

THE
LUXURY
COLLECTION®

AN OVERVIEW OF

AL MESSILA SPA

HEALTH CENTER & LADIES WELLNESS RETREAT

Doha, Qatar

An aerial photograph of the Al Messila resort in Doha, Qatar. The image shows a large, multi-story white building with a distinctive architectural style featuring many arched windows and a central tower. In the foreground, there is a large, rectangular swimming pool surrounded by lush greenery, including numerous palm trees and other tropical plants. Several covered lounge areas with red roofs are situated around the pool. The overall scene is peaceful and well-maintained.

IMMERSE YOURSELF INTO A WORLD OF PEACE & WELLBEING

AL MESSILA, A LUXURY COLLECTION RESORT & SPA, DOHA, QATAR

AL MESSILA, A LUXURY COLLECTION RESORT & SPA, DOHA



BUILT ON A REAL OASIS, AL MESSILA SPA HAS BEEN BORN FROM NATURE AND CULTIVATED WITH LOVE. DISCOVER THE MOST EXTENSIVE SPA FACILITIES IN THE REGION WITH 14,000 SQM OF DEDICATED SPACES AND A REVOLUTIONARY CONCEPT THAT FOCUSES ON THE HEALING AND RELAXING POWER OF WATER.

AL MESSILA, A LUXURY COLLECTION RESORT & SPA, DOHA

AL MESSILA SPA

Al Messila means “where water flows” in Arabic, and this name pays tribute to history of the property.

Al Messila Spa takes inspiration from the heritage of the resort and evolves around the healing and relaxing power of water.

It is thanks to the goodness of water and a safe environment that pearls grow and nourish, becoming the beautiful natural treasures that the entire world appreciates and praises.

Spanning over 14,000 sqm and two-story building of dedicated spaces, Al Messila Spa is the biggest in the region.

Al Messila Spa develops in two separated areas:

- **AL MESSILA HEALTH CENTER** the favorite hub for fitness enthusiasts
- **AL MESSILA LADIES WELLNESS RETREAT** bestowing wellbeing services and experiences exclusively for ladies





AL MESSILA HEALTH CENTER

An exciting collection of facilities for the fitness and wellbeing

AL MESSILA HEALTH CENTER RECEPTION

AL MESSILA HEALTH CENTER

Located in the south area of the resort, Al Messila Health Center is an extensive and modern wellness hub for all fitness enthusiasts.

Facilities include:

- Daylight enhanced indoor pool
- Fully equipped gym
- 6 treatment rooms and relaxation lounge
- 3 Padel courts
- 2 indoor squash courts
- 2 jogging tracks
- Outdoor bootcamp
- Steam & Sauna
- Possibility of personal training sessions



AL MESSILA HEALTH CENTER





AL MESSILA LADIES WELLNESS RETREAT

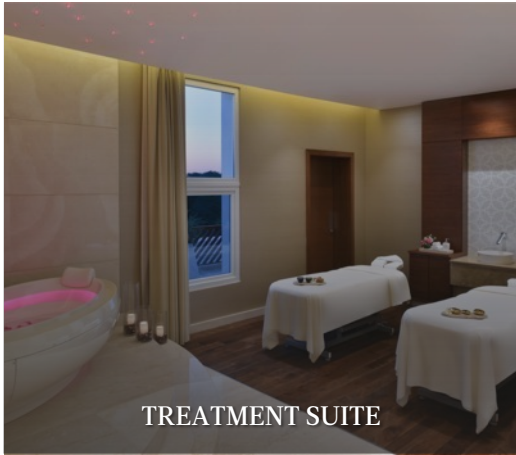
At the heart of the resort lays a pearl, Al Messila Ladies Wellness Retreat, bestowing wellbeing services and experiences, exclusively for ladies.

From complete wellness therapies to facials and body treatments, the Ladies Wellness Retreat combines oriental heritage and techniques with state-of-the-art technologies and facilities.

- 26 treatment rooms
- 3 therapy pools
- Fully equipped ladies gym
- Private training studio
- Spinning and movement studios
- Mindful space
- Steam & Sauna
- Ladies Salon – Hair by Bilal



AL MESSILA LADIES WELLNESS RETREAT



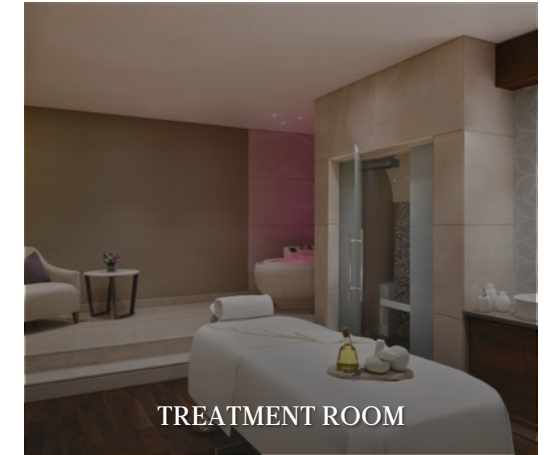
TREATMENT SUITE



SPINNING STUDIO



MOVEMENT STUDIO



TREATMENT ROOM



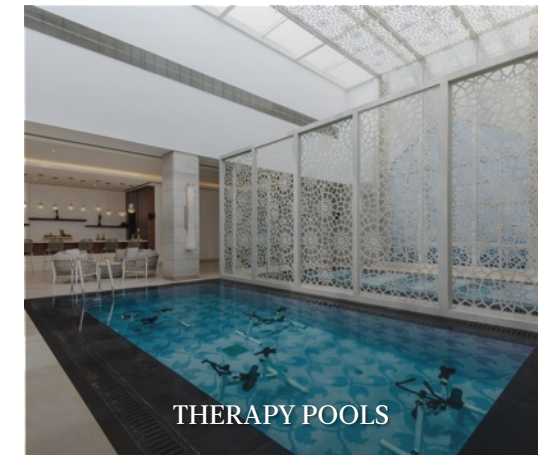
MINDFUL SPACE



STEAM & SAUNA



PRIVATE STUDIO



THERAPY POOLS

THE WORLDS

PART OF THE LADIES RETREAT, A DEDICATED AREA HOSTS THE WORLDS, 4 MINI-SPAS DELIVERING SPECIFIC WELLNESS RESULTS THROUGH DEDICATED FACILITIES AND TECHNIQUES.

- Oriental World
- Mineral World
- Mystic World
- Floral World



THE WORLDS – ORIENTAL WORLD

Oriental World – Purification & Exfoliation

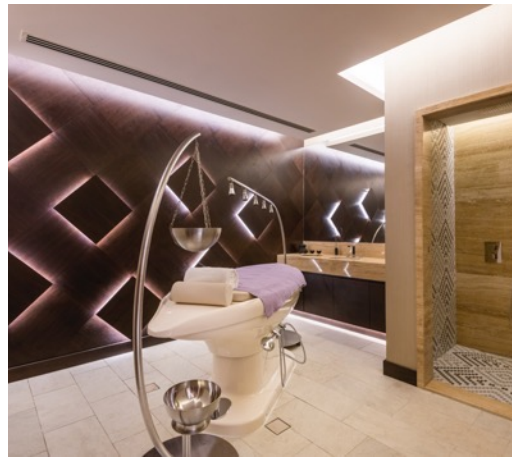
Following ancient traditions, the Oriental World offers the traditional Oriental Hammam, performed with local products in the most luxurious setting. The Oriental World also features an hydrothermal pool with different water jets and chromo therapy.



THE WORLDS – MINERAL WORLD

Mineral World – Breath & Inhale

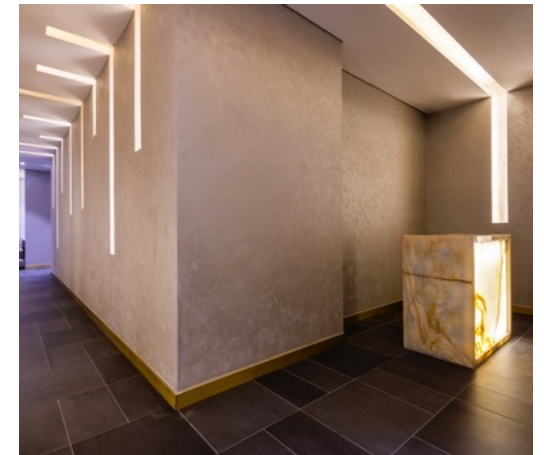
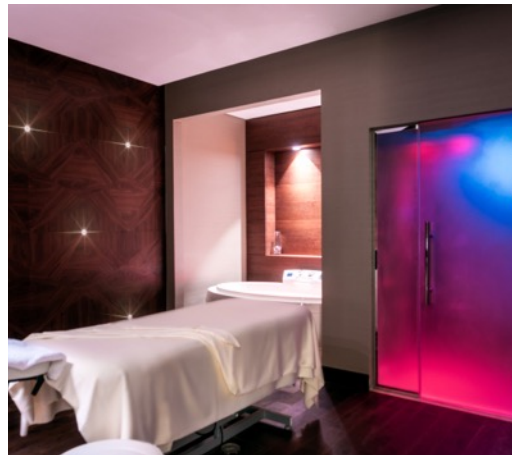
Featuring a pink Himalayan salt room, an oxygen cabin, a flotation tank and 3 mineral plunge pools, all the facilities of the Mineral World are infused with the benefits of the minerals.



THE WORLDS – MYSTIC WORLD

Mystic World – Relaxation & Comfort

From the Aqua Room to the futuristic cocoon beds, the Mystic World delivers relaxation thanks to the healing power of water.



THE WORLDS – FLORAL WORLD

Floral World – Bloom & Blossom

The power of flowers and plants together with the benefits of water are the key components at the Floral World. For a blooming and blossoming beauty.



THANK YOU

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