



Alara

SPA

Inspired by the mythical water fairy, Alara, embrace the experience of youthful tranquility and rejuvenating beauty through fabled relaxation brought to life. At its core, the space is created to serve as an escape to unwind, unravel and simply reconnect.

Let yourself be transported to the heights of wellbeing.

Welcome to Alara Spa, Andaz Doha by Hyatt.





RESERVATIONS

To make a reservation, please contact the Alara Spa team via email alaraspa@hyatt.com or phone (+974) 4452 4026 or WhatsApp (+974) 5180 3173.

Booking the appointment in advance is recommended. Walk-in guests are welcomed as well, but can be accommodated only upon availability.

Payment by cheque is not accepted in our establishment; thank you for your understanding.

Please ensure that payment confirmation is done 24 hours before the appointment to confirm the booking.

TREATMENT TIME & SPA ETIQUETTE

It is recommended to arrive at least 30-45 minutes before the scheduled appointment to allow ample time for check-in, changing, and relaxation in our other serene facilities.

CANCELLATION & RESCHEDULE POLICY

Should you need to cancel or change your appointment, please let us know at least 6 hours before the scheduled time to avoid being charged the full cost of your treatment.

WE CARE FOR OUR GUESTS

Please inform our Wellness Experts of any medical condition, illness, or ongoing regimen.

HOW TO SPA

To ensure a soothing experience and to show respect for our guests, we request that you turn off your cell phones upon entering the relaxation and treatment areas.





ALARA SIGNATURE TREATMENTS

ELEMENTAL ALARA JOURNEY

120 minutes | 980 QAR

Inspired by the four elements of nature — Earth, Air, Water, and Fire — this transformative ritual reconnects body and mind through harmony and balance. The journey begins with Earth, a purifying Dead Sea mud wrap that detoxifies and nourishes the skin. Air follows through aromatic inhalation and soothing oils to awaken the senses. Water flows in with warm compresses that release tension, and finally, Fire restores inner energy through the deep warmth of heated stones. A complete sensorial experience that leaves you grounded, renewed, and radiant.

RENEWAL JOURNEY

105 minutes | 850 QAR

An immersive ritual that renews and revitalizes the entire body. The journey begins with a 30-minute gentle body scrub to smooth and refresh the skin, followed by a 45-minute Dead Sea mud wrap rich in minerals that detoxifies and restores balance. This treatment is followed by 30-minute massages, melting away tension and leaving your body renewed and radiant.

GLOW RITUAL

90 minutes | 760 QAR

Reveal your natural radiance with this rejuvenating ritual that combines the healing power of touch and renewal. A revitalizing body scrub gently polishes the skin, preparing it for a deep, relaxing full body massage that releases tension and enhances circulation. The result is silky smooth skin and a renewed sense of well-being.



ALARA SIGNATURE TREATMENTS - BRIDAL

At Alara Spa, we believe every bride deserves to feel luminous, relaxed, and celebrated. Our signature bridal treatments are thoughtfully curated to honor this special moment with rituals that blend tradition, indulgence, and expert care.

BRIDAL ROYAL GLOW

150 minutes | 1000 QAR

Step into a world of timeless elegance with our Bridal Royal Glow experience—a 150-minute journey that begins with the revered Royal Hammam. This ritual uses black soap and steam to purify and soften the skin, followed by a traditional glove exfoliation, a mineral-rich ghassoul clay wrap, and a nourishing white honey mask. The treatment concludes with a deeply soothing full-body massage, leaving your skin radiant and your spirit restored.

ALARA BRIDAL RITUAL

135 minutes | 950 QAR

Designed as the perfect pre-wedding preparation, the Alara Bridal Ritual offers 135 minutes of rejuvenation and relaxation. It begins with a 75-minute Moroccan Hammam to cleanse and exfoliate, followed by a 60-minute massage that melts away tension and enhances your natural glow. This treatment is ideal for brides seeking balance, confidence, and serenity before their big day.

MASSAGE THERAPY

ALARA SERENE ESCAPE MASSAGE

60 minutes | 600 QAR 90 minutes | 750 QAR

A soothing full-body ritual designed to melt away stress, restore inner calm, and leave you in a state of pure serenity.

ALARA BALANCE MASSAGE

60 minutes | 600 QAR 90 minutes | 750 QAR

A harmonizing experience that restores equilibrium, calms the mind, and rejuvenates the body with a deep sense of balance.

ALARA DEEP RELIEF MASSAGE

60 minutes | 600 QAR 90 minutes | 750 QAR

A powerful treatment targeting deeper muscle layers to release tension, ease stiffness, and restore vitality.

ALARA SOOTHING STONE MASSAGE

90 minutes | 850 QAR

Melt away tension as smooth, heated volcanic stones are gently glided over the body in rhythmic motions. The warmth of the stones penetrates deep into the muscles, easing stiffness, improving circulation, and restoring harmony to mind and body.

ADD ONS

SCALP & HAND MASSAGE

30 minutes | 300 QAR

Release all tension from head to hand with a unique scalp massage. Targeting specific tension points on the scalp. Followed by a hand massage that eases fatigue, improves circulation, and brings comfort to often-overlooked areas.

FOOT REFLEXOLOGY MASSAGE

30 minutes | 400 QAR

A revitalizing treatment that stimulates reflex points on the feet to restore balance and promote overall well-being for an exquisite sensation of lightness in the legs and feet.

BACK, NECK & SHOULDER MASSAGE

30 minutes | 400 QAR

A focused massage designed to release tension and melt away stress from the body's most overworked areas.



HAMMAM RITUALS

A journey of renewal through water and tradition

Inspired by the timeless healing power of water, our hammam rituals offer a deeply restorative experience where warmth, steam, and skilled touch come together to cleanse the body and calm the spirit.

TURKISH BATHING CEREMONY

60 minutes | 700 QAR

Begin your wellness journey in the tranquil setting of our hammam. Gentle steam and warm stone prepare the skin for a traditional Kessa Mitt exfoliation with black soap, followed by an authentic foam massage. This flowing ritual leaves you feeling refreshed, light, and deeply restored.

THOUSAND & ONE NIGHT MOROCCAN HAMMAM

75 minutes | 750 QAR

Immerse yourself in the rich traditions of Moroccan bathing. The ritual begins with black soap to soften the skin, followed by a thorough exfoliation using the Kessa Mitt and a purifying Ghassoul clay mask. Emerge with skin that feels renewed and a sense of balance that flows from within.

ROYAL HAMMAM SIGNATURE EXPERIENCE

90 minutes | 750 QAR

This elevated hammam journey begins with black soap and steam, gently preparing the skin for renewal. A deep exfoliation with the Kessa Mitt reveals smooth, refreshed skin. The experience continues with a Ghassoul mud wrap, followed by a soothing white honey and royal jelly mask—leaving you with a radiant glow and a sense of inner calm.



BODY SCRUBS & WRAPS

ALUM STONE SCRUB

30 minutes | 350 QAR

A purifying ritual using finely ground alum stone to gently exfoliate and detoxify the skin. This treatment helps refine texture, tighten pores, and enhance skin clarity for a silky, polished finish.

SEA SALT SCRUB

30 minutes | 350 QAR

Reveal smooth, radiant skin with a refreshing full-body exfoliation. Choose from a selection of mineral-rich sea salt blends designed to invigorate circulation and leave your skin soft, renewed, and glowing.

DEAD SEA MUD

60 minutes | 560 QAR

Experience the legendary benefits of Dead Sea minerals. This therapeutic body wrap detoxifies, soothes muscle tension, and deeply nourishes the skin—leaving you feeling completely relaxed and revitalized.

Alara Spa is open daily, from 10:00 am to 10:00 pm.

The fitness studio is operational 24/7 for in-house guests.



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