

TIMELESS REJUVENATING EXPERIENCES



ANANTARA  
SPA





## WELCOME TO ANANTARA SPA.

Rooted in the beautiful country of Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins. At Anantara Al Jabal Al Akhdar Resort, this principle blends with the timeless traditions of Arabia and the incredible natural resources of the surrounding land. Sensual spa journeys are experienced in five luxurious spa treatment rooms including two couple's suites, a private Hammam and a beauty salon.

Indulge in luxurious spa therapies that combine the spa wisdom of both East and West in a quiet sanctuary 2,000 metres above sea level. This dramatic setting accentuates your escape from the stresses of daily life. Separate male and female Thermal Suites offer a Himalayan salt-infused steam room, aroma sauna room, experience showers, private indoor relaxation bed chambers, and outdoor relaxation suites with loungers, along with a health station with nutritious snacks, fresh fruits, and herbal teas.

Release tension and revitalise with indigenous rituals that harness the natural power of the damask roses and pomegranates that grow in abundance in the fertile region of Al Jabal Al Akhdar.

A visit to Anantara Spa connects you to both the surrounding environment and our Thai and Arabian heritage to balance your body and mind. Experience the wealth of wellbeing as we immerse you in healing treatments with enduring benefits.

AT ANANTARA SPA, THE GREATEST  
JOURNEYS ARE FELT, NOT TOLD.

SIGNATURE EXPERIENCES

Drawing on the world class expertise of our team and the finest Al Jabal Al Akhdar indigenous ingredients and wellness traditions, our collection of signature experiences blend highly specialist rituals and luxurious pampering with powerful, long lasting benefits for body, mind and soul.

ROSE RESCUE RITUAL

(90 minutes)

For centuries, fragrant roses have been cultivated in Al Jabal Al Akhdar. Renew the essence of beauty with the soothing, balancing and hydrating qualities of rose petals and luxuriant rose oil. This romantic retreat pampers you from head to toe, allowing you to blossom naturally. A facial rehydrates your complexion, while an exotic oil nourishes your skin and body in a tension-relieving massage.

Milk & Rose Petal Foot Cleansing Ritual •  
Boutique Hydration Facial with Scented  
Rose • Perfumed Rose Oil with Selected  
Massage • Refreshments



REVITALISING POMEGRANATE  
JOURNEY

(90 minutes)

Experience a sensual Omani journey to beautify and recharge your entire being. Rich in antioxidants, Jabal Akhdar pomegranates have long been revered for their ability to regenerate, nourish and protect skin, offering the perfect polish for a smooth and radiant body. After your fragrant therapy, submit to deep relaxation with a tailor made massage. Emerge feeling refreshed and rejuvenated.

Floral Foot Cleansing Ritual - Pomegranate  
& Salt Body Scrub • Choice of Massage •  
Refreshments



FRANKINCENSE RITUAL

(90 minutes)

Oman has been known for its famed frankincense since ancient times. This millennial product contains many wellness properties which benefit the mind and body. Our indulgent Frankincense Ritual brings you the best of these healing properties by way of inhalation, warm compress and deep tissue massage with frankincense oil. This balancing and relaxing treatment will aid in stress release, sleep and relieve muscular aches and pains.

Steam • Floral Foot Cleansing Ritual •  
Frankincense inhalation • Frankincense  
poultice compress • Deep tissue Massage •  
Refreshments



- Wellness



- Immunity Booster



- Relaxation, Stress Relief and Promote Sleep



- Detoxification



- Anti-ageing and Rejuvenation



- Respiratory and Cardiovascular Wellness







## HAMMAM RITUALS

The essence of “The Turkish Bath House” and Moroccan Baths, the Hammam was a fundamental part of Ottoman culture and society for centuries. Designed to cleanse and purify the body and skin from toxins, increase blood circulation and stimulate the immune system this therapy has endured due to its many health benefits.

Treat yourself to ancient tradition at its best with a selection of unique Turkish and Moroccan Hammam experiences at Anantara Spa. With the option separate male, female and couple's Hammam experiences, we invite you to experience this age-old ritual in the beautiful, serene surroundings of our Hammam.

### ROYAL HAMMAM & MASSAGE (90 minutes)

This decadent hammam ritual includes the choice of Turkish or Moroccan style hammam experience followed by a soothing face and hair cleansing and masques. This tip to toe ritual leaves your skin and hair feeling baby soft and nourished.

Steam • Turkish or Moroccan Hammam Ritual • Face cleansing and masque • Hair cleansing and masque • Refreshments



### TURKISH HAMMAM RITUAL (60 minutes)

Cherished for centuries the Turkish Bath Ceremony infused with perfumed oils uses authentic techniques and ingredients. Experience a perfumed steam, kese body exfoliation, and a unique foam massage, that softens the skin and eases the muscles in the body.

Steam • Kese Exfoliation • Foam Massage • Refreshments



### MOROCCAN HAMMAM RITUAL (60 minutes)

This traditional ritual originates from the heart of Morocco with scented steam, black olive soap body emulsion, kese exfoliation, and a purifying Ghassoul body mask. Let us complete your treatment with a choice of our selection of perfumed oils and shea butter smoothed into your skin, leaving you soft and fragrant.

Steam • Traditional Black Olive Soap • Kese Exfoliation • Ghassoul Mask • Refreshments



- Wellness



- Immunity Booster



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- Respiratory and Cardiovascular Wellness

## MASSAGES

Anantara's therapeutic and stress-relieving massages use authentic Asian-inspired techniques combined with infusions of exotic, rare ingredients to lead you on a path to relaxation and eliminate the tensions of everyday life.

### ANANTARA SIGNATURE MASSAGE

(60/90 minutes) Light to Medium Pressure

Combining revered eastern and western techniques with Anantara's expertise, purpose designed movements and a signature oil blend stimulate the circulation and deeply relax muscles, while reflexology clears energy blockages to promote overall wellbeing.



### STRESS RELEASE MASSAGE

(60/90 minutes) Medium Pressure

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



### TRADITIONAL THAI MASSAGE

(60/90 minutes) Firm Pressure

Also known as passive yoga, this ancestral therapy has been passed down through generations. Enjoy the benefits of a workout whilst your therapist does all the work. By using pressure point and stretching techniques, tension is released, flexibility is improved and vitality increased.



### HOT STONE MASSAGE

(60/90 minutes) Medium Pressure

A unique combination of aromatherapy oils and heated volcanic stones, to ease away deep muscular tension and encourage optimum circulation.



### BALINESE MASSAGE (60 minutes)

Pamper yourself with a spiritually and physically restorative massage. Developed in Bali, Indonesia, the millenary ritual draws its roots from traditional Chinese massage and Indian Ayurvedic therapy. This treatment works deeply to soothe damaged tissue and relieve strained muscles and joints. A rigorous yet therapeutic combination of long, gliding movements, skin rolling and firm kneading along pressure points will warm and relax your muscles and boost your circulation. Personalise your experience by telling our therapist which areas you would like to focus on.



### DEEP MUSCLE MASSAGE

(60/90 minutes) Firm Pressure

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



### PEACEFUL PREGNANCY MASSAGE

(90 minutes)

A calming massage where the therapist uses tried and tested techniques, which are adapted to each stage of pregnancy. The massage helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit.



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balance

WELLNESS BY ANANTARA

## WELLNESS

Anantara Al Jabal Al Akhdar Resort offers Balance Wellness experiences that allow you the freedom to enjoy your holiday, whilst nurturing you holistically at your own pace. Combine your ideal activities with detoxifying spa treatments and nourishing food to delight both your digestive system and palate. Our professional health and wellness team will help you achieve whatever goals you set for yourself - from deep relaxation to a vigorous boost to your fitness regime.

## HEALING RITUALS

### HILLOT (90 minutes)

This powerful therapy is rooted in the Filipino wellness tradition. Pre-heated banana leaves are applied to determine energy flow obstruction then medium to deep pressure strokes with warm virgin coconut oil are used to relieve deep-rooted stress and restore health and well-being. Additionally, the ancient practice of cupping is used over the back to relieve congestion, tight muscles and aches.



### SINGING BOWL (90 minutes)

This healing treatment is based on the ancient practice of Tibetan singing bowls. The sound and energy emanating from the singing bowls are beneficial in relieving headaches, stress, insomnia, balancing energy flow within the body and helps with better digestion, sleep and detoxification. The treatment also includes a stress release massage to leave you feeling completely relaxed and balanced.



### CHAKRA BALANCING (60 minutes)

The Chakra Balancing treatment works on the energy centers/chakras of the body bringing them into balance using energized crystals and a detoxifying massage. This treatment is very helpful in increasing a sense of wellbeing and promoting calm.



### SLUMBER GURU - IN VILLA SERVICE\*

(Choose from Omani, Herbal, Chocolate Dream menu) (105 minutes)

Taking the importance of a good night's rest to a whole new level, choose from three varieties of in-room rituals: Omani, Herbal or Chocolate Dream packages and let our Slumber Guru make drifting away to the land of nod a blissful pleasure.





## WELLNESS MASSAGES

### LYMPHATIC DRAINAGE MASSAGE (60 minutes)

Activate your lymphatic system with a light-touch massage to stimulate a natural detoxification process. The lymphatic system helps fluid and waste leave the body and transports essential nutrients which help to build immune-boosting cells and improve the metabolism.



### THAI HERBAL POULTICE MASSAGE (60 minutes)

Performed for hundred of years, Thai Herbal Poultice Massages are known to provide deep relaxation while relieving stress and fatigue, and improving health. This therapy relies on the use of warm «poultices» filled with a selection of herbs and spices, generally wet and then steamed, being gently applied to specific points of the body releasing their healing benefits into the pores of the skin. The hands are also used to focus on knots in the body.

Designed for those who live a fast-paced lifestyle, over-indulge too often, feel lethargic or have a sluggish digestive system, this is the ideal treatment to kick-start a sense of well-being.



### CONTOURING & FIRMING BODY MASSAGE WITH DETOX WRAP (90 minutes)

This wellness experience is targeted at firming and contouring the body and reducing cellulite. The massage includes techniques of dry skin brushing along with hot and cold stimulation to improve circulation, encourage lymphatic drainage and flushing of toxins. The nutrient-rich detox wrap after the massage uses deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

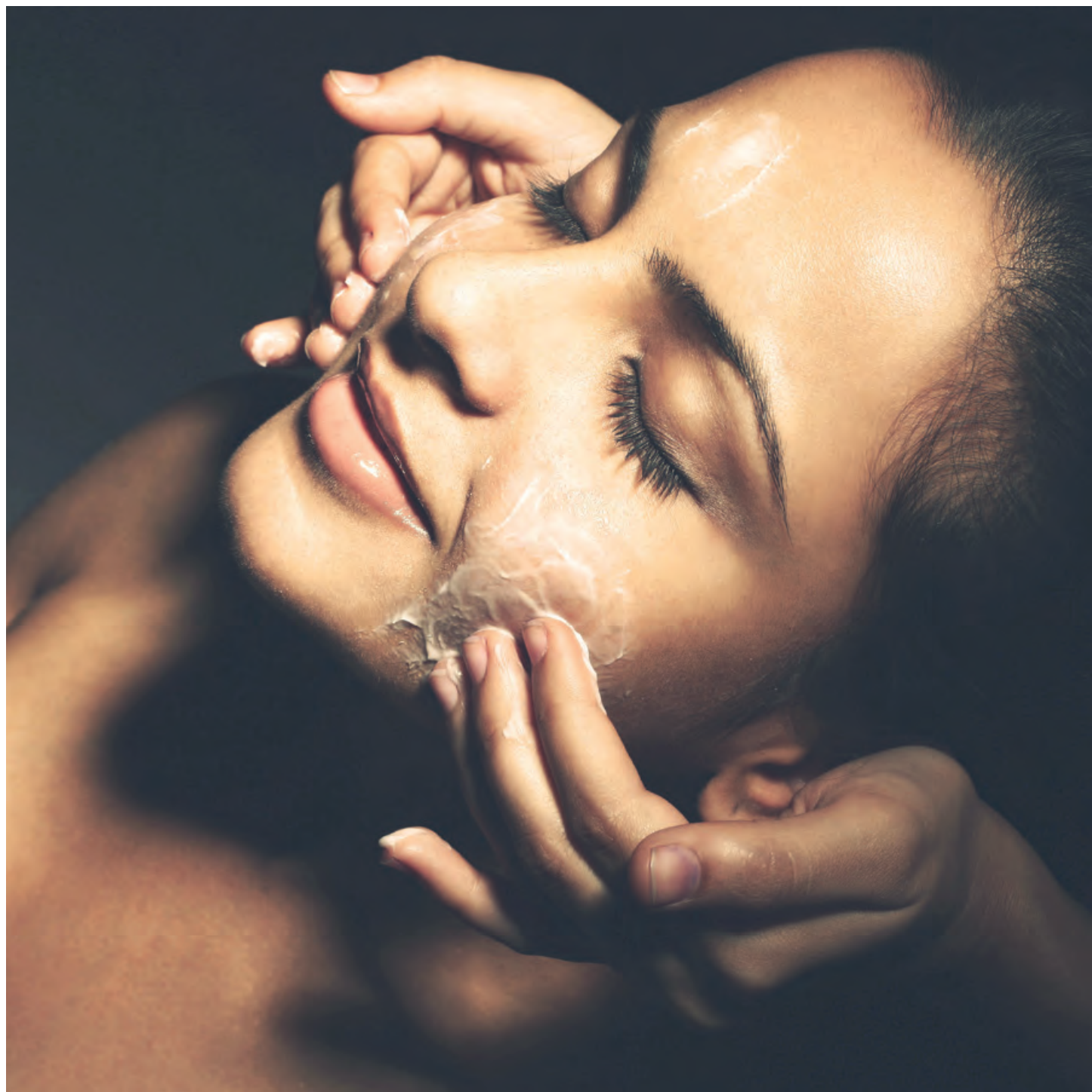


### DEEP ABDOMINAL DETOX MASSAGE (30 minutes)

Deep abdominal massage, also known as colon massage, or internal organ massage is a fantastic treatment that focuses on the metabolic and energetic functions of the abdomen to release trapped gases, blockages and waste products. Benefits include relief from constipation, abdominal fluid retention, detoxification, improved digestion, and postural health.









## FACIALS

Our facial treatments deliver results you can see and feel, while providing the highest levels relaxation you expect from Anantara Spa. Our specialised therapists will do a skin assessment, which includes understanding your lifestyle. Anantara brings you the best results for your skin type. We provide customised solutions tailored for your skin.

### ELEMIS SUPERFOOD PRO-RADIANCE (60 minutes)

A nutritional boost rich in super foods and essential minerals designed to infuse stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and alight with vitality.



### ELEMIS PRO-COLLAGEN AGE DEFY (60 minutes)

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.



### ELEMIS DYNAMIC RESURFACING PRECISION FACIAL

(60 minutes)

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. Discover smoother, younger-looking skin with this innovative therapy.



### ELEMIS WHITE BRIGHTENING PIGMENT PERFECTOR

(60 minutes)

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.



### ELEMIS MEN'S SKIN ENERGISER (60 minutes)

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst a scalp and foot massage leave you in a state of relaxation.



- Wellness



- Immunity Booster



- Relaxation, Stress Relief and Promote Sleep



- Detoxification



- Anti-ageing and Rejuvenation



- Respiratory and Cardiovascular Wellness

## ADDITIONAL TOUCHES

These treatments can be booked as add-on treatments only and are not available individually. Alternatively choose any combination of three or more to customise your own 90-minute Spa aackage.

### INDIAN SCALP MASSAGE (30 minutes)

This head massage originated in India over a millennia ago and began as a way of keeping the hair in good condition. It is based on the ancient healing system of Ayurveda.

This form of massage works on the upper back, shoulders, upper arms, neck, scalp, ears and face. The areas are massaged using firm yet gentle, rhythmic movements that involve acupressure points called Marma points.

### HAIR AND SCALP DEEP CONDITIONING TREATMENT (45 minutes)

Specially crafted with the goodness of virgin coconut oil and therapeutic clay, this hair and scalp treatment soothes dry and itchy scalps, while deep conditioning and softening hair. It is specially recommended as an intensive treatment to pump hair with a dose of wholesomeness.

### BACK, NECK AND SHOULDER MASSAGE (30 minutes)

A therapeutic neck and shoulder massage eases tension in areas where it is often held. Feel your shoulders release as your muscles are skillfully kneaded.

### BODY SCRUB (30 minutes)

Intensive exfoliation deep cleanses and retextures for a body that's super soft, supple and smooth so skin will look fresher, brighter and more toned.

### BODY WRAP (30 minutes)

Nourish your skin with a revitalising body wrap. Choose from the deeply nourishing mountain honey wrap with anti-ageing properties or a fresh organic aloe wrap which assists in skin healing and nourishing. Feel your skin renewed and glowing as you emerge.



### FOOT REFLEXOLOGY (30 minutes)

A mini treat for your feet utilising deep reflex points to soothe and revive your tired feet after a day of hikes and activities. This is the perfect addition to any treatment.



### EXPRESS NAIL CARE (30 minutes)

Let one of prettify your tips and toes with our express nail treatment. When you need a quick cut, file and paint, we'll make sure your nails are taken care of.

### MANICURE (60 minutes)

A full manicure with soaking, exfoliation and nail cut, file and polish of your choice.

### PEDICURE (75 minutes)

A full pedicure with soaking, exfoliation and nail cut, file and polish of your choice.

### SPA AND COUPLES PACKAGES

We offer various spa packages, couples experiences and wellness programs as per your requirements and time availability.

For assistance to create a package or program of your choice, please do get in touch with our spa and wellness reception.



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## ADDITIONAL BENEFITS FOR SPA GUESTS

During your Anantara Spa indulgence, each spa guest is entitled to use our Asfour Kids Club. Terms and conditions apply.

### TERMS AND CONDITIONS FOR ASFOUR KIDS CLUB

- Hotel guests are entitled to complimentary child minding for children aged 4 to 12 years old in Asfour Kids Club for the duration of the time spent in Anantara Spa.
- Day guests are entitled to bring a maximum of two children aged 4 to 12 years old to Asfour Kids Club at an additional fee of OMR 15 per child for the duration of their spa experience.
- Children below four years can stay in Asfour Kids Club accompanied by their personal babysitter or one parent.
- Spa treatments should be finished before 6:00 pm to be eligible for the complimentary child minding.
- Parents should arrive 30 minutes prior their treatment to register their kids in our Asfour Kids Club.

## SPA ETIQUETTE

### HOURS OF OPERATION

- Spa treatments between 8.00pm and midnight are available upon advance reservation.
- In-villa massages available, reservation required.

### RESERVATIONS

- Advance booking is highly recommended to ensure the availability. Please come directly to the spa or dial 8091 and one of our receptionists will gladly assist you.
- A credit card number is required to secure your booking for non-resident guests. Walk-in guests are welcome and subject to availability.
- Please note that the spa is unsuitable for babies and children under 16 years of age, as we try to ensure that all our guests benefit from the tranquillity of the surroundings.
- We recommend that you do not sunbathe before and after waxing or facials.

### SPA ARRIVAL

You are encouraged to arrive 15 - 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. Mobile phones and smoking are not permitted in the Spa at any time. Please take time to relax in our tranquil surroundings before and after your therapy session.

### CANCELLATION POLICY

Should you need to cancel or rebook your Anantara Spa treatment, we require a minimum of five hours' notice to avoid being charged 100% for your treatment time.

### 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 suite as Anantara Spa does not assume responsibility for lost items.

### HEALTH CONCERNS

Please notify the spa receptionists or therapists of any existing 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. This will ensure your safety before having any treatments.

### GIFT VOUCHERS

Anantara Spa offers gift vouchers which are the ideal gift for that special someone. Our receptionists will gladly assist you with creating the perfect spa treatment gift. All gift vouchers must be presented at the time of the booking are non-refundable and cannot be exchanged for cash value.

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

All rates are in Omani Rials and subject to 12% local taxes and service charge.

To book your Spa Indulgence:

T +968 2521 8091 or E [spa.aaja@anantara.com](mailto:spa.aaja@anantara.com)

PRICELIST



قائمة الأسعار

	Mins	OMR
ANANTARA SPA JOURNEYS		
Rose Rescue Ritual	90	85.000
Revitalising Pomegranate Journey	90	85.000
Frankincense Ritual	90	85.000
HAMMAM RITUALS		
Royal Hammam with 30 minute Massage	90	80.000
Turkish Hammam	60	65.000
Morrocan Hammam	60	65.000
MASSAGES		
Anantara Signature Massage	90/60	80.000/60.000
Stress Release Massage	90/60	80.000/60.000
Traditional Thai Massage	90/60	80.000/60.000
Balinese Massage	90/60	80.000/60.000
Deep Muscle Massage	90/60	85.000/70.000
Hot Stone Massage	90/60	85.000/65.000
Peaceful Pregnancy Massage	60	85.000
WELLNESS		
Hilot	90	85.000
Singing Bowl	90	85.000
Chakra Balancing	60	60.000
Slumber Guru	105	150.000
Lymphatic Drainage Massage	60	60.000
Thai Herbal Poultices Massage	60	70.000
Contouring & Firming Body Massage	90	85.000
Deep Abdominal Detox Massage	30	30.000
FACIALS		
Elemis Superfood Pro Radiance	60	65.000
Elemis Pro Collagen Age Defy	60	65.000
Elemis Dynamic Resurfacing Facial	60	65.000
Elemis White Brightening Facial	60	65.000
Elemis Men's Skin Energiser	60	65.000
ADDITIONAL TOUCHES		
Indian Scalp Massage	30	30.000
Hair and Scalp deep Conditioning Treatment	45	40.000
Back, Neck & Shoulder Massage	30	30.000
Body Scrub	30	30.000
Body Wrap	30	30.000
Foot Reflexology	30	30.000
Express Nail Care	30	20.000
Manicure	60	30.000
Pedicure	75	35.000

All prices are in Omani Rials and subject to 12% local taxes and service charge. Prices are subject to change without prior notice. Advance booking is highly recommended to ensure availability. Anantara Spa is open from 10am to 10pm. Spa treatments between 10pm and midnight are available upon request subject to availability. In-villa massages are also available upon request subject to availability.

دقائق	ريال عماني	
التجارب المميزة		
٩٠	٨٥.٠٠٠	طقوس الخلاص الوردية
٩٠	٨٥.٠٠٠	رحلة الانتعاش مع الرمان
٩٠	٨٥.٠٠٠	طقوس اللبان
طقوس الحمام		
٩٠	٨٠.٠٠٠	الحمام الملكي مع التدليك ٣٠ دقيقة
٦٠	٦٥.٠٠٠	طقوس الحمام التركي
٦٠	٦٥.٠٠٠	طقوس الحمام المغربي
جلسات التدليك		
٦٠/٩٠	٦٠.٠٠٠/٨٠.٠٠٠	تدليك أنانتارا الخاص
٦٠/٩٠	٦٠.٠٠٠/٨٠.٠٠٠	تدليك لتخفيف التوتر
٦٠/٩٠	٦٠.٠٠٠/٨٠.٠٠٠	التدليك التايلاندي التقليدي
٦٠/٩٠	٦٠.٠٠٠/٨٠.٠٠٠	تدليك بالي
٦٠/٩٠	٧٠.٠٠٠/٨٥.٠٠٠	تدليك العضلات العميق
٦٠/٩٠	٦٥.٠٠٠/٨٥.٠٠٠	تدليك الأحجار الساخنة
٦٠	٨٥.٠٠٠	تدليك الحوامل
العافية		
٩٠	٨٥.٠٠٠	هيلوت
٩٠	٨٥.٠٠٠	وعاء الغناء
٦٠	٦٠.٠٠٠	موازنة الشقرا
١٠٥	١٥٠.٠٠٠	خبير السبات
٦٠	٦٠.٠٠٠	تدليك التصريف للمفاوي
٦٠	٧٠.٠٠٠	التدليك التايلاندي باستخدام كمادات الأعشاب
٩٠	٨٥.٠٠٠	تدليك نحت الجسم
٣٠	٣٠.٠٠٠	تدليك عميق للبطن لإزالة السموم
أقنعة الوجه		
٦٠	٦٥.٠٠٠	Elemis Superfood Pro Radiance
٦٠	٦٥.٠٠٠	Elemis Pro Collagen Age Defy
٦٠	٦٥.٠٠٠	Elemis Dynamic Resurfacing Facial
٦٠	٦٥.٠٠٠	Elemis White Brightening Facial
٦٠	٦٥.٠٠٠	Elemis Men's Skin Energiser
لمسات إضافية		
٣٠	٣٠.٠٠٠	تدليك الرأس وفروة الرأس
٤٥	٤٠.٠٠٠	علاج الترطيب العميق للشعر وفروة الرأس
٣٠	٣٠.٠٠٠	جلسة تدليك الظهر والرقبة والكتفين
٣٠	٣٠.٠٠٠	تقشير الجسم
٣٠	٣٠.٠٠٠	تغليظ الجسم
٣٠	٣٠.٠٠٠	تدليك القدم
٣٠	٢٠.٠٠٠	عناية الأصافر السريعة
٦٠	٣٠.٠٠٠	صباغة الأظافر
٧٥	٣٥.٠٠٠	العناية بالأقدام

جميع الأسعار بالريال العماني وتخضع لـ ١٢٪ ضرائب محلية ورسوم خدمة. قد تظراً بعض التغييرات على الأسعار دون إخطار مسبق. يوصى بالحجز المسبق لضمان توفر الخدمة. أوقات العمل في أنانتارا سبا من الساعة ١٠ صباحاً وحتى الساعة ١٠ مساءً. خدمة العلاجات بالمنتج متاحة من الساعة ١٠ مساءً وحتى منتصف الليل حسب الطلب وحسب توفرها. كذلك خدمة التدليك داخل محيط القل متاحة حسب الطلب وحسب توفرها.