



Est. 1978
PALM BEACH CLUB
INTERCONTINENTAL MUSCAT



REJUVENATION VOYAGE

Nestled within the prestigious InterContinental Muscat, our massage suites are a sanctuary of calm, crafted to restore harmony between body and mind. Within this elegant haven, age-old healing traditions blend seamlessly with contemporary luxury to offer a serene escape from the everyday.

Whether you seek deep restoration, a calming retreat, or a moment of indulgence, embark on a sensory journey designed to elevate your wellbeing.



TREATMENTS

Our thoughtfully curated treatments blend time-honored techniques with modern wellness practices, delivering an exceptional massage experience in the heart of Muscat.

ORIENTAL MASSAGE

A calming full-body massage using fragrant oils and slow, rhythmic strokes rooted in Eastern tradition—ideal for total relaxation and energy balance.

55 MINS | 32 OMR NON-MEMBER | 28 OMR MEMBER

TRADITIONAL THAI

This energizing dry massage combines acupressure, stretching, and movement to release tension, increase flexibility, and restore inner balance.

55 MINS | 32 OMR NON-MEMBER | 28 OMR MEMBER

DEEP TISSUE MASSAGE

Focused deep pressure targets stubborn muscle tension and chronic stiffness, promoting relief, circulation, and overall wellbeing.

55 MINS | 32 OMR NON-MEMBER | 28 OMR MEMBER

FOOT REFLEXOLOGY

A revitalizing treatment targeting pressure points in the feet to stimulate natural healing pathways and promote full-body relaxation.

55 MINS | 32 OMR NON-MEMBER | 28 OMR MEMBER

ANTI-STRESS SIGNATURE MASSAGE

Our signature full-body massage, combining head, neck, and back techniques with calming oils to reduce stress and leave you glowing.

55 MINS | 32 OMR NON-MEMBER | 28 OMR MEMBER

KNOT AWAY

A focused back massage designed to ease muscle knots and tension. Perfect for those seeking fast relief and total release.

25 MINS | 25 OMR NON-MEMBER | 21 OMR MEMBER





SKIN RENEWAL SCRUB

A rejuvenating full-body exfoliation that removes dull skin, leaving you soft, smooth, and radiant.

55 MINS | 32 OMR NON-MEMBER | 28 OMR MEMBER

RADIANT RETREAT

A blissful combination of a full-body massage and body scrub to melt away tension and refresh your skin.

85 MINS | 55 MIN MASSAGE + 30 MIN SCRUB

39 OMR NON-MEMBER | 36 OMR MEMBER

LUXE SCRUB & MASSAGE

A decadent treatment featuring a gentle exfoliating scrub followed by a full-body massage for deep relaxation and glowing skin.

115 MINS | 85 MIN MASSAGE + 30 MIN SCRUB

58 OMR NON-MEMBER | 47 OMR MEMBER

STONE SERENITY

Heated stones glide along the body to release deep tension, balance energy, and induce a meditative calm.

85 MINS | 43 OMR NON-MEMBER | 53 OMR MEMBER

HOT ROCK RELIEF

Our most immersive stone massage, designed to soothe the nervous system, stimulate circulation, and provide deep muscle release.

115 MINS | 63 OMR NON-MEMBER | 53 OMR MEMBER

FRANKINCENSE BLISS

A luxurious full-body massage using aromatic frankincense oil to relieve tension, nourish the skin, and calm the senses.

55 MINS | 37 OMR NON-MEMBER | 34 OMR MEMBER

SPA ETIQUETTE & INFORMATION

To ensure a tranquil experience for all guests, we kindly ask that you:

10 MINUTES EARLY

Arrive 10 minutes early to your appointment to relax and prepare.

INFORM YOUR THERAPIST

Inform your therapist of any medical conditions or allergies in advance.

MAINTAIN A PEACEFUL

Maintain a peaceful atmosphere by keeping your mobile phone on silent.

STORE VALUABLES

Store valuables in the provided lockers for safekeeping.

24 HOURS IN ADVANCE

Cancel or reschedule appointments at least 24 hours in advance to avoid charges.

HYDRATE AND RELAX

Hydrate and relax after treatments for optimal benefit.



GIFT VOUCHER

Looking for the perfect gift? Massage gift vouchers are available at the reception—ideal for loved ones in need of relaxation.



Palm Beach Club Massage Suites

InterContinental Muscat, Al Shati Area, Muscat, Oman

9:00 AM – 8:00 PM Daily

+968 2468 0660

