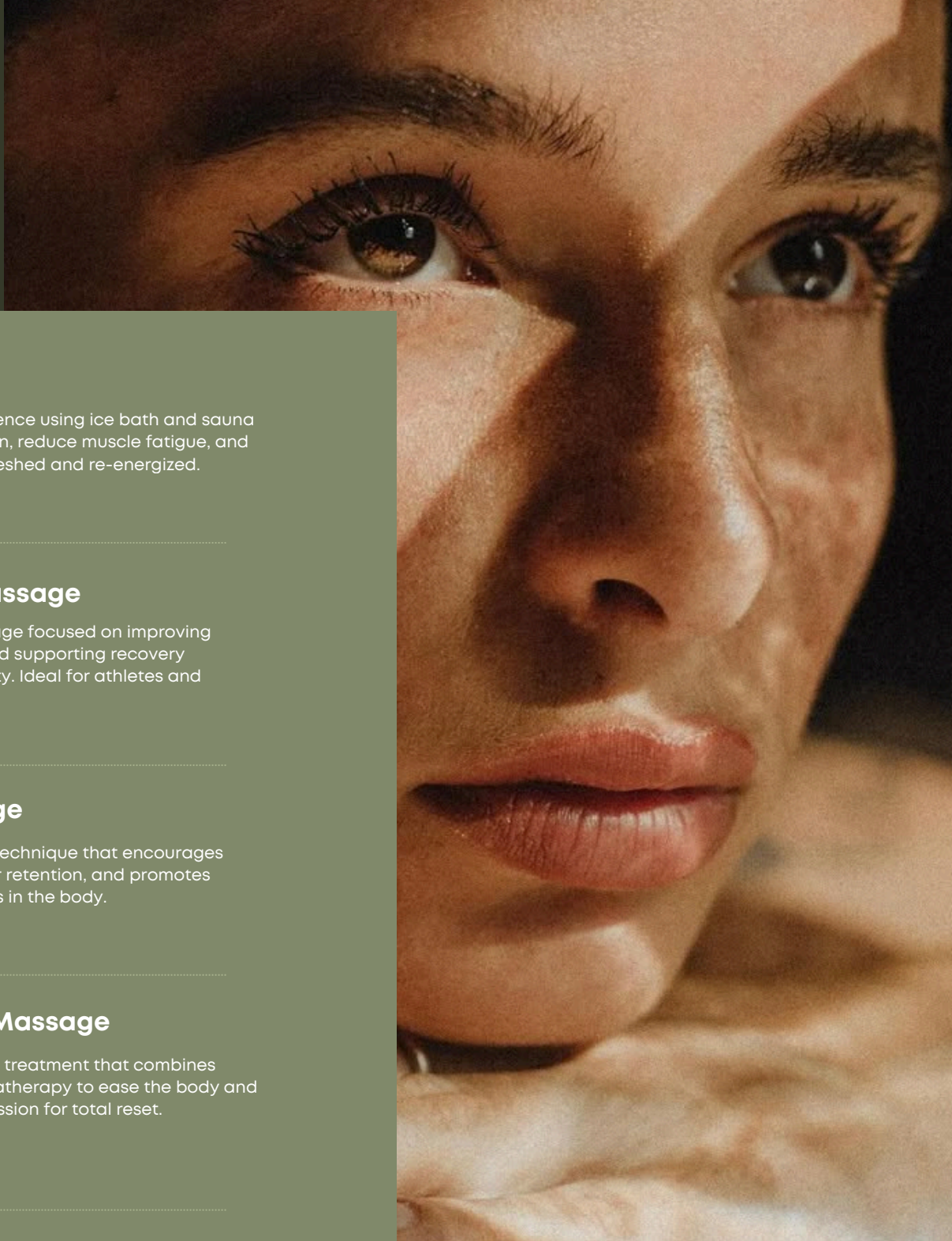


MENU & PACKAGES



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

1 x Sports Massage (60 min, QAR 500)

1 x 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

30 minutes

400

60 minutes

600

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

60 minutes

1200

90 minutes

2000

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

60 minutes

800

90 minutes

1000

120 minutes

Rehab PT Session

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

500

60 minutes

800

90 minutes

1000

120 minutes

Lymphatic Drainage

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

350

60 minutes

500

90 minutes

700

120 minutes

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Megaformer Studio, Doha

Website:

www.mederi.qa



Lymphatic Drainage (Madootherapy)

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

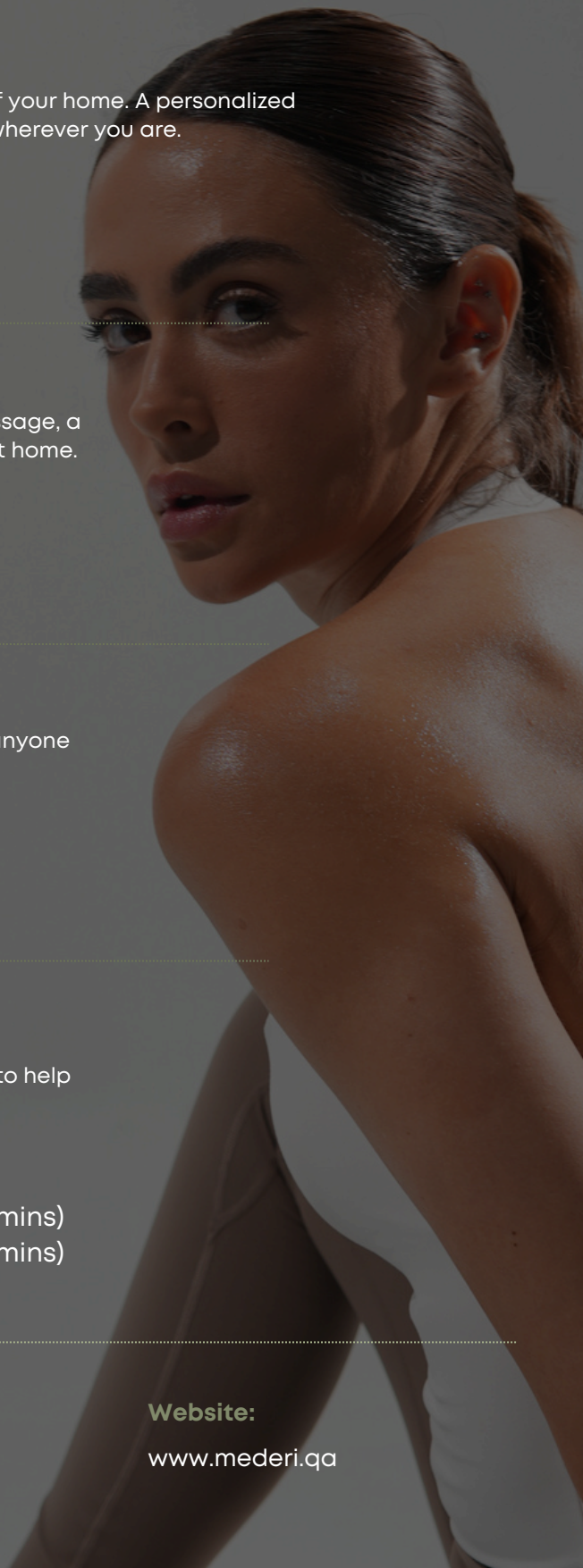
90

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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

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

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

Megaformer x Mederi Recovery Room - 5 Pack

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

QAR 1,000

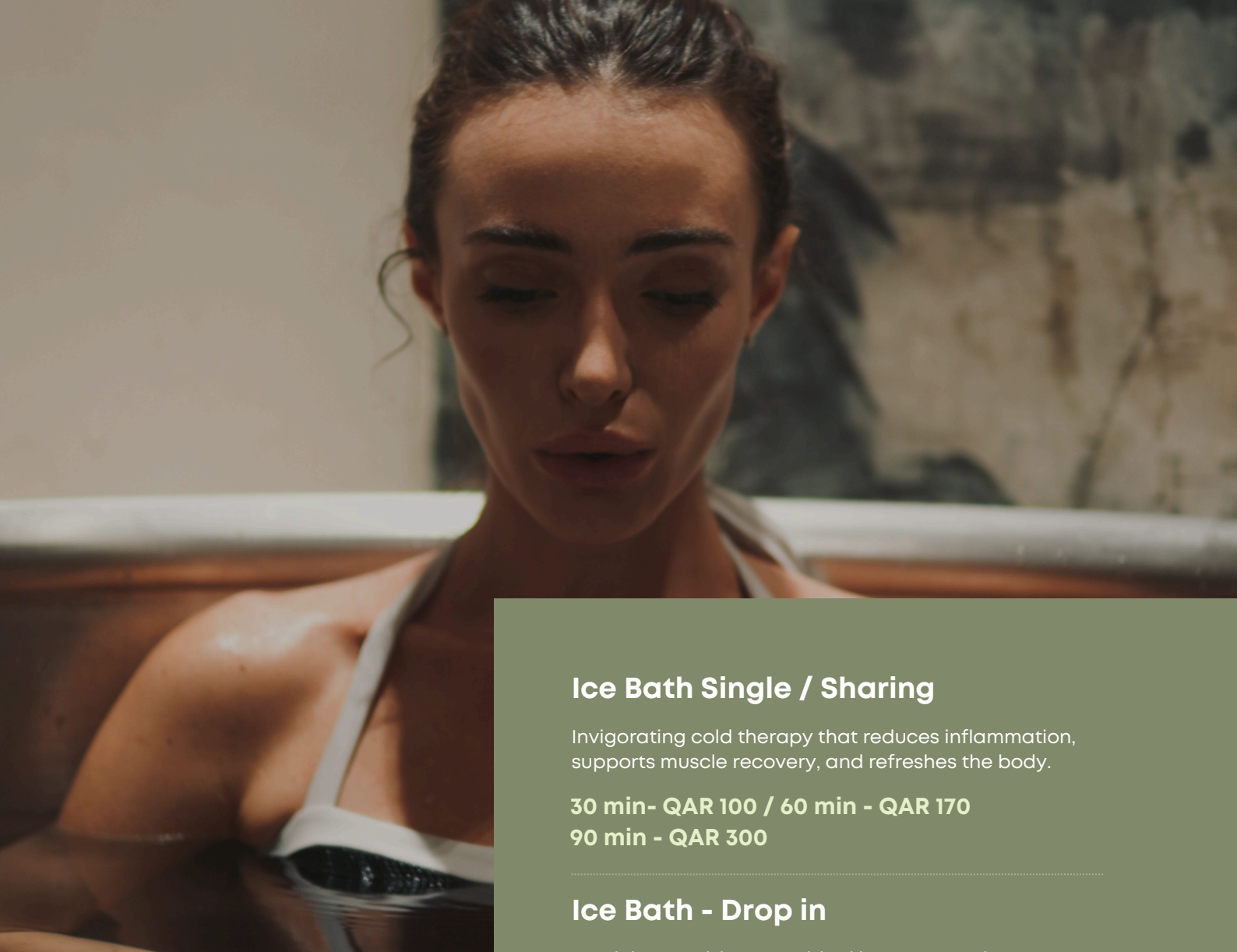
Validity - 2 months

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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

Ice Bath - Drop in

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

20 min - QAR 75

Recovery Boots

Dynamic compression therapy to boost circulation and relieve heavy legs.

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

Guided Recovery Session (Ice bath, Sauna coaching)

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

60 min - QAR 350

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

Lagoon Mall
Megaformer Studio, Doha

MEDERI

THE ART OF SELF CARE

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