



balance
WELLNESS BY ANANTARA

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منتجع جزيرة البنانا
BANANA ISLAND
RESORT DOHA
BY ANANTARA

BANANA ISLAND RESORT DOHA BY ANANTARA

25 minutes from the heart of Qatar's vibrant capital, a luxury boat ferry to a paradise sanctuary. In true Arabian luxury with 141 rooms, suites, pool villas and over water villas stretched over 13 hectares, setting the mood for romance and unforgettable holidays.

Experience how health and beauty go hand in hand, from sensual journeys in Anantara Spa suites to holistic lifestyle programmes at the dedicated wellness centre. Leisure choices will also spoil you, from a private 800 metre beach, surf pool, water sports, diving, bowling, golf, to our VIP cinema at night. Evolving culinary temptations showcase sumptuous Middle Eastern culture and delectable world flavours, with signature mocktails at sunset savoured with tranquil sea views and fine dining under the stars.

BALANCE WELLNESS BY ANANTARA

Wellness is an active process of making choices towards a healthier existence. It is the constant, conscious pursuit of living life to its fullest potential. The focus of our Wellness programmes is on balancing as well as rejuvenating the mind, body and spirit. The programmes are customised for each individual's unique requirements with the aim to help achieve personal Wellness goals.





WELLNESS PROGRAMME ELEMENTS

Wellness Consultation

At Balance we kickoff with a personalised Wellness Consultation. The Wellness Consultation involves a review of your medical history, lifestyle, diet, and exercise habits. This allows us to create short term Wellness goals, which are both manageable and achievable for you.

Wellness Cuisine

Wellness cuisine features low inflammatory, low allergenic and low GI dishes, dispelling the myth that eating healthy means depriving yourself of the pleasure of a good meal. Raw juices and herbal infusions are full of nutrients and medicinal properties.

Wellness Therapies

At Balance, we offer healing Wellness therapies from Thailand, India, Tibet, Indonesia, and the West. This is important because integrative Wellness requires the use of several therapeutic modalities.

Yoga

Just a few minutes of practice at the end of a long day can help stretch and relax sore muscles. Practiced regularly, yoga can be a powerful way to relieve anxiety and cope with everyday stress. Over time, it also can transform your body, building stronger muscles while it improves flexibility and joint mobility.



RELAX AND DE-STRESS PROGRAMME

Choose from 3, 5 or 7 day programmes

Stress often accumulates in our bodies and minds as a result of our hectic lifestyles. If left unchecked, it can adversely affect the quality of life. Release your mind from stress whilst nurturing your body. This programme will help you leave the world behind. Return after your break feeling energised, with a noticeable improvement in your mood and concentration.

Morning	8:00 am	Fitness Herbal Infusion / Wellness Juice
	9:30 am	Breakfast
Mid Morning	11:00 am	Mid Morning Activity
Afternoon	12:30 pm	Herbal Infusion / Wellness Juice Lunch
	4:00 pm	Wellness Therapy (90 min treatment) Steam / Sauna
Evening	6:00 pm	Evening Activity
	7:30 pm	Herbal Infusion / Wellness Juice Dinner

Illustrative Daily Schedule

Select recommended Wellness therapies:

Total Body & Mind Balancing Therapy

Luke warm herbal oil is poured in a stream continuously on to the forehead with a gentle massage on the head. This treatment rejuvenates and revitalises the body and mind, relieves stress related problems and improves memory.

Dhyanam / Meditation:

Find peace through mindfulness and guidance. Calm your body and mind to improve your physical and mental health.

Kundalini Massage:

Relaxing, soothing and restorative. Working with a beautiful healing sound to activate and channel the Kundalini – the dormant energy at the base of the spine: tension is lifted; negativity is released; and the body is brought back to a state of awareness and balance.

BALANCE WELL-BEING PROGRAMME

Choose from 3, 5 or 7 day programmes

A sedentary lifestyle, work stress and unhealthy eating habits can deplete energy, leading to a feeling of fatigue, and can adversely affect the immune system. Take time and rejuvenate with this unique, holistic Wellness programme.

Morning	8:00 am	Fitness Herbal Infusion / Wellness Juice
	9:30 am	Breakfast
Mid Morning	11:00 am	Mid Morning Activity
Afternoon	12:30 pm	Herbal Infusion / Wellness Juice Lunch
	4:00 pm	Wellness Therapy (90 min treatment) Steam / Sauna
Evening	6:00 pm	Evening Activity
	7:30 pm	Herbal Infusion / Wellness Juice Dinner

Illustrative Daily Schedule

Select recommended Wellness therapies:

Mind & Body Synchronisation:

Stretch and unwind with Yoga and meditation to calm your mind and relieve stress from your body. Experience how synchronising your breath and movements clarifies your mental stability and leads the way to self-awareness.

Flotation Pod:

Contains a super-saturated Epsom salt rich in Magnesium, creating an environment similar to that of the Dead Sea. Float effortlessly on the surface of the water to promote on feeling of calmness, improve sleep, and alleviate both physical and mental stress.

Tibetan Ku Nye Massage:

Drift into deep relaxation with this massage inspired by ancient therapies. Feel your body calm with gentle rubbing, kneading and stroking. Our expert therapists will manipulate acupressure points to de-stress and rejuvenate your body.



REJUVENATE & REVITALISE PROGRAMME

Choose from 3, 5 or 7 day programmes

Constant exposure to sun, stress, pollutants and chemicals often robs us of the radiant, healthy glow that we all desire. Though one cannot stop the changes of time, one can modify lifestyle and activity to maintain the efficiency of the body's intrinsic healing process and create a life of quality and balance. The treatments focus on promoting natural exfoliation, cleansing the skin, addressing blemishes and tightening the pores revealing a gorgeous glow that radiates from the inside out.

Morning	8:00 am	Fitness Herbal Infusion / Wellness Juice
	9:30 am	Breakfast
Mid Morning	11:00 am	Mid Morning Activity
Afternoon	12:30 pm	Herbal Infusion / Wellness Juice Lunch
	4:00 pm	Wellness Therapy (90 min treatment) Steam / Sauna
Evening	6:00 pm	Evening Activity
	7:30 pm	Herbal Infusion / Wellness Juice Dinner

Illustrative Daily Schedule

Select recommended Wellness therapies:

Firming & Lifting with Infra Cav treatment (Face):

Multifunction machine using a combination of cavitation, radio frequency and infrared LED to lift, firm and tone the skin giving it a radiant glow and helps to reduce the fine lines and wrinkle.

Shiatsu:

Shiatsu is a form of massage that originates from Japan. In this technique, pressure with thumbs, hands, elbows, knees and feet are applied with skill to various pressure points located all over the body. It eases out the stiffness, aches and pains from the body, improves the energy flow and makes the body come alive!

Balance Infusion:

A combination of Himalayan salt scrub and cellulox wrap in the Aemotio Spa, the latest generation multifunction cabin that offers the most modern treatment technique's using water & light therapy for anti-cellulite treatment, slimming and toning.





DETOX PROGRAMME

Choose from 5 or 7 day programmes

Our bodies are regularly exposed to toxic materials through polluted air, food, water and personal care products. We often overload our bodies' systems beyond levels that they can handle. Over time, toxins accumulate in our bodies, lowering our ability to absorb nutrients, thereby hindering optimal health and well-being. Give your body's healing processes a boost, renew your system from the inside out, strengthen the immune system and feel renewed zest.

Morning	8:00 am	Fitness Herbal Infusion / Wellness Juice
	9:30 am	Breakfast
Mid Morning	11:00 am	Mid Morning Activity
Afternoon	12:30 pm	Herbal Infusion / Wellness Juice Lunch
Early Evening	4:00 pm	Wellness Therapy (90 min treatment) Steam / Sauna
Evening	6:00 pm	Evening Activity
	7:30 pm	Herbal Infusion / Wellness Juice Dinner

Illustrative Daily Schedule

Select recommended Wellness therapies:

Purification Therapy:

Purification Therapy helps the digestive system to work at its optimum level. This treatment will help you improve your digestion and in turn help with weight loss and increased absorption of nutrients, resulting in high energy levels.

Balance Cocoon:

After a gentle massage with an aromatic oil the balance wrap will leave your skin nourished and rejuvenated. Your skin will be detoxified and will glow with radiance and left with a feel of lush.

Super Detox Therapy:

Skilled hands gently manoeuvre over the pressure points of the entire lymph system in this firm yet gentle massage. The lymphatic system is stimulated, boosting your immune system.

WEIGHT MANAGEMENT PROGRAMME

Choose from 5 or 7 day programmes

Achieving and maintaining your ideal body weight is essential to enjoying a healthier and longer life. Obesity is one of the major health concerns globally, and adversely affects the quality of life leading to numerous chronic conditions. Experience an intensive, well-rounded programme to help you lose weight, get fit and firm up in a natural, healthy way. Improve your energy, heart health and overall well-being.

Morning	8:00 am	Fitness Herbal Infusion / Wellness Juice
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	4:00 pm	Wellness Therapy (90 min treatment) Steam / Sauna
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	7:30 pm	Herbal Infusion / Wellness Juice Dinner

Illustrative Daily Schedule

Select recommended Wellness therapies:

Circuit Training:

Weight loss will be the first and definite result of consistent cardio training. Using machines like treadmill, elliptical, stationary bicycle this class targets on the stubborn fat. Benefits: weight loss, improved blood circulation and reduced water retention.

Infra Red Sauna:

This is a dry heat therapy, that helps to detoxify and cleanse the body by releasing toxins. It also supports weight loss, relieves pain and boosts circulation.

Infracav Treatment for the Body:

Multifunction machine using a combination of cavitation, radio frequency and infrared LED to help contour the body by breaking down cellulite and fat cells.



