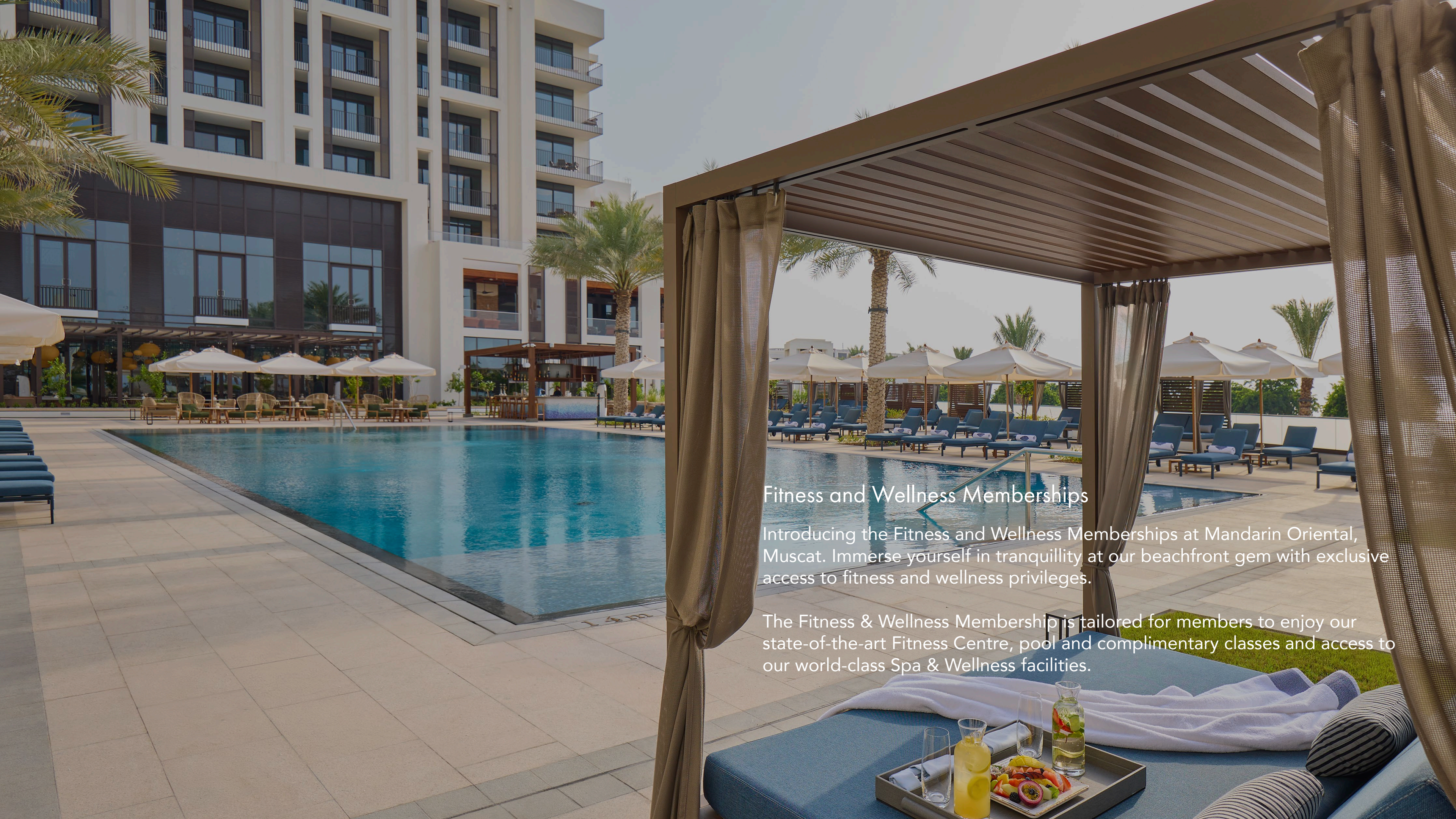




MANDARIN ORIENTAL  
MUSCAT

# FITNESS AND WELLNESS MEMBERSHIP





## Fitness and Wellness Memberships

Introducing the Fitness and Wellness Memberships at Mandarin Oriental, Muscat. Immerse yourself in tranquility at our beachfront gem with exclusive access to fitness and wellness privileges.

The Fitness & Wellness Membership is tailored for members to enjoy our state-of-the-art Fitness Centre, pool and complimentary classes and access to our world-class Spa & Wellness facilities.



A full-page background image of a tropical beach at sunset. Several palm trees are silhouetted against a warm, orange-hued sky. In the distance, a couple is walking along the shoreline where gentle waves are washing onto the sand.

## Beachfront Serenity

With captivating sea views, framed by exotic coconut and palm trees, Mandarin Oriental, Muscat evokes a sense of tranquility that will immerse members into the perfect retreat. Enjoy the idyllic setting and enjoy access to the resort pool and beach in the heart of Shatti Al Qurum.

Enhancing its heartfelt charm is the breathtaking backdrop of the majestic Hajar Mountains. Mandarin Oriental's legendary service, combined with distinctive dining concepts, a world-class spa, promises an exceptional experience for members to enjoy.





## Health & Fitness

At our state-of-the-art Fitness and Wellness Centre, you'll have access to the latest Technogym equipment and expert guidance from our certified instructors. Begin your wellness journey with personalised lifestyle consultations, creating tailored fitness and wellness programmes designed for your unique needs and goals.

Our expert trainers develop a plan that fits your lifestyle and preferences. Enjoy our outdoor studio, offering a variety of classes, from yoga and Pilates to group fitness. Set against breathtaking mountain views, our space provides an invigorating, serene environment for your workout experience.





## Spa & Relaxation

Offering a holistic wellness experience, The Spa at Mandarin Oriental, Muscat blends Mandarin Oriental's award-winning Asian inspired treatments with local healing traditions. Tailormade wellness journeys, guided by experts, include exclusive body massage and skincare treatments, alongside bespoke wellness therapies.

The spa features:

- Eight treatment rooms, including a couple's suite
- A serene urban oasis with natural daylight
- Heat and water experiences with steam and scrub rooms
- A traditional Hammam with exclusive couples' experiences



# Fitness Membership

**6-months:**  
OMR 908

**3-months:**  
OMR 508

**Access to:**

Fitness Centre, Pool, The Spa

**Rooms Benefits:**

Complimentary 1 night stay per year (valid for 6 months membership)

**Spa Benefits:**

Access to Spa facilities

1 complimentary 90 minutes Spa Massage every 3 months – maximum 1 within a month

**Fitness and Wellness Benefits:**

2 Personal Training sessions per year

1 Wellness Consultation

50% off any additional Pool DayLuxe passes

Complimentary access to 1 wellness class per week

Complimentary access to squash court, prior reservation required

*All benefits are non-exchangeable.*

*\*Terms & Condition apply*





### Membership Enquiries

Contact us at [momct-spa@mohg.com](mailto:momct-spa@mohg.com) or call +968 2103 8888

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