

WELLNESS GETAWAY

Indulge in a variety of massage styles and body spa treatments done by our expert therapist perfect to soothe your body inside and out.

A wellness escape in the heart of Muscat.



RAMADA
encore
BY WYNDHAM

MUSCAT



Shiatsu

Revitalize with Japanese style acupressure that releases tension and relieves fatigue, recommended with deep pressure strokes and stretching to enhance one's flexibility.

60 Minutes: 15.000 OMR / 30 Minutes: 10.000 OMR

Swedish

Give your muscles a break after a strenuous physical or sports activity. This Classic European technique uses special natural oil blend to relax tired muscles or relieve aches and pains.

60 Minutes: 18.000 OMR / 30 Minutes: 12.000 OMR

East-West Harmony

Pamper yourself with our signature therapy, a combined Shiatsu and Swedish massage styles, that kneads away muscle tension, mostly on the back, while giving you gentle long strokes to soothe the whole body.

60 Minutes: 20.000 OMR / 30 Minutes: 14.000 OMR

Aromatherapy

Appeal to your senses with a soothing massage that uses a special blend of essential oils for a choice of relaxing, energizing, or therapeutic massage. This massage style is ideal for deep relaxation.

60 Minutes: 20.000 OMR / 30 Minutes: 14.000 OMR

Ventosa with Massage - 90 Minutes

Through suction, the skin is gently drawn upwards by creating a vacuum in a cup over target areas. The cup stays in place for about five to ten minutes. The cupping therapy increases the blood flow in your body and can bring relief to conditions like common cold, cough, breathing difficulties, asthma, migraines, heat burn, nerve pain and more. This treatment starts with a 60 minutes East-West Harmony Massage.

90 Minutes: 24.000 OMR / 30 Minutes Ventosa Only: 14.000 OMR

Stone Massage

Relax and ease your tense muscles and damaged soft tissues throughout your body. During a hot stone massage, smooth, flat, heated stones are placed on specific parts of your body. The stones are made of basalt, a type of volcanic rock that retains heat.

60 Minutes: 18.000 OMR / 30 Minutes: 10.000 OMR

Chair Massage

A 15 to 20 minutes massage focused on the back, shoulders, neck, arms and head. Helps you to relax your muscles and improve your flexibility and movement.

30 Minutes: 8.000 OMR

Hilot

Treat yourself to a traditional "hilot" massage. An ancient Filipino art of hands-on healing that uses warm strips of banana leaves and virgin coconut oil to recover your balance, harmony, and sense of relief.

60 Minutes: 18.000 OMR / 30 Minutes: 13.000 OMR

We provide traditional and standard therapeutic massage services only. Inappropriate conduct will not be tolerated. If you have any questions or encounter any inappropriate situations, please contact hotel management.



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