

HOLISTIC WELLNESS JOURNEY WITH BEKEZELA PATIENCE

Discover inner peace and wellness with Bekezela Patience, a seasoned expert with nearly 20 years of experience. Rooted deeply in her African heritage, Bekezela has crafted therapies that blend ancestral wisdom with a touch of Asian modalities. From growing up in Africa and learning the importance of community wellness to receiving an internationally accredited certification from The City & Guilds of London Institute, she brings a unique and deeply personal touch to every treatment.



Bekezela has honed her craft in some of the world's most prestigious 5-star establishments, including Jumeirah Hotels in Dubai, Azura Private Island in Mozambique, and Southern Sun Hotel in South Africa. Specialising in Usui Reiki, Colour Therapy, and Wellness for Cancer, her bespoke treatments cater to a wide range of wellness needs. Come experience therapies designed to rejuvenate your body, mind, and spirit in these demanding times.

ZENZU INTUITIVE MASSAGE

90 MINUTES | QAR 950

Experience an orchestra of techniques rooted primarily in African and Asian traditions. The unique Zenzu Intuitive Massage incorporates rhythmic movements like the "Crocodile Maneuver", "Caterpillar", and "Elephant" to immerse you in a healing journey. The session concludes with Reiki and Cranial-Sacral Therapy, complemented by sound instruments to round off this ceremonious experience.

ZULU WARRIOR MASSAGE

75 MINUTES | QA880

This deep tissue therapy employs slow, firm manual pressure to alleviate muscle tension. The Induku/Knobkierie stick, a symbol of warrior status in the Zulu tribe of South Africa, is used for added efficacy. Release muscle tension and embrace your inner warrior.

BIG 5 FOOTPRINTS MASSAGE

75 MINUTES | QAR 825

Feel the footprints of the Africa's Big Five footsteps. This massage utilises the African Calabash tools to mimic the walking steps of the elephant, Cape Buffalo, leopard, lion and rhinoceros. The sound of the rain sticks and the storm instruments make you feel the Safari journey while the sounds of the marimba are grounding.

CANCER TOUCH THERAPY

75 MINUTES | QAR 820

Adaptable to your unique needs, this treatment caters to those at various stages of a cancer journey, whether newly diagnosed, undergoing treatment, in survivorship, or in palliative care. Experience a comfortable, soothing, and relaxing spa session tailored specifically for your wellbeing and wellness.

For bookings and enquiries, please dial 6900 or +974 4477 6555
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