NED'S
club spa

Spa *at* The Ned Doha

Opening Hours – 10am to 10pm

To book a treatment, please dial 4406 1111
or extension 420 or 421 from your room.

ABOUT NED'S CLUB SPA

Ned's Club Spa is a space in which to unwind. It offers complimentary use of the sauna & steam room, two single treatment rooms, one couple treatment room & one couple suite which includes a treatment area and a traditional Moroccan Hammam.

Housed within a timeless architectural space, our spa draws inspiration from vintage elegance and artistic expression.

Intricately crafted interiors echo the grace of a bygone era, with curated design elements that reflect individuality, depth, and warmth. This is not just a spa, it's a work of art, a soulful escape where self-care becomes a celebration of your unique beauty and personal rhythm.

At The Ned, we use only Cowshed, from nourishing oils and gentle soaps to aromatic diffusers, so every treatment is infused with natural, plant-based care.

OUR SPACES

TREATMENT ROOMS

Ned's Club Spa offers a variety of relaxing treatments, massages, facials, hammam & body treatment.

SAUNA & STEAM ROOM

Our heat experiences are complimentary to Ned's Club members, hotel & spa guests. Located within our separate male and female changing areas.

HAMMAM

Our traditional Moroccan Hammam are available for individual treatments, couples or group bookings.

NED'S CLUB GYM

A fitness space with state-of-the-art equipment, studio for mixed classes and exclusive female gym, plus personal trainers.

OUTDOOR POOL

Our heated ground-floor pool is reserved for hotel guests and Ned's Club members. Open daily from 7 am to 7 pm, the pool welcomes children when accompanied by an adult.

Babies and infants must at all times wear nappies that are specifically designed for use in swimming pool.

Treatments

ARABIAN SIGNATURE MASSAGE
60 min – QAR 650 | 90 min – QAR 950

Embark on a bespoke wellness journey where the rich heritage of Arabic healing meets the timeless techniques of the Far East. This signature experience is thoughtfully designed to restore harmony between body and soul, combining deeply therapeutic strokes. Enhanced circulation, profound muscle relaxation, and a renewed sense of vitality await, leaving you enveloped in a state of complete serenity and holistic well-being.

SWEDISH MASSAGE
60 min – QAR 650 | 90 min – QAR 950

A timeless classic designed to soothe the body and calm the mind. This revitalizing massage blends five traditional techniques, gliding, kneading, friction, vibration, and percussion to stimulate circulation, ease joint stiffness, and promote deep relaxation with every stroke.

BALINESE MASSAGE
60 min – QAR 650 | 90 min – QAR 950

Inspired by ancient Balinese healing, this deeply calming ritual combines flowing strokes, gentle stretches, and acupressure to stimulate circulation, release tension, and restore inner balance. A serene escape for body and mind.

HOT STONE MASSAGE
60 min – QAR 750 | 90 min – QAR 990

Surrender to the soothing warmth of smooth volcanic stones, expertly placed and guided to melt away deep-seated tension. This calming therapy alleviates muscle fatigue, eases stress, and restores balance to body and mind.

NURTURE & GLOW MATERNITY MASSAGE
60 min – QAR 750

Designed exclusively for expectant mothers, this gentle, nurturing massage soothes the body and promotes deep relaxation while using specialized products to support skin elasticity and comfort. Ideal after the first trimester, it's a serene moment of self-care for both mother and baby.

Therapeutic Treatments

THERAPEUTIC DEEP TISSUE
60 min – QAR 650 | 90 min – QAR 950

A deeply restorative massage designed to target chronic tension and muscular discomfort. Using slow, focused strokes, pressure point therapy, and deep tissue techniques, including precise work on trigger points. This treatment melts away stiffness and promotes lasting relief.

INDIAN HEAD MASSAGE
30 min – QAR 350

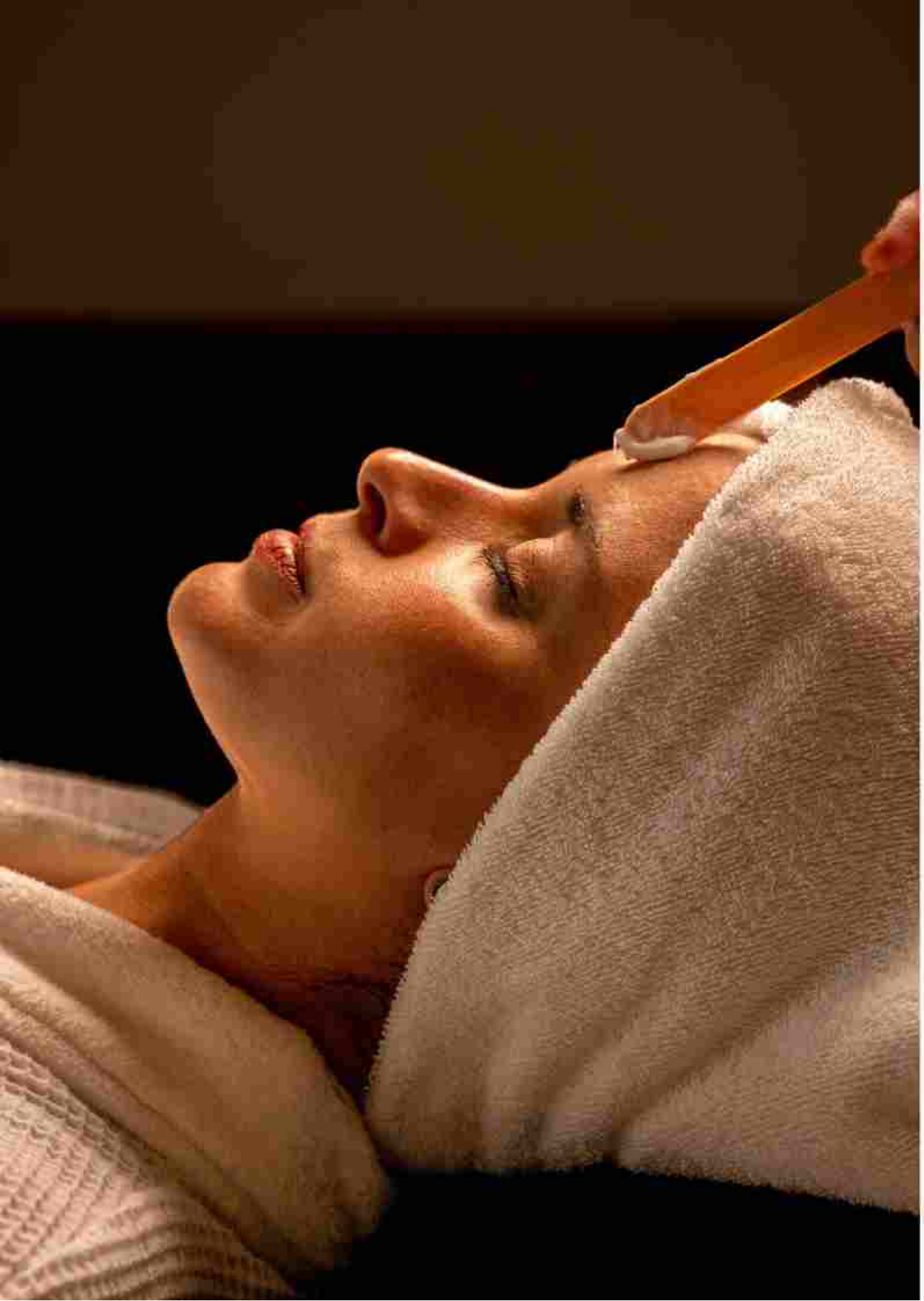
Rooted in the ancient healing art of Ayurveda, this deeply calming treatment uses gentle pressure and rhythmic movements and champissage techniques across the scalp, neck, and shoulders to restore energy flow, release tension, and promote a profound sense of balance and well-being.

UPPER BODY RENEWAL
30 min – QAR 350

A restorative treatment designed to melt away tension and rebalance energy. Combining soothing acupressure and targeted deep tissue techniques across the head, neck, shoulders, and upper back, this calming ritual releases stress and leaves you feeling light, grounded, and revitalized

LOWER BODY RENEWAL
30 min – QAR 350

A soothing treatment that blends pressure point and reflexology therapy with flowing massage to release tension, boost circulation, and restore lightness and vitality to tired legs and feet.



Face & Body

SIGNATURE EXPRESS FACIAL
30 min – QAR 400

A refreshing facial featuring a cleanse, steam, and exfoliation, with your choice of a soothing massage or detoxifying face mask, finished with a hydrating moisturizer.

SIGNATURE RESTORATIVE FACIAL
60 min – QAR 650

Indulge in a revitalizing ritual that begins with a gentle cleanse, aromatic steam, and expert exfoliation to refresh and refine the skin. A soothing facial massage and detoxifying mask follow, enhanced by your choice of a calming scalp, hand, or foot massage, leaving your complexion radiant and your senses deeply restored.

MOROCCAN HAMMAM RITUAL
60 min – QAR 700

Surrender to a luxurious journey of purification and renewal with our signature Moroccan Hammam experience. Begin with a full-body exfoliation using traditional black soap and a Kessa glove, designed to deeply cleanse and restore your skin's natural radiance. This is followed by the application of a mineral-rich Ghassoul clay body mask to detoxify and invigorate. A nourishing honey face mask is then applied to hydrate and replenish, leaving your complexion glowing. The ritual concludes with the lavish application of a silky body moisturizer, enveloping your skin in softness and leaving you feeling utterly refreshed, radiant, and renewed.

TURKISH HAMMAM RITUAL
60 min – QAR 700

Experience the timeless elegance of the traditional Turkish Hammam, an ancient ritual of cleansing, renewal, and relaxation. In the warmth of the Hammam chamber, your journey begins with a full-body exfoliation using black soap and a Kessa glove to purify and refine the skin. This is followed by an indulgent cleansing ritual using billowing clouds of soft, aromatic Turkish foam that envelop the body in comfort. The experience concludes with the soothing application of a luxurious body moisturizer, leaving your skin deeply nourished, silky-smooth, and utterly revitalized.

Signature Journeys

BODY REVIVAL JOURNEY
120 min – QAR 1,150

Awaken your senses with this deeply purifying journey, beginning with a luxurious cleanse using eucalyptus-infused black soap. A traditional Kessa glove exfoliation smooths and revitalizes the skin, followed by a mineral-rich clay mask for the face and a deeply hydrating Ghassoul body mask to restore balance. Your experience concludes with a 60-minute signature massage, leaving you renewed, radiant, and utterly revitalized.

RADIANCE MATERNITY JOURNEY
120 min – QAR 1,050

Soothe and nurture your body with this deeply restorative ritual, designed for expectant mothers. Begin with a warm, relaxing foot soak, followed by gentle dry brushing and full-body exfoliation to soften and smooth the skin. A nourishing hair treatment replenishes and revitalizes, while a calming massage and a rich balm for stretch mark-prone areas provide deep hydration and comfort. The perfect escape for total relaxation and renewal.

COUPLES HARMONY SUITE JOURNEY
90 min – QAR1,500

Create lasting memories with a bespoke escape designed for two. Retreat to your own private spa sanctuary, where you'll enjoy exclusive steam room access, two refreshing beverages, and side-by-side massages tailored to melt away tension. A serene, intimate experience crafted for deep relaxation and connection.

GROOM JOURNEY
180 min – QAR 1,850

Experience the ultimate revitalization with this indulgent, multi-sensory ritual. Your journey begins with a purifying cleanse using eucalyptus-infused black soap, followed by a traditional Kessa exfoliation and a revitalizing gental salt body polish. A nourishing Ghassoul body mask restores hydration, while a 60-minute deep tissue massage and soothing head massage melt away tension. Conclude with a refreshing 60-minute facial, leaving you renewed, radiant, and completely restored.

BRIDE JOURNEY
180 min – QAR 1,850

Indulge in a lavish, multi-sensory experience designed to leave you glowing from head to toe. Your ritual begins with a purifying eucalyptus-infused black soap cleanse, followed by a traditional Kessa exfoliation and a gentle sugar and honey body polish to smooth and soften the skin. A warm argan oil hair bath deeply nourishes, while a rose-infused Ghassoul body mask envelopes you in hydration. Conclude with a 60-minute full-body massage infused with oriental essences and a refreshing 60-minute facial, leaving you luminous, serene, and wedding-day ready.

Slimming & Anti-Cellulite Treatment

ELECTRICAL MUSCLE STIMULATION

Electrical muscle stimulation (EMS) treatment is a form of physical therapy and muscle spasm treatment that uses electrical impulses to stimulate the muscles. This type of therapy can be used to relieve pain, improve blood circulation and promote healing.

EMS (ABS)	30 min - QAR 300
EMS (GLUTES)	30 min – QAR 350
EMS 5 SESSIONS	30 min – QAR 1,150

OUR POLICIES

ARRIVAL

Please arrive 15 minutes early to complete your health questionnaire before your appointment.Your treatment will begin once your therapist welcomes you. Please note that a late arrival may result in a shortened session to ensure a smooth experience for all our guests.

CANCELLATIONS

Should you wish to amend, reschedule, or cancel your appointment, we kindly ask that you provide at least 12 hours' notice.

AGE POLICY

Guests must be aged 18 and over to book treatments and to use the Ned's Club Spa areas including Ned's Club Gym.

HEALTH CONDITIONS

When booking your appointment, please let us know of any medical conditions or allergies. If you have recently undergone surgery or medical treatment, we recommend seeking your doctor's approval before proceeding. For any further guidance, our spa team will be happy to assist you.

PREGNANCY

We are pleased to offer specialised maternity treatments, available from the second trimester.

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THENED.COM/DOHA
+974 4406 1111

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