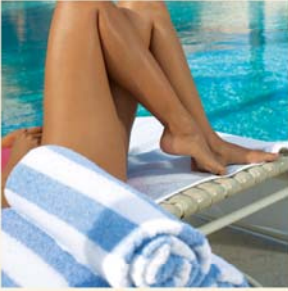


The Spa at Doral



The Original.



Spa Escape Overnight Package Treatment Selections

DORAL MASSAGE

Our signature Doral massage uses a Swedish technique designed to relax your mind, restore your body and renew your spirit by using natural aromatherapy oils of your choice. 50 minutes

PRENATAL MASSAGE

This specialty massage is designed to pacify the changes encountered during this special time. The massage alleviates pressure and relaxes overly tense muscles as well as reducing swelling associated with pregnancy. Please advise us at the time of booking the number of weeks into your pregnancy. 50 minutes

ALOE SUN SOOTHER

Restore hydration with a body mist of lavender and sea algae extracts, followed by a cool recovery gel made with healing aloe and tea tree. A rehydrating aloe lotion is applied to the whole body to seal in the moisturizing properties. Provides instant relief for sunburn and smoothes skin that is exposed to the hot Florida sun. 50 minutes

CITRUS MANGO BODY SCRUB

Renew your body and soften your skin with our signature citrus mango body exfoliation followed by a soothing lotion application. 50 minutes

DETOX WRAP

Warm, authentic thermal Moor Mud is applied to the entire body to gently cleanse and detoxify. The Moor Mud is gently showered off using a loofah glove; we then complete the experience with an application of a re-mineralizing body crème. 50 minutes

DOSHA BALANCING MASSAGE

Inspired by Ayurvedic healing traditions, this treatment is a massage performed with warm herbal-infused body oil and enhanced with moist heat compresses. The oil is prepared with traditional Ayurvedic methods and aids in balancing and detoxification, while calming the nervous system. 50 minutes

SHIRODHARA

An ancient therapy used for centuries to restore an inner calm and balance to the emotions and to rejuvenate hair and scalp. Shirodhara begins with a gentle stream of warm oil onto the third eye to quiet the mind and soothe the senses. The oil is then massaged into hair and scalp and followed by an herbal treatment to nourish hair roots and condition the scalp. 50 minutes

DORAL CUSTOM FACIAL

A customized facial based on your skin type and needs. 50 minutes

REVEAL PEEL

Reveal youthful skin with this superior clinical peel with spa appeal. This amazing lactic acid treatment leaves no redness or peeling of the skin while improving skin imperfections and reducing fine lines. 50 minutes

EXPRESS MANICURE & EXPRESS PEDICURE

Our traditional manicure rejuvenates and refreshes hands and our classic pedicure refreshes and revitalizes tired feet. 50 minutes

PERSONAL TRAINING

Enjoy the benefits of a one-on-one workout with a certified Exercise Specialist. Your personal trainer will challenge and motivate you, as well as offer tips on all aspects of your fitness program and performance to ensure that you experience maximum benefits. 1 hour



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