

## DECEMBER HIGHLIGHTS



### GIFT OF WELLNESS

From 10 December onwards

This festive season, let us celebrate with gifting health and wellness exclusives. Explore a curated selection of **wellness hampers** featuring products from Dr. Barbara Sturm, Sporty & Rich and more renowned brands for her, for him and for them. Prices start at QAR1,200.



### BRENT PANKHURST IN RESIDENCY

11 to 13 December, 12pm to 9pm

British grooming tradition meets contemporary style. Experience expert haircuts, shaves and beard care and conversations that matter with founder and director of Pankhurst London, **Brent Pankhurst** himself. Dubbed by British Esquire as a must for gentlemen of style.



### AMADA WEAR x ASAYA

13 December, 8.30am to 12pm

In celebration of **Qatar National Day** and launch of **Amada's premium activewear** available at Asaya, experience a morning of curated movement sessions in partnership with Niya Yoga. 8.30am outdoors, 10.30am indoors. Secure your spot with the Wellness Concierge.



### HAMMAM RITUALS

Daily, 10am to 10pm

Treatment of the Month (ladies only):  
**Le Hammam Maroc** (60 min) QAR900

This ritual blends ancestral techniques with a luxurious black soap application to deeply cleanse, purify and prepare your skin. Completed with the Miel d'Ambre and nourishing butters revealing a radiant glow.



### FESTIVE FUN AT RW EXPLORERS

24 December 2025 until 4 January 2026

Fun for all ages at Rosewood Explorers with a host of **festive themed** games and activities including face painting, arts and crafts and movement these holidays.

Tailored to children aged 4 to 12 years (dedicated play area for toddlers available). Complimentary for hotel guests.



### WINTER GLOW

1 to 31 December 2025, 10am to 10pm

Glow up with a signature, science-backed treatment by Dr. Barbara Sturm that aims to deeply hydrate, soothe, and restore a youthful radiance. Enjoy the gift of time as you receive a complimentary upgrade to 90 minutes\* upon booking the 60 minutes **Sturmglow** facial.

\* Terms and conditions apply.

### WEEKLY GROUP FITNESS & MOVEMENT SESSIONS

	SUN	MON	TUE	WED	THU	FRI	SAT	SESSION SPOTLIGHT: OUTRACE BOOTCAMP
7.00 – 8.00						ASAYA RUN CLUB*		
9.00 – 10.00						FLOAT FIT HIIT*		
10.00 – 11.00							MAT PILATES	
16.00 – 17.00	HYBRID (ladies only)					RHYTHM CYCLE*	OUTRACE BOOTCAMP*	
18.00 – 19.00		BUILD 360	PADEL SOCIAL *	BOX TO THE BEAT*	SOUND BATH			
19.00 – 20.00								

#### Charges

Asaya Run Club  
FloatFit HIIT  
All other sessions

Complimentary  
QAR150  
QAR130

\* Session is performed outdoors.