

Wellness Retreat

A Journey To Health And Wellbeing



منتجع البليد - صلالة
AL BALEED RESORT
SALALAH
BY ANANTARA

WELLNESS PROGRAMME ELEMENTS

WELLNESS CONSULTATION

We kickoff 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

Wellness cuisine features low inflammatory, low allergenic and low GI dishes, dispelling the myth that eating healthy means depriving yourself of the pleasure of a good meal. Raw juices and herbal infusions are full of nutrients and medicinal properties.

WELLNESS THERAPIES

We offer healing Wellness therapies from Thailand, India, Tibet, Indonesia, and the West. This is important because integrative Wellness requires the use of several therapeutic modalities

WELLNESS MOVEMENTS

Movement is a cornerstone of holistic wellness, promoting physical vitality, mental clarity, and emotional balance. At Balance, we offer a diverse range of movement practices tailored to your individual needs and fitness levels.

Morning	8:00 AM 9:30 AM	Morning Exercise Breakfast
Mid Morning	11:00 AM	Mid Morning Activity
Afternoon	12:30 PM	Lunch
Early Evening	3:00 PM	Wellness Therapy Steam/Jacuzzi
Evening	5:00 PM 7:00 PM	Evening Exercise Dinner

CHOOSE FROM 3, 5, OR 7-NIGHTS PROGRAMS

DETOX PROGRAMME

Our bodies are regularly exposed to toxic materials through polluted air, food, water and personal care products. We often overload our body's systems beyond levels that they can handle. Over time, toxins accumulate in our bodies, lowering our ability to absorb nutrients, thereby hindering optimal health and wellbeing. Give your body's healing processes a boost, renew your system from the inside out, strengthen the immune system and feel renewed zest.

RELAX AND DE-STRESS PROGRAMME

Stress often accumulates in our bodies and minds as a result of our hectic lifestyles. If left unchecked, it can adversely affect the quality of life. Release your mind from stress whilst nurturing your body. This programme will help you leave the world behind. Return after your break feeling energised with a noticeable improvement in your mood and concentration.

REJUVENATE & REVITALISE PROGRAMME

Constant exposure to sun, stress, pollutants and chemicals often robs us of the radiant, healthy glow that we all desire. Though one cannot stop the changes of time, one can modify lifestyle and activity to maintain the efficiency of the body's intrinsic healing process and create a life of quality and balance. The treatments focus on promoting natural exfoliation, cleansing the skin, addressing blemishes and tightening the pores revealing a gorgeous glow that radiates from the inside out.

WEIGHT MANAGEMENT PROGRAMME

Achieving and maintaining your ideal body weight is essential to enjoying a healthier and longer life. Obesity is one of the major health concerns globally, and adversely affects the quality of life leading to numerous chronic conditions. Experience an intensive, well-rounded programme to help you lose weight, get fit and firm up in a natural, healthy way. Improve your energy, heart health and overall wellbeing.

PACKAGES INCLUDED

- Consultation: Health & Wellness Advisor consultation.
- Dining: Three healthy cuisine dishes per night of stay.*
- Activities: Access to fitness and leisure activities.
- Facilities: Spa facilities including jacuzzi, steam, gym, and pool.
- Treatments: Daily spa treatment from our menu, with additional treatments based on stay duration.

EXPERIENCES:

- Local tour with Salalah Insider (Al Baleed Museum or Frankincense Trail).
- Designer Dining (Asian)
- Spice Spoons Class
- Floating Breakfast

**Daily Wellness Cuisine: Breakfast, Lunch, and Dinner.*

3 NIGHTS

PRICE: OMR 366

- Health & Wellness Consultation
- Personal Trainer
- Daily Wellness Cuisine
- Daily Access to Spa Facilities

TREATMENTS:

- 2x 60-min Spa Treatments
- 1x 60-min Wellness Treatments

FITNESS:

- 3x Private Activities
- 2x Group Activities

EXPERIENCES:

- Floating Breakfast for villas / In Room Dining for rooms
- Al Baleed Museum with Salalah Insider

5 NIGHTS

PRICE: OMR 725

- Health & Wellness Consultation
- Personal Trainer
- Daily Wellness Cuisine
- Daily Access to Spa Facilities

TREATMENTS:

- 2x 60-min Spa Treatments
- 2x 60-min Wellness Treatments
- 1x Salon service

FITNESS:

- 5x Private Activities
- 4x Group Activities

EXPERIENCES:

- Floating Breakfast for villas / In Room Dining for rooms
- Al Baleed Museum with Salalah Insider
- Wellness Cooking Class

7 NIGHTS

PRICE: OMR 1220

- Health & Wellness Consultation
- Personal Trainer
- Daily Wellness Cuisine
- Daily Access to Spa Facilities

TREATMENTS:

- 4x 60-min Spa Treatments
- 2x 60-min Wellness Treatments
- 1x Salon service

FITNESS:

- 7x Private Activities
- 6x Group Activities

EXPERIENCES:

- Floating Breakfast for villas / In Room Dining for rooms
- Frankincense Trail in Wadi Duka with Salalah Insider
- Wellness Cooking Class
- Designer Dining by Anantara (Asian)



Floating Breakfast

Exclusive to bookings for private pool villas only.



DESIGNER
dining
BY ANANTARA



SPICE SPOONS

BY ANANTARA

A farm-to-table experience at Al Baleed Farm, including a guided farm tour, vegetable gathering, and an interactive cooking session with a chef. Guests pick fresh produce, cook wellness dishes, and enjoy a meal!



Al Baleed Museum Tour With Salalah Insider

Frankincense Trail in Wadi Duka with Salalah Insider

EXPERIENCE INCLUDES:

- Private tour of Wadi Dawkah for two natural park of frankincense trees
- Showcase of the frankincense harvest methods
- Private local lunch experience with Salalah Insider
- Round-trip transportation





Depending on the number of nights you choose to stay with us.

FITNESS PRIVATE ACTIVITY

- Private Yoga Session
- Meditation
- Morning Jog 1-10 KM
- Morning Beach Walk
- Personal Training
- Body Building Session
- Aqua Gym & Fitness Session
- Swimming Session
- Thai Boxing
- Tennis partner
- Bootcamp
- Circuit Training
- Mini Golf
- Lagoon Kayaking



Depending On The Number Of Nights
You Choose To Stay With Us.

SPA TREATMENTS

- Anantara Signature Massage
- Traditional Thai Massage
- Deep Tissue Massage
- Balinese Massage
- Firm and Tone Body Slim
- Radiance Body Glow Treatment
- A Choice Facial Treatment

SALON SERVICES

- Classic Manicure
- Classic Pedicure
- Shampoo-Blow-Dry

WELLNESS TREATMENTS

- Moroccan Hammam
- Abhyanga
- Shirodhara
- Traditional Thai Oil Massage
- Traditional Thai Prakob and Massage





منتجع البليد - صلالة
AL BALEED RESORT
SALALAH
BY ANANTARA

AL BALEED RESORT SALALAH BY ANANTARA

Al Mansurah Street, Al Baleed, Salalah, Sultanate of Oman | +968 2322 8166 | spa.anantara@anantara.com

ANANTARA.COM