

# Spa

by WYNDHAM GRAND<sup>®</sup>  
Manama

*We create the style for the way you look  
and the way you live.*

*Relax, Renew, Revitalize.*



# Our Spa

## PHILOSOPHY

Spa by Wyndham Grand has been conceived from a deep understanding and passion for wellness, which we define as a way of life that focuses on physical, emotional and mental wellbeing. We are committed to delivering all aspects of wellness with integrity and honesty, providing inspiration for lifestyle change.

## JOURNEY

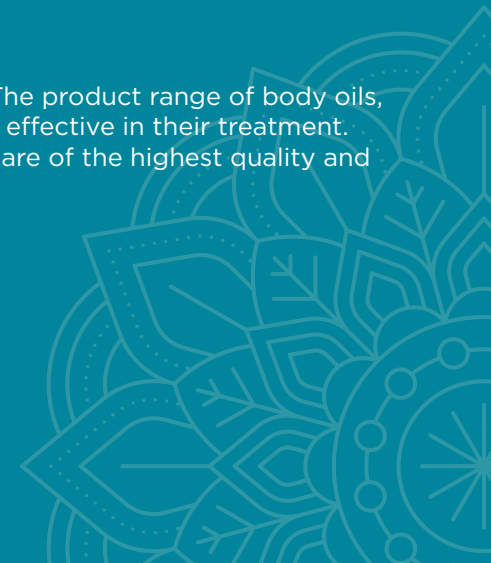
Drawing on world-inspired therapies, treatments and philosophies, a series of specially designed rituals encompassing the elements of life and the ancient traditions of Asia and European cultures are offered in Spa By Wyndham.

## TREATMENTS

Our highly trained therapists are committed to service excellence, infused with enthusiasm and take pride in delivering a personalized, dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner and have been designed to bring balance and equilibrium that are tailored to meet the needs of each of our clients.

## PRODUCTS

Spa by Wyndham's signature product line has been selected exclusively for us. The product range of body oils, body scrubs and body lotions all contain natural ingredients are easy to use and effective in their treatment. They provide an ideal extension of our spa experience into your daily life and all are of the highest quality and based on naturally-derived ingredients.



# General Information

## ARRIVAL

Kindly arrive 15 minutes prior to your scheduled treatment time to enjoy our welcome drink whilst you complete a consultation form. With all of our treatments we include the complimentary use of our Sauna, Steam or Snow rooms, though these should be used prior to the treatment only. Therefore please allow at least 30 minutes prior to your treatment, should you wish to avail yourself of these facilities.

## RESERVATION

Please dial “1042” from your hotel room or +973 1711 6116 from outside the hotel.

## CANCELLATION POLICY

If you need to reschedule or cancel your appointment, please notify the Spa at Wyndham Grand Manama 24 hours in advance to avoid being charged the full-service fee.

## GIFT CERTIFICATE

Spa gift certificates may be purchased and used towards Spa Services or Products as per our Terms and Conditions.

## HOME CARE

To continue your Spa regime and experience at home, all products used in our treatments are available for purchase from the Spa reception.

## PRICES

All prices are in Bahraini Dinars and subject to 10% service charge, 5% Government Levy and 5% VAT. Prices and services are subject to change without prior notice.

# Our Facilities

## SAUNA

Our Finnish sauna is renowned for its detoxifying effect and contributes to your overall wellbeing. Do make sure that after leaving the sauna you allow time to let your body cool off and give yourself time to relax to maximize the effect of this invigorating experience.

## INDOOR JACUZZI

Our Jacuzzi offers an ideal way to soothe your stress away. Let the buoyancy of the water hold your weight while targeted jets massage your muscles and relieve tension. Within minutes, you will be transported to a calm and tranquil place where your mind can be still and your body relaxed.

## STEAM ROOM

Our Steam Room can improve your health in several ways, improving circulation and promoting skin health and can also decrease your body’s production of cortisol, which is the hormone that regulates the level of stress that you feel. When your cortisol levels drop, you feel more in control and relaxed. Spending a few minutes in a relaxed state not only improves your health but also helps heal your mind and improves your focus.

Additionally, through your daily environmental exposure, all sorts of toxins become trapped under your skin, Steam rooms help reduce this problem by using heat to open your pores. The warm condensation rinses away these toxins and dead skin that can lead to breakouts. As a result, you will have a clearer and more evenly toned skin.

## SNOW ROOM

Our Snow Rooms has been carefully designed with an Antarctic aesthetic. The room is completely sealed and reaches temperatures below zero where snow forms, creating a blissfully cold sauna experience that helps build your immune system and increase your bodily awareness. We are sure that our Snow Room will provide you a truly unique experience, leaving you refreshed and invigorated.





*Thalgo Philosophy*

*Spa*  
by WYNDHAM GRAND  
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THALGO  
LA BEAUTÉ MARINE

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**THALGO PHILOSOPHY**  
Discover Marine Beauty

A pioneer in scientific marine research, Thalgo Laboratories, France, creates authentic and effective cosmetics and innovative personalised treatments from the power of the Oceans.

For 50 years, THALGO has been drawing its inspiration from the heart of the Oceans, to create more Natural, more effective and more Respectful Regenerative Cosmetics in Perfect Affinity with our Skin. THALGO Face and Body rituals combine unique expertise, the technical sophistication of exclusive massages, the effectiveness of expert devices, and highly sensory textures to offer every woman in the world a Unique Treatment Experience, with approved efficacy.





# Our Packages

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## DE-STRESSING SOOTHER

Leave the demands and challenges of a busy life at the door with this de-stressing ritual. A stress busting treatment, which works from your head to your toes, will dissolve away all of your stress and tension. A body scrub with natural exfoliating grains prepares your skin for rich, nourishing layers of potent essential oils in the body mask. A fusing the best of massage practices from East and West. Carefully applied pressures stimulate the nervous system while Swedish and neuromuscular massage techniques support a healthy circulation and soothe the body.

Single : **BD135 - 180 minutes**

## TRAVELERS RETREAT

This treatment is perfect for overcoming jet lag, refreshing your body and relieving stiffness, aches and pains. This all over body treatment including exfoliation and Aroma Hot Stone helps to improve blood circulation and give an over- all holistic detox, improving wellbeing.

Single : **BD95 - 120 minutes**

## THE GREAT ESCAPE

Indulge without the guilt, because you deserve it! Our longest session includes Full Body Massage, Body Treatment, Face treatment, Manicure & Pedicure. This ultimate spa experience will leave you feeling fabulous!

Single : **BD185 - 300 minutes**

## SPOIL ME!

Spoil yourself or someone you know with this package. It includes an Aromatic or Swedish Massage, a customized Facial including your choice Body Scrub & Body Mask.

Single : **BD125 - 180 minutes**

## ME & YOU

Share your experience with a relaxing treatment together with your partner or friend. The experience begins with a body scrub of your choice followed by an Aromatherapy Massage – a moment to share & enjoy.

Single : **BD155 - 120 minutes**

Prices are in Bahraini Dinar and subject to 10% service charge, 5% government levy & 5% VAT.





# Massage

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## THALGO

LA BEAUTÉ MARINE

### AROMATHERAPY MASSAGE

A deeply therapeutic holistic treatment which combines the power of essential oils with the best of eastern and western massage techniques, to create a feeling of physical relaxation and calm, whilst mentally uplifting and clearing the mind.

Single : **BD43 – 60 minutes** | Couple : **BD80**

Single : **BD50 – 90 minutes** | Couple : **BD90**

### BALINESE MASSAGE

Designed to reach into the deeper muscle tissue to release tension and stress, this massage combines slow strokes with focused pressure in targeted muscle groups, You will find this treatment both extremely relaxing and relieved.

Single : **BD43 – 60 minutes** | Couple : **BD80**

Single : **BD50 – 90 minutes** | Couple : **BD90**

### ROYAL THAI MASSAGE

Performed wearing loose Thai-style clothing, this traditional massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching serve to deeply relax and revitalize body and mind. Benefits include increased flexibility, relief of joint and muscle tension and a balance of the body's energy system.

Single : **BD43 – 60 minutes** | Couple : **BD80**

Single : **BD50 – 90 minutes** | Couple : **BD90**

### AROMA STONE

This relaxing massage uses heated stones to generate energy and create a sense of balance and calm, as well as giving relief to deep seated muscle tension. Stone therapy is a Native American Indian practice which has been used since ancient times as a soothing and healing treatment.

Single : **BD43 – 60 minutes** | Couple : **BD80**

Single : **BD50 – 90 minutes** | Couple : **BD90**

### SWEDISH MASSAGE

This traditional massage uses firm, regulated pressure and long, strong movements to release muscle knots and tension in the body. The combination is particularly effective for easing tired backs and limbs.

Single : **BD43 – 60 minutes** | Couple : **BD80**

Single : **BD50 – 90 minutes** | Couple : **BD90**

### BACK MASSAGE

This massage ensures that the pressure points of your back are activated to release tension from the muscles and re-initiate the flow of energy through the body.

Single : **BD40 – 60 minutes** | Couple : **BD70**

Single : **BD50 – 90 minutes** | Couple : **BD80**

### FOOT MASSAGE

This massage applies traditional Swedish and sports massage techniques to the foot, calf and upper leg, helping to relieve pain whilst decreasing stress and anxiety in the entire body.

Single : **BD40 – 60 minutes** | Couple : **BD70**

Single : **BD50 – 90 minutes** | Couple : **BD80**

### MOTHER TO-BE

Mums-to-be that are feeling discomfort during their pregnancy enjoy the benefits of pre-natal massage, which alleviates lower back discomfort and fatigue, and improves elasticity while nourishing the skin. Maternity massage is designed to promote comfort during this sensitive time.

Single : **BD45 – 60 minutes**

Single : **BD55 – 90 minutes**

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# Exfoliation

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## REVIVER

An exotic exfoliation ritual to invigorate and bring vitality to the body. This begins with an invigorating scrub, that cleanses and polishes the skin with its citrus aromas and sweet and salty foundation. A final application of uplifting lemongrass body oil is then applied, leaving the skin glowing, vibrant, replenished and flawless.

**BD65 – 90 minutes**

## EXOTIC SCRUB

This scrub is designed to stimulate circulation and eliminate rough cells, refreshing these with natural exfoliating grains. You are sure to leave with your skin feeling soft, cleansed and rejuvenated.

**BD40 – 60 minutes**

## DETOX SALT SCRUB

Exfoliation with a fine salt scrub which refines the pores and reveals fresh new skin, following which you will be enveloped and wrapped in layers of Lavender nourishing oils. A stimulating foot pressure massage provides a final touch to encourage the release and elimination of toxins.

**BD40 – 60 minutes**

## TURKISH BATH

The Hammam, is one of the ancient world's most widely exported customs. The tradition of the Turkish bath was born generations ago, adopted from Romans and Byzantines and then perfected by the Seljuk and Ottoman Turks, this ritual has remained largely unchanged through the generations. We offer this long- established experience in our luxurious Hammam Room designed with a wonderfully traditional ambiance that delivers our guests the best of both worlds; old-world tradition in a contemporary setting.

**BD55 – 60 minutes**

**BD75 – 90 minutes**

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# Skin Care

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Spa by Wyndham's Skin Care Treatments are not just a way of escaping reality from your everyday hectic life, they also provide your skin the replenishment it needs. We combine a mechanical exfoliation derived from sound vibrations, a sequential ultrasound emission to drain and stimulate the skin and infuse the selected treatment's products. The regenerating and plumping tripolar radio-frequency is tailored to each individual skin type for hydrating, purifying or anti-aging results.

## SKIN VARIETY TREATMENT

A customized facial specially tailored to your own individual skin concerns to encourage a sense of wellbeing. Our elixir blends are crafted with the purest extracts to connect with your intuition through aromatherapy and provides a deep cleanse, exfoliation, mask, cell therapy, lymphatic face massage and skin nourishing hydration which results in absolute radiance! Our range of products allow us to design a treatment plan for all skin types, such as dry skin, oily skin or complex skin. This refreshing treatment will leave you feeling rejuvenated and ready to party!

**BD60 - 60 minutes**

## ANTI-AGING TREATMENT

Skin health and beauty is considered one of the principal factors that represent overall "wellbeing" and the perception of "health". Our treatment has been designed to develop a younger, smoother, less wrinkled skin thanks to our advanced concepts that remove dead surface skin cells, leaving the skin firmer and healthier, visibly reducing the fine lines and wrinkles. With this ultimate skin treatment, say goodbye to grooves and hello to a more plumped and healthier skin!

**BD70 - 90 minutes**

## COLLAGEN TREATMENT

Stimulate collagen production for youthful and lasting suppleness with this invigorating anti-aging treatment that promotes glow and firming of the skin. Immerse yourself in an exquisite experience with the precious ingredients of our carefully selected products, uniquely infused with vitamins and high in nutrients. These are blended harmoniously to illuminate the skin, minimize fine lines and wrinkles and leave your skin looking younger, smoother, plumper, more nourished and shining like a diamond!

**BD85 - 60 minutes**

## EYE CONTOUR TREATMENT

Our best eye products combined with an Eye Mask machine are used together in conjunction with either a warm or cold gel mask to massage the eye contour area, reducing puffiness and dark circles and gently smoothing lines or wrinkles.

**BD40-50 - 60 minutes**

## FRESH BLAST

Specifically designed as an express treatment to brighten and refresh your skin, this 60-minute treatment will include cleansing, exfoliating, plumping and hydrating techniques, ready for our make-up artist to completely transform your appearance!

**BD70 - 60 minutes**

## GENTLEMEN FACIAL

Designed specifically for the conditions of male skin, this potent treatment includes a deep-pore cleansing, moisturizing, exfoliation, toning and a relaxing facial massage. Coupled with extractions and concentrated nutrients the treatment delivers the best in anti-aging and balancing results and a stimulating finishing touch of balm, you will leave with clean, revitalized skin.

**BD65 - 60 minutes**



