



balance

WELLNESS BY ANANTARA

WELCOME

Enhance your wellbeing in a luxurious mountaintop retreat that fuels your mind, body and soul. Unwind with tailored programmes that combine the enriching elements of nature with our global expertise and outstanding service.

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.

Stretch in the morning sun with yoga overlooking spectacular canyon views. Discover leisurely hike trails that connect you with the culture and rich landscape. Rejuvenate your body in our Himalayan salt infused steam room at Anantara Spa.

Relish delectable offerings rich in anti-oxidants from our Balance Wellness Menu available in all restaurants across our resort. Begin your day with a healthy breakfast at Al Maisan or choose a superfood option from In-Room Dining before setting off to explore the valleys. Sip on a refreshing wellness juice any time of day or night to refuel your body with the nutrients it requires for healthy living.

Our exciting range of customisable programmes immerses you in the destination. Let yourself unwind with trusted therapies in our world-class Anantara Spa. Navigate the mountainside with ropes and chains before treating yourself to a Signature Massage. Choose from our Relax & De-stress, Detox & Cleanse, Rejuvenate and Mindful Moments to find the perfect combination for your goals.

Embrace the power of wellness at Anantara Al Jabal Al Akhdar Resort.

RELAX & DE-STRESS

Himalayan Balancing Salt Massage (90 minutes)

90.000

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

Foot Reflexology (60 minutes)

60.000

Passed through generations, this ancient healing therapy works on the principle that all body organs are connected to the reflex points on the feet via constant flowing energy channels. Massaging of the feet's reflex points restores natural flow of energy which aids with physical healing and restoring well-being.

DETOX & CLEANSE

Lymphatic Drainage Massage (60 minutes)

60.000

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.

Deep Abdominal Massage (30 minutes)

30.000

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.

ELEMIS Thousand Flower Detox Wrap & Massage (30/60 minutes)

90.000/110.000

The nutrient-rich detox wrap uses the 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.

NOTE: All prices are in Omani rials and subject to 12% tax and service charge.

Balance Hammam Signature Detox Infusion (60 minutes)

60.000

An indulgent body treatment to melt away tension and bring your body and mind back into harmony. This traditional experience starts by deeply cleansing the skin with a full body exfoliation, followed by a detoxifying body mask infused with aromatic balancing oils, finishing with a mind-clearing scalp massage and gentle nourishing oil application that will allow you to relax and unwind.

REJUVENATE

ELEMIS Superfood Pro- Radiance (60 minutes)

65.000

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

Thai Herbal Poulitice massage (60 minutes)

70.000

Performed for hundred of years, Thai Herbal Poulitice 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.

Shiatsu (60 minutes)

60.000

Relax, energise, awaken. In this ancient and graceful Eastern medicine, thumbs, palms, feet, elbows and knees massage and stretch while harmonising your body's energy system. Yoga-like stretching and acupressure along your energy lines increases flexibility, relaxes muscles, balances chi (emotions, flow of fluids and life force) and enhances overall well-being. You immediately find relief from physical and emotional discomfort while aligning the body, mind and spirit, bringing you to a deeper state of awareness.

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Balinese Massage (60 minutes)

60.000

Pamper yourself with a spiritually and physically restorative Balinese Massage which, dates back many thousands of years. Developed in Bali, Indonesia, yet drawing 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 muscle tissues and boost your circulation. Personalise your experience by telling our therapist which areas you would like to focus on.

MINDFUL MOMENTS

*Slumber Guru - in villa service**

(Choose from Omani, Herbal, Chocolate Dream menu) (45/75/105 minutes)

60.000/115.000/150.000

«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.

Package Includes:

Aromatic bath ritual • Choice of a relaxing massage • Special sleep amenities • Choice of soothing music • Refreshments

Indian Scalp Massage (30 minutes)

30.000

«Indian head massage originated in India over 1000 years 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.

* Please see the additional menu.

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CUISINE



DETOX DRINKS

Mix@4

Orange, mango, papaya and passion fruit

An assortment of tropical fruits that treat both your taste buds and body, this is a great-tasting juice that will leave you craving more.

3.500

Skinny Shake

An antioxidant powerhouse, this shake gets all of the goodness from pomegranates and strawberries. Refresh any time of day with this healthy boost.

3.500

Cucu Green Iced Tea

The hydrating nature of cucumber meets the Vitamin-C loaded grapefruit in this delicious iced tea. Because it's made from green tea you're getting all of the antioxidants green tea is famous for, and this tea can also help you burn fat, which is also a way to get rid of toxins.

3.500

ABC Juice

Apple, beetroot and carrot

An antioxidant powerhouse, this shake gets all of the goodness from pomegranates and strawberries. Refresh any time of day with this healthy boost.

3.500

Mai Melon Ginger Juice

With the fresh and sweet taste of watermelon, both your body and mind will feel refreshed and ready to go. The sweetness of the fruit helps balance the flavour of the ginger, and coconut water provides natural electrolytes and enzymes that replenish the body.

3.500

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WELLNESS BREAKFAST

Anantara Wellness Breakfast

10.000

Your choice of freshly squeezed juice (choice of one per person):

Orange, pomegranate, pineapple, watermelon or carrot.

Selection of fresh sliced fruits.

Egg whites, either scrambled or as an omelette with your choice of ingredients:

mushrooms, onions, tomatoes, or mixed vegetables.

Our homemade Bircher muesli.

Whole wheat or gluten-free toast with homemade sugar free jam of choice.

Choice of beverage: freshly brewed coffee, decaffeinated coffee, hot chocolate with choice of milk, fresh ginger and lemon tea.

The no-guilt Quinoa Rancheros

6.000

Crisp quinoa flat bread topped with eggs poached in fresh tomato sauce, jalapeno peppers, spring onion and fresh cilantro.

Served with a fresh avocado salsa and calorie-reduced whipped crème fraiche. (V)

Super food Omelette

6.000

Made with 1 whole egg and 2 egg whites and a blend of the top 5 superfoods – spinach, tomatoes,

onions, fresh cucumber and avocado salsa, served with homemade blueberry sugar free

jam and whole wheat or gluten free bread. (V)

Good For You Porridge

5.000

Soft cooked red quinoa flavored with a touch of honey, vanilla, and cooked with soya milk

– topped with fresh blueberries or bananas with chia seeds. Dairy Free

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Sunshine Benedict

Homemade wholegrain toast with a poached egg and grilled turkey breast, topped with guilt-free yoghurt Hollandaise sauce.

6.000

Our Signature Healthy Pomegranate and Almond Granola

130 calories dairy free, gluten free, vegan, vegetarian

4.000

Steamed Asparagus with Guilt-free Hollandaise

70 calories, dairy free, gluten free, vegan

3.500

Greek Yoghurt with Vanilla and Lavender Honey

80 calories (V)

3.000

Seasonal Tropical Sliced Fruit Plate

50 calories, gluten free, fat free, dairy free, vegan

4.000

Sliced Fresh Avocado

60 calories, dairy free, gluten free, vegan

3.500

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WELLNESS ALL DAY LONG

Heart Healthy Lentil Vegetable Soup

4.500

Green Goodness

A healthy blend of blueberries, celery, spinach, and green apples.

4.000

Roasted Beet Hummus

A great way to incorporate the anti-inflammatory goodness of beets with the goodness of chick peas. Blended and then topped with a touch of extra virgin olive oil. Served with crisp baked pita chips.

4.000

Baked not Fried Taco Shrimp Salad

Baked taco shell filled with grilled tiger prawns, avocado, roasted pineapple, grilled corn, and julienne bell peppers. Cannellini bean and pico de gallo ragout on the side.

8.000

Grilled Chicken and Vegetable Salad

Saffron and yoghurt marinated chicken kebabs with assorted grilled vegetables, served over organic baby mixed greens with our citrus honey vinaigrette.

7.000

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Gluten free Pasta

7.000

Your choice of fresh tomato and basil, primavera with julienne vegetables, or puttanesca with capers, anchovies and black olives in a spicy tomato sauce.

Not too Much Red Meat Please

9.000

120 gram very lean certified angus fillet grilled to perfection, simply dressed with lemon, extra virgin olive oil and fresh cracked black pepper, steamed cocktail potatoes, grilled tomato and basil compote.

Your daily dose of Omega-3

9.000

Grilled salmon fillet, served with a fresh salad of tomato, cucumber and Nicoise olives, tossed with fresh whole parsley and celery leaves in a light lemon balm vinaigrette.

French Vanilla Almond and Apple Crisp

3.500

Dairy free almond milk, vanilla beans, roasted apples with non-fat yoghurt, oats, brown sugar and cinnamon. All baked into a gooey-goodness dessert.

Anti-Oxidant Rich Pomegranate

2.500

Two full pomegranate arils removed from the husk for you to enjoy as a snack anytime and with only 72 calories.

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ACTIVITIES



YOGA

Sunrise Hatha Yoga (60 minutes)

15.000

Welcome the day and awaken your sense on the rim of the canyon. Feel the mountain fresh air and the solitude of the canyon at your feet whilst you gaze over the rim and across to the horizon. Keep your mind at peace and energize your body with our mountain yoga by Diana's Point to keep your chakra's in line. Enjoy the soothing sound of running water and views of the rising sun upon the grand canyon.

Hot Yoga (60 minutes)

30.000

Head to the Spa and enjoy 'Bikram Yoga' in the hammam where you can let your body detox naturally with 40% humidity and traditional hatha yoga techniques.

Aqua Yoga Aerobics (45 minutes)

15.000

Aqua Yoga Aerobics takes the principles and movements of yoga and adapts them to the water. Find the optimum stretch in this low impact, gentle activity.

FITNESS

Personal Training (60 minutes)

20.000

Sign up for a choice of energising fitness boosts, burn off stress and calories, let our personal trainer put you through your paces and improve your technique.

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ADVENTURES

Jabal Activity Wall (90-120 minutes)

40.000 per person / 60.00 per couple

Tackle the Hajar mountain range with a variety of gradual and intermediate climbing routes. Choose your ascent - by foot, using ropes and harnesses, or trying the Via Ferrata steel cable which runs along the mountainside. Under the guidance of qualified mountain instructors, the Via Ferrata provides 20-metre-long steep and exciting climbs, and also allows the more adventurous to abseil down sheer drop-offs for an eagle eye view.

Ultimate Rock Wall (90 minutes)

50.000 per person / 80.000 per couple

An activity not for the fainthearted - the new climbing route is one of the highest in the Middle East, providing intrepid travellers with a brand new way to experience Oman's Green Mountain and its expanse of craggy cliffs and limestone rock formations. The adventure begins, use your hands and a series of strategically placed metal steps to trace your way along the vertical rock face, before navigating jagged rock formations, ladders and vertical stairs. Below, a vast canyon plunges to 1,000 metres at its deepest point, providing you with a front row seat to soak in the peaceful silence. Towards the end of the hour-long climb, two zip lines suspended high above the canyon allow you to fly through the air for the ultimate adrenaline rush.

3 Village Walk Tour (90-120 minutes)

30.000 per person / 55.000 per couple

Discover the history and culture of 3 iconic villages with the help of an Omani Mountain Guru. Al Aqr, Al Ayn and Ash Shirayjah villages still use an ancient irrigation system called 'falaj' to maintain the cliff hanging terrace farms. Learn historical information and interesting details on the people and culture where they harvest Damask roses, pomegranates, walnuts, pears, grapes, garlic and onions. Pass a medicinal distillery, majlas, mosques, abandoned and inhabited homes, narrow alleys and old wooden doors.

Wadi Al Bawarid Hike (3-4 hours)

50.000 per person / 80.000 per couple

Meaning 'cold water' in Arabic Wadi Al Bawarid is a spectacular valley of natural caves and rock formations. Take a 20-minute drive from the resort to Saiq Village then hike along a natural fossil staircase as you descend the steep mountain slopes. Walk along the wadi river bed to discover natural pools that rise and fall seasonally and are home to small fish, frogs, dragonflies and swallows gliding in the breeze. Your guide will bring you to post-war soldier grave sites and abandoned houses that are 100 years old. Take a long a picnic to enjoy with the picturesque mountain views.

Bicycle (60 minutes)

25.000 per person

Map out exciting mountain adventures. Rent bicycles, with the option of a Bike Buddy to accompany you.

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