



GUERLAIN

SPA

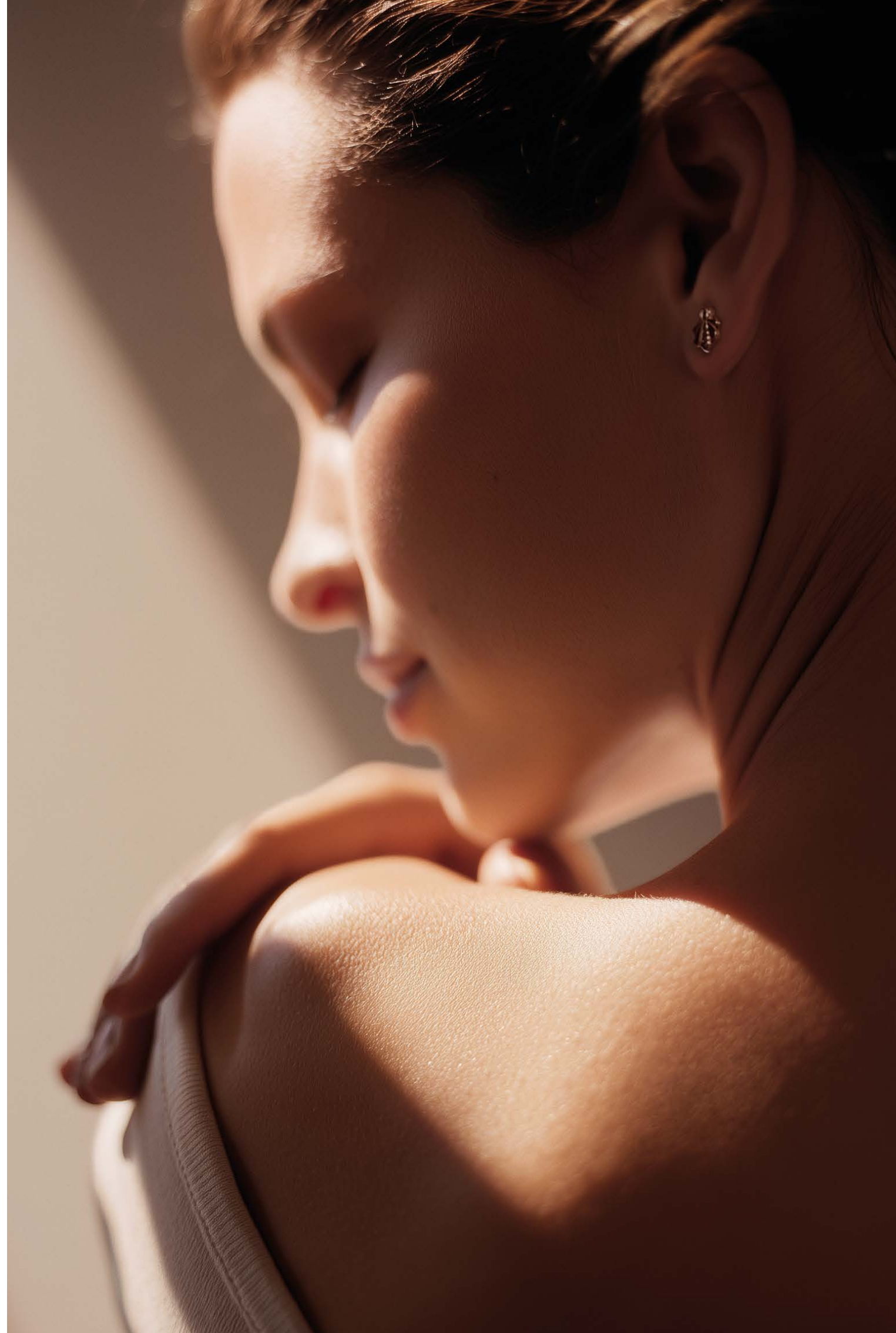


ST REGIS
AL MOUJ • MUSCAT

GUERLAIN
PARIS

AT GUERLAIN, WELLNESS IS AN ART

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THE ART OF WELLNESS AND LONGEVITY

Guerlain redefines the boundaries of well-being through a holistic philosophy that intimately intertwines beauty, preventive health, and longevity. Each treatment becomes a step in a personalized journey that nurtures the body, restores emotional balance, and supports long-term vitality. Our thoughtfully curated retreats and programs are built around the four foundational pillars of Guerlain wellness: Nutrition, Movement, Sleep, Mindfulness. Guerlain's expertise, exclusive aesthetic innovations, and the world's most advanced wellness technologies combine to bring this transformative vision to life.

KNOW-HOW & DARING

Guerlain's bold vision of wellness began in 1850, when the founder of the Maison created one of the first thermal well-being centers in northern France, in Le Crottoy. This pioneering initiative began a holistic approach to beauty and care. Since the opening of its first Institute in 1939, Guerlain has continuously pushed the limits of excellence, blending audacity with precision. Each Guerlain Wellness Expert is trained in Maison's renowned protocols, mastering the gestures that have shaped the heritage of French spa artistry. Whether through our iconic facial treatments like Imperial Face Sculpt or full-body rituals that evolve with the client's needs, every treatment is a masterpiece of personalization, delivered with finesse and intuition.

THE PRODIGIOUS CHEMISTRY OF NATURE

The natural world lies at the heart of Guerlain skincare, embodied by two of its most extraordinary wonders: the orchid and the bee. Drawing from the orchid's exceptional longevity and the bee's remarkable regenerative power, Guerlain has developed a singular expertise that unites nature with innovation. Through decades of devoted research, the Maison has distilled the essence of these natural treasures, transforming their innate powers into potent rituals that regenerate, repair, and illuminate the skin. These powers are brought to life through immersive, multi-sensory experiences within the serene sanctuary of our Guerlain spa.

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Please visit www.guerlain.com for service pricing and to book your Guerlain Wellness Spa experience.





AT GUERLAIN, WELLNESS IS AN ART

GUERLAIN SPA, AT THE ST. REGIS AL MOUJ MUSCAT RESORT

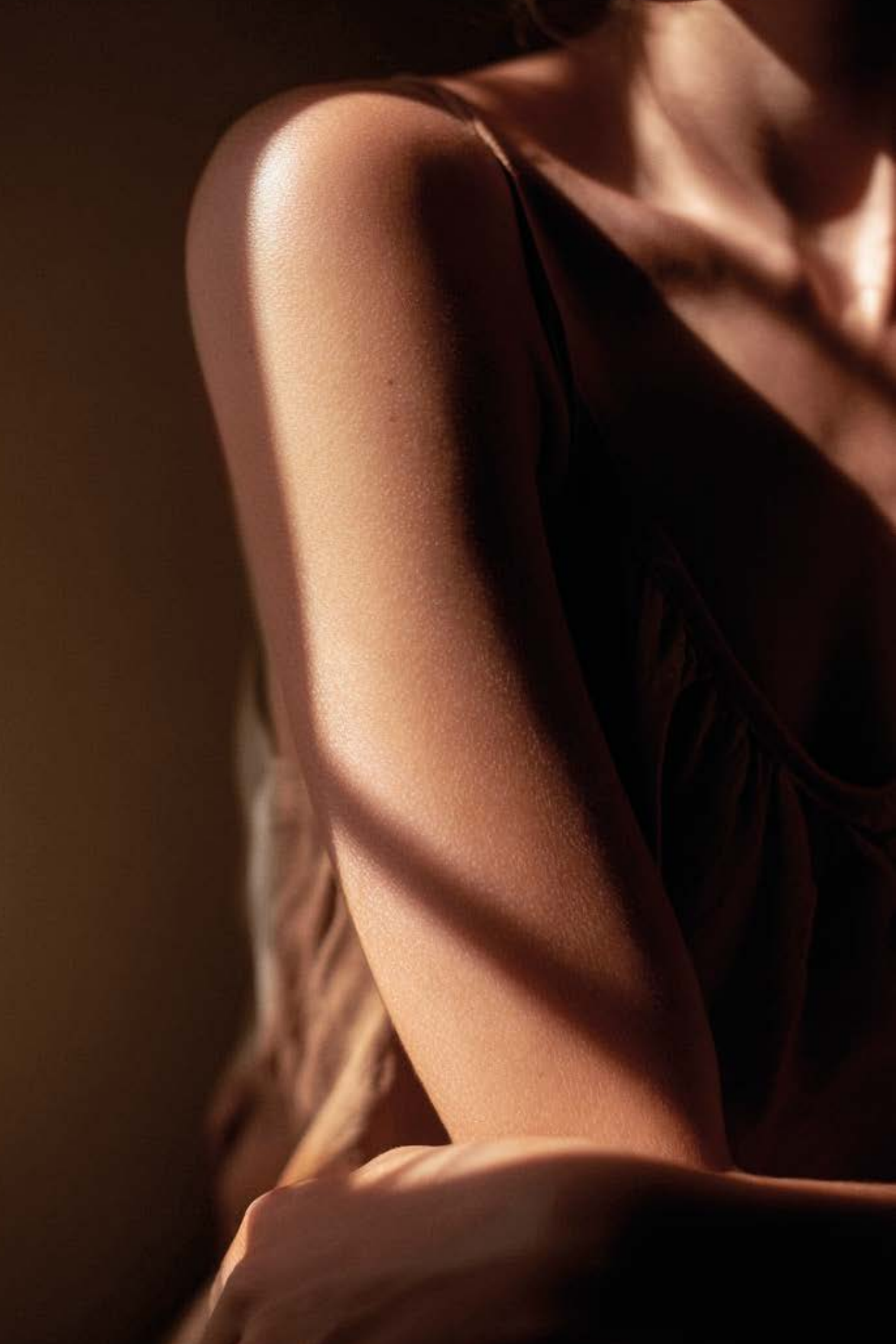
Nestled within The St. Regis Al Mouj Muscat in Oman, where indulgence and serenity intertwine, Guerlain Spa beckons you to embark on a wellness escape. With 11 treatment rooms, including two couple suites, immerse yourself in a sanctuary of privacy and bliss. The wet facilities cater to both gentlemen and ladies, boasting steam rooms and saunas to envelop the senses in soothing rejuvenation.

A dedicated relaxation haven invites tranquility, while the spa presents Guerlain's makeup, perfumes, and skincare collections, alongside a captivating scent bar for sensory exploration. Exclusively crafted for The St. Regis Al Mouj Muscat Resort, Guerlain unveils a bespoke wellness menu inspired by Omani philosophy and spirits, promising a journey of unparalleled immersion.

At Guerlain Spa, every moment unfolds as an unforgettable experience, crafted to envelop you in pure moment of relaxation.



EXCLUSIVE
TREATMENTS



EXCLUSIVE TREATMENTS

DESERT ENERGY

1 HR 30

Inspired by ancient oriental rituals, this immersive experience replicates the healing benefits of a warm quartz table for deep relaxation. Through friction and criss-cross techniques that target ligaments and tendons, flexibility and serenity are restored, leaving you feeling refreshed, rejuvenated and peaceful.

LUMIÈRE OMAN

1 HR 30

Inspired by the coastal light and serene elegance of Muscat, LUMIÈRE OMAN is an exclusive Guerlain facial that blends luxury, science, and sensory refinement. Rooted in Guerlain's advanced skincare expertise, it delivers a luxurious experience that is both results-driven and sensorially exquisite.

LEGEND OF INCENSE

1 HR 30

Guerlain invites you to embark on a journey of the senses, infused with the oriental fragrance of Oud Nude. Immerse yourself in a multisensory facial and body experience here the gentle brush dance meets expert gesture to release tensions. A legendary voyage into the heart of sensorial bliss and ultimate relaxation.



TAILOR-MADE
FACIALS



TAILOR-MADE FACIALS

TAILOR-MADE TREATMENT 1 HR • 1 HR 30 • 2 HRS

A tailor-made facial treatment designed just for you. After a thorough skin diagnosis, our Wellness expert formulates a personalized selection of products to address your specific facial needs. This treatment offers limitless customization, whether purifying, hydrating, re-densifying, or regenerating.

IMPERIAL FACE SCULPT 1 HR

Combining a precise facial and morphological analysis with expert massage techniques, this advanced sculpting treatment restores firmness, radiance, and youthful vitality to your skin. Through deep muscular work, it redefines facial contours, lifts cheekbones, opens the eyes, and smooths fine lines and wrinkles: a powerful touch, expertly delivered, for a flawless lifting effect.

ROYAL HONEY REPAIR & RENEW 1 HR 30

This facial treatment, infused with the healing properties of honey, is an indulgent and restorative escape that envelops the skin in soothing comfort. A harmonious fusion of pressure point massage and warm herbal compresses reawakens cellular renewal and calms the mind. Skin is left luminous and revitalized, glowing with youthful radiance.

ORCHIDÉE IMPÉRIALE AGE REVERSE

YOUTH OF ULTIMATE TALISMAN 1 HR • 1 HR 30 • PROGRAM OF 4 OR 8 SESSIONS

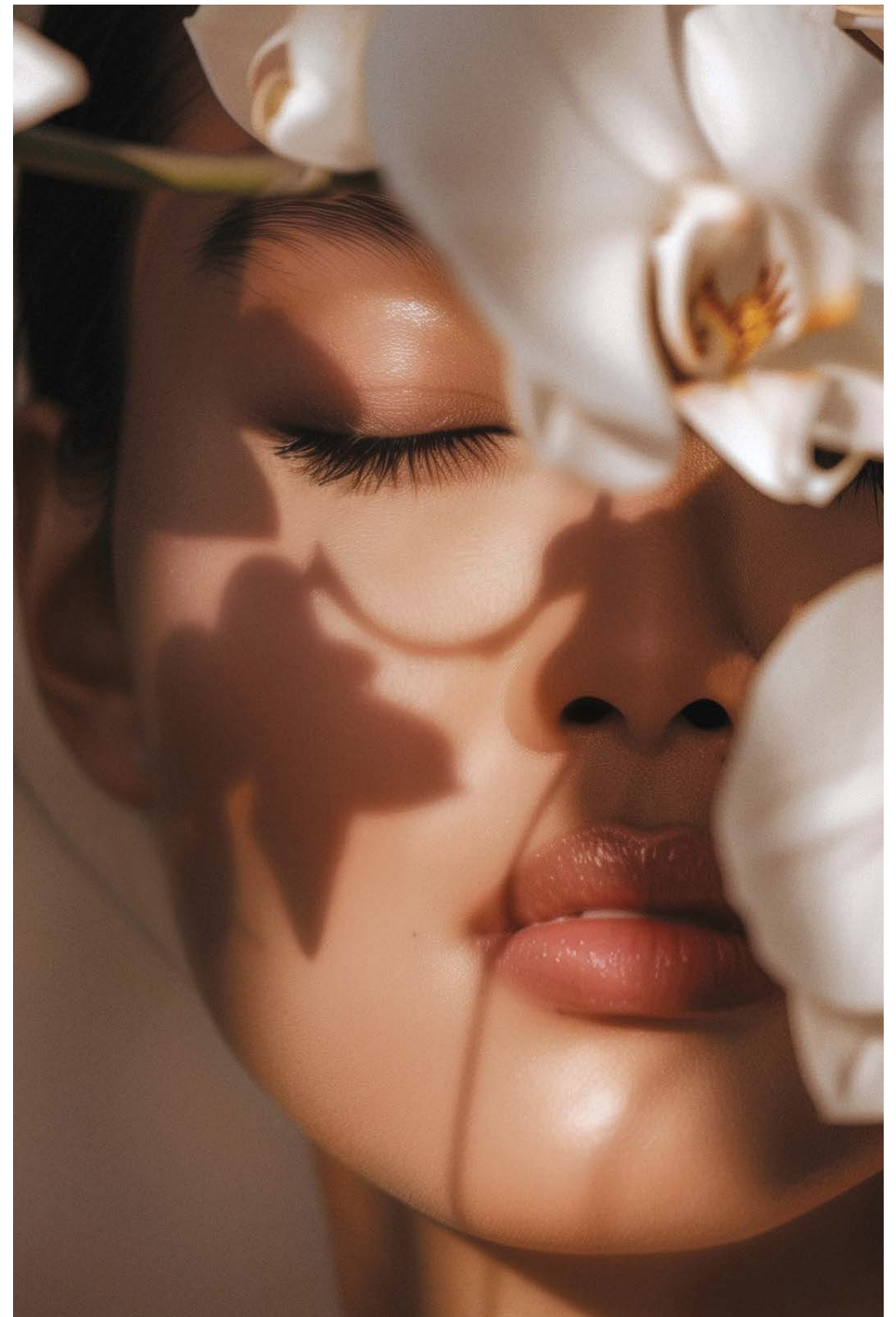
The masterpiece of Guerlain skincare, refinement in its purest form, where the symbiosis of expert gestures and the power of the Black Orchid supports the skin in its self-preservation mechanisms. The ultimate talisman for preserved youth and skin radiant with vitality.

GOLDEN AURA 1 HR 30 • PROGRAM OF 4 OR 8 SESSIONS

Harnessing the extraordinary power of the Gold Nobile Orchid, native to the Himalayan region, this anti-aging facial restores luminosity and youthful vitality to the skin. It blends the precision of digit pressure with the time-honored art of gua sha to sculpt facial contours, boost oxygenation, and revitalize at the cellular level. Expert lymphatic techniques yield visible results, including lifted features, a flawless and radiant glow, and a luminous, youthful aura.

IMPERIAL LONGEVITY 1 HR 30 • PROGRAM OF 4 OR 8 SESSIONS

Drawing inspiration from the orchid's remarkable longevity, Guerlain has created its most exceptional and complete anti-aging treatment, an extraordinary ritual with intense regenerating and re-densifying powers. While regaining its ideal texture and radiance, the skin feels irresistibly soft, velvety, and sublimely beautiful to the eye and touch.





MASSAGE &
BODY THERAPY



RELAXATION & ENERGY MESSAGES

DEEP MUSCULAR MASSAGE

1 HR • 1 HR 30

Experience an intensive massage that restores the body's natural flexibility through deep tissue techniques, targeted pressure, and revitalizing stretches. It releases deep-seated tension, improves circulation, and leaves you feeling profoundly recharged and renewed.

IMPERIAL RELAXING MASSAGE

1 HR • 1 HR 30

Inspired by the timeless elegance of Eau de Cologne Impériale, this signature Guerlain massage awakens the senses and renews the body. Expertly designed to stimulate circulation and enhance oxygenation, it delivers a deeply soothing experience that melts away tension and instills a sense of irresistible relaxation.

MOTHERS MASSAGE

1 HR

This soothing massage combines comfort and deep relaxation for expecting mothers. A gentle massage to improve skin elasticity and stimulate circulation, ideal for after the first trimester or in early motherhood.



HAMMAM
SANCTUARY



HAMMAM SANCTUARY

PURIFICATION HAMMAM 1 HR

A traditional purification ceremony featuring a blend of Oriental fragrances and Arabian scents. Woody essences combined with sandalwood take you on a sensorial cleansing ritual.

Black soap and kessa exfoliation are performed with purifying neroli rhassoul clay. The hair is cleansed with argan and green tea, while orange blossom floral water rinses the body. Finally, organic sweet orange oil is applied to nourish the body.

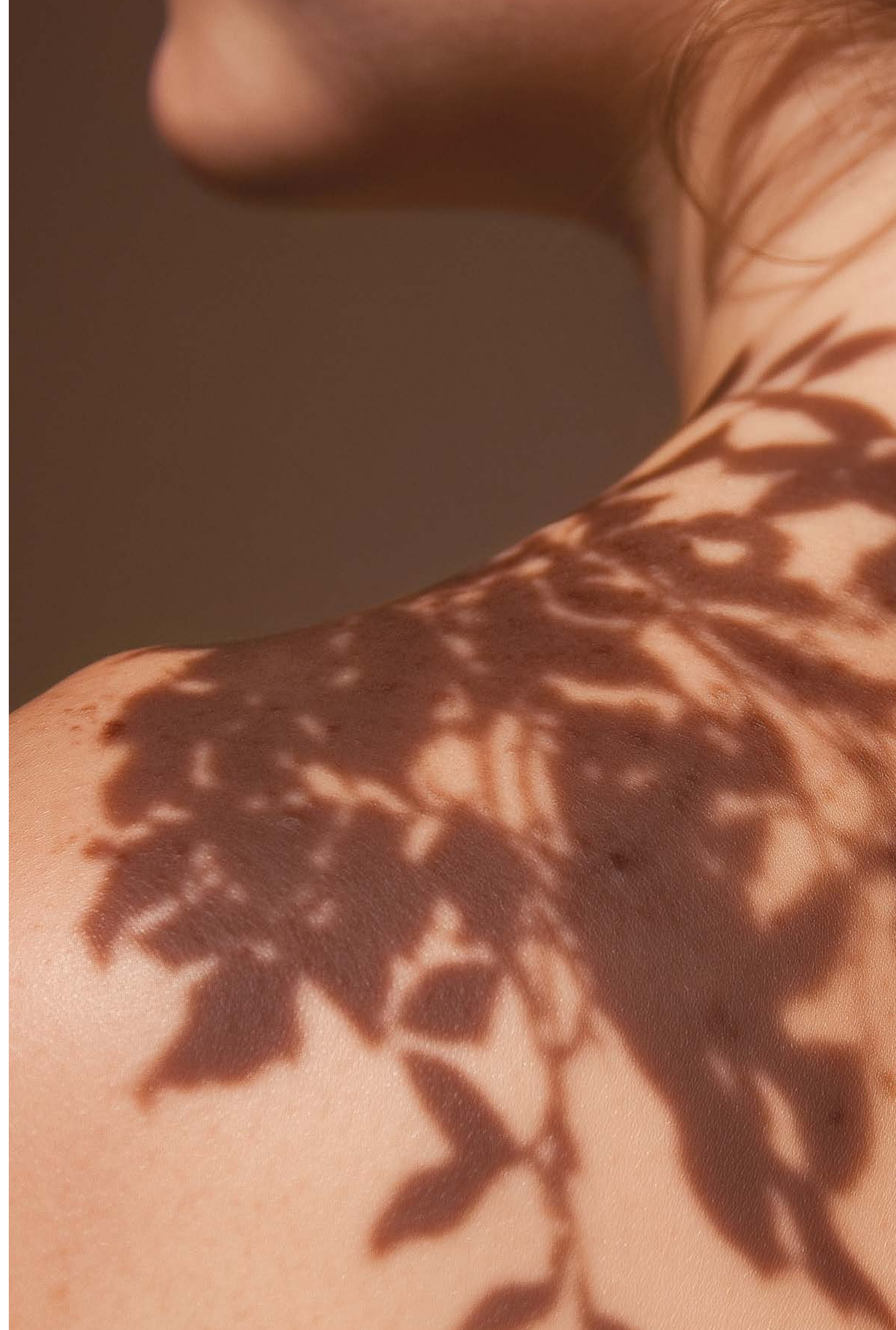
CRYO-FRESH HAMMAM 1 HR 30

A refreshing, cooling Hammam experience designed for the summer months. Purifying Hammam ritual followed by cryo-cooling elements to reduce heat, calm inflammation, boost circulation, and deeply hydrate the skin.

BERBER HAMMAM 1 HR 30

A homage to holistic Moroccan apothecary, embellished with fresh fragrances and natural textures appealing to all the senses and conveying the very essence of Morocco's heritage.

Begin with our luxurious black soap & eucalyptus kessa exfoliation to deeply purify the skin. Delight in a soothing embrace of delicate honey nourishment, leaving your skin irresistibly soft and supple. Next, experience the renewing benefits of a rose-infused verbena rhassoul application, accompanied by our luxurious argan ultimate hair cleansing ritual. Conclude your journey with a refreshing argan facial exfoliation, complemented by a rejuvenating mask. Complete your spa experience with a fragrant spritz and a gentle application of organic oils, leaving you feeling refreshed, renewed and utterly pampered.



SCULPT & PAMPER TREATMENTS

IMPERIAL BODY SCULPT

1 HR • 1 HR 30

Powerful and instantly transformative, this slimming treatment sculpts the body, diminishes cellulite, and detoxifies through expert drainage and deep kneading techniques. These intense, targeted motions stimulate metabolism and promote lasting results, naturally reshaping the silhouette with smoother, more harmonious curves. Experience a refined contour and renewed vitality that radiates confidence.

INTENSIVE BODY THERAPY

2 HRS

This treatment is a full-body ritual of renewal. It begins with a refined exfoliation to smooth the skin, followed by a nourishing wrap that comforts the body. A personalized massage melts away tension, reawakening the senses. This exquisite experience leaves the skin radiant and the body sublimely revitalized.

BODY POLISH

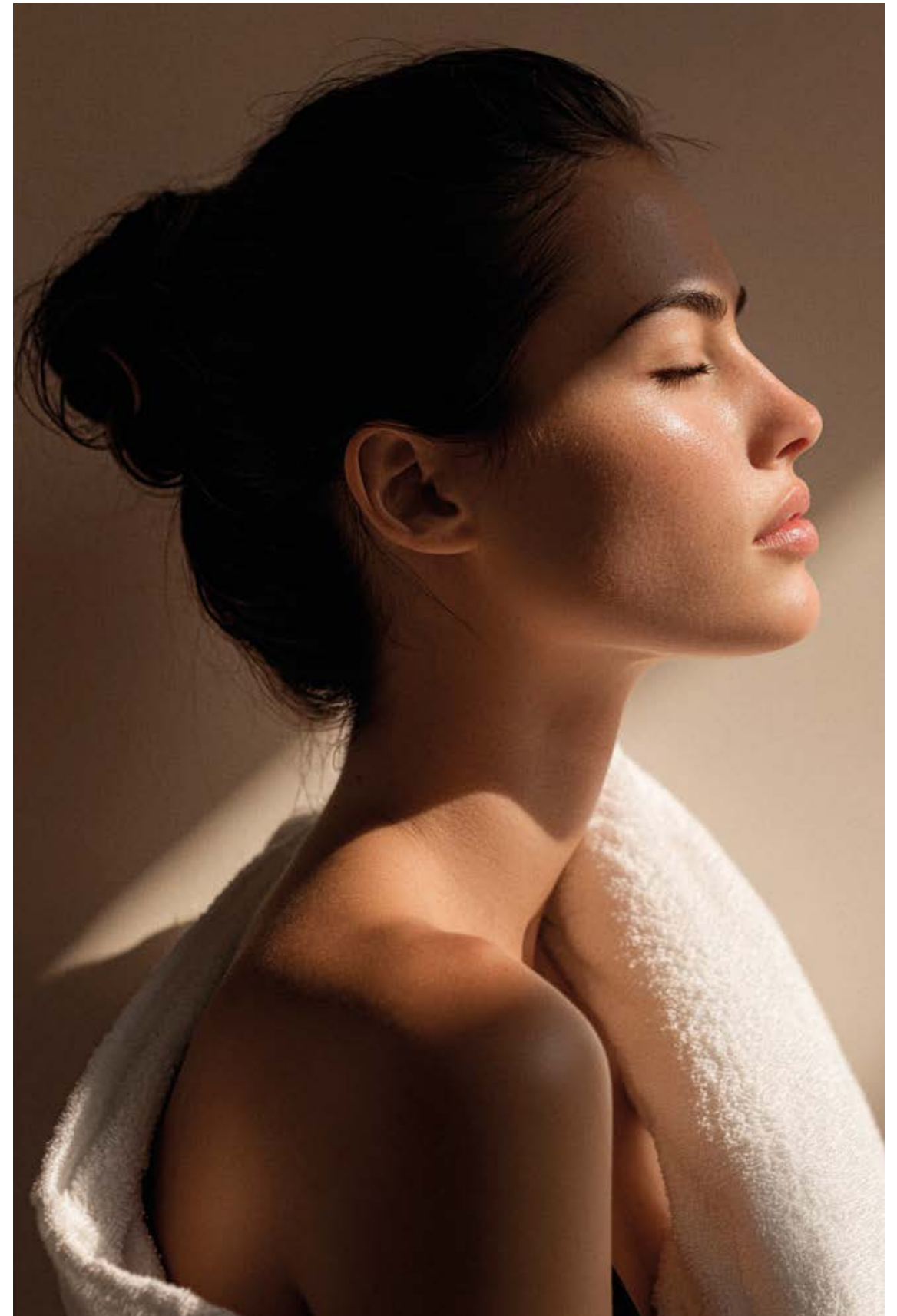
1 HR

Experience the ultimate ritual of renewal as you exfoliate the skin to reveal a flawlessly smooth, radiant glow. This indulgent polish refines the skin's texture, making it soft and silky. Envelop yourself in a sensorial journey that refreshes the body and uplifts the spirit.

ADDICTIVES RITUALS

30 MIN • 1 HR

Enhance your treatments with a selection of one our exclusive additives.





TREATMENTS FOR MEN

SKIN SAVER FACIAL 90 MIN

This treatment includes a scrub, exclusive face massage, mask and eye contour treatment to restore radiance and comfort to the face.

ENERGIZING FACIAL 1 HR

The skin regains all its freshness and purity thanks to a scrub, massage, mask, and eye contour adapted to each skin type.

MUSCULAR ENERGY 1 HR • 1 HR 30

This aesthetic massage stretches the muscles, leaving them suppler, and also works on blood circulation to balance the body and mind.

All the other treatments in our brochure are suitable and available for men.



PRECIOUS
ESCAPES



PRECIOUS ESCAPES

SCULPT YOUR FACE & BODY 2 HRS 30

Imperial Face Sculpt (1 HR)
Imperial Body Sculpt (1 HR)
Focus Rituals (30 MIN)

MUSCAT MYSTIQUE 3 HRS 30

Purification Hammam (1 HR)
Imperial Relaxing Massage (1 HR)
Lumière Oman (1 HR 30)

SHINE WITH BEAUTY 3 HRS 30

Tailor-made Treatment (1 HR 30)
Body Polish (1 HR)
Imperial Relaxing Massage (1 HR)

BOOST YOUR ENERGY 3 HRS

Imperial Relaxing Massage (1 HR 30)
Royal Honey Repair & Renew Treatment (1 HR 30)

KIDS EXPERIENCES

SWEET SECRETS OF THE BEE 30 MIN

A symbol of Guerlain, the bee invites children to explore its kingdom. Enjoy pleasant massages for the scalp and the hands. A discovery of the benefits of honey and its role in nature, the Sweet Secrets of the Bee treatment promises gentle pampering and an indulgent, fun experience.

MY FIRST GUERLAIN MOMENT 30 MIN

Be as beautiful as Mum: experiment with colours, put on pretty make-up and learn about the Guerlain Art of Parfum ... the perfect opportunity to play princess in front of the mirror.

FAMILY TOGETHERNESS 30 MIN

Share a special experience with mum or dad, or between brothers and sisters. Choose your massage like a grown-up and enjoy it as a family. Moments and memories to treasure!

INITIATION TO RELAXATION 30 MIN

The ideal wellness workshop to gently introduce kids to relaxation. A playful approach to explore breathing techniques, balance and emotions management to become a real mini yogi.





GUERLAIN FEATURING ITS EXCEPTIONAL PRODUCTS COLLECTIONS AT



ST REGIS
AL MOUJ • MUSCAT

A selection of Guerlain products is available for purchase at the Guerlain Spa boutique. Indulge in Guerlain's realm of exceptional fragrances, the sensuality of their luxurious textures and let yourself be seduced by the extraordinary range of cosmetics available at St. Regis Muscat, Oman.

EXCLUSIVE COLLECTIONS

Lovers of beauty will appreciate Guerlain's timeless and elegant fragrances. Each with its own individual character and exquisitely designed bottle, where the precious materials and absolute refinement of the Exclusive Collections encapsulate Guerlain's spirit.

THE MAGIC OF MAKE-UP

Shimmering powders and extraordinary lipsticks...an exclusive selection for Muscat has been chosen from the Guerlain collection for an illuminating effect.

THE ART OF SKINCARE

Guerlain's research has always focused on the quest for perfect skin by creating outstanding skincare products that blend active, natural and rare ingredients. Like precious jewels, every beautifully crafted jar encases an efficient and refined product that has been carefully formulated and delicately perfumed, to ensure each use is a truly sensory experience.

GUERLAIN SPA GIFT CERTIFICATE

Give the treasured gift of Guerlain – an experience as luxurious as it is unforgettable. Select from our wide array of spa treatments and Guerlain products.





TERMS AND CONDITIONS

YOUR TAILOR-MADE SPA

Transform a Guerlain Spa into your own exclusive setting for an afternoon of treatments with friends, or any other specific request. We are here to make your dreams come true. Don't hesitate to contact us for a customized offer.

GUERLAIN BEAUTY BREAKS

Treat someone special to an unforgettable and luxurious experience with Guerlain Spa Beauty Breaks. Choose your gift from a wide selection of treatments and products by Guerlain.

TREATMENT DURATION

For efficient planning, the duration times listed correspond to the treatment time inside the Spa. To make the most of your experience, we suggest you arrive 10 minutes before your scheduled appointment time.

GUERLAIN AESTHETIC MASSAGE

The massages we offer are for beauty and aesthetic purposes. If you are looking for therapeutic massages, we recommend consulting a physician for advice.

SPECIAL CONSIDERATION

Guests with high blood pressure, heart conditions, other medical complications, or who are pregnant are advised to consult their doctors before signing up for any spa services. Kindly inform your Spa therapist of any existing medical conditions.

A TRANQUIL SETTING

Our Spa is a place to relax and unwind, so we kindly ask you to turn off your mobile telephones in order to make the most of your experience and preserve the peaceful environment for other visitors.

PEACE OF MIND

In order for you to experience your Spa visit with complete peace of mind, your serenity is our priority. Within our luxurious changing rooms, a guest locker secured with a personal code of your choice is available for your convenience. For your comfort, we kindly recommend leaving jewelry at home. While every care is taken, the Spa cannot accept responsibility for personal valuables.

RESERVATION AND CANCELLATION POLICY

In order to secure the most suitable schedule for you, we recommend that you anticipate your treatments by reserving an appointment. Should you need to cancel or reschedule your appointment, as a courtesy we ask that you provide 24 hours' notice to avoid incurring the full therapy fee or voiding gift certificates. Cancellations made less than 24 hours will incur a charge of 100% of the treatment price. The minimum age of 18 is required to access the Spa or to have a treatment. Spa facials can be received at the age of 16 and above. For kids' experiences, the presence of a parent or guardian is required.

LATE ARRIVAL

Late arrivals may result in lost treatment time unless our schedule enables us to offer you the full service.

GUERLAIN SPA

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GUERLAIN
SPA