your arms to the luxury of Arm HydraFacial, a specially designed treatment for both underarms and arms. Choose from a curated selection of boosters to rejuvenate your skin, leaving your arms feeling deeply hydrated, radiant, and refreshed. Experience accelerated skin surface renewal, the removal of excess oil, and the purification of pores for smooth, glowing skin. Reveal softer, more youthful arms with this indulgent, transformative treatment.



