



Six Senses Spa Introduction

The design of the Six Senses Spa at the Sharq Village & Spa in Doha, reflects a traditional Qatari environment, giving the impression of a true Middle Eastern village that has grown organically over time. It is made up of winding village streets rather than corridors, with the twenty-three treatment rooms resembling typical village houses.

The main areas of the spa feature facilities which include saunas, steam rooms, Jacuzzis, plunge pools, changing rooms, fully equipped fitness clubs and dedicated areas for yoga, meditation, tai chi and other eastern practices, as well as relaxation rooms and prayer rooms. Facilities for both gentlemen and ladies offer dedicated private facilities. Ladies are also offered a private entrance and reception as well as a Majlis area.



The Six Senses Spa offers all the traditional treatments such as Swedish, Thai, Balinese, Vietnamese and aroma massages, pampering treatments, as well as more specialized treatments, which include crystal therapy, mud baths, body scrubs and polishes, and private hammam experiences.

Be it traditional treatments or more new-age offerings, the Six Senses Spa at the Sharq Village & Spa differentiates itself from its competitors by ensuring that all the practitioners and therapists are highly trained professionals in their chosen discipline and that every treatment has a positive impact on the guest's well-being.

Key Features of our Spa:

- 1 Private Ladies and Mixed Facilities (Reception, Lounges, Treatment Rooms, Gym, Pool)
- 2 Highly trained professionals in chosen discipline for the most positive impact on the guest for every treatment
- 3 Fully equipped facilities which includes Fitness Clubs (ladies and mixed), and dedicated areas for yoga, meditation, tai chi and other eastern practices
- 4 Specialized treatment rooms in 4 villages for traditional Swedish, Thai, Balinese, Vietnamese and aroma massages, Hammams and dry flotation therapies, and body polishes
- 5 Dedicated Men's Therapies and Package Journeys
- 6 Majlis for special occasion and meetings

Our spa is opened from 9am to 11pm daily, and fitness from 6am to 11pm daily. For more information of treatments and activities in our spa, please visit our Six Senses Spa website (<http://www.sixsenses.com/six-senses-spas/Sharq-Village/index.php>).

3-Day Senses Journey

Six Senses Spas is offering a 3-day Senses Journey designed for each MultaQa delegate's well-being from the day they arrive in Doha.

Day 1: Sense of Relaxation (90 minutes)

This journey commences with a rebalancing Jet Lag Recovery treatment that stimulates your circulation, reduces swelling and eases muscle tension. It is perfect for delegates who traveled for long hours on the plane. Includes a body massage with aromatherapy oils, a head massage to re-awaken your senses and a Six Senses signature tea to revive your body and reset your internal clock.

Following a recovery treatment, it is completed by a 30 minute mint foot soother treatment. Your feet begin this experience by being refreshed in a warm bath of plant essences, followed by an invigorating sea salt polish to exfoliate and stimulate the circulation. Then your feet are treated to a relaxing foot massage with essences of peppermint, spearmint and spike lavender to soften the skin and provide a cooling balm to leave you walking on air!

Day 2: Sense of Tranquility (90 minutes)

After a long day of meetings and cruise to the Museum of Islamic Art, *Sense of Tranquility* is sure to revitalize and refresh yourself before the cocktail reception at 7:00pm.

Beginning with a de-stress massage to restore wellness to your entire body, this relaxing massage is combined with deep tissue principles, the perfect antidote to a busy lifestyle. Your therapist then relaxes your mind with a Indian Head massage, combining both gentle and stimulating techniques on the upper back, shoulders, neck and scalp to improve blood circulation.

Day 3: Sense of Renewal (120 minutes)

Complete this enlightening conference and experience with Sharq Village & Spa with a rose ritual hammam. Based on the Amayyed era where Damascus was the bustling capital of this Ancient Arabian Empire. Rose Damascena was treasured then as it is today for its healing, rejuvenating and uplifting properties. The Hammam is based upon research of the ancient methods and secrets of the Moroccan bath and uses present day knowledge to create a rose scented Hammam. This treatment will leave you feeling cleansed and relaxed, yet alert and energized.

Upon completion of our 3-Day Senses Journey (March 14 to March 16), you will leave a lasting impression on associates you meet in this conference, and with no doubt, surprise your friends and family with a completely refreshed you. This incredible journey is offered only for MultaQa 2009 delegates for **QR 1990** (from a value of 2650)!

Treatments for You and Your Family

Individual treatments are also offered with a 20% discounts for MultaQa 2009 delegates and their family. During the conference period, family of delegates (18 years old and above) can enjoy full use of the spa facilities.

How to Book

While bookings can be made when delegates arrive, it is highly advisable to book in advance to ensure an appointment for your desired time. Please make reservations directly with Six Senses Spa by email: gso-sharq-spa@sixsenses.com or Tel: +974 425 6999 or Fax: +974 425 6996

For the first 50 delegates ONLY! Book a treatment for 60 minutes or more and receive one-time complimentary 30-minutes massage during your stay.

****Offer is valid only for MultaQa delegates and is non-transferrable****