

Spa

by WYNDHAM GRAND



WYNDHAM GRAND®
Manama





Spa EXPERIENCE

The Spa Suite offers remarkable tranquility and privacy for soothing and unique experience. As a Spa Suite guest, you can relax and rejuvenate with healthy snacks and a selection of tea and coffee. We offer a private steam room and experience our halotherapy or salt room during your treatment session. Halotherapy is an excellent way to cleanse and detox the lungs as well as invigorate the whole body with increased lung capacity and oxygen intake.

The Spa Suite experience includes a complimentary detox beverage and light snacks to complete your relaxation.

ARRIVAL

Kindly arrive 15 minutes prior to scheduled treatment time to enjoy your welcome drinks and to complete a consultation form. To make use of facilities, please arrive 30 minutes prior to scheduled treatment time.

OPERATION HOURS

Open daily from 9:00AM until 9:00PM

RESERVATION

Please dial "0" from your hotel room or +973-1711 6116 from outside the hotel

CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the Spa at Wyndham Grand Manama 24 hours in advance to avoid being charged the full-service fee.

GIFT CERTIFICATE

Spa gift certificates may be purchased and used towards Spa Services or Products as per the terms and conditions.

HOME CARE

To continue your Spa regime and experience at home, all products used in our treatments are available for purchase from the Spa reception.

PRICES

All prices are in Bahraini Dinars and inclusion of 10% service charge, 5% government levy and 5% VAT. Prices and services are subject to change without prior notice.

MASSAGE

Royal Thai Massage

BD35 – 60 Minutes / BD45 – 90 Minutes

This technique uses passive stretching and gentle pressure along the body's energy line to increase flexibility, relieve muscles and joint tension and balance the body's energy systems. It is both deeply relaxing and energizing.

Sport Massage

BD35 – 60 Minutes / BD45 – 90 Minutes

This is for those who are looking to work into areas of deep set or tight over-exercised muscles. Using deep movements like thumbs, forearms, knuckles and elbows and stretching techniques to regain motion and alleviate pain. This area's concentration will be discussed with your therapist.

BD35 – 60 Minutes / BD45 – 90 Minutes

Warm stones gently de-stress and melt away signs of tensions and tightness from sore and aching muscles. The skilled hands of our stone specialists knead and massage the body with this relaxing yet energizing rocks.

Swedish Massage

BD34 – 60 Minutes / BD44 – 90 Minutes

This classic European full body massage utilized long comforting strokes to provide relaxation, improve circulation and ease muscle tension.

Aromatherapy Massage

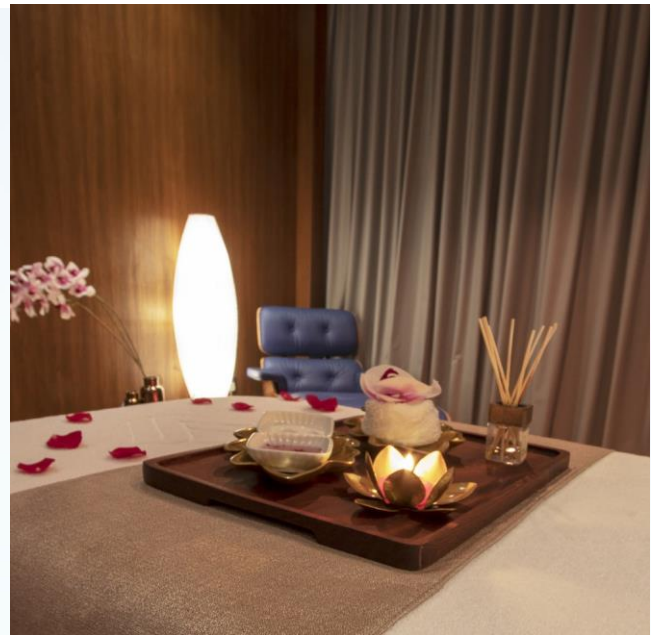
BD34 – 60 Minutes / BD44 – 90 Minutes

Aromatherapy massage is a light pressure using of a blend of essential oils to strengthen the body's vital energy, resulting in renewed spirits and wellness.

Prenatal Massage

BD34 – 60 Minutes / BD44 – 90 Minutes

A pregnancy massage that uses unscented oil to nourish body and skin. This gentle massage techniques designed to improve lymphatic drainage



Reflexology Massage

BD25 – 30 Minutes / BD35 – 45 Minutes

Ancient healing art of specific foot acupressure massage to release energy and relieve stress and effect physical change throughout the body.

BODY TREATMENT

Detox Body Booster

BD58 – 75 Minutes

Feel cleansed inside and out with this powerful treatment. Following exfoliation and application of detox mud to release of body fluid retention and the elimination of toxins.

Mud Wrap

BD38 – 60 Minutes

Start with a soft dry brush exfoliation, application of our smooth mud to penetrate and soften your skin. Followed by a warm shower, moisturizing the skin with luxurious cream oil.

Skin Glow Body Polish

BD36 – 45 Minutes

Renew, resurface and replenish your skin and glow a new with our light touch exfoliation, finishing with a

Esse Anti-Cellulite & Slimming Wrap

BD53 – 90 Minutes

Initiate lipolysis to help reduce fat storage. Ideal as a course treatment of 3-4 sessions.

Slim and tone your body with Esse Anti-Cellulite Slimming Wrap. The treatment starts with an invigorating and stimulating coffee bean exfoliation to smooth the skin and stimulate circulation. A warm mask is then applied containing Coffee, Cocoa and Guarana extract, a stimulating ingredient trio high in caffeine to increase blood flow and stimulate lipolysis. The treatment is completed with a stimulating massage to enhance your skin's overall texture, visibly reducing spongy, dimply and cellulite areas.

Esse Wellness & Balancing Body Ritual

BD50 – 90 Minutes

Improve skin firmness and softness, a treatment designed to improve vitality and wellbeing.

Relax your body and intoxicate your senses with the healing and balancing botanicals. Indulge in an invigorating full body exfoliation to cleanse and smooth the skin followed by a warm, cocooning clay mask to purify and relax. Let your mind drift away during the scalp massage while your body is wrapped in a warm cocoon. This tranquil ritual is completed with a draining massage to nourish the skin.

This treatment is recommended for: Tired, Stressed Individuals, Urbanites, Travelers

Esse Spa Back Treatment

BD36 – 75 Minutes

A cleansing ritual for the back which stimulates circulation, encourages the elimination of toxins and promotes a feeling of well being.

Maintaining your skin's health isn't only about keeping your face clear. Treat your back to a cleansing, soothing massage, exfoliation, steam and mask. Beneficial in cleansing those tough-to-reach spots

mimics many of the traditional techniques used while performing treatments for the face, incorporating deep cleansing, exfoliation as well as a relaxing neck, back and shoulder massage.

FACIAL

Esse Sensitive Facial

BD46 – 60 Minutes / BD56 – 75 Minutes

Calming and gentle with probiotics and botanicals to strengthen the skin's defenses.

An ultra-calming facial perfect for those who have Rosacea, Sensitive skin or Reactive skin. The Esse Sensitive Facial uses new breakthroughs in probiotic ingredients to restore barrier function and reduce sensitisation. We aim to improve the microbial mix on your skin to minimise the chances of allergic reactions. A soothing oasis using the gentlest organic ingredients for all types of skins including first timers.

This treatment is recommended for: sensitive skin, reactive skin, Rosacea and first timers!

Ideally sold as course of 4

Esse Bright Facial

BD46 – 60 Minutes / BD56 – 75 Minutes

An illuminating facial designed to address hyper-pigmentation and uneven skin tone.

This facial is usually recommended for dull skin, or skin with uneven pigmentation. The Esse Bright Facial includes a thorough exfoliation to buff away dead skin, as well as an application of Bellis Perennis, a precious botanical to lighten pigmentation and age spots while Myrothamnus extract known for its superior antioxidants plumps up the skin. Skin looks clearer, brighter and balanced. This treatment aims to boost skin radiance and even out skin tone.

This treatment is recommended for: dull skin, uneven skin tone, pigmentation



Esse Anti-Ageing Facial

BD52 – 60 Minutes / BD62 – 75 Minutes

Enhanced penetration from probiotic and botanical actives restore skin vitality and promote collagen and elastin formation.

The Esse Anti-Ageing Facial incorporates the world's most advanced Probiotic Anti-Ageing Products in an intense treatment that corrects the signs of ageing and protects your skin against the damaging effects of time. A double cleanse and deep exfoliation process using natural fruit enzymes dissolves dead skin cells to refresh and smooth the skin's surface.

This treatment is recommended for: fine lines and wrinkles, mature skin, dry skin, loss of elasticity

Ideally sold as course of 4

Esse Detox Facial

BD46 – 60 Minutes / BD56 – 75 Minutes

A purifying treatment to address acne and acne scarring. Perfect for oily and congested skins.

A detoxifying facial treatment ideal for oily and blemished skin due to environmental pollution. Our Esse Signature Massage effectively drains away stress and toxin build up, while our advanced combination of actives work synergistically to reduce excess sebum, treat breakouts and decrease redness and inflammation associated with acne. Skin feels calm,

reduced, pores minimised, and the skin feels comforted and healthy.

This treatment is recommended for: men, oily skin and acne

Ideally sold as course of 4

Esse Probiotic Facial

BD56 – 60 Minutes / BD66 – 75 Minutes

Probiotics anyone? Esse Please!

Journey into the world of highly active probiotic and botanical extracts to leave your skin radiant, youthful and well nourished. This is the future of skincare! Live Probiotic microbes and Probiotic Extracts are applied to the skin to improve the skin's barrier function, reduce sub-clinical inflammation and slow the ageing process.

This treatment is recommended for: Rosacea, Ageing Skin, Oily Skin, Dry Skin, Acne Skin

Ideally sold as course of 4

Gentlemen's Facial

BD52 – 60 Minutes / BD62 – 75 Minutes

Our Gentlemen's facial provides a customized treatment that includes deep pore cleansing and exfoliation. We customized your treatment and improve the appearance of dehydration, hyper-pigmentation, fine lines and blemishes caused by sun

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ENHANCEMENTS

Spa Enhancements are designed as additions to any of the treatments on the Spa Menu for a

Hot Stone **BD10**
Smooth basalt stones radiate heat deeply relaxation inside the muscles and to relieve tension and stress.

Eye Contouring **BD10**
Focusing on the most delicate area of the face this targeted treatment promotes a fresh and uplifted appearance around the eye area, driven by active ingredients for visible results.

Coconut Hair **BD10**
Coconut oil has been used since ancient times in India for grooming hair, treating dry scalp, hair fall and bringing moisture to the scalp and hair shaft. It also cools and soothes heat making it perfect to counter sun exposure.

Heavenly Hand or Foot Therapy
BD20 – 25 Minutes
This pampering spa treatment is designed to smooth and soften the hands or feet. A pleasantly scented scrub is used to lift off dead skin and prepare the skin for a highly moisturizing hand or foot massage.

Upgrade Your Treatment Room
BD10 – 60 Minutes
Spa Suite guest relax and rejuvenate with a healthy snacks and selection of tea & coffee. We offer a private steam room and experience our halotherapy or salt room during your treatment session. The calming and detoxifying effects of salt room can help support immune, nervous and lymphatic systems. Salt is also a known stress- reducer and headache reliever with the properties to increase

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PACKAGES

Travelers Retreat
BD61 – Total of 90 Minutes

This treatment is perfect for overcoming jet lag, refreshing your body and relieving stiffness, aches and pains.

Includes: Therapeutic Hot Stone | Skin Glow Body Polish

Enchanted Journey
BD70 – Total of 120 Minutes

This holistic treatment begins with aromatherapy massage and hydrating facial or deep porecleansing.

Includes: Aromatherapy Massage | Choice of Facial

Day Dream (For Couple)
BD103 per person– Total of 150 Minutes
With the double day dream package, not only you get to lose and unwind in a luxurious fashion but you will also get to strengthen your bond with your important one in this special occasion. It's the experience that both will not easily forget.

Includes: Skin Glow Body Polish | Body Massage | Choice of Facial

Blooming Life
BD135 – Total of 180 Minutes

Blooming life package let our guest relax and revitalize the skin with 30 minutes body scrub, 30 minutes body wrap followed by 60 minutes full body massage and next the guest gets to relish 60 minutes choice of facial. It's the salubrious renewal of the skin, our largest organ from head to toe.

Includes: Skin Glow Body Polish | Mud Wrap | Full



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