



SPA CENVAREE

the touch of thailand



CENTARA MUSCAT HOTEL OMAN

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Ghala Heights, Wilayat Bausher, Muscat. Sultan of Oman

For reservations, please dial 43

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WELCOME TO SPA CENVAREE!

With over 35 spas in South East Asia and the Middle East, SPA Cenvaree is a multi award-winning operator delivering authentic Thai experiences in stunning locations.

We're passionate about what we do - offering the highest-standard therapies by the best-trained therapists.

Our treatment selection takes guests on a journey throughout Asia and beyond.

SPA CENVAREE AT CENTARA MUSCAT HOTEL, OMAN

Inspired by Thai traditional healing, SPA Cenvaree at Centara Muscat Hotel features the very best of muscle-melting massages, heavenly facials and traditional Thai spa rituals to relax you from head to toe.

Spa Facilities

- 3 Single Treatment Rooms
 - 1 Couple Suite Room with Ensuite Jacuzzi
 - 1 Couple Suite Room with Private Steam Bath
 - Manicure & Pedicure Services
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Inspired by Thailand healing traditions

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SIGNATURE THAI COLLECTION

SIGNATURE NUAD PRA KOB

60/90 min **35/39 OMR**

- HERBAL COMPRESS MASSAGE

Thai Herbal compress therapy has a rich history dating back thousands of years. This massage, featuring a warm herbal poultice, is your opportunity to find out why it's so effective. A selection of traditional Thai herbs, including Turmeric, Ginger, Prai and Lemongrass, are wrapped in a muslin ball, steamed and then gently applied over the body. The warmth of the herbs is very soothing and will deeply penetrate the muscles. It's a great choice for someone who would like to experience something a little different.

SIGNATURE SERENITY SPA RITUAL

120 min **49 OMR**

This treatment begins with a balancing and moisture rich hair mask massaged all over the scalp to instill relaxation. Using a finely blended mixture of Avocado oil and Kaffir Lime, this recipe is Thailand's best kept secret for lustrous and silky soft hair. Next, enjoy an exfoliation with tropical Passion Fruit infused with Olive Oil, fresh Lemongrass and Sea Salt to give the skin a deep cleanse. We complete your treatment with an invigorating Vanilla Shea Butter full body massage enriched with Jojoba oil to enhance natural radiance while leaving you refreshed from head to toe.

- Deluxe Scalp Massage with rich Avocado Coconut Cream Mask
- De-Aging Passion Fruit & Lemongrass Salt Scrub
- A Soothing Massage of Vanilla Shea Butter

SIGNATURE NUAD THAI

60/90 min **27/32 OMR**

- ROYAL THAI MASSAGE

Thailand's most famous Massage! This therapy combines stretching techniques, pressure points and more to loosen joints and tone muscles. Thai Massage is sometimes described as 'passive yoga' - you lie down and your therapist manipulates your body.

COUPLE'S COLLECTION

NIRAN NIRVANA

210 min **110 OMR Per couple**

- Steam Therapy
- Tamarind & Sesame Detoxifying Scrub
- Choice of Body Massage
- Choice of Facial Therapy

SIAMESE JOURNEY

180 min **95 OMR Per couple**

- Scalp Massage with Avocado Coconut hair mask
- Siamese Herbal Body Scrub
- Choice of Body Massage
- Thai Herbal Jacuzzi Bath



JUST FOR MEN

Our male guests can choose whatever they'd like from the menu! However, these treatments have been designed specifically with men's skin care needs in mind.

MEN'S HERBAL FACIAL

75 min **32 OMR**

A relaxing facial created especially for men, using selected powerful herbal and natural nutrients such as Lemongrass, Tamarind, Oatmeal, Cucumber and Botanical oils to address skin texture. Enjoy a Thai Herbal Poultice massage by using varied techniques to stimulate circulation.

DEEP MUSCULAR MASSAGE

60 min/90 min **29/34 OMR**

Not for the faint-hearted, our Deep Muscular Massage uses strong pressure and compression to stretch the fibres of large muscle groups, releasing toxins and tension points. Upgrade to 90-minutes if you have chronic tension areas (i.e. your muscles have been tight for more than three months); the extra time allows your therapist to warm up the superficial muscle layers and really compress and stretch the deeper fibres.

COCONUT GLOW

90 min **35 OMR**

It begins with vigorous body brushing followed by a Pumice stone scrub to smooth rough skin. Your therapist then combines the curative elements of a warm Coconut Compress with Muscle Melt Massage to ease tight muscles and stimulate blood circulation. You'll also enjoy a spine-tingling Scalp Massage, soothing Hand Massage and invigorating Foot Massage

BACK TO BACK

75 min **34 OMR**

Dedicated to those hard-to-reach areas of the back, this treatment consists of an invigorating Back Exfoliation, Back Mask and Deep-Tissue Massage to relieve aches and pains. Your circulation is increased with a Back Scrub before a Warm Herbal Mask is applied to draw out toxins. After a shower, hot oil is applied with a Deep-Tissue Back Massage to totally relax and renew.

FACIALS/SKINCARE

SIGNATURE SPA CENVAREE FACIAL

60 min **29 OMR**

A luscious, relaxing facial customised for any skin type, this facial uses powerful herbal antioxidants and natural nutrients to address skin texture. Organic ingredients such as Lemongrass, Tamarind, Oatmeal, Cucumber and Botanical Oils are used to deeply cleanse, exfoliate and hydrate the skin. You'll also receive a bonus Scalp & Hand Massage.

GREEN TEA PURIFYING FACIAL

60 min **29 OMR**

An antioxidant facial that helps your skin appear brighter and flawless. This facial includes cleansing, an exfoliating and detoxifying mask with Green Tea organic products. A lymphatic facial massage is administered to improve blood circulation and help achieve firmer skin.

NAIL CARE

Classic Manicure – 10 OMR

Our classic manicure provides a relaxing hand soak, nail shaping, cuticle conditioning and a stress relieving hand massage with a color polish of your choice.

Classic Pedicure – 12 OMR

A classic pedicure will begin with a relaxing Foot bath and foot scrub. A nail technician will then clip and shape your toenails and sluff or exfoliate dead skin from the feet. Then enjoy a gentle leg and foot massage, followed by a nail polish of your choice.

ADD ON

French Polish – 2 OMR

A Paraffin dip can be added to boost any manicure or pedicure, this treatment is an excellent source of moisturization that will help you achieve skin that silky-smooth skin.

Extra Soft Paraffin Dip – 7 OMR

An add-on natural color polishing, Your fingernails will be painted with a pink or beige base and a white shade at the tip.



BODY TREATMENTS

Rejuvenate and detoxify with our divine body therapies. All body treatments include an exquisite scalp massage and finish with an application of our Best-Selling Magnolia Hand Cream

SIGNATURE THAI BODY BALANCE 120 min 49 OMR

A spa journey that combines a collection of signature experiences developed for guests to experience the soul of a Thai spa journey as well as its ancient traditions.

- Smoothing Wheat Germ and Sesame Foot Scrub
- Organic 7 Miracle Grains Body Exfoliation
- Choice of "Nuad Thai" or Aromatherapy Massage
- Nourishing Facial Massage with Warming Sesame Pouch

SIGNATURE THAI 7 MIRACLE GRAINS BODY EXFOLIATION 60 min 32 OMR

This body scrub features 7 different types of treasure grains such as Wheat Germ, Barley, Cornmeal, Oatmeal, Millet, Red Rice and Soy Beans. On application, the heat loosens tight muscles while revealing radiant and smooth skin through its exfoliation process.

BOTANICAL BLISS 90 min 43 OMR

This package uses the essence of Botanical Plants and Ground Rice as a gentle scrub, followed by the eastern technique of a warm Galangal body mask to reduce cellulite and water retention. Fresh floral petals are massaged onto the skin for a velvety-smooth result.

PASSIONFRUIT & LEMONGRASS 60 min 35 OMR

DE-STRESSING SALT SCRUB

A guest favourite, this scrub is known for its exquisite fragrance and stress-relieving properties. The tangy fragrance of Lemongrass refreshes a tired mind while Passion Fruit Seeds smooth skin to perfection.

SIAMESE HERBAL LOOFAH BODY CLEANSE 60 min 32 OMR

Herbal powders are mixed with medicinal plants such as Kaffir Lime Leaf, Lemongrass and Plai to detoxify and invigorate dull skin.

BODY MESSAGES

AROMATHERAPY MASSAGE 60 min/90 min 29 OMR/34 OMR

Our most popular treatment! A full-body massage using essential oils to relax the body and mind. Smooth and soothing movements will gently lull you into a realm of tranquil dreams, leaving you totally rejuvenated. Choose from several beautiful oil combinations.

SWEDISH MASSAGE 60 min/90 min 29 OMR/34 OMR

A stronger massage than the Aromatherapy, this massage is effective in loosening tight muscles and relieving aches associated with strenuous activity or exercise. Pressure can be customised to your personal needs. Upgrade to 90-minutes if you have areas requiring focus, particularly neck and shoulder tension.

FOUR HANDS MASSAGE 60 min 45 OMR

A four-hand massage performed by two therapists in unison, this experience coordinates a blend of Thai, Swedish, Shiatsu and Reflexology techniques using deep rhythmic movements to leave you feeling completely renewed.

BALINESE MASSAGE 60 min/90 min 29 OMR/34 OMR

Based on the healing expertise of the Balinese, this technique uses a mix of acupressure, reflexology and skin-rolling underneath the superficial muscle layers. Deep pressure is applied to release tense and knotted tissue. This is a lovely massage to have if you want to try something a little different.

NUAD TAO 60min /75 min 25 OMR / 29 OMR

- TRADITIONAL THAI FOOT MASSAGE

This treatment promotes relaxation to the entire body through the use of pressure points onto the soles of the feet. When all tension is released, a herbal compress filled with warming herbs is applied to revitalise the legs.



HOW TO SPA

HOW SHOULD I PREPARE FOR MY SPA TREATMENT?

To get the most from a spa experience, please arrive 20 minutes before your treatment to enjoy herbal tea in the relaxation lounge.

WHAT SHOULD I WEAR?

Disposable Garments, Sarong, and Bathrobe are provided for your convenience at the spa. Since we encourage you to let the aroma oils soak into your skin for a few hours after the massage, we recommend not wearing expensive clothing that could be stained by the oil.

WHAT SHOULD I BRING TO THE SPA TREATMENT?

We recommend leaving valuables in your room.

ARE CHILDREN ALLOWED IN THE SPA?

Children above the age of 11 are allowed in the spa but must be accompanied by a parent or guardian, who will need to stay in the massage room for the duration of the massage treatment. Please ask our Spa team members for guidance on choosing the treatment that best suits your child needs.

DO I NEED TO TELL THE THERAPIST ABOUT ANY MEDICAL CONDITIONS?

Yes, it is important for your therapist to be fully aware of all your current medical conditions to avoid any contraindications.

WHAT IS THE CANCELLATION POLICY?

4-hours' notice is required for all services. Rescheduling of appointments is subject to availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full charge will be imposed for a 'no-show'.



Prices are subjected to 9% Government Tax and 8% Property Service Charge





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