



S P A ALILA

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## NATURALLY FROM THE HEART

At Spa Alila, our goal is to help bring you back into balance naturally with treatments personalised to your needs. Through the heartfelt touch of our experienced therapists, our naturally active products and maximum guest input, we create a new dimension in nurturing and divine pampering rituals.

Surrender to the blissful Spa Alila experience and you'll see and feel the benefits in your appearance, your spirit and your overall sense of wellbeing. Step into our sanctuary and let your pampering begin.

## FACE

### HER

Reveal your skin's full potential with this remarkable facial specifically customised for ladies. See the glowing results of exfoliating sandalwood, detoxifying French red clay, and toning and rejuvenating oils of rose and lemon. A combination of pressure point, and lymphatic drainage massage techniques leaves your skin looking alive and lustrous!

60 min | 55

### HIM

Our Alila Man facial is designed to restore skin's natural pH balance, leaving you with a softer, smoother and radiantly healthy appearance. Treatment includes exfoliation with local rice bran and sandalwood, a detoxifying mask of volcanic clay and lemon then finished with an ultra moisturising blend of aloe vera juice, wildflower honey and wheat amino acids.

60 min | 55

## **BABOR – FACIAL**

Working close with Dr. Michael A. Konig, a leading authority in plastic surgery, BABOR developed treatments based on BABOR's longstanding knowledge and experience. Using unique cleansing and invigorating power of oil and water (HY-OL) and natural plant sesame oil, Shea butter, jojoba oil, our professional skin analysis will show you which treatment and skin care products suit you best.

### **ULTIMATE FACIAL LIFTING**

The next – generation of face lift with Telovitin- for improved skin tone and elasticity. This treatment target all wrinkles types as gravitational lines, plisse wrinkles, Glycation and expression lines. Deeply rejuvenating the skin inside and out. See the immediate result firm face, contour, neck and décolleté.

75 min | 70

### **SKINOVAGE DEEP CLEANSING**

Intensive cleansing is the prerequisite for your perfect beauty!

Indulge your skin with the icon Babor ampoule is effective Skinovage range that creates the base for a radiant beautifully.

60 min | 60

## MICRODERMABRASION FACIAL

Microdermabrasion is used to give your skin a healthy glow or to target more specific needs such as reducing fine lines, wrinkles, scarring, sun damage and acne. Post treatment your skin continues to improve due to increased collagen & elastin production. Unlike many skin rejuvenation treatments, microdermabrasion is non-invasive, so requires zero recovery time.

## MICRODERMABRASION & COLLAGEN FACIAL

Experience the combination benefits of microdermabrasion and collagen. Designed to stimulate the production of collagen and elastin for skin that appears more vibrant, toned and clear. After the microdermabrasion, a BABOR collagen mask is applied to deeply rejuvenate skin cells, hydrate and reduce wrinkles. The perfect pick-me-up that leaves skin instantly hydrated and younger looking

60 minutes | 65

## HAIR AND SCALP

### BALINESE HAIR CREAMBATH

A mind-melting, intensely hydrating crème hair bath with essential oils of rosemary and lavender combined with nourishing base oils of coconut, avocado and shea butter. A combination of pressure point, and palm strokes soothe the neck and shoulders, a clay-based mask is massaged into the hair and scalp and left to condition, strengthen and hydrate the hair and scalp.

60 min | 60

### HAIR STIMULATION MASSAGE

An invigorating and highly nourishing hair and scalp treatment that powerfully stimulates hair growth through a combination of massage techniques and beneficial plant extracts. Essential oils of sea buckthorn and German blue chamomile stimulate the follicles while an oxygenating massage technique is gently applied to enhance cell stimulation. This protein-rich treatment is especially nourishing for dry or damaged hair.

60 min | 60



## MASSAGE

At Spa Alila, we draw on the benefits of a range of Asian and European massage techniques which can be tailored to your personal wellness needs. Allow our Spa Concierge to help you select the appropriate massage therapy and oils to suit your condition.

### BALINESE MASSAGE

Feel tension dissolve with this ancient Balinese healing therapy that combines gentle stretching, long therapeutic strokes and skin rolling to relieve muscle pain. Palm and thumb pressure techniques are also applied to unravel the deepest stress and improve blood flow.

60 min | 70  
90 min | 95

### THERAPEUTIC MASSAGE

Experience a complete body awakening with a combination of therapeutic massage techniques using fluent strokes of different depths and intensity. Long Balinese strokes improve lymphatic drainage and circulation. Swedish deep tissue techniques work into muscles to relieve tension and stiffness. Acupressure points are used for specific stimulation while Thai movements add elements of stretching to increase mobility.

60 min | 70  
90 min | 95

### JABAL AKHDAR REVITALISING MASSAGE

Experience the soothing symphony of Balinese, Lomi-lomi and Swedish massage techniques applied with varying degrees of intensity, together with long flowing strokes and Thai stretching. This treatment uses traditional Omani frankincense oil, treasured through the ages for its many beneficial qualities, to relieve, repair and revive tense, tired and sore muscles.

60 min | 80  
90 min | 108



## PREGNANCY MASSAGE

Enjoy relief from the physical and emotional demands of pregnancy. This gentle, non-invasive approach to massage will ease your discomfort, reduce swelling and help lower stress. Feel yourself slip into a state of calm relaxation as our skilled therapist uses a lighter touch, concentrating on those areas most vulnerable to changes in your body.

60 min | 70

## REFLEXOLOGY

Reflexology is based on the principle that energy flows freely around the body when we are in good health and that there are reflex areas on the feet which correspond to every part of the body, including major organs. Sit back and relax as your therapist applies varying degrees of pressure to specific points on the feet with thumb and fingers to unblock energy flow and promote the body's natural healing from within.

30 min | 35

60 min | 60

## HERBAL COMPRESS

Inspired by Thai healing traditions, our warm compress, containing a parcel of 14 medicated herbal ingredients, is applied to the whole body using an acupressure technique. The herbs help to increase one's energy, improve the immune system and lung function while acupressure stimulates blood circulation and releases muscle tension. Gentle stretching and a soak in a delightful herbal flower bath help to ease any lingering aches and stiffness.

90 min | 90

## WARM STONE

The therapeutic power of touch combines with the energy of the earth in this muscle relaxing massage. After our signature foot bath, smooth, heated river stones are used in rhythmic flowing strokes over the body to melt tension and soothe emotions. The stones are also placed on various energy points to stimulate the body's natural healing potential.

90 min | 90

## SHIRODHARA

This 5000-year-old Indian therapy is physically rejuvenating, mentally refreshing, and just pure heaven. Experience perfect calmness and tranquility as a stream of specially blended, warmed medicated oils pour softly onto the third eye transporting your mind and body into a state of deep relaxation. Shirodhara deeply relaxes the nervous system, lowers metabolism, integrates brain function and induces mood stability. This dreamy treatment begins with an Ayurvedic pressure massage to melt away tension and stress.

90 min | 90

## YOGA MASSAGE

Thai massage has been used for centuries to bring balance to body, mind and energy. It incorporates the Four Elements of Life Theory embracing Earth, Water, Fire and Wind. Given clothed and without oil this experience involves pressure point massage using thumbs, hands, arms, knees and feet, as well as yoga base stretching movements. An invigorating therapy that relieves muscular tension, loosens joints and opens energy channels.

90 min | 80

## SOUND TREATMENT

### TIBETAN SOUND & VIBRATION BALANCING

Tibetan sound balancing is effective and proven modality that uses vibrational sound to help reduce emotional and physical stress and create a deep sense of peace and balance. Vibration and sound therapy has also been shown to be a vital part of one healing process, delivering a type of energetic medicine that creates the sacred space in which people can heal from stress disorders, pain, depression, and the emotional roller coaster.

60 min | 60

## CREATE YOUR OWN JOURNEY TO RENEWED BALANCE

Spa Alila's unique approach recognises the individual in you, offering you the flexibility to design treatments according to your personal needs and preferences, in consultation with our spa hosts. Using the following packaged treatments as a guide, enjoy the fun and freedom to create your very own spa experience choosing from a selection of interchangeable products and treatment enhancers.

### BEAUTY RITUAL

Feel a deep relaxing flow with this ancient Balinese healing therapy that combines gentle stretching, long therapeutic strokes, and skin rolling to relieve muscle pain to unravel the deepest stress, while improving blood flow and followed by a body scrub to nurture and smoothen the skin.

90 mint | 98

### SIGNATURE CLEANSE & CLARITY

Drawing upon the ancient traditions of Oman, our therapists infuse locally-grown herbs and essential oils with their healing touch. This two-hour experience is designed to rejuvenate the mind, lift spirits, and relieve tension. The treatment begins with a steam infusion that purifies the lungs, opens the pores, and relaxes the muscles. This is followed by a body scrub of your choice and a 60-minute dream-like massage that focuses on areas of tension. The treatment is completed with a 20-minute Vitamin C nourishing facial.

110 min | 130

## SPA ARBOUR

Spa Alila has created three very special treatments to enjoy in the privacy and tranquillity of our Spa Arbour. Perched on the edge of the canyon, with views across the gorge, treatments can be enjoyed individually or with a companion. Don't miss the opportunity to indulge in this unique alfresco experience on the edge of the earth.

## HEART OF THE MOUNTAIN

Delivered naturally from the heart, this nurturing full body massage has been passed from generation to generation of Balinese healers. Feel the power of the mountain harnessed through the hands of the masseuse in long flowing strokes that penetrate deeply to relieve tension and stress, and balance your mind, body and spirit.

60 min | 80

## ON THE EDGE

Using a blend of virgin coconut, frankincense and vanilla massage oils, rich in uplifting skin care properties, this experience combines wonderfully soothing slow-stroke massage with deep pressure focused on the legs, lower back and shoulders. A gentle Thai stretching technique releases any lingering tension, leaving you fully relaxed and in tune with the mountain.

60 min | 85

## REACH YOUR PEAK

Rev up your energy with this revitalising treatment. Acupressure massage techniques are applied to the soles of the feet and hands, and a therapeutic neck, shoulder and scalp massage featuring our enriched moisturising oil will soon have you feeling recharged and raring to go.

60 min | 70

## INTERCHANGEABLE PRODUCT ELEMENTS

*Personalised for your individual wellness needs.*

### BODY SCRUB

Gentle and kind – aloe vera, cucumber and chlorophyll

Deep and dirty – coffee, coconut and cocoa

Comfort and cleansing – ginger, lemongrass and orange

30 min | 35

### FACIAL AWAKENING

20 min | 30

### MINI MASSAGE

15 min | 20

## MY BATH

There's nothing quite as pleasurable as soaking in a bath to unwind and wash away stress and tiredness. Choose from our selection of indulgent bath rituals, designed to relax, detox, invigorate and luxuriate.

## CHAMPAGNE BERRY BATH

Relaxing blend of essential oils  
Virgin coconut oil  
Rose petals  
Citrus bubbles  
Bottle of house champagne  
Mixed berries with dark chocolate

min | 80

## WINTER BLUES

Hot herbal compress  
Fresh ginger, honey, lemon, tea  
Juniper berry blend of essential oils  
Detox bath salts  
Virgin coconut oil  
Dark chocolate and berries

min | 35

## MILK AND ROSES

Warm citrus face towels  
Rose essential oils and rose water  
Virgin coconut oil  
Whole milk infusion  
Pure C facial serum  
Naughty slice of chocolate cake

min | 45

## SPA LET – MY LITTLE ONE

Going to the Spa for some pampering is great but sharing this experience with your children is even better. All Spa Alila treatments use a natural products and our therapist apply a gentle touch. They have had specialist training to ensure your child's Spa experience is a memorable one.

## LITTLE DIVA MASSAGE

A gentle and nurturing massage therapy dedicated to our little one's wellbeing. It's a soft touch relaxing treatment calming, relaxing and centering. The therapy includes a lavender bubble foot bath and gentle relaxing massage oil Or coconut massage oils. Most all they will think it's just fun !! ... a delicious glass of healthy banana almond milkshake and giant cookies to enjoy while being pampered. Suitable for ages from 6 – 12

45 min| 45

## SPA ETIQUETTE

### Arrival

Try to be early. Kindly arrive at least 15 minutes before your treatment is scheduled. A late arrival means less spa time.

### Cancellation

Reservations cancelled within 8 hours will be subject to a charge of 50% of the listed price. Treatment times may be changed subject to the approval of our Spa Host.

### Spa Attire

Please wear comfortable attire. Robes and disposable underwear will be provided. You may choose to be naked, wear your own underwear or swimwear during your spa treatment.

### Gentlemen

Gentlemen, if you have chosen a facial, please shave before the treatment, although not essential but definitely beneficial..

### Mothers-to-be

We have our very own blend of "Mother-to-be" massage oil and modified therapeutic treatments specially for expecting mums.

### Allergies

Our Spa Host will ask you regarding any health-related issues or known allergies. Simple patch tests will be performed before conducting any treatment to ensure the selected product is right for you.

### Products

All products used throughout Spa Alila are 100% natural, free from synthetic preservatives and additives.

### Continued Glow

To continue your spa regime at home, our complete range of 100% natural products and testers are available within the Alila Living and Spa Alila retail stores.



## SPA ALILA TREATMENTS

### FACIALS

Alila HER facial 60 min	OMR 55
Alila HIM facial 60 min	OMR 55
Ultimate Facial Lifting Babor 75 min	OMR 70
Skinovage Deep Cleansing Babor 60 min	OMR 60

### MICRODERMABRASION FACIAL

Microdermabrasion & Collagen Facial 60 min	OMR 65
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### HAIR AND SCALP

Balinese Hair Cream Bath 60 min	OMR 60
Hair Stimulating 60 min	OMR 60

### KIDS MESSAGE

Little Diva Massage 45 min	OMR 45
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### SPA PACKAGE

Beauty Ritual 90 min	OMR 98
Signature cleanse & Clarity I 110 min	OMR 130

### MASSAGES

Balinese Massage 60/90 min	OMR 70/95
Therapeutic Massage 60/90 min	OMR 70/95
Jabal Akhdar Revitalising Massage 60/90 min	OMR 80/108
Reflexology 30/60 min	OMR 35/60
Pregnancy Massage 60 min	OMR 70
Herbal Compress 90 min	OMR 90
Warm Stone 90 min	OMR 90
Shirodhara 90 min	OMR 90
Yoga Massage 90 min	OMR 90
Tibetan Sound & Vibration Balancing 60 min	OMR 60

### OUTDOOR TREATMENT

SPA ARBOUR	
Heart of the Mountain 60 min	OMR 80
On the Edge 60/ min	OMR 85
Reach your Peak 60 min	OMR 70

### TREATMENT ENHANCERS

Facial Awakening 20 min	OMR 30
Mini Massage 15 min	OMR 20
Body Scrub 30 min	OMR 35

### MY BATH

Champagne Berry Bath	OMR 80
Winter Blues	OMR 35
Milk and Roses	OMR 45

Contact

Alila Jabal Akdhar

Phone +968 2534 4200

Email : [jabalakhdar@alilahotels.com](mailto:jabalakhdar@alilahotels.com)

[www.alilahotels.com](http://www.alilahotels.com)