



CROWNE PLAZA MEMBERSHIP

The right workout - right when you want it - helps you stay focused, energized and on top of your game.

So, recharge and feel ready for anything with a fully equipped fitness center and multiple wellness options which include:

Infinity pools | Private beach | Fitness center | Fitness studio
Tennis courts | Squash courts
Steam room | Sauna
Massage treatments
Males & female locker rooms & more...



For more information, please contact:

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CROWNE PLAZA MEMBERSHIP FEE STRUCTURE

	1 month	3 months	6 months	1 year
Single (18+ years)	95	260	310	400
Couple (husband & wife)	180	310	520	640
Family (2 adults + up to 2 children 17 years and below)	220	420	570	710

*Loyalty discount available for continuous annual memberships

*Addition child at extra cost (only applicable on family membership)

Non-member entrance fee - Only available from Saturday to Thursday

Full day	
Adults	*RO 20
Children under 12	RO 5

*10 OMR Redeemable at Food & Beverage Outlet

Rates are in Omani Riyals and inclusive of all applicable taxes. Persons 18 years and above cannot be included in family membership and must apply for single membership. No refund will be made in the event of cancellation of a membership. Memberships are non-refundable and non-transferable. Credit facility will not be extended. Terms & conditions apply.



WALK IN, FLOAT OUT

TUESDAY - SATURDAY: 10:00 - 19:00 HRS

30-MINUTE	OMR 20 NET
60-MINUTE	OMR 25 NET
90-MINUTE	OMR 40 NET

HEAD & NECK MASSAGE

This ancient healing practice targets pressure points on the scalp, neck, and shoulders, effectively relieving stress and headaches.

FOOT MASSAGE

Ease tension and revive tired feet with a soothing foot massage that restores balance and relaxation.

THAI MASSAGE

Experience therapeutic stretching, deep tissue compression, acupressure, and assisted yoga poses to energize and relieve stress.

SWEDISH MASSAGE WITH AROMA OIL

Swedish massage promotes quick recovery from muscle strain, boosts circulation, and soothes both nerves and stress.

DEEP TISSUE MASSAGE

Deep tissue massage uses slow, deep strokes to relieve musculoskeletal issues, targeting deep muscle layers to alleviate chronic tension and pain.

90-MINUTE	OMR 40 NET
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HOT STONE MASSAGE

Hot stone massage uses warm basalt stones to ease muscle tension, relieve pain, and provide soothing heat therapy.

THERAPEUTIC MASSAGE

Therapeutic massage uses skilled techniques to relieve pain, improve circulation, reduce stress, and promote relaxation, addressing both physical and mental well-being.

COMBINATION MASSAGE WITH AROMA OIL

A blend of Thai techniques with Swedish and foot massage, enhancing circulation and releasing toxins for deep relaxation.

SPORT MASSAGE

Thai sports massage blends traditional Thai techniques with deep tissue and stretching to aid athletic recovery, prevent injuries, and enhance performance through targeted limb and joint manipulation.

For booking and information, please call 24660660, ext. 3001

