



asaya







## contents

paths to well-being.....	8-12
emotional .....	13-16
physical.....	17-26
skin health .....	27-47
nutrition .....	48-49
community .....	50-53
asaya etiquette .....	56-58



## paths to well-being

---

For each of us, the path to wellness is unique. Be guided on your journey by asking what form of renewal speaks to you. Start the conversation by sharing which road resonates, at this moment, with you.

## PATH TO LONGEVITY

ONE DAY

Embrace the essence of lasting health and beauty

Designed to support to overcome lifestyle-related aging effects and boost longevity through a personalized program and understanding that outer beauty comes from a healthy body, well-fed gut and happy mind.

- Holistic Lifestyle Consultation (30 minutes)
- AI Skin Diagnostic (30 minutes)
- Fitness Checkup (30 minutes)
- Select one Guided Activity (60 minutes):  
Personal Fitness & Movement Coaching Session,  
Private Pilates or Private Yoga Session
- Anti-Aeaging Body Glow by Dr. Barbara Sturm (60 minutes)
- Signature Extreme 360 by Evidens de Beaute (120 minutes)
- Dirtea functional mushroom powder to take home
- Mindful Lunch for one at Asaya Kitchen (2 courses)
- Antioxidant Wellness Elixir at Asaya Kitchen

## PATH TO PEAK PERFORMANCE

ONE DAY

Unlock your inner vitality

Reignite your intensity by resetting and rebuilding your strength blending training to improve stamina, tone up or address specific movement related concerns, with recovery and longevity treatments. Tailored to support athletes in their race preparation and recovery journey.

- Fitness Checkup (30 minutes)
- Postural Assessment with Physiotherapist (30 minutes)
- Personal Fitness & Movement Coaching Session (60 minutes)
- Select one Specialised Private Session (60 minutes):  
Kickboxing, Meta Cycle, Outrace Functional or Pilates
- Select one Biohacking Recovery (30 minutes):  
Mobility Stretch, Percussion Therapy, Compression Therapy, Contrast Therapy or Cold Plunge
- Remedial Deep Tissue (60 minutes)
- Fitness Nutrition Lunch at Asaya Kitchen (2 courses)
- Protein Shake at Asaya Kitchen

## PATH TO WHOLENESS

Finding tranquility in peaceful surroundings

In the pursuit of happiness, experience a day of day to disconnect to reconnect with mind, body and soul to destress and achieve improved clarity and better rest at night. Features targeted biohacking tools to relaxation in our Recovery Lounge.

- Manifestation and Intention Setting Session (30 minutes)
- Select one Guided Activity (60 minutes):  
Private Yoga Session,  
Guided Breathwork or Desert Harmony Sound Bath
- Select one Mind Biohack (30 minutes):  
Pulsating Haptic Therapy or Quantum Harmonics
- Cactea Hammam (120 minutes)
- Alchemy of Sleep (90 minutes)
- Maison Etherique Sage or Palo Santo to take home
- Mindful Lunch for one at Asaya Kitchen (2 courses)
- Calming Herbal Infusion at Asaya Kitchen

## HALF DAY

## PATH TO PURIFICATION

Path to reset and detox holistically

Reconnect with yourself in the urban setting of Rosewood Doha and escape daily routines with our Holistic Detox Journey. This thoughtfully designed retreat guides you through a full-body detox, renewing you from the inside out. Immerse yourself in this transformative experience, and emerge feeling purified, revitalized, and ready to embrace life with renewed energy.

- Body Composition Analysis (15 minutes)
- Mind & Body Digital Detox (90 minutes)
- Sturmglow by Dr. Barbara Sturm (60 minutes)
- Wild Juniper Mineral Salt Scrub by Subtle Energies (60 minutes)
- Hydrotherapy Circuit (60 minutes)
- 3 days Juice Cleanse Programme

## HALF DAY



## emotional

---

Reconnect with your emotions and rediscover a sense of positive mental well-being.

## mind biohack

### PULSATING HAPTIC THERAPY 30 MINUTES

Experience the magic of music and pulsating haptic sensations in a distinct and deeply immersive wellbeing experience on the Gharieni Aurasens lounger.

### QUANTUM HARMONICS 30 MINUTES

Immerse yourself in complete natural vibration and binaural sound therapy for complete synchronisation of body and mind on the Gharieni Satori lounger.

## mindfulness

### DESERT HARMONY SOUND BATH 60 MINUTES

Crystal bowls echoing tranquil desert frequencies, relieving stress and rejuvenating the mind and body. For those who seek deep relaxation, rejuvenation, and introspection.

### ENERGY BALANCING 60 MINUTES

Chakra alignment enhancing vitality and clarity. Allow the sacred sounds to reverberate in your innermost. A transcendent experience not to be missed. Let the sound and vibration allow you to experience your true, limitless nature.

### GUIDED MEDITATION 30 MINUTES

Be guided through the meditation that you need on the day. This could include chakra balancing, yoga nidra or loving kindness.

### BREATHWORK 30 MINUTES

Breathing techniques to remove blockages in energy channels, strengthen the respiratory system and calm the mind by minimizing thought process.



## physical

---

We guide you to optimal performance and longevity, by training you to build agility, strength and resilience.

## screen

### FITNESS CHECKUP

AI-powered diagnostics consisting of different types of tests and exercises used to determine your overall health and physical fitness level. Assess your vital fitness indicators, strength, endurance, and flexibility.

60 MINUTES

## train

### GROUP FITNESS & MOVEMENT SESSION

60 MINUTES

Explore our range of group sessions and uncover how our expert-led sessions can elevate your journey to a stronger, healthier you.

- Our strength sessions focus on targeted resistance training to enhance muscle growth, boost metabolism, and improve overall physique.
- Our cardio sessions are designed to enhance endurance, stamina, and overall cardiovascular fitness through high-intensity training.
- Our hybrid sessions offer a dynamic mix of strength, endurance, and functional training, designed to improve cardiovascular fitness, muscular endurance, and body composition.

Contact the Asaya Wellness Concierge for the latest group session schedule and timings.

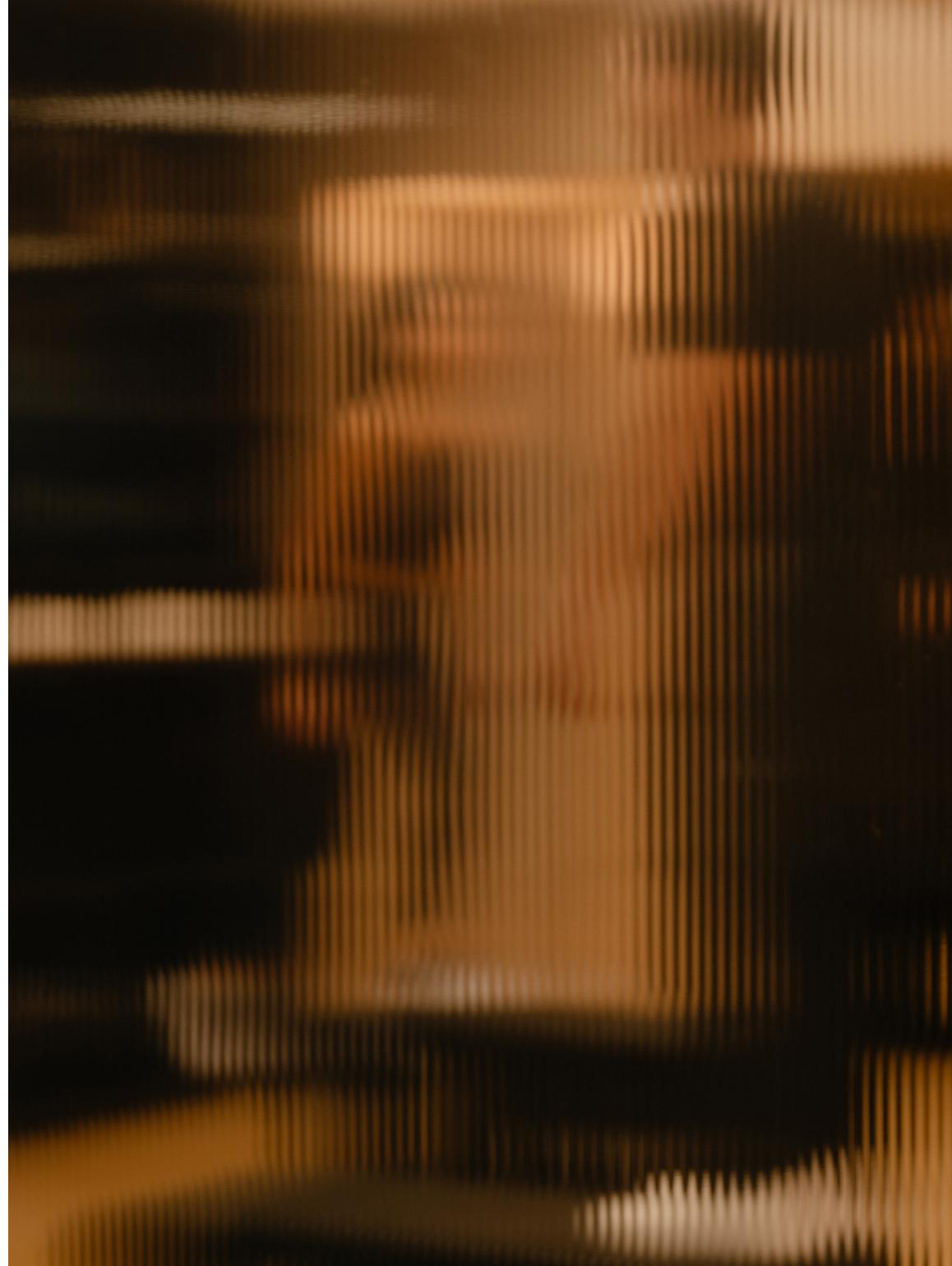
PERSONAL FITNESS & MOVEMENT COACHING 60 MINUTES

Our performance coaches provide tools to help you achieve various goals, including performance improvement, weight loss, body composition, injury rehabilitation, or post-surgery recovery.

We create personalised, highly effective programs by integrating a variety of training modalities from our experts.

PACKAGES

DISCOVER	4 SESSIONS
ELEVATE	8 SESSIONS
PEAK	16 SESSIONS
ACCELERATE	24 SESSIONS



## sculpt

### GROUP LAGREE SESSION

50 MINUTES

Focusing on core, strength, and endurance, Lagree is a high-intensity, low-impact, anti-inflammatory exercise method that tightens, strengthens, and tones muscles by incorporating bodybuilding principles and movements, making this method extremely time efficient for those looking for quick, long-lasting results.

Please note: Grip socks are required to join. Socks are available for purchase at Asaya.

Contact the Asaya Wellness Concierge for the latest group session schedule and timings.

### PERSONAL LAGREE COACHING

50 MINUTES

A private Lagree training session offers a personalized and highly effective workout tailored to your individual fitness level, goals, and needs. Available upon request.

## play

### PADEL COURT RENTAL

60 MINUTES

By adding style and city pulse to a sport that already makes our hearts beat, Ascaro take padel to another level. Step onto the court and experience the excitement of rooftop padel.

### PERSONAL PADEL COACHING

60 MINUTES

Elevate your game with personalized padel coaching tailored to your skill level. Whether you're a beginner or an experienced player, our expert coaches will help you refine technique, improve strategy, and enhance your performance on the court.

Our dedicated team provides high-quality swimming lessons for children and adults of all experience levels. Learn or enhance your skills in one of our swimming pools.

## swim

### GROUP SWIMMING SESSION

60 MINUTES

Discover basic, intermediate and advanced semi-private and group effective and fun swimming sessions for all ages.

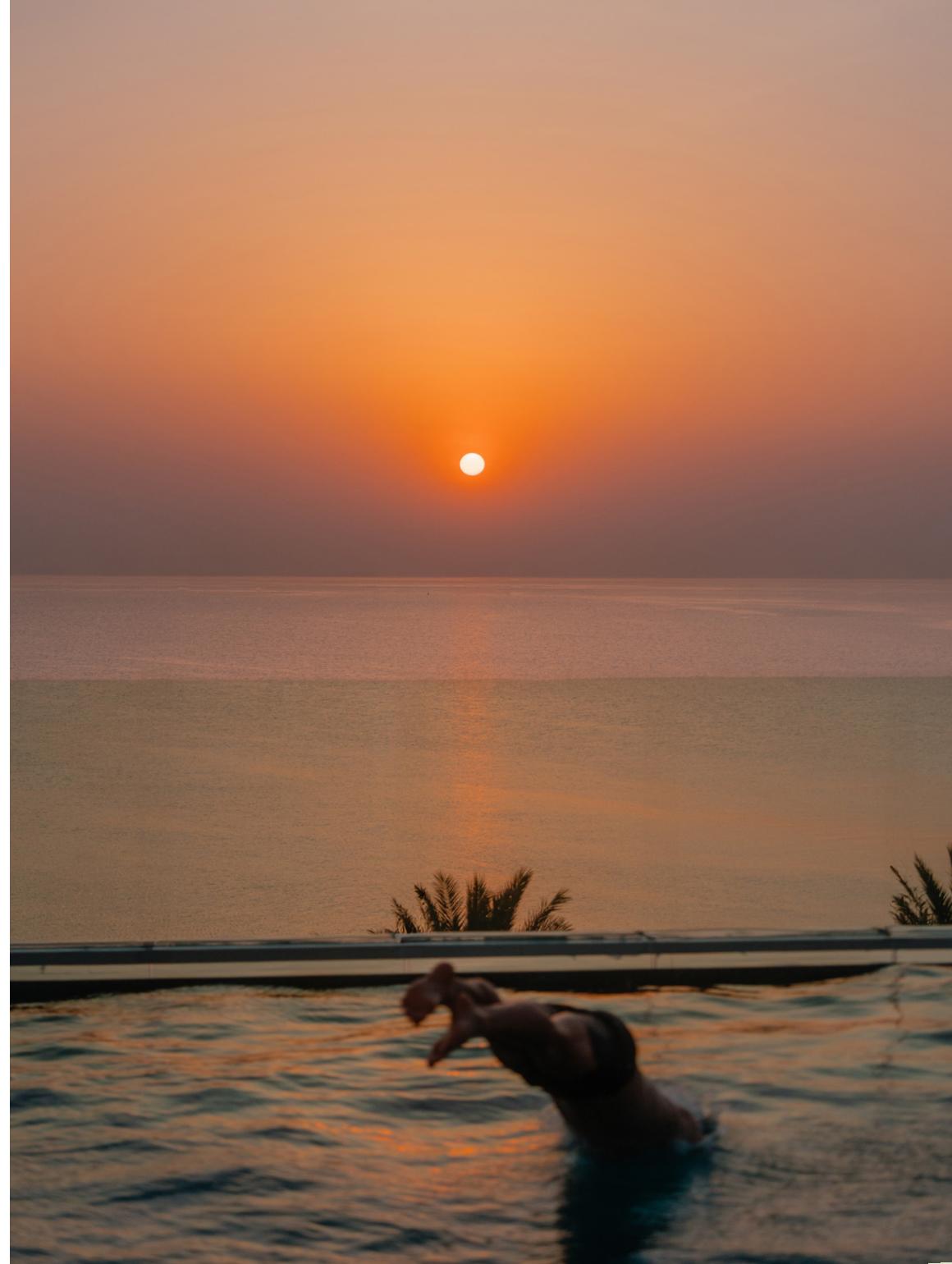
Contact the Asaya Wellness Concierge for the latest group session schedule and timings.

### PERSONAL SWIMMING COACHING

60 MINUTES

From foundations to next-level stroke technique and athletes training, learn or enhance your skills in private swimming coaching sessions.

Available upon request.



## body biohack

### COMPRESSION THERAPY

30 MINUTES

This compression therapy takes compression to the next level. These boots deliver sequential and pulsating compression to a particular area, systematically enhancing blood flow and lymphatic fluid removal.

### PERCUSSION THERAPY

30 MINUTES

Increases circulation and reduces muscle soreness and stiffness. This percussion massage device is a fantastic way to increase blood flow, thereby increasing mobility, range of motion and flexibility, awesome for recovery.

## recover

### MOBILITY STRETCH

30 MINUTES

Improve your flexibility and posture in this one-on-one session includes a series of stretches tailored to your needs, aiming to increase your range of motion and reduce muscle tension.

### CONTRAST THERAPY

60 MINUTES

Rejuvenate and wrap yourself in absolute bliss as you journey through our multi-step hydro circuit. Contrasting warm and cold temperatures, with high and low pressures will reinvigorate your circulatory system and lead you into a profound state of recovery.

### COLD PLUNGE

20 MINUTES

Cold plunge therapy involves immersing your body in chilled water, activating the brain's limbic system the part responsible for managing stress through the 'fight-or-flight' response.

This natural reaction supports muscle recovery by reducing inflammation, enhancing circulation, and promoting a sense of calm.



## skin health

---

It starts from within, nurturing the emotional, nutritional and physical components, alongside cutting-edge therapies using the latest technology, we give your skin the care it needs to flourish.

## brand partners

### ALLUM

Weaving tradition and science in perfect harmony, Allum's products curated by Qatari designer Abdulrahman Al Muftah, harness a selection of Arabian heritage ingredients to enrich skin health and protect against daily external stressors. Suitable for all, this formula embraces the healing power of nature.

### DR. BARBARA STURM

Dr. Barbara Sturm's molecular skincare collection marries science and nature and is built on 25 years of research. Leading aesthetics doctor in anti-inflammatory medicine. Made in Germany. Cruelty free.

### EVIDENS DE BEAUTÉ

Combining high-tech beauty expertise from Japan with the ultimate French Elegance, EviDenS de Beauté is renowned for its anti-aging expertise, the brand targets all skin types, even the most sensitive, with indisputable results.

### MZ SKIN

Created by renowned oculoplastic surgeon and aesthetic doctor Dr. Maryam Zamani, MZ Skin is a conscious, high-performance scientific skincare range for timeless, youthful skins.

### MAROCMAROC

MarocMaroc is inspired by the ancestral beauty routines of Moroccan women and characterised by elegant authenticity. Developed through the union of the hammam's traditions and modern procedures, each product is inspired by a story, a ritual or an ingredient which evokes some element of Morocco's rich heritage.

### SUBTLE ENERGIES

Subtle Energies offers result-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles. The range is created with the intent to address multiple skin and body concerns, whilst delivering high-performance results.

## VIE HEALING

Vie Healing brings modern wellness to life through immersive spa residencies, elevated rituals, and holistic care. Vie Healings' ommitment to holistic healing rooted in evidence-based Eastern modalities.

## IGNAE

Born in the Azores, Ignae is a clean beauty brand that harnesses biotechnology to drive cellular regeneration. Its signature EPC Factor® enhances skin renewal while maintaining a strong commitment to sustainability. With plant-based formulations and cutting-edge science, Ignae delivers transformative skincare that merges nature's power with modern innovation.

## lost remedies

Time-honored traditions presented with with a contemporary approach to healing, our signature experiences in partnership with Allum by Abdulrahman Al Muftah revive folk remedies, health secrets and rituals, typically used by Qatari grandmothers and mothers, our beloved 'um's.'

Using herbs and plants emblematic of Qatar and the Middle East, from local camelgrass to pink clay, fused with teksal massage techniques passed down generations, our Lost Remedies are rooted deeply in the local Hammam culture, a holistic cleansing ritual stemming back to the Stone Age, when nomadic people soaked in hot springs for their healing powers, instilling deep rejuvenation that harnesses the power of water, heat, exfoliation and therapeutic exercises to bolster the immune system and detoxify the body.

#### BAIT UM ALI'S HAMMAM CEREMONY

120 MINUTES

Inspired by the women of Qatar, Bait Um Ali's Body Treatment is a luxurious and culturally enriched hammam spa experience that utilizes local ingredients to rejuvenate and nourish both the body and soul. "Bait Um Ali" translates to "House of Ali's Mother," symbolizing the warmth, care, and traditional wisdom passed down through generations of Qatari women. This treatment reflects the essence of Qatari hospitality and the profound connection to nature and heritage.

#### RAS ABU ABOUD ANCESTRAL FACE RITUAL

120 MINUTES

Ras Abu Aboud Facial Treatment is inspired by the lush greenery of the Ras Abu Aboud area in Qatar, known for its natural beauty and serene environment. This facial treatment harnesses the essence of nature to rejuvenate and refresh your skin, combining traditional Qatari elements with modern skincare techniques for a holistic and luxurious experience.

#### NOMADIC DREAM CATCHER

120 MINUTES

Immerse yourself in a curated sensory experience that beautifully blends vibrational sound therapy with therapeutic dry stretching techniques to harmonize and re-calibrate your energy levels, guiding you toward a deeper sense of balance and inner peace. This transformative healing journey utilizes seven Tibetan singing bowls, each corresponding to a specific chakra point or energy center in the body. The resonant vibrations work to reduce stress, enhance emotional well-being, and improve overall energy flow, leading to deep relaxation and self-discovery.

## massages

### IMMUNITY & ENERGY BOOST

90 MINUTES

#### BY SUBTLE ENERGIES

An energizing full-body hot stone massage blends ancient Ayurvedic practices, European lymphatic massage, and TCM techniques to eliminate toxins, relieve tension, and rebalance chakra points. This healing journey begins with a TCM foot massage to boost immunity and ends with an oriental head massage, promoting deep relaxation of body and mind.

### RESTORE AROMATIC

60 | 90 MINUTES

#### BY SUBTLE ENERGIES

Experience effective and immediate relaxation, relieving all stress related tension with long, firm, flowing movements and specific therapeutic techniques. Promotes a sense of vitality, soothes the mind and rejuvenates the body. Enriching results-based oil blends deliver powerful active benefits, enhancing overall well-being.

The 90-minutes treatment includes a signature Facial marma massage with potent aromatic actives designed to balance the emotions, release stress and reduce anxiety.

### REMEDIAL DEEP TISSUE

60 | 90 MINUTES

A result-driven personalized massage focuses on realigning the deeper layers of muscles and connective tissue. It is designed to relieve chronic muscle tension and pain, boosts circulation and improves mobility.

Our signature essential oil blend helps to break down lactic acid and strengthens the whole body.

### AROMA ATELIER MASSAGE

60 | 90 MINUTES

A one-to-one consultation sets the intention and purpose of your treatment, helping to identify and select the most appropriate blend of oils from our Aroma Atelier. This personalized approach ensures maximum benefits tailored to your individual needs.

## body treatments

### ALCHEMY OF SLEEP BY SUBTLE ENERGIES

An immersive and nurturing sleep ritual designed for those experiencing insomnia, restlessness, or seeking deeper self-connection. Beginning with Tibetan singing bowls that gently harmonize your energy, restoring emotional balance and serenity, followed by a warm Himalayan salt stone massage that melts away tension, guiding you into deep relaxation and a blissful night's sleep.

90 MINUTES

### MIND & BODY DIGITAL DETOX BY IGNAE

This signature treatment is crafted to relieve the physical and mental strain of a digitally driven lifestyle. It targets muscular tension caused by prolonged device use and addresses the effects of blue light on the skin. A soothing massage blends light-pressure techniques, Azorean aromatherapy oils, and healing TCM methods to calm the nervous system, reduce stress, and improve sleep quality. Powered by Ignae's exclusive EPC Factor, the Volcanic Clay Mask and Blue Light Serum are applied to repair blue light damage, promoting deep cellular regeneration and lasting skin protection.

90 MINUTES

GOLD & PEARL REMINERALISING BODY MASK 90 MINUTES  
BY SUBTLE ENERGIES

Experience a head-to-toe multi-sensory treatment, designed to nourish and rejuvenate the skin. Infused with the luxurious properties of 24K gold and pearl, stimulates and regenerates skin cells, promoting a radiant complexion. While the body is cocooned in this mineral mask, a signature Facial Marma Massage, is performed to release tension and stress, and restore balance.

WILD JUNIPER MINERAL SALT SCRUB 90 MINUTES  
BY SUBTLE ENERGIES

Elevate your mood and energy. This powerful formula stimulates cell renewal for healthier, more radiant skin. It promotes lymphatic circulation, helping to reduce fluid retention and supporting your body's natural detoxification process. Enriched with mineral-rich salt, this scrub features a delightful blend of essential oils and extracts from fresh Juniper and Lemon Myrtle. The uplifting aromas enhance this full-body hydration treatment, leaving your skin moisturized and beautifully balanced.

ANTI-AGING SCULPT & TONE 90 MINUTES  
BY DR. BARBARA STURM

Experience a revitalizing and soothing treatment that features a full-body exfoliation and intense hydration, leaving your skin radiant and refined. Utilizing Dry Brushing techniques, this treatment enhances blood circulation and lymphatic flow, effectively eliminating toxins. By removing dry skin, it primes your body to absorb the active ingredients in Dr. Sturm's Super Anti-Aging Serum and Super Anti-Aging Body Cream, delivering potent anti-aging benefits.

## CONTOURING BODYWORK

90 MINUTES

Experience the transformative effects of our Maderotherapy body contouring treatment, designed to enhance your body's natural shape and improve overall skin tone. This unique therapy utilizes wooden tools to gently massage and stimulate lymphatic drainage, reducing the appearance of cellulite and promoting fat reduction. The rhythmic movements help to contour your body, boost circulation, and enhance relaxation. Ideal for anyone seeking a holistic approach to body sculpting, this treatment leaves you feeling rejuvenated and empowered.

## QI ENERGY ALIGNMENT

120 MINUTES

### BY VIE HEALING

Embrace a groundbreaking approach to wellness with our Vie Healing Alignment, where ancient techniques merge with modern innovations. This hyper-personalized therapy begins with a comprehensive assessment of your needs and explores the intricate network of meridians-energy pathways connecting your organs to the brain. Utilizing techniques like cupping to release tension and enhance blood flow, and Gua Sha to stimulate microcirculation and lymphatic drainage. The treatment also incorporates 24K gold ear seeding and acupuncture magnets to apply targeted pressure. By addressing blockages and stagnation, these methods work together to restore balance and promote natural healing throughout your body.

## hammam and rhassoul

### LE HAMMAM MAROC

60 MINUTES

BY MAROCMAROC

Our traditional Le hammam Maroc ritual blends ancestral techniques with a luxurious black soap application to deeply cleanse, purify and prepare your skin. A full body exfoliation using a kessa glove and Miel d'Ambre, nourishing butters and sugar together to take you on a restful and aromatic journey revealing a radiant glow. The revitalization continues with a facial exfoliation followed by a unique technique of traditional body stretching that promotes a deep sense of well-being and rinses away tension.

### CACTEA HAMMAM

120 MINUTES

BY MAROCMAROC

Our signature hammam incorporates an ancestral recipe that combines the power of argan oil with prickly pear to deeply hydrate, stimulate circulation and improve joint mobility. Following traditional steps of the Hammam experience and fused with manual massage techniques incorporating hands, forearms and hot stones, the oil of cactus itself releases a Vitamin A, D, E and K rich liquid that covers and then soaks into the skin.

### RHASSOUL MINERAL MUD PURIFICATION

60 MINUTES

Discover the unique benefits of Qatari therapeutic ingredients, drawn from the region's natural resources and cultural heritage. Inspired by our Tonic Atelier, expert therapists will curate a bespoke blend of herbs, blossoms, salts, clays, and mineral-rich muds to meet your unique wellness needs. The ritual begins with a tailored body scrub, followed by a detoxifying Rhassoul steam chamber experience to purifying the skin, enhancing radiance, and leaving you deeply revitalized.

## screen

### AI FACIAL SKIN ANALYSIS

30 MINUTES

This non-invasive AI-powered analysis provides an in-depth, personalized evaluation of your skin's health, helping you understand your unique skin concerns and needs. Using high-resolution imaging and AI-driven diagnostics, the system assesses hydration, texture, pores, pigmentation, wrinkles and more in just minutes. You'll receive accurate insights and tailored skincare recommendations designed to enhance your results and support long-term skin health.

## holistic facials

Nourish the skin with natural ingredients and bio-active skin health treatments that deliver real results through non-invasive techniques high-touch techniques for long-term results.

### STURMGLOW

60 MINUTES

BY DR. BARBARA STURM

The signature SturmGlow Facial incorporates advanced techniques developed at her German clinic, combining deep cleansing, exfoliation, potent hydration, and firming massage with cutting-edge molecular science. This revitalizing treatment cleanses, nourishes, and awakens the skin, restoring its natural glow.

### BESPOKE ESSENTIAL SAHO

60 MINUTES

BY EVIDENS DE BEAUTE

A luxurious skincare ritual inspired by the Japanese tea ceremony's code of etiquette, known as Saho. This unique facial combines traditional Japanese beauty practices with cutting-edge French skincare technology to provide a deeply rejuvenating experience suitable for all skin types, including the most sensitive.

ADVANCED ANTI-OXIDANT FACIAL  
BY SUBTLE ENERGIES

60 MINUTES

Designed for skin exposed to urban toxicity and free radical damage, this intense enriching facial therapy incorporating Marma point techniques delivers an exceptional nutrient-rich elixir that revitalizes tired, ageing skin. It is infused with advanced antioxidants and essential fatty acids to combat free radical damage and reduce visible signs of ageing. Ideal for sun-exposed, dry, sensitive, damaged or dehydrated skin.

POMEGRANATE ENZYME FACIAL  
BY SUBTLE ENERGIES

60 MINUTES

Enjoy brighter, fresher skin through the transformational power of polyphenols including activated pomegranate enzymes and natural AHAs which effectively resurface and smooth the skin. The active aromatics and botanicals nourish and maintain moisture levels, while gentle exfoliation reveals a smoother and brighter complexion. Indulge in this remarkable facial to experience rejuvenated and radiant skin.

FOUNTAIN OF YOUTH FACEGYM FACIAL  
BY IGNAE

60 MINUTES

This high-performance holistic facial uses potent active ingredients powered by EPC Factor® plant-based liposomes to improve skin tonicity and firmness while enhancing cellular regeneration to lift, firm, and rejuvenate the skin. A specialized facial lifting massage technique featuring Gua Sha releases muscular tension caused by facial expressions, providing a holistic approach to lifting and anti-aging.

## advanced facials

Harnessing the potent benefits of specialised equipment combined with high-performance ingredients, these non-invasive and pain-free metamorphose skin health treatments deliver immediate and visible results.

### 24K GOLD HOLISTIC BIOTECH BY SUBTLE ENERGIES

90 MINUTES

Combining collagen and elastin boosting actives, this age-defying facial features potent ingredients such as Mogra, Queen of Jasmines, 24k Gold and Vegan Collagen that will penetrate the dermal layers of the skin renewing and regenerating skin cells with a sustained result. Bring a radiant glow to the skin by oxygenating deeply on a cellular level, reduce fine lines and wrinkles whilst while addressing emotional needs such as stress, anxiety and hormonal balance.

### HIGH-PERFORMANCE LIFT BY DR. BARBARA STURM

90 MINUTES

The Super Anti-Aging Facial replenishes the skin's moisture reservoirs and boosts the skin's natural barrier function, resulting in a smoother and more youthful complexion. Exclusively designed with Dr. Sturm's re-sculpting and anti-gravity massage, this cosmetic treatment reaches deeper layers of the skin, reducing the appearance of fine lines and wrinkles, resulting in a younger and more luminous appearance. Includes MyoLight Microcurrent therapy, a non-invasive and low-level electrical current that stimulates the muscles and tissues.

## OXYGEN INFUSION REJUVENATION

120 MINUTES

BY DR. BARBARA STURM

Experience Rosewood's exclusive tailored high performance facial that combines Dr. Barbara Sturm's advanced science skincare, with innovative OxyLight technology for an immediate radiant and revitalized complexion. This treatment is developed to stimulate collagen production and to reduce the appearance of fine lines. Improves skin tone and texture and promotes better circulation and oxygenation. It is designed for mature, dehydrated, tired and dull skin.

## SIGNATURE EXTREME 360

120 MINUTES

BY EVIDENS DE BEAUTE

An exquisite fusion of cutting-edge technology with highest touch, elevating the experience through enhanced infusion of Nano encapsulated ingredients that intensify cellular metabolism via Oxygen Therapy, Microcurrent, Biosonix Ultrasound & OxyLight Therapy. Indulge into a masterpiece Kobido Japanese lifting massage followed by our high-performance Bio Collagen mask infused with lifting and invigorating ingredients for breathtaking rejuvenating results.

## social house

### PRIVATE WELLNESS GETAWAY

Enjoy personal time in our social house with its own vitality pool, experience shower and Rhassoul.

A time to calm down, and for body and mind to relax and recover strength. As part of the experience, select a 90 minutes massage, body or facial treatment of choice.

FOR TWO | FOUR

150 MINUTES

## rosewood explorers

### OCEANIC WAVE WONDERS

30 | 60 MINUTES

Introduce your child to relaxation with our Oceanic Wave Wonders body massage, designed specifically for young ones. This gentle treatment employs Lomi-Lomi techniques, known for their flowing, wave-like strokes that mimic the soothing rhythm of the ocean. The massage promotes relaxation, reduces tension, and encourages a sense of calm and well-being. Perfect for kids, this nurturing experience fosters mindfulness and helps them connect with their bodies in a joyful and comforting way.

### MOLECULAR TEEN FACIAL

30 | 60 MINUTES

Introduce your teen to our Molecular Teen Facial, designed to restore the skin's natural pH while promoting a healthy, balanced complexion. This refreshing treatment using Dr. Barbara Sturm's products, effectively removes excess sebum and counteracts the formation of impurities, leaving the skin feeling fresh, calm, and clear. Tailored to address the unique needs of teenage skin, this facial helps rebalance and prevent blemishes, ensuring a radiant and confident appearance.

## enhancements

### MASTER MASKING

ADD 20 MINUTES

BY MZ SKIN

Elevate any of the Asaya experiences with the MZ Skin Sheet Face Masks, designed to conveniently deliver targeted therapeutic properties into the skin. Let our therapists guide you in selecting from the Hydra-Lift Gold, Anti-Pollution Hydrating or Vitamin-Infused Meso Face Mask.

### EYE CONTOUR BOOSTER

ADD 20 MINUTES

BY DR. BARBARA STURM

The Special Eye Treatment is a must-have product to decongest the eye contour and reduce the appearance of fine lines, wrinkles, dark circles and puffiness.

### RED LIGHT THERAPY MASK

ADD 20 MINUTES

BY MZ SKIN

The transformative power of LED therapy featuring five colored lights designed to rejuvenate the skin. This healing combination calms the complexion, visibly reduces hyperpigmentation, and enhances radiance. Ideal for boosting the benefits of any of our skin health treatments.

### 24K EARSEEDING

ADD 20 MINUTES

BY VIE HEALING

24k Gold Plated Magnets are placed on targeted pressure points of the ears, stimulating vital nerves that communicate with the reflex centers of the brain to relax and regulate the nervous system.



## nutrition

### NUTRITION COACHING

Food is the greatest tool in your wellness regimen to achieve optimal health. Experience an in-depth nutritional consultation providing lifestyle guidance. Available upon request.

60 MINUTES

### NUTRITION PRODUCTS

Be enriched with a variety of nutritional products from functional mushrooms to protein powders at the Atelier retail boutique. Inquire with the Asaya Wellness Concierge for more information.



## *community*

---

We encourage and nurture meaningful connections and authentic conversations to spark joy and energy in our inclusive community.

#### ASAYA CIRCLE

Obtain exclusive access to Asaya when invited and accompanied by a member.

#### GUEST PASS

#### SOCIAL CO-WORK

#### DURING OPERATION HOURS

Need to nail that meeting before nailing your yoga pose? Ace your agenda then flow into your movement class feeling accomplished. Work efficiently, flex freely – it's all about balancing productivity and wellness in one fell swoop as you spend your time in one of the intimate seating areas at Asaya Kitchen, indoors or al fresco.

#### THE LIVING ROOM

#### UPON REQUEST

The Living Room was designed for members to enjoy either on their own, or together. This space is open for members to use during members' hours but may also be reserved privately. Members are welcome to book private dining experiences in the living room for up to six guests. Please inquire with the Wellness Concierge.

#### WORKSHOPS

Asaya's dynamic events programme features creative workshops and sessions, inspirational talks, seasonal foodie events, and industry discussions from entrepreneurs and experts. Whether you fancy leaning into your creativity with an arts masterclass, getting motivated by taking part in our pilates sessions, or spotlighting your own career amongst friends and members, we look forward to welcoming you soon.

#### SCHEDULED

Health  
is  
Wealth!



## asaya etiquette

Our wellness environment is one of tranquility and relaxation. Silence, peace & respect are part of our philosophy. In consideration to other spa guests, please refrain from taking photographs in the presence of others and silence any electronic devices you may bring with you into our sanctuary.

### ARRIVAL

For a more comprehensive spa treatment journey, you are invited to arrive at least 30 minutes prior to your scheduled appointment to enjoy the wellness facilities and to have consultation time with your therapist. Late arrivals will be finished within the scheduled treatment time while the feel will remain unchanged.

For other appointments such as fitness & movement sessions, we recommend to arrive at least 5 minutes prior to your scheduled appointment time. For first-timers, we recommend to arrive at least 15 minutes prior to allow time for pre-session briefing and consultation. For private sessions, late arrivals will be subject to a time reduction from the scheduled session.

### IN-ROOM TREATMENTS

The spa offers in-suite massages. A surcharge will apply.

### SCHEDULING AND CANCELLATION

We recommend advance reservation to ensure availability. We will require a credit card information to confirm any reservations. If you wish to reschedule or cancel your reservation, please advise us 12 hours prior to scheduled reservation time for us to accommodate your request. No-show or last-minute cancellations will incur a 100% charge.

### ATTIRE

Bathrobes, slippers and disposables are available at Asaya for your comfort and wellness experience. Swimsuits or shorts are recommended while enjoying the heat and wet facilities.

### HEALTH CONDITIONS AND ALLERGIES

Kindly inform us of any allergies or injuries that may impact treatment experience. We will be happy to advise safe options. If medical conditions prevail, please consult with your physician before taking any treatment or using our facility.

### VALUABLES LOSS OR DAMAGE

To ensure peace of mind and comfort while you are enjoying your wellness experience, we provide secure lockers for all of your belongings. Asaya will not be responsible for any lost or damaged items during your visit.

## PREGNANCY

We have specially designed treatments for expectant mothers from the third to sixth month. Please allow us to assist you in selecting suitable treatments for this special time.

## AGE RESTRICTION

Children under 18 years old are not permitted to use any wellness facilities. Young adults over the age of 14 are welcome to enjoy spa treatments with the approval of a parent or guardian. Upon request and under the supervision of a parent or guardian, we can accommodate experiences tailored to children below the age of 14.

