

YOUR WELLNESS SANCTUARY
HIGH IN THE AL HAJAR MOUNTAINS.



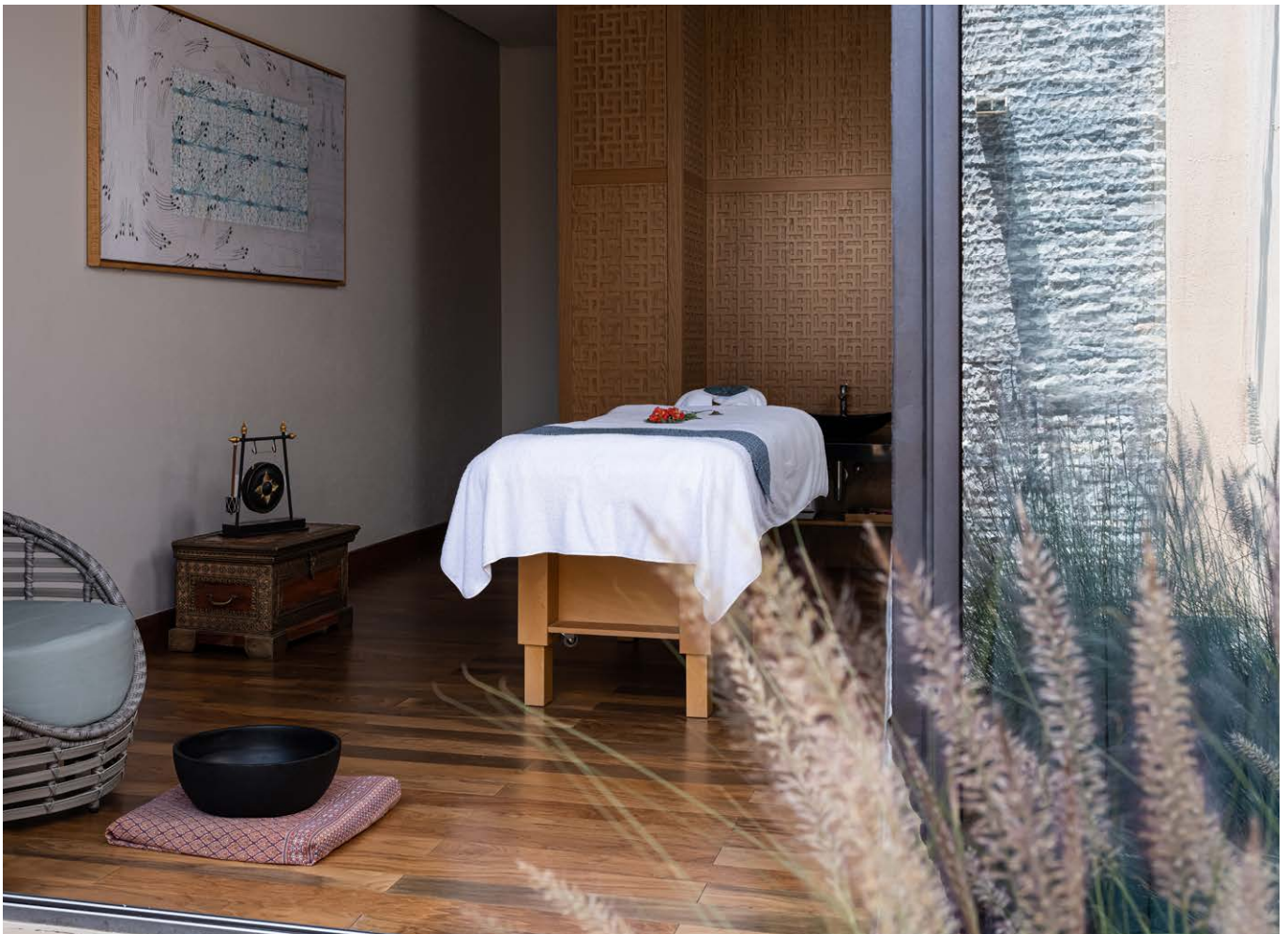
A CLIFFSIDE MOUNTAIN RETREAT OF BEAUTIFUL WELLNESS JOURNEYS

The mountains of Al Jabal Al Akhdar provide the perfect setting for respite. Retreat and reconnect with yourself.

Nourish body and mind with tranquil days of meditation, yoga and Anantara's signature therapies. Return home with a renewed sense of peace and restored energy flow.

At Anantara Spa, the greatest journeys are felt, not told...

Opening hours: 11:00 am – 8:00 pm



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

SIGNATURE PROGRAMMES

Drawing on Anantara Spa's world class expertise, the finest indigenous wellness traditions and unique holistic therapies, our collection of highly specialist rituals blend luxurious pampering with powerful, long lasting benefits for body, mind and soul.

INTRODUCTION TO WELLNESS

1 DAY | OMR 150

A one-day retreat to kickstart the wellness process, whether you are in search of detoxing, de-stressing or quality sleep

- Consultation with the Wellness Guru (20 mins)
- Yoga or meditation session (60 mins)
- Your choice of wellness therapy (90 mins)

PERSONALISED WELLNESS

3 DAYS | OMR 350

Begin your multi-day retreat with a wellness consultation to understand your specific health needs and goals. Days of fresh mountain air, eating well, sleeping deeply, and a series of personalised therapies rejuvenates body and mind.

- Consultation with the Wellness Guru (20 mins)
- Yoga or meditation session (30 mins x 3)
- Your choice of wellness therapy (90 mins x 4)



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MASSAGE THERAPIES

LUBAN RITUAL

90 MINS | OMR 95

The healing effects of luban, or frankincense, are known around the world. The oil relaxes and soothes the skin, while a heated compress promotes healthy circulation and eliminates negative energy.

AL JABAL DELIGHT

90 MINS | OMR 100

Shooa, or Moringa peregrina, blooms naturally in the wadi. Its lightly fragranced oil treats aches and pains, and has been used by Omani healers for centuries.

RAKSA AA-GAAN MASSAGE

120 MINS | OMR 150

Drawing on Anantara's Thai roots, your highly trained therapist utilises a variety of traditional massage techniques to address pain, tension and fatigue in the body.

LUKPRAKOB MASSAGE

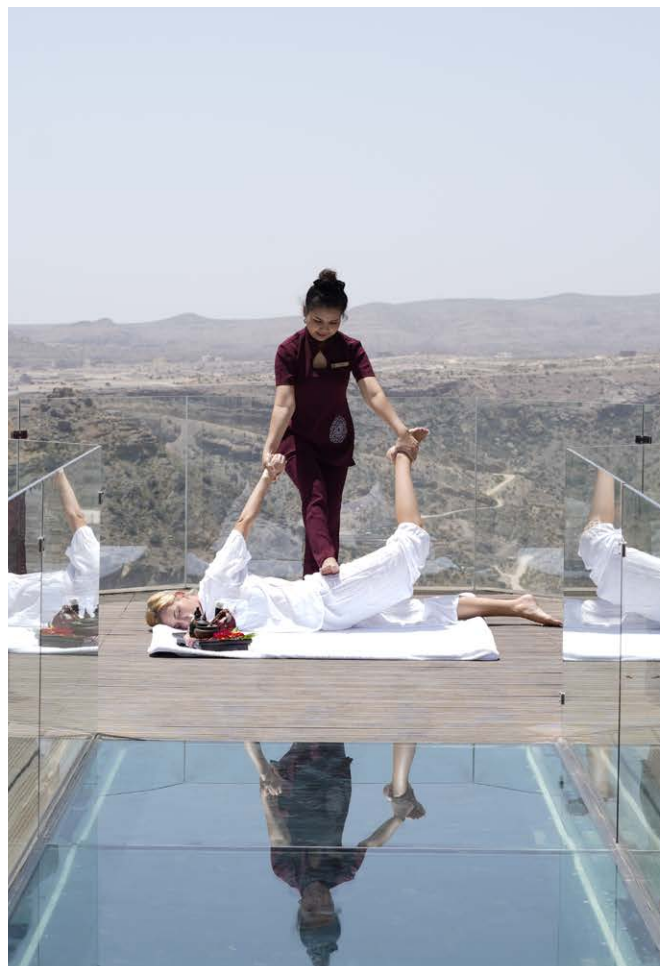
75 MINS | OMR 90

A Thai spice oil massage to release tension throughout the body is followed by a heated herbal poultice to open up the airways for relaxed, easy breathing.

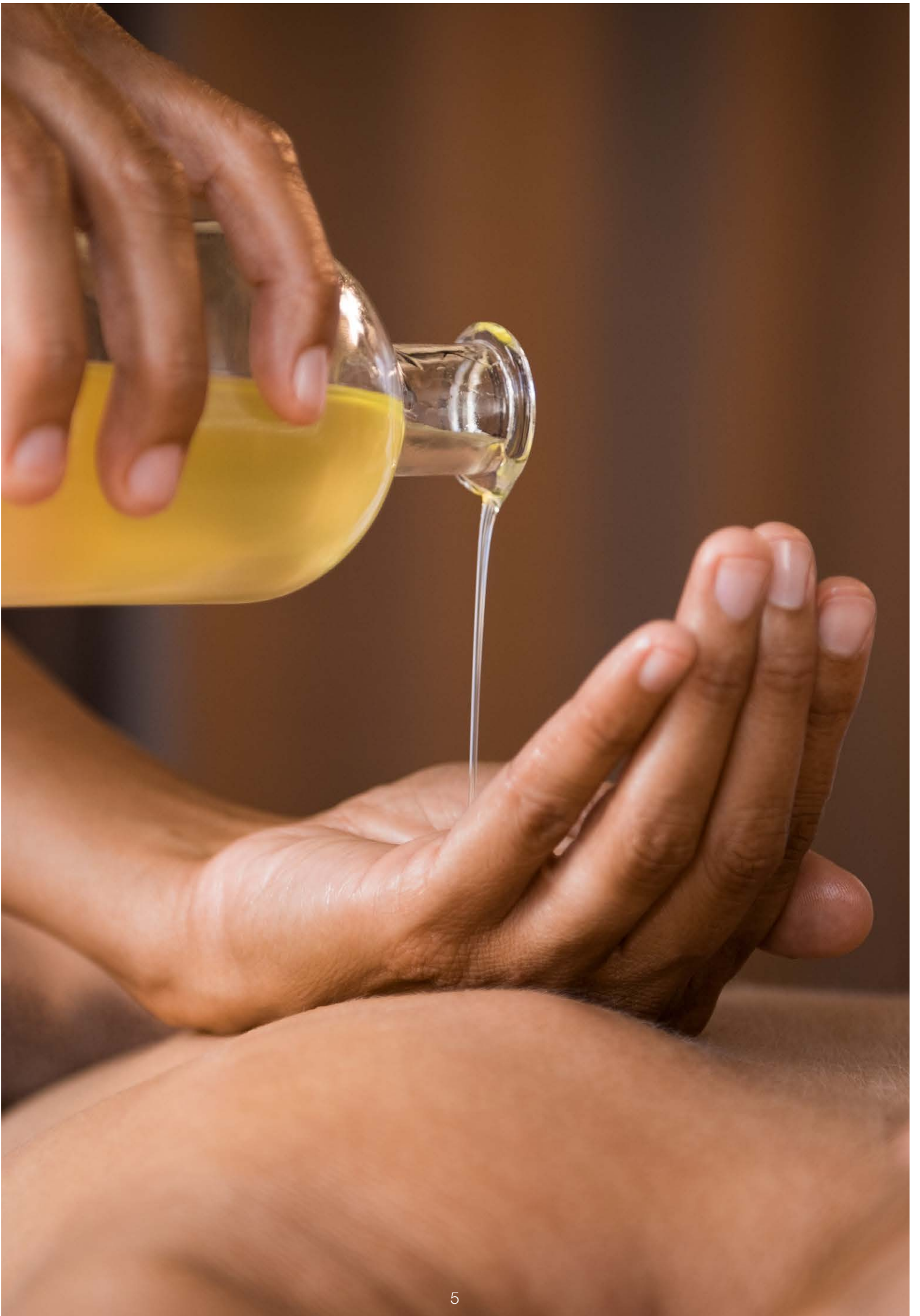
THAI WARRIOR JOURNEY

90 MINS | OMR 110

- Body Stretching for stiff muscles and energy blockages (15 mins)
- Thai Warrior Massage to improve blood flow and activate energy (60 mins)
- Pranayama to relax and recentre the mind (15 mins)



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AYURVEDIC THERAPIES

SHIRODHARA

45 MINS | OMR 60

A soothing flow of warm oil on the third eye induces deep relaxation, awakening the energy of the inner mind. Recommended for stress, insomnia and mental fatigue.

ABHYANGA

60 MINS | OMR 75

Warm, dosha-specific, medicated oil is worked into the skin from head to toe, with concentration on the marmas to clear energy blockages, boost the immune system and rebalance body and mind.

BLISSFUL MARMA MASSAGE

60 MINS | OMR 75

The 107 marma points of the body are stimulated with massage to clear energy blockages and stimulate the flow of prana, or life force, throughout the body.

INDIAN MARMA HEAD MASSAGE

30 MINS | OMR 40

A traditional Indian head massage with warm coconut oil to reduce stress and release mental energy.

AYURVEDIC JOURNEY

90 MINS | OMR 120

- Abhyanga (60 mins)
- Shirodhara (30 mins)

KATI VASTI / GREEVA VASTI

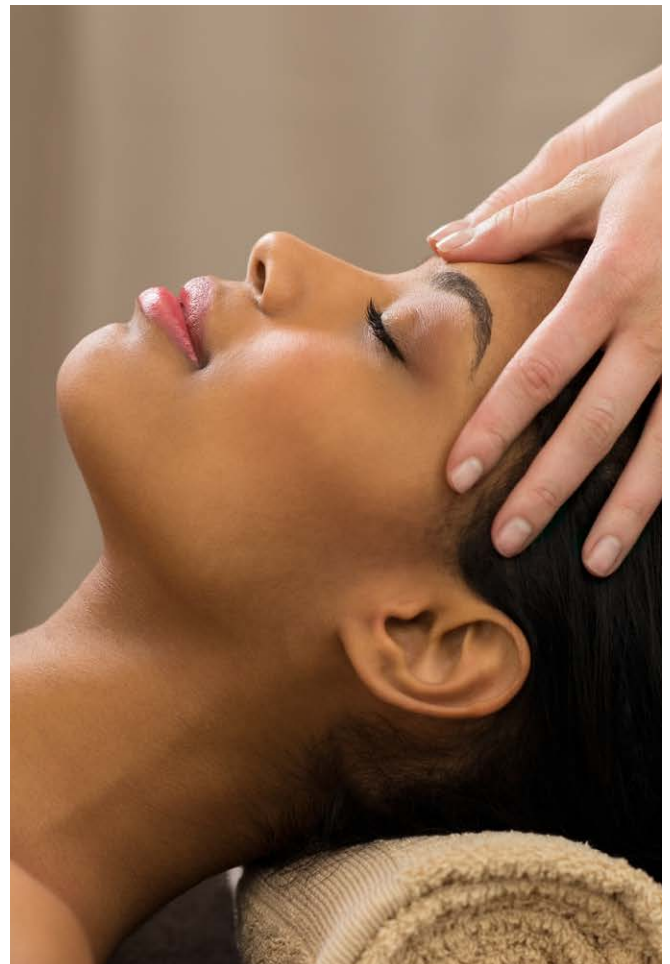
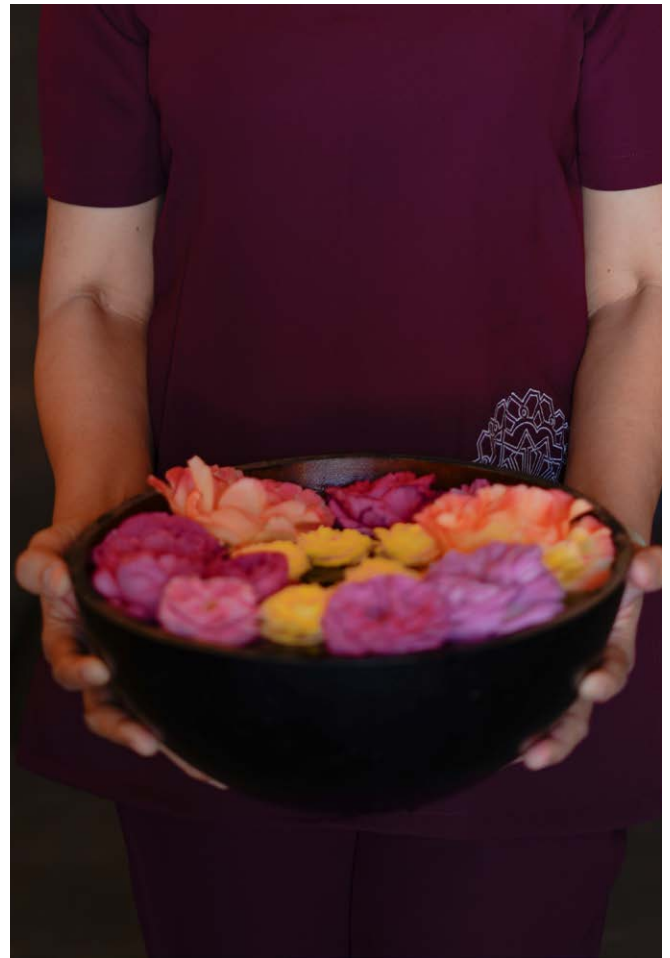
60 MINS | OMR 75

A treatment specifically targeting chronic back or neck pain using medicated oil and herbs to reduce pain and inflammation.

UDVARTHANAM

45 MINS | OMR 60

An invigorating dry scrub using herbal powder to improve circulation, break down cellulite and improve the texture and appearance of the skin.





WELLNESS ACTIVITIES

YOGA

60 MINS | OMR 30 (private) / OMR 15 (group)

Start each day with a sunrise session poised over the canyon. Or perfect your asanas at sunset overlooking the wadi. We offer both group and private classes from Hatha and Ashtanga to Vinyasa.

MEDITATION

60 MINS | OMR 30 (private) / OMR 15 (group)

Still the mind, foster awareness of the breath, and reconnect with your body. Group or private classes take your meditation technique to the next level.



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