

سبا وصالون الخليج

**THE GULF**



**SPA**  
& Salon

# *SPA* *BROCHURE*



## THE GULF SPA EXPERIENCE

The Gulf SPA offers a uniquely customized service, and our wellness professionals look forward to guiding you along the path to inner well-being and outer beauty, a perfect blend of science, nature, and luxury.

### **THE GULF SPA TREATMENTS HOURS**

Weekday: Sun - Wed 10:00 am – 8:00 pm

Weekend: Thu - Sat 10:00 am – 9:00 pm

### **THE GULF SALON**

Weekday: Sun - Wed 10:00 am – 8:00 pm

Weekend: Thu - Sat 10:00 am – 9:00 pm

### **LADIES GYM & THERMAL FACILITIES HOURS**

Open Daily from 07:00 am – 10:00 pm

**\*Timings are subject to change during  
major holidays, festivals and events**

Escape to a serene oasis in the heart of the city at The Gulf SPA. Whether you're seeking a quick spa day or a full wellness retreat, indulge in luxurious treatments delivered by expert therapists to restore balance to body and mind.

Unwind in tranquil relaxation rooms and enhance your experience with our Thermal facilities, including a steam room, sauna, cold plunge pool, jacuzzi, and tropical rainforest showers.

The Gulf SPA also features a women-only, state-of-the-art fitness center complete with lockers, showers, changing rooms, and vanity areas.

Complementing the spa experience, The Gulf Salon offers expert hair, nail, and beauty services in an elegant setting. From precision styling to luxury manicures and grooming treatments, our professional team ensures you look as revitalised as you feel.



# THE GULF SPA JOURNEY

Carefully crafted to bring you a luxurious choice of extended experiences, these special journeys are designed to help you escape the limits of space and time. Indulge in unique destination-inspired therapies and exclusive rituals, all created with your supreme well-being in mind.

## Journey of Bahrain

### Relaxation

Experience Bahrain's most exquisite wellness rituals offer a warm, fragrant embrace that gently heals and melts the stress away. Lie back and relax as heated sand compress glide up and down your body followed by foot massage promotes holistic wellbeing and induces a state of deep relaxation.

**Time: 135 mins**  
**(90 mins Arabian sand compress • 45 mins Foot massage)**

## The Gulf Renewal

### Refresh

Rise to a refreshing ritual. Pamper your personal wellness needs. Begin by cleansing and exfoliating your entire body with the ideal scrub and wrap for your skin. Then select the perfect massage to balance, energise or ground.

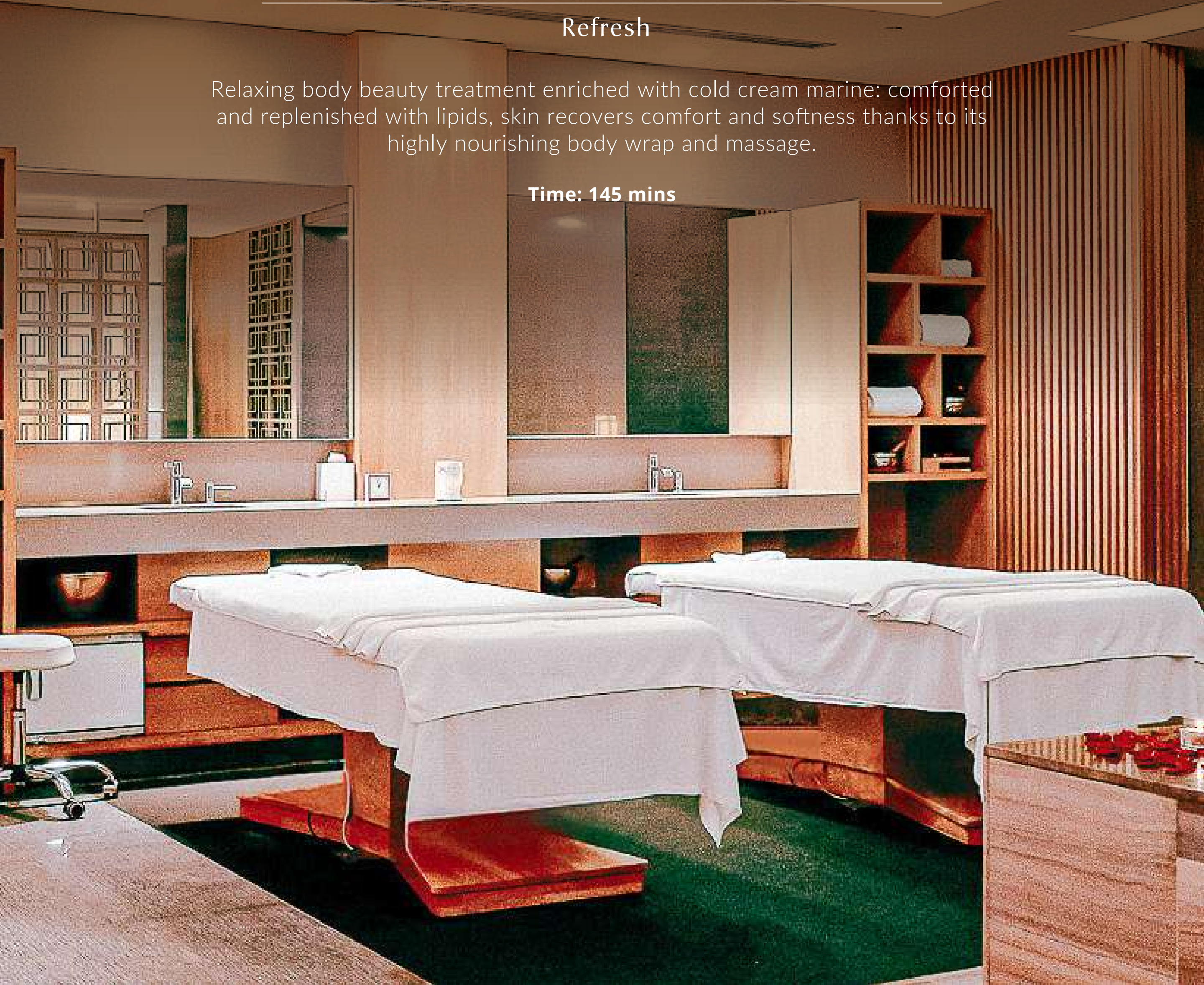
**Time: 120 mins**  
**(30 mins choice of body treatment \* 90 mins The gulf spa signature OR 90 mins 7 chakra sound massage)**

## Thalgo Marine Ritual Face & Body

### Refresh

Relaxing body beauty treatment enriched with cold cream marine: comforted and replenished with lipids, skin recovers comfort and softness thanks to its highly nourishing body wrap and massage.

**Time: 145 mins**



# Signature Massage

Drawing on The Gulf SPA expertise, the finest indigenous wellness traditions and unique holistic therapies, our collection of highly specialist rituals blend luxurious pampering with powerful, long-lasting benefits for body, mind and soul.

Our massage treatments are enhanced by essential oils, which nourish the skin, boost elasticity, and soothe the mind. Your therapist will select the oil that is ideal for your skin type and emotional state.

## The GULF SPA Massage

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### Table Thai

The Gulf SPA signature massage, inspired by Thai and Swedish techniques, uses five classical techniques to bring east and west together. This treatment will relieve tension and balance the body's energy system. Long smooth strokes relax your muscles, assisted stretching and acupressure revitalize the entire body.

Alleviates Stiffness  
Enhances Flexibility  
Induces Deep Relaxation  
Increases Energy Levels  
Revitalize the Entire Body

**Time: 90 mins**

## The Arabian Sand Compress

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### Stress Release

In this indulgent treatment, Manama sun-kissed sands infused with aromatic oils offer a warm, fragrant embrace that gently heals and melts the stress away. Lie back and relax as heated poultices glide up and down your body.

**Time: 90 mins**

## The Himalayan Salt Stone

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### Improves Circulation And Calmness

Himalayan salt has 84 trace minerals and once these minerals are absorbed through the skin, the salt helps balance the body's pH, aid proper metabolism, improve circulation and calm the nervous system. Himalayan sea salt also helps to reduce signs of aging. This massage technique uses deep strokes with traditional salt stones to release stress and tension throughout the whole body.

**Time: 90 mins**

# Massage

Surrender to the wonderful soothing effects of our tailored massage experiences delivered by our therapists' expert hands.

## Swedish /Aromatherapy Massage

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Relax

This personalized massage combines the healing benefits of botanical oils with gentle to medium pressure, encouraging full body relaxation with long smooth strokes for improved circulation and a deep release of tension.

**Time: 90 mins & 60 mins**

## Deep Tissue Massage

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Release

The deepest layers of muscle tissue can become tight when engaging in sports or experiencing chronic tension and a busy lifestyle. This massage uses a specific aromatherapy oil, targeted strokes, strong pressure, and stretches to unravel deeper adhesions in the fascia.

**Time: 90 mins & 60 mins**

## Foot Relaxing Massage

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Rebalance

Using precise thumb, finger and hand techniques to unlock energy pathways, your practitioner will stimulate reflex points on your feet, harmonising your entire body. Feel tension, headache and stress dissolve as gentle waves of relaxation wash over you.

**Time: 60 mins**

## Express Massage

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Rebalance

Relax into a therapeutic massage that is ideal for those with limited time. Benefit from an experience that is tailored to your needs, with specific attention paid to the feet and legs, or the neck and head.

**Time: 30 mins**

# Ayurveda

Rooted in ancient Indian healing traditions, Ayurveda is a holistic therapy designed to restore balance to the body, mind, and spirit. Through warm herbal oils, rhythmic massage techniques, and personalised care, this treatment promotes deep relaxation, detoxification, and overall well-being.

## Indian Head Massage

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Based on the principles of Ayurveda, this soothing and energising head massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. A gentle yet powerful remedy for insomnia, chronic headaches, migraines and sinusitis.

**Time: 60 mins**



# Sound

A deeply restorative treatment that uses therapeutic sound vibrations to calm the nervous system and rebalance energy. Through resonant tones and gentle frequencies, this experience promotes mental clarity, emotional release, and profound relaxation.

## Healing

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Sound is vibration, and vibration touches every part of our physical being. Sound is heard not only through the ears, but through every cell of the body. Fall into a deep state of relaxation, meditation, and healing as your expert therapist uses a set of Himalayan singing bowls to balance your energy. Singing bowls ‘sing’ by striking or rubbing a mallet along the rim and the entrancing sound that resonates resembles that of gongs. The sound is not only heard, but literally felt through the body and induces a deeply relaxing meditative state.

**7 Chakra Sound Therapy - Time: 60 mins**  
**7 Chakra Sound Massage - Time: 90 mins**

# Body Treatments

## THALGO Cold Cream Body Ritual

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A relaxing body beauty treatment enriched with Cold Cream Marine, comforting and replenishing the skin with lipids. The skin recovers comfort and softness thanks to its highly nourishing body wrap and massage

**Time: 60 mins**

## Detox Circuit

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A unique three-phased detoxifying treatment, leaving you revitalized and energized. A hydromassage lyophilized seawater bath, which delivers an optimum dose of trace elements and minerals, fortifies the epidermis and prevents cellular fatigue. Followed by Thalgo Cold Cream Body Ritual; body wrap and massage.

**Time: 90 mins**



## Algae Contouring Bath

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An energizing seawater bath infused with slimming, firming algae extract to detoxify and reduce fluid retention.

**Time: 15 mins**

## The Gulf Body

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Cleansing, detoxifying and nourishing, our ultimate body experiences ensure head-to-toe relaxation.

- Red Wine Scrub: Antioxidant, rebuilds and revitalizes
  - Espresso Scrub: Detox & Stimulating
- Cooling Aloe Vera Wrap: Cooling, reduces redness and irritation
  - Seaweed Wrap: Nourishing & Glow

**Time: 30 mins**



# Facials

## THE THALGO BRAND MADE IN THE FRENCH RIVIERA SKINCARE TRADITIONAL / NUTRICOSMETICS RADIANT BEAUTY BORN FROM THE SEA

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For 60 years, our professional protocols have been revitalizing the body and mind, while visibly stimulating the skin. Thought of as a sun-drenched journey by the sea, each facial or body care experience awakens our five senses to the benefits of the sea across 15,000 beauty centers, spas, thalassotherapy centers, and spa hotels located in 90 countries.

## Age Defence

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### *Silicium Marine Super Lift*

Anti-ageing treatment rich in marine silicium, integrating a double mask for effective action on wrinkles and nascent loss of firmness.

**Time: 75 mins**

### *Hyalu - Procollagen*

A wrinkle-to-wrinkle treatment combining hyaluronic acids and marine pro-collagen with Roller Boosters. Instantly, the face looks younger, as if relaxed and even established wrinkles appear smoothed.

**Time: 60 mins**

### *Lumier Marine Brightening*

This triple exfoliation treatment with brown algae extract offers a visible anti-ageing result on skin tone evenness.

**Time: 60 mins**

## Treatment Essential

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### *Express Fortifying*

For clearer and cleaner skin.

**Time: 30 mins**

# Eyes Treatment

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## *Lifting & Firming Eyes*

Cleanses + Resurfaces + Lifts + Firms + Smooths Wrinkles + Massage + Protects

**Time: 30 mins**

## *Intense Hydration Eyes*

Cleanses + Hydrates + Smooths Wrinkles + Protects

**Time: 30 mins**

## *Illuminating Eyes*

Cleanses + Energizes + Smooths Wrinkles + Protects

**Time: 30 mins**



# Skin Solutions

A collection of targeted marine facial treatments designed to hydrate, detoxify, and purify the skin. Whether replenishing moisture, restoring radiance, or controlling excess shine, each treatment is powered by advanced marine actives to leave your complexion balanced, refreshed, and visibly revitalised.

## *Source Marine Hydra Strengthening*

Give your skin a bath of hydration, rich in remineralising marine active ingredients. In this professional treatment, sève bleue des océans extract is combined with THALGO Micronised Marine Algae extract, to instantly hydrate and strengthen even the thirstiest skin.

**Time: 60 mins**

## *Smoothing Detoxifying*

The marine shot for urban skin! Detoxifying treatment to refresh the features, recover a fresh complexion and smooth skin.

**Time: 60 mins**

## *Purete Marine Purifying*

Put a stop to shine! Your skin is purified and instantly clearer thanks to the duo of regulating age-old algae.

**Time: 60 mins**



# Hammam Experience

Immerse yourself in tradition with this complete bathing experience, leaving you refreshed, revived and renewed.

## Moroccan Bath

This experience starts with a deep cleansing using traditional black soap, followed by a vigorous full-body kessa-mitt exfoliation, and finishes with a nourishing ghassoul mud wrap, leaving you refreshed and renewed

**Time: 45 mins**

## Turkish Bath

This experience starts with a deep cleansing using traditional black soap, followed by a vigorous full-body kessa-mitt exfoliation, and finishes with a foam massage, leaving you cleansed and refreshed.

**Time: 45 mins**

Complete your Hammam experience by adding a massage or facial of choice:

- Moroccan Experience *120 mins/ 150 mins*
  - Moroccan Ritual *120 mins*
- Turkish Bath Ceremony *120 mins / 150 mins*
  - Turkish Bath Ritual *120 mins*

# Waxing

## Back

Expertly refined for a perfectly smooth, immaculate finish.

## Chest

A gentle, precise treatment for a sleek and polished appearance.

## Under Arms

Silken smoothness with lasting freshness and comfort.

## Half Legs

Velvety-soft results that enhance natural elegance.

## Half Arm

Smoothly perfected for a graceful, touchable feel.

# TIME FOR TWO

Enjoy a private spa experience for two. Our award-winning, beautifully appointed VIP SPA Suite is designed to offer the ultimate spa experience. Located on the first floor of the SPA, the suite features a private steam room and sauna, fully equipped vanity area with shower, two treatment beds, a hydrotherapy tub, and a relaxation lounge.

Enjoy a range of facials, massages, and luxurious bath experiences. Indulge in our deluxe shared suite with a friend or significant other and reconnect in pure privacy. The VIP SPA Suite has a minimum reservation of two hours, with time built into your journey to relax and enjoy our tranquil suite amenities.

## The Gulf SPA Blissful Collections

### VIP SPA Suite

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Our beautifully appointed VIP SPA Suite is designed to offer the ultimate SPA experience. Located on the second floor of the SPA, the suite features a private steam room and sauna, fully equipped vanity area with shower, two treatment beds, a hydrotherapy tub, and a relaxation lounge. Indulge in our deluxe shared suite with a friend or significant other and reconnect in pure privacy.

**Time: 60 mins / 120mins**

### Luxury Roses Milky Foam Bath

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This heavenly Arabian milk bath takes you to a whole new level of relaxation for your mind, body, soul, and overall sense of well-being. The rich nourishing goat's milk leaves your skin soft and silky smooth.

**Time: 30 mins**

## Aromatic & De-stress Bath

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Reduce anxiety, calm scattered thoughts, improve mental health and focus. Perfect for times of stress and over-activity, this treatment helps the mind unwind and refocus, getting you back on track.

**Time: 30 mins**

## Massage for Two

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Aromatherapy or Deep Tissue Massage in our VIP Spa Suite  
(usage of the private facilities not included)

**Time: 60 mins / 90 mins**

## Couple Time Experience

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Your choice of 1-hour Aromatherapy or Deep Tissue massage, followed by 1-hour of relaxation (hydro bath with essential oils, sauna, steam room and tropical showers), all within the privacy of the VIP SPA Suite. A sweet treat and tea will be served after the massage.

**Time: 120 mins**

## Absolute Romance Experience

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Enjoy Aromatherapy massage or Deep Tissue massage oils, followed by Aromatic Floral Bath and relaxation (sauna, steam room and tropical showers), all within the privacy of the VIP SPA Suite. A sweet treat and tea will be served after the massage.

**Time: 180 mins (90 mins Massage • 30 Choice of Bath Collections • 60 mins Private Suite Relaxation • Sweet Platter with Glass of Wine or Juice)**

## Absolute Bliss For Two

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Achieve absolute bliss with this package that will relax and renew your body. Begin with scrub followed by massage with one of our luxurious massage oils. Finally, relaxation to enjoy the private hydro bath, sauna, steam room and tropical showers within the privacy of the VIP SPA Suite. End your blissful SPA time with a sweet and savory tea, served in the lounge area of the suite.

**Time: 180 mins (30 mins Body Scrub • 60 mins Massage  
• 90 mins Private Suite Facilities • Sweet Platter with Glass of Wine or Juice)**

## Romantic Getaway

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Indulge yourself with massage with singing bowls, followed by Thalgo Skin Solutions Collections and unwind and de-stress bath. Finally, relaxation (sauna, steam room and tropical showers), all within the privacy of the VIP SPA Suite while enjoying some sweet and Savory treats with tea.

**Time: 240 mins (90-minute massage with singing bowls • 60 mins Thalgo Skin Solutions Collections • 30 Choice of Bath Collections • 60 mins Private Suite Facilities  
• High Tea with One Bottle of Wine or Juice)**



# Wedding Journey

As you celebrate the beginning of your new life together, take time out to relax and pamper yourself for the start of this new journey with a serene SPA experience.

## Bride To Be

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Begin with an aromatherapy massage, followed by Thalgo Skin Solutions customized to suit your skin, and then a Thalgo Eyes Treatment Boost to highlight the natural contours of the eyes. This special experience is an excellent foundation for make-up.

**Time: 150 mins**  
**(60 mins Aroma Therapy Massage • 60 mins Thalgo Skin Solutions Collections • 30 mins Eyes Treatment Boost • Refreshment)**

## Groom To Be

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Start with deep tissue massage to totally de-stress and release tension then Thalgo skin solutions, smooth and glow and promotes a healthy and complexion.

**Time: 150 mins (60 mins Deep Tissue Massage • 60 mins Thalgo Skin Solutions Collections • 30 mins Neck & Shoulder • Refreshment)**

## The Honeymoon Package

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Celebrate your special time together with a total renewal experience in our couples suite and emerge refreshed and with a new look on life.

**Time: 270 mins**

## For Her

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Begin with a body treatment and body aromatherapy massage to soothe and revitalize the skin, followed by Skin Solutions Facial Collections, then finish with manicure grooming to be ready to show off your ring.

## For Him

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Start with body treatment followed by deep tissue massage, followed by Thalgo Skin Solutions Facial Collections, then manicure grooming.

**To complete your makeover, deep soak in a special Aromatic floral bath together, then before you depart, celebrate with special sweet platter and sparkling wine by the glass in the spa private suite, and as a memento of this special day.**

**(90 mins in Private Suite & Aromatic Floral Bath • 30 mins Choice of body • 60 mins Deep Tissue Massage • 60 mins Thalgo Skin Solutions Facial Collections • 30 mins Manicure • Sweet Platter & Sparkling Wine by glass)**

# The Gulf SPA Family Time Out

Spa time is full of pampering fun that feels even more wonderful when shared with family.

## Mom & Me

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60-mins aromatherapy massage for mom & 60-mins younger SPA for daughter.

**Time: 60 mins**

## Dad & Me

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60-mins deep tissue massage for dad & 60-mins younger SPA for son.

**Time: 60 mins**

## Younger SPA

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For little treasures aged 13-18 years, these specialist SPA treatments use customised hypo-allergenic products that are gentle on young skin.

**Time: 60 mins**

## Pre-Natal Massage

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A calm, softly lit room where a mother-to-be lies comfortably supported with pillows. Gentle, flowing massage movements highlight relief from back tension, reduced swelling, improved circulation, and deep relaxation, creating a sense of care, safety, and overall maternal well-being.

**Time: 60 mins**

## Post-Partum Massage

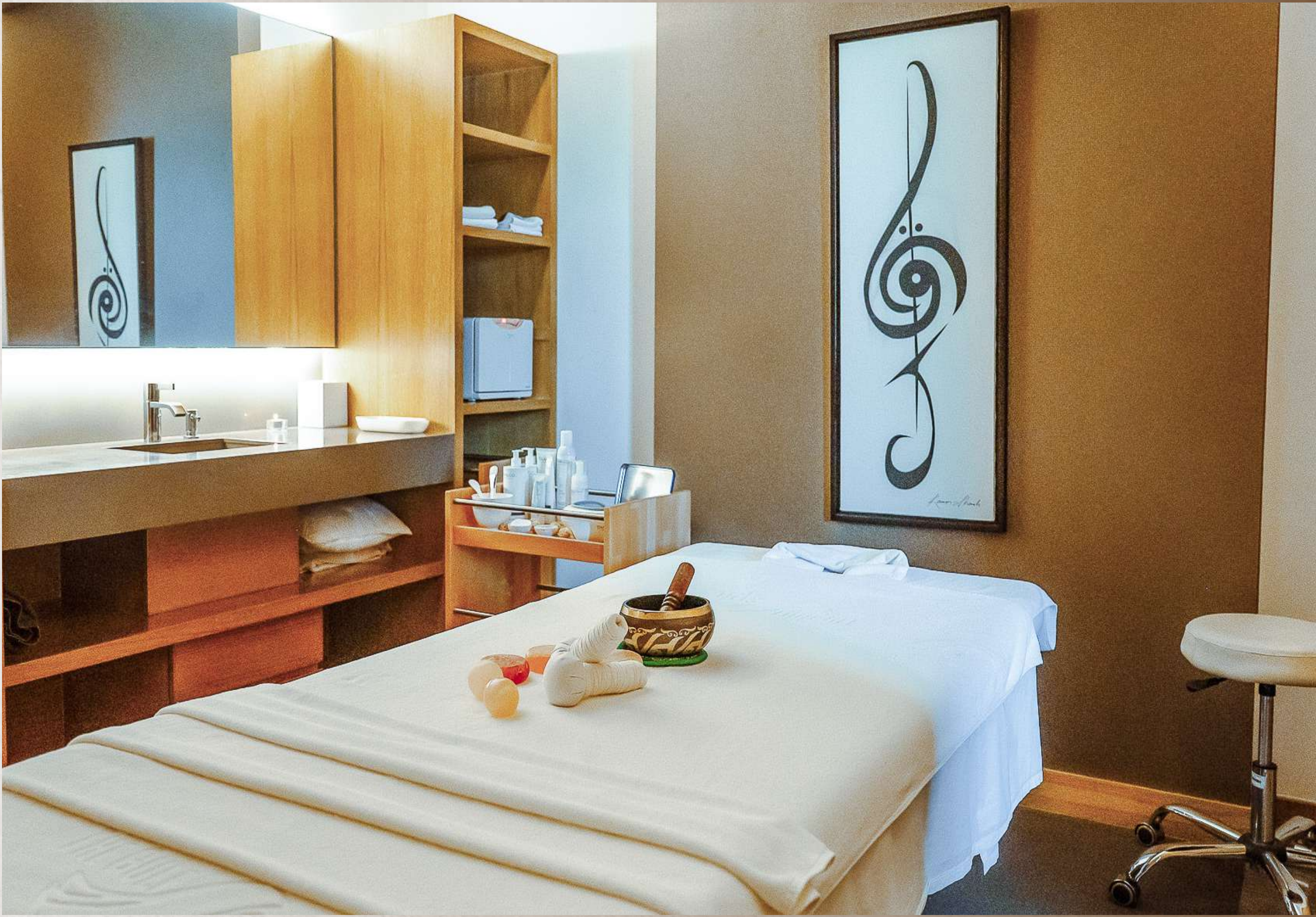
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Focused on restoring the abdominal muscles, realigning body weight, and toning the overstretched skin over the belly. Massage helps relieve muscle tension and stress from everyday motherly activities.

**Time: 60 mins**

# Gift Certificates

Our gift certificates make a wonderful gift for any special occasion. Please enquire with our spa reception for details and purchase



# THERMAL JOURNEY EXPERIENCE

Experience our unique thermal area at your leisure, nestled in the wellness facilities. The area offers pure tranquillity and relaxation, allowing you to restore your energy levels and balance out the everyday stressors.

Whilst enjoying our thermal facilities, you can benefit from one of our self-guided thermal journeys and experience the wellness benefits of contrast bathing and achieve your desired outcome.

## Thermal Pass

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Enjoy the benefits of our thermal area.

- **Relaxation:** Contrast bathing to promote slow, gradual relaxation.
  - **Detox:** Contrast bathing to eliminate impurities.
- **Revitalising:** Contrast bathing to promote a renewed sense of vitality.

# How to SPA

The spa environment is one of tranquillity and relaxation. Please respect the quiet and privacy of our other guests. We kindly request that you refrain from using mobile phones and cameras. It is recommended that you leave all valuables in your guestroom safe. The spa cannot assume liability for any valuables left unattended.

## *Health Concerns*

Please advise us of any health conditions, allergies or injuries that could affect your experience or use of the spa facilities.

## *SPA Experience*

For your convenience, the spa will provide towels, slippers, shower caps and all amenities required for use during your visit. During all experiences, you will be properly draped to ensure privacy.

## *The Private Lounge*

As your treatment benefits both body and mind, we invite and encourage you to rest after your experience to ensure that you gain the full benefit.

## *Reservations*

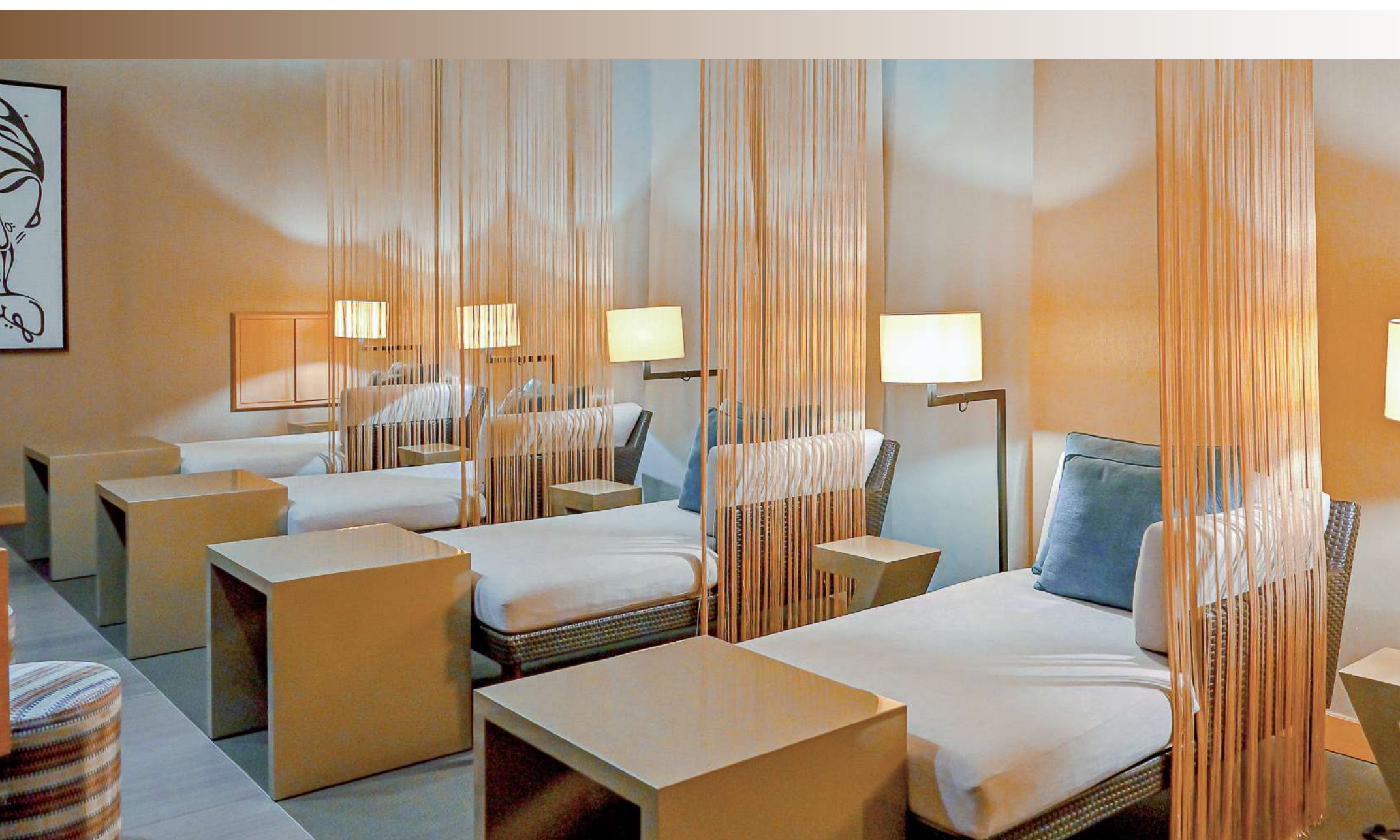
Advance booking is highly recommended to ensure preferred times are available, particularly if you decide to visit us a number of times during your stay. The spa provides walk-in bookings based on availability. You should plan to arrive 30 minutes early to experience our thermal area, which will maximise the benefits of your treatment. To make a reservation, call the spa reception from your guestroom by pressing the '0' button on your in-room phone.

## *Minimum Age*

The minimum age for spa treatments is 13–18. Guests younger than this must be accompanied by their parents.

## *Lateness & Cancellation Policy*

Please be aware that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of four hours' notice for cancellations.



# The Gulf SALON

## HAIR

Praised by celebrities and admired by clients, our salon's passion for hairdressing comes naturally. Located within The Gulf Spa at The Gulf Hotel, our salon offers a place to relax and enjoy a massage before getting your hair styled. Our talented stylists are known for impeccable cuts, superbly artistic colour, and stunning hairstyles for any special occasion.

## LUXURY NAIL BAR

Feel beautifully pampered with the ultimate in manicure and pedicure luxury. Enjoy treatments that offer a ritual of Soaking, an exfoliating scrub, nourishing mask, cuticle care, massage and perfect paint finish.

## WAXING

Experience easy treatments that are virtually pain-free with superb results. A complete premium waxing system from Italy uses Ital wax to remove hairs as short as 1mm.





**The Gulf Hotel Bahrain Convention & SPA**

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