



Experience Al Nahda

Nestled in an oasis of thirty acres of gardens, enclosed by sprawling greens and clusters of mango trees, Al Nahda Resort & Spa provides the ultimate in tranquility and relaxation. The resort's location was, historically, a mango orchard. The original trees still remain providing the natural setting and extensive greenery.

The Eram Spa is one of the most unique spa concepts in the Middle East with 31 treatments offering wellness and healing therapies, as well as signature treatments and a host of other relaxing, medical and rejuvenating experiences.

Villas & Suites

The beautiful Resort & Spa boasts 109 luxuriously appointed suites and free-standing villas set amid luscious tropical mango, citrus and date palm fruit trees. The rooms are some of the largest in Oman providing spacious surroundings for all guests.

Number & Type of Guest Rooms

- 60 Executives Suites with a spacious balcony
- 41 Premium Suites with a small pantry and a spacious balcony
- 8 Suite Royale with 2 bedrooms, spacious living and dining areas, kitchenettes and private balconies



Food & Beverage

Name	Capacity	Cuisine	Opening Times
Khalab	120	International	07:00 – 10:30, 12:00 – 15:00, 19:00 – 22:30
Nozha	100	Casual Dining Alfresco	07:00 – 10:30, 12:00 – 15:00, 19:00 – 22:30
Samar	40	Italian	19:00 – 23:00 (Closed Sundays and Mondays)
Waha		Snacks	18:00 – 02:00
Pool Bar			09:00 – 18:00
Al Warda Sheesha	24		18:00 – 02:00 (Closed Sundays and Mondays)
Room Service		Snacks & Meals	24 Hours

Spa & Wellness

The spa programme at Al Nahda Resort & Spa is a unique concept throughout the Middle East. Each guest meets a Wellness Consultant on arrival, to discuss their programme of spa treatments and activities. This individual programme is made up of spa treatments (relaxation, beauty and medical), yoga, fitness and other activities and may be complemented by our Spa Cuisine.

Guests come to relax and regenerate diet and detox or just to be pampered.

With 31 treatments and a selection of specialized packages on offer, there is the choice of something for everyone regardless of your needs. Our 10 treatment rooms provide the perfect settings for relaxing and enjoying your chosen treatment and offer a blend of traditional and new therapies which are designed to promote better balance between mind, body & spirit.

Our Spa team is internationally qualified and provides first class care in a relaxed and tranquil environment.

Treatments at Eram Spa:

- Holistic
- Beauty & Skin Care
- Wraps & Scrubs
- Physiotherapy
- Colonic Treatments
- Aura Management
- VEGA Analysis
- Personalised & Efficient Health Check-Ups
- Bio Stimulation
- Aromatherapy
- Detoxification
- Skin Peels
- Thai Massage
- Salon
- Regeneration
- Body Shaping

Restaurants & Bars

Our three restaurants and two bars provide a range of culinary delights for all the senses, along with theme evenings and promotions.

Restaurants

- Khalab
- Samar
- Nozha
- Al Warda Sheesha

Bars

- Waha Bar
- Pool Bar



Resort Facilities

General

- Business centre
- Complimentary Wi-Fi throughout the resort
- Car parking
- Multilingual resort staff
- Banquet hall



Recreational facilities

- 10 spa treatment rooms
- 24 station state-of-the-art gymnasium
- Bicycle rental (chargeable at a nominal fee)
- Floodlit tennis courts
- Sand volleyball court
- Outdoor swimming pool
- Meditation hall
- Children's play area
- Amphitheatre
- Laughing area
- Spacious, relaxing gardens



Housekeeping and laundry services

- Daily housekeeping
- Dry cleaning and laundry services

Guest room amenities

- Individually controlled air conditioning
- Satellite TV
- International direct dial telephone
- In room electronic safety deposit box
- Data port
- Hair dryer
- Iron and ironing board
- Complimentary Wi-Fi
- Flat Screen LED TVs in all rooms
- Mini bar
- Tea and coffee making facilities
- 24-hour room service

Contact Information

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How to Reach

Muscat International Airport (54Km)
On main Muscat / Sohar / Dubai highway