



THE SPA  
AT  
MANDARIN ORIENTAL  
MUSCAT





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## SPA PHILOSOPHY

Reset your natural balance and rediscover your inner strength in an urban oasis at the heart of Shatti Al Qurum. The Spa at Mandarin Oriental, Muscat, seamlessly combines the Orient's ancient philosophy of balancing the five elements with local healing traditions.

Immerse yourself in our holistic wellness experiences, guided by our specialists, who will create personalised wellness journeys for you with rejuvenating massages, advanced skincare treatments and bespoke therapies.

Our spa retreat is carefully crafted to create a blissful ambiance with natural daylight and serene sea vistas. Enhance your wellness journey with our range of facilities designed to complement your spa experience. Find tranquillity and serenity at our Oriental meditation garden or enjoy stunning sea views from the Terrace. Rejuvenate in the opulence of our Hammam, combining ancient healing traditions with exclusive treatments and rituals.



# ESSENCE OF MUSCAT

Oman is renowned for its breathtaking natural landscapes, which showcase the country's vibrant cultural heritage. Drawing inspiration from this enchanting scenery, we warmly invite you to embark on a soothing and serene journey through the magnificent Hajar Mountains. Discover the wonders of traditional healing therapies and local elixirs, carefully crafted to cater to your individual needs and honour Oman's rich heritage.

## MOUNTAIN RESTORATION

**2 hours**

Embrace the serenity of the mountains through this restorative treatment. Awaken your senses with the gentle inhalation of healing Omani Frankincense to calm the mind. This spa journey harnesses the natural power of roses and pomegranates. Experience a full-body massage infused with a blend of herbaceous oils to evoke a sense of clarity and calmness. Complete your head-to-toe spa journey with a rejuvenating facial, leaving your skin feeling renewed & nourished.

## ROSE QUARTZ RITUAL

**2 hours**

This healing treatment is inspired by the time-honoured ancient therapy of sand bathing in the Arabian desert and harnesses the revitalizing benefits of Damask Rose from Jabal Al Akhdar to relax the muscles and quiet the mind. The ritual begins with a grounding ceremony using resonant singing bowls. Feel cocooned as you lay on a warm bed of rose quartz crystal, working in harmony with the therapist's movements to improve your circulation and release toxins from the body. Experience a calm mind and glowing complexion with a healing facial with botanical actives and bespoke essential oils.

# SIGNATURE THERAPIES

## TIME RITUALS™

**2 hours**

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilise their individual talents to create and customise treatments to your unique individual needs.

## INNER STRENGTH

**2 hours**

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.

## ORIENTAL QI

**1 hour 30 minutes**

A simple, effective and authentic spa experience. This relaxing, hands-on body massage ritual works on the energy of the meridians using the benefits of essential oils.

## DIGITAL WELLNESS ESCAPE

**1 hour 30 minutes**

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease stresses and strains resulting from the frequent use of digital devices.

## INTELLIGENT MOVEMENT

**1 hour 30 minutes**

The Intelligent Movement Treatment has been designed to help guests improve their posture and mobility through trigger point release work, deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.

## ORIENTAL ESSENCE

**1 hour 30 minutes**

Using custom-blended oriental oils and movements inspired by traditional oriental therapies, this tension-busting massage treats the whole body. Focuses on the traditional stress-holding areas of the back, neck and shoulders.





# MASSAGE

We celebrate the uniqueness of the individual, which is why we customise every single massage for our guests. Following a consultation, your therapist will create your own unique path to relaxation and rejuvenation by designing a bespoke treatment incorporating various massage techniques to improve circulation and increases your sense of wellbeing.

## AROMATHERAPY MASSAGE

**1 hour 30 minutes**

A deeply healing holistic treatment which combines the power of essential oils with both eastern and western massage techniques. As your body becomes relaxed, pressure is gradually applied to alleviate areas of muscle tension, while simultaneously uplifting and clearing the mind.

## MUSCLE RECOVERY MASSAGE

**1 hour 30 minutes**

Relax and recover with this effective deep tissue massage, which helps relieve muscle pain, reduce physical fatigue and stress to promote a feeling of wellbeing. Combining natural ingredients and essential oils, such as calming lavender and invigorating rosemary, with the added warmth of ginger and black pepper for enhanced recovery. This treatment is ideal for improving circulation, boosting energy and releasing toxins.

## LYMPHATIC DRAINAGE MASSAGE

**1 hour 30 minutes**

A full-body massage using long, rhythmic strokes to stimulate the lymphatic system, aiding in detoxification, reducing water tension and enhancing the immune system. This treatment promotes overall wellbeing and leaves you feeling a sense of relaxation.

## A MOTHER'S MASSAGE

**1 hour 30 minutes**

Indulge in the bliss of motherhood with a luxurious and nurturing massage using pregnancy-safe oils. Feel cocooned, nourished and completely relaxed as this gentle treatment melts away tension from your back and shoulders.







## HAMMAM RITUALS

Nestled in the heart of the spa, the Hammam is a sanctuary of tranquility and indulgence. Incorporating traditional Moroccan healing techniques alongside a blend of modern therapies and ancient rituals, the Hammam embraces a holistic approach to relaxation. As you step inside, the interiors captivate you with their exquisite mosaics, accompanied by the scent of fragrant oils permeating the air. The Hammam experience soothes the senses and transports you to a realm of serenity.

### SIGNATURE HAMMAM EXPERIENCE

#### 1 hour and 30 minutes

Immerse yourself in a luxurious Hammam experience inspired by the rituals of royalty and nobility. This opulent journey begins with a thorough exfoliating honey scrub. The body is then cleansed using natural black olive soap with a Kessa glove for deep exfoliation, followed by a nourishing facial cleanse with a Rhassoul mask and gentle exfoliation. The treatment concludes with a refreshing green tea hair cleanse, leaving you feeling revitalized. Finally, a spritz of our fragrant bespoke mist uplifts your spirits, while argan nourishes your skin, ensuring a holistic and pampering experience.

### PURIFICATION HAMMAM

#### 1 hour

Your journey begins with a thorough exfoliation of the entire body, using natural black soap with a Kessa glove to remove impurities and nourish the skin. The use of natural black olive soap and Rhassoul further enhances this rejuvenating treatment, captivating your senses with delightful scents and textures inspired by Arabian heritage.



# BODY TREATMENTS

## ROSE INDULGENCE

**1 hour and 30 minutes**

An exfoliation and wrap treatment that uplifts the spirit and enriches the skin. The skin is exfoliated and nourished with a full body rose ritual. The treatment begins with guided breathing to aid relaxation, followed by an exfoliation that softens the skin and allows the layering of rose products to fully absorb. The treatment focuses on the back, legs, arms, abdomen, chest and scalp.

## FLIGHT RECOVERY

**1 hour and 30 minutes**

Recharge your body post-travel with a rejuvenating treatment tailored to combat jet lag and water retention. Experience an invigorating exfoliation with sea salt and green coffee oil, followed by a cooling mud mask wrap to reduce swelling. Relieve tension with a targeted massage, finishing with an invigorating leg massage to promote circulation and reduce puffiness. Complete your journey with a nourishing essential oil regime for refreshed skin and a revitalized mind.

## BODY POLISH

**30 minutes**

Buff away stress and impurities with the all-natural blend of ingredients and essential oils. The refreshing blend of revitalising ingredients work in harmony to soften and polish, revealing a brighter and more radiant complexion.

*Body Polish must be booked as a treatment addition, together with a massage or facial.*







# HOLISTIC SKIN CARE

## AROMATHERAPY ASSOCIATES

Aromatherapy Associates is one of the world's leading wellness brands. A pioneer in aromatherapy for over 35 years, their award-winning products harness the therapeutic, natural power of essential oils. Powered by BioActives, the Aromatherapy Associates skincare collection has been created to bring mind and body back into balance through a unique skincare complex of essential oils, Botanical Actives and Skin Stress Relief Technology.

## GLOW

### 1 hour

Restore your skin's natural glow through this rejuvenating, results-driven facial. By using botanical actives and bespoke essential oils, your therapist will customise the treatment to your skin's specific needs. Created to reawaken a tired complexion, the natural ingredients help to support the skin's defences, bringing back healthy, happy radiance.

## REBALANCE

### 1 hour

Experience a calm mind and glowing complexion through this healing facial. Beginning with the inhalation of relaxing aromatherapy oils, this treatment uses gentle, natural products to cleanse and balance the skin. Ideal for skin under stress, this facial will bring peace to your mind and skin in a soothing, restorative way.

## WELLBEING

### 1 hour and 30 minutes

Leave the world behind with this deeply relaxing facial, which will lower your stress levels and calm the sensitive skin on your face, scalp and décolleté. Using breathing techniques and essential oils to encourage a state of relaxation, this pioneering treatment focuses on touch points to improve circulation and encourage lymphatic drainage, resulting in increased oxygen flow to glowing, re-energised skin.



# ADVANCED SKIN CARE

## BIOLOGIQUE RECHERCHE

For over 40 years, a French family of artisanal skin experts has been at the forefront of personalized treatments. Biologique Recherche has pioneered the art of delivering outstanding, immediately visible, and long-lasting results. Biologique Recherche treatments are based on a personalised dermo-cosmetic diagnosis following analysis of your Skin Instant®, to ensure they match your needs.

## BESPOKE FACIAL

### 1 hour 30 minutes

After a thorough skin analysis, a tailored treatment booster will be recommended choosing the best combination of highly concentrated natural, biological active ingredients and fragrance-free products that your skin most needs. Ideal for all skin types, particularly those who need reconditioning, repair, lifting, and improvement of pigmentation. To enable you to recover the skin you have always wanted.

To complete your treatment, choose from the following facial enhancements.

## SKIN INSTANT® LAB

### 25 minutes

Skin Instant Lab® is a unique system for analysing, diagnosing and prescribing customised facials and products which can be added to any Biologique Recherche treatment.

## COOLING EYE GLOW

### 20 minutes

A unique treatment specifically designed for the Skin Instant® treatment targeting dark circles, bags, or wrinkles around the eyes. It reduces puffiness, lightens dark circles, and smooths fine lines and wrinkles thanks to the combination of cryo techniques and dedicated patches. Your eye contour is visibly fresh, energised and the eye area appears brighter.





# TREATMENT ENHANCEMENTS

Relax and rejuvenate with our bespoke beauty collection tailored to your specific needs. To complete your spa journey, you may choose from the following treatment enhancements.

## GUIDED MEDITATION

**30 minutes**

Mental and visualisation meditation and deep breathing practices led by one of our talented specialists, brings relief from inner stresses and will instil and encourage a calmer, more accepting outlook on life.

## MINDFUL SOUND HEALING

**45 minutes**

Singing bowls are placed on and around the energy centres of the body to clear stagnant energy. Vibrations are created to take the mind into a deep meditative state, to reinstate optimal wellbeing.

## HOT STONES

Applying heated volcanic stones to improve circulation and decrease muscle tension, thus promoting overall wellbeing to the back or legs.

## BIOLOGIQUE RECHERCHE MASK

For even more visible results, enhance your treatment with the application of a mask pre-infused with active ingredients, which molds itself to the shape of your face for an individualised intensive treatment.





# TERMS & CONDITIONS

## OPENING HOURS

|                |                 |            |
|----------------|-----------------|------------|
| Fitness Centre | Monday – Sunday | 7am – 8pm  |
| Spa Treatments | Monday – Sunday | 10am – 8pm |

## CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 24 hours will incur 100% charge. A credit card number is required at the time of booking.

## DIGITAL DISCONNECTION

Our spa environment is one of tranquillity and we would appreciate it if you can turn off your mobile devices and secure them in your locker to respect all spa guests' right to privacy and serenity.

## SPA ARRIVAL

We recommend that you check in at Spa Reception at least 45 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and gives you ample time to visit the spa's oasis of heat and water, to truly prepare for your treatment journey. Please understand that late arrivals will not receive an extension of scheduled treatments.

## AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness centre is 16 years of age.

## HOMECARE

To continue your spa regimen at home, all spa products used in the treatments are available in our spa boutique, including lifestyle items and souvenirs.

## GIFT CARDS

Our gift cards are an ideal gift and are available online at <http://www.mandarinoriental.com/gift-cards/> and at The Spa concierge desk.

## LOSS OR DAMAGE

Please be advised that The Spa is not held responsible for any loss or damage of personal articles. Kindly ensure to keep all your personal valuables in your locker during your visit or kept in the safety deposit box at the front desk of the hotel. For the protection of your clothing, we also ask that you wear the robe provided.





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