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## Al Nahda Resort & Spa



Category: ★★★★★

### Location

By road, Situated just off the Muscat Sohar highway, four hours from Dubai, 30 minutes from Muscat International Airport and 50 minutes from central Muscat. Close to the important tourist areas of Nakhl, Rustaq and Jebel Akhtar.

### The Hotel

Al Nahda is more than just a Resort & Spa, it is a whole holiday experience which will give you the tools to improve your life balance. They hope you will take the opportunity to learn new life skills and what will be your first step on the road to a fitter, healthier and more balanced lifestyle. They can help you get fitter; manage your weight; check your Aura and Chakra balance; you can learn yoga, meditation or a new sport.

### Accommodation

Flop down onto your bed in one of the hotels beautifully appointed rooms. You'll find plenty of space to unwind and relax!

In all the rooms you will find a host of facilities to make yourself comfortable, hospitality trays (with some great herbal teas), in room safes, mini fridges and direct dial telephones.

The Al Nahda resort offers three types of accommodation, Executive Suite, Premium Suite and Suite Royale.

### General Facilities

Business center, laundry, currency exchange, parking, car rental, variety of restaurants or enjoy Spa cuisine, Health & wellness center, major credit cards accepted.

## **Sports and Leisure**

Health club with sauna, steam, Jacuzzi, massage parlor, swimming pool for children and adults.

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