

A night-time photograph of a resort pool area. The pool is illuminated with blue lights, and the surrounding area is lit up with warm lights. There are palm trees and other tropical plants. In the background, there is a bar area with a thatched roof and some lounge chairs. The sky is a deep blue, suggesting dusk or dawn.

*Al Nahda*  
Resort & Spa  
...Indulge...





EXPERIENCE

*Tranquility*

The resort's location was, historically, a mango orchard. The original trees still remain providing the natural setting and extensive greenery across its thirty acres.

Nestled in an oasis of gardens, enclosed by sprawling greens and clusters of mango trees, feel the freshness of the breeze and lose yourself to the crystal clear pools and streams. Al Nahda Resort & Spa provides the ultimate in tranquility and relaxation and is located under an hour's drive from Muscat city centre.



EXPERIENCE

*Relaxation*

Al Nahda Resort & Spa is a paradise waiting to be rediscovered. Lose yourself in a sense of bliss as you arrive. Unwind and relax as you enter your extra large room, bungalow or villa; open the window and listen to the awe-inspiring sounds of rare species of birds - all to make your stay unique, time after time.







## EXPERIENCE

*Delight*

Our two restaurants and two bars provide a range of culinary delights and exotic drinking options, along with theme evenings, to satiate all your senses.

Our six meeting venues are suited to all your events from small intimate meetings to large social events.

We make it memorable for you and your guests.

EXPERIENCE

*Harmony*

Rejuvenate your mind, body and spirit with the magical touch of various spa treatments at URU Spa. With over 60 treatments on offer and a blend of traditional and new therapies, it's sure to bring about the perfect harmony between all three.

Our 22 treatment rooms provide the perfect settings for relaxing and enjoying your chosen treatment, all in the hands of our European-trained therapists.









Decorative  
Ornate  
Traditional  
Fashion & Accessories  
Home & Lifestyle

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A vertical strip on the left side of the page shows a spa treatment room with a sink, a mirror, and a shower area. The room is brightly lit with a recessed ceiling light.

## EXPERIENCE | *Peace*

Our unique Spa programme is custom-made for each guest, where our Wellness Consultants 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.

Come, relax and regenerate, detox or just get pampered.





## EXPERIENCE | *Energy*

Our floodlit tennis courts, sand volleyball court, golf facilities and state-of-the-art gym with Life Fitness equipment provide all the resources needed to keep you active. Our on-site fitness professionals are on hand to assist and advise you on the best ways to achieve your fitness goals. In addition, an exercise room offers a variety of classes for everyone.







## EXPERIENCE | *Bliss*

After your workout, relax in our large swimming pool and spa baths. Let the kids enjoy our dedicated children's play area while you indulge yourself in our spa facilities, or simply relax in your room.



# FACTSHEET

30 acres of natural gardens

## **109 Rooms**

60 Executive Suites

41 Premium Suites

8 Suite Royale

## **2 Restaurants**

Khalab – A la Carte

Nozha – Open air, wood burning oven and charcoal- based cooking

## **2 Bars**

Waha Bar

Pool Bar

## **6 Meeting Venues**

Capacities ranging from a small formal meeting up to a cocktail for 3,000 people under the stars.

## **Spa**

22 treatment rooms

Star treatments: Ayurveda, VEGA Check, Body Wraps, Masks, Body Shaping

And so much more!

# HOW TO REACH US

## *By air:*

Muscat International Airport is served by many airlines from around the world.

## *By car:*

Situated in Barka, it is a 30 minute drive from Muscat International Airport and a four hour drive from Dubai.



[www.alnahdaresort.com](http://www.alnahdaresort.com)

*Al Nahda*  
Resort & Spa  
...Indulge...

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*Preferred*  
BOUTIQUE 