



Spa for the Guys

To truly relax and tone up, the spa for men may be just the answer for those worn down by corporate stress

WHILE the popularity of spas has skyrocketed over the last five years, men seemed to have shown little interest—or at least that's what some spa managers thought. However, in just the past two years, spas have attracted more male users than ever. Spa owners have been scrambling to create new spa products and specific treatment for the guys.

Definitely, spas are no longer there to serve ladies only. Spas provide an excellent way for men to manage stress and help them look and feel their best. The Diplomat Men's Spa started with six large treatment rooms but due to the high demand for men's treatments, three more rooms have been added, making a total of nine rooms for men which means it's the largest men's spa in the country.

All treatment rooms are equipped with large wooden massage beds, hydrobaths, steam and Swiss showers. The spa has a Thai ambience about it with a team of 20 therapists from Thailand, a relaxing room, sauna, steam room, Jacuzzi, pools, gym and a fitness zone.

The Diplomat Radisson SAS Hotel Residence and Spa deals mainly with business people and corporate clients. Therefore, the majority of the hotel's spa users are men (75%). The men's spa was carefully designed to ensure that men can enjoy a comfortable environment for relaxation and get pampered with a wide range of treatments specifically for the guys.

The spa has many popular treatment packages tailored to executives.



To list a few:

Head to toe

A complete body treatment with herbal products starting with hair care, a body scrub then a rain-shower massage with hot steam; cool down and relax with a body massage followed by a foot-care treatment

Take a break

Ideal for an afternoon break for businessmen at the spa with two therapists providing a quick fix followed by herbal tea and refreshments

Time to chill out

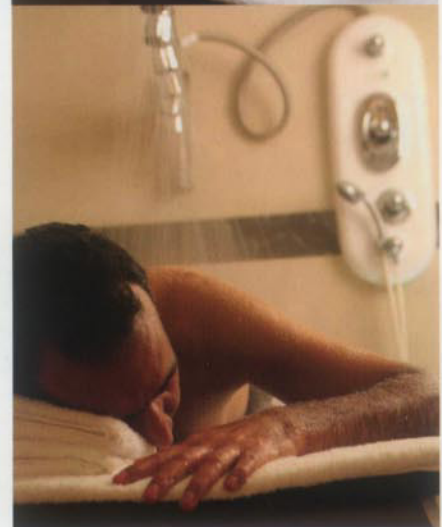
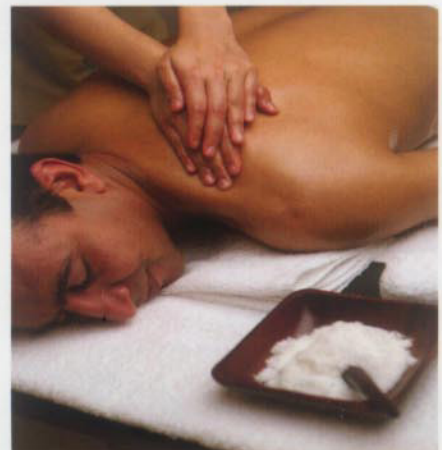
A comprehensive body treatment with a range of hydrotherapy, an invigorating body mask and a relaxing massage

Balancing massage

A balancing aromatherapy massage performed by two therapists to promote healing by increasing blood circulation throughout the body to produce a feeling of pleasure, deep relaxation and a balanced mood.

Men are not just signing up for massage treatments but are also booking for facials, body scrubs and hydrobaths. Spa gift vouchers are also becoming a trend in Bahrain. During special occasions like Christmas, New Year, Valentine's, a wedding anniversary or birthday, many women buy spa-treatments vouchers for their husbands, partners or boyfriends.

The good thing is that once men discover the benefits of spa treatments they become regular clients. "If the man in your life has never been to a spa, you'd better consider offering him an experience at our Men's Spa. He'll really appreciate your wellness gift," says Lotfi Hamrouni, director of spa and recreation, at the Diplomat Spa ■



الدبلوماسية يحتفل بافتتاح «الريزدنس»

احتفل فندق الدبلوماسية راديسون ساس بالإفتتاح الرسمي لمبنى الريزدنس وال SPA بحضور عدد كبير من الشخصيات والسفراء المعتمدين لدى المملكة بالإضافة إلى ممثلي مجموعة من الصحافة المحلية والعربية والأجنبية حيث قُدِّر عدد الضيوف بأكثر من 400 مدعو، وقد استمتع الحضور بالتجول في أرجاء المبنى وأعجبوا بما يمتاز به من خدمات لراحة النزلاء.



فيصل الزياتي وحرمة



خلال قص الشريط



وولف جين وعادل أبو دواس



عبدالرحمن المرشد، مشاري الخالد، عبداللطيف الزياتي، نبيل السعيد، محمد طالب ويوسف الدخيل



ريك وعبدالرحمن المرشد



أوميت، تيزان، خوليا، ثامر، خالد وثوان



فؤاد، سائد الردايدة، عبدالمتعم وأبو الخير



هنوف



أحلام، سمية ومريم



ديفيد وزودولف



خالد شويطر ومجيد عاشور



عبدالعزيز السعيد ومتصور الفضلي



Tempting wellness wonders

Want to escape from the rigours of everyday life? Enter the world of tranquillity and wellbeing at the Diplomat Spa where a Wellness Feast awaits you at the end of every month.

Juggling between career and family or being a homemaker can often be stressful and exhausting. If you're looking at infusing your life with more energy and diving into the month with a fresh start, head to the Diplomat Spa's wellness treats offering a range of activities for women.

Known for its all-encompassing treatments the Diplomat Spa presents a monthly ladies spa day for members and non-members on the last Saturday of every month. This is an invitation to take advantage of the gym, spa and treatment trials.

Avail of the fitness classes and learn the secret tricks of skin care and fitness to look absolutely gorgeous at all times. The ladies spa day repertoire also offers guidelines on healthy cooking by the hotel's Italian chef.

In May, the spa will also feature special packages for half-day rejuvenation to include a head to toe, 240-minute treatment priced at BD80 and a time to chill, 200-minute treatment fixed at BD68.

Non-members can also join fitness classes on the condition that they are guests of members. Located at The Diplomat Radisson SAS Residence, the ladies spa is carefully designed to offer women complete security and privacy. The health club is equipped with the latest Star Trac cardio-vascular machines, including cross-trainers, treadmills, bikes, steppers and rowers. Nautilus resistance machines as well as an abdominals and stretching corner is also available.

According to Lotfi Hamrouni, director of spa and recreation, mere machines are not enough to motivate members who also rely on professional assistance to stay in shape.

Hence a highly qualified and experienced fitness professional team ('Fit Pro Team') has been employed to help members attain their fitness goals quickly and safely.

"Those who are not comfortable using the gym can join the fitness classes held in the large fitness studio. Popular workouts are yoga, tai-chi, Pilates, aqua-aerobics and hip hop," explained Lotfi. He added that, after a productive workout, members can rejuvenate and rest in the steam room, sauna, Jacuzzi or other relaxation areas or simply splash in the heated indoor pool.

The spa menu incorporates facial, body, foot care and overall wellbeing packages, each featuring six to eight different treatments.

Can wellness get any simpler or more exciting than this?

For information, call 17 531-666.

