

## S P A **ALILA**

Experience a naturally heartfelt and unique spa journey at Spa Alila. Our treatments blend ancient Asian healing techniques with age-old beauty recipes, using fresh, natural ingredients. Enjoy personalized wellness experiences in a relaxed contemporary setting at Alila Hinu Bay.

Our friendly therapists offer indulgent treatments with handmade products made from pure, natural ingredients. Feel the transformative benefits for your appearance, spirit, and well-being.

Opening hours 10 am to 8 pm



### **NATURALLY FROM THE HEART**

At Spa Alila, we create a natural and heartfelt experience that is surprisingly different. Our commitment lies in providing unique treatments from the heart, blending ancient Asian healing techniques with age-old beauty recipes featuring the curative benefits of fresh, natural, and quality ingredients.

Experience wellness like never before at Spa Alila. Our contemporary spa offers a relaxed atmosphere with charming interiors and warm ambient lighting. Indulge in a variety of rejuvenating treatments tailored to your needs, accompanied by personal consultations from our friendly and intuitive therapists.

We firmly believe in the power of natural products, using only handmade and pure ingredients for our spa therapies.

You will witness and feel the positive effects on your appearance, spirit, and overall well-being.

## SIGNATURE SPA TREATMENTS

### DESERT OASIS ESCAPE

Drift away into an authentic oasis escape. Your journey will start off with a body lather using traditional camel milk soap, awaken your senses with a rejuvenating massage, and end with a soothing camel milk and frankincense-infused body wrap.

Body Lather, Rejuvenating Massage, Body Wrap

120 min | 130 OMR

### ALILA HINU BAY SIGNATURE MASSAGE

This is not just a massage, it's an experience to enhance your mood and make you feel pampered. Using a blend of techniques that are slow, comforting and gentle, it will lessen pain and release muscle tightness.

90 min | 75 OMR

### FRANKINCENSE RITUAL

Indulge your mind, body and soul by experiencing a traditional frankincense body polish. Continue your journey as we gently apply relaxing oil, ending with a calming head massage.

Body Polish & Head Massage

75 min | 60 OMR

## MASSAGES

### DEEP TISSUE MASSAGE

Unwind with a powerful Deep Tissue Massage that combines deep rhythmic pressure and essential oils to alleviate stress, ease aching muscles and target individual needs. This massage continues with body stretching and pressure point techniques that fully relieve tension and stiffness.

90 min | 80 OMR

### AROMATHERAPY MASSAGE

Experience an overall therapeutic massage using techniques that target superficial muscles, focusing purely on muscle relaxation and blood circulation great for those new to massage.

60 min | 60 OMR

### REFLEXOLOGY

There are reflex areas on the feet that correspond to every part of the body, including major organs. Sit back and relax as your therapist uses the thumb and fingers to apply varying degrees of pressure to specific points on the feet to unblock energy flow and promote the body's natural healing from within.

60 min | 55 OMR

## **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 Alila therapist uses a lighter touch, concentrating on those areas most vulnerable to changes in your body.

60 min | 60 OMR

## **THAI OIL MASSAGE**

This truly unique combination of oil and Thai massage techniques will ease those unwanted knots, while the stretching and deep relaxing strokes will ease away your tension and make you feel energized yet relaxed.

60min | 65 OMR

90 min | 80 OMR

## **WARM STONE MASSAGE**

Discover the therapeutic power of touch combined with the energy of the earth in this muscle-relaxing massage. Heated 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 | 75 OMR

## **TRADITIONAL THAI MASSAGE**

This centuries-old therapy, known as passive yoga, is the perfect answer for anyone searching for optimal health, the release of tension and the restoration of dwindling vitality. Without the use of oil, this massage uses stretching and pressure point techniques.

60 min | 65 OMR

## **SPA ALILA JOURNEYS**

### **REVITALIZING SEASIDE JOURNEY**

Commence your Revitalizing Seaside Journey with an Aloe & Cucumber Body Scrub that will soothe and rehydrate your skin. Be spoiled with a calming Chamomile & Aloe Wrap that will leave you feeling refreshed, and continue with an energizing Foot Massage.

Aloe & Cucumber Body Polish – Chamomile & Aloe Body Wrap – Foot Reflexology

120 min | 125 OMR

## **BLISSFUL JOURNEY**

Step into the tranquil world of Spa Alila and experience a deep exfoliation to smooth and nourish your skin, and continue with your choice of a Relaxing Massage or Deep Tissue Massage. Pamper your skin with the care it deserves with our Alila Signature Facial.

Coffee & Coconut Body Polish – Your Choice of 60 Min Massage – Alila Facial

150 min | 135 OMR

## **COUPLES RETREAT**

### **PURE BLISS**

Immerse yourself in deep relaxation. Let go of tension as your therapist commence your treatment with a full-body relaxing massage, followed by a warm, smooth body mask, and uplift your spirits by ending it with a coconut scalp and hair treatment.

Relaxing Massage – Your Choice of Warm Body Mask – Coconut Scalp and Hair Treatment

120 min | 195 OMR for two

### **COCONUT TROPICS ROMANCE**

Share a pampering retreat just for two. Cherish a side-by-side experience as we revitalize and smooth your skin with a nourishing coffee and coconut body polish. The treatment continues with a massage of your choice, using organic coconut oil to ease the tension as you fall into a deep state of relaxation.

Coffee & Coconut Body Polish – Full Body Massage of your choice with Organic Coconut Oil

90 min | 170 OMR for two

## **SPA ALILA FACIAL**

### **REJUVENATION FACIAL**

Reveal your skin's full potential with this remarkable facial specifically customized for a youthful appearance and see the glowing results. We use exfoliating sandalwood, detoxifying French red clay, and rejuvenating oils of rose and lemon for toning. A combination of pressure-point and lymphatic-drainage massage techniques leaves your skin looking alive and lustrous.

60 min | 50 OMR



## **DEEP CLEANSING FACIAL**

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

60 min | 50 OMR

BABOR: Working closely with Dr. Michael A. Konig, a leading authority in plastic surgery, BABOR has developed treatments based on its longstanding knowledge and experience. Using unique cleansing techniques and the invigorating power of oil and water (HY-OL), with natural plain sesame oil, shea butter and jojoba oil, our professional skin analysis will show you which treatment and skincare products are suited for you.

## **SEACREATION**

Indulgence, luxury and precisely coordinated active ingredients are the philosophy behind this treatment. Experience the best relaxation with unique BABOR massage techniques as well as the most active and rare ingredients found deep in the sea to create visibly firm, toned, deeply moisturized and wrinkle-free skin, resulting in a luxuriously plump and firm complexion.

90 min | 85OMR

## **DOCTOR BABOR BRIGHTENING INTENSE**

For a brighter, even more refined complexion, the BABOR Brightening Intense treatment offers brightening power and hyperpigmentation protection for an effective solution against skin discoloration, visibly brightening the skin tone for a natural glow.

60 min | 60

## **BABOR HYDRA BOOST OR GLOW BOOST MINI FACIAL**

Experience BABOR's iconic Bi-Phase Cleansing ritual, followed by the most intensive form of beauty therapy—a professional beauty treatment in an ampoule. With highly concentrated natural active ingredients tailored to your skin type, this intensive treatment immediately produces visible results you can feel.

30 min | 35 OMR

## TREATMENT ENHANCERS

### BODY POLISH

Experience a deep cleansing treatment aimed at improving circulation, renewing skin cells and targeting uneven skin tone, leaving your skin luxuriously soft and supple.

30 min | 30 OMR

### BODY WRAP

This sumptuously infused body wrap treatment improves dull skin and elasticity by encouraging new cell growth and maintaining skin cells.

30 min | 30 OMR

### COCONUT HAIR TREATMENT

Indulge in a coconut hair smoothie treatment to complete your spa experience.

30 min | 35 OMR

### JACUZZI BATH EXPERIENCE

End your spa journey while relaxing in the Jacuzzi filled with fragrant bath salts.

30 min | 20 OMR

## KIDS SPA

### PAMPER US

Enjoy a pampering massage session with your special little one. The Pamper Us massage uses organic coconut oil to nourish the skin and make you feel revived.

Suitable for ages 6-12, accompanied by one parent

30 min each | 60 OMR

### LITTLE ME TIME

Treat the little one to a relaxing Back, Neck & Shoulder massage followed by an Express Manicure or Pedicure.

Suitable for ages 6-12.

60 min | 45 OMR

### MINI MANI AND PEDI

A fantastic treat for your little princess, this fun spa manicure and pedicure is a delightful experience. We start off by soaking the hands and feet, followed by a light massage. We then trim the nails, and polish is then applied.

Suitable for ages 6-12.

30 min | 40 OMR

## SALON

### HAIR

Shampoo and Blow Dry – Starting from	35
Hair Mask and Deep Conditioning	30

### NAILS

Manicure or Pedicure with polish	35
Manicure or Pedicure without polish	30
Express Manicure or Pedicure – Cut, File & Polish	25
Polish only	15

## IN-VILLA TREATMENTS

In-villa treatments are available. Please contact the spa for more details.

ALL PRICES ARE QUOTED IN OMANI RIAL AND ARE SUBJECT TO AN 8% SERVICE CHARGE, 9% GOVERNMENT TAX, AND 5% VAT.

PLEASE NOTE THAT ADVANCE BOOKING IS NECESSARY TO SECURE YOUR RESERVATION.

FOR RESERVATIONS, PLEASE CONTACT SPA ALILA AT 3360 OR RECEPTION AT 3322.

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## S P A E T I Q U E T T E

### ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form. Arriving late will decrease the time of your treatment.

### CANCELLATION

Please give 6 hours' cancellation notice on individual treatments and 24 hours' notice on Spa packages, otherwise 50% of the price may be charged to your account. Treatment times may be changed subject to the approval of our Spa Host.

### KIDS MASSAGE

Although we are skilled and highly professional in children's massage, it is recommended that one parent be present in the room while the treatment is being performed.

### SPA ATTIRE

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

### ADDITIONAL

- No entry for small children and babies to maintain a tranquil environment.
- Please secure your jewelry in the safe before visiting the Spa.
- Men, consider shaving before facial treatments for optimal results.
- Smoking and mobile phone use are prohibited in the Spa area.
- Consult a doctor if you have medical conditions like high blood pressure, heart issues, allergies, etc.
- Pregnancy may affect certain therapies; consult with our spa host and your doctor for guidance.