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SULTANATE OF OMAN

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18<sup>TH</sup> NOVEMBER STREET

A STYLE TO REMEMBER

GHM

# SPA MENU

# THE SPA

AT THE CHEDI MUSCAT

## SPA ETIQUETTE

### Health Matters

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any health-related concerns you may have when making your appointment. We do not recommend the consumption of alcohol before or directly after spa treatments.

### Spa Attire

We will provide you with spa attire including a choice of spa underwear. Alternatively, you may wear your own. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

### Valuables

We provide a secure place for your personal items inside the spa suite; however, we do not accept liability for loss or damage.

### Spa Arrival

Arriving late may make it necessary to limit the time for your treatment so the next guest is not delayed. Please arrive at The Spa reception 10 minutes prior to your scheduled treatment time.

### Cancellation Policy

The treatments you select are reserved especially for you. Guests will be charged a 50% cancellation fee for treatments cancelled less than six hours prior to the appointment time. No-show or cancellation with less than two hours' notice will be charged at 100%.

### Smoking

Kindly note the spa and health club facilities are designated as non-smoking zones.

### Mobile Phones

Kindly refrain from using your mobile phone in the spa premises. Please keep your mobile phone on silent mode at all times.

### Children

Minimum age for entry to the spa and health club facilities is 16 years old.

### Gift Certificates

Gift certificates for spa services and retail products are available at The Spa reception.

Hours of service: 9:00 am to 10:00 pm  
Please contact The Spa for reservations and enquiries.

*Prices are in Omani Rials and are subject to 9% government tax and 8% service charge. Prices and other charges are subject to change without notice.*

## INDULGENT ORIENTAL RITUALS

### The Chedi Oriental Ritual

150 minutes - RO 168

Aromatherapy Foot Polish, The Chedi Jade Massage, Choice of 60-minute Facial, Thai-Style Foot Reflexology, Choice of Body Polish, Choice of Bathing Ceremony

### Balinese Oriental Ritual

120 minutes - RO 92

Aromatherapy Foot Polish, Ancient Balinese Massage, Indonesian Head Massage and Hair Masque, Cleansing Facial

### Oceania Oriental Ritual

120 minutes - RO 92

Aromatherapy Foot Polish, Atlantic Kelp and Magnesium Body Polish, Atlantic Kelp and Microalgae Whirl Bath, Arabian Sea Wave Massage with Atlantic Kelp and Magnesium Body Oil

### Tibetan Oriental Ritual

120 minutes - RO 92

Aromatherapy Foot Polish, Himalayan Crystal Body Polish, Herbal Envelopment with Heated Poultices for revitalising the Adrenal Glands, Tibetan Ku Nye Massage

### Moroccan Oriental Ritual

120 minutes - RO 92

Aromatherapy Foot Polish, Moroccan Rose & Sugar Body Polish, Aromatic Steam Bath, Body and Scalp Massage with Whipped Rose Butter and Argan Oil

## THERAPEUTIC MASSAGES

### **The Chedi Jade Massage**

60 minutes - RO 108

A dynamic style to dissolve deep muscle tension and soothe the spirit. Two therapists work in synchronised movements using a variety of massage techniques including Japanese shiatsu, Balinese palming, Thai stretching, Swedish effleurage and Hawaiian Lomi-Lomi.

### **Ayurvedic Abhyanga Massage**

90 minutes - RO 75

An ancient ritual to balance mind and body with warmed therapeutic oils specific to each dosha: Vata, Pitta or Kapha.

### **Tibetan Ku Nye Massage**

90 minutes - RO 86

This body treatment honours and respects the ancient Tibetan traditions of healing, restoring, harmonising and strengthening the body's natural flow of energy. A blend of wild-grown essential oils are combined with the traditional techniques of cupping, acupressure, kneading, rocking, hot stones and poultices to purify the five elements of the body, stimulate the lymphatic system and energise the subtle body and meridian system.

### **Ancient Balinese Massage**

60 minutes - RO 54

90 minutes - RO 75

This traditional Balinese-style massage includes Balinese palming, stretching, effleurage and pressure point techniques to relieve tension, improve blood flow, ease stress and calm the mind.

### **Arabian Sea Wave Massage**

90 minutes - RO 86

Relax to the rhythm of breaking surf while you are nurtured with long movements resembling the feeling of waves caressing your body.

A healing massage for a complete sense of balance and well-being.

### **Himalayan Warm Stone Massage**

90 minutes - RO 86

Shamans have used heated river stones in their healing practice for centuries. Warm stones are placed on the chakras and then massaged over the body to promote a deep state of relaxation, soothing away stress and dissolving muscular tension.

### **Thai-Style Foot Reflexology**

60 minutes - RO 54

Firm pressure is used to stimulate the reflex points in the feet. Float into deep relaxation for a divine sense of balance and well-being.

### **Mother-To-Be Massage**

90 minutes - RO 86

Our portable pregnancy massage bed is designed to accommodate mother's baby bump for complete comfort and relaxation while laying prone. We begin with an exfoliation using a special blend of Himalayan pink salt, rosehip and blackcurrant seeds to remove dead skin cells and stimulate lymphatic drainage to release water retention. This is followed by a massage using organic argan oil infused with herbal extracts of rose and geranium. Soothing heated poultices with lavender and calendula are used over marma points to bring balance and harmony to mother and baby.

### **Indonesian Head Massage And Hair Masque**

60 minutes - RO 54

This traditional Indonesian beauty ritual includes a double cleanse and scalp massage with a heavenly scented hair balm for deep conditioning and hydrating lustrous locks. While the hair masque is processed with a hot compress, a wonderfully relaxing neck, shoulder and arm massage completes the ritual.

# NURTURING ENVELOPMENTS

## **Traditional Moroccan Rhassoul Envelopment For Rejuvenation**

120 minutes – RO 96

This traditional beauty ritual commences with a foot polish followed by a full body application of warmed eucalyptus-scented black soap prior to exfoliation. After a short steam bath, a kessa glove is used to exfoliate the epidermal layer to remove dead cells from the surface of the skin. This is followed by a body masque of purifying Moroccan rhassoul mud mixed with rose water. While you are enveloped by the body masque, enjoy a nourishing hair masque, organic facial cleanse, exfoliation and facial massage with organic argan oil. The ritual concludes with a relaxing body massage using organic argan oil. A complete rejuvenation treatment for silky hair, radiant complexion and velvety soft skin.

## **Voya Organic Seaweed Leaf Envelopment For Detoxification**

120 minutes – RO 96

VOYA use the finest seaweed hand-harvested from the ocean to ensure that the highest content of bio-actives is preserved. We begin with a body and facial exfoliation using seaweed and spiny bamboo blended with seaweed oil. Next, the body is cocooned in whole seaweed leaves for toning and firming while special leaves are used on the face. Whilst the envelopment and face masque are processing, a conditioning hair masque is massaged into the scalp. After 20 minutes, the seaweed leaves are removed and the excess seaweed gel is massaged into the skin. The treatment concludes with an application of seaweed face cream, eye serum and body moisturiser.

## **Ila Rose And Aloe Envelopment For Sunburn**

60 minutes – RO 50

Anti-inflammatory, repairing and soothing, this treatment is a remedy for sunburnt, dehydrated and damaged skin. It begins with a soothing mist of rose hydrolat and continues with a cooling massage using Body Cream for Glowing Radiance and rose quartz crystals to calm and soothe sunburn or sensitivity. A rose and aloe vera gel wrap is gently applied over sensitive skin, whilst rose quartz crystals, placed upon facial meridians restore balance.

## **Ila Bio-Rhythm Envelopment For Jetlag**

120 minutes – RO 96

The aim of this treatment is to restore the body's natural flow of energy that can be disrupted by air travel and the use of electronic devices. It begins with an energising body polish and continues with a detoxifying mud

wrap, both containing high levels of minerals that emit negative ions when warmed. These ions charge and restore the aura, which is the energy field surrounding the body. The wrap includes a face massage that you will enjoy while you are cocooned in the warm mud envelopment. A soothing back massage calms the nervous system and completes the perfect remedy for jetlag.

## **Of The Islands Magnesium Body Polish For Revitalising**

60 minutes – RO 58

Magnesium works to penetrate deep into the dermis to help release the deep-seated heavy metal particles from pollution. It works to strengthen the skin making it more elastic, improving circulation and cellular turnover that slows with age. The magnesium body polish will re-mineralise the tissues, to protect and balance, for more evenly toned skin.

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# REVIVING BODY POLISH RITUALS

## **Ren Atlantic Kelp & Magnesium Exfoliating Body Balm For Invigoration**

60 minutes – RO 58

Hand-harvested French mineral salt from the sea is combined with detoxifying magnesium sulphate and microalgae oil to create a luxurious exfoliating body balm. The addition of rosemary, geranium, clary sage and cypress essential oils further add to the stimulating, toning and balancing properties of the balm. This exfoliating body balm gently removes dead cells and will leave your skin moisturised, renewed and glowing. Hot towels are applied to infuse the nutrients and essential oils for cell renewal and deep relaxation. The ritual concludes with an application of Atlantic Kelp and Magnesium Body Cream.

## **VOYA Fucus Luscious Organic Salt Glow For Detoxifying**

60 minutes – RO 58

An excellent skin rejuvenator, this detoxifying treatment is designed to remove dull skin cells and refine the texture of your skin. VOYA Luscious Salt is combined with Dead Sea salts and Fucus Serratus seaweed oil. This blend of ingredients will stimulate blood and lymph flow while improving skin tone and lustre. It is an excellent skin rejuvenator that leaves skin renewed and glowing.

## **Ila Himalayan Crystal Body Polish For Detoxifying Or Uplifting**

60 minutes – RO 58

A body polish will stimulate the lymphatic system, aid circulation and refine the texture of the skin. This treatment is an ideal remedy for cellulite, stress and exhaustion. When warmed, the pink Himalayan salt emits many negative ions that refresh and energise on a subtle level.

Choose from wild-grown argan oil with juniper berry, organic rose geranium and wild poppy essence for energising and detoxifying or damascena rose otto with jasmine and organic rosehip seed oil for a blissful experience.

## **Of The Islands Magnesium Envelopment For Rebalancing**

120 minutes – RO 96

The treatment begins with a magnesium foot polish and is followed by a magnesium whirl bath to rebalance the nervous system and boost immunity. A body polish with magnesium exfoliates the dermis preparing for maximum absorption of the magnesium gel envelopment. While the wrap is processing, enjoy the deep-acting benefits of a triple magnesium mini facial.

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# REJUVENATING FACIALS

## **ila Ananda Facial**

60 minutes - RO 58

Using ila's Glowing Radiance Collection, this divine therapy begins with an aloe vera and pomegranate cleanse and blackcurrant exfoliation followed by a massage with powerful damascena rose otto and sandalwood oils to stimulate skin cells. Specialised marma massage techniques restore natural luminance, whilst a green clay mask reduces inflammation. Skin glows with radiance and a sense of peace pervades the body.

## **ila Gold Cellular Age Restore Facial**

90 minutes - RO 86

Using ila's Gold Cellular Age Restore Collection, this powerful treatment encompasses a blend of the world's most precious ingredients proven to work with the skin to heal and protect from the many natural signs of ageing. Three types of naturally occurring gold and the rarest of Frankincense from Ethiopia are delivered into the skin using cleansing & healing massage techniques. ila's unique BosTriWell® & hyaluronic extract, combined with sonic wave therapy, instantly increases collagen levels and reduces cell inflammation. Skin is reprogrammed and rejuvenated.

## **ila Men's Revitalising Face Therapy**

60 minutes - RO 58

Using ila's Glowing Radiance Collection, this men's therapy restores vitality to skin weakened by frequent shaving or exposure to the elements. A hydrating blackcurrant, honey and sandalwood exfoliator cleanses, tones and moisturises, prior to a marma point massage with antibacterial vetiver and healing damascena rose otto. To finish, a seaweed and bio-plasma masque purifies and nourishes, leaving skin supple and strengthened.

## **Of The Islands Triple Magnesium Facial**

60 minutes - RO 58

High-quality, magnesium-rich products penetrate deep into the dermis to help release deep-seated heavy metal particles accumulated in cells from pollution. Magnesium works to strengthen the skin, making it more elastic, improving circulation and stimulating cellular turnover that naturally slows with age. The result is more balanced, evenly toned skin. Magnesium works to remineralise the skin, helping to keep it protected for long-lasting results.

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## **VOYA Organic Seaweed Deluxe Facial**

90 minutes - RO 75

The ultimate facial treatment for all skin types, of particular benefit for mature, dry or dehydrated skins, alleviating fine lines and wrinkles. This indulgent seaweed facial begins with a back exfoliation and a bespoke back massage. A double-action masque is used to detoxify and nourish even the most troubled dry skin. This facial includes a 20-minute facial massage, complemented by a relaxing head massage.

## **VOYA Organic Marine Eye Treatment**

45 minutes - RO 44

A firming and hydrating treatment using specific products rich in seaweed extract, green tea and vitamin C, which help to reduce the appearance of fine lines and decongest the eye area.

## **VOYA Organic Seaweed Intense Defence Facial For Men**

60 minutes - RO 58

Exclusively created for men's specific skincare needs, this powerfully effective treatment exfoliates the skin with bamboo spines, enabling a deeper cleanse. Enjoy a soothing face and scalp massage, VOYA's seaweed leaf and Mermaid's Purse masque are used to soothe even the most sensitive of skins. Fantastic for those affected with shaving rash, razor burn or ingrown hairs; the skin is left hydrated, fresh and mattified.

## **VOYA Organic Seaweed Self Discovery Radiance Facial**

60 minutes - RO 58

This incredible organic, illuminating facial is deeply detoxifying, it will brighten and even skin tone. It will also increase clarity, leaving the skin feeling silky, smooth, soft and radiant. This facial incorporates a pressure point facial massage, targeting deeper muscles in the face to release any build-up of toxins, improve radiance and restore a glow to your complexion. The treatment also includes a pressure point foot massage to melt away tension and promote a state of deep relaxation.

## **Ren Bio Active Bespoke Facial**

60 minutes - RO 58

75 minutes - RO 68

A complete facial incorporating Japanese lymphatic drainage and hydration massage techniques for toning and moisturising. An application of eyelift gel, cell therapy and a hand treatment complete the ritual.

## **Ren Facial For Men**

60 minutes - RO 58

Vitamin C is the most potent antioxidant for the skin and assists in the production of collagen. This facial removes impurities and refines the skin as it hydrates and promotes cell regeneration.

## **Ren Bio Active Eye Care**

30 minutes - RO 28

A deluxe hydration to treat the delicate eye area.

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## RESTORATIVE BATHS

Deluxe double and single spa suites feature state-of-the-art whirl baths with full body jets to invigorate and restore vitality. Each spa suite also features a private steam shower. A detoxifying steam bath or therapeutic whirl bath are a great way to unwind and relax either before or after a massage.

### **Organic Seaweed Whirl Bath With Warm Spiced Mud**

30 minutes - RO 33

Irish peat bath infused with organic seaweed extracts to detoxify and relieve muscular aches and pains.

### **Moroccan Rose Otto Whirl Bath**

30 minutes - RO 33

Moroccan Rose Otto Bath Oil to uplift the spirit and soothe the skin.

### **Atlantic Kelp & Microalgae Whirl Bath**

30 minutes - RO 33

Atlantic Kelp and Microalgae Anti-Fatigue Bath Oil to nourish the skin and refresh body and mind.

### **Magnesium Whirl Bath**

30 minutes - RO 33

Magnesium-infused mineral bath for rebalancing the nervous system and boosting immunity.

### **Aromatic Steam Bath**

30 minutes - RO 26

Aromatic steam bath with purifying lemon-scented eucalyptus.

### **Aura Balance Manicure**

60 minutes - RO 29

### **Aura Balance Pedicure**

60 minutes - RO 35

### **Waxing**

#### Ladies

Full leg - RO 44

Brazilian - RO 44

Half leg - RO 22

Eyebrows - RO 11

Full arm - RO 22

Upper lip - RO 11

Half arm - RO 14

Full body - RO 124

Underarm - RO 14

Full leg, full arm,  
underarm, Brazilian  
and eyebrows

Bikini - RO 22

#### Gentlemen

Full back - RO 22

Half back - RO 14

Chest - RO 22

## NAILS & WAXING

At The Spa at The Chedi Muscat we use only vegan, wildcrafted, organic Spa Ritual products for our nail services. The lacquers and elixirs are free from toluene, formaldehyde, dibutyl phthalate and parabens normally found in nail treatment products.

Enjoy an aroma-therapeutic journey where you choose your intent...relax, uplift and inspire. Microalgae and mineral salt infused with wild-crafted Indonesian ginger will gently slough away dry skin. The aroma-therapeutic properties of ginger are deepened with a healing hand or foot massage using a hydrating blend of ginger and Chinese jasmine essential oils, aloe with shea butter, sesame oil, olive oil, avocado and vitamins A and E.