

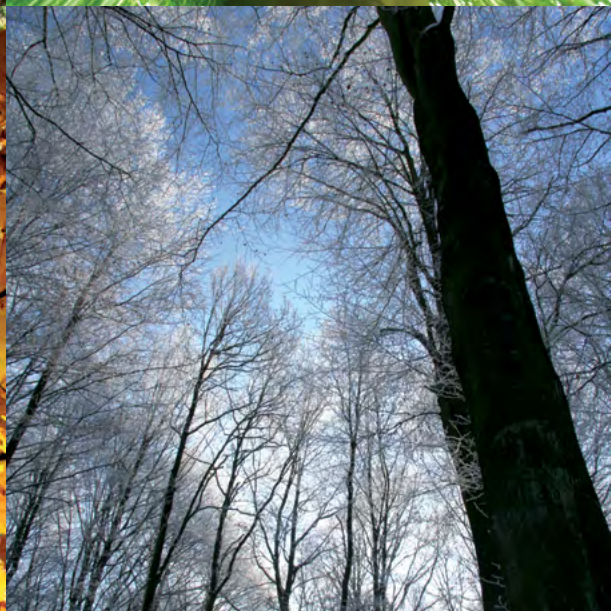
Kempinski

The Spa

our
menu of
sensational
Treatments



English



The SeasonalSpa

Kempinski The Spa is a journey inspired by
the European cycle of the seasons.

Drawing on the elemental wisdom of nature,
our treatments both invoke and restore the
body's natural equilibrium.

The Definitive Treatments

The Omani Experience

Immerse yourself in Oman with a true Arabian experience commencing with a natural sea salt scrub scented with frankincense and rose followed by a rich and nourishing date and honey full body mask. Once warmly cocooned, you will enjoy a facial treatment. A relaxing body massage with organic frankincense oil will conclude this top-to-toe rejuvenating experience in beautiful Oman.

The Citrus Experience

An intensely hydrating and firming experience for the face and body. This complete treatment includes an exfoliating wrap, followed by a soothing, antioxidant facial to restore vitality.

The Signature Diamond Experience

Take a journey through an unprecedented sensory experience! To start, a full body exfoliation followed by a rejuvenating massage using exquisite Damask rose oil. To finish, a Diamond Facial, that visibly diminishes fine lines and wrinkles.

The Rose Body Experience

A full body treatment that combines a nourishing body scrub with a regenerating Damask rose oil massage that will transport you to a complete state of relaxation and well-being.

Enhance Your Spa Treatment Arabian-Style

For those who have a little more time and wish to achieve maximum benefit the Arabian way, you can enjoy any of your Spa treatments in the luxury of the Clove Suite features a private & exclusive Sauna,

Steam and Relaxation treatment zone. You will enjoy complimentary fruit and array of non-alcoholic beverages and you can also order our healthy beverages and fresh juices from our Spa Menu.

Seasonal Massages

Spring In Your Step **Detoxifying**

This detoxifying and uplifting massage works on the lymphatic system, thus helping to eliminate toxins from the body. This therapeutic treatment commences with a dry body brushing that awakens those feeling tired or wishing to stimulate their circulation.

Summer Bliss **Balancing**

The Summer Bliss massage is based on soothing strokes. The body will be cooled and calmed with the use of refreshing oils and cool stones on both the face and body.

Specialised Massages

Classic

This rhythmic massage is purely for de-stressing and relaxing of both the body and the mind.

Deep Tissue

This massage helps rid excess lactic acid and regenerate tired and tight muscles, paying particular attention to the legs and back.

Couple's

A wonderfully relaxing, shared experience where you can enjoy a massage side by side.

Autumn Sleep **Relaxing**

This nurturing, aromatherapy massage focuses on achieving deep levels of relaxation. We include a therapeutic head massage that targets cranial pressure points to alleviate signs of stress and helps you to unwind.

Winter Warmer **Energizing**

This classic deep tissue massage is both energizing and nourishing and is specifically designed to focus on painful joints or stiffness in the body. This therapeutic body treatment is completed with a warming, foot balm.

Hot Stone

This natural therapy provides deep relaxation for your body. The warm stones ease sore muscles, release stiff joints and relieve muscle tension. This massage allows the deeper tissues to be manipulated more effectively.

Back, Neck & Shoulder

This massage focuses on the upper body to eliminate back, neck and shoulder pain as well as tension headaches and upper body stiffness.

Massage Enhancements

- Seasonal Body Scrub of your choice
- Express Facial
- Paraffin Wax Hand or Foot Mask
- Warm Argan Oil Scalp Treatment



Seasonal Body Treatments

Spring *Embrace* Wrap

Awaken the skin with an energy-boosting body wrap infused with pure vitamin C. This deeply hydrating and firming body treatment is perfect to protect the skin from dryness and premature ageing.

Autumn *Relaxing* Scrub

This luxurious body scrub uses a blend of Bamboo and essential oils to effectively eliminate dead skin cells, leaving the skin smooth and nourished.

Summer *Energizing* Scrub

This sensory scrub revitalizes and brightens the skin, combining micronized bitter orange lava and rosehip to deeply cleanse and leave your skin feeling soft and silky.

Winter *Fleece* Wrap

A body wrap rich in macronutrients provides an intensive firming and rejuvenating effect. Helps to prevent fluid retention, eliminate toxins and reduce cellulite.

Seasonal Body *Combination*

Combine any Seasonal Body Scrub with any Body Wrap.

Specialised Body Treatment

Lipocell Sculptor

This intensive treatment slims, firms and affectively contours the silhouette thanks to an ultra-concentrated slimming and anti-cellulite gel combined with advanced massage techniques. The draining and detoxifying active ingredients address fat nodules to reduce volume for firmer and smoother skin.

Body Enhancements

- Back, Neck & Shoulder Massage
- Express Facial
- Paraffin Wax Hand or Foot Mask
- Warm Argan Oil Head Treatment

Hammam *Experiences*

Classic Hammam

This traditional treatment deeply cleanses with traditional black soap and a vigorous Kessa mitt body exfoliation. To follow, a nourishing Rhassoul wrap is applied to the whole body leaving you feeling cleansed and relaxed.

Royal Hammam

Enjoy all the benefits of the Classic Hammam plus a nourishing facial and scalp massage using pure Argan oil. A full body massage will end this awakening yet calming experience.



Couple's Treatments

Why not enjoy the Spa together? Any of the treatments in the menu can be booked for two and enjoyed in our couple's room or upgraded to our luxury Clove Suite for the ultimate Arabian-Experience.

Care for the Hands & Feet

	Min.
File & Paint	30
Classic Manicure	60
Classic Pedicure	60
Gentlemen's Manicure	45
Gentlemen's Pedicure	60
Add-on Gel Polish	30
Gel Polish Removal	30
Paraffin Wax	20

Waxing

	Min.
Face	30
Upper Lip	15
Eyebrow	15
Full Legs	45
Half Legs	30
Full Arms	45
Half Arms	30
Under Arms	15
Back or Chest	45
Bikini	30



Seasonal Facials

All seasonal facials include 3 steps of hyaluronic layering, professional boosters and use an oxygen treatment system to replenish the amount of oxygen your skin receives. Oxygen under light pressure aids delivery of age defying ingredients to the skin at the same time as cooling and calming the skin. Home care products ensure the benefits are continued in between spa visits. Book a series of Oxygen facial treatments to optimize the look, feel and health of your skin.

Spring Face Opulence Oxygen Treatment

An Opulence treatment is soothing, relaxing and suitable for all skin types. In just one treatment your skin will look younger, brighter and more luminous. Botanical brighteners help balance skin tone and super concentrated Vitamin C protects and helps to defend against environmental damage and the visible signs of premature skin ageing.

Summer Face Bespoke Layering Treatment

For those who prefer a most traditional facial we have designed this rejuvenating multi-layer skin treatment to soften expression lines, brighten the skin, and deeply hydrate from the inside – out without using the oxygen system. A fully bespoke treatment customized to your skin concerns and type.

Autumn Face Rejuvenate Oxygen Treatment

A non-invasive treatment that targets the appearance of fine lines, wrinkles and dramatically enhances overall hydration. Hyaluronic Acid and a powerful combination of vitamins and antioxidants helps to instantly hydrate the skin resulting in increased firmness, reduced appearance of fine lines and defined facial contours. Take this facial to another level with the Rejuvenate Plus Booster Facial.

Winter Face Atoxelene Anti-Ageing Oxygen Treatment

Experience the ultimate you - all the beauty of the Rejuvenate Oxygen Treatment (Autumn Face) plus the addition of the benefits of the Atoxelene Serum. With just one Atoxelene treatment®, your expression lines will appear visibly softened. Powerful combination of vitamins A, C and E and antioxidants in addition to Argireline provides the magic to specifically target expression lines and increases firmness for a smoother appearance to fine lines and wrinkles.



Seasonal Facial Enhancements

Intracuticals provide the ultimate in tailored & targeted skin care. Increase the benefits of your Oxygen facial experience with targeted actives to address your skin's specific and changing needs. Your skin deserves a boost!

Atoxelene Serum

Specifically target expression lines and provide increased firmness, smoother appearance to fine lines and wrinkles.

Booster Antioxidant

Revitalizes and balances dull, stressed skin. Clarifies and refines the appearance of skin prone to blemishes, visible pores, sun damage, uneven texture or deep wrinkles.

Booster Vitamin A

Reduces irritation, clarifies and refines the appearance of skin prone to blemishes, visible pores, sun damage, uneven texture or deep wrinkles.

Booster Vitamin C+3

Helps smooth, strengthen, and protect healthy skin, especially skin with signs of premature ageing, irregular tone and sun damage.

Booster Collagen

Helps to restore volume and tightness to skin that has lost its elasticity, tone and density.





Specialised Facials

The Diamond Facial Experience

This signature facial slows the aging process and visibly diminishes fine lines, wrinkles and dramatically reverses the signs of premature aging, whilst increasing the skin's firmness and elasticity.

Express Facial

A revitalizing treatment to rejuvenate skin without exfoliation; ideal for all skin types. Perfect before that special date or as an introduction to facial protocols.

The Cure Facial

A true antidote against the ravaging effects of modern lifestyle. This deep-cleansing facial includes an innovative, enzymatic detox to purify the skin, followed by extraction, revealing extraordinarily soft and radiant skin.

Specialized Facial Enhancements

Eye Mask

A refreshing mask that will restore vitality and a youthful appearance to the eye contour area. An infusion of active ingredients that soothe and calm this delicate area.

Double Facial Mask

A deeply nourishing contouring mask that allows for a deeper penetration of any products applied previously.

Deep Peeling

This triple exfoliating treatment (mechanical, enzymatic and chemical) formulated with 5 AHAs will produce visible results in just one treatment. Easy to add on to any treatment.

HydraFacial MD® *Treatments*

HydraFacial MD® is an advanced medical-grade skin care treatment that targets fine lines and wrinkles; congested, oily and acne prone skin; rosacea and hyperpigmentation. It minimizes the appearance of large pores, improves skin texture and tone, and helps repair existing sun damage. Recommended for all skin types.

HydraFacial MD® Treatment

A customizable, rejuvenating skin resurfacing treatment that immediately reduces the look of lines, wrinkles, acne, hyperpigmentation, congested pores and uneven skin tone on the face and neck. This facial also includes LED light therapy, leaving you to experience truly exquisite results.

Deluxe HydraFacial MD® Treatment

An invigorating treatment that includes all of the essentials and luxuries of the HydraFacial MD® for your face, neck and décolleté. It begins with lymphatic drainage therapy to initiate the detoxification process. Then, the HydraFacial MD® deeply cleanses, exfoliates, extracts and hydrates the skin. This treatment also includes MultiPeptide Dermabuilder to address fine lines and wrinkles followed by LED light therapy, a collagen mask and lip treatment.

Booster HydraFacial MD® Treatment

This treatment offers the perfect skin care solution for the time-challenged by bathing the skin in rich antioxidants and deeply hydrating hyaluronic acid. It starts with deep cleansing and gentle exfoliation, followed by painless extractions and ends with a burst of hydration.

HydraFacial MD® Back Treatment

It soothes and refines your back. All the benefits of the HydraFacial MD®'s lymphatic drainage and LED light therapy are extended to your back.



HydraFacial MD[®] Treatment Enhancements

DermaBuilder

MultiPeptide rich treatment serum designed to help smooth the appearance of fine lines and wrinkles.

Glycolic Peel

Moderately aggressive acid peel for oily and congested skin. Improves hyperpigmentation and the appearance of fine lines and wrinkles.

Lymphatic Drainage

Detoxify the skin to help reduce fluid retention/swelling and increase circulation.

Décolleté Treatment

Treat your décolleté or back with the HydraFacial MD[®] to cleanse, exfoliate, and hydrate.

Collagen Mask

A deeply hydrating facial mask that nourishes the skin giving it a firm and supple appearance.

Hands

A hand treatment to reveal softer, smoother, younger skin.

Eyes and Lip

This treatment includes a lip softening that removes flaking and chapped areas and a lymphatic drainage for the eye area.

LED Light Therapy

Red and blue light helps to calm redness and skin irritation and improves the appearance of oily and congested skin.

Britanol Treatment

Intensive spot corrector, eliminates skin discoloration and sun spots, controls melanin production.

Facial Enhancements

- Seasonal Body Scrub of your choice
- Back, Neck & Shoulder Massage
- Paraffin Wax Hand or Foot Mask
- Hot Argan Oil Head Treatment



Spa *Etiquette*

The spa environment is one of tranquility and relaxation. Please respect the quiet and privacy of other guests. We kindly request that you refrain from using mobile phones and cameras. It is recommended that you leave valuables in your guest room safe. The spa cannot assume liability for any valuables.

Health Concerns

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the spa facilities.

Spa Experience

To make the most of your spa experience and support the benefits of your treatment, we recommend that you arrive minimum 15 minutes before your scheduled time to enjoy our inviting wellness area. For your convenience, the spa will provide towels, slippers, shower caps and all amenities required for use during your visit. During all treatments you will be properly covered to ensure your privacy.

Relaxation Rooms

As your treatment continues to benefit both body and mind, we invite you to rest and recuperate in our relaxation rooms. Stay for as long or as little time as you like.

Pregnancy

Please allow us to assist you in selecting suitable services for this special time. We recommend that you check with your physician first.

Reservations

Advanced booking is highly recommended to ensure preferred times are available, particularly if you choose to enjoy multiple bookings during your stay. The spa provides walk-in bookings based on availability. To make a reservation from your guest room, call the spa reception on 5050.

Minimum Age

The minimum age for Spa treatments and fitness area is 16 years.

Gift Certificates

Our gift certificates make a wonderful present for any special occasion. Please call or personally enquire at the Spa reception for details and purchase, or directly buy online on our website.

Lateness & Cancellation Policy

Please be aware that your late arrival may result in a reduction of treatment time as courtesy to our next guest. We kindly ask our guests to give a minimum of 4 hours' notice for cancellations. Less than 4 hours' notice, you will be charged 100% of your treatment.





Kempinski Hotel Muscat

SULTANATE OF OMAN

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