



Zulal  
Serenity

RETREAT BROCHURE





## WELCOME TO WHERE THE WORLD SLIPS AWAY, AND NATURE EMERGES

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A haven that blends Traditional Arabic & Islamic Medicine (TAIM) with holistic health and wellbeing philosophy for those who want to rejuvenate themselves and take a break from the hustle and bustle of life.

Zulal Wellness Resort offers an immersive experience that caters to the specific needs of anyone who is seeking to revive their mind, body, and spirit.

Zulal Serenity is a sanctuary designed to take you on a journey to reset your mental and spiritual wellbeing, so you can embark on a refined, sensory, and luxurious experience.

Contemplate and self-reflect in thought and tranquility at Serenity.

# TABLE OF CONTENTS

## ZULAL SERENITY RETREATS

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TASTE OF ZULAL	10
MIND BODY - WELLNESS	12
SERENITY BEAUTY	14
NATURAL SLIMMING	16
OPTIMAL PHYSIO-FIT	18
THERAPEUTIC CLEANSE	20
TERMS AND CONDITIONS	22



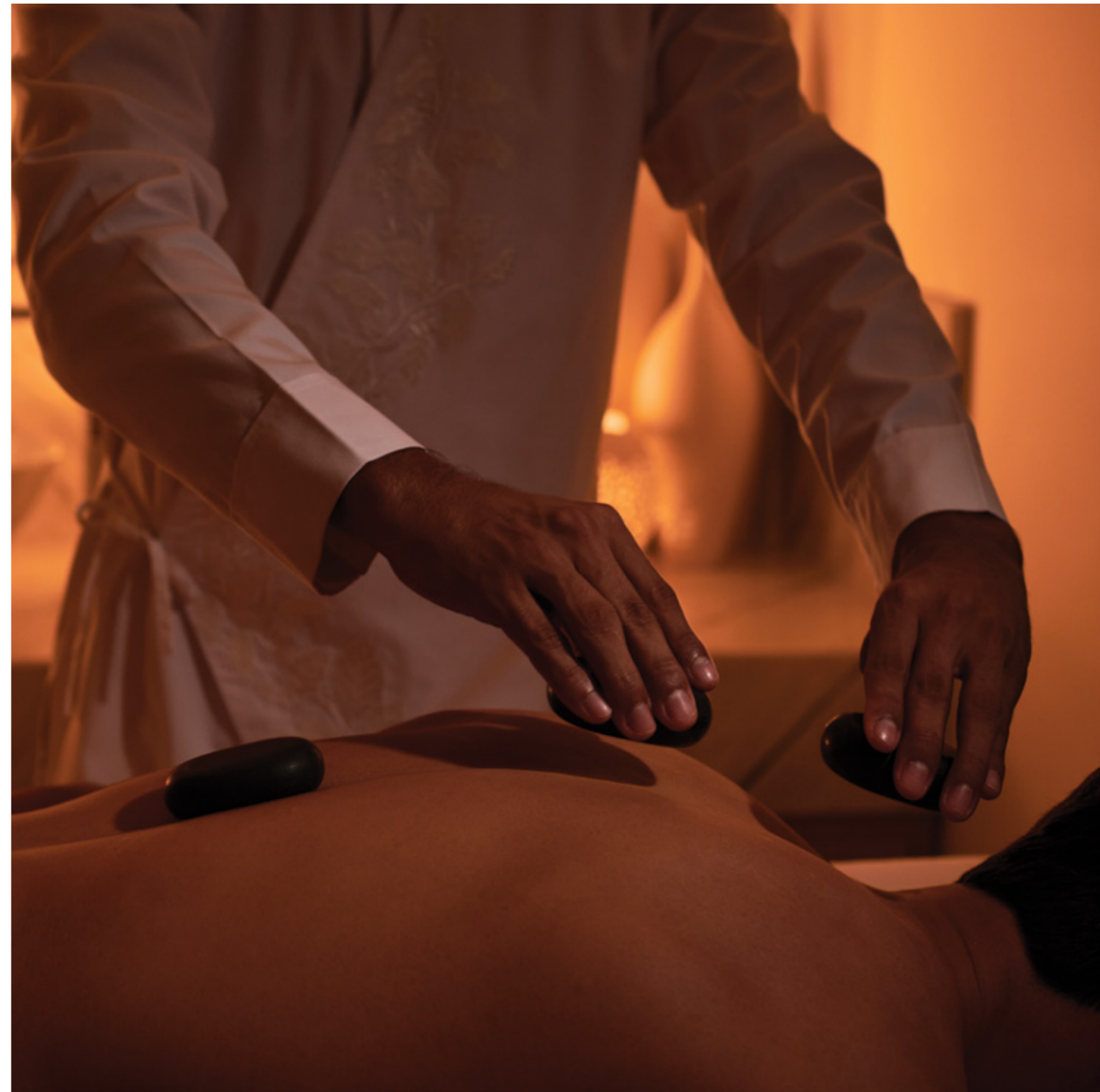
ZULAL SERENITY RETREATS



## YOUR SERENITY RETREAT INCLUDES:

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- Consultation with the Health & Wellness Advisor
- Three wellness cuisine meals served per night of stay
- Access to fitness and leisure activities
- Access to the wellness centre facilities such as hydrothermal area, sauna, steam, arctic cave, Himalayan salt room and hammam
- Access to the gymnasium
- In-room private bar
- Daily laundry services for three pieces of sports attire
- Choice of daily one treatment. Select from our exclusive range of bespoke treatments such as, invigorating massage, oriental scalp massage, signature full body Tadleek massage, signature relaxing Al Qadam (foot massage)
- Choice of additional treatments depending on your length of stay



## TASTE OF ZULAL

This retreat is ideal for those experiencing Zulal Wellness Resort for the first time or who are unsure of what to choose. Upon arrival, your Health & Wellness Advisor will guide you through our menu of treatments and activities to map out your journey with us, based on your objectives. Whether its pure relaxation or a lifestyle transformation, we are here to make your entire experience truly fulfilling. In addition, on each day of your retreat, you can select a treatment of your choice from our daily menu.

3 NIGHTS	5 NIGHTS	7 NIGHTS
Health & Wellness Consultation	Health & Wellness Consultation	Health & Wellness Consultation
Daily One Treatment	Daily One Treatment	Daily One Treatment
1 Fitness Classic Activity	2 Fitness Classic Activities	2 Fitness Classic Activities
1 Fitness Deluxe Activity	1 Fitness Deluxe Activity	3 Fitness Deluxe Activities
1 Holistic Deluxe Treatment	1 Holistic Deluxe Treatment	1 Holistic Deluxe Treatment
1 Physio Classic Treatment	1 Physio Classic Treatment	1 Holistic Premium Treatment
1 Spa Classic Treatment	1 Physio Deluxe Treatment	1 Physio Classic Treatment
Daily Wellness Cuisine*	1 Physio Premium Treatment	1 Physio Deluxe Treatment
	1 Spa Classic Treatment	1 Physio Premium Treatment
	1 Spa Deluxe Treatment	1 Spa Classic Treatment
	Daily Wellness Cuisine*	1 Spa Deluxe Treatment
		1 Spa Premium Treatment
10 NIGHTS	14 NIGHTS	Daily Wellness Cuisine*
Health & Wellness Consultation	Health & Wellness Consultation	
Daily One Treatment	Daily One Treatment	
2 Fitness Classic Activities	3 Fitness Classic Activities	
3 Fitness Deluxe Activities	5 Fitness Deluxe Activities	
1 Fitness Premium Activity	2 Fitness Premium Activities	
2 Holistic Deluxe Treatments	2 Holistic Deluxe Treatments	
1 Holistic Premium Treatment	2 Holistic Premium Treatments	
1 Physio Classic Treatment	2 Physio Classic Treatments	
2 Physio Deluxe Treatments	2 Physio Deluxe Treatments	
2 Physio Premium Treatments	2 Physio Premium Treatments	
1 Spa Classic Treatment	2 Spa Classic Treatments	
2 Spa Deluxe Treatments	2 Spa Deluxe Treatments	
1 Spa Premium Treatment	1 Spa Premium Treatment	
Daily Wellness Cuisine*	Daily Wellness Cuisine*	

\* Breakfast, Lunch, and Dinner

## TASTE OF ZULAL

Depending on the number of nights you choose to stay with us at Zulal Wellness Resort, select the treatments you'd like to receive from the following list:

### DAILY TREATMENTS

- Invigorating Massage 50 mins
- Oriental Scalp Massage 40 mins
- Signature Full Body Tadleek 50 mins
- Signature Relaxing Al-Qadam 50 mins

### HOLISTIC DELUXE TREATMENTS

- Massage Al Ras 50 mins
- Traditional Qatari Hamiz (Deep Tissue) 50 mins

### HOLISTIC PREMIUM TREATMENTS

- Integrative TAIM Consultation 50 mins
- Nutrition Consultation 50 mins
- Shiroabhyanga 50 mins

### FITNESS CLASSIC ACTIVITIES

- Super Stretch 25 mins
- Body Composition Analysis 25 mins
- Morning Stroll - Guided 50 mins

### FITNESS DELUXE ACTIVITIES

- Super Stretch 50 mins
- Meditation 50 mins
- Private Pranayama Breathing 50 mins
- Hatha Yoga 50 mins

### FITNESS PREMIUM ACTIVITIES

- EMS (Electrical Muscle Stimulation) 25 mins
- Pilates 50 mins
- Swimming 50 mins

### PHYSIO CLASSIC TREATMENTS

- Physical Analysis 25 mins
- Inter X Therapy 50 mins
- Bone Density Exercises 50 mins

### PHYSIO DELUXE TREATMENTS

- Kinesthetic Assessment 50 mins
- Postural Corrective Therapy 50 mins
- Re-Functional Exercise 50 mins
- Deep Tissue Tadleek 50 mins

### PHYSIO PREMIUM TREATMENTS

- Neurac Method 50 mins
- Radial Shockwave 50 mins

### SPA CLASSIC TREATMENTS

- Supreme Manicure 50 mins
- Supreme Pedicure 60 mins

### SPA DELUXE TREATMENTS

- Leg Illuminating Refining Treatment 60 mins
- Leg Relieving & Toning Treatment 70 mins
- Back Scratch Therapy 40 mins
- Thai Traditional Massage 50 mins

### SPA PREMIUM TREATMENTS

- Facial Enhancement Biocellulose 20 mins
- Facial Enhancement Celestial Black Diamond 20 mins
- Signature 'Seaweed Detox' Body Scrub 25 mins
- Tranquility Body Scrub 45mins



## MIND BODY - WELLNESS

This retreat is designed for people in need of the time and space to step back from their life and recover balance thus rejuvenating the mind, body and spirit. De-stress, replenish and boost the immune system through the experience of a diverse range of healing traditions and holistic activities.

3 NIGHTS	5 NIGHTS	7 NIGHTS
Health & Wellness Consultation	Health & Wellness Consultation	Health & Wellness Consultation
Daily One Treatment	Daily One Treatment	Daily One Treatment
2 Fitness Deluxe Activities	2 Fitness Deluxe Activities	1 Chefs Master Cooking Class
1 Holistic Classic Treatment	1 Holistic Classic Treatment	2 Fitness Deluxe Activities
1 Physio Deluxe Treatment	1 Holistic Deluxe Treatment	1 Fitness Premium Activity
Daily Wellness Cuisine*	1 Holistic Premium Treatment	2 Holistic Classic Treatments
	1 Physio Deluxe Treatment	1 Holistic Deluxe Treatment
	Daily Wellness Cuisine*	1 Holistic Premium Treatment
		1 Physio Deluxe Treatment
		Daily Wellness Cuisine*

10 NIGHTS	14 NIGHTS
Health & Wellness Consultation	Health & Wellness Consultation
Daily One Treatment	Daily One Treatment
1 Chefs Master Cooking Class	2 Chefs Master Cooking Classes
3 Fitness Deluxe Activities	5 Fitness Deluxe Activities
1 Fitness Premium Activity	1 Fitness Premium Activity
2 Holistic Classic Treatments	3 Holistic Classic Treatments
2 Holistic Deluxe Treatments	3 Holistic Deluxe Treatments
1 Holistic Premium Treatment	2 Holistic Premium Treatments
1 Physio Deluxe Treatment	1 Physio Deluxe Treatment
1 Physio Premium Treatment	2 Physio Premium Treatments
Daily Wellness Cuisine*	Daily Wellness Cuisine*

\* Breakfast, Lunch, and Dinner



## MIND BODY - WELLNESS

Depending on the number of nights you choose to stay with us at Zula Wellness Resort, select the treatments you'd like to receive from the following list:

### COOKING & MIXOLOGY ACTIVITY 90 MINS\*

### DAILY TREATMENTS

- Invigorating Massage 50 mins
- Oriental Scalp Massage 40 mins
- Signature Full Body Tadleek 50 mins
- Signature Relaxing Al-Qadam 50 mins

### FITNESS DELUXE ACTIVITIES

- Beach Yoga 50 mins
- Meditation 50 mins
- Pranayama Breathing 50 mins
- Super Stretch 50 mins
- TRX 50 mins
- Tai Chi 50 mins
- Yoga Hatha 50 mins

### FITNESS PREMIUM ACTIVITIES

- Pilates 50 mins

### HOLISTIC CLASSIC TREATMENTS

- Energy Balancing 50 mins
- Foot Reflexology 50 mins
- Massage Al-Ra's (Head Massage) 50 mins
- Reiki (Adult) 50 mins

### HOLISTIC DELUXE TREATMENTS

- Hijama (Cupping) 50 mins
- Massage Al-Batin (Abdominal Massage) 50 mins

### HOLISTIC PREMIUM TREATMENTS

- Al Batin wa Al Ras 80 mins
- Crystal Aroma Massage 50 mins
- Integrative TAIM Consultation 50 mins
- Nutrition consultation 50 mins
- Shiroabhyanga 50 mins

### PHYSIO DELUXE TREATMENTS

- Back, Neck & Shoulder Release 50 mins
- Releasing Tension Therapy 50 mins

### PHYSIO PREMIUM

- Deep Tissue Tadleek (Massage) 80 mins
- Radial Shockwave 50 mins

Note: The cooking and mixology activity will be available on Sunday and Wednesday.

## SERENITY BEAUTY

The Serenity Beauty retreat is designed to help you restore a fresh sense of health. Aimed at giving you a younger looking skin and overall healthier appearance. This retreat combines treatments and services from our Spa and Aesthetic beauty menu.

3 NIGHTS	5 NIGHTS	7 NIGHTS
Health & Wellness Consultation	Health & Wellness Consultation	Health & Wellness Consultation
Daily One Treatment	Daily One Treatment	Daily One Treatment
1 Bioplasma (Face) Treatment	1 Bioplasma (Face) Treatment	1 Bioplasma (Face) Treatment
1 Jetpeel Clean & Hydrate Treatment	1 Jetpeel Clean & Hydrate Treatment	1 Health & Wellness Therapy
2 Spa Classic Treatments	2 Spa Classic Treatments	1 Holistic Premium Treatment
Daily Wellness Cuisine*	1 Spa Deluxe Treatment	1 Jetpeel Clean & Hydrate Treatment
	1 Spa Premium Treatment	2 Spa Classic Treatments
	1 Spectra XT™ (Face) Treatment	1 Spa Deluxe Treatment
	Daily Wellness Cuisine*	1 Spa Premium Treatment
		1 Spectra XT™ (Face) Treatment
		Daily Wellness Cuisine*

10 NIGHTS	14 NIGHTS
Health & Wellness Consultation	Health & Wellness Consultation
Daily One Treatment	Daily One Treatment
1 Bioplasma (Face) Treatment	1 Bioplasma (Face) Treatment
1 Candela™ Gentle Pro Treatment	1 Candela™ Gentle Pro Treatment
1 Jetpeel Clean & Hydrate Treatment	1 Jetpeel Clean & Hydrate Treatment
1 Health & Wellness Therapy	4 Health & Wellness Therapies
1 Holistic Premium Treatment	1 Holistic Premium Treatment
3 Spa Classic Treatments	4 Spa Classic Treatments
1 Spa Deluxe Treatment	1 Spa Deluxe Treatment
3 Spa Premium Treatments	3 Spa Premium Treatments
1 Spectra XT™ (Face) Treatment	1 Spectra XT™ (Face) Treatment
Daily Wellness Cuisine*	Daily Wellness Cuisine*

\* Breakfast, Lunch, and Dinner

## SERENITY BEAUTY

Depending on the number of nights you choose to stay with us at Zual Wellness Resort, select the treatments you'd like to receive from the following list:

### AESTHETIC TREATMENTS

- Bioplasma (Face) 50 mins
- Candela™ Gentle Pro Laser - Facial Veins
- Jetpeel Clean & Hydrate 50 mins
- Spectra XT™ - Face
- VISIA Facial Imaging (Skin Facial Analysis) 25 mins

### DAILY TREATMENTS

- Invigorating Massage 50 mins
- Oriental Scalp Massage 40 mins
- Signature Relaxing Al-Qadam 50 mins
- Signature Full Body Tadleek 50 mins

### HEALTH & WELLNESS THERAPIES

- Crystal Aroma Massage 50 mins
- Massage Al-Batin (Abdominal Massage) 50 mins
- Personal Training 50 mins
- Pilates 50 mins
- Releasing Tension Therapy 50 mins

### HOLISTIC PREMIUM TREATMENTS

- Integrative TAIM Consultation 50 mins
- Nutrition Consultation 50 mins

### SPA CLASSIC TREATMENTS

- Supreme Manicure 50 mins
- Supreme Pedicure 60 mins
- Traditional Wet Shave 25 mins

### SPA DELUXE TREATMENTS

- Back Scratch Therapy 40 mins
- Muscle Ease Massage 60 mins
- Thai Traditional Massage 50 mins

### SPA PREMIUM TREATMENTS

- Camel Milk Slimming Body Mask 70 mins
- Facial Enhancement Biocellulose 20 mins
- Facial Enhancement Celestial Black Diamond 20 mins
- Facial Enhancement Cryo Eyes 20 mins
- Facial Enhancement Rose Gold 20 mins
- Facial Enhancement Sub Zero De-Puffing Eyes 20 mins
- Nourish & Hydrate Body Wrap 60 mins
- Signature 'Seaweed Detox' Body Scrub 25 mins



## NATURAL SLIMMING

The Natural Slimming retreat is designed to facilitate the start of a healthy weight loss through a healthy lifestyle approach for long-term weight management and improved wellbeing.

3 NIGHTS	5 NIGHTS	7 NIGHTS
Health & Wellness Consultation	Health & Wellness Consultation	Health & Wellness Consultation
Daily One Treatment	Daily One Treatment	Daily One Treatment
1 Fitness Classic Activity	2 Fitness Classic Activities	1 Cooking & Mixology Class Activity
1 Fitness Deluxe Activity	1 Fitness Deluxe Activity	2 Fitness Classic Activities
2 Spa Premium Treatments	1 Holistic Classic Treatment	2 Fitness Deluxe Activities
Daily Wellness Cuisine*	2 Spa Premium Treatments	1 Fitness Premium Activities
	Daily Wellness Cuisine*	1 Holistic Classic Treatment
		1 Holistic Deluxe Treatment
		2 Spa Premium Treatments
		Daily Wellness Cuisine*

10 NIGHTS	14 NIGHTS
Health & Wellness Consultation	Health & Wellness Consultation
Daily One Treatment	Daily One Treatment
1 Cooking & Mixology Class Activity	2 Cooking & Mixology Class Activities
3 Fitness Classic Activities	3 Fitness Classic Activities
3 Fitness Deluxe Activities	4 Fitness Deluxe Activities
1 Fitness Premium Activities	1 Fitness Premium Activity
1 Holistic Classic Treatment	1 Holistic Classic Treatment
1 Holistic Deluxe Treatment	1 Holistic Deluxe Treatment
1 Holistic Premium Treatment	2 Holistic Premium Treatments
1 Physio Classic Treatment	1 Physio Classic Treatment
1 Physio Deluxe Treatment	2 Physio Deluxe Treatments
2 Spa Premium Treatments	4 Spa Premium Treatments
Daily Wellness Cuisine*	Daily Wellness Cuisine*

\* Breakfast, Lunch, and Dinner



## NATURAL SLIMMING

Depending on the number of nights you choose to stay with us at Zula Wellness Resort, select the treatments you'd like to receive from the following list:

### COOKING & MIXOLOGY ACTIVITY 90 MINS\*

### DAILY TREATMENTS

- Invigorating Massage 50 mins
- Oriental Scalp Massage 40 mins
- Signature Full Body Tadleek 50 mins
- Signature Relaxing Al-Qadam 50 mins

### FITNESS CLASSIC ACTIVITIES

- Abs Express 30 mins
- Body Composition Analysis 25 mins
- Circuit 50 mins
- Fitness Assessment 50 mins
- Private Abs, Buttocks & Thighs 50 mins
- Personal Stretch Class 50 mins
- Personal Training 40 mins
- Super Stretch 25 mins

### FITNESS DELUXE ACTIVITIES

- Aqua Training 50 mins
- Freeform Power Balance 50 mins
- Metabolic Boost 50 mins
- Super Stretch 50 mins
- TRX 50 mins
- Thai Boxing 50 mins

### FITNESS PREMIUM

- EMS (Electrical Muscle Stimulation) 25 mins
- Pilates 50 mins
- Swimming 50 mins

### HOLISTIC CLASSIC TREATMENTS

- Manual Lymph Drainage 50 mins
- Foot Reflexology 50 mins

### HOLISTIC DELUXE TREATMENTS

- Hijama (Cupping) 50 mins
- Massage Al-Batin (Abdominal Massage) 50 mins

### HOLISTIC PREMIUM TREATMENTS

- Al Batin wa Al Ras 80 mins
- Colonic Hydrotherapy 50 mins
- Integrative TAIM Consultation 50 mins
- Nutrition consultation 50 mins

### SPA PREMIUM TREATMENTS

- Camel Milk Slimming Body Mask 70 mins
- LPG Endermologie 70 mins
- Stimulating Hip and Thigh Treatment 70 mins
- Detoxifying Skin Therapy Body Wrap 70 mins
- Signature 'Seaweed Detox' Body Scrub 25 mins

### PHYSIO CLASSIC TREATMENTS

- Physical Analysis 25 mins
- Postural Corrective Therapy 25 mins

### PHYSIO DELUXE

- Chronic Pain Therapy 50 mins
- Deep Tissue Tadleek 50 mins
- Kinesthetic Assessment 50 mins
- Releasing Tension Therapy 50 mins

Note: The cooking and mixology activity will be available on Sunday and Wednesday.

## OPTIMAL PHYSIO-FIT

Whether you are looking for a way to return to physical fitness or to optimize your current level of performance, this retreat will match your needs and boost your overall fitness.

With our bespoke Optimal Physio-Fit retreat, coordinated guidance from our Fitness and Physiotherapy experts will help you alleviate pain and improve posture whilst replenishing and rejuvenating the physical and mental state.

3 NIGHTS	5 NIGHTS	7 NIGHTS
Health & Wellness Consultation	Health & Wellness Consultation	Health & Wellness Consultation
Daily One Treatment	Daily One Treatment	Daily One Treatment
1 Fitness Classic Activity	2 Fitness Classic Activities	2 Fitness Classic Activities
1 Fitness Deluxe Activity	1 Fitness Deluxe Activity	2 Fitness Deluxe Activities
1 Physio Classic Treatment	1 Fitness Premium Activity	1 Fitness Premium Activity
1 Physio Deluxe Treatment	2 Physio Classic Treatments	1 Holistic Deluxe Treatment
1 Spa Deluxe Treatment	1 Physio Deluxe Treatment	2 Physio Classic Treatments
Daily Wellness Cuisine*	1 Spa Deluxe Treatment	1 Physio Deluxe Treatment
	Daily Wellness Cuisine*	1 Physio Premium Treatment
		2 Spa Deluxe Treatments
		Daily Wellness Cuisine*

10 NIGHTS	14 NIGHTS
Health & Wellness Consultation	Health & Wellness Consultation
Daily One Treatment	Daily One Treatment
2 Fitness Classic Activities	3 Fitness Classic Activities
2 Fitness Deluxe Activities	2 Fitness Deluxe Activities
1 Fitness Premium Activity	2 Fitness Premium Activities
2 Holistic Deluxe Treatments	2 Holistic Deluxe Treatments
2 Physio Classic Treatments	2 Physio Classic Treatments
2 Physio Deluxe Treatments	3 Physio Deluxe Treatments
1 Physio Premium Treatment	3 Physio Premium Treatments
3 Spa Deluxe Treatments	4 Spa Deluxe Treatments
Daily Wellness Cuisine*	Daily Wellness Cuisine*

\* Breakfast, Lunch, and Dinner

## OPTIMAL PHYSIO-FIT

Depending on the number of nights you choose to stay with us at Zula Wellness Resort, select the treatments you'd like to receive from the following list:

### DAILY TREATMENTS

- Invigorating Massage 50 mins
- Oriental Scalp Massage 40 mins
- Signature Full Body Tadleek 50 mins
- Signature Relaxing Al-Qadam 50 mins

### FITNESS CLASSIC ACTIVITIES

- Abs Express 30 mins
- Body Composition Analysis 25 mins
- Circuit 50 mins
- Fitness Assessment 50 mins
- Private Abs, Buttocks & Thighs 50 mins
- Personal Stretch Class 50 mins
- Personal Training 40 mins
- Super Stretch 25 mins

### FITNESS DELUXE ACTIVITIES

- Aqua Training 50 mins
- Freeform Power Balance 50 mins
- Metabolic Boost 50 mins
- Super Stretch 50 mins
- TRX 50 mins
- Thai Boxing 50 mins

### FITNESS PREMIUM ACTIVITIES

- EMS (Electrical Muscle Stimulation) 25 mins
- Pilates 50 mins
- Swimming 50 mins

### HOLISTIC DELUXE TREATMENTS

- Hijama (Cupping) 50 mins
- Traditional Qatari Hamiz (Deep Tissue) 50 mins

### PHYSIO CLASSIC TREATMENTS

- Inter X Therapy 25 mins
- Physical Analysis 25 mins
- Postural Corrective Therapy 25 mins

### PHYSIO DELUXE TREATMENTS

- Back, Neck & Shoulder Release 50 mins
- Chronic Pain Therapy 50 mins
- Kinesthetic Assessment 50 mins
- Postural Corrective Therapy 50 mins
- Refunctional Exercise 50 mins
- Releasing Tension Therapy 50 mins

### PHYSIO PREMIUM TREATMENTS

- Deep Tissue Tadleek (Massage) 80 mins
- Radial Shockwave 50 mins
- Neurac Method 50 mins

### SPA DELUXE TREATMENTS

- Back Scratch Therapy 40 mins
- Muscle Ease Massage 60 mins
- Thai Traditional Massage 50 mins





## THERAPEUTIC CLEANSE

This retreat is ideal for those who feel ready to embark on a dietary transformation or fine-tuning. Let our experts help you unearth your ideal diet and maximise the benefits of the detoxification process. You can expect improved health on all levels including internal balance, increased energy and vitality.

3 NIGHTS	5 NIGHTS	7 NIGHTS
Health & Wellness Consultation	Health & Wellness Consultation	Health & Wellness Consultation
Daily One Treatment	Daily One Treatment	Daily One Treatment
1 Fitness Classic Activity	1 Fitness Classic Activity	1 Cooking & Mixology Class Activity
1 Holistic Classic Treatment	1 Fitness Deluxe Activity	1 Fitness Classic Activity
1 Purifying Face Mist Treatment	1 Holistic Classic Treatment	2 Fitness Deluxe Activities
2 Spa Premium Treatments	1 Holistic Deluxe Treatment	1 Holistic Classic Treatment
Daily Wellness Cuisine*	1 Holistic Premium Treatment	1 Holistic Deluxe Treatment
	2 Spa Premium Treatments	2 Holistic Premium Treatments
	Daily Wellness Cuisine*	2 Spa Premium Treatments
		Daily Wellness Cuisine*

10 NIGHTS	14 NIGHTS
Health & Wellness Consultation	Health & Wellness Consultation
Daily One Treatment	Daily One Treatment
1 Cooking & Mixology Class Activity	2 Cooking & Mixology Class Activities
1 Fitness Classic Activity	2 Fitness Classic Activities
2 Fitness Deluxe Activities	4 Fitness Deluxe Activities
2 Holistic Classic Treatments	2 Holistic Classic Treatments
2 Holistic Deluxe Treatments	2 Holistic Deluxe Treatments
3 Holistic Premium Treatments	4 Holistic Premium Treatments
2 Spa Premium Treatments	4 Spa Premium Treatments
Daily Wellness Cuisine*	Daily Wellness Cuisine*

\* Breakfast, Lunch, and Dinner



## THERAPEUTIC CLEANSE

Depending on the number of nights you choose to stay with us at Zula Wellness Resort, select the treatments you'd like to receive from the following list:

### COOKING & MIXOLOGY ACTIVITY 90 MINS

### DAILY TREATMENTS

- Invigorating Massage 50 mins
- Oriental Scalp Massage 40 mins
- Signature Full Body Tadleek 50 mins
- Signature Relaxing Al-Qadam 50 mins

### FITNESS CLASSIC ACTIVITIES

- Morning Stroll - Guided 50 mins
- Super Stretch 25 mins

### FITNESS DELUXE ACTIVITIES

- Beach Yoga 50 mins
- Meditation 50 mins
- Private Pranayama Breathing 50 mins
- Super Stretch 50 mins

### HOLISTIC CLASSIC TREATMENTS

- Manual Lymph Drainage 50 mins
- Foot Reflexology 50 mins

### HOLISTIC DELUXE TREATMENTS

- Hijama (Cupping) 50 mins
- Massage Al-Batin (Abdominal Massage) 50 mins

### HOLISTIC PREMIUM TREATMENTS

- Colonic Hydrotherapy 50 mins
- Al Batin wa Al Ras 80 mins
- Integrative TAIM Consultation 50 mins
- Nutrition consultation 50 mins

### SPA PREMIUM

- Detoxifying Balneotherapy 25 mins
- Detoxifying Skin Therapy Body Wrap 70 mins
- Signature 'Seaweed Detox' Body Scrub 25 mins

Note: The cooking and mixology activity will be available on Sunday and Wednesday.

## TERMS AND CONDITIONS

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### CHECK-IN/OUT POLICY

The resort's standard check-in time is 14:00 hrs and standard check-out time is 12:00 hrs. All guests are required to provide an original valid ID or passport upon arrival.

### DATA PROTECTION POLICY

Any personal data provided to the resort or collected during the reservation process will be handled in accordance with the privacy policy.

### CHILD POLICY

Reservations for children 16 years old and above are considered as an adult reservations. Children under the age of 16 years will not be granted access to Serenity area.

### RESORT ETIQUETTE

The whole Serenity experience in Zual Wellness Resort is designed for those seeking a path of reset and reflection. We, therefore, encourage you to leave all your electronic devices such as mobile phones, cameras, e-book, iPad in your room and enjoy the calm and private spaces of Zual Serenity throughout your journey. We are a non-smoking resort, and we request not to smoke in the public areas and your room. Smoking may only be allowed in designated outdoor area. You may request staff assistance to guide you to the location. For your own safety and the safety of other guests please do not light Bukhoor or any other incense burners inside the guest rooms.

Outside food and drinks are not allowed in the resort. To stay true to your health and wellness journey, we encourage you to choose from our fine selection of dining outlets and healthy menu.

While using the swim area, we request you to wear appropriate swimwear to be mindful and respectful of our local culture.

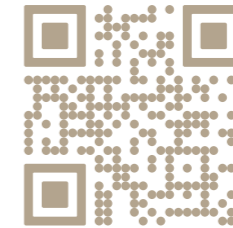
### TRANSFER ARRANGEMENT

For airport transfers, the resort has a fleet of cars to choose from. Prior reservation is required and full flight details should be supplied at least 48hrs in advance. Kindly advise your full flight details. Airport transfer charges will apply accordingly.

### PETS

To respect the comfort of other guests, pets are not allowed at the resort.

**WE LOOK FORWARD TO WELCOMING YOU TO THE "THE ESSENCE OF WELLBEING".**



Scan the QR code and discover more

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