



Welcome to Jumeirah Muscat Bay

Welcome to Jumeirah Muscat Bay, where comfort and tranquillity blend seamlessly with the natural beauty of Oman's coastline. Nestled between crystal-clear waters and rugged mountains, our resort offers a serene sanctuary designed to rejuvenate both body and mind. Whether you're here to relax, build strength, or reconnect with nature, every detail of your stay is crafted to meet your individual wellness goals. We invite you to embrace this transformative experience, where the beauty of Oman enhances your journey to well-being.

Customized Wellness Escape

Our Customized Wellness Escape at Jumeirah Muscat Bay offers a deeply personalised retreat, tailored to meet your unique wellness goals. From sunrise yoga sessions and invigorating open-water swims to indulgent spa treatments featuring Omani frankincense oil, every aspect of your experience is created with you in mind. Enhance your retreat with additional personal training, yoga, or tennis sessions, and enjoy meals crafted from locally sourced ingredients to nourish your body. Whether you're seeking relaxation, strength, or flexibility, your wellness journey at Jumeirah Muscat Bay promises to leave you feeling revitalised, balanced, and restored.

Thursday

Arrival to Jumeirah Muscat Bay

5:00 PM – Meditation and Gentle Yoga

Settle into a peaceful, guided meditation led by our experienced instructor, where you'll focus on mindfulness and relaxation, surrounded by the breathtaking landscapes of Oman. Let the tranquil sounds of nature soothe your mind, helping to cultivate deep inner peace and clarity. This serene, soul-nourishing experience invites you to disconnect from the outside world and reconnect with your true self.

Aim to sleep between 9:30 PM and 10:30 PM to support rest and recovery.

Friday

7:30 AM – Sunrise Beach Yoga

Awaken your senses with Sunrise Beach Yoga, gently stretching your body in preparation for the day's adventures. Afterward, enjoy a refreshing smoothie to replenish your energy and get ready for an invigorating open-water swim.

8:30 AM – Open Water Swim

Enjoy a guided open-water swim in the bay, where you'll encounter stunning sea creatures, including graceful turtles, as you glide through the waters. A truly magical experience connecting you with the ocean's natural beauty. For those less experienced, this activity can be joined on a stand-up paddleboard or kayak, ensuring an unforgettable experience for all.

10:00 AM – Breakfast at Peridot

Indulge in a refreshing cleansing drink at Peridot, designed to detoxify your body, followed by a wholesome breakfast made with locally sourced fruits and vegetables. Savour nourishing dishes like creamy avocado toast, vibrant quinoa bowls, chia seed pudding, and revitalising vegetable smoothies—each thoughtfully prepared to elevate your wellness experience.

1:00 PM – Lunch at Zuka

Delight in a light and refreshing lunch at Zuka, where you can enjoy stunning ocean views as you indulge in a menu brimming with vibrant, flavourful dishes.

6:00 PM – Strength Training

Join dynamic workouts focused on building cardiovascular fitness, enhancing muscle tone, and boosting stamina. Through a combination of bodyweight movements, strength training, and functional exercises, the conditioning sessions promote a balanced, well-rounded fitness level, helping to improve performance and support overall health.

8:00 PM – Dinner at Peridot

Peridot offers a wide range of dishes, where you can enjoy a light meal accompanied by live cooking stations for a truly interactive dining experience.

Add-ons: If you're interested in further relaxation, consider booking a rejuvenating massage at Talise Spa, or consult with our osteopath for a personalised treatment plan.

Saturday

7:30 AM – Stand-Up Paddleboard (S.U.P) Safari

Embark on an unforgettable Stand-Up Paddleboard Safari, gliding effortlessly across the glassy, crystal-clear waters as you explore the stunning coastline and peaceful bays. Discover the hidden beauty of the surrounding landscapes and spot local wildlife, from playful dolphins to serene seabirds. This adventure offers the perfect blend of physical challenge and peaceful relaxation, allowing you to engage both body and mind. The journey concludes with a peaceful guided meditation on the water, leaving you feeling calm, centred, and connected to nature.

9:30 AM – Breakfast at Peridot

Indulge in a refreshing cleansing drink at Peridot, designed to detoxify your body, followed by a wholesome breakfast made with locally sourced fruits and vegetables. Savour nourishing dishes like creamy avocado toast, vibrant quinoa bowls, chia seed pudding, and revitalising vegetable smoothies—each thoughtfully prepared to elevate your wellness experience.

4:00 PM – Stretch and Core Exercise

Boost your flexibility and strength with stretch and core exercises at Jumeirah Muscat Bay, set against stunning coastal views. Enjoy a refreshing workout that enhances mobility, balance, and overall wellness.

5:00 PM – Sunset Yoga

End your day with a restorative Sunset Yoga session, as the sky transforms into a breathtaking canvas of colours. With the soft glow of the setting sun and the soothing sounds of nature, this calming practice will leave you feeling balanced, grounded, and deeply relaxed. It's the perfect way to reflect on your day and unwind before the evening.

8:00 PM – Dinner at Brezza

Savour a delightful dinner at Brezza, our signature Italian restaurant. Enjoy a selection of fresh, vibrant salads, along with a menu of healthy, flavourful Italian dishes that highlight the finest locally sourced ingredients. From wholesome pastas to light yet satisfying mains, each dish is thoughtfully crafted to nourish your body while tantalising your taste buds, making for a truly satisfying dining experience.

Add-ons: If you wish to extend your wellness experience, consider booking an additional yoga session or personal training (PT) session to focus on strengthening your asanas or building muscle.

Sunday

7:30 AM – Meditation

Conclude your stay with a calming meditation session to prepare yourself to return to your routine, feeling energised and refreshed.

8:30 AM – Breakfast at Leisure and Check-out

Enjoy breakfast at your leisure before checking out, leaving with a sense of renewal and well-being.

What to Bring

- Yoga pants or comfortable activewear
- Loose, breathable clothing for relaxation and movement
- Swimming costume and a UV-protective shirt for Stand-Up Paddleboarding
- Sunglasses and a wide-brimmed hat for sun protection
- Eco-friendly sunscreen to care for your skin and the environment