

هابيتاس العلا

HABITAS

WELLNESS

—  
THURAYA  
—

OFFERINGS





“We must first find the truth within us to contribute to the construction of a universal truth. Alone, we have part of the truth; collectively, the whole.”

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At Habitas Wellness, we believe that to strengthen our connection with those around us, we must first reconnect with ourselves. Holistic healing practices have been used for centuries to help clear the path to self-discovery and awaken focus on both our physical and energetic bodies.





Each of our therapies & rituals have emerged with the intention of generating well-being by combining techniques and ancestral practices from different parts of the world, but mainly by embracing the local culture.

Our oil blends are mixed in-house by our family & curated to provide you with an experience designed to meet your needs.

**SWEET ALMOND | SHIA | SUNFLOWER**

Antioxidant, moisturizer, anti-inflammatory, skin protecting barrier

**DATE OIL**

Prevent DNA damage, antioxidants

**MORINGA OIL**

Anti-pollution shield, slows down aging process, controls oily skin

**PRICKLY PEAR OIL**

Hydrating, anti-bacterial

**JOJOBA | ROSEMARY**

Hypoallergenic, promote collagen synthesis, relieve pain

**JOJOBA | GINGER**

Fights inflammation, alleviates aches & pains, improves skin



# Signature Treatments

## Habitas Soil

DETOXIFYING | ANTI-INFLAMMATORY

This treatment helps detoxify the body and mineralize skin cells using massage techniques that help reduce inflammation. Clay is gently applied to all areas of the body and removed with a refreshing rinse in our wellness spa shower, nourishing and tightening skin as a result.

## Essence of Arabia

EQUILIBRATING | HYDRATING

Roses have been used in Saudi Arabian culture for centuries. At Thuraya, we use them to create an experience designed to balance the body through a physical-energetic massage and hydrating facial focused on nourishing the skin while reducing the traces of age.

## Thuraya Experience

ANALGESIC | ANTI-INFLAMMATORY | DETOXIFYING

Stretching, unblocking, drainage and oxygenation for the body are just some of the benefits we seek in this therapy where we use Moringa Peregrina oil - a flowering plant that is hypoallergenic, analgesic, anti-inflammatory and abundant in antioxidants.



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# Rejuvenation Treatments

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## Rejuvenation - Antioxidant Facial

Date, Oat, lavender, and pink clay are combined to become a powerful facial mask full of minerals and antioxidants that provide great benefits to the skin to give a younger appearance & healthier skin.

Restore  
the soul through  
wellness practices  
and all-natural local  
ingredients.

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TREATMENTS TIME AND PRICES - TAXES & SERVICE FEE INCLUDED

60 MIN - 600 SAR | 90 MIN - 750 SAR | 120 MIN - 950 SAR



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# Detox Treatments

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## Deep Tissue Massage

The best for giving attention to certain painful, stiff “trouble spots” in your body. The massage therapist uses slow, deliberate strokes that focus pressure on layers of muscles, tendons, or other tissues deep under your skin.

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## Date Seed Body Scrub

Eliminate dead skin cells and regenerate your skin through a liquid-based exfoliation with exfoliating date seed granules that remove dead skin by performing gentle manipulations that will help stimulate blood circulation.

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TREATMENTS TIME AND PRICES - TAXES & SERVICE FEE INCLUDED

60 MIN - 600 SAR | 90 MIN - 750 SAR | 120 MIN - 950 SAR



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# Holistic Therapies

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## Traditional Mexican Sobada

In this therapy traditional heredity techniques are used where the whole body is worked using a blend of herbs to cleanse and release stagnant energy while applying natural balms to work the joints. We use cupping and a rebozo (a cotton or silk garment traditionally used in Mexico to give maternal warmth) to provide relief to specific parts of the body.

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## Reflexology

Based on the principle that there are areas and points on the feet, hands, and ears that are connected through the nervous system to corresponding parts of the body. When pressure is applied to these areas and points it stimulates the movement of energy along the nerve channels and helps to restore homeostasis (self-regulation) & balance in the body.

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TREATMENTS TIME AND PRICES - TAXES & SERVICE FEE INCLUDED

60 MIN - 600 SAR | 90 MIN - 750 SAR | 120 MIN - 950 SAR



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# Private Sessions

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## Yoga & Mindfulness

Our yoga and meditation practices help you cultivate the ancient discipline to recharge yourself by improving the clarity of thought and the awakening of your physical body, where the soul achieves a greater sense of balance.

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## Fitness & Personal Training

We engineer the best of outdoor fitness workouts to improve muscle tone and cardiovascular fitness. Comprehensive exercise programs work on intensive, individualized core fitness & follow a goal-oriented fitness approach.

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PRIVATE SESSIONS TIME AND PRICES – TAXES INCLUDED

60 MIN- 650 RIYALS | 90 MIN - 850 RIYALS



# Book a Treatment

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To book a treatment or any of our Habitas Wellness Experiences, please visit our Habitas Wellness Center or at the Reception.

You can also call or message through WhatsApp or e-mail using any of the following contacts:

## WHATSAPP

[+966 55 744 6558](tel:+966557446558)

## E-MAIL

[WELLNESS  
FRONTDESK  
RESERVATIONS](mailto:WELLNESSFRONTDESKRESERVATIONS)

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# Upon Arrival

We ask that guests arrive at our Wellness Center 10 minutes prior to their scheduled appointment

If the guest arrives late, it will not be possible to extend the planned treatment time, in order to prevent issues with subsequent reservations.

If the Guest arrives under non-optimal conditions (i.e. sick, under the influence of a drug, alcohol and / or substances) the therapy will be cancelled without refund.

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# Cancellation Policy

We advise you to confirm your treatment 24 hours in advance.

Cancellations are valid if they are made with a minimum of 2 hours advanced notice.

If cancelled within this time frame, 50% of the treatment cost will be charged.

In the case of a "no show" 100% of the treatment cost will be charged.

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