

THE
SPL



The Spa

WELCOME

DOOR TO THE UNIVERSE

The Lotus rises in the splendour from the mud beneath still and murky waters. Fragrant and beautiful to behold with seeds that last a thousand years.

The Lotus in Medieval mythology is a symbol of the solar matrix, the maternal womb from which the sun itself each morning rises to renew the world.

Our guest, whose body is the door to the universe, represents a symbol of divinity, the lotus, in its most exalted form. I move with the infinite in nature's power. I hold the fire and the spirit. I hold life and healing.....

THE SPA



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TEMPLE OF THE SELF

It is our deep desire to realize unity with nature and divinity within ourselves.

This is the spirit that The Spa at Bayat endeavours to evoke.

Life is made up of four fundamentals: mind, body, senses and spirit. Our therapists are therefore extensively and comprehensively trained in the use of natural oils, yoga stretches, divine strokes and a vast nature based ingredients, which they use to assist each individual to achieve and maintain mental, physical and spiritual balance.

THE SPA



MIND, BODY, SENSES, AND SPIRIT

Regular maintenance of the body goes hand in hand with preserving our mental and spiritual well being. Maintaining clarity of the senses is essential if the mind and body are to work effectively to keep us healthy.

Although we exist in physical form, we also exist in spirit. Seers of ancient Times believed that the Self is composed of energy that precludes our physical entity. And it is the composition of this energy or spirit that first distinguishes us from one another and which determines our individual desires, our personality, and our body type.



HARMONY SIGNATURE TREATMENTS

HARMONY PURUSHA

The Himalayan Power Therapy
A perfect blend of a traditional Himalayan herbs scrub and a deep Himalayan massage to remove dead skin to make your new skin glow and making your muscles relax through deep tissue strokes of Himalayan origin. Recommended specially for individuals having stiff muscles.

HARMONY ANANDA

Transcending you to the eternal union.
A divine combination of grated coconut and honey to give a silky glow to your skin followed by a combination of ancient Tibetan strokes with fore arms on the back and sensuous strokes on the front of the body that will loosen your muscles and open your chakra channels transcending you to the higher dimension and feeling of the divine touch leaves you in eternal ecstasy.

CLASSIC BODY TREATMENTS

SWEDISH

A uniquely European full body massage that stimulates blood circulation and soothes tense muscles. Medium in pressure, it uses a combination of three basic strokes: long firm strokes, kneading strokes and small circular strokes to smooth away stress.

HIMALAYAN DEEP TISSUE

Muscle massage that will enhance the mobility of joints and induce a deep sense of relief in aching, sore and tense muscles.

AROMA THERAPY

Integrated massage techniques are used with four choice of essential oil blends to leave you feeling balanced & rejuvenation.

- Stress Relief
- Lovers' paradise
- Muscle soak
- Deep trance

ORIENTAL NOSTALGIA

BALINESE MASSAGE

An intense, medium to strong deep tissue massage in which therapists use thumb and palm pressure and firm strokes to apply a unique blend of essential oils with warming qualities. The treatment stimulates blood circulation, improves energy flow and disperses tension.

ORIENTAL NOSTALGIA

This ancient act of massage brings a sense of comfort and relaxation to the body and mind by using a pressure point massage technique on your feet.

LOMI LOMI

Originating from the tyrona community in Colombia n then to Hawaii and south east Asia. It is a deep, revitalizing massage. Our therapists use full-body techniques, applied with rhythmic grace using thumbs, palms and elbows. The massage eases and loosens muscles to reduce tension, leaving the entire body feeling totally relaxed and refreshed.

SHORT TREATMENTS FOR MEN ON THE GO

ANCIENT HEAD, NECK & SHOULDER MASSAGE

Aromatherapy combined with the oriental pressure massage to convey the healing, harmonizing & rejuvenating to the upper body through rhythmic touch

FEET & LEGS MASSAGE

An age-old favourite, this ancient art of massage begins with a traditional Indian foot cleansing ritual followed by a gentle leg massage to bring a balance to the body that creates a deep sense of comfort and relaxation.

BACK MASSAGE

This treatment has been created to eliminate tension in the back brought on by incorrect posture.

INVIGORATING BODY SCRUBS

LULAR SCRUB

Described as the 'king' of body treatments, the Javanese Lular has been practiced in the palaces of central Java since the 17th century and was used by Javanese grooms as a purifying ritual before marriage.

HIMALAYAN HERBS SCRUB

A traditional herbal blend of turmeric, sandalwood and cinnamon is rubbed on the body to exfoliate dull and flaky skin. This treatment gives skin a soft radiant and refreshing look and leaves a beautiful longing fragrance.

COFFEE EXFOLIATOR

This fragrant treatment combines ground coffee beans from coorg, rice flour and milk for a deep skin cleansing. The coffee acts as a powerful exfoliator while the rice flour and milk combine to create an even skin tone.

SPA PEDICURE

Indulge yourself with a timeless look by choosing one of our classic nail treatment options. Our staff will ensure that your toe nails are perfectly groomed, ready for any occasion.

SPA MANICURE

If you are seeking an extra special treatment to revitalise your hands and nails, our experts can assist. We have soothing treatments to moisturise your hands, leaving them soft, smooth and supple while your nails are given perfect shape and shine.

DIVINE FACIALS

AROMA THERAPY FACIAL

This perfect deep pore cleansing facial leaves oily skin super clean, calmed, refreshed and healthy.

HYDRATING FACIAL

It controls oil, rids skin of impurities and helps to eliminate future breakouts. Lemon grass, cucumber leaves the skin feeling refreshed, renewed and ultra clean.

HOLISTIC HERBS FACIAL

Indulge the senses with this soothing pressure point face massage with herb powders that stimulates circulation. Aromatic treatments leave the skin cleansed and enriched while the massage induces a state of deep relaxation. Suitable for normal to dry skin

THE SPECIAL MOROCCAN BATH

TRADITIONAL MOROCCAN RITUAL

Your private indulgent hammam experience consists of a Herbal Steam session followed by a Full body scrubbing with Mitt (Kese) and Moroccan black soap ending the ritual with a Full body Moroccan rasul mask.

Enjoy Herbal Tea with Turkish Delight after the Experience.

THE ROYAL MOROCCAN BATH

Post an invigorating steam session Enjoy this traditional cleansing ritual using black Moroccan soap which is rich in minerals to leave your skin feeling smooth and fully moisturised. This natural oriental mineral body mask will help you to unwind and will be followed by an exfoliating treatment using a traditional kesse glove.

You can expect to find that your skin is clearer, its oils are more balanced and that you have better circulation and reduced symptoms of stress, tension and anxiety. You will then be treated to an organic hot oil hair treatment to replenish its natural moisture, which can be easily destroyed by adverse weather conditions, styling and a stressful lifestyle.

Next, it will be time to rejuvenate your skin from head to toe with a full body Argan oil body massage to leave you completely relaxed and moisturised.

HOW TO SPA

WHAT TIME SHOULD I ARRIVE?

To ensure guests receive the full benefits of Spa experiences, we ask that they arrive least 30 minutes ahead of scheduled appointment times.

WHAT IF I AM LATE?

Guests who arrive late for reservations will be accommodated as much as possible, but it may be necessary to decrease treatment times with respect to the next reservation. Full costs will still apply.

CAN I CANCEL MY APPOINTMENT?

We understand that guests may need to change their reservations. We ask for a minimum of 6 hours' notice. Reservations cancelled within 4 hours will incur a fee.

No-shows or reservations cancelled within 2 hours will be charged in full.

HOW OLD DO I HAVE TO BE?

Guests must be at least 16 years of age to enjoy the Spa.

WHAT IF I HAVE A MEDICAL CONDITION?

Please inform The Spa reception when booking, and notify the therapist about any known medical conditions, ailments, allergies or use of medication.

WHAT DO I WEAR?

The Spa at Bayat will provide many items for use during your time with us, including disposable underwear, robes, slippers and towels. However, guests need to bring a bathing suit for the steam room, sauna and swimming pool.

CAN I USE MY PHONE?

Guests can use their phones, however we ask that all guests help us maintain a tranquil environment by lowering their voices and placing mobile phones on silent mode.

WHERE SHOULD I PUT MY VALUABLES?

Though lockers are provided, we recommend that guests arrive at The Spa without valuables. The Spa and Bayat by Cristal cannot accept responsibility for loss or damage of any kind.

HOW DO I PAY?

All prices are listed in Saudi riyals (SAR). We accept cash and most cards. Items purchased in the Spa retail area can be refunded within seven days if unopened and accompanied with a receipt.

CAN I BUY A GIFT CERTIFICATE?

Gift certificates can be personalized for a specific treatment or by monetary value. Beautifully presented, they make perfect gifts. Gift certificates are not refundable, transferable or redeemable for cash or credit.

RESERVATIONS

For spa reservations, please call the hotel from 9:00 AM – 10:00 PM.

t: +

From guestrooms, please dial extension no: 6

thespa@innarchivehotels.com

