

# Spa & Wellness Menu



ANANTARA

SPA



## Wellness therapies

Anantara Spa offers a timeless journey of wellbeing by the lush fairways. Rooted in Thai heritage and enriched with global wellness traditions, the spa offers lavish treatments that restore balance and support a deeper sense of vitality.

This serene sanctuary is located within Tivoli LA VIE Muscat Hotel & Residences and combines ancient Eastern rituals with refined Western spa techniques. Framed by the sophisticated LA VIE Galleria and close to Muscat's cultural landmarks, Anantara Spa invites you to slow down, reconnect and renew through bespoke therapies and immersive sensory rituals.



## Anantara time for two

Indulge in meaningful moments of profound relaxation to reinforce your bond. Each couple's journey is tailored to your personal desires and encourages you into a shared bliss with treatments enjoyed side by side. Awaken your senses and feel romance unfold naturally.

### SWEET ROYAL

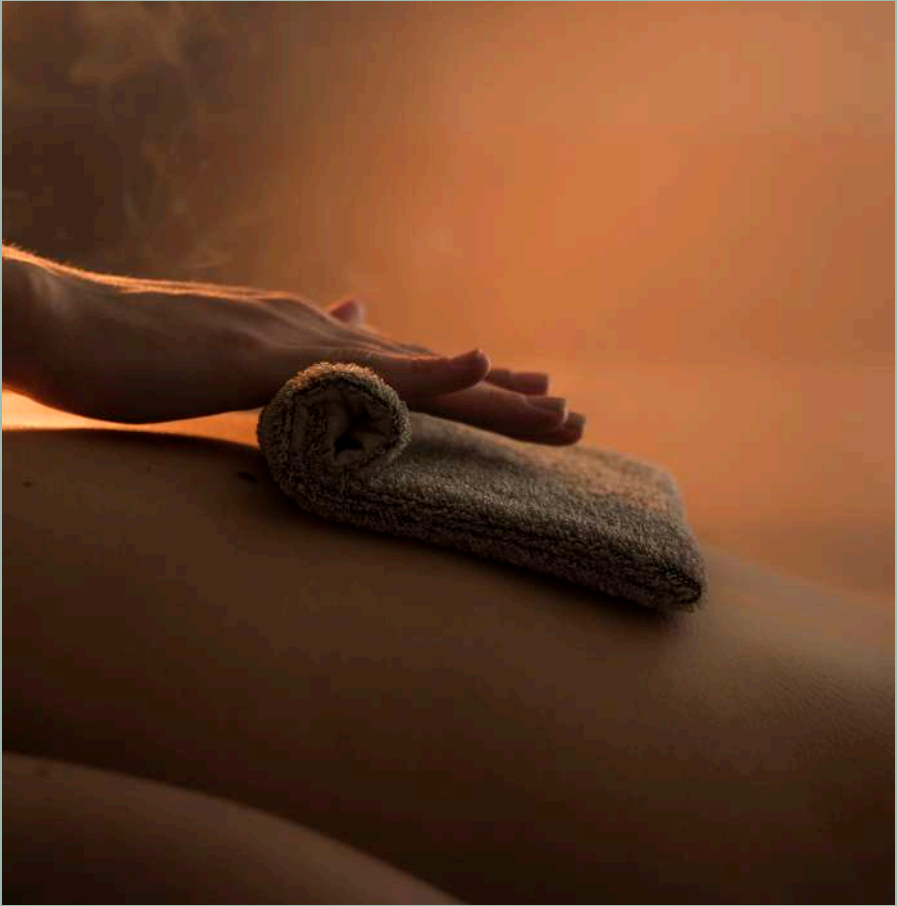
Embark on a sensorial escape for two where intimacy is enhanced through shared indulgence. Begin with a luxurious Romantic Milk Bath, enveloping the senses in pure serenity. The experience continues with the Anantara Signature Massage, performed using rose-infused oil to hydrate the skin, calm the mind, and restore harmony through flowing, expert touch.

### LA VIE MOMENT

A restorative ritual to calm the body and quiet the mind. The journey begins with a floral foot bath, followed by an indulgent Romantic Milk Bath that gently envelops the senses. A rejuvenating coffee body scrub helps detoxify the body before a bespoke massage with locally sourced frankincense releases tension and helps you recalibrate.

### TIMELESS BLISS

A curated journey for two, beginning with a floral foot bath and a soothing Romantic Milk Bath. Our therapist prepares your skin with a soothing lavender body scrub, followed by a massage with rose oil, leaving both your bodies and minds in perfect harmony. Foster your connection further through this serene, shared experience by the rolling hills of LA VIE Country Club Golf Course.



## Spa journeys

Inspired by its Thai origins, Nam Jai — water from the heart — expresses the essence of Anantara's philosophy, symbolising sincere care and generosity. Our signature journeys draw on Eastern wisdom, Western wellness expertise and the desert elegance of Arabia to create a harmonious experience of timeless wellbeing.

#### LA VIE GOLFER RETREAT

This deeply restorative experience begins with a Himalayan Salt Massage, which stimulates circulation and helps release tension. Perfect for healing-tired limbs after a day on the greens and helps prepare you for performance on and off the fairways.

#### RESET AND RECHARGE

A reviving journey that soothes the body and renews the senses. Begin with a magnesium-infused body scrub, blended with sea brine and essential oils to exfoliate, detoxify and invigorate the skin. This is followed by a magnesium massage to melt tension, restore mineral balance and promote deep relaxation.

#### IMMUNITY RECHARGE RITUAL

A revitalising treatment to restore energy and strengthen your overall wellbeing.

A nourishing blend of magnesium butter and essential oils is applied with expert massage techniques to soothe muscles, boost circulation and support the body's natural defences. Feel invigorated from within.

#### RECOVERY TREAT

Restore vitality and relieve tension from the body with this rejuvenating therapy. Enjoy a deep massage using magnesium gel combined with aromatic essential oils to ease muscle fatigue, enhance circulation and promote full body relaxation. Release stress and replenish minerals lost through workouts and sweat.

#### DEEP VITALITY

Release deep-seated tension and soothe your muscles with this ritual. First, lavender-infused magnesium gel is applied with expert techniques to enhance circulation and calm your mind. Experience profound relaxation and renewed energy for total body and mind recovery.

#### DETOXIFICATION

Experience a holistic renewal with this scrub and massage that will remove toxins and restore your mineral balance. Begin with a coffee magnesium scrub to exfoliate and invigorate the skin, followed by a coffee magnesium gel massage to melt tension and leave you feeling fresh, clean and completely calm.



## Massage therapies

Massage therapy involves the tactile manipulation of your soft body tissues - such as muscles, tendons, connective tissues and ligaments - to bolster health and wellbeing. This carefully curated collection blends ancient Eastern wisdom with modern Western techniques and our therapists personalise each treatment with premium oils and aromatherapy to provide a complete sensory journey.

#### AROMATHERAPY SWEDISH MASSAGE

Using a combination of strokes and classical movement techniques, along with the specially blended signature aromatherapy oil of your choice, this firm massage offers a wonderful stress release tonic to completely relax the mind and body.

#### MUSCLE EASE

Benefit from a vigorous yet relaxing massage that works deeply into the muscles to stretch fibres and release tension, resulting in improved mobility and flexibility, relief from sore or pulled muscles and restores healthy circulation.

#### JET LAG

Designed for the modern traveller, this reviving treatment relieves fatigue, eases muscle tension and helps ground you.

A soothing magnesium lavender gel is applied with expert massage techniques to calm the nervous system, improve circulation and stimulate both body and mind.

#### MOTHER TO BE

A gentle, nurturing massage designed for mothers-to-be, using safe techniques and carefully selected oils to ease tension, improve circulation and promote calm energy. Experience a gentle, hydrating massage performed with expert care using baby-friendly oils, ideal for skin that stretches to shelter your growing baby.

#### FOOT REFLEXOLOGY

This supportive treatment draws from Ancient Egypt. It provides physical and spiritual renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body.

#### CORE RENEWAL

This massage technique focuses on the cervical and lumbar areas to stimulate blood circulation, relaxing stiff and sore muscles and leaving you feeling refreshed and revitalised.



## Wellness therapies

Wellness is a conscious return to alignment between body, mind and spirit. Through curated therapies and mindful rituals performed in a cool haven in Muscat's green hills, we nurture vitality and invite an inner calm that endures beyond your treatment.

#### HIMALAYAN SALT STONE THERAPY

A deeply restorative massage that combines the healing warmth of Himalayan salt stones with expert therapeutic techniques. The stones glide over the body to ease tension, improve circulation and promote detoxification, while aromatic oils enhance relaxation. Emerge feeling radiant and revived.

#### HERBAL COMPRESS THERAPY

A rejuvenating massage using warm herbal compresses infused with carefully selected botanicals. The compresses are applied with expert technique to relieve muscle tension, improve circulation and restore energy flow, while soothing aromas calm the mind, refreshing body and spirit.

#### VOLCANO STONE AROMATHERAPY

An indulgent massage combining the soothing warmth of volcanic stones with aromatherapy oils to deeply relax muscles, improve circulation and release tension. An expert therapist glides heated stones over the body, melting stress while essential oils awaken the senses and centre you, leaving you in a state of harmony.



## Hammam

The hammam was a fundamental part of Ottoman culture and society for centuries, celebrated for its cleansing, purifying and energising properties as well as its links to improved immunity.

At Anantara Spa, indulge in this time-honoured tradition amid the tranquil allure of our traditional hammam, equipped with exclusive male and female sections.



#### HAMMAM RITUAL

Treat yourself to an immersive experience in the warmth of the hammam, where your therapist will provide a deep cleansing scrub that exfoliates and purifies the body, leaving your skin soft. Then enjoy a full body massage to improve your circulation and leave you feeling serene.

#### TRADITIONAL HAMMAM

Begin with an invigorating steam therapy and deep exfoliation to cleanse the skin, eliminate toxins and prepare the body for relaxation. Then an expert therapist will deliver a focused massage to ease muscle tension, stimulate circulation and enhance your overall wellbeing.



# Facial treatments by ELEMIS

ELEMIS facials are bespoke skin rituals, guided by British skincare expertise and advanced science around aging well. Sensorial, results-driven formulas unite the power of science and nature, enhanced by professional techniques to deliver immediate radiance and long-lasting skin health.

Uncover beautifully luminous skin through transformative care by this iconic British brand.

## New hands-on facial

ELEMIS EXPERT™ TOUCH REVEAL FACIAL  
Resurface, Smooth And Glow

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

ELEMIS EXPERT™ TOUCH RENEW FACIAL  
Hydrate, Lift And Firm

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment, the complexion looks supremely hydrated, lifted and firm.

ELEMIS EXPERT™ TOUCH DEFINE FACIAL  
Energise, Rejuvenate And Sculpt

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin. For the ultimate facial experience book our 80-minute option.



## Elemis expert™ add ons

To enhance your visit to Anantara Spa and to provide a comprehensive experience, the following options have been meticulously chosen to complement your spa journey. Please note that these treatments cannot be booked separately and must be added to other treatments.



#### ELEMIS EXPERT™ LED ENERGY MASK

Glow, Soothe And Energise

Illuminate your skin with our LED facial mask enhancement. Discover the power of the innovative ELEMIS 7-in-1 Light Mask to calm, soothe and energise, leaving your skin visibly refreshed and glowing.

#### ELEMIS EXPERT™ COLLAGEN EYE BOOST

15 minutes add-on

Brighten, Hydrate And Revitalise

Elevate your facial experience with our targeted eye treatment add-on, specially designed to brighten, hydrate and revitalise.

#### ELEMIS EXPERT™ RESTORATIVE HEAD MASSAGE

15 minutes add-on

Rebalance, Restore And Relieve

Combined with your main treatment, our restorative head massage, performed without oil, helps to alleviate tension in the neck and scalp and leave you feeling completely rebalanced.



## Signature experiences

### ANANTARA RENEWAL ESSENCE RITUAL

Embark on a rejuvenating journey to restore balance and vitality throughout the body. A magnesium-infused lavender body scrub gently exfoliates and soothes tired muscles, followed by the Anantara Signature Massage, which releases tension and promotes deep relaxation.

### RECOVERY AND GLOW RITUAL

A restorative signature experience combining a calming full body relaxation massage using aromatic oils to release travel fatigue and tension. The journey concludes with a 30-minute express facial to hydrate, refresh and rejuvenate tired skin, leaving the body relaxed and your complexion looking radiant.

### DEEP PURIFICATION RITUAL

A deeply purifying signature experience combining a Ghassoul clay body wrap enriched with frankincense oil to deeply detoxify and refine the skin. Followed by a grounding Himalayan Salt Stone Massage to release muscular tension, improve circulation and restore your equilibrium.



## Of the islands body treatments

### MAGNESIUM COFFEE SCRUB

Indulge in an invigorating scrub, which combines mineral-rich magnesium with finely ground coffee to gently exfoliate, detoxify and nourish the skin while promoting mineral balance. The treatment is complemented with soothing techniques that leave you feeling refreshed, energised and deeply nourished.

### LAVENDER MAGNESIUM SCRUB

Unwind with this calming body exfoliation to soothe both skin and senses. Infused with mineral-rich magnesium and soothing lavender, this treatment lulls you into a serene state and improves your sleep quality.



## Hydrotherapy immersion

(also available in-room)

Immerse in a lavish ritual for body, mind and spirit, where the principal element of warm water is a foundation for wellness. Each bath is designed to detoxify, hydrate, soothe tension and restore balance, enhanced with premium salts, oils and botanicals. Indulge in a sensorial escape that promotes deep relaxation, radiant skin and profound wellbeing.

### TRANQUIL SLUMBER SOAK

A soothing warm bath that promotes deep, restorative sleep. By gently regulating core body temperature, this indulgent ritual relaxes the body and mind, helping you fall asleep faster and awaken refreshed.

### PURITY AND VITALITY SOAK

Detoxify and rejuvenate the skin by gentle immersion in a warm soak to open your pores. This bath is ideal for aching muscles and acts by flushing out impurities while hydrating the body. Enhanced with Epsom salts or aromatic oils, this nurturing soak leaves your skin radiant and nourished.

### SERENITY ESCAPE SOAK

A private, comforting ritual is designed to ease tension and calm the mind. Warm water and magnesium create a soothing environment that help reduce stress hormones while supporting mood balance, leaving the body and spirit in a state of deep relaxation.

## SPA ETIQUETTE

### Operating hours

Anantara Spa is open from 10:00 am until 10:00 pm

Treatments between 10:00 pm and 12:00 am are available with 24 hours' advance reservation and will incur a 20% surcharge on the regular menu price.

### Reservation

Advance reservation is highly recommended to ensure availability.

Please visit the spa or dial +968 2115 1361, or email [spa.tlvm@tivolihotels.com](mailto:spa.tlvm@tivolihotels.com) and one of our receptionists will gladly assist you.

Walk-in guests are welcome, with treatments subject to availability. A credit card is required to secure bookings for non-resident guests.

### Arrivals

You are encouraged to arrive 15 - 45 minutes before your treatment time. This will allow for a smooth check-in and the opportunity to relax and use the wet area before your treatment.

Late arrivals will be subject to reduced treatment times.

### At the Spa

To preserve the tranquillity of our spa, we welcome guests over the age of 16.

Mobile phones are not permitted in the spa at any time.

Smoking, including e-cigarettes, is not permitted at the spa at any time.

We recommend that you do not sunbathe before and after facials.

### Spa Attire

When you arrive for your treatment, you will be provided with a robe and slippers, as well as a locker to place your belongings in. We recommend you leave all valuables in your room as Anantara Spa does not accept responsibility for lost items.

### Spa Facilities

Separate Male and Female facilities are provided.

### Dress Code

Please note that you are required to wear slippers and appropriate clothing (a swimsuit, a bathrobe, or a towel) when entering the water areas.

We advise removing any metal jewellery or contact lenses they can become hot and uncomfortable.

### Cancellation Policy

Should you wish to cancel or reschedule your spa appointment, we require a minimum of five hours' notice to avoid being charged 100% for your treatment time.

All spa treatments are strictly non-sexual, and any form of verbal or physical harassment will not be tolerated.

