

The Spa at Doral }

Relax your mind • Restore your body • Renew your spirit



The Original.



Doral Golf Resort & Spa,
A Marriott Resort
4400 N.W. 87th Avenue
Miami, Florida 33178
800.71.DORAL

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

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

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

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

Effective Dates: Jan – December 2011