

WELCOME TO ANANTARA SPA.

At Anantara Spa, we fuse the wisdom of East and West to bring our guests award-winning relaxation and healing. At Al Jabal Al Akhdar, thermal therapy is crowned with authentic hammam rituals, and pampering is enriched with the essence of pomegranate and damask rose that bloom on the mountainside.



SIGNATURE EXPERIENCES

Whether looking to connect as a couple or with the beauty of nature that surrounds, our signature experiences are carefully chosen for their immersive and relaxing properties.

THE COUPLE'S SPA JOURNEY

120 MINS

Lie side by side and submit to head-to-toe pampering. An energising date and coffee scrub is followed by a healing oil massage with moringa – used by Omanis for centuries – and a quick facial so that you emerge glowing.

- Floral Foot Ritual
- Date and Coffee Scrub
- Al Jabal Delight Massage
- Express Facial
- Refreshment

MOMENT OF TOGETHERNESS

120 MINS

Connect as a couple through the power of touch. A therapist will teach you how to massage each other, followed by individual massages by the experts tailored to your tastes.

- Floral Foot Ritual
- Couple's Connection Class
- Personalised Wellbeing Massage
- Refreshment

ROSE RESCUE RITUAL

90 MINS

Blossom naturally with the healing and beautifying power of the rose that has grown on Al Jabal Al Akhdar for centuries. Fragrant oil nourishes your skin and body in a tension-relieving massage, while a facial soothes, balances and hydrates.

- Floral Foot Ritual
- Rose Massage
- Rose Facial Massage
- Refreshment

REVITALISING POMEGRANATE JOURNEY

90 MINS

Rich in antioxidants, Al Jabal Al Akhdar pomegranates have long been revered for their ability to nourish and protect the skin, offering the perfect polish for a smooth and radiant body before a soothing signature massage.

- Floral Foot Ritual
- Pomegranate Salt Scrub
- Anantara Signature Massage
- Refreshment



All rates are in Omani Rials and subject to 8% service charge, 5% VAT and 4% government tax.

HAMMAM RITUALS

The hammam was a fundamental part of Ottoman culture and society for centuries, celebrated for its cleansing, purifying and energising properties as well as its immunity boosting.

THE ROYAL HAMMAM RITUAL

90 MINS

This decadent hammam ritual includes your choice of Turkish or Moroccan hammam experience. With the body smooth, relaxed and supple, a deeply restorative back massage follows.

- Steam
- A choice of Turkish or Moroccan Hammam
- Hair Cleansing and Masque
- Back, Neck and Shoulder Massage
- Refreshment

TURKISH HAMMAM RITUAL

60 MINS

A traditional sequence of perfumed steam, kesse body exfoliation for pure shine, and a unique foam massage that softens the skin and eases muscle tension throughout the body.

- Black Olive Soaping
- Steam
- Kesse Exfoliation
- Foam Bath
- Hair Cleansing and Masque
- Refreshment

MOROCCAN HAMMAM RITUAL

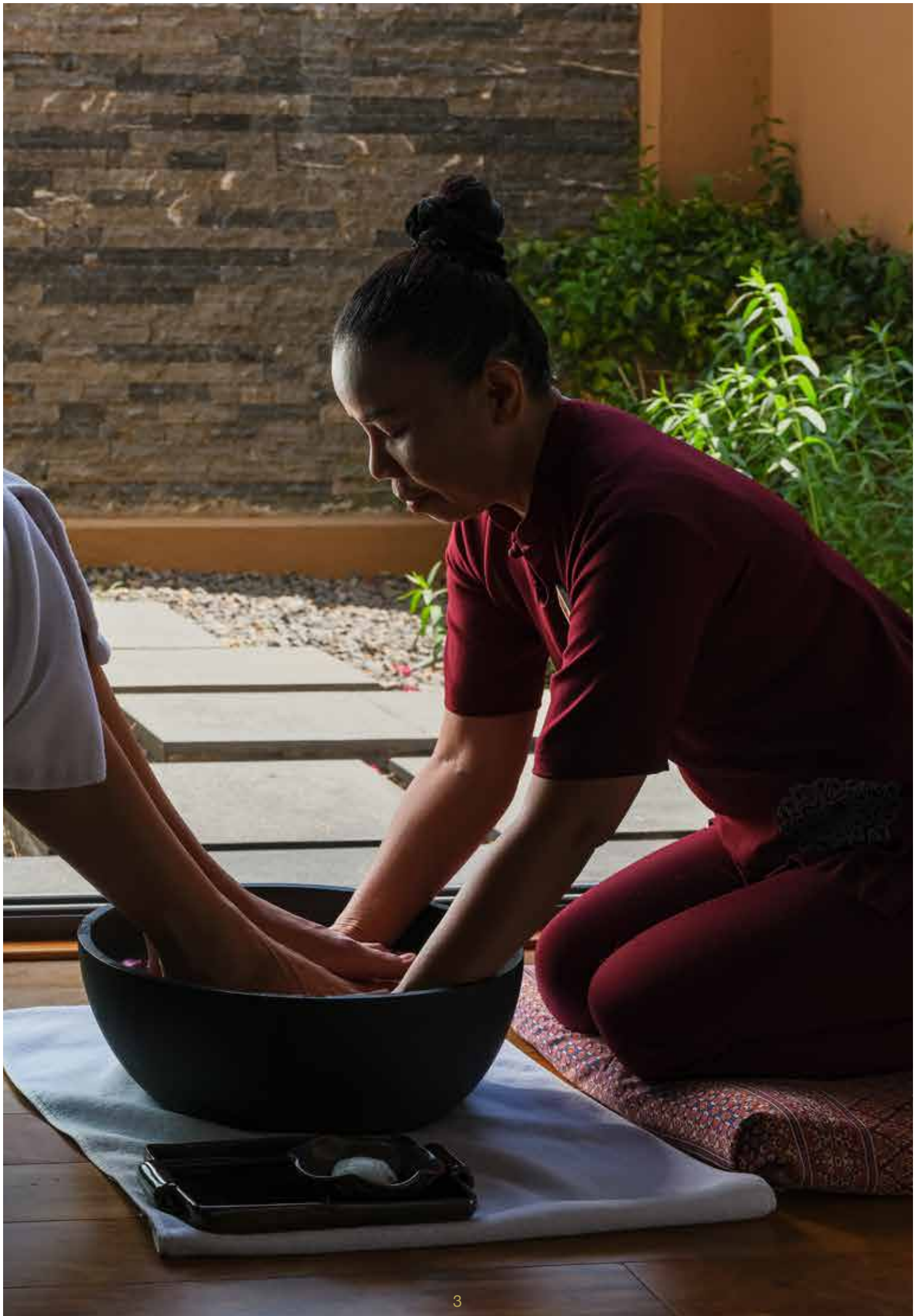
60 MINS

The quintessential Moroccan ritual is built around full-body cleansing, exfoliating and moisturising with black olive soap. A clay mask brings any remaining impurities to the surface for the smoothest skin imaginable.

- Black Olive Soaping
- Steam
- Kesse Exfoliation
- Hair Cleansing and Masque
- Ghassoul Body Mask
- Refreshment

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MASSAGES

Explore a range of massage techniques from East to West, or our signature combination of the two for supreme wellbeing.

ANANTARA SIGNATURE MASSAGE

60/90 MINS | Light to Medium Pressure

Combining Eastern and Western massage techniques with a signature oil blend, this massage stimulates circulation and deeply relaxes muscles, while reflexology clears energy blockages to promote overall wellbeing.

STRESS RELEASE MASSAGE

60/90 MINS | Medium Pressure

Using a combination of strokes and acupressure techniques, along with an aromatherapy oil blend of your choice, this gentle massage delivers waves of deep relaxation and pure pleasure.

BALINESE MASSAGE

60/90 MINS | Medium Pressure

Pamper yourself with a spiritually and physically restorative massage. A rigorous yet therapeutic combination of long, gliding movements, skin rolling and firm kneading along pressure points will warm your muscles and boost circulation.

HOT STONE MASSAGE

90 MINS | Medium Pressure

A unique combination of aromatherapy oils and heated volcanic stones are kneaded into the body to ease away deep muscular tension and encourage optimum circulation.

TRADITIONAL THAI MASSAGE

60/90 MINS | Firm Pressure

Also known as passive yoga, this therapy has been passed down through the generations. By using stretching techniques and pressure-point work, tension is released, flexibility is improved, and vitality is restored.

DEEP MUSCLE MASSAGE

60/90 MINS | Firm Pressure

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern such as a stiff neck, lower back pain, sore muscles and tight shoulders.

THE PERSONALISED WELLBEING MASSAGE

60/90 MINS | Light to Firm Pressure

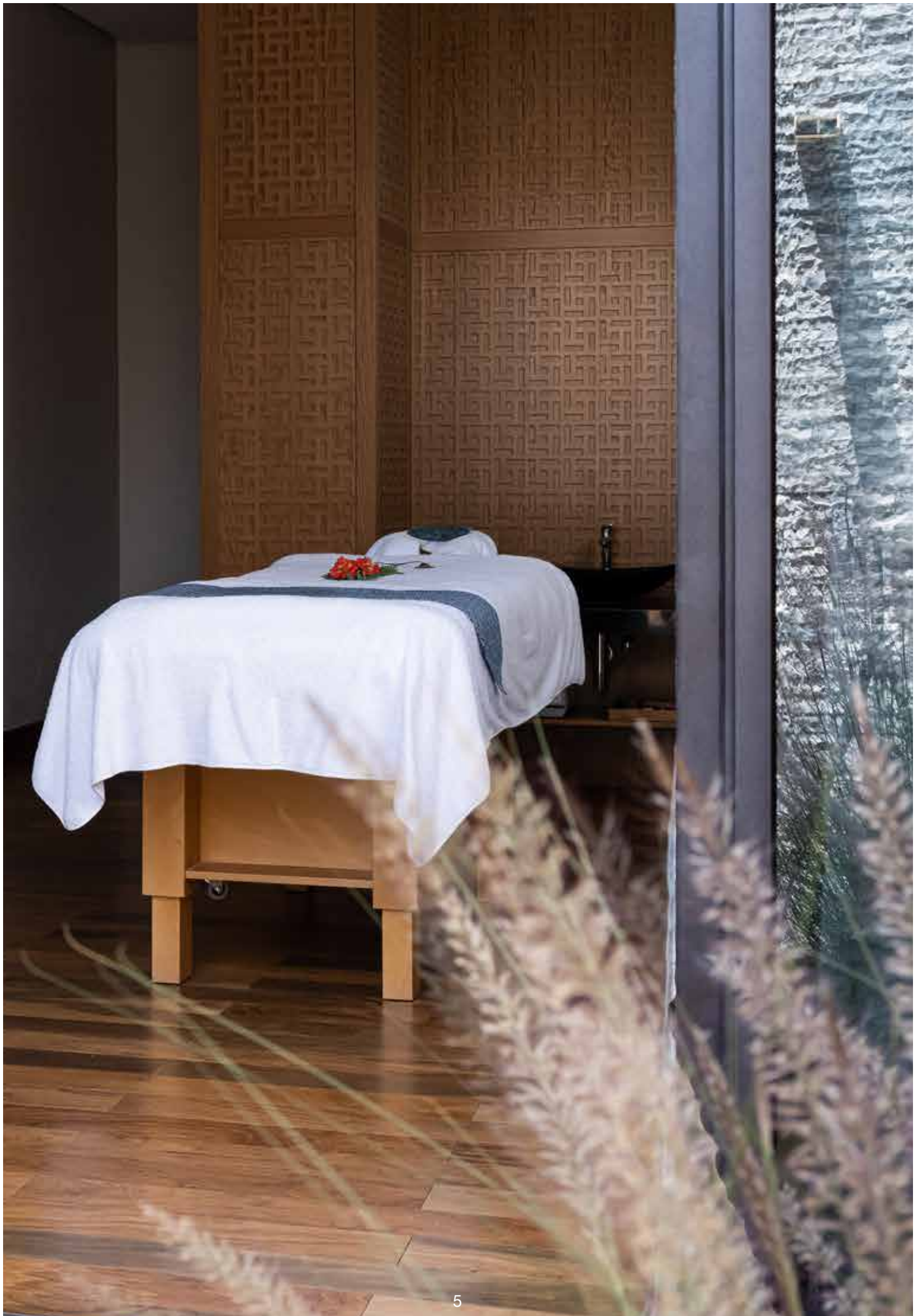
Work with your therapist to find your ideal massage technique, as well as specific areas to concentrate on, whether in search of tension relief or simply pure relaxation.

PEACEFUL PREGNANCY MASSAGE

60 MINS | Light Pressure

A calming massage using tried and tested techniques which are adapted to each stage of pregnancy. Relieve tension in the back, as well as alleviating swelling of the hands and feet.





FACIALS

Our facial treatments deliver results you can see while providing the highest levels of relaxation. A skin assessment that takes into consideration your lifestyle requirements is followed by customised solutions.

ANTI-AGEING AND UPLIFTING FACIAL WITH CRYOTHERAPY

90 MINS

Firm and lift with a deep-pressure facial massage using cryo-sculpting techniques. Brighten the complexion and reduce fine lines and wrinkles with an infusion of extra-strength Vitamin C, collagen and caviar.

MOISTURE MIRACLE FACIAL

60 MINS

An ultra-creamy, luxe facial that infuses deep, restorative hydration, leaving the skin soft, nourished and renewed. Each skin-hugging ingredient works in harmony to restore and balance vital moisture, boost firmness and smooth away lines and wrinkles.

FIRM AND BRIGHT FACIAL

60 MINS

This Vitamin C facial is perfect for those looking to bring back a youthful firmness and glow. An enzyme peel is combined with pure vitamin delivery and a double mask to encourage firming and brightening.

CALMING RECOVERY FACIAL

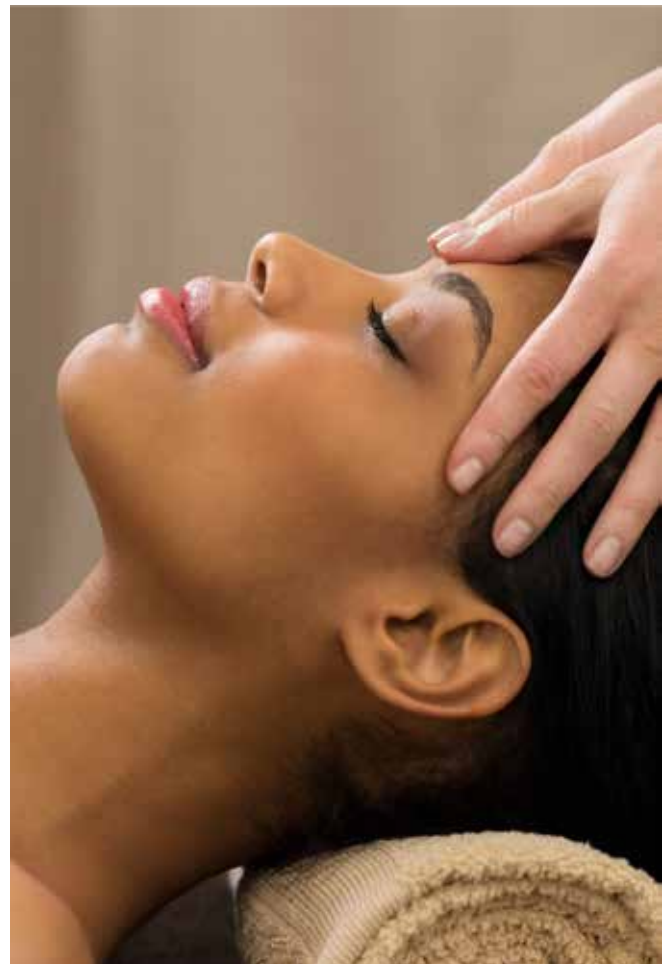
60 MINS

Sensitive skin will be happy and healed after this calming, soothing treatment. A gentle peel refreshes without irritation, while a nourishing mask restores hydration. Combat sensitivity with peptides and botanical stem cells that reduce redness. An uplifting eye treatment gives the perfect finish.

DEEP CLEANSING GLOWTOX FACIAL

60 MINS

Get an extra dose of skin glow with this one-of-a-kind, deep-cleaning, antioxidant facial. Nutrient-packed products like the Nordic detox mask remove impurities and infuse biominerals, while a two-step exfoliation and peel deeply cleanse the skin revealing a smoother, softer texture.





ADDITIONAL TOUCHES

These treatments can be booked as add-on treatments or enjoyed individually. Alternatively, choose any combination of three or more to customise your own 90-minute spa package.

INDIAN MARMA HEAD MASSAGE

30 MINS

This Ayurvedic form of massage works on the upper back, shoulders, upper arms, neck, ears, face and scalp. These areas are massaged using firm yet gentle rhythmic movements that target the marma points.

BODY SCRUB

30 MINS

Intensive exfoliation deep-cleanses and retextures for a body that's super soft and smooth with your choice of:

- Pomegranate Salt
- Date and Coffee
- Hydrating Olive

BACK, NECK AND SHOULDER MASSAGE

30 MINS

A therapeutic upper-body massage to ease tension in areas where it is most often held. Feel your shoulders release as your muscles are skillfully kneaded back into alignment.

ORIENTAL FOOT REVIVER

30 MINS

A mini-treat for your feet utilising deep reflex points to soothe and revive after a day of hiking and exertion.



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SPA ETIQUETTE

HOURS OF OPERATION

- Spa treatments between 8.00 pm and 12.00 midnight are available with advance reservation.
- In-villa massages can be requested with an additional in-villa service fee and an advance reservation.

RESERVATIONS

- Advance booking is highly recommended to ensure availability. Please visit the spa or dial ext. 8091 and one of our receptionists will gladly assist you.
- Walk-in guests are welcome, with treatments subject to availability. A credit card is required to secure bookings for non-resident guests.

SPA ARRIVAL

- You are encouraged to arrive 15 to 45 minutes prior to your treatment time. This will allow for a smooth check-in and the opportunity to relax before your treatment. Late arrivals will be subject to reduced treatment times.
- We recommend that you do not sunbathe before and after facials.

AT THE SPA

- Please note that the spa is unsuitable for children under 16 years of age, as we try to ensure that all our guests benefit from the tranquillity of our surroundings.
- Mobile phones and smoking, including e-cigarettes, are not permitted at the spa at any time.

CANCELLATION POLICY

Should you need to cancel or rebook your treatment, we require a minimum of five hours' notice. Otherwise, a 100% charge will apply.

SPA ATTIRE AND VALUABLES

When you arrive for your treatment, you will be provided with a robe and slippers, as well as a locker to place your belongings in. We recommend you leave all valuables in your room as Anantara Spa does not assume responsibility for lost items.

HEALTH CONCERNS

Please notify the spa receptionist or your therapist of any medical conditions. If you are pregnant or have any pre-existing conditions or allergies, please consult a doctor before booking any spa treatments or using the spa facilities.

GIFT VOUCHERS

Anantara Spa has vouchers that make ideal gifts for that special someone. Our receptionists will gladly assist you with creating the perfect spa journey. All vouchers must be presented at the time of the booking, are non-refundable and cannot be exchanged for cash.



SPA TREATMENTS ARE STRICTLY NON-SEXUAL, AND ANY FORM OF VERBAL OR PHYSICAL SEXUAL HARASSMENT WILL NOT BE TOLERATED, AND WILL RESULT IN US CONTACTING THE LEGAL AUTHORITIES.



ANANTARA

SPA

ANANTARA SPA AT ANANTARA AL JABAL AL AKHDAR RESORT
P.O. Box 110, Postal Code 621, Al Jabal Al Akhdar, Nizwa, OMAN
Phone +968 2521 8091
Email: spa.aaja@anantara.com
spa.anantara.com