



Hareer Spa
by L'OCCITANE

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Hareer, the Arabic word for silk, was first brought to Oman's shores thousands of years ago by Chinese merchants who traded it for local Frankincense.

Desired by all for its sensual softness, and the way it carefully caresses the skin, today this sensation is our inspiration.

At Hareer Spa, by L'OCCITANE, we have recreated this sensation by crafting and combining hundreds of essential oils and natural ingredients from the L'OCCITANE grand herbarium.

Our boutique treatment rooms have luxurious silk-touch furniture, complemented by lavender tones inspired by Provence, in France, where L'OCCITANE was born.

In addition to established European treatments, we also offer a unique Omani Honey Experience, offering smoothing and anti-ageing benefits by utilising the natural healing power of honey produced by native Omani bees found only in the remote peaks of the Hajar mountain range.

Hareer Spa by L'OCCITANE, will provide you with a genuine feeling of well-being and a deliciously appealing sensory delight designed to linger.



Facials

ANTI-AGING

IMMORTELLE SECRET OF YOUTH 25 / 60 minutes

From the L'OCCITANE plantations in Corsica comes a treatment rich in organic immortelle essential oil to stimulate cell renewal and collagen synthesis. The technique: a lifting and firming massage combined with acupressure points to improve microcirculation and relieve muscular tensions responsible for fine lines.

DRAINAGE

PEONY SUBLIME BEAUTY 25 / 60 minutes

To deliver ideal radiance, this sublime facial incorporates skin-perfecting peony patented extract and mineral-based optical correctors to help visibly create a perfect-looking skin. Featuring our signature drainage face massage sequence, it leaves the skin smoother, velvety and more radiant, purely glowing with beauty.

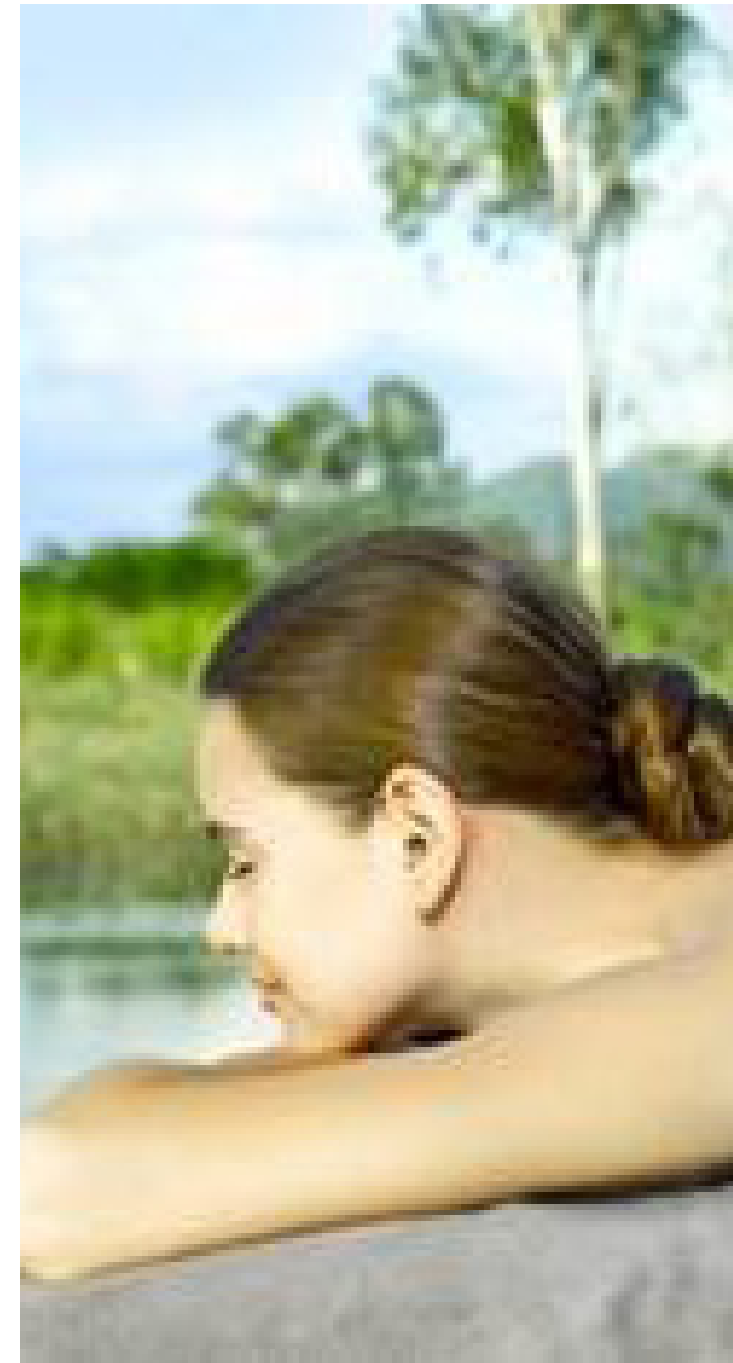
CEDRAT FOR MEN

CEDRAT VIVIFYING SKINCARE 25 / 60 minutes

A targeted treatment for men's skin formulated with organic Corsican cedrat extract. A draining massage helps eliminate toxins and excess sebum, to leave skin purified, invigorated and glowing with health.

SHEA NOURISHING COMFORT 25 / 60 minutes

Produced by the women of Burkina Faso using traditional methods, shea butter repairs, moisturises and restores balance to dry or overworked skin. Massage further heightens these properties and stimulates microcirculation.





Body Massages

AROMACHOLOGIE

RELAXING AROMACHOLOGIE MASSAGE 60 minutes

Swedish effleurage strokes, Chinese acupressure and Balinese massage techniques come together to stimulate circulation and ease tensions. Aromachologie essential oils – lavender, sweet orange, rosemary, bergamot, mandarin – ensure complete relaxation. The body and mind feel truly calm; sleep can come more easily.

REVITALIZING AROMACHOLOGIE MASSAGE 60 minutes

Swedish effleurage strokes, deeper-pressure lomi lomi and Balinese movements are combined with the properties of mint, pine and rosemary essential oils. This massage releases energy from all parts of the body. Feelings of fatigue or weakness simply disappear.

DEEP TISSUE INTENSE RELIEF 60 minutes

This protocol combines Hawaiian lomi lomi massage, acupressure and gentle stretching. A deep-tissue massage and soothing essential oils ease muscular tension, with a focus on the back, shoulders and nape of the neck. Perfect for recuperating after a long journey.

TRADITIONAL THAI MASSAGE 60 minutes

The ancient therapy known as “passive yoga” with deep stretching movement and focuses on pressure points. A loose pajama is provided for you to wear.

Signature Treatments

SHEA NURTURING MASSAGE

90 minutes

A collection of our signature techniques to best target individual needs: Relaxing light strokes ease stress, deep tissue pressures release muscular tension, revitalizing strokes and hot stones boost energy. Combined with the nourishing and repairing properties of shea butter, this unique sequence leaves skin soft and body deeply replenished. Ideal for those who want to get a first taste of the L'OCCITANE Spa experience.

ALMOND DETOXIFYING BALANCE

60 minutes

Inspired by lymphatic drainage, this massage boosts circulation and helps rid the body of toxins. The supple skin oil and its pure essential oils heighten the effects of the massage. Afterwards, your body feels lighter and invigorated.

OMANI HONEY HEAVEN – SIGNATURE TREATMENT

90 minutes

Inspired by the traditional Omani Beekeeper know-how and its precious best kept secret, experience a true moment of well-being with the Omani Honey Heaven treatment. It starts with a delicious softening scrub and is followed by a relaxing massage. Alternating a combination of ancestral massage techniques - Swedish effleurages, Chinese acupressure and Balinese massage techniques - the massage will ease tensions and relieve stress. At the end of the treatment, mind feels truly calm, skin is softened and the body is wrapped in a subtle and delightful fragrance of Omani Honey.





Body Treatments

SHEA NOURISHING SCRUB

45 minutes

Recommended for dry skin. Delicious textures enriched with shea butter, honey extract, apricot oil and finely ground nutshells gently remove dead cells and reveal a smooth, fresh and luminous skin, leaving the body perfectly prepared for a treatment or massage.

ALMOND FIRMING PASTE SCRUB

45 minutes

This body scrub offers a gentle, yet effective body exfoliation as it luxuriously melts into the skin. Using the almond delicious paste that contains almond butter, almond oil infused with crushed almonds shells and sugar crystals, the body is left perfectly smooth and soft, delicately fragranced with the notes of almond.

SHEA ULTRA-RICH MOISTURIZING BODY WRAP

45 minutes

Repairing care for very dry, sun-damaged or overworked skin. The entire body soaks up active ingredients that nourish (shea butter and sunflower oil) and moisturise (honey extracts) skin.

Add-on Treatments

Before, after or during a treatment, discover a few additional pleasures created by the L'OCCITANE Spa for her and for him.

IMMORTELLE YOUTHFUL EYES 25 minutes

To fight fine lines, dark circles and puffiness and give an instant radiance boost. This treatment features a lifting massage and an immortelle formula specifically designed for the eye area. Perfect after a journey, a night of festivities, or even a long, hard week.

SHEA ULTRA-SOFTENING HAND CARE 25 minutes

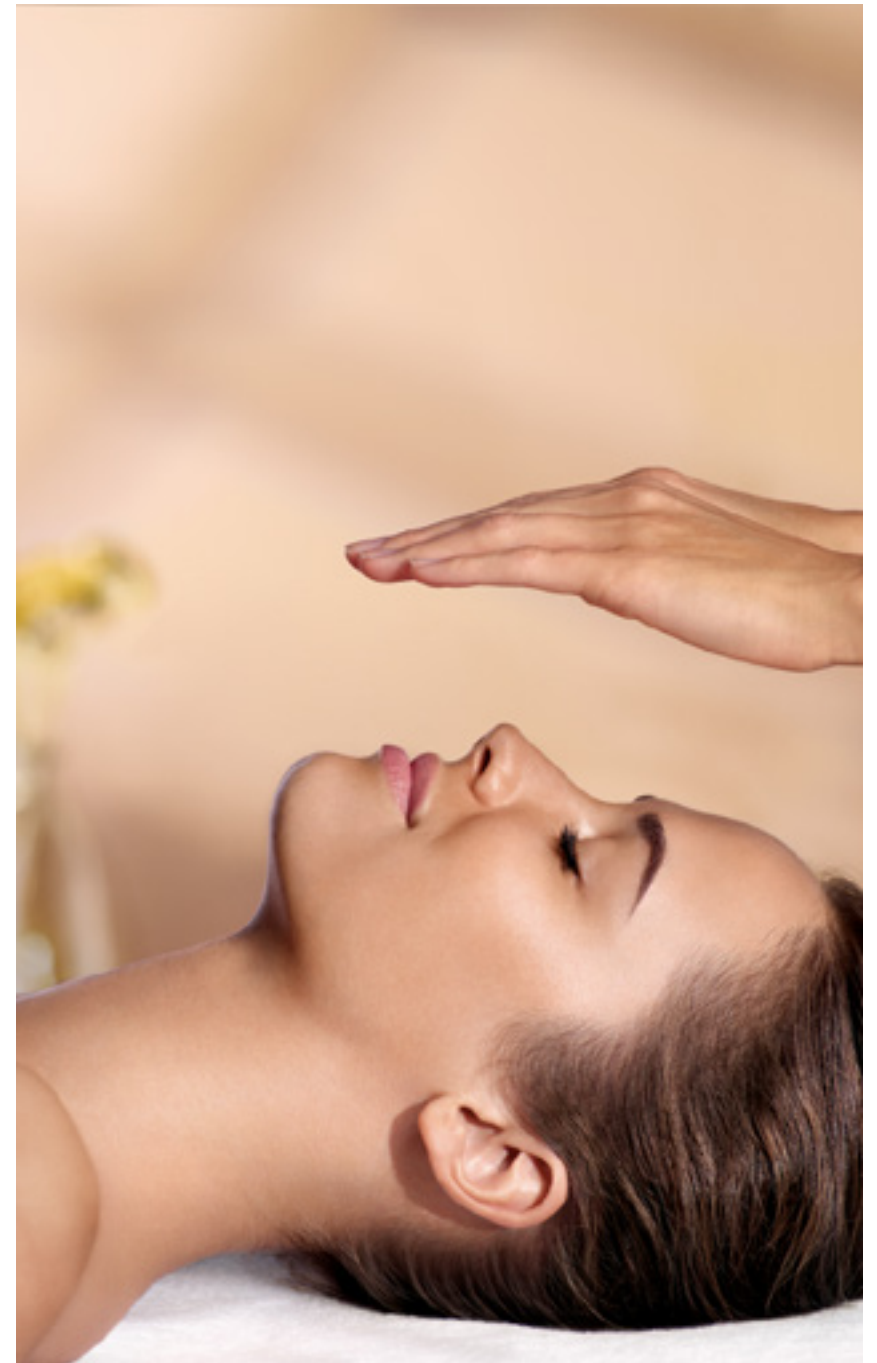
A softening hand mask and massage using pure shea butter. An extra 25 minutes of your time is all it takes for nourished, protected, soft and beautiful hands.

RELAXING AROMACHOLOGIE MASSAGE FOR THE BACK 25 minutes

Specifically targets the back, shoulder and back of the neck to release tensions and stress.

FOOT RELIEF WITH ESSENTIAL OILS 25 minutes

A revitalising foot massage combining smoothing strokes and deep circular movements with a revitalising essential oil blend to unwind, improve blood circulation and release tension.



Treatment Sets

While you take time out in the Mediterranean, offer your mind a relaxing break and your body the benefits of a complete treatment.

JOURNEY TO PROVENCE

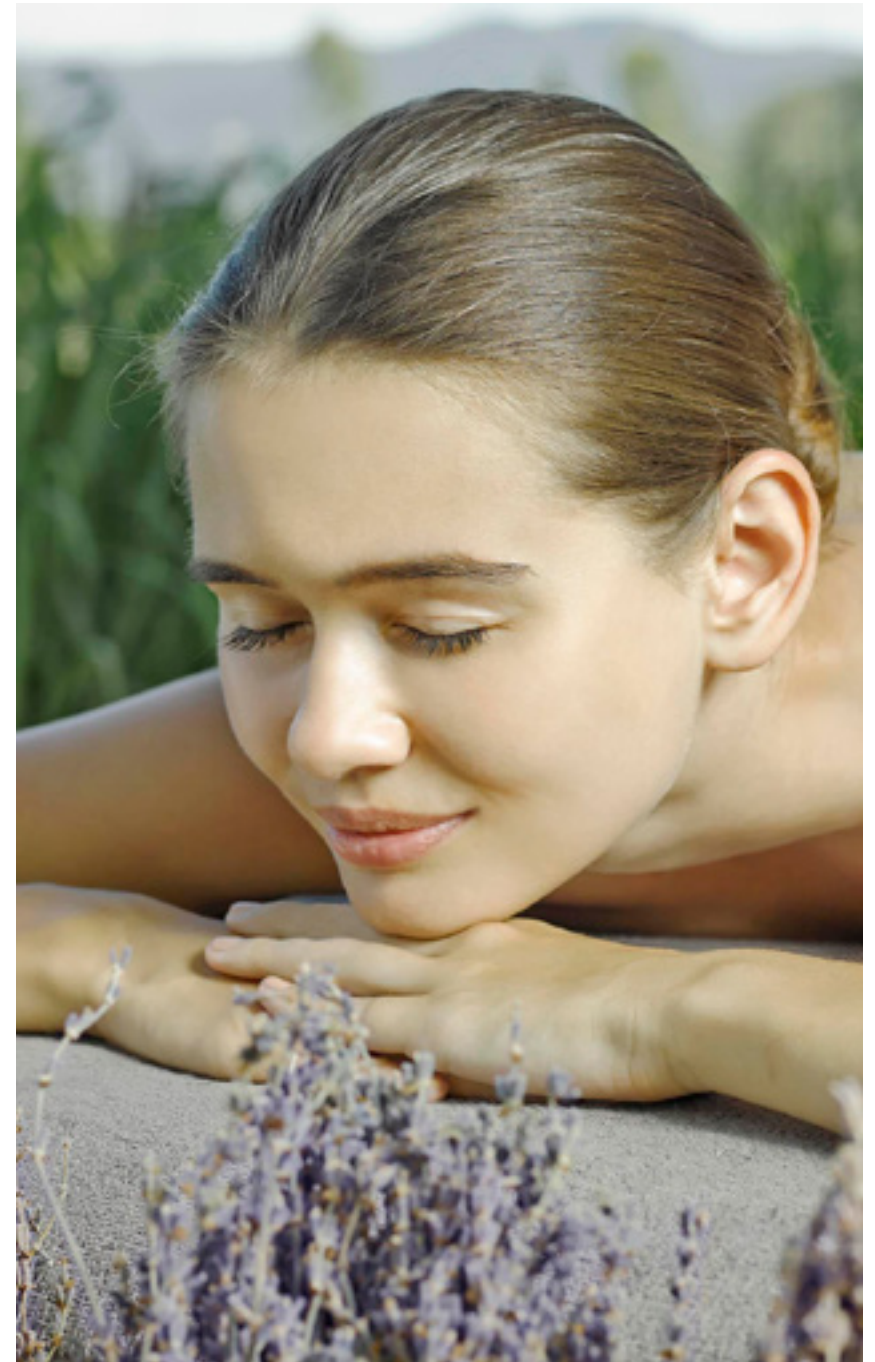
120 minutes

- Selection of any facial treatment / 60 minutes
- Selection of any massage / 60 minutes

MEDITERRANEAN WELL-BEING RETREAT

150 minutes

- Selection of any scrub and wrap / 90 minutes
- Selection of any massage / 60 minutes



How to Spa

RESERVATIONS

Advanced booking prior to intended treatment time is essential. Please call or visit Hareer Spa by L'OCCITANE should you wish to discuss your personalised treatment.

MINIMUM AGE

To maintain a peaceful environment, children under 18 years are not permitted in the spa.

CANCELLATIONS

We request a minimum of 12 hours notice if you are unable to keep your appointment. No-shows or cancelled appointments within 12 hours will incur a 100% cancellation fee.

MOBILE PHONE AND DEVICES

For the comfort of other spa guests, please ensure your electronic devices are switched off upon entry to Hareer Spa by L'OCCITANE.

PRIVACY

Your privacy will be protected at all times. Your therapist will leave you to change in private and throughout the treatment you will be draped with towels, covering all parts of the body not being treated.

VALUABLES

We provide a secure place for your personal items inside the spa suite; however, we do not accept liability for loss or damage. We recommend valuable items be stored inside the safe located in your hotel suite.

PREPARING FOR YOUR TREATMENT

For ladies, no preparation is necessary. For men, we recommend shaving prior to a facial treatment for maximum comfort and benefit to the skin.

ARRIVING ON TIME

To make the most of your spa experience, please arrive at least 15 minutes before your appointment. Upon your arrival at Hareer Spa by L'OCCITANE you will be given a health consultation. Please advise the therapist if you are pregnant or having any health issue.

LATE ARRIVALS

Out of respect for other guests' reservations, Please be aware that we are unable to extend your treatment time in case of late arrivals.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

MINIMUM AGE

To maintain a peaceful environment, children under 18 years are not permitted in the spa.

GIFT CERTIFICATES

Gift certificates for spa services and retail products are available for sale at The Spa reception. To book an appointment, please call or visit Hareer Spa by L'OCCITANE, where we can discuss your priorities and guide you through the menu and recommended experiences.



Hareer *spa*
by L'OCCITANE

Treatments are available from
10.00 am – 9.00 pm.

Last reservations at 8 pm.

For reservations please call:
(+968) 2477 6801

or email:
Hareerspa.Slmh@shangri-la.com



Shangri-La

منتجع وسبا شانغريل الحصن، مسقط

Al Husn Resort & Spa

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