



Massage

TREATMENTS MENU



Swedish Massage

Our most popular full body massage with mild to moderate pressure. A relaxing massage for pain relief, stress release and relaxation. Using gliding, kneading, tapping, friction and light shaking techniques.

60 minutes



Member
180 Qrs



Guests
260 Qrs

Deep Tissue Massage

A full body treatment for your chronic pain, injury or for athletic performance. This soothing therapeutic treatment releases toxins, tension and pain. Excellent for release of resistant knots especially in the area of low back, shoulders and neck.

60 minutes



Member
180 Qrs



Guests
260 Qrs

Anti Cellulite Massage

A treatment that will help to reduce the appearance of cellulite on the hips, thighs, stomach and buttocks. Helps to improve circulation by kneading and gently rubbing. Targets lymphatic fluids, known to reduce the cellulite. Also available in a 30 minute option.

30 minutes



Member
115 Qrs



Guests
180 Qrs

Sea Salt Glow Treatment

Also called Salt Scrub treatment. Using natural Sea Salts and essential oils blended into a paste, gently massaged over the body. Perfect for more radiant skin. Salts are proven to reduce inflammation, detoxify and increases blood circulation. Finishing touch of Aroma cream for healthier looking skin.

75 minutes



Members
340 Qrs



Guests
505 Qrs

Hot Stone Massage Treatment (Thermotherapy)

Rounded smooth stones heated to a luxurious warmth, oiled and used in the palm of the hands to apply relaxing and healing benefits. Enjoy this 75 minute luxurious indulgence.

75 minutes



Members
340 Qrs



Guests
505 Qrs

AROMATHERAPY MASSAGE

A popular therapy that combines traditional body massage such as deep tissue, with traditional Aromatherapy cream. Absorbed through the skin to soothe, revitalize, and encourage positive thinking and boost the immune system.

60 minutes



Members
195 Qrs



Guests
300 Qrs

Relief Therapy

A great time efficient treatment to relieve back pain after a strenuous workout or sitting at a desk all day. Recommended for those who need quick back relief from tension or from overuse. Areas treated are the back, shoulders and neck.

30 minutes

 **Member**
115 Qrs

 **Guests**
+ 180 Qrs

Shiatsu Massage

A massage that originates in Japan, "Shiatsu" means finger pressure. This form, focuses on rotating and stretching limbs, joints and activating pressure points. With thumbs, hands, elbows, knees or feet without the use of oil. Applied to pressure points throughout the whole body which stimulate nervous and immune systems and restores circulation.

60 minutes

 **Member**
190 Qrs

 **Guests**
+ 290 Qrs

Dana Club Signature Massage

A great choice of treatment combining massage such as, Swedish, Deep tissue and Indian Head Massage. The perfect mix to achieve the highest level of relaxation.

60 minutes

 **Member**
220 Qrs

 **Guests**
+ 330 Qrs



We offer services for both Club Members and Visitors. We recommend booking in advance to secure a convenient treatment time and to avoid disappointment. However, we also accept walk in clients subject to availability.

.....

www.danaclub.com.qa

Call Now
+974 449 60 600