



SPA MENU

For more information, contact us: +973 1774 6289 | +973 6698 4448 | gulfspa@gulfhotehbahrain.com

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BODY MESSAGES

	DURATION	PRICE
Express Massage	30 min	BD 25
Relaxing Head & Scalp Massage	30 min	BD 25
Face Massage (Lifting)	30 min	BD 35
Pre/Post Natal Massage	60 min	BD 55
Aromatherapy Massage	60/90 min	BD 45/BD 55
Swedish Massage	60/90 min	BD 45/BD 55
Sports/Deep Tissue Massage	60/90 min	BD 50/BD 60
Gulf Spa Massage (Table Thai)	60/90 min	BD 50/BD 60
Volcanic Hot Stone Massage	90 min	BD 70

BODY TREATMENTS AROMATHERAPY

Aroma Polish	30 min	BD 30
Dry Brush Exfoliation	30 min	BD 30
Revive Energizing Exfoliation	60 min	BD 70
Rose Indulgence	75/90 min	BD 85/BD 100
Sweetness Sugar Body Polish	30/60 min	BD 30/BD 40

HAMMAM

Classic Hammam	45 min	BD 40
Traditional Rose Hammam	90 min	BD 60
Traditional Purification Hammam	60 min	BD 70

WAX

Lip or Chin	15 min	BD 10
Eyebrow Shape	15 min	BD 15
Leg Half/Full	30/45 min	BD 15/BD 20
Arm Half/Full	20/45 min	BD 15/BD 20
Underarm	15 min	BD 15
Back	30/45 min	BD 25
Bikini Tidy	20/30 min	BD 15
Brazilian	30/45 min	BD 30

FACIALS - NATURA BISSE

Essential Eyes	30 min	BD 30
The Cure	60 min	BD 80
The Citrus Essence Facial	60 min	BD 80
The Skin Comfort Facial	60 min	BD 70
The Oxygen Facial	60 min	BD 70
3D Collagen Facial	60 min	BD 100
Diamond Luminous Facial	60 min	BD 100
Life Infusion Ritual	90 min	BD 200

FACIALS - AROMATHERAPY ASSOCIATES

Express Facial	30 min	BD 35
Essential Rose Facial	60 min	BD 70
Age Repair Facial	90 min	BD 80

FOR HIM

Hommage - Gentleman Facial	60 min	BD 50
Hommage - Back Treatment	45 min	BD 45
Hommage - The Royal Treatment	180 min	BD 110
Gentleman De-stress	120 min	BD 85

SOUND

7 Chakra Sound Therapy Treatment	60 min	BD 45
Singing Bowl Massage	90 min	BD 55

ADD ONS

Super Sensitive Skin Oil		BD 5
Eye Treatment (Essential Eyes NB)	15 min	BD 20
Singing Bowl Add On	15 min	BD 15
Aromatherapy Oil		BD 5
VIP Room Facilities	60/120 min	BD 60/BD 100
Face Massage Lifting	30 min	BD 25

SIGNATURE JOURNEYS

The Moroccan Experience	120 min	BD 120
Heavenly Rose Ritual	150 min	BD 125
Detoxifying Retreat	150 min	BD 120
The Gulf Spa Moroccan Journey	180 min	BD 135
Ultimate De-stress	120 min	BD 85

WEDDING JOURNEY

Bride to Be Spa Day	180 min	BD 150
Groom to Be Spa Day	180 min	BD 150
The Honeymoon Package	270 min	BD 300

TIME FOR TWO

Massage for Two	60/90 min	BD 95/BD 115
Couples Massage Experience	120 min	BD 140
Romance & Relaxation	180 min	BD 175
Absolute Bliss	180 in	BD 215
Ultimate Indulgence for Two	240 min	BD 280

SPA DAY

Weekday - Spa Day Pass (Thermal, Gym Access)	BD 10
Weekday - Spa Day Pass (Thermal, Gym Access)	BD 14
Weekday - Spa Day (Group min. 4, max. 10)	BD 15
VIP Spa Day - (VIP Suite, group min. 2, max. 4)	BD 150

SPA MEMBERSHIP LADIES

	SILVER	GOLD
3 months	BD 375	BD 440
6 months	BD 525	BD 620
1 year	BD 750	BD 880

The Gulf Spa Ladies Membership includes: the use of the gym, thermal area and outdoor swimming pool, squash court, tennis court, table tennis and 15% discount on all spa treatments and complimentary vouchers.

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