



balance

WELLNESS BY ANANTARA





## WELLNESS BY AL BALEED RESORT SALALAH BY ANANTARA

Wellness is an active process of making choices towards a healthier existence. It is the constant, conscious pursuit of living life to its fullest potential. The focus of our wellness programme is on balancing as well as rejuvenating the mind, body and spirit. The programs are customised for each individual's unique requirements with the aim to help achieve personal wellness goals.

Our consultants and health practitioners will design bespoke wellness solutions to cater to your specific needs.

### WELLNESS PROGRAMME ELEMENTS

#### **Wellness Consultation**

All our wellness packages start with a personalised wellness consultation. The wellness consultation involves a review of your medical history, lifestyle, diet and exercise habits. This allows us to create short-term wellness goals, which are both manageable and achievable for you.

#### **Wellness Cuisine**

Central to the success of this program will be our specially designed Wellness cuisine in co-operation with specialised vegan-vegetarian chef Valeria Agnelutto. This healthy, cleansing cuisine is designed to maintain your energy and levels during the entire programme while providing you all the elements to help your body detox.

#### **Wellness Therapies**

Our treatments are personalised to each guest's need and are selected during the wellness consultations and according to each person's goals. The selection of treatments that we offer have the ability to restore physical and emotional wellbeing and relaxation.

#### **Wellness Activities**

The activities that we offer have various effects and they are chosen during the wellness consultation according to each person's goals. They can vary according to the aim of the wellness programme and vary from cardio to meditation and yoga.





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WELLNESS CUISINE

# STARTERS

## **Avocado Tartare with Cucumber and Dates**

Nutritional Values:

Kcal 280  
Carbs 11 gr (sugars: 11 gr)  
Proteins 4 gr  
Fat 20 gr (mostly unsaturated)

## **Special Miso Soup**

Nutritional Values:

Kcal 247  
Carbs 10 gr (sugars: 8 gr)  
Proteins 9 gr  
Fat 3 gr

## **Gazpacho**

Nutritional Values:

Kcal 260  
Carbs 6 gr (sugars: 4 gr)  
Proteins 4 gr  
Fat 20 gr (mostly unsaturated)

## **Carrot and Cashews Smooth Soup**

Nutritional Values:

Kcal 580  
Carbs 58 gr (sugars: 17 gr)  
Proteins 13 gr  
Fat 33 gr (mostly unsaturated)

## **Cauliflower and Pine Nuts Couscous**

Nutritional Values:

Kcal 175  
Carbs 13 gr (sugars: 12 gr)  
Proteins 7 gr  
Fat 10 gr (mostly unsaturated)

## **White Beans and Pear Soup with Raw Crackers**

Nutritional Values:

Kcal 245  
Carbs 21 gr (sugars: 15 gr)  
Proteins 8 gr  
Fat 14 gr (mostly unsaturated)



# MAINS

## **Beans and Tofu Croquettes with Bell Pepper Mayo**

Nutritional Values:

Kcal 250  
Carbs 18 gr (sugars: 3 gr)  
Proteins 9 gr  
Fat 13 gr (mostly unsaturated)

## **Italian Pasta e Fagioli**

Nutritional Values:

Kcal 331  
Carbs 50 gr (sugars: 8 gr)  
Proteins 16 gr  
Fat 9 gr (mostly unsaturated)

## **Mediterranean Quinoa Salad**

Nutritional Values:

Kcal 473  
Carbs 42 gr (sugars: 6 gr)  
Proteins 15 gr  
Fat 26 gr (mostly unsaturated)

## **Vegetables "Fettuccine" with Spinach Pesto and Cherry Tomatoes**

Nutritional Values:

Kcal 350  
Carbs 7 gr (sugars: 6 gr)  
Proteins 8 gr  
Fat 30 gr

## **Chickpea "Burgers" with Rosemary and Parsley with Veggie Mayo**

Nutritional Values:

Kcal 600  
Carbs 42 gr (sugars: 6 gr)  
Proteins 11 gr  
Fat 37 gr

## **Red Lentils and Tomato Casserole**

Nutritional Values:

Kcal 350  
Carbs 39 gr (sugars: 15 gr)  
Proteins 16 gr  
Fat 14 gr



### **Eggplant Rolls with Lentil Parsley Puree**

Nutritional Values:

Kcal 268  
Carbs 28 gr (sugars: 4 gr)  
Proteins 13 gr  
Fat 11 gr

### **Greek Salad with Fermented Tofu-Cheese**

Nutritional Values:

Kcal 270  
Carbs 10 gr (sugars: 8 gr)  
Proteins 12 gr  
Fat 19 gr

### **Stuffed Baked Potato with Tempeh Curry and Cannellini Sauce**

Nutritional Values:

Kcal 330  
Carbs 25 gr (sugars: 3.5 gr)  
Proteins 18 gr  
Fat 17 gr

### **Sushi Plate**

Nutritional Values:

Kcal 550  
Carbs 56 gr (sugars: 4 gr)  
Proteins 35 gr  
Fat 20 gr

### **Local White Fish, Cooked "Al Cartoccio" with Broccoli, Pak-choi and Fried Ginger**

Nutritional Values:

Kcal 270  
Carbs 8 gr (sugars: 7 gr)  
Proteins 30 gr  
Fat 13 gr





## DESSERTS

### **Raw Tiramisu**

Nutritional Values:

Kcal 380

Carbs 22 gr (sugars: 10 gr)

Proteins 7 gr

Fat 30 gr (mostly unsaturated)

### **Coconut-Rice Porridge, Caramelized Fruits, Seeds and Almonds**

Nutritional Values:

Kcal 444

Carbs 68 gr (sugars: 11 gr)

Proteins 15 gr

Fat 12 gr

### **Carrot Cake with Dark Chocolate Frosting and Goji**

Nutritional Values:

Kcal 240

Carbs 28 gr (sugars: 10 gr)

Proteins 3.5 gr

Fat 12 gr

### **Banana Mango Ice Cream with Berry Sauce**

Nutritional Values:

Kcal 200

Carbs 38 gr (sugars: 35 gr)

Proteins 4 gr

Fat 4.5 gr





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WELLNESS THERAPIES



## WELLNESS THERAPIES

### **Hammam 60 minutes**

The treatment begins with a private steam bath followed by the application of nourishing black soap. Your skin will be cleaned of all impurities with the traditional Kese glove. Moroccan Rhassoul will be applied to rehydrate and soothe your skin.

### **Tibetan Ku Nye Massage 60 minutes**

Drift into deep relaxation with this massage inspired by ancient therapies. Feel your body calm with gentle rubbing, kneading and stroking. Our expert therapists will manipulate acupressure points to de-stress and rejuvenate your body.

### **Shirodhara 60 minutes**

Following an energising Indian head massage, heated herbal oil is poured in a continuous stream onto the forehead (third eye) inducing a deep state of relaxation. The warm oil pours onto a vital point of energy flow in the head promoting an altered state of consciousness.

### **Kundalini Massage 60 minutes**

Relaxing, soothing and restorative. Working with a beautiful healing sound to activate and channel the Kundalini, the dormant energy at the base of the spine, tension is lifted, negativity is released, and the body is brought back to a state of awareness and balance.

### **Abhyanga 60/90 minutes**

Restore balance with this ancient healing massage. Herb-infused oils are gently warmed and lightly massaged into the skin using soothing friction strokes. As the oils penetrate the skin, toxins and impurities are loosened, reducing muscle tension and calming the nervous system. Experience a sense of wellbeing and harmony.

### **Super Detox Therapy 90 minutes**

Skilled hands gently maneuver over the pressure points of the entire lymphatic system in this gentle massage. The lymphatic system is stimulated, boosting your immune system while regenerating.

### **Purification Therapy 30 minutes**

Purification therapy helps the digestive system to work at its optimum level. This treatment is created to help you improve your digestion while detoxing your body and as result increasing absorption of nutrients resulting in high energy levels.



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WELLNESS ACTIVITIES



## WELLNESS ACTIVITIES

### **Yoga 60 min**

Practiced regularly, yoga can be a powerful way to relieve anxiety and cope with everyday stress. Over time, it also can transform your body, building stronger muscles while improving flexibility and joint mobility.

### **Beach Walk 60 min**

A toning walk along our pristine coastline while capturing the breath-taking view of Salalah beach.

### **Circuit Training 60 min**

Improve your strength with our personalised circuit trainings targeted to help you achieve your fitness goals.

### **Jog (1-10 KM)**

Jog with us and push your limits to improve daily.

### **Mountain Hiking 2 - 3 Hours**

Take a trip into the Dhofar Mountains and enjoy the view while you hike across the beautiful "Wadi."

## WELLNESS PACKAGES

### **3 Days Package: 154 OMR**

- 2 wellness drinks, lunch and dinner daily\*
- 1 private activity daily
- 1 hammam - 60 minutes
- 1 massage (chosen from the wellness menu)- 60 minutes
- 1 complimentary group yoga class
- 10% discount on any additional treatment (both wellness and spa)

### **5 Days Package: 227 OMR**

- 2 wellness drinks, lunch and dinner daily\*
- 1 private activity daily
- 1 hammam - 60 minutes
- 1 purification therapy - 30 minutes
- 1 massage (chosen from the wellness menu) - 60 minutes
- 1 complimentary group yoga class
- 15% discount on any additional treatment (both wellness and spa)

### **7 Days Package: 333 OMR**

- 2 wellness drinks, lunch and dinner daily\*
- 1 private activity daily
- 1 hammam - 60 minutes
- 1 purification therapy - 30 minutes
- 1 massage (chosen from the wellness menu) - 60 minutes
- 1 massage (chosen from the wellness menu) - 90 minutes
- 1 complimentary group yoga class
- 20% discount on any additional treatment (both wellness and spa)

\*Breakfast is included in the room rate.

Prices are inclusive of 9% government tax and 8% service charge.



## ETIQUETTE

- To ensure you get the time you prefer, we recommend booking in advance.
- A credit card number is required to secure your booking.
- Please give a cancellation notice of 24 hours on all wellness programmes, otherwise 50% of the price may be charged to your account.
- Please arrive 15 minutes prior to your wellness therapy and wellness activity. Arriving late will decrease the time of your therapy.
- Mobile phones and smoking are not permitted at any time.
- We recommend you leave all valuables in your room or suite, as Balance Wellness accepts no responsibility for lost items.

## TERMS AND CONDITIONS

- These wellness programmes are not valid in conjunction with other promotions and discounts.
- Wellness programs are valid for the period booked and cannot be carried forward or transferred.
- The guest is entitled to three wellness meals and two wellness juices or herbal infusions daily that can be chosen from the wellness menu.
- The included wellness treatments must be booked in advance.
- Any additional wellness or spa treatments can be booked for a special price.
- Bookings are subject to availability.



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