

	Mins	OMR
<b>RELAX &amp; DE-STRESS</b>		
<b>Slumber Guru In-Villa Service (Choose from Omani, Herbal, Chocolate Dream menu)</b>	45	60.000
Taking the importance of a good night's rest to a whole new level, chose from three varieties of in-room rituals: Omani, Herbal or Chocolate Dream packages and let our Slumber Guru make drifting away to the land of nod a blissful pleasure. Package Includes: Aromatic Bath Ritual • Choice of a Relaxing Massage • Special Sleep Amenities • Choice of soothing music • Refreshments • Change of linen to 1,000 thread count Egyptian cotton bedding	75	115.000
	105	150.000
<b>Charka Balancing Hotstones massage</b>		
Chakras are seven subtle energy centres in the body that affect our equilibrium and inner harmony. When blocked these Chakras can affect the body and mind emotionally and physically. Warm basalt stones melt away tension. This ancient therapy uses the therapeutic heat from stones which is slowly released into the heart of the muscle for a completely new body experience. Small Chakra gemstones are placed on the seven key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.	90	80.000
<b>Foot Reflexology</b>		
Passed through generations, this ancient healing therapy works on the principle that all body organs are connected to the reflex points on the feet via constant flowing energy channels. Massaging of the feet's reflex points restores natural flow of energy which aids in improvement of physical rejuvenation and well-being.	60	60.000
<b>DETOX &amp; WEIGHTLOSS</b>		
<b>Lymphatic Drainage Massage</b>		
Activate your lymphatic system, stimulating a natural detoxification process, with a light-touch massage. The lymphatic system helps fluid and waste leave the body and transports essential nutrients which help to build cells that boost immunity and improve the metabolism.	60	60.000
<b>Deep Abdominal Massage</b>		
Deep abdominal massage, also known as colon massage or internal organ massage is a fantastic treatment that focuses on the metabolic and energetic functions of the abdomen to release trapped gases, blockages and waste products. Benefits include relief from constipation, abdominal fluid retention, detoxification, improved digestion, and postural health.	30	30.000
<b>Anesi Crème Lipoaminocel - Hip &amp; Thigh Anti Cellulite Treatment</b>		
A highly effective treatment to target cellulite, fluid retention and uneven skin texture. The treatment starts with skin brushing and an invigorating himalayan sea salt exfoliation to prepare your skin for better absorption of the multi-phase thermo active ANESI products. The exfoliation is followed by a combined (lymphatic drainage, stimulating, and anti-cellulite) hip, thigh and stomach massage using ANESI Crème Lipoaminocel, with Caffeine liposome, Guarana and L-Carnitine extracts that help to shape the figure and sculpt the body contour, boosting the circulatory system, removing toxins and fluid retention from problem areas. A final application of ANESI Crème Aminofirm, with organic silicon, milk extracts, Centella Asiatica and Elastin is applied on your skin to restore and strengthen the skin elasticity.	60	60.000
<b>Balance Hammam Signature Detox Infusion</b>		
An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance. This traditional experience starts by deeply cleansing the skin with a Himalayan mineral balancing body scrub, followed by a purifying Olive foam massage, a nourishing body mask infused with aromatic balancing oils, finishing with a mind clearing scalp massage and gentle stretching that will allow you to relax and unwind.	60	55.000
<b>REJUVENATE</b>		
<b>ELEMIS Body Nectar Nourishing Wrap - Frangipani</b>		
Deeply nourishing aromatic treat for post sunburn, mother to be and anti-ageing benefits. A blissfully relaxing treatment for immediate softness and suppleness. From the shores of Tahiti, aromatic Coconut and Frangipani flowers are soaked together to produce the monoi oil which is drizzled all over the body before you are cocooned in a foil wrap. Polynesian women traditionally used this to protect their beautiful skin and condition their lustrous hair. Whilst you are wrapped, your therapist will perform a soothing scalp massage. This is an Exotic therapy which will drench your skin with moisture, providing ultimate radiance, vitality and all over body glow.	60	110.000
<b>Thai Herbal Poultice massage</b>		
Performed for hundred of years, Thai Herbal Poultice Massages are known to provide deep relaxation while relieving stress and fatigue, and improving health. This therapy relies on the use of warm "poultices" filled with a selection of herbs and spices, generally wet and then steamed, are gently applied to specific points of the body releasing their healing benefits into the pores of the skin. Combined with the use of hands to focus the massage on knots. Designed for those who live a fast-paced lifestyle, over-indulge too often, feel lethargic or have a sluggish digestive system, this is the ideal treatment to kick-start a sense of well-being.	60	70.000
<b>Shiatsu</b>		
Relax, energize, awaken. In this ancient and graceful Eastern medicine, thumbs, palms, feet, elbows and knees massage and stretch while harmonizing your body's energy system. Yoga-like stretching and acupressure along your energy lines increases flexibility, relaxes muscles, balances chi (emotions, flow of fluids and life force) and enhances overall well-being. You immediately find relief from physical and emotional discomfort while aligning the body, mind and spirit, bringing you to a deeper state of awareness.	60	60.000
<b>Balinese Massage</b>		
Pamper yourself with a spiritually and physically restoring Balinese Massage which dates back many thousands of years. Developed in Bali, Indonesia, yet drawing its roots from traditional Chinese massage and Indian Ayurvedic therapy, this treatment works deeply to soothe damaged tissue and relieve strained muscles and joints. A rigorous yet therapeutic combination of long, gliding movements, skin rolling and firm kneading along pressure points will warm and relax muscle tissues and boost your circulation. Personalise your experience by telling our therapist which areas you would like to focus on.	60	60.000
<b>MINDFUL MOMENTS</b>		
<b>Meditation with Tibetan singing bowls</b>		
Singing bowls produce sounds which invoke a deep state of relaxation which naturally assists one in entering into meditation, the ultimate goal being enlightenment and immediate centring effect. The tones set up a "frequency following response" that creates a balancing left/right brain synchronization. Meditating on the subtle sounds of the Tibetan singing bowl tunes one in to the universal sound within and without.	30	30.000
	60	60.000
<b>Indian Scalp Massage</b>		
Indian head massage originated in India over 1000 years ago and began as a way of keeping the hair in good condition. It is based on the ancient healing system of Ayurveda. This form of massage works on the upper back, shoulders, upper arms, neck, scalp, ears and face. The areas are massaged using firm yet gentle, rhythmic movements that involve acupressure points called Marma points.	30	30.000



balance

WELLNESS BY ANANTARA

FITNESS WELLNESS

FITNESS WELLNESS

	Fitness Level	Mins	OMR
<b>HOLISTIC EXERCISE</b>			
<b>Sunrise Group Yoga</b> Welcome your day and awaken your senses, feel the solitude of the canyon at your feet, mountain fresh air and morning sun kissing your face.	Low / Moderate	60	15.000
<b>Private Yoga: Couples / Single</b> Yoga is an excellent way to relax, re-focus and re-energise. It is a low-impact way of losing weight, improving fitness and muscle tone. Private yoga ensures you're practicing the right kind of yoga safely and effectively.		60	55.000/ 30.000
<b>Private Bikram Yoga: Couples / Single</b> Bikram Yoga, also known as the original hot yoga, is a unique sequence practiced in a heated room for 90 minutes, suitable for all ages and all levels of ability. Bikram Yoga's twenty-six posture and two breathing exercises systematically move fresh, oxygenated blood to one hundred percent of your body, to each organ and fiber, restoring all systems to healthy working order, just as nature intended. Proper weight, muscle tone, vibrant good health, and a sense of well being will automatically follow.		60	60.000/ 35.000
<b>QI-YO (Qi Gong &amp; Yoga flow): Private Couples / Single</b> QI-YO is a harmonious infusion of Yoga and Qi-gong. An exercise that focuses on breath work, while incorporating meditation and very gentle, slow physical movements. The focus is on breathing naturally, moving easily, and imagining energy traveling through your body. Qi Gong leaves you feeling calm, invigorated, clear-headed with an overall sense of renewal.		60 60	55.000/ 30.000
<b>Aqua Qi Gong: Private Couples / Single (in villa)</b> It combines Tai-Chi and Qi Gong concepts with Aqua flow techniques. It is performed in shoulder-depth warm water using a combination of deep breathing and slow, broad movements of the arms, legs and torso. This exercise is suitable for all ages and fitness levels, and exclusively for woman in the spa pool.		60 60	55.000/ 30.000
<b>INDIGENOUS IGNITED</b>			
<b>Summit Biking</b>	Moderate / High	120	25.000
<b>Trail Walking</b>	Moderate	4 - 5 hours	45.000/ 55.000
<b>Sky Running</b> 5km / 10 km – test your fitness	High	60	30.000
<b>PEAKING FITNESS</b>			
<b>Group Aerobics</b>	Low / Moderate	60	15.000
<b>Group Qi-YO</b>	Low / Moderate	60	15.000
<b>Group Aqua Aerobics</b>	Low / Moderate	60	15.000
<b>Group Aqua Qi Gong (Women only)</b>	Low / Moderate	60	15.000
<b>Group Bootcamp</b>	Low / Moderate	60	15.000
<b>Tennis Court Rental</b>		60	10.000
<b>Tennis Buddy</b>		60	30.000
<b>Personal Training</b>		60	30.000
<b>KIT CONCIERGE FITNESS GEAR</b>			
<b>Did you forget your kit?</b>			
Ladies fitness gear and wear: Long sleeve T, Short sleeve T and 3 quarter leggings.			
Men's fitness gear and wear: Long sleeve T, Short sleeve T and shorts.			
Trail runners - for indoor and outdoor activity.			
Weekly schedule available at the Fitness Centre. Sign up required. Dial 8091 to secure your Wellness Fitness Appointment.			

## WELLNESS CUISINE

Eat well, feel good and nourish to flourish.

OMR

### SOUP AND STARTER

#### Pomegranate and Watermelon Soup

Served with walnut flavoured Shankleesh. **Walnuts** belong to the tree nut family. Benefits include fighting against cancer, heart health, powerful antioxidant, weight control, brain health and anti-diabetes.

4.500

#### Grenadine and Papaya Soup

Fresh papayas and mountain grenadine blended as a cold soup served with home-made toasted cinnamon bread.

4.500

The **papaya fruit** is very low in calories (Gust 39 calories/100 g) and contains no cholesterol. However, it is a rich source of phyto-nutrients, minerals, and vitamins.

#### Tabouleh and Rocca Greenery

Served with fresh pomegranate, fresh parsley, cucumber and rucola salad with ox heart tomatoes, lemon juice and walnut flavoured olive oil topped with rich pomegranate seeds. **Parsley** contains two types of unusual components that provide unique health benefits. The first type is volatile oil components-including myristicin, limonene, eugenol, and alpha-thujene. The second type is flavonoids including apiin, apigenin, crisoeriol and luteolin. **Rocca** has very few calories and tons of flavours. It is a great green to help maintain a healthy weight without sacrificing great tasting foods. Arugula is a rich source of certain phytochemicals that have been shown to combat cancer-causing elements in the body.

8.500

#### Pomegranate, Pumpkin and Roasted Green Pepper Salad

Muscat pumpkin marinated in oriental spices with oven roasted peppers, dry roasted pine seeds and fresh grenadine seeds. **Pumpkin** is an extremely nutrient dense food, meaning it is chock-full of vitamins and minerals but low on calories. Pumpkin is one of the best-known sources of beta-carotene, a powerful antioxidant known to give orange vegetables and fruits their vibrant colour which is converted to vitamin A in the body. **Bell peppers** are an excellent source of vitamin A (in the form of carotenoids), vitamin C and vitamin B6. They are a very good source of folate, molybdenum, vitamin E, dietary fibre, vitamin B2, pantothenic acid, niacin, and potassium.

8.500

#### String Beans, Grapefruit, Peach and Pomegranate Salad

Green beans, mountain grapefruits and peaches marinated with plum infused balsamic vinegar, fresh basil, mint and Oman honey and then topped with pomegranate. **Green beans** are a good source of copper, vitamin B1, chromium, magnesium, calcium, potassium, phosphorus, choline, vitamin A (in the form of carotenoids), niacin, protein, omega-3 fatty acids, iron, vitamin B6 and vitamin E. Green beans have also been shown to contain valuable amounts of the mineral. The powerful nutrient combination of fibre, potassium, lycopene, vitamin C and choline in **grapefruit** all help to maintain a healthy heart. One study found that a diet supplemented with fresh red grapefruit positively influences blood lipid levels, especially triglycerides.

8.500

#### Herby Quinoa, Light Feta and Pomegranate Salad

Mint, parsley and coriander flavoured quinoa tossed with light feta, pomegranate seeds, toasted almond flakes and served with a grenadine and lime dressing. **Quinoa** is an excellent plant based protein source for vegetarians and vegans. **Almonds** contains a lot of healthy fats, fibre, protein, magnesium and vitamin E. The health benefits of almonds include lower blood sugar levels, reduced blood pressure and lower cholesterol levels.

8.500

### MAIN COURSE

#### Asian Chicken Lettuce Wrap with Ket Jap Roman Manis

Steamed chicken breast scented with ginger and garlic topped with oven roasted peanuts, spring onions, and served with a homemade pomegranate ketjap manis. A boneless, skinless **chicken breast** is an excellent low-fat food that has also been shown to have cholesterol lowering effects. Our homemade ketjap roman manis sauce is guaranteed to satisfy the palette.

12.000

#### Char Grilled Fresh Shari, Courgettes and Asparagus

Char broiled Shari fillet topped with a mountain olive mousse. served with marrow, asparagus and accompanied with our special pomegranate sauce. Eating **fish** is an important source of omega-3 fatty acids. These essential nutrients keep our heart and brain healthy.

14.000

#### Spinach With Hummus and Pomegranate Salad

Freshly seasoned spinach leaves and chick peas scented with smoked garlic, served with tomato, red onion and pomegranate salad. **Spinach** is considered a super food loaded with plenty nutrients in a low calorie package. Dark leafy greens such as spinach are important for skin and hair, bone health, provide protein, iron, vitamins and minerals. The accompanied pomegranate, tomato and red onion salad gives you a healthy boost to your day.

10.500

#### Al Jabal Al Akhdar Lamb and Potatoes with A Pomegranate Gravy

Roasted lamb loin garnished with garden grown potato mash served with a light pomegranate infused sauce. **Mountain lamb** can also contain valuable amounts of CLA (conjugated linoleic acid) and a health supportive fatty acid. Lamb is an excellent source of vitamin B12 and a very good source of protein, selenium and niacin. It is also a good source of zinc and phosphorus.

13.000

#### Bitter Gourd and Gluten Free Noodles with Pomegranate

Bitter gourd served with rice noodles, flavoured with ginger and coriander and our home harvested pomegranate seeds.

9.500

Few other fruits and vegetables offer medicinal properties for these ailments like bitter melon does. **Bitter melon** juice is highly effective for treating blood disorders.

### DESSERTS

#### Coconut Rice Pudding

Creamy Coconut flavoured rice pudding served with fresh mango and pomegranate. **Mangoes** are high in energy, low in fat and are a great source of calcium and vitamins essential for good health.

5.000

#### Basboussa

Sweet semolina cake scented with an orange blossom infused simple syrup. Because **semolina** is made from durum wheat and not the softer wheat that goes into bread, it is digested slower and has a low glycaemic index, which is good news for people wishing to control or reduce their weight and blood sugar. Especially recommended for diabetics.

5.000

#### Pineapple Salad and Pomegranate Sherbet

Fresh Pineapple and coriander leaves topped with a Pomegranate sorbet. There is fibre, potassium and vitamin C content in **pineapple**.

5.000

#### Panacotta

Creamy soya milk and lychee panacotta topped with a medley of rosewater scented berries and pomegranate juice. **Soy milk** contains a number of compounds that are particularly important to men's health such as a high content of isoflavones, protein, vitamins and minerals.

5.000

#### Fresh Fruits

Local fresh fruits platter with Pomegranate. Fruit has been recognized as a good source of vitamins and minerals, and for their role in preventing vitamin C and vitamin A deficiencies.

5.000

## RAW JUICE MENU

Enjoy a range of freshly blended juices that are packed with raw natural goodness. Rich in vitamins, minerals and essential nutrients, each delicious recipe offers a revitalising boost with far reaching health benefits, for body and mind vitality that radiates from the inside out.

	OMR
<b>Mountain Climber</b> Local peach and lime, strawberry, watermelon and mint	2.800
<b>Green Earth</b> Local apples, celery, cucumber, ginger, lemon, lime, parsley and spinach	2.800
<b>Red Dawn</b> Local apples, cucumber, strawberry, carrots and beetroots	2.800
<b>Best of Four</b> Local apples, beetroots, carrots and pineapple	2.800
<b>Oman Forever</b> Apple, peach, plums, aloe vera, basilicum and a touch of citrus	2.800
<b>Danger Snake</b> Spinach, lime, green apple and avocado	2.800
<b>Rain Drops Hoover</b> Banana, ground almonds, dates, shot of espresso and soya milk	2.800
<b>Chambermaid Slush</b> Sweet melon, parsley, mint and rosewater	2.800
<b>Fine Tuning</b> Mint, strawberry, blueberry, kiwi and orange blossom	2.800
<b>Daily Booster</b> Ginger, carrots, beetroots and aloe vera	2.800
<b>Green Mountain Pomegranate</b> Green apple, celery, cucumber, green grapes, pomegranate and spinach	4.100
<b>Sparkling Pomegranate</b> Sparkling water, blueberry, pomegranate, mint and lime	3.800





PACKAGES

Day(s) OMR

RELAX & DE-STRESS

Morning

Wellness breakfast and fresh juice  
Private Yoga or Nature Hike

Midday

Wellness lunch and fresh juice  
Charka Balancing Hotstones Massage

Evening

Wellness dinner and fresh juice  
Slumber Guru - Herbal Dream or Foot Reflexology

1 200.000

Day 1

Morning

Wellness breakfast and fresh juice  
Private Yoga or Nature Hike

Midday

Wellness lunch and fresh juice  
Charka Balancing Hotstones Massage

Evening

Wellness dinner and fresh juice  
Slumber Guru - Herbal Dream

Day 2

Morning

Wellness breakfast and fresh juice  
Private Yoga or Nature Hike

Midday

Wellness lunch and fresh juice  
Spa Signature Experience of Choice

Evening

Wellness dinner and fresh juice  
Tibetan singing bowls meditation - In Villa

Day 3

Morning

Wellness breakfast and fresh juice  
Private Yoga or Nature Hike

Midday

Wellness lunch and fresh juice  
Royal Hammam with a 30 Minute Massage

Evening

Wellness dinner and fresh juice  
Foot Reflexology

3 568.000

DETOX & WEIGHTLOSS

Morning

Wellness breakfast and fresh juice  
Private Personal Trainer

Midday

Wellness lunch and fresh juice  
Anesi Crème Lipoaminocel - Hip and thigh anti cellulite treatment with a deep abdominal massage

Evening

Wellness dinner and fresh juice  
Lymphatic Drainage Massage

1 180.000

Day 1

Morning

Wellness breakfast and fresh juice  
Private Personal Trainer

Midday

Wellness lunch and fresh juice  
Anesi Crème Lipoaminocel - Hip and thigh anti cellulite treatment with a deep abdominal massage

Evening

Wellness dinner and fresh juice  
Lymphatic Drainage Massage

Day 2

Morning

Wellness breakfast and fresh juice  
Private Personal Trainer

Midday

Wellness lunch and fresh juice  
Anesi Crème Lipoaminocel - Hip and thigh anti cellulite treatment with a deep abdominal massage

Evening

Wellness dinner and fresh juice  
Balance Hammam Signature Detox Infusion

Day 3

Morning

Wellness breakfast and fresh juice  
Private Personal Trainer

Midday

Wellness lunch and fresh juice  
Anesi Crème Lipoaminocel - Hip and thigh anti cellulite treatment with a deep abdominal massage

Evening

Wellness dinner and fresh juice  
Lymphatic Drainage Massage

3 536.000

PEAKING FITNESS

Morning

Wellness breakfast and fresh juice  
Signature Hike

Midday

Wellness lunch and fresh juice  
Private Personal Trainer

Evening

Wellness dinner and fresh juice  
Shiatsu

1 152.000

Day 1

Morning

Wellness breakfast and fresh juice  
Signature Hike

Midday

Wellness lunch and fresh juice  
Private Personal Trainer

Evening

Wellness dinner and fresh juice  
Shiatsu

Day 2

Morning

Wellness breakfast and fresh juice  
Signature Hike

Midday

Wellness lunch and fresh juice  
Private Personal Trainer

Evening

Wellness dinner and fresh juice  
Sports Massage

Day 3

Morning

Wellness breakfast and fresh juice  
Signature Hike

Midday

Wellness lunch and fresh juice  
Private Personal Trainer

Evening

Wellness dinner and fresh juice  
Lymphatic Drainage Massage

3 456.000

TERMs: Includes unlimited access to the spa facilities: Aroma-Sauna, Salt Steam, Vitality pools and indoor and outdoor relaxation areas. 24-hour access to the Fitness Centre. All meals and beverages as per the Wellness Menu. All services, meals and activities to be enjoyed on the day and non-transferable. All spa services and activities will be customised according to guests needs, with flexibility to change daily sequence. Longer packages can be customised according to guests needs, upon request. Pre-payment of packages required to enjoy the benefits and discounted offer. Babysitting service available upon request.