



PRESS RELEASE



FIRST MIDDLE EAST OUTPOST OF SPA ALILA NOW OPEN IN OMAN AL HAJAR MOUNTAINS

The luxurious Alila Jabal Akhdar, set 2,000 feet above sea level in the Al Hajar Mountains has become home to the first Middle East outpost of Spa Alila



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The resort, which opened earlier in 2014, is the first five-star hotel in this mountainous region of Oman. The new Spa Alila provides the perfect place to rebalance and rejuvenate, a peaceful sanctuary dedicated to restoring a sense of total well being, where absolute peace and tranquillity is guaranteed.

Spa Alila was created to provide treatments rooted in Balinese origins but drawing inspiration from each individual spa's location, combining local techniques and treatments with ingredients sourced from the surrounding area. Treatments at Alila Jabal Akhdar take advantage of the curative benefits of fresh and natural ingredients, including the fragrant pink roses that blanket the mountainside in springtime and the pomegranates and fruits for which the area is renowned. The essence of frankincense is used to create the heady and earthy cleansing oils, reminiscent of ancient Oman, while natural juniper berry and roses are used to make the 100% natural handmade soap.

The spa features seven treatment rooms, including a Vichy shower room, Jacuzzis and a steam room. Alongside traditional Asian inspired treatments, the spa will create seasonal Arabian inspired treatments using locally sourced ingredients. The spa offers a variety of treatments including massages and facials for men and women, through to more unusual treatments like Sound and Vibration balancing, which uses bowls placed on the back to send vibrations through the body. The aim is to read a person's chakras (energy channels) to identify any points that are blocked or need work to restore harmony and balance. (£50 per person)

Throughout the year Spa Alila will host a variety of experts from

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around the world who will offer special one off retreats, including yoga and mindful wellness. For the ultimate in pampering, full and half day programmes will also be available as part of the permanent menu.

'Mystical Mountain Sunrise', is a half-day treatment, starting with a healthy breakfast and then three hours of holistic heaven begins. The treatment begins with Spa Alila's signature footbath, before heated river stones are placed over the body in rhythmic flowing strokes to relieve tension and soothe emotions. The stones are then placed on various energy points to awaken the body's natural healing potential, before a natural exfoliation and body wrap, of cocoa, coffee and coconut is applied. The caffeine in the coffee is a heavy-duty detoxifier drawing out impurities and improving skin tone, while the coconut helps to deeply condition skin. A herbal infused steam, blended with medicated oils, opens the lungs and pores to assist in detoxification. The treatment concludes with a facial that uses red clay, drawing out impurities while releasing essential minerals. A combination of pressure point and lymphatic drainage massage techniques are applied leaving the skin glowing with renewed freshness and vitality. (£206 per person)

For those looking to align mind, body and soul, a host of bespoke Alila experiences are available, from cultural and culinary to the adventurous and indulgent, from canyon walks and tours of the local villages and rose plantations to private palm-shadowed picnics and sensational star-lit suppers. The resort is a haven for the adventurous, nature lovers and for those seeking an escape from the hustle and bustle of modern life.

The Spa Alila and Alila Living brand was conceived in Bali by spa innovator Steve Jeisman and is a signature feature across the Alila Hotels & Resorts portfolio, blending ancient Asian healing techniques with traditional beauty recipes using products made from a natural blend of indigenous fruits, herbs and plants. All therapists are trained in the Spa Alila Foundation Training Program covering anatomical physiology, massage and meditation.

Room rates at Alila Jabal Akhdar start from £180 per night plus taxes based on two sharing and including breakfast.

FOR MORE INFORMATION VISIT:

For further information on Alila Hotels & Resorts, visit www.alilahotels.com