THE SPA

AT CHEDI MUSCAT

FIND SANCTUARY

For rest, renewal and reconnection.

Welcome to a space where rest becomes a way of reconnecting with yourself and the natural rhythm of your surroundings.

Our wellbeing experiences bring together therapeutic practices and holistic therapies, with a personal touch and expert techniques tailored to how you feel and what you need. Whether you seek deep relaxation, physical recovery or renewed vitality, each experience creates space to pause, reset and reconnect.



A PATH TO WELLBEING

1. Rituals of Origins
2. Body Wellbeing
3. Massages
4. The Skincare Collection
5. Shared Experiences
6. Reset Immersions
7. Additions



RITUALS OF ORIGINS

Drawing from regional traditions, these immersive rituals bring together distinctive ingredients, sensory ceremony and the mastery of restorative touch.

SACRED DESERT CEREMONY

120 min

10–min Foot Ritual | 30–min Body Exfoliation | 50–min Massage | 30–min Facial Ritual

Rooted in the desert's natural heritage, this treatment combines frankincense, sandalwood, dates, figs and alum stone. A cleansing foot ritual, enhanced with a Kansa wand for grounding, leads into a body exfoliation to smooth and refine the skin, followed by a calming massage. A soothing facial treatment completes the experience, inviting calm, clarity and connection.

OUD ALCHEMY

120 min

30–min Argan & Oud Scrub | 75–min Full–Body Massage | 15–min Oud Scalp Ritual

Rich oud envelops the senses, beginning with an argan and oud sugar scrub to smooth and soften the skin, followed by a full-body massage. A nourishing oud cream treatment for the hands and feet, soothing scalp massage and aromatic smoke complete the journey.

ROYAL RHASSOUL RITUAL

120 min

45–min Steam & Cleanse | 30–min Rhassoul Mud & Facial Ritual | 45–min Argan & Shea Massage

Inspired by the hammam tradition, aromatic steam and eucalyptus black soap prepare the skin for Kesse exfoliation. Mineral-rich Rhassoul mud follows to purify and soften, while a facial and hair treatment complete the cleanse. A nourishing argan oil and shea butter massage completes this deeply relaxing full-body treatment.



BODY WELLBEING

INTENSIVE REST

90 min

60–min White Quartz Body Massage | 30–min HydroPeptide Moisture Infusion Facial

Warm White Quartz and focused bodywork release muscular tension and support circulation, followed by a HydroPeptide Moisture Infusion Facial to replenish hydration and enhance skin radiance. Ideal for easing fatigue and the effects of travel, leaving the body relaxed and skin hydrated and luminous.

SENSORY REBALANCE

90 min

10–min Dry Body Brush | 60–min Tool–Assisted Massage | 20–min Cryo Eye Therapy & Scalp Reflex

A multi-sensory treatment designed to ease screen fatigue and physical tension. Dry brushing prepares the body, followed by a tool-assisted massage focusing on the neck, shoulders and upper body. Cooling cryo eye therapy and scalp reflex activation complete the treatment, helping to relieve eye strain and restore a sense of clarity and balance.

AFTER–SUN REPLENISH

90 min

30–min Body Exfoliation | 30–min Aloe & Ginseng Wrap | 30–min Nourishing Shea Application

Sun-exposed skin finds relief through an antioxidant-rich body exfoliation, followed by an aloe and ginseng wrap for cooling hydration. A nourishing blend of oils and shea butter restores moisture and softness, leaving the skin cool, comforted and soft.

WOODEN BODY SCULPTING

60 min I 90 min

Maderotherapy | Body Refinement

Traditional wooden tools and rhythmic massage techniques are used to shape and define the body's contours through targeted massage. Recommended as a course for enhanced results over time.



MASSAGES

Our massage therapies work with the body's natural rhythm, combining flowing movement and therapeutic techniques to release tension, support mobility and create a deeper sense of wellbeing.

CHEDI EXCLUSIVE

60 min | 90 min

Medium Touch

Drawing from traditional healing practices, this flowing massage combines medium-pressure movements and gentle stretches to release tension and encourage fluid movement. Its rhythmic pace creates a sense of calm and balance.

REST & REFLECTION

60 min | 90 min

Restorative Touch

A deeply calming massage designed to quiet the mind and support restful sleep. Slow, rhythmic movements and a personalised choice of aromatic oils ease physical tension, soothe the senses and encourage a gradual transition into rest.

PERFORMANCE RECOVERY

60 min | 90 min

Deep Touch

Focused massage to release built-up muscular tension and support recovery after physical exertion. Targeted techniques work through areas of tightness to improve mobility and flexibility, helping to relieve muscular fatigue and encourage freer movement.

HERBAL STONE COMPRESS

90 min

Therapeutic Touch

Ideal for moments of physical fatigue, this warming treatment combines heated stones, warm herbal compresses and flowing massage. Aromatic botanicals envelop the senses, creating a feeling of warmth and comfort.

EMBRACING MOTHERHOOD

60 min

Gentle Touch

A gentle massage for motherhood, using flowing techniques and supportive positioning to ease tension and promote comfort. Available from the second trimester.


THE SKINCARE
COLLECTION

HYDROLUXE FACIAL

75 min | 90 min

Oxygenating Skin Activation | Customised Peel & Mask | Power Serum

HydroPeptide's signature oxygenation process helps boost circulation, replenish hydration, and restore radiance to dull, tired skin. The 90-minute treatment includes LED light therapy to support collagen production and promote a more even, healthy-looking complexion.

THE DNA FACIAL

60 min | 90 min

Resurfacing Cleanse | Sculpting Massage | Infrared Light & Heat Therapy – 90 min

The LING DNA Facial combines glycolic and fruit acids to refine the skin, followed by a sculpting massage to define contours and enhance radiance. The 90-minute treatment adds infrared light and heat therapy to support firmness and skin vitality.

TRIPLE RADIANCE PEEL

60 min | 90 min

Multi–layer Exfoliation Process | Hydration & Targeted Serums

The LING Triple Radiance Peel combines a multi-layer exfoliation process with targeted serums to clarify and refine the skin. A light facial massage and customised mask complete the treatment. The 90-minute treatment includes extended exfoliation and finishing techniques for a smoother, brighter complexion.



SHARED EXPERIENCES

Through quiet reflection, meaningful conversation and shared moments, these experiences create space for deeper connection, presence and togetherness.

CONSCIOUS RESTORATION

180 min | For two

75–min Rest & Reflection Massage | 75–min Hydroluxe Facial | 30–min Bath

A quiet journey into stillness, beginning with a Rest & Reflection massage to ease the body and mind. A customised HydroLuxe facial replenishes hydration and radiance, followed by a warm milk bath for a gentle moment of presence and reconnection.

INTENTIONAL FLOW

120 min | For two

90–min Performance Recovery Massage | 30–min Moisture Infusion Facial

Created for those who move with intention, this experience combines a Performance Recovery Massage to release muscular tension and improve mobility, followed by a Moisture Infusion Facial to replenish hydration and revive the complexion. A balanced reset for body and skin.

EMBODIED BALANCE

120 min | For two

30–min Skin–Specific Body Polish | 60–min Chedi Exclusive Massage | 30–min Bath

Share a moment of calm together, beginning with a Skin-Specific Body Polish to smooth and refine the skin, followed by Chedi Exclusive Massage, combining medium-pressure movements with gentle stretches. A warm milk bath completes the treatment.



RESET IMMERSIONS

Blending restorative treatments, nourishing cuisine and moments of wellbeing, these immersions support the body and mind, encouraging a deeper sense of balance.

THE SELF–CARE RESET

4 hours

- 90-minute Herbal Stone Compress Massage
- 60-minute Manicure & Pedicure
- 60-minute The DNA Facial with 30-minute Sculpt & Cool Add-On
- Access to Long Pool, Steam & Sauna
- Wellness Lunch

THE ENERGY RECHARGE

3 hours

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

THE MINDFUL RESET

2 hours

- 90-minute Rest & Reflection Massage
- 30-minute Moisture Infusion Facial
- Access to Long Pool, Steam & Sauna
- Wellness Lunch

ADDITIONS

SCALP THERAPY — 30 min

Rosemary and black seed oils nourish the scalp, followed by focused massage with a Kansa comb to stimulate circulation and leave the scalp refreshed.

MOISTURE INFUSION FACIAL — 30 min

A hydration-focused facial that replenishes moisture and helps maintain the skin's moisture balance.

LED SKIN BOOST — 30 min | 45 min

An advanced LED light treatment using red, blue, and infrared wavelengths selected according to the skin's needs, to support collagen production, improve the appearance of blemishes and calm visible redness.

SKIN–SPECIFIC BODY POLISH — 30 min | 45 min

An exfoliating polish selected according to the skin's needs, leaving the body smooth, soft and refined.

SCULPT & COOL — 30 min | 45 min

Double cleansing followed by Gua Sha, cold sculpting techniques and facial massage to release tension, enhance facial definition and leave the complexion cool, refreshed and defined.

FOCUSED TENSION RELEASE — 30 min | 45 min

Targeted massage techniques focus on areas of tension to ease discomfort and relieve physical tension.

PRIVATE HYDRO & STEAM BATH — 30 min

A private hydro and steam treatment to ease muscular tension, warm the body and enhance any treatment.

ENHANCEMENTS

Complement your treatment with additional touches for the face and body.
Enhancements are included within your treatment time.

HEATED STONES	GUA SHA
FACIAL CRYO GLOBES	COLLAGEN FACE & EYE MASKS

NAIL CARE

MANICURE	60 min
PEDICURE	60 min



EXPERIENCE GUIDELINES

OPENING HOURS
The Spa is open daily from 09:00 to 21:00. The last appointment is at 19:30.

ARRIVAL TIME
We kindly request that you arrive 15 minutes before your scheduled treatment time to allow time to check in and prepare for your experience. Late arrivals may result in a shortened treatment.

SPA ATTIRE
We provide spa attire, including a choice of spa underwear, or you may choose to wear your own. Our therapists always use appropriate draping techniques to maintain your privacy.

HEALTH MATTERS
Please inform us of any medical conditions, allergies, pregnancy or other health concerns when booking your appointment to ensure a safe and tailored experience.

VALUABLES
A secure place is provided for your personal belongings in the Spa. Please note that we are not liable for any loss or damage.

CANCELLATION POLICY
Cancellations made less than six hours before the appointment incur a 50% cancellation fee. Cancellations within two hours or no-shows incur a 100% charge.

MOBILE PHONES
To maintain a serene environment, please keep your mobile phone on silent mode and refrain from using it while in the Spa.

PRIVACY
To preserve the tranquillity and privacy of all guests, photography, video and social media recording are not permitted within the Spa.

SMOKING
The Spa is a non-smoking environment.

CHILDREN
Guests must be at least 16 years old to access the Spa.

GIFT CERTIFICATES
Gift certificates for Spa services and retail products are available for purchase at The Spa desk.

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