



The Spa of Frankincense

Luban (Frankincense) is a aromatic resin used in incense and perfumes,
as well as for medical purposes.

We expressed these traditions and remedies through a cosmopolitan and
contemporary experience founded on an Omani and Arabian palette.

We offer an environment which is modern and relaxing, combined with a personalised,
warm and welcoming service to each of our guests.

Surrender to the intuitive touch of our experienced and skilled therapists,
within the restorative luxury of Luban to revitalize the body and soothe your senses.



شانغريلا الحصن، مسقط
SHANGRI-LA
AL HUSN
MUSCAT



Luban Signature Massages

Wahiba Golden Sand 60/90 minutes OMR 50/60++

Discover this Luban bespoke massage that brings together the elements of timeless Arabian Oriental massage techniques, combined with therapeutic qualities of the Frankincense essential oil, to strengthen the body’s vital energy.

(Wahiba Sands is a desert regionally located southeast of Muscat. It holds an area of 12500 km²)

Rocks of Al JISSAH 90 minutes OMR 60++

This unique massage uses Frankincense resin mix with essential herbs and organic ingredients, wrapped in a heated Lesu pouch, quickly and firmly tapped onto the body, and then gently pressed and rolled to both tone and soothe stressed, tired, or aching muscles.

(Lesu: Omani ladies cotton scarf)

Foot Therapy 60 minutes OMR 45++

A healing art of ancient origin, a gentle but firm application of pressure onto areas of the feet, releasing blocked energies in the body, to produce a deep and unique feeling of balance and relaxation.

The Heart of the Ocean 90 minutes OMR 60++

Using sandalwood scented candle heated and melted to transform into warm body massage oil, this extremely soothes the senses, rehydrates the skin, awakens and energises the spirit.

The Sun Peak 60/90 minutes OMR 50/60++

A dry massage with gentle pressure on energy lines and yoga-like stretching to relax the whole body on a deeper level, and emotional senses.

(Refers to Jebel Shams, a mountain located in northeastern of Oman (3000 m above the sea level), and Oman’s highest peak (the first place to receive sunrise in Oman and the Arabian Gulf)

Luban-Inspired Massages OMR 25++

30 minutes Soothing Foot Massage

30 minutes Neck and Shoulder Massage

30 minutes Head Massage

All prices are in Omani Rials and subject to 8% service charge, 9% government tax and 5% VAT.
Prices may be subject to change without prior notice.



Body Therapies

Omani Crystal Salt with Sidir Body Polish	60 minutes	OMR 45++	Jebel Ahkdar Rose Wrap	60 minutes	OMR 50++
Eliminates dull complexion and encourages new healthy wrinkle free skin. (Sidir – green herb).			A mixture of pink clay infused with rose and frankincense essential oils applied all over the body for healing purposes. (Jebel Akhdar is the highest mountain range in the Gulf, where this particular “Rosa Damascena” rose flower specie is harvested, from mid-March to mid-May when its essence is at its peak).		
Roses and Love Caress Body Polish	60 minutes	OMR 45++			
A delectable blend of rose and sandalwood essentials oils, highly known for its healing and antiseptic properties.					

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Facials

Maziounas Glow by Elemis (Pro-Collagen Age Defying) 75 minutes OMR 65++

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral.

Targeted massage encourages optimum cellular function for nourished and younger looking skin.

(Maziouna is famous Arabian princess who hails from Dhofar famous for her exquisite beauty and charm).

Elemis Super Food Facial 75 minutes OMR 65++

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave the skin plumper, radiant and for a glowing complexion.

Royal Secret 60 minutes OMR 60++

A natural face lift for a skin detox and resulting in a glowing complexion. Healing crystal stones are gently stroked across the skin to encourage lymphatic flow, increasing circulation, smoothing and lifting the skin.

The Frankincense Trail

The Silk Route Ritual 2 hours 30 minutes OMR 135++

Get royally pampered with our carefully designed package, which is guaranteed to take your breath away.

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|-------------------------------|------------|
| Body Therapies of your choice | 45 minutes |
| Wahiba Golden Sand | 60 minutes |
| Royal Secret Facial | 45 minutes |

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How to Spa

Reservations

Advanced booking prior to intended treatment time is essential. Please call or visit Luban Spa so that we may discuss your priorities and guide you through the menu and recommended experiences.

Minimum Age

To maintain a peaceful environment, children under 18 years old are not permitted at Luban Spa.

Cancellation

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.

What to Wear

Spa robes and slippers are provided in your treatment suite.

Mobile Phone and Devices

For the comfort of other guests at the spa, please ensure your electronic devices are switched off upon entry to Luban Spa.

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.

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.

Punctuality

To make the most of your spa experience, please arrive at least 10 minutes before your appointment. Upon your arrival at Luban Spa, you will be asked to complete a health consultation form. Please advise the therapist if you are pregnant or having any health issues. Please be reminded that we do not provide massage for women in their first trimester.