

Grand Millennium Muscat Brings Women Together Through Wellness, Awareness and Meaningful Experiences This October



Bawshar, Masqat Oct 19, 2026 ([Issuewire.com](https://www.issuewire.com)) - Committed to enriching the lives of its guests and fostering community well-being, Grand Millennium Muscat dedicated October to celebrating women through a thoughtful mix of health, connection and leisure, as part of its annual programme of activities. Bringing together opportunities to learn, look after personal well-being and simply enjoy time together, the hotel presented a month of experiences for women who make Oman extraordinary.

At the heart of the month was the hotel's Pinktober Breast Cancer Awareness initiative, held on 12 October in partnership with the Oman Cancer Association (OCA) and Al Hayat International Hospital. The event created a welcoming space for women to learn more about breast health, ask questions, and take proactive steps towards their well-being.

The programme featured an awareness session led by keynote speaker Dr. Mehza of Al Hayat International Hospital, offering practical insights into breast cancer awareness and the importance of

early detection. Attendees also had access to one-on-one health consultations, while complimentary mammogram screenings were available for women aged 40 and above.

The focus on women's well-being continued throughout October in celebration of Omani Women's Day, with the hotel inviting women to make time for themselves, connect with others and enjoy moments of wellness and relaxation.

From October 15 to 22, the hotel offered women a 35% discount on health club memberships, providing an opportunity to make wellness part of their everyday routine. Conveniently connected to Muscat Grand Mall, the hotel's health club offers a setting to incorporate wellbeing into everyday life, with access to a fully equipped gym, swimming pool, steam, sauna and jacuzzi, as well as a rooftop tennis court.

Additionally, for those who preferred a more relaxed approach to wellness, the hotel also extended its Buy One, Get One Ladies Pool Day Pass throughout October as part of its Pinktober programme. Designed to be enjoyed with a friend, the offer encouraged women to step away from the everyday and share a little time by the pool.

The celebration continued around the table at Taybat, where Omani Women's Day became an opportunity to come together over good food and conversation. From October 15 to 17, women could enjoy a Buy 1, Get 1 lunch buffet for OMR 15 net — an experience designed not simply as a dining offer, but as an invitation to pause, connect and celebrate together.

"October gave us an opportunity to look beyond traditional hospitality and create experiences that genuinely support and celebrate women. Our Pinktober initiative with the Oman Cancer Association reminded us of the importance of awareness, early detection and taking time to prioritise our health, while our Omani Women's Day experiences throughout the month allowed us to celebrate women through wellness, dining and leisure," said Aisha Al Rubhki, Director of Human Resources.

From supporting early detection through the Pinktober partnership with OCA and Al Hayat International Hospital to sharing spaces for movement, relaxation, connection and dining, Grand Millennium Muscat's October programme was about making time for what matters - looking after oneself, connecting with others, and taking a moment to enjoy the journey.

About Grand Millennium Muscat

A tribute to the rich cultural heritage and time-honoured values of Oman, the 5-star Grand Millennium Muscat is located in the heart of the city, close to the airport, and is seamlessly connected to the Muscat Grand Mall. Centrally located in the business, government and diplomatic district, our luxury hotel is uniquely convenient. The airport is 15 kilometres away, and we are within easy reach of beaches, the Avenues Mall, Mall of Oman and the Royal Opera of Muscat. The hotel is also home to the most elegant dining outlets in town that offer guests a wide variety of dining options, including Bahriyat Restaurant, Taybat Restaurant, Pasha, Mazaj Terrace & Lounge, Al Fresco, and a pool bar. The hotel comprises 296 spacious rooms and suites, and 32 spacious apartments are all luxuriously appointed with contemporary Omani design and everything the guest needs for a pleasant stay. At the rejuvenating Zanta spa, guests can indulge all of their senses. We are pleased to host large weddings of up to 800 guests and a variety of other social events. With a range of meeting rooms, including our Executive Lounge with panoramic views of the city, we will ensure a productive time for meetings, incentives, conferences, and exhibitions.

ABOUT MILLENNIUM & COPTHORNE HOTELS

Millennium & Copthorne Hotels (M&C) is a London-based global hotel company, which owns, manages and operates over 135 hotels across some 80 locations worldwide. Its properties are in key gateway cities such as London, New York, Los Angeles, Paris, Dubai, Doha, Beijing, Shanghai, Seoul, Singapore and Hong Kong. M&C is the hotel arm of Singapore-listed global real estate company City Developments Limited (CDL). M&C's global brand – Millennium Hotels and Resorts (MHR) has four distinct hotel collections — Leng's Collection, M Collection, Millennium Collection and Copthorne Collection — throughout Asia, Europe, the Middle East, New Zealand and the United States. Occupying the best locations around the world, MHR has the perfect address for business and leisure travellers. Listed on the London Stock Exchange in 1996, M&C was delisted on 11 October 2019 following a successful privatisation exercise launched by CDL.

Millennium Hotels & Resorts Middle East & Africa currently operates 45 hotels with almost 15,000 keys in addition to 32 hotels in the pipeline across the region. From a single property in Abu Dhabi, Millennium Hotels & Resorts Middle East & Africa has expanded into various neighbouring destinations and is now recognised as one of the fastest-growing regional hotel management companies in the Middle East & Africa. Along the way, the company has cultivated partnerships with reputable and respected owners.

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