



Holistic Spa & Wellness journeys
infused with Oman's coastal serenity



ANANTARA

SPA

Welcome to Anantara Spa

Rooted in beautiful Thailand, the core of Anantara's philosophy, 'without end', stems from the earliest Sanskrit origins. Embracing the spirit of this philosophy Anantara Spa offers a selection of timeless revitalising spa experiences.

Indulge in treatments inspired by the traditions of Arabian culture and Thai hospitality. Soothe aching muscles and cleanse body and mind with a traditional Moroccan Hammam experience. Lavish your skin and awaken your senses with therapeutic elixirs infused with precious oils and other rare indigenous elements.

Anantara Spa takes you down an exotic pathway to holistic wellbeing in a paradise of healing sensuality that combines Arabia's inspirational wonders and mystical, ancient far-eastern health and beauty.

Retreat to a serene spa haven and feel your cares slip away as your sensual journey to relaxation and rejuvenation begins.



Wellness

Let healing and intuitive hands alleviate stress, coax body, mind and spirit into blissful harmony, as you indulge in holistic ancient remedies and dynamic contemporary techniques, all designed to restore well-being and radiant natural beauty.

THAI HERBAL COMPRESS MASSAGE

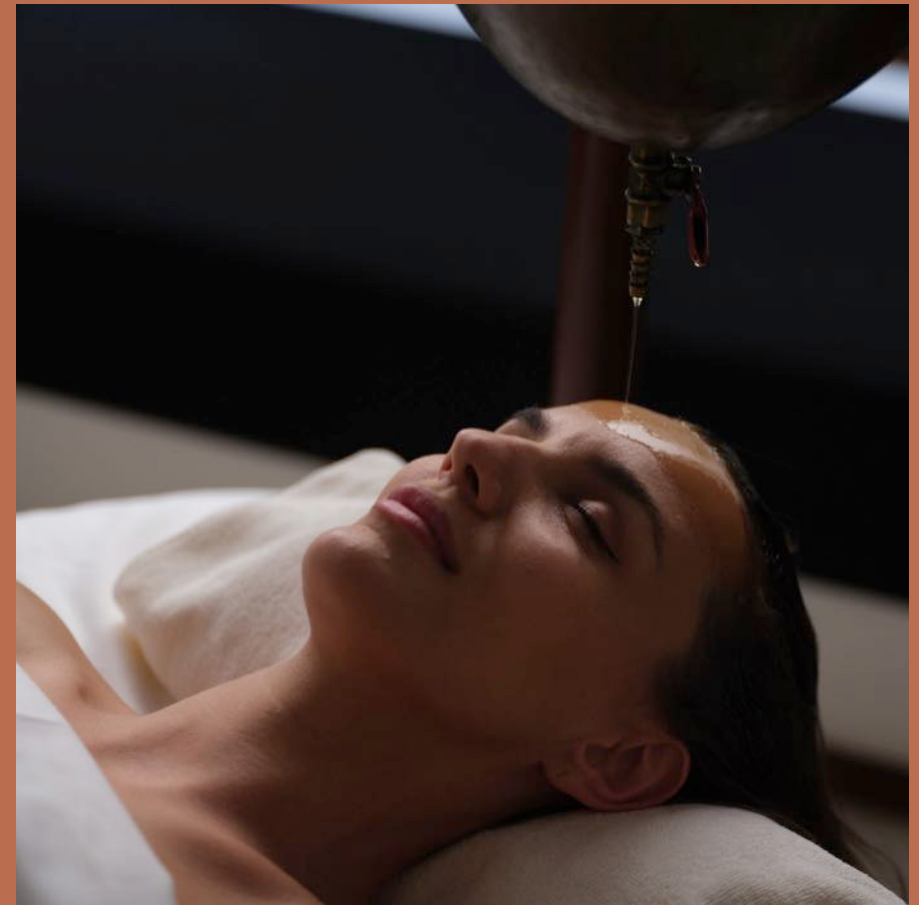
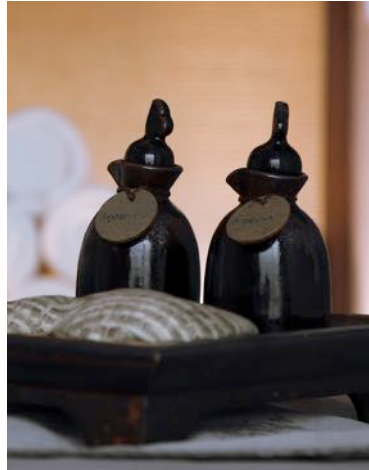
This traditional Thai therapy clears negative energy, soothes tension, and relieves stiffness. It begins with a warm herbal poultice infused with healing Thai herbs and spices for a deeply restorative experience.

FULL BODY
1.5 HOURS

TRADITIONAL THAI OIL MASSAGE

Steamed herbal compresses release essential oils and are applied along the body's energy lines with Thai Massage techniques, relieving pain, easing muscles, and revitalizing the body.

FULL BODY
1.5 HOURS



SHIRODHARA

This treatment begins with an energising Indian head massage, followed by a gentle stream of warm herbal oil poured onto the forehead (third eye). It deeply relaxes the mind and stimulates energy flow, promoting a meditative state of calm.

HEAD & SHOULDER
1.0 HOUR

ABHYANGA

Restore balance with this ancient healing massage using warm, herb-infused oils and gentle friction strokes. The treatment releases toxins, eases muscle tension, and calms the nervous system, leaving you in a state of harmony and well-being.

FULL BODY
1.0/1.5 HOURS



Spa Packages

Unwind and enliven your spirit with a combination of treatments meant to restore your entire being. Address your individual needs by allowing us to create a package specifically for you.

JUST THE TWO OF US

Step into an enchanting retreat especially created for you two, surrounded by candlelight. Your journey will include a choice of an express facial or body exfoliation, followed by couple's full-body massage performed in tandem.

FULL BODY
1.5 HOURS

ARABIAN DREAM

Embrace the Arabian spa tradition with a one-hour hammam followed by a one-hour massage. The hammam detoxifies and soothes muscles, while the time-honoured Arabian massage relaxes the body and calms the mind.

FULL BODY
2.0 HOURS

MY SPA

Create your own customised spa package by combining three regular priced treatments to enjoy on the same day and we will give you 20 percent off your total treatment. Offer not valid on pre-reduced services or with other promotions.

FULL BODY
3.0 HOURS



Signature Experiences

Step into the luxurious world of Anantara Spa and discover exceptional pampering. Place your beauty and wellness needs in the hands of highly trained and intuitive therapists. Our oils use the finest indigenous ingredients from Salalah, nutrient-rich and luxuriously aromatic.

THE FRANKINCENSE RITUAL

Experience deep relaxation with our four-hand synchronised massage, rebalancing face and body in perfect harmony. Enhanced with frankincense oil from Salalah, this treatment leaves you completely at peace and fully unwound.

FULL BODY
1.5 HOURS



COCONUT INDULGENCE

FULL BODY
2.0 HOURS

REVITALISING POMEGRANATE JOURNEY

FULL BODY
2.0 HOURS

Inspired by Al Baleed's coconut and banana groves, this treatment starts with a revitalising coconut scrub, followed by a detoxifying banana leaf wrap. A warm coconut oil massage completes the journey, leaving your skin deeply nourished and renewed.

Detox and revitalise with this antioxidant-rich pomegranate ritual. Begin with a purifying scrub, then nourish your skin with a mineral-rich Rhassoul mask infused with pomegranate. Conclude with a full-body Arabian massage for total renewal.



Hamмам Rituals

Treat yourself to ultimate pampering. Relax as the traditional 'tellak' guides you through the ancient art of the hammam.

MOROCCAN HAMMAM

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.

FULL BODY
1.0 HOUR

ROYAL MOROCCAN HAMMAM

This royal 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. Moroccan Rhassoul will then be applied to rehydrate and soothe your skin. Extend the bliss by concluding the treatment with a 30-minute facial cleansing and hair mask.

FULL BODY
1.5 HOURS



Massages

Indulge in a wide array of relaxing and therapeutic spa massages, each carefully designed to promote well-being and self-discovery. Following a brief consultation, your therapist will customise your choice of massage.

ANANTARA SIGNATURE MASSAGE

Your journey into relaxation begins with our classic fusion of oils, blended to Anantara perfection. Restore the flow of energy and sink deep into a state of bliss. Using smooth strokes and timeless acupressure techniques, let our spa experts elevate you to another world. A balance of East and West, a union of ancient tradition and modern elements: the signature Anantara experience awaits.

FULL BODY
1.0/1.5 HOURS



ARABIAN MASSAGE

Passed down through generations, this traditional massage uses pressure point techniques along with palm and elbow pressure to boost circulation, release muscle tension, and revitalise energy levels.

FULL BODY
1.0/1.5 HOURS

TRADITIONAL THAI MASSAGE

Relax as your therapist rhythmically stretches and flexes your body, opening and relieving weary muscles. Using pressure point stimulation and targeted stretching, Thai massage renews the body's energy flow while reducing tension and stress.

FULL BODY
1.0/1.5 HOURS

DEEP TISSUE MASSAGE

This targeted massage relieves deep-seated tension and muscular stress. Focused techniques address common issues like stiff necks, lower back pain, and tight shoulders for effective, lasting relief.

BALINESE

This is an intricate fusion of gentle stretches, acupressure, reflexology, and aromatherapy. It invigorates blood and oxygen flow, as well as the circulation of 'qi' (energy), cultivating a sense of deep relaxation and well-being

HOT STONE MASSAGE

A natural therapy which can be a highly effective healing experience for the mind and body. Warmth supplied by natural volcanic rock can help to release built up tension, increase fresh nutrient rich blood through the muscle tissue and can relieve chronic pain enabling a deeper level of relaxation.

PEACEFUL PREGNANCY MASSAGE

This gentle massage is tailored to each stage of pregnancy, using proven techniques to ease back tension, reduce swelling in hands and feet, and promote relaxation and emotional well-being.

ORIENTAL FOOT REVIVER

Reflexology is a natural healing art that targets pressure points in the feet corresponding to organs and systems in the body. It promotes overall health, supports natural function, and helps reduce stress.

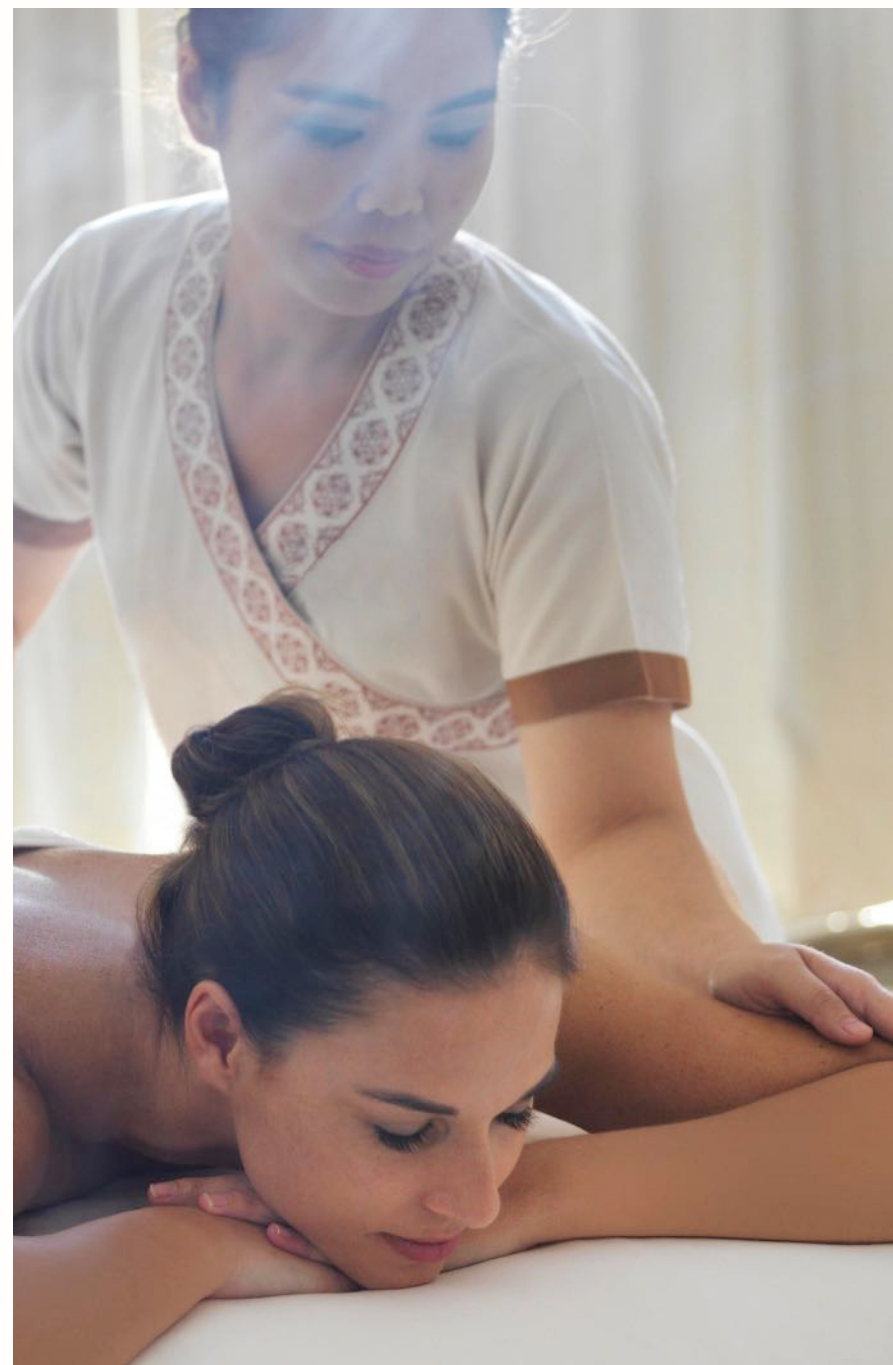
FULL BODY
1.0/1.5 HOURS

FULL BODY
1.0/1.5 HOURS

FULL BODY
1.5 HOURS

FULL BODY
1.0/1.5 HOURS

FEET
1.0 HOUR





Hydro Peptide's Facials

Every treatment is unique. Allow our experienced therapist to help you decide on what treatment to perform in order to achieve your expectations.

FIRM & BRIGHT FACIAL

This powerful Vitamin C facial features an enzyme peel and firming massage to restore youthful glow and firmness. A brightening Vitamin C mask and cryo-sculpting technique leaves your skin radiant and refreshed.

Best for: dull or uneven skin, pigmentation, mature skin.

FACE
1.0 HOUR

UPLIFT & POWER CRYO FACIAL

Hydro Peptide's signature anti-aging facial uses peptides, growth factors, and proteins to lift and rejuvenate. Iced cryo globes enhance firming, while fine lines and wrinkles are visibly reduced.

Best for: Mature skin, fine lines, and targeted skin concerns.

FACE
1.0 HOUR

CLARIFYING FACIAL

Balance and refresh your skin with salicylic acid and acne-fighting peptides. This clarifying facial clears pores, boosts cell renewal, and reveals a healthy glow often visible after just one session.

Best for: Acne, unbalanced skin, photo damage.

Not for: Pregnancy or sensitive skin.

FACE
1.0 HOUR

CALMING RECOVERY FACIAL

Soothe and nourish sensitive skin with this calming treatment. A gentle peel refreshes without irritation, followed by a hydrating mask to protect and restore. Peptides and botanical stem cells even skin tone and reduce redness, finishing with an uplifting eye treatment.

Best for: Sensitive skin, rosacea.

FACE
1.0 HOUR

RE-FUELING MEN'S FACIAL

Combat early signs of aging and refresh your skin with this signature men's facial. Vitamin C, fruit enzymes, and antioxidants exfoliate and clear pores, while growth factors and peptides improve firmness and smooth roughness.

Best for: Razor burn, irritated or congested skin.

FACE
1.0 HOUR

RADIANCE BODY GLOW TREATMENT

Reveal radiant, youthful skin with this brightening anti-aging body treatment. A Vitamin C peel with polishing crystals and AHAs smooths and refines, while collagen-boosting peptides firm and nourish.

Best for: Dry, rough, or dull skin.

FACE
1.0 HOUR

FIRM & TONE BODY SLIM

Energise and tone your body with this invigorating treatment. It starts with body brushing to boost detoxification, followed by an AHA and volcanic mineral exfoliation. A purifying clay mask with peptides rejuvenates the skin, finishing with a firm, targeted massage.

Best for: Aging skin, cellulite, and stretch marks.

BODY
1.0/1.5 HOURS

BACK BLEMISH CLEARING TREATMENT

Clear and refine your back with this deep-cleansing, clarifying treatment. An apple peel with oxygenating crystals and a pumpkin enzyme peel target blemishes, followed by a purifying clay mask and a hydrating massage to smooth and rejuvenate.

Best for: Acne, scarring, dull or aging skin.

BODY
0.75 HOUR

REJUVENATING BODY SCRUB

Reveal youthful, glowing skin with this anti-aging body scrub. A customised exfoliation smooths and revitalises, while multi-performance peptides lift and firm.

Best for: Aging, dull skin.

BODY
0.5 HOUR

Additional Touches

These treatments can be booked as add-on treatments only, and are not available individually.

BRIGHTENING DÉCOLLETÉ TREATMENT

Fade sunspots and smooth fine lines with this protective, age-defying treatment.

Best for: Sagging or sun-damaged skin.

BODY
0.25 HOUR

PLUMPING LIP TREATMENT

Smooth and brighten your lips with a microdermabrasion peel. Peptides hydrate, firm, and naturally plump for a soft, youthful look.

Best for: Aging, dry and rough lips.

LIPS
0.25 HOUR

CAVIAR COLLAGEL FACE MASK

A perfect add-on to any treatment as it provides immediate hydration and locks in moisture. Helps to reduce fine lines and brighten the skin.

Best for: Aging, dry skin.

FACE
0.5 HOUR

CAVIAR COLLAGEL FACE MASK

Refresh and brighten the eye area with this uplifting add-on. A lifting massage and peptide-rich mask hydrate, smooth fine lines, and lock in moisture.

Best for: All skin types, dark shadows, fine lines, wrinkles, sensitive or dehydrated skin.

FACE
0.25 HOUR



Elemis Expert™ Facial

ELEMIS EXPERT™ TOUCH REVEAL FACIAL

Powered by patented Tri-Enzyme technology, this facial refines pores and smooths uneven texture, revealing resurfaced, radiant skin.

ELEMIS EXPERT™ TOUCH RENEW FACIAL

Boost firmness and reduce fine lines with clinically proven formulas and lifting massage techniques. Just one treatment leaves skin hydrated, lifted, and visibly firmer.

ELEMIS EXPERT™ TOUCH DEFINE FACIAL

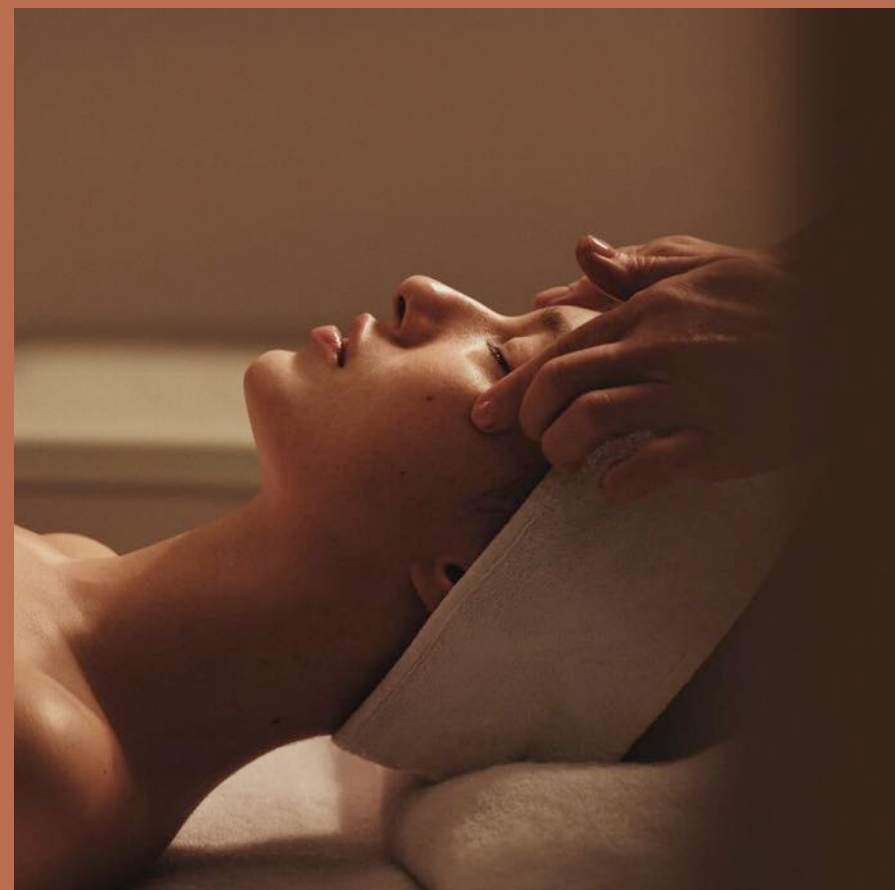
Experience transformative results with this advanced facial using intelligent skincare for energised, rejuvenated, and sculpted skin. For maximum benefits, choose the 90-minute option.



FACE
1 HOUR

FACE
1 HOUR

FACE
1.0/1.50 HOURS



ELEMIS EXPERT™ ADD ONS

Choose from our range of specialised treatments designed to target specific concerns

ELEMIS EXPERT™ COLLAGEN EYE BOOST EYES 0.25 HOUR

Elevate your facial experience with our targeted eye treatment add on, specially designed to brighten, hydrate, and revitalise.

ELEMIS EXPERT™ RESTORATIVE HEAD MASSAGE

FACE & HEAD
0.50 HOUR

Combined with your main treatment, our restorative head massage, performed without the use of oil, helps to alleviate tension in the neck and scalp leaving you feeling completely rebalanced.



Spa Etiquette

HOURS OF OPERATION

Anantara Spa is open daily from 10:00 am to 10:00 pm

Timings subject to seasonality

RESERVATIONS

To ensure you secure the time you prefer we recommend booking in advance. Please call or visit the spa, and one of our Spa Concierge will be able to assist you.

A credit card number is required to secure your booking for nonresident guests. Walk-in guests are welcome and treatments are subject to availability.

Spa treatments between 10:00 pm and midnight are available upon advance reservation and at an additional fee.

In-villa massages available, advanced reservation required. Treatments are subject to availability at an additional fee.

SPA ARRIVAL

You are encouraged to arrive 15-30 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. Mobile phones and smoking are not permitted in the spa at any time.

CANCELLATION POLICY

Should you need to cancel or rebook your Anantara Spa treatment, we do require a minimum of four hours' notice to avoid being charged 100% for your treatment time. A six-hour notice is requested for Spa Packages and Signature Treatments to avoid the cancellation fee.

SPA ATTIRE AND VALUABLES

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

HEALTH CONCERNS

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. Kindly advise your spa care professional before your treatment commences. This will ensure your safety before having any treatments.

BEHAVIOUR

We do not tolerate any sexual harassment or aggressive behaviour towards our team members; any form of verbal, physical or sexual harassment will result in legal action.

SPA CARE PROFESSIONAL

Anantara Spa employs only the finest professionally accredited Spa care professionals. Continued education is assured through regular training programmes.

THE PRODUCTS

Anantara Spa offers a number of internationally respected brands. Your spa care professional will recommend the product range most suited to your specific requirements. Kindly note that products purchased are non-refundable.



GIFT VOUCHERS

Choose from our curated treatment packages or create your own for a personalised spa experience. Spa gift vouchers make the perfect gift for any occasion and are available at the Spa Reception. Please present the voucher at the time of booking. Non-refundable and not exchangeable for cash.

ADDITIONAL INFORMATION

Guests under 16 must be accompanied by a parent or guardian, who must sign a consent form and book all services. An adult must be present during most treatments. Teens are required to wear lightweight, loose clothing or swimwear. For more information, please contact the Spa Concierge.

