



Daily | 11am - 10pm

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 **INTERCONTINENTAL**
DOHA THE CITY



INTRODUCTION

Perched on the 46th floor of InterContinental Doha The City, Lamara Spa is a serene urban sanctuary inspired by its elevated surroundings. Bathed in natural light and designed for sensory immersion, the spa invites you to slow down, reconnect, and restore a sense of balance.

Our philosophy blends European skincare expertise with time-honoured wellness rituals, offering a holistic approach to relaxation and rejuvenation. From state-of-the-art facilities and renowned treatments to a team of highly skilled therapists, every detail is thoughtfully curated to nurture body, mind, and spirit.

Recognised for excellence, Lamara Spa has been awarded Best Boutique Spa at the Ohlala Spa & Wellness Awards for four consecutive years, a reflection of our commitment to refined experiences and exceptional care.

Embark on a sensory journey where modern luxury meets timeless wellness traditions.

Facilities available for ladies and gentlemen
Treatment Rooms | Sauna | Hammam | Steam Room

SPA ETIQUETTE

Your experience at Lamara Spa is designed to be calm, considered, and deeply personal. We invite you to arrive early, unwind, and fully immerse yourself in the rituals and experiences curated for your well-being.

Our therapists take pride in delivering bespoke signature treatments, tailored to your individual needs and preferences, ensuring each visit is as restorative as it is indulgent.

Exceptional care, discretion, and attention to detail are at the heart of everything we do; because your comfort and satisfaction matter.

RELAX. REVIVE. REJUVENATE.

DIGITAL DETOX

Lamara Spa is a space to disconnect from the outside world and reconnect with yourself. To preserve the tranquillity of the spa environment, we kindly request that mobile devices be switched to silent mode.

Allow yourself to be fully present, embrace the stillness, and enjoy a moment of uninterrupted calm.



RESERVATIONS

We recommend reserving your preferred treatment in advance to ensure availability.

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WHAT TO WEAR

For your comfort, bathrobes and slippers are provided during your visit.

Disposable undergarments are available upon request. If you wish to use the wet facilities, please remember to bring your own swimwear.

PRE-ARRIVAL TIME

To help you enjoy a seamless and unhurried experience, we kindly suggest arriving 15–30 minutes prior to your scheduled appointment. This allows time to relax and make full use of our spa facilities, including the sauna and steam room, before your treatment begins.

JEWELRY AND VALUABLES

For your peace of mind, we recommend leaving jewellery and valuables in your room safe. While every care is taken, Lamara Spa cannot be held responsible for the loss of personal items brought into the spa.

SPECIAL CONSIDERATIONS

To ensure your safety and comfort, guests are required to complete a consultation form prior to treatment. Kindly inform our spa reception team of any medical conditions, allergies, pregnancy, high blood pressure, or physical limitations so we may tailor your experience accordingly.

GIFT CERTIFICATE

Delight someone special with the gift of relaxation. Lamara Spa Gift Certificates are available for purchase at Spa Reception and may be redeemed for all spa treatments. An elegant and thoughtful gift suitable for all occasions.

HOME CARE

A curated selection of retail products is available to help you continue your wellness journey at home. Please note that retail items cannot be returned or exchanged once opened or used.

CANCELLATION POLICY

Should you need to cancel or reschedule your appointment, we kindly request 24 hours' notice. Cancellations made within this period may incur a 50% charge if the treatment cannot be rebooked.

MASSAGES

Lamara Spa invites you to experience the art of massage, inspired by traditions from around the world. Each treatment is thoughtfully designed to harmonise advanced techniques with exquisite oil blends, delivering a personalised experience tailored to you every time.

For those who appreciate time-honoured practices, our **Deep Tissue**, **Balinese**, and **Four Hands** massages offer deeply satisfying results. To embrace a more holistic path to wellbeing, discover our **Cupping Massage**, where ancient wisdom meets modern relaxation.



DEEP TISSUE MASSAGE

60 minutes – 600 QAR | 90 minutes – 750 QAR

Experience a full-body deep tissue massage designed to release built-up tension and target tight, stressed muscles. Working into the deeper layers of muscle, this treatment revitalises tired areas and eases knots as tension gradually melts away.

Ideal for those with demanding work schedules or active lifestyles, this therapeutic massage helps relieve stiffness and discomfort caused by physical strain. The body is gently guided back to a natural state of relaxation, leaving you feeling refreshed, renewed, and restored.

BALINESE MASSAGE

60 minutes – 550 QAR | 90 minutes – 700 QAR

A full-body, medium-pressure, holistic treatment designed to restore balance and relaxation. The Balinese massage combines gentle stretches, acupressure, reflexology, and aromatherapy to stimulate circulation and oxygen flow throughout the body.

This nurturing treatment promotes a sense of well-being, calm, and deep relaxation, making it ideal for those seeking a restorative and grounding experience.

FOUR HANDS MASSAGE

60 minutes – 800 QAR

An exclusive, synchronised ritual performed simultaneously by two therapists, creating a seamless and deeply immersive experience. Through coordinated movements and expert touch, this treatment delivers enhanced benefits, easing tension while promoting a sense of balance and vitality.

Warm aromatic oils and balms are gently massaged into the skin, leaving it feeling nourished and radiant. This refined ritual offers an unforgettable sensory journey, ideal for those seeking complete relaxation and indulgence.



INTERCONTINENTAL SIGNATURE MASSAGE COLLECTION

A curated selection of signature experiences designed to restore balance, awaken the senses, and promote deep relaxation. Each treatment combines refined techniques with carefully selected oil blends to deliver a personalised and indulgent wellness journey.



AROMA ENERGIZER

60 minutes – 500 QAR | 90 minutes – 650 QAR

Inspired by the ancient tradition of Ayurveda, this energising massage uses exotic, warming aromas to stimulate and uplift the senses. Enriched with vitamin E, the nourishing oil is combined with classic massage and stretching techniques to ease muscle tension, revitalise the body, and restore vitality.

PURE REJUVENATION

60 minutes – 500 QAR | 90 minutes – 650 QAR

A harmonising treatment designed to deliver the perfect balance between relaxation and skin care. Long, rhythmic strokes flow seamlessly across the body, while olive oil enriched with Omega 3 & 6 and vitamins A & E deeply nourishes and regenerates the skin. The result is a renewed sense of comfort, softness, and total relaxation.

RELAX & RENEW

60 minutes – 500 QAR | 90 minutes – 650 QAR

A deeply calming, full-body de-stress therapy using slow, flowing movements and a vitamin-rich base of natural oils. Lavender-infused oil absorbs quickly into the skin, releasing stored tension from deep within the muscles and gently unwinding the entire body. Ideal for restoring calm, balance, and inner harmony.

HOT STONE MASSAGE

60 minutes – 600 QAR | 90 minutes – 750 QAR

Surrender to the soothing warmth of smooth volcanic stones, gently glided over the body to melt away tension and encourage deep relaxation. The comforting heat penetrates the muscles, easing stiffness while promoting improved circulation and a sense of calm.

This deeply relaxing therapy helps restore balance and energy flow, leaving you feeling renewed, restored, and completely at ease.



CUPPING MESSAGES COLLECTION

Inspired by the ancient art of healing, this modern interpretation of cupping therapy combines traditional wisdom with contemporary wellness techniques. Gentle suction creates negative pressure to lift underlying tissues and stimulate blood flow to targeted areas.

Medical-grade silicone cups are seamlessly combined with soothing hand movements and natural, handcrafted aromatherapy oils, creating a sensation similar to a four-hand massage. This holistic therapy supports balance, relaxation, and overall well-being for both body and mind.

Benefits:

Enhances blood circulation, reduces fluid retention and the appearance of cellulite, relieves muscular discomfort, supports lymphatic drainage, and assists in eliminating toxins and impurities.

STRESS NO MORE

60 minutes – 450 QAR | 90 minutes – 600 QAR
De-stress | Uplifting | Balance

A deeply relaxing full-body therapy designed to calm the mind and release physical and emotional tension. This treatment features a soothing blend of Ylang Ylang, Jasmine, and Chamomile, carefully selected to ease stress, quiet busy thoughts, and restore inner balance.

Ideal for those seeking emotional relaxation and a renewed sense of calm.

Upgrade to 90 minutes to include specialised cupping placement for insomnia support.

CELLULITE BE GONE

45 minutes – 350 QAR
Detox | Cleanse | Purify

A targeted treatment designed to help reduce the appearance of cellulite while supporting the body's natural detoxification processes. Carefully selected blends of Orange Peel, Buchu Leaf, and Coriander work together to activate and stimulate the lymphatic system, improving circulation and skin texture.

Ideal as part of a wellness programme or as a focused treatment for smoother, more refined skin.

REVITALISING MESSAGE

60 minutes – 450 QAR | 90 minutes – 600 QAR
Oxygenating | Energising | Reviving

An invigorating treatment designed to stimulate the body's natural systems and combat fluid retention. Infused with Cedarwood and Bergamot, this massage supports lymphatic and blood circulation while helping relieve tired legs and overall heaviness.

Suitable for both body and face, this revitalising experience promotes lightness, energy, and renewed vitality.

Upgrade to 90 minutes to include sinus and congestion relief, along with eye area revitalisation.

THE ULTIMATE FACIAL COLLECTION

Discover a refined facial therapy collection that brings together the elegance of French skincare with the restorative power of the sea. Each treatment is crafted using results-driven, made-to-measure techniques designed to transform and re-sculpt facial contours while replenishing the skin with marine-rich nourishment.

Every facial includes an exclusive lymphatic massage that gently encourages detoxification, boosts circulation, and reveals a naturally radiant complexion. Infused with potent sea minerals, high-quality classic ingredients, and a holistic approach to skin wellness, this collection offers a deeply revitalising journey tailored to your skin's unique needs.



AGE DEFENSE FACIAL

60 minutes – 600 QAR

An advanced anti-ageing ritual designed to smooth the appearance of fine lines, restore firmness, and re-plump facial contours using the healing power of the sea. A luxurious blend of essential oils, marine minerals, and nutrient-rich extracts is massaged into the skin to improve tone, elasticity, and radiance.

This rejuvenating treatment helps preserve a youthful glow while supporting the skin's natural resilience.

DEEP CLEANSE

75 minutes – 700 QAR

A deeply purifying facial that combines traditional steam and extraction techniques with the cleansing benefits of marine elements. A mineral- and algae-rich mask works to soothe the skin, reduce congestion, and leave the complexion feeling fresh, balanced, and silky smooth.

Ideal for blemish-prone or congested skin, this clarifying treatment promotes a visibly clearer, healthier-looking complexion.

BRIGHTENING FACIAL

60 minutes – 550 QAR

A corrective brightening treatment designed to illuminate the complexion and promote a more even skin tone. Using an advanced Brightening Complex, this facial helps reduce the appearance of sun and age spots while antioxidants defend against environmental stressors.

Sea minerals and hydrating actives restore vitality and moisture, leaving the skin refreshed, luminous, and visibly radiant.



ULTIMATE BODY COLLECTION

A refined collection of advanced body treatments designed to address individual needs and enhance overall well-being. Whether your goal is deep hydration, relaxation, toning, or restoration, each experience is carefully crafted to deliver visible results and a sense of complete renewal.



RE - MINERALISING WRAP EXPERIENCE

60 minutes – 550 QAR

A gentle, nourishing body treatment suitable for even the most sensitive skin. Mineral-rich crushed sea salt is blended with your choice of antioxidant or relaxing oils to softly exfoliate and nourish the skin.

The experience is completed with a hydrating body wrap that replenishes essential nutrients, helping restore moisture, comfort, and softness.

EXPRESS TREATMENTS

Ideal as standalone treatments or as the perfect complement to your spa journey.

EXPRESS MESSAGE

30 minutes – 300 QAR

A targeted massage designed to ease tension, soothe tired muscles, and encourage relaxation. This treatment helps improve circulation and supports the release of natural feel-good endorphins, leaving you feeling lighter and more at ease.

Tailored to focus on the area you need most, back, legs, or hands, it can also be added to any 60- or 90-minute massage for extended relaxation. Sometimes, a few extra moments are all it takes to reconnect and unwind.

REPAIR & FACE LIFT MESSAGE

30 minutes – 300 QAR

A revitalising facial massage designed to firm, nourish, and refresh the skin. This luxurious treatment uses deeply hydrating oils to support collagen production, improve skin tone, and restore natural radiance.

Ideal for mature, dry, or dehydrated skin, it delivers an immediate sense of rejuvenation and a visibly refreshed appearance.

EXPRESS RADIANCE MINI FACIAL

30 minutes – 300 QAR

A quick yet effective facial designed for instant freshness and glow. Combining cleansing, gentle exfoliation, and a revitalising mask, this treatment leaves the skin hydrated, soft, and visibly refreshed.

Perfect for those short on time or in need of a quick skin pick-me-up.



BODY EXFOLIATION

Indulge your senses with the Lamara Spa body exfoliation collection, thoughtfully created to be as individual as you are.

Each experience features a carefully curated blend of essential oils, trace elements, and marine ingredients, designed to gently polish the skin while restoring softness, radiance, and a sense of complete relaxation.



PEARL SCRUB

30 minutes – 300 QAR

Exfoliate | Smooth | Illuminate

A luxurious body scrub crafted with finely ground Argan shell powder and Rose Quartz powder, delicately infused with a comforting coconut fragrance. This gentle exfoliation revitalises the skin, leaving it smooth, refreshed, and beautifully luminous.

MINERAL SCRUBS

30 minutes – 300 QAR

Energise | Nourish | Detoxify

Lamara Spa presents a selection of refined mineral scrubs that combine the exfoliating benefits of mineral-rich salts with expertly blended essential oils. Each option is designed to address different needs, allowing you to personalise your experience according to your mood and desired outcome.

ENERGISING & TONING

Energise | Nourish | Detoxify

With ginger and vitamin E to help ease muscle tension and boost circulation, leaving the body refreshed and revitalised.

NOURISHING & RELAXING

Energise | Nourish | Detoxify

A gentle blend of pure essential oils designed to release stored tension while calming both body and mind.

DETOXIFYING & DRAINING

Detoxify | Drain | Revitalise

An invigorating combination of peppermint and lemongrass that awakens the senses and supports the body's natural detoxification process.



CHARME D'ORIENT

HAMMAM RITUALS

Inspired by centuries-old bathing traditions, the Hammam rituals at Lamara Spa offer a deeply purifying and restorative experience. Combining heat, exfoliation, cleansing, and relaxation, each ritual is designed to renew the body, soften the skin, and promote a profound sense of well-being.



RITUAL OF HAMMAM

60 minutes – 600 QAR

Discover the essence of the traditional Hammam ritual. This deeply cleansing experience begins with a black soap exfoliation to purify the skin, followed by a Ghassoul clay body wrap to nourish and soften.

The ritual is completed with a delicate finishing scent, leaving the skin refreshed, revitalised, and beautifully smooth.

ROYAL HAMMAM

90 minutes – 800 QAR

An indulgent Hammam experience offering both full-body and facial care. The ritual concludes with Cleopatra's timeless beauty secret, a nourishing whitening mask infused with Honey and Royal Jelly, applied to the face and body.

This luxurious treatment restores softness, radiance, and a feeling of total renewal.

TURKISH BATH CEREMONY

75 minutes – 700 QAR

Immerse yourself in the authentic ritual of the Turkish Bath. Relax in gentle steam before enjoying a traditional exfoliation using a Kessa glove and black olive soap to remove dead skin cells.

The experience concludes with a soothing foam massage, enveloping the body in lightness and leaving you feeling deeply relaxed and completely at ease.

