



The  
Villa  
WELLNESS & SPA



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Escape from the physical, mental, and emotional demands of life and allow yourself to be transported to another realm by The Villa Wellness and Spa.

Bringing local expertise to life, our spa treatments rely on the comforting qualities of fresh traditional herbs and plants that for generations have been used for healing, for a quintessential way of relaxing.

Under the caring touch of our therapists' healing hands, experience the benefits of pure active ingredients. Exotic botanical recipes that represent the purest and most potent ingredients and carry rich healing traditions from around the world, therapeutic skincare that is seamlessly blended with the freshest ingredients to enhance wellness and well-being.

The Villa Wellness and Spa offers treatments that merge Eastern and Western cultures and techniques that are designed to promote deep relaxation and bring your body and spirit into harmony.

# SIGNATURE RITUAL

## WADI DARBAT MYSTIQUE

120 minutes OMR 80.000

Slip away from the hustle of the city and be captivated by the scents and sensory experience of The Villa Wellness and Spa. Embark upon a personalized journey in which your body selects the oils and aromas required to address your needs. This simple sensory process opens the door to powerful effects to revive and invigorate, de-stress, and restore or even aid restful sleep. Your highly skilled therapist will personalize the full body massage and skin solutions facial to your needs - addressing areas of tension and concern, making this treatment the essential Spa escape.

Includes: Foot bath, Body Massage, and Facial Treatment

## SPIRIT OF OCEAN AND EARTH

120 minutes OMR 80.000

This nurturing, comforting, and relaxing treatment combines potent Marine actives and Plant essences to smooth and nourish skin and revive mind and body. Sea salts and essential oils are used to exfoliate the body before the comforting body wraps in either warm detoxifying algae or skin-nourishing marine mud. The calming aromatherapy massage that ensues commences with a soothing stretching and realignment process, aimed at releasing stiffness from both muscles and joints, thereby unwinding tense muscles and alleviating entrenched stress.

Includes: Foot bath, Body Scrub, Body wrap, and Body massage



# SIGNATURE RITUAL

## THE INNER CALM RITUAL COUPLE THERAPY

120 Minutes OMR 160.000

The session starts off by immersing the feet in warm water mixed with calming bath salts. It continues with a thorough body massage using scented oils, providing relaxation, and is followed by an express facial treatment. Luxurious aromatic mixtures assist in the process of ridding the body of toxins, enhancing the endurance of muscles and joints, alleviating the effects of jet lag, and facilitating improved sleep. A couple's spa treatment is not only a luxurious escape from the outside world but also an opportunity to reconnect with your loved one, fostering a deeper sense of intimacy and well-being. It is a perfect way to celebrate a special occasion or create cherished memories together.

Includes: Foot Bath, Body Massage, and Express Facial Treatment



# BODY MASSAGE THERAPIES

## DELIGHTFUL MASSAGE THERAPY

60 minutes OMR 40.000

90 minutes OMR 55.000

Be amazed by the mystic “King of oil” used in this majestically designed treatment, which offers a holistic approach to relaxation and healing, combining the power of touch with the therapeutic properties of essential oils to create a deeply rejuvenating experience for the mind, body, and spirit.

## DEEP RELAXING BALINESE MASSAGE THERAPY

60 minutes OMR 40.000

90 minutes OMR 55.000

Experience the essence of Bali with a harmonious blend of deep pressure, gentle stretching, and aromatic oils. Indulge in this ancient Indonesian technique to release tension, enhance circulation, and embrace pure relaxation for a truly rejuvenating and deeply relaxing experience, making it a popular choice for those seeking relief from physical discomfort and emotional stress while indulging in a therapeutic and culturally rich tradition.



# BODY MASSAGE THERAPIES

## THAI TRADITIONAL MASSAGE THERAPY

60 minutes OMR 40.000

90 minutes OMR 55.000

Indulge in the exquisite art of Thai Traditional Massage, a natural therapy that harmonizes your body, mind, and spirit. Immerse yourself in a world of relaxation, flexibility, and energy balance. Our skilled therapists delicately apply manual manipulation to various trigger points, using the gentle touch of their fingers, palms, elbows, and knees. Feel the transformative power as they skillfully stretch your muscle groups, invigorating the flow of internal energy. Surrender to the blissful experience and let your body be rejuvenated in the most enchanting way possible.

## VOLCANIC STONE MASSAGE THERAPY

60 minutes OMR 45.000

90 minutes OMR 60.000

Experience pure bliss with our Hot Stone Massage where the soothing warmth of heated stones combines with skilled therapeutic touch to create a truly indulgent experience. Allow us to transport you to a state of deep relaxation as smooth, heated stones are strategically placed on your body, melting away tension and promoting a sense of calm. Our experienced therapists will expertly glide the stones along your muscles, using varying pressures to release built-up stress and restore balance to your body and mind. Feel the penetrating heat of the stones as they help to improve circulation and relieve muscular aches and pains. This ancient healing practice will leave you feeling renewed, revitalized, and deeply nurtured.



# BODY MASSAGE THERAPIES

## ORIENTAL ELEMENT JADE BODY MASSAGE THERAPY

90 minutes OMR 65.000

Immerse yourself in the wisdom of the five elements with our signature treatment. Experience the harmonizing touch of our therapists as they anoint each Meridian point with our exquisite blend of essential oils. Feel the gentle massage movements enhance your energy flow, while the precious Jade restores balance to your mind. Begin your journey with the Oriental Element Body Therapy and conclude with the rejuvenating Jade Facial Ritual. Embrace this transformative experience and reconnect with your inner equilibrium.

## INVIGORATING FOOT MASSAGE THERAPY 30 minutes OMR 25.000 60 minutes OMR 40.000

Experience the invigorating effects of reflexology, a targeted therapy that applies pressure to specific points on your feet. This session promotes healing by clearing blocked energy channels and enhancing the flow of blood, nutrients, and nerve impulses. Feel the renewed balance and overall well-being as your body's natural healing mechanisms are activated.





# ADD-ON MASSAGE TREATMENTS

## HIMALAYAN AYURVEDIC HEAD MASSAGE THERAPY (Head Massage with/without Coconut Oil)

30 minutes OMR 25.000

Experience the soothing benefits of Champissage, a relaxation massage that targets the face, head, neck, and shoulders. These key energy centers within the body are gently massaged, promoting deep relaxation and restoring balance. Release stress and tension as you find a sense of peace and well-being during this calming treatment.

## THE MUSCLE REVIVAL (Back, Neck, Shoulder, Scalp)

30 minutes OMR 25.000

Indulge in a gentle yet effective massage that specifically targets deep muscle layers. Through slow and firm strokes, this session enhances blood flow, promotes muscle recovery, and boosts the production of serotonin for a sense of happiness. Nourishing massage oil is used to repair and protect your skin from the effects of urban environments. Treat yourself to this rejuvenating experience and let your body and mind find renewed vitality.



# FACIAL RITUALS

## SKIN PURIFYING FACIAL TREATMENT

60 minutes OMR 50.000

The transformative effects of our powerful facial are designed to enhance your well-being and rejuvenate your skin with a revitalizing freshness. This deeply detoxing treatment targets tired, congested, and stressed skin. Through a meticulous double cleanse, exfoliation, and a purifying mask, toxins are drawn out, leaving your skin purified and toned. Immerse yourself in this indulgent experience that brings both purification and a radiant glow.

Includes: Face wash, Skin analysis, Face exfoliating, Face massage, Face mask, Face moisturizer

## RE-HYDRATING FACIAL TREATMENT

60 minutes OMR 50.000

The rejuvenating effects of our intensive and regenerating facial, specially designed for dehydrated skin. This treatment deeply nourishes and replenishes, leaving your skin supple and revitalized. Gentle cleansing and exfoliation prepare your skin to absorb the replenishing face massage oil and masks, providing deep hydration and soothing benefits to your complexion. Feel the smoothness and renewed radiance as this rehydrating facial works its magic, leaving you with refreshed and revitalized skin.

Includes: Face wash, Skin analysis, Face exfoliating, Face massage, Face mask, Face moisturizer



# FACIAL RITUALS

## DE-SENSITIZER FACIAL TREATMENT

60 minutes OMR 50.000

A comforting facial for sensitive skin prone to redness and irritation, leaving skin calmed and nourished. This treatment calms and nourishes, leaving your skin feeling tranquil and rejuvenated. Gentle cleansing and the use of de-sensitizing natural plant extracts, work to gently cleanse, nourish, and hydrate delicate skin. Feel the reduction in skin sensitivity as this soothing facial brings comfort and nourishment, leaving your skin calm, nourished.

Includes: Face wash, Skin analysis, Face exfoliating, Face massage, Face mask, Face moisturizer

## ADVANCED ANTIOXIDANT FACIAL TREATMENT

60 minutes OMR 55.000

Experience our intensive enriching facial therapy, specifically crafted for dehydrated, mature, or damaged skin. This rejuvenating treatment delivers a potent, nutrient-rich elixir that revitalizes tired, aging skin. Infused with advanced antioxidants and essential fatty acids, it combats free radical damage and shields the skin from visible signs of aging. The facial massage incorporates an impressive active serum to boost collagen and hyaluronic acid production, followed by a botanical hydration mask that locks in precious moisture. Conclude this restorative treatment with beautifully smooth, vitamin-enriched skin that is deeply hydrated and rejuvenated.

Includes: Face wash, Skin analysis, Face exfoliating, Face massage, Face mask, Face moisturizer



# ADD-ON TREATMENTS

## LIFT & FIRM EYE TREATMENT

30 minutes OMR 30.000

Ideal for those seeking to address the initial signs of aging around the eyes, our specialized treatment offers effective hydration and rejuvenation. Targeting fine lines and relieving eye strain and computer headaches, this treatment combines a thorough cleanse, gentle exfoliation, soothing massage, and nourishing moisturizer. Experience the benefits as the appearance of fine lines diminishes and tension melts away, leaving your eyes refreshed and revitalized.

Includes: Face wash, Skin analysis, Face exfoliating, Eye massage, Eye and Face moisturizer

## ELEMENT JADE EXPRESS FACIAL

TREATMENT 30 minutes OMR 30.000

Experience the restorative power of Precious Jade as it harmonizes your mind. This therapy begins with a soothing massage that promotes relaxation and concludes with the transformative Jade Stone Ritual. Discover the rejuvenating effects of Jade and let it restore balance to your being.

Includes: Face wash, Skin analysis, Face exfoliating, Face massage with Jade, Face moisturizer



# BODY TREATMENTS

## DATES BODY SCRUB

30 minutes OMR 25.000

Indulge in our powerful exfoliating scrub, inspired by the abundant date palm that has been a source of sustenance for millennia. Just as the dates provided essential nourishment in the desert, they will work their magic to nourish and invigorate your skin. Experience the revitalizing effects as your skin receives the rich benefits of this natural treasure.

## SEA SALT BODY SCRUB

30 minutes OMR 25.000

The riches of nature as you indulge in our invigorating and dynamic mineral exfoliation for the body and spirit. Sea salt scrubs are excellent for exfoliation to help slough off dead skin cells. It is one of the best skin treatments to get super soft hands and feet. Sea salt helps open the pores, improve circulation, stimulate cell growth, and draw out toxins from the skin. Allow yourself to be rejuvenated by the natural power of sea salt.

## DETOX SIDR-HONEY BODY WRAP & FACIAL MASK

30 minutes OMR 30.000

Indulge in a revitalizing treatment that pampers you with the luxurious essence of Sidr-Honey. Combined with a specialized massage technique, this treatment enhances the absorption of the honey's minerals deep into your skin. Experience the nourishing and rejuvenating effects as your skin is enveloped in the richness of Sidr-Honey, leaving it radiant and revitalized.



# BODY TREATMENTS

## BRIGHTENING PAPAYA BODY WRAP & FACIAL MASK

30 minutes OMR 25.000

Experience the indulgence of our revitalizing treatment, enriched with the abundance of papaya and its powerful papain enzymes. This unique formula ensures your skin absorbs essential nutrients while benefiting from the antioxidants that combat aging signs, reduce inflammation, and soothe skin redness. Through this treatment, your skin will be replenished, hydrated, nourished, and toned, while enjoying the rejuvenating effects of papaya's natural properties.

## HYDRATING SEAWEED BODY WRAP & FACIAL MASK

30 minutes OMR 25.000

Indulge in a luxurious treatment that caters to the well-being of your entire body's skin. Experience the exquisite blend of seaweed and pure water as it gracefully envelops your body, accompanied by gentle, relaxing movements. Wrap yourself in a comforting cocoon of plastic, allowing your skin to gracefully absorb all the enriching nutrients it craves. It's a truly rejuvenating experience that pampers your skin from head to toe.



# THE VILLA WELLNESS AND SPA

## TERMS AND CONDITIONS

### SCHEDULING APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our spa reservations team who will be able to guide you to the right choice. To ensure your preferred time and service are available we recommend you to book in advance.

### SPA ARRIVAL

The Villa Wellness and Spa team recommends its guests arrive at least 30 minutes prior to the appointment in order to enjoy the exclusive spa facilities. As a courtesy to the next guest, any late arrival will result in a reduction in the treatment time. For the guest's convenience, a robe, towels, and slippers will be provided. During all treatments, the guest will be properly draped to ensure privacy.

### PERSONAL BELONGING/ VALUABLES

The Villa Wellness and Spa Team cannot be held responsible for any loss or damage to personal valuables while on the spa premises. We recommend to the guest no jewelry be worn during your visit to the spa.

### RESERVATIONS AND CANCELLATIONS

The Villa Wellness and Spa recommends its guests anticipate any treatment by making an appointment in order to secure the most suitable schedule for them. Kindly note that a credit card will be required to secure all bookings. All cancellation requests done less than 4 hours prior to the booking will generate a full payment to be processed and late arrival will shorten your treatment time.



# THE VILLA WELLNESS AND SPA

## TERMS AND CONDITIONS

### GIFT CERTIFICATES

The spa gift cards are non-refundable and must be presented at the time of the treatment or purchase.

### SPA ETIQUETTE

The spa environment is an era of tranquility and relaxation. Young adults over the age of 16 years old are welcome to visit the spa. The Villa Wellness and Spa team invites its guests to respect other guests' privacy by maintaining a low tone of voice. Guests are required to wear swimwear in common areas, including the jacuzzi, sauna, and steam bath. We kindly request to refrain from using mobile phones and cameras while enjoying the spa. Undergarments should always be worn to ensure guests' complete privacy and modesty. The spa is a smoke-free environment.

### HEALTH CONCERNS

Please advise The Villa Wellness and Spa team of any health conditions, allergies, or injuries that could affect the treatments or use of the facilities. Guests who have high blood pressure, heart conditions, or any other medical complications are advised to consult their doctors before signing up for any spa services.





