

URU
SPA

SPA MENU OF SERVICES

MASSAGE THERAPIES



Relax the spirit while your body is revitalized by the healing hands of therapists trained in a fusion of healing practices as well as modern rejuvenation and well-being techniques. Holistic therapies drawn from across the globe soothe the senses and restore the vital energy of the body.

We take you through an unforgettable journey with URU Spa.

SERVICE	DURATION	PRICE
Deep Tissue Massage Deep tissue massage is the most widely practiced and best known Western massage therapy. Deep tissue massage uses various hands-on techniques to release muscle knots and ease tension, while improving blood circulation.	120/90/60 Minutes	50/40/30 OMR
Thai Royal Thai Royal massage is a special combination of three different techniques from Thailand breaks the mould with a very special blend of oils. Helps soothe all the aches and pains in the muscles.	120/90/60 Minutes	50/40/30 OMR
Thai Classic This therapy is an ancient and sacred system of healing with roots in Yoga, Ayurveda and Buddhist, spiritual practices. It is a combination of rhythmic massage, acupressure and gentle twisting to stimulate and balance the flow of healing energy providing you with a powerful release of stress and tension, You are provided with loose comfortable clothing for this oil free therapy.	120/90/60 Minutes	50/40/30 OMR
Hot Stone Massage Therapy Hot stone massage therapy is a deeply relaxing massage. Smooth, volcanic stones and natural oils are heated before being applied with strokes of varying pressure to the body. Hot stone massage therapy is highly recommended for people with insomnia.	120/90/60 Minutes	60/50/40 OMR
Foot Massage The lower body is vigorously stimulated, so that healing may occur in other parts of the body. Foot massage relieves tired feet and enhances energy throughout the body	45 Minutes	25 OMR
Al Nahda Signature A blend of Western and Eastern massage therapies, our signature treatment uses rhythmic strokes of varying pressure to release the body and mind from deeply held tensions; promoting a profound sense of calmness and relaxation.	60 Minutes	30 OMR

BODY SCRUBS & WRAPS



Exfoliation is a vital cleansing technique that leaves the skin glowing and fresh. On brushing and scrubbing the body, dead cells are removed to reveal silky smooth skin. Treatment conclude with application of body lotions.

Guests may choose from the following body exfoliation treatments:

SERVICE	DURATION	PRICE
Silk on Silk This cooling, moisturizing scrub is especially good for combination skin.	45 Minutes	25 OMR
Nerve Tingler A stimulating scrub for deep cleansing using exotic spices and herbs; helps remove dead skin with a brightening effect.	60 Minutes	30 OMR
Sand Surfing This scrub helps restore lost moisture along with a brightening effect.	45 Minutes	25 OMR
Cellulite Buster A naturally prepared masque that draws out impurities and nourishes the skin; leaving it smooth, silky, beautifully fragrant and helps in breaking down stubborn fatty deposits.	90 Minutes	35 OMR
Mespa Body & Face Our Award winning Mespa therapy begins with a vigorous yet gentle body masque and a purifying facial using Rehan Leaves, Orange, Ginger, Almond Powder and Aloe Vera. The finishing touch is a light head massage to accelerate the body and mind.	90 Minutes	45 OMR

Ayurveda for Relaxation



Ayurveda is an ancient Indian tradition that aims to redress imbalance in the doshas (three different energy types). Through massage with carefully blended oils, our Ayurvedic therapies release mental and physical tensions, and foster calmness and wellbeing.

SERVICE

DURATION

PRICE

Abhyanga

A traditional Indian massage using a combination of soothing and symmetrical long strokes to regulate the circulatory and nervous systems of the body. The warm herbal medicinal oil chosen according to your body type balances the doshas and leaves you feeling refreshed and rejuvenated. A steam bath is recommended following this massage.

60 Minutes

30 OMR

Hot Herbal Poultice

Using a heated poultice packed with specially blended Ayurvedic herbs soaked in a therapeutic oil, our therapists apply long strokes of varying pressure to relieve muscle tension, joint ache and blockages in the marma points (concentrated energy centres) around the body.

90 Minutes

40 OMR

Indian Head Massage

A traditional Indian head massage. Shirobhyanga uses warm oil applied with gentle and vigorous brushing strokes to activate vital energy points and release tension from the scalp, neck and shoulders.

30 Minutes

20 OMR

Escape to Ancient Ayurveda

(Abhyanga, hot herbal poultice, padabhyanga, molasses of face, Indian scalp massage & Sream Bath) Inspired by the ancient healing of Ayurvedic practices, this ritual treats you with a traditional Ayurveda massage along with herbal pouch therapy to ease muscle tension and stiffness. Padabhyanga, an Indian foot massage will follow to open the vital energy points of the feet and lower legs. You will then experience a molasses therapy of the face and a calming Indian scalp massage to restore mind and body balance. Your journey concludes with a stimulating steam bath.

3 Hours

120 OMR

FACIALS



SERVICE

DURATION

PRICE

Al Nahda Exotica

Instantly cleanses and conditions, restoring balance and removing damaged skin cells. Fresh date and orange lighten and moisturize the skin, nourishing the fine lines and wrinkles. Highly recommended for tired, suntanned, dull sagging skins and under eye fine lines.

1 Hour

25 OMR

SERVICE

Molasses

An incredible exfoliator cleanses and detoxifies pore tissues removing deep seeded impurities. Enlarged pores are refined and sacking and wrinkle skin firmed.

This treatment is highly recommended before a facial.

DURATION

1 Hour

PRICE

25 OMR

Fresh and Juicy

Quick morning pick me up, the only facial that uses pure and undiluted fresh fruit and vegetable juices incorporated into the tissue. This facial is addictive in its pureness and end result of a fair, firm and blemish free, glowing complexion.

1 Hour

25 OMR

EXPERIENCES



SERVICE

Relaxing Spa Ritual

This delightful spa therapy starts with a full body exfoliation to remove dead skin cells and reveal a more youthful complexion of silky smooth, glowing skin. This is followed by a full body massage to release the body from deeply held tensions, and concludes with our signature head massage, which stimulates and promotes a profound sense of calmness and wellbeing.

DURATION

2.5 Hours

PRICE

50 OMR

Colonic Irrigation

Gentle 45 minute warm water flushing of the colon, cleanses, years of stagnant toxic waste. The end resultant is a feeling of lightness, body and joints ache relief, stomach related disorders and headaches disappear. This is pure, good clean health.

1 Hour

66 OMR

Regeneration and detoxification

Toxins and waste by products that have accumulated over the years often block the immune system that the body is unable to respond to naturopathic therapies. The body needs detoxification, the WEGA MRT flushes out these pollutants.

30 Minutes

36 OMR

- Rheumatic Disease
- Bronchial Asthma
- Allergies
- Sports Injuries
- Environmental Ailments
- Skin Diseases
- Chronic Inflammation




FOR THE COMPLETE SPA EXPERIENCE

To ensure your spa experience is a relaxing journey into a different world, we recommend the following

- Schedule your therapy 24 hours in advance in order to ensure availability
- Consult our therapists who will be pleased to advise you on a therapy that suits your individual needs.
- Cellular phones and electronic devices must be switched off.
- Enjoy a relaxing shower before your therapy.
- Arrive at the spa reception 15-30 minutes prior to your therapy so you can enjoy an unhurried transition and prepare yourself.
- Gentlemen who are having a facial are advised to shave at least 3 hours before their therapy.
- Schedule your therapy at a time when you will be able to relax for at least one hour after the therapy.
- Guests with high blood pressure, heart condition or other medical complications and ladies who are pregnant should consult their doctor before scheduling an appointment for spa therapies.
- If you have any medical condition be sure to mention it when you book an appointment as certain treatments might not be advisable for you.
- Also tell your therapist if you are wearing contact lenses before you have a facial.

RESERVATIONS AND CANCELLATIONS

- All spa therapies and treatments may be scheduled by calling the spa at extension 800 from your guest room phone or call the 'Spa Duty Number 92845003'.
 - We understand that unavoidable circumstances may arise and cancelling your appointment might be necessary. If you find yourself unable to keep your appointment, please contact the spa 4 hours prior to your appointment to avoid full charge of the service.
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