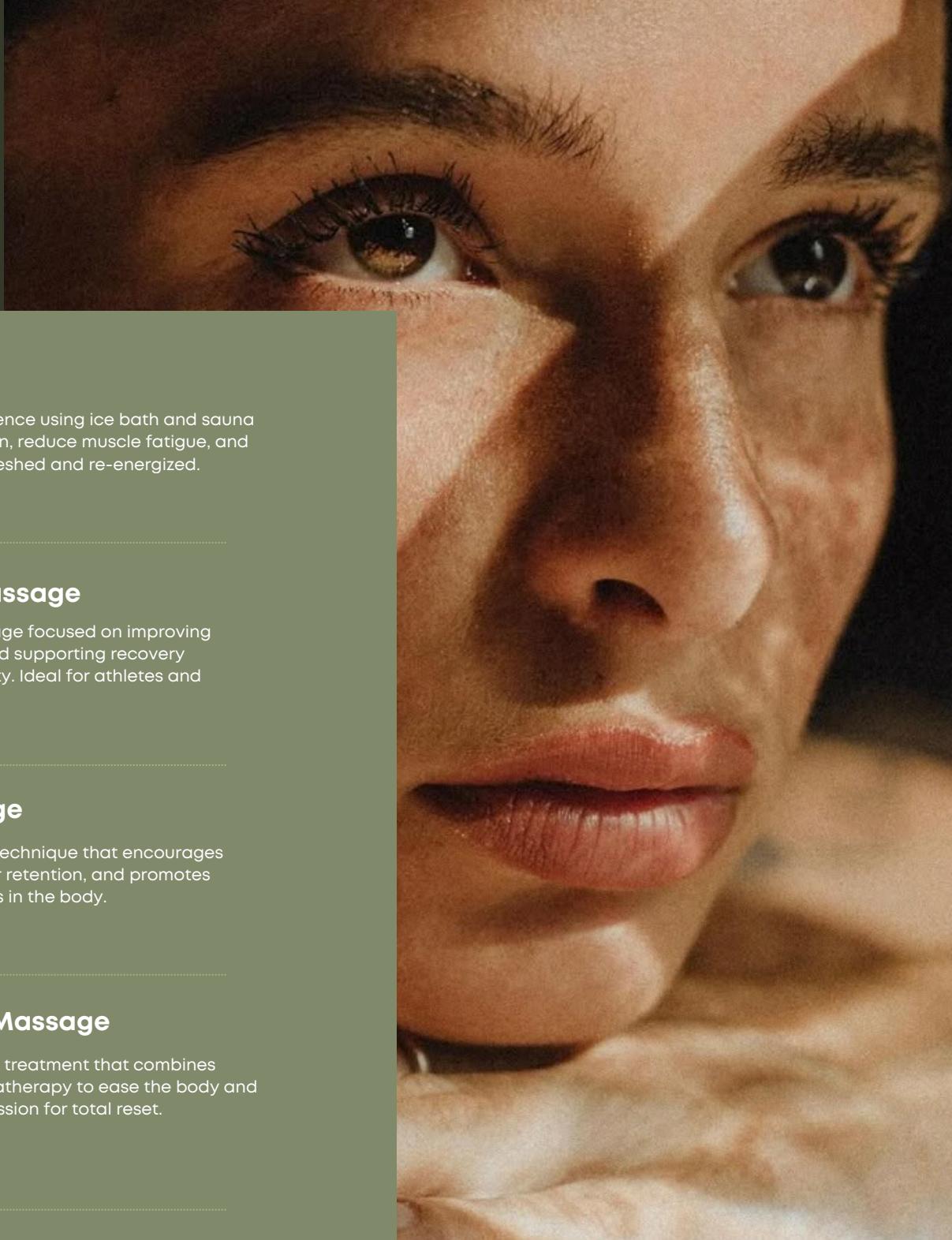




MENU & PACKAGES



MEDERI



## Hot & Cold Reset

A restorative contrast experience using ice bath and sauna therapy to awaken circulation, reduce muscle fatigue, and leave you feeling deeply refreshed and re-energized.

**30 minutes - QAR 100**

## Sports Specific Massage

A performance-driven massage focused on improving mobility, relieving tension, and supporting recovery before or after intense activity. Ideal for athletes and active individuals.

**60 minutes - QAR 500**

## Lymphatic Drainage

A gentle, rhythmic massage technique that encourages detoxification, reduces water retention, and promotes overall balance and lightness in the body.

**60 minutes - QAR 400**

## Mederi Signature Massage

A deeply relaxing, restorative treatment that combines expert techniques and aromatherapy to ease the body and calm the mind. Your go-to session for total reset.

**60 minutes - QAR 400**

## Sports Recovery Combo

1 x Sports Massage (60 min, QAR 500)  
1 x Ice Bath (30 min, QAR 80)

**90 minutes - QAR 525**

## Recovery Boots

Dynamic compression therapy designed to boost circulation, relieve heavy legs, and speed up recovery. Perfect post-workout treatment.

**30 minutes - QAR 50**

*The Art of  
Self Care*



# Packages

## Hot & Cold Reset

A restorative contrast experience using ice bath and sauna therapy to awaken circulation, reduce muscle fatigue, and leave you feeling deeply refreshed and re-energized.

**5-Pack - QAR 450 - Validity 1 Month**

**10-Pack - QAR 850 - Validity 1 Month**

## Sports Specific Massage

A performance-driven massage focused on improving mobility, relieving tension, and supporting recovery before or after intense activity. Ideal for athletes and active individuals.

**5-Pack - QAR 2,250 - Validity 2 Months**

**10-Pack - QAR 4,250 - Validity 3 Months**

## Lymphatic Drainage

A gentle, rhythmic massage technique that encourages detoxification, reduces water retention, and promotes overall balance and lightness in the body.

**5-Pack - QAR 1,750 - Validity 2 Months**

**10-Pack - QAR 3,250 - Validity 3 Months**

## Mederi Signature Massage

A deeply relaxing, restorative treatment that combines expert techniques and aromatherapy to ease the body and calm the mind. Your go-to session for total reset.

**5-Pack - QAR 1,800 - Validity 2 Months**

**10-Pack - QAR 3,400 - Validity 3 Months**

## Sports Recovery Combo

1x Sports Massage (60 min, QAR 500)

1x Ice Bath (30 min, QAR 80)

**5-Pack - QAR 2,400 - Validity 2 Months**

**10-Pack - QAR 4,400 - Validity 3 Months**

## Recovery Boots

Dynamic compression therapy designed to boost circulation, relieve heavy legs, and speed up recovery. Perfect post-workout treatment.

**7-Pack - QAR 315 - Validity 1 Month**

**14-Pack - QAR 595 - Validity 2 Months**



## Mederi Signature Massage

A deeply relaxing treatment combining slow, restorative techniques and aromatherapy to ease tension, calm the mind, and restore natural balance.

250	400	600
30 minutes	60 minutes	90 minutes

## VIP Suite (Package)

A private sanctuary for complete recovery. The full Mederi space is exclusively yours including the massage room, ice bath, and sauna area. Unwind between sessions on the recovery couch, with access to compression boots, foam rollers, and everything you need to restore deeply at your own pace.

750	1200	2000
60 minutes	90 minutes	120 minutes

## Sports Massage

A targeted massage tailored to your body's activity level and goals. Helps release tightness, improve flexibility, and support active recovery.

500	800	1000
60 minutes	90 minutes	120 minutes

## Rehab PT Session

A specialized session combining movement therapy and recovery techniques to aid rehabilitation, improve strength, and restore mobility.

500	800	1000
60 minutes	90 minutes	120 minutes

## Lymphatic Drainage

A gentle, rhythmic massage that supports detoxification, reduces water retention, and promotes overall lightness and balance.

350	500	700
60 minutes	90 minutes	120 minutes

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Lagoona Mall  
Megaformer Studio, Doha

### Website:

[www.mederi.qa](http://www.mederi.qa)

## Lymphatic Drainage (Madeotherapy)

A sculpting and toning variation of lymphatic drainage that stimulates circulation and enhances skin texture for a revitalized, contoured look.

**400**

60 minutes

**600**

90 minutes

**800**

120 minutes



## Home Service - Lymphatic Massage

Experience Mederi's signature lymphatic treatment in the comfort of your home. A personalized session designed to support detoxification, lightness, and balance wherever you are.

**550**

60 minutes

**800**

90 minutes

**950**

120 minutes

## Home Service - General Massage

Bring relaxation to your space with Mederi's restorative general massage, a calming treatment to ease muscle tension and promote deep rest at home.

**550**

60 minutes

**800**

90 minutes

**950**

120 minutes

## Home Service - Sports Massage

Professional sports massage delivered to you. Ideal for athletes or anyone seeking a deep, restorative treatment at home.

**650**

60 minutes

**950**

90 minutes

**1,150**

120 minutes

## Additional Service - 15 minutes

Massage technique that uses long strokes and circular movements to help relax and energize the body.

**Accupuncture**

180

**Cupping**

180 / 350 (30 mins)

**Scraping**

180 / 350 (30 mins)

**Hands, Feet, Face, Scalp, Stretch**

90

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### **Megaformer x Mederi Signature Massage (110 min)**

1 x Megaformer Class (50 min)  
1 x Mederi Signature Massage (60 min)

**QAR 500**

**Validity - 1 week**

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### **Megaformer x Mederi Sports Recovery Bundle (110 min)**

5 x Megaformer Class (50 min)  
2 x Mederi Signature Massage (60 min)

**QAR 1,500**

**Validity - 2 Months**

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### **Megaformer x Mederi Recovery Room (80 min)**

1 x Megaformer Class (50 min)  
1 x Mederi Recovery Room (30 min)

**QAR 200**

**Validity - 1 week**

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### **Megaformer x Mederi Recovery Room - 5 Pack**

5 x Megaformer Class (50 min)  
5 x Mederi Recovery Room (30 min)

**QAR 1,000**

**Validity - 2 months**

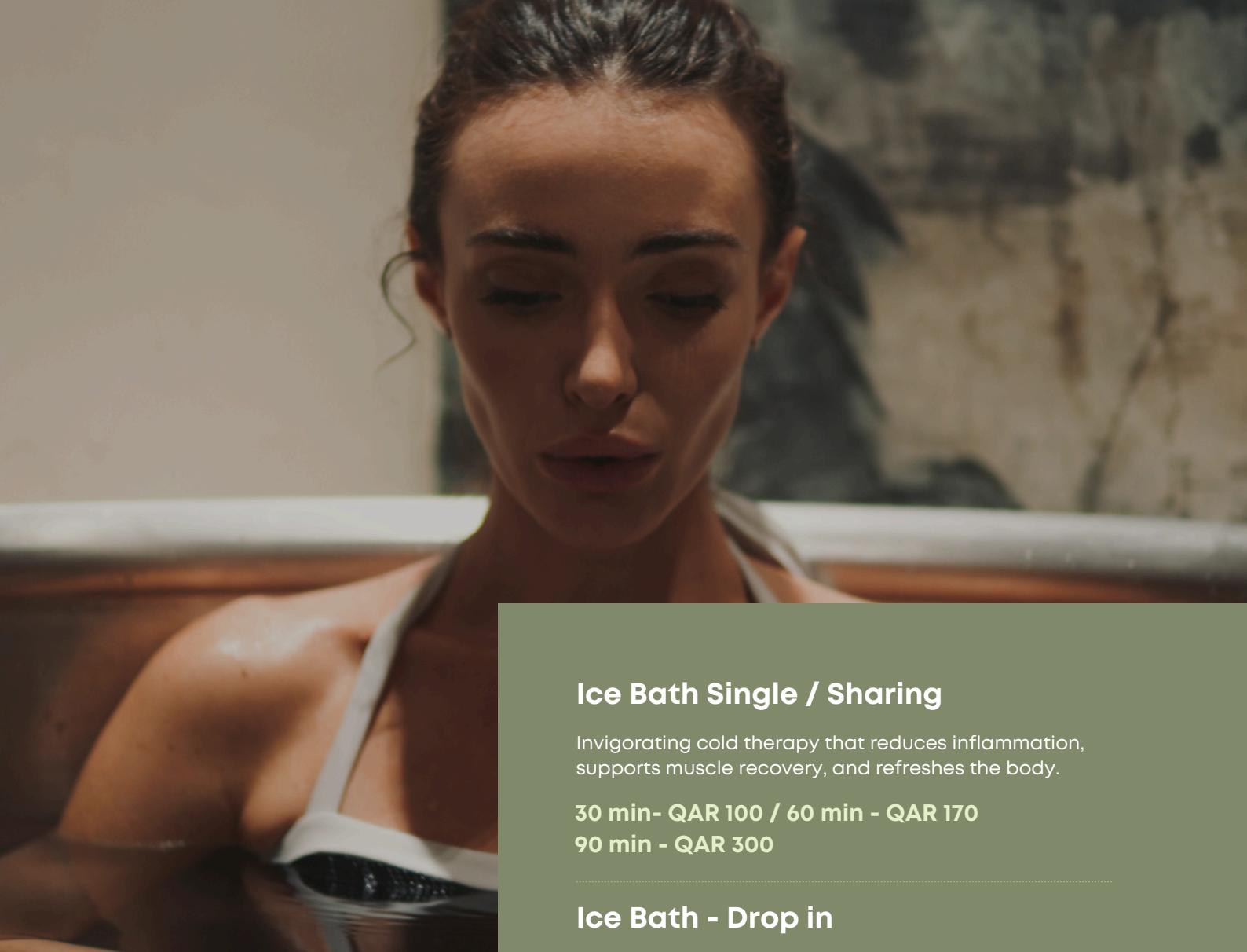
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Wellness *flows*  
where stress  
lets go.



### **Ice Bath Single / Sharing**

Invigorating cold therapy that reduces inflammation, supports muscle recovery, and refreshes the body.

**30 min- QAR 100 / 60 min - QAR 170  
90 min - QAR 300**

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### **Ice Bath - Drop in**

A quick, energizing reset ideal between workouts or during busy days.

**20 min - QAR 75**

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### **Recovery Boots**

Dynamic compression therapy to boost circulation and relieve heavy legs.

**30 min- QAR 50 / 60 min - QAR 100  
90 min - QAR 150**

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### **Guided Recovery Session (Ice bath, Sauna coaching)**

A personalized recovery journey combining temperature therapy and mindful breathing techniques.

**60 min - QAR 350**

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### **Inbody Scan**

A body composition analysis to help track balance, hydration, and recovery progress.

**QAR 100**



## Nutrition and Lifestyle Consultation

A single consultation to align your habits and routines with your wellness goals.

**60 minutes - QAR 500**

## Nutrition and Lifestyle Consultation - 1 Month

Ongoing personalized guidance for lasting results and balance.

**QAR 1,500**

## Seminars

Interactive wellness sessions curated by Mederi. Designed to educate, inspire, and promote holistic wellbeing in community or corporate settings.

**QAR 3,000**

*Nutrition  
Care*



# MEDERI

THE ART OF SELF CARE

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