

THE SPA

AT THE CHEDI MUSCAT

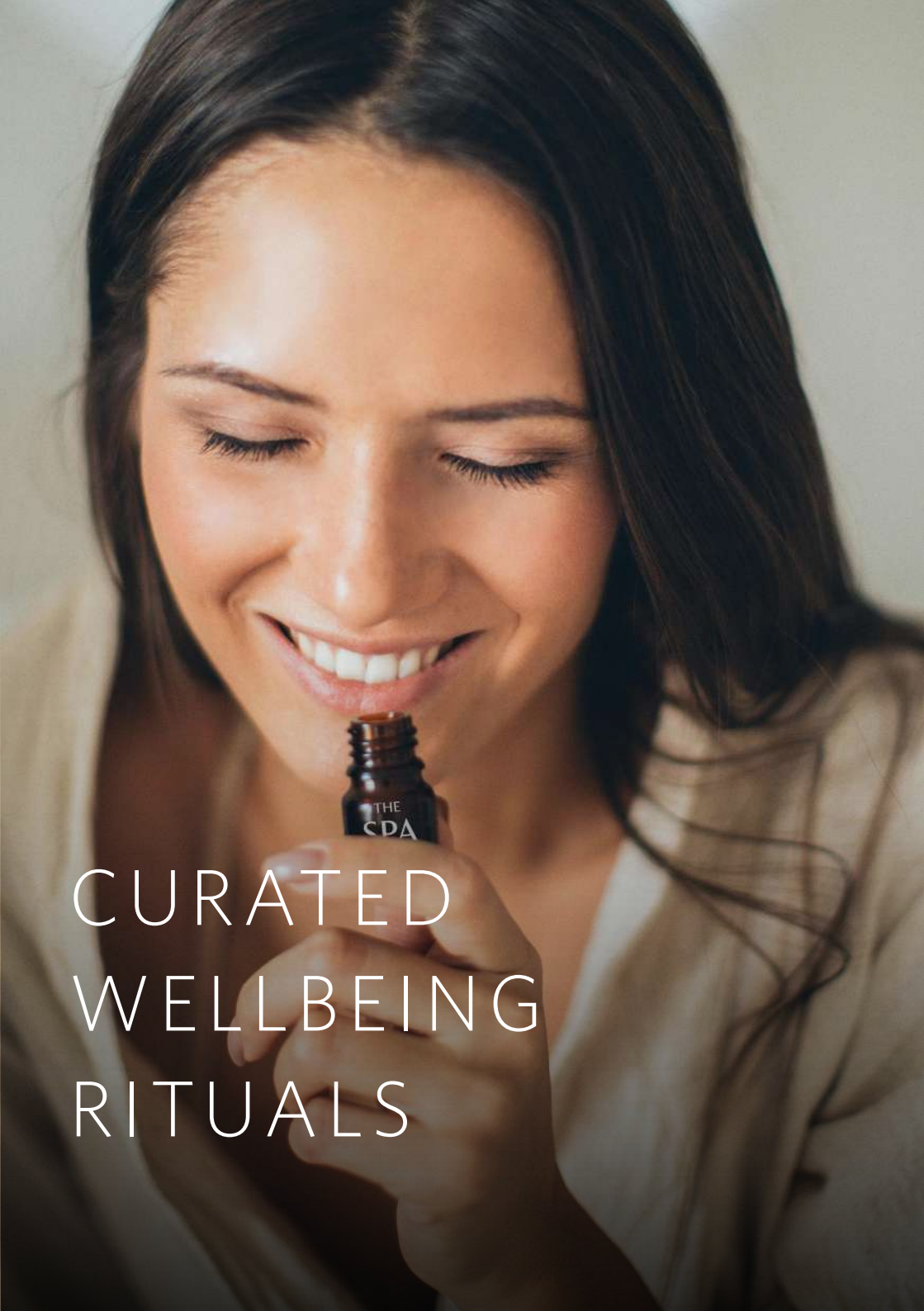
FIND SANCTUARY FOR REST AND RENEWAL

Welcome to our serene wellbeing space, where you can find sanctuary for rest and renewal, reconnecting with the natural rhythm and flow of your surroundings. Step into an immersive experience that nurtures the mind-body connection through timeless healing practices, mindful movement, and holistic therapies. Our expert techniques, paired with an authentic touch, are thoughtfully curated to restore balance and harmony, guiding you towards a deeper sense of vitality and lasting transformation.



A PATH TO WELLBEING

1. Curated Wellbeing Rituals
2. Holistic Body Therapies
3. The Mastery of Touch
4. The Skincare Collection
5. Mind-Body Movement
6. Shared Experiences
7. Reset Immersions
8. Nail Care & Additions



THE
CDA

CURATED
WELLBEING
RITUALS

SACRED DESERT CEREMONY

Ground Clarity Calm	120 min
-------------------------	---------

A unique, locally inspired ritual that draws on the land’s healing energy, blending frankincense, sandalwood, dates, figs, and alum stone. The experience begins with a Luban-infused tincture, followed by a foot polish and pressure point therapy on the soles to restore a sense of lightness to the legs. A body exfoliation and facial cleanse prepare the skin for a deeply calming massage with the grounded earthy aromas of frankincense and sandalwood, complemented by a personalised facial ritual that blends traditional harmony with modern elegance.

ROYAL RHASSOUL RITUAL

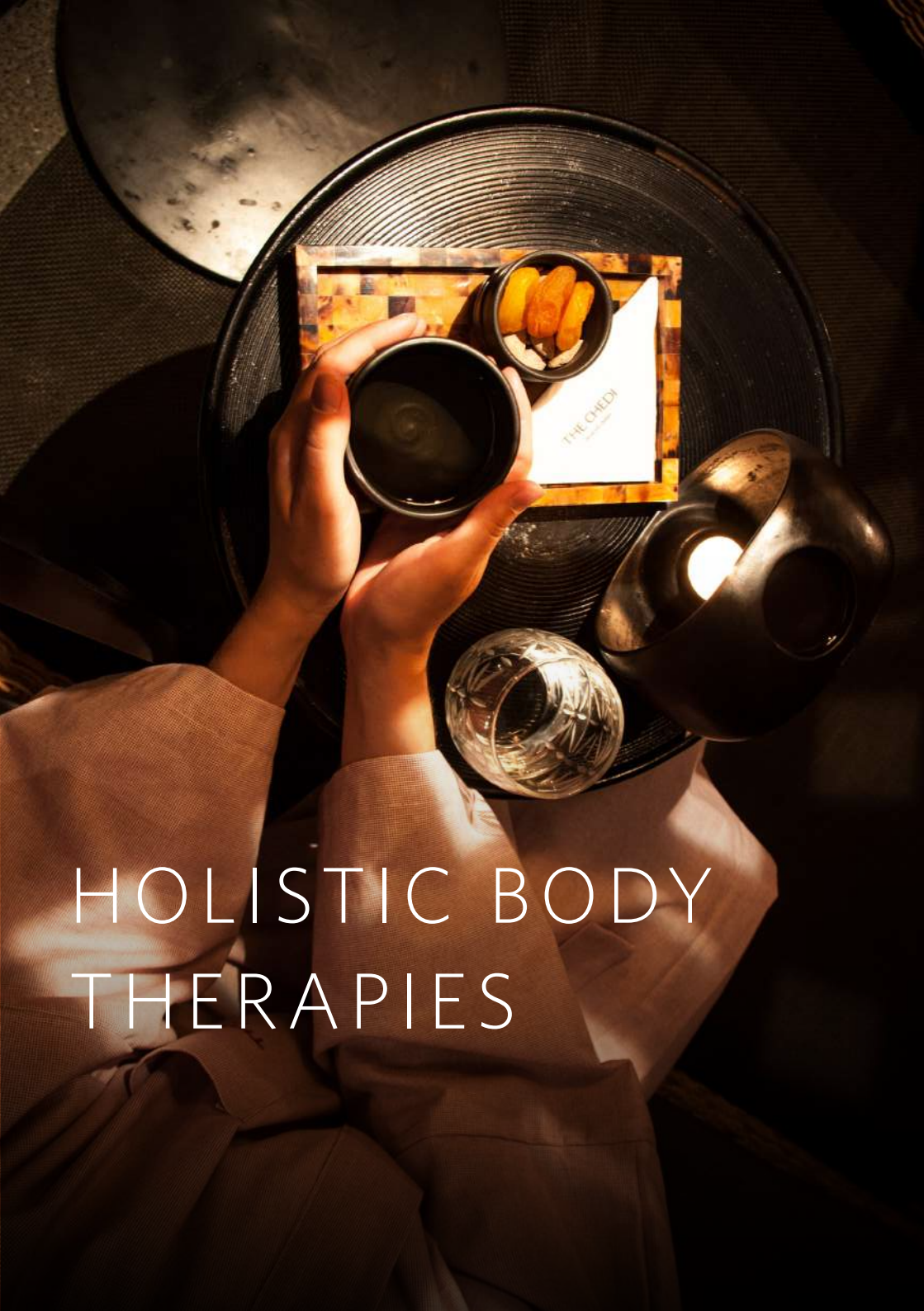
Purify Restore Renew	120 min
--------------------------	---------

Inspired by the richness of oriental traditions, this timeless full-body cleansing ritual begins with aromatic steam and a double cleanse using eucalyptus black soap, followed by gentle exfoliation with a Kesse glove. Rhassoul mud, enriched with geranium, rose, and orange flower water, is applied, immersing the skin in natural purity. The journey continues with a facial cleanse, hair wash, and mask, concluding with a nourishing massage using pure, organic argan oil. A perfect blend of a cleansing ritual used for centuries to improve complexion and give skin a healthy, radiant appearance.

JOURNEY TO INNER BALANCE

Nurture Balance Reconnect	90 min
-------------------------------	--------

This nurturing experience helps women reconnect with their natural rhythm, gently restoring harmony between mind and body. It begins with an intuitive massage using a calming blend of rose, geranium and clary sage. A soothing face and scalp massage with rose quartz deepens the sense of inner connection. The ritual closes with a comforting mask and a take-home pulse roller, continuing the sense of care and inner harmony beyond the treatment.



HOLISTIC BODY THERAPIES

TRAVELLER'S REST

Detoxify | Renew | Unwind

90 min

A focused recovery session designed for life on the move. It starts with a leg treatment using a warming blend of ginger, lemongrass and rosemary to ease heaviness, improve circulation and support joint mobility. A charcoal-infused facial follows to reset the skin after travel stress and environmental exposure. The experience wraps up with targeted work on the head, neck and shoulders, clearing built-up tension and helping you realign after long-haul fatigue.

WOODEN BODY SCULPTING

Contour | Firm | Energise

60 min | 90 min

Wood therapy body contouring is a natural, non-invasive treatment that uses specialised wooden tools to stimulate lymphatic drainage and target localised areas. This technique sculpts and tones the body, promoting a more defined and harmonious silhouette. Experience a holistic approach to a smoother, more contoured figure. For optimal results, a series of sessions is recommended.

SENSORY DETOX EXPERIENCE

Release | Recharge | Reset

90 min

A multi-sensory experience that releases physical and energetic blockages from digital overload. It begins with a full-body dry brush to boost circulation and lymphatic flow, followed by a tool-assisted massage targeting tension from tech use. Energising juniper, lemon, and black pepper oils enhance the treatment. The ritual ends with a cryo eye treatment to ease digital eye strain and a scalp reflex activation to calm the nervous system and restore clarity.

HYDRATING AFTER SUN RECOVERY

Replenish | Hydrate | Restore

75 min

After a long day in the sun, your skin is deeply nourished and replenished with a soothing, antioxidant-rich scrub, gently exfoliating to remove impurities. The treatment continues with a hydrating aloe and ginseng body wrap, calming sun-drenched skin and providing essential moisture. To complete the experience, a personalised blend of nourishing oils and shea butter is massaged into the skin, softening, hydrating, and restoring it.

A close-up photograph of a hand holding a textured, knotted massage ball. The hand is positioned in the upper right, with fingers wrapped around the ball. The ball is dark and has a ribbed, knotted texture. The background is a dark, warm brown, creating a moody and intimate atmosphere. The lighting is soft, highlighting the contours of the hand and the texture of the ball.

THE MASTERY OF TOUCH

Our massage therapies are a transformative art, where each touch restores balance and nurtures both body and mind. Each session begins with a grounding energy alignment and includes a targeted eye remedy to soothe the effects of our connected lifestyle.

THE CHEDI EXCLUSIVE

Medium Touch

60 min | 90 min

This massage draws inspiration from ancient healing techniques, blending medium-intensity movements and subtle stretches to ease tension and restore balance. Designed to enhance circulation and calm the mind, it offers a soothing flow that replenishes your body and leaves you feeling centred and at ease.

PERFORMANCE RECOVERY

Deep Touch

60 min | 90 min

This performance recovery massage targets muscle tension with a specially crafted oil blend to aid recovery after physical exertion. Focused techniques work to alleviate tightness and improve flexibility, promoting quicker recovery and overall muscle relaxation. Ideal for active individuals, this treatment helps release built-up tension and enhances mobility.

REST & REFLECTION

Restorative Touch

60 min | 90 min

A calming massage designed to guide you into a peaceful, restorative sleep. Through rhythmic movements and thoughtfully selected oils, this treatment promotes deep relaxation, helping you drift into a blissful slumber while harmonising your internal rhythms with natural sleep cycles. It quietens the mind and soothes the senses for a truly restful experience.

HERBAL STONE COMPRESS

Therapeutic Touch

90 min | 120 min

A healing restoration that blends the therapeutic heat of stone therapy with herbal compresses and perfect pressure paired with intuitive touch. Perfect for those seeking both physical relief and soul restoration, this leaves you feeling balanced, restored, and renewed.



THE SKINCARE COLLECTION

TRIPLE RADIANCE PEEL

Purify | Refine | Glow

60 min | 90 min

Designed to restore balance and radiance, it begins with a triple peel, blending glycolic and papaya enzymes to prepare the skin for flawless extractions. The treatment continues with our signature sculpting massage and concludes with an antioxidant-rich custom mask for a refreshed complexion. For advanced lifting and optimal results opt for 90-minutes.

THE DNA FACIAL

Firm | Contour | Plump 60

60 min | 90 min

Experience a deep cleanse infused with a blend of glycolic and fruit acids to gently resurface and refine the skin. A sculpting massage follows, lifting and defining facial contours for a natural glow. Ideal for minimising fine lines and refreshing tired skin. The extended option includes infrared light and heat therapy to enhance firmness and support a more lifted appearance.

OXYGEN GLOW INFUSION

Redefine | Lift | Revive

60 min | 90 min

Reawaken your skin with an oxygen facial that delivers a refreshing boost. Start with a targeted massage to ease tension, followed by a skin-specific peel that targets your skin needs. An oxygen mask replenishes your skin with energy, while the 90-minute extended option adds a boost of O2 and non-invasive therapy to lift, firm, and redefine your complexion.



MIND-BODY MOVEMENT

Our thoughtfully curated selection features practices that integrate functional movement, presence, and embodiment, aimed at improving flexibility, strength, and cultivate a deeper mind-body connection.

SENSORY CONNECTION

Balance Presence Awareness	45 min
--------------------------------	--------

Reconnect with nature in a guided session that combines mindful breathwork and grounding techniques. Infused with calming aromas, this experience creates a natural space to centre your mind and foster a renewed sense of wholeness.

RHYTHM OF THE SEA

Stability Strength Stretch	45 min
--------------------------------	--------

Immerse yourself in the calming energy of the ocean with a flowing yoga session that harmonises movement and breath. Inspired by the rhythms of the sea, this practice helps you stretch, strengthen, and deepen your connection to self.

CURATED WORKOUT SESSION

Focused Adaptable Dynamic	45 min
-------------------------------	--------

Designed to reach your fitness goals, this routine combines strength, cardio, flexibility, and mobility exercises for a balanced and dynamic workout. Custom built to your needs, each session promotes progress and optimises results.

FUNCTIONAL MOVEMENT

Mobility Strength Stability	45 min
---------------------------------	--------

A personalised Kinesis session designed to refine your movement, elevate flexibility, and strengthen your body for effortless motion and improved functional performance.



SHARED EXPERIENCES

Through quiet reflection, meaningful conversation, and shared experiences, we create deeper connections that strengthen bonds and build trust.

CONSCIOUS RESTORATION

180 minutes | For Two

A gradual return to self, shaped through quiet ceremony. The experience opens with a mineral-rich body polish to awaken the skin, followed by a restorative massage that softens the body into stillness. A Signature Lifting Facial enhances luminosity through layered technique and tailored care. It concludes with a warm botanical bath, a shared moment of exhale, presence, and gentle reconnection.

30-min body polish | 60-min massage | 60-min facial | 30-min bath

EMBODIED BALANCE

120 minutes | For Two

This sensory unfolding begins with a quartz crystal and argan shell body polish, smoothing the skin and quieting the senses. A flowing Chedi Exclusive massage follows, blending medium-intensity movements with subtle stretches to restore natural rhythm. The experience concludes with a warm milk bath, a moment to slow down together in quiet restoration.

30-min body polish | 60-min massage | 30-min bath

INTENTIONAL FLOW

120 minutes | For Two

Created for those who move with intention and seek a mindful reset. A targeted Performance Recovery massage stimulates circulation and restores physical ease, followed by a radiance-boosting facial enriched with collagen-supporting peptides, hydrating nutrients, and sculpting techniques that lift and tone. An intentional sequence to share together that restores vitality and radiance.

90-min massage | 30-min facial



RESET IMMERSIONS

Blending mindfulness, movement, wholesome food, and therapies, these immersions support both physical and emotional wellbeing, guiding you toward lasting balance.

THE SELF-CARE RESET

4 hours

- 90-minute Herbal Stone Compress Massage
- 60-minute Manicure & Pedicure
- 60-minute DNA Facial
- 30-minute Instant Energy Lift
- Access to Long Pool, Steam & Sauna
- Wellness Lunch

THE ENERGY RECHARGE

3.5 hours

- 30-minute Skin Specific Body Polish
- 90-minute Performance Recovery Massage
- 90-minute Oxygen Glow Facial
- Access to Long Pool, Steam & Sauna
- Wellness Lunch

THE MINDFUL RESET

3 hours

- 45-minute Rhythm of the Sea Yoga or Sensory Connection
- 75-minute Rest & Reflection Massage
- 30-minute Private Hydro & Steam Bath
- 30-minute Sensory Scalp Treatment or Face Contouring Mastery
- Wellness Lunch

NAIL CARE

MANICURE 60 min

PEDICURE 60 min

30-MINUTE ADDITIONS

SENSORY SCALP TREATMENT

Performed with organic argan oil, expert tools, and a scalp massage, it stimulates circulation and promotes healthy hair growth.

SKIN-SPECIFIC BODY POLISH

Inquire about our seasonal body polishes, exfoliating and renewing your skin for a smooth, radiant finish.

FOCUSED TENSION RELEASE

Targets specific areas of tension, using precise techniques to relieve discomfort. The treatment can be tailored to focus on areas of your choice, depending on individual needs.

FACE CONTOURING MASTERY

A double cleanse and cold sculpting techniques to define facial features, naturally enhancing contours for a refreshed and redefined look.

INSTANT ENERGY LIFT

A result-driven device that lifts, tones, and contours the skin, providing noticeable enhancements for a sculpted appearance.

PRIVATE HYDRO & STEAM BATH

Perfect for enhancing any treatment, the private hydro and steam bath eases tense muscles and provides therapeutic benefits.

ENHANCEMENTS

HEATED STONES

FACIAL CRYO GLOBES

COLLAGEN FACE | LIP | EYE MASKS



