

NEWSLETTER

BANANA ISLAND RESORT DOHA

OCTOBER 2023

AS-SALAMU ALAYKUM!

October is the start of another eventful season for Qatar, with the racing shows, motor shows, and horticulture expo happening one after another.

Get ready for a thrilling month in the country and on the island, as we officially say goodbye to Summer and welcome the better weather ahead.



Mohammed Wazir
General Manager



منتجع جزيرة البنانا
BANANA ISLAND
RESORT DOHA
BY ANANTARA

RECREATION
FITNESS CLASSES

ANANTARA SPA
BREAST CANCER AWARENESS

AL NAHHAM
OCTOBER SPECIAL



Call +974 4040 5050 for Reservations or email reservations.doha@anantara.com

FOOD AND BEVERAGE



BAMBOO BIRIYANI

Bamboo Biryani is a visually striking and flavourful rice dish that originates from South India. It is a creative variation of the traditional biriyani, which is usually made with fragrant traditional spices, vegetables, and mixed with your choice of meat or seafood - stuffed and served in a bamboo tube.

Every Sunday
12.00 PM to 10.30 PM

Chicken - QAR 160
Lamb - QAR 165
Prawns - QAR 170

DINING BY

Design

A UNIQUE PRIVATE DINING EXPERIENCE FOR YOUR SPECIAL OCCASION

Celebrate an anniversary, a special birthday, or a surprise proposal in extraordinary settings by the beach. Choose from a gourmet collection of menus, or design your own in collaboration with your own chef for the evening. All arrangements are taken care of by your butler, including a custom cake, flower bouquets, and other personalised details.



OCTOBER SPECIAL

FISH SINGARI WITH MACHBOOS RICE

Treat your taste buds to this rich Arabic rice dish loaded with aromatic spices, slow cooked to give it a depth of flavour and a smoky taste.

Al Nahham
ARABIAN DINING

ALOHA BRUNCH

Transport yourselves to Hawaii without having to leave Doha this summer! Get ready for a tropical paradise with our all-new ALOHA BRUNCH every Friday! Immerse in vibrant colours and distinct flavours in this ultimate Hawaiian escape for the whole family.

Date: Every Friday
Venue: Azraq Restaurant
Time: 1.00 pm until 4.00 pm

Put some twist into
your usual pool experience.



FLOATING SUSHI PLATTER*

QAR 499 (for 2 persons)

**Please book at least 24 hours in advance.*

FLOATING BREAKFAST

QAR 450 (for 2 persons)



FLOATING POOL AMENITIES

QAR 350 (for 2 persons)

For inquiries and bookings, please call +974 4040 5075
or send a WhatsApp to +974 6003 0776

Pinktober Breast CANCER AWARENESS MONTH

QAR 800 / 120 minutes

Experience a 90-minute Anantara Signature Massage followed by a 30-minute Nourishing Facial.

Valid from 01 to 31 October 2023.

SPA & SAVE!

SPA PRODUCTS

Enjoy up to **50% savings** on selected spa products when you book any treatment at Anantara Spa.

SPA TREATMENTS

10% Anantara Spa savings for all treatments, for GHA members (all levels)



DREAM PACKAGE

QAR 999 / 120 minutes

(Sunday to Wednesday only)

Anantara Spa Dream Package – Yes, you deserve to be pampered luxuriously! Reward yourself with this fabulous and lush package that includes a 60-min relaxing massage followed by a 60-min Hydra Blue Facial.

Valid from 01 to 31 October 2023.

NOURISHING FACIAL

QAR 199 / 30 minutes

(Sunday to Wednesday only)

This facial incorporates exceptional power of Weaving Algae to keep water deep within the skin and thereby prevent dehydration.

The moisturising results are exceptional: skin is ideally hydrated after the first application, as if its thirst has been quenched.

Terms and Conditions:

- All promotion package is valid on Sunday to Wednesday
- The above benefits may not be used in conjunction with any other discount or spa credit
- The above benefits may not be exchanged for any other service or cash
- Pre-booking is advised. Subject to availability at the time of booking





FITNESS CLASSES PROGRAM

ASHTANGA YOGA *FRIDAY (11.00 AM)*

Since the late 1990s, Ashtanga has been considered one of the most popular forms of yoga in the Western world. Ashtanga centers on a vigorous physical practice that includes a series of poses linked together with breath to form a continuous sequence.

BEACH BOOT CAMP *MONDAY & THURSDAY (4.00 PM)*

Boot camp training often commences with dynamic stretching and running, followed by a wide variety of interval training, including lifting weights/objects, pulling rubber push-ups/sit ups, and various types of intense explosive routines. Sessions usually finish with yoga stretching.

CIRCUIT TRAINING CLASSES *SATURDAY (4.00 PM)*

Circuit training is a workout that involves rotating through various exercises targeting different parts of the body. Focusing on different muscle groups in a short amount of time is an effective exercise that can be incorporated into a healthy lifestyle.

FUNCTIONAL TRAINING *WEDNESDAY (4.00 PM)*

Functional training is a type of training that focuses on movements that help you function better in your everyday life. Our bodies were designed to move in different ways categorized into human movement patterns. We're made to push and pull with our upper body, hinge at the hips, bend into a squat, lunge or step up, and rotate.

STRETCHING CLASSES *SUNDAY (4.00 PM)*

This form of stretching improves speed, agility and acceleration. It involves the active tightening of your muscles and moving your joints through their full range of motion throughout the stretch.

NOTES:

- To pre-book your fitness class, please call Recreation center +974 4040 5131.
- Ensure to wear appropriate sport attire during any of fitness classes
- If you have any injuries, medical condition, heart problem, high blood or are pregnant, it is vitally important that you notify the instructor.
- Classes are subject to change without prior notice.

KIDS ACTIVITIES

SUPER SUNDAY	MARVELOUS MONDAY	TERRIFIC TUESDAY	WONDERFUL WEDNESDAY	TREMENDOUS THURSDAY	FANTASTIC FRIDAY	STUPENDOUS SATURDAY
Paper Flower Making 9.30 am - 10.30 am	Friendship Bracelet Making 9.30 am - 10.30 am	Mask Making 9.30 am - 10.30 am	Nature Craft 9.30 am - 10.30 am	Make Your Own Binocular 9.30 am - 10.30 am	DIY Wind Chime Making 9.30 am - 10.30 am	Greeting Card Making 9.30 am - 10.30 am
Shell Painting 11.00 am - 12.00 pm	Rock Painting 11.00 am - 12.00 pm	Gypsum Painting 11.00 am - 12.00 pm	Colored Sand Art Painting 11.00 am - 12.00 pm	Balloon Twisting 11.00 am - 12.00 pm	Face Painting and Nail Art 11.00 am - 12.00 pm	Cooking Classes 11.00 am - 12.00 pm
Art Collage 12.00 pm - 01.00 pm	Photo Frame Making 12.00 pm - 01.00 pm	Cloud Catcher Making 12.00 pm - 01.00 pm	Musical Chairs 12.00 pm - 01.00 pm	Recycling 12.00 pm - 01.00 pm	Finger Painting 12.00 pm - 01.00 pm	Cup Stacking Challenge 12.00 pm - 01.00 pm
Cinema Time 1.00 pm - 2.00 pm	Cinema Time 1.00 pm - 02.00 pm	Cinema Time 1.00 pm - 02.00 pm	Cinema Time 1.00 pm - 02.00 pm	Cinema Time 1.00 pm - 02.00 pm	Cinema Time 1.00 pm - 02.00 pm	Cinema Time 1.00 pm - 02.00 pm
Board Games and Puzzle 2.00 pm - 3.00 pm	Tic Tac Toe 2.00 pm - 3.00 pm	Squid Game 2.00 pm - 3.00 pm	Eye Spy Game 2.00 pm - 3.00 pm	Memory Game 2.00 pm - 3.00 pm	The Blind Fold Game 2.00 pm - 3.00 pm	Twister Challenge 2.00 pm - 3.00 pm
UNO Challenge 3.00 pm - 04.00 pm	Indoor Scavenger Hunt 3.00 pm - 04.00 pm	Water Balloon Hunt 3.00 pm - 04.00 pm	Kite Making 3.00 pm - 4.00 pm	Cup By Cup Challenge 3.00 pm - 4.00 pm	Kids Aqua Zumba 3.00 pm - 4.00 pm	Water Balloon Hot Potato Game 3.00 pm - 4.00 pm
Water Relay Games 4.00 pm - 5.00 pm	Beach Fun Games 4.00 pm - 5.00 pm	Limbo Challenge 4.00 pm - 5.00 pm	Kite Flying 4.00 pm - 5.00 pm	Marco Polo 4.00 pm - 5.00 pm	Cup Of Chance Challenge 4.00 pm - 5.00 pm	Sand Castle Making 4.00 pm - 5.00 pm
Water Balloon Toss 5.00 pm - 6.00 pm	Sponge Run Challenge 5.00 pm - 6.00 pm	Water Balloon Fight 5.00 pm - 6.00 pm	Kids Football Competition 5.00 pm - 6.00 pm	Picnic Time 5.00 pm - 6.00 pm	Find Our Treasure Box 5.00 pm - 6.00 pm	Scavenger Hunt 5.00 pm - 6.00 pm
Fun with Zumba 7.00 pm - 8.00 pm	Movie Night 7.00 pm - 8.00 pm	Karaoke Night & Disco Night 7.00 pm - 8.00 pm	Movie Night 7.00 pm - 8.00 pm	Musical Chair and Freeze Dance 7.00 pm - 8.00 pm	Paper Dancing Challenge & Floor Is Larva 7.00 pm - 8.00 pm	Movie Night 7.00 pm - 8.00 pm



REMARKS

- Outdoor activities are subject to change based on weather conditions.
- Activities are open for kids ages 3 to 12 years old.
- Parents must sign a disclaimer form before the start of any kids' activities.
- Guests are encouraged to bring their own sun protection and hat.
- For more information, please visit Cool Mint Kids' Club or call +974 4040 5135

BOWLING ALLEY

10.00 AM UNTIL 10.00 PM

(Saturday to Wednesday)

10.00 AM UNTIL 11.00 PM

(Thursday and Friday)

Our Island hosts a professional bowling alley, a perfect day out for all the family. Put on your bowling shoes and give it your best shot, with bowling balls for those big or small.



SURF POOL

3.00 PM UNTIL 10.00 PM

(Saturday to Wednesday)

10.00 AM UNTIL 11.00 PM

(Thursday and Friday)

Get wet and have fun! Learn how to surf in a controlled environment supervised by professional instructors.

Waves inside our two surfing lanes can be customised to suit any level.



Spinner Ride

Try our newest watersport activity on the island!





UNLOCK LAVISH REWARDS WITH OUR AL MASSA MEMBERSHIP!

By becoming a member, you and your loved ones can enjoy amazing year-long savings and special benefits on your island getaways and unique local experiences.

Save on gastronomic adventures and treat your taste buds with Middle Eastern delights and international flavours. Indulge in a relaxing spa treatment or learn how to ride the waves at our surf pool. Discover an array of rewards and complimentary vouchers for beach access and dining journeys – all at an exclusive price for our dear Al Massa Card holders.

The Al Massa Card includes a one-year membership, as well as a booklet of complimentary vouchers for fine dining and fun island activities.

- **Silver Membership – QAR 2,750**
- **Gold Membership – QAR 6,000**

For inquiries and bookings, call +974 6003 0773 or email sales.adoh@anantara.com

RACING AND EXHIBITIONS



Calling all cars, motors, and environmental sustainability enthusiasts!

Get ready for these much-awaited thrilling car shows, car races, motor shows, and horticulture event in the country!

Stay in splendour with easy access to these extraordinary experiences and indulge in complete comfort on our island beside the glimmering waters of the Arabian Gulf.

INTERNATIONAL RACING INDULGENCE



Booking dates: Until 30th November 2023
Stay dates: 1st to 15th October 2023 and 20th to 30th November 2023

Discover an unprecedented showcase of rides & drives as the country is revving up for the ultimate festival of automotive excellence!

Package includes:

- Luxury accommodation
- Roundtrip boat transfers
- Daily lavish breakfast buffet
- Welcome amenities
- One 60-minute Anantara Spa massage
- Early check-in and late check-out *(subject to availability)*

EXPO STAYCATION PACKAGE



Booking dates: Until 30th March 2024
Stay dates: 1st October 2023 until 31st March 2024

Package includes:

- Luxury accommodation
- Roundtrip boat transfers
- Welcome amenities
- Daily lavish breakfast buffet
- QAR 100 Resort Credit
- QAR 200 Anantara Spa Credit
- Early check-in and late check-out *(subject to availability)*