



Zulal

Wellness Resort
by Chiva-Som

DISCOVERY RETREAT BROCHURE

TABLE OF CONTENTS

INTRODUCTION

WELCOME TO ZULAL WELLNESS RESORT	5
ZULAL DISCOVERY ACTIVITIES	6
HEDGEHOG WELLNESS ACTIVITIES - 0 TO 3 YEARS	8
FOXES WELLNESS ACTIVITIES - 4 TO 8 YEARS	10
FALCON WELLNESS ACTIVITIES - 9 TO 12 YEARS	12
ORYX WELLNESS ACTIVITIES - 13 TO 17 YEARS	14

ZULAL DISCOVERY RECONNECT / RETREATS

ZULAL DISCOVERY RECONNECT - CHILD	18
ZULAL DISCOVERY RECONNECT - ADULT	19
ZULAL NURTURE KINDER (CHILD BELOW 4 YEARS OLD)	20
ZULAL EXPLORE JUNIOR RETREAT (CHILDREN 4 TO 8 YEARS OLD)	22
ZULAL ADVENTURE TEENS RETREAT (CHILDREN 9 TO 12 YEARS OLD)	24
ZULAL YOUNG ADULTS (13 TO 17 YEARS OLD)	26
ADULTS SUSTAINING WELLNESS (18 TO 55 YEARS OLD)	28
ZULAL RESTORING WELLNESS (55 YEARS AND ABOVE)	30
TERMS AND CONDITIONS	32



WELCOME TO WHERE THE WORLD SLIPS AWAY, AND NATURE EMERGES

Take a moment to see the world as it is. Lose the chaos and the everyday stresses. Turn down the volume on the noise and life's constant requests for your attention. What you will be left with is nature and all that it holds to bring a renewed sense of living to your spirit.

Zual Wellness Resort by Chiva-Som is a sanctuary dedicated to the power of nature, harnessing its beauty, its strengths, and its resources to revive the human body, mind and spirit, bringing back natural energy to where it belongs.

Welcome to Zual Wellness Resort.

ZULAL DISCOVERY ACTIVITIES

We have a weekly changing calendar of engaging activities, divided into age appropriate categories as well as those for families to enjoy as a whole. The vast range and number of activities have been expertly devised to engage the active and introspective aspects of a human being and encourage a love and respect for nature.

KUNOOZ AL SAHRAA TREASURES OF THE DESERT

At Kunooz Al Sahraa, our Family Wellness Centre, we offer activities in education, sports, creativity and nutrition. It is designed, in all respects, as an oasis of inspiration for families to spend time together learning, laughing and bonding.

ACTIVITIES CALENDAR - FAMILY

The large number and rich variety of activities that we offer at Zulal are central to our philosophy for personal awareness, responsibility and choice. We believe that connection through shared activity brings families together in learning and enjoyment.



HEDGEHOG WELLNESS ACTIVITIES 0 TO 3 YEARS

Our activities for little ones open their minds to the wonders of creative play and discovery of the world around them, from painting rocks and printing with leaves to washing trucks and threading beads.



**FOXES WELLNESS ACTIVITIES
4 TO 8 YEARS**

Small children love to explore their physicality either in the water, with games, playing tag or dancing. Outside we introduce them to the nearby mangrove and the stars in the sky. Indoor activities include making cupcakes, finger painting and discovering the sounds of the animals.



**FALCON WELLNESS ACTIVITIES
9 TO 12 YEARS**

For this age group we offer more structured activities such as learning to play badminton, making movies or granola bars, drumming and ceramics. We introduce sustainability concepts with such activities as an upcycling workshop and gardening.



ORYX WELLNESS ACTIVITIES
13 TO 17 YEARS

We encourage teens to expand their horizons with cookery, crafts and meditation and we nurture their desire to achieve fitness, endurance and cognitive exploration through physical activities including kayaking, slacklining, orienteering and fun sessions in disco and dance.



ZULAL DISCOVERY RECONNECT

ZULAL DISCOVERY RETREATS



DISCOVERY RECONNECT-CHILD

This retreat gives families a beautiful opportunity to spend time together sampling different activities while allowing each family member time and space to relax and reflect on their own internal environment and their surrounding environment in which they play a part.

CHILDREN BELOW 4 YEARS OLD (HEDGEHOG WELLNESS ACTIVITIES)

2 NIGHTS

2 Treasures of the Desert Access
1 Family Wellness Consultation
2 Hedgehog Wellness Activities
2 Wellness Cuisine

5 NIGHTS

5 Treasures of the Desert Access
1 Family Wellness Consultation
5 Hedgehog Wellness Activities
5 Wellness Cuisine

CHILDREN BELOW 4 TO 8 YEARS OLD (FOX WELLNESS ACTIVITIES)

2 NIGHTS

2 Treasures of the Desert Access
1 Family Wellness Consultation
2 Fox Wellness Activities
2 Wellness Cuisine

5 NIGHTS

5 Treasures of the Desert Access
1 Family Wellness Consultation
5 Fox Wellness Activities
5 Wellness Cuisine

CHILDREN BELOW 9 TO 12 YEARS OLD (FALCON WELLNESS ACTIVITIES)

2 NIGHTS

2 Treasures of the Desert Access
1 Family Wellness Consultation
2 Falcon Wellness Activities
2 Wellness Cuisine

5 NIGHTS

5 Treasures of the Desert Access
1 Family Wellness Consultation
5 Falcon Wellness Activities
5 Wellness Cuisine

CHILDREN BELOW 13 TO 17 YEARS OLD (ORYX WELLNESS ACTIVITIES)

2 NIGHTS

2 Treasures of the Desert Access
1 Family Wellness Consultation
2 Oryx Wellness Activities
2 Wellness Cuisine

5 NIGHTS

5 Treasures of the Desert Access
1 Family Wellness Consultation
5 Oryx Wellness Activities
5 Wellness Cuisine



DISCOVERY RECONNECT-ADULT

2 NIGHTS / 5 NIGHTS

Daily Three-times Wellness Cuisine

Daily One-time Treatment*

* Guest can choose either Holistic, Spa, Fitness, Physiotherapy or F&B activity

ZULAL NURTURE KINDER

(CHILD BELOW 4 YEARS OLD)

This retreat caters to our youngest guests and their families. It's a beautiful opportunity for parents and young children to embark on a lifelong path of health, happiness and family connection. Activities focus on developing free expression, creativity and exploring physicality. Families also experience the importance of healthy eating from a young age.

HEDGEHOG WELLNESS ACTIVITIES

2 NIGHTS

- 2 Treasures of the Desert Access
- 2 Wellness Cuisine
- 2 Hedgehog Activities
- 1 Family Wellness Consultation
- 1 Holistic Treatment
- 1 Fitness Activity

5 NIGHTS

- 5 Treasures of the Desert Access
- 5 Wellness Cuisine
- 5 Hedgehog Activities
- 1 Family Wellness Consultation
- 2 Holistic Treatment



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

WELLNESS ACTIVITIES

- Hedgehog Activities 60 mins

HOLISTIC TREATMENT

- Reiki (Child) 30 mins
- Craniosacral Therapy (Child) 30 mins

FITNESS ACTIVITY

- Agility Activity 50 mins
- Balance Activity 50 mins

ZULAL EXPLORE JUNIOR RETREAT (CHILDREN 4 TO 8 YEARS OLD)

This retreat presents a wonderful opportunity for young children to start exploring what a healthy lifestyle means. Between ages 4-8 they are excited and receptive to new experiences that can form the foundation of a life-long appreciation of wellness. This is a journey of self discovery through activities, nutrition and the benefits of treatments, for parents and children together.

FOX WELLNESS ACTIVITIES

2 NIGHTS

2 Treasures of the Desert Access

2 Wellness Cuisine

2 Fox Activities

1 Family Wellness Consultation

1 Mindfulness

1 Holistic Treatment

1 Fitness Activity

5 NIGHTS

5 Treasures of the Desert Access

5 Wellness Cuisine

5 Fox Activities

1 Culinary Activities

2 Mindfulness

2 Outdoor Activities

1 Treatments for Young People

1 Family Wellness Consultation

2 Holistic Treatment

2 Fitness Activity



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

WELLNESS ACTIVITIES

- Fox Activities

CULINARY ACTIVITIES

- Cooking Class

HOLISTIC TREATMENT

- Reiki (Child) 30 mins
- Cranioscral therapy (Child) 30 mins

MINDFULNESS

- Breathing Meditation (Child) 30 mins
- Story Time Meditation 50 mins
- Sustainability for life workshop 50 mins

FITNESS ACTIVITY

- Agility Activity 50 mins
- Balance Activity 50 mins
- Roll & Release 40 mins

OUTDOOR ACTIVITIES

- Beach Yoga (Seasonal) 50 mins
- Kayaking 50 mins
- Private Swimming Lesson (Seasonal) 50 mins
- Outdoor Circuit (Seasonal) 50 mins

TREATMENTS FOR YOUNG PEOPLE

- Mini Manicure (Margaret Dabbs) 45 mins
- Mini Pedicure (Margaret Dabbs) 45 mins
- Mother & Daughter Manicure (Margaret Dabbs) 50mins
- Mother & Daughter Pedicure (Margaret Dabbs) 60mins

ZULAL ADVENTURE TEENS RETREAT (CHILDREN 9 TO 12 YEARS OLD)

This retreat is designed to enhance the young guests self-esteem and provide a unique opportunity for them to thrive. Through dynamic sessions our guests will explore their own and societal attitudes and values. They will build skills for eating right, staying physically fit ,getting good health care and developing positive relationships with peers and adults.

FALCON WELLNESS ACTIVITIES

2 NIGHTS

- 2 Treasures of the Desert Access
- 1 Holistic Treatment
- 2 Wellness Cuisine
- 2 Falcon Activities
- 1 Culinary Activities
- 1 Family Wellness Consultation
- 1 Mindfulness
- 1 Fitness Activity

5 NIGHTS

- 5 Treasures of the Desert Access
- 2 Holistic Treatment
- 5 Wellness Cuisine
- 5 Falcon Activities
- 1 Culinary Activities
- 2 Mindfulness
- 2 Outdoor Activities
- 1 Treatments for Young People
- 1 Family Wellness Consultation
- 2 Fitness Activity



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

WELLNESS ACTIVITIES

- Falcon Activities 60 mins

CULINARY ACTIVITIES

- Cooking Class 50 mins

HOLISTIC TREATMENT

- Reiki (Child) 30 mins
- Craniosacral Therapy (Child) 30 mins

MINDFULNESS

- Learn De-Stress Head Massage 50 mins
- Make Your Own - Essential oil workshop 50 mins
- Make Your Own - Herbal Compress 50 mins
- Meditation 50 mins
- Sustainability for Life Workshop 50 mins

FITNESS ACTIVITY

- Agility Activity 50 mins
- Balance Activity 50 mins
- Stretch Class 50 mins
- Thai Boxing Fit (10 to 16 Yrs) 50 mins

OUTDOOR ACTIVITIES

- Beach Yoga (Seasonal) 50 mins
- Kayaking 50 mins
- Private Swimming Lesson (Seasonal) 50 mins

TREATMENTS FOR YOUNG PEOPLE

- Mini Manicure (Margaret Dabbs) 40 mins
- Mini Pedicure (Margaret Dabbs) 45 mins
- Mother & Daughter Manicure (Margaret Dabbs) 50 mins
- Mother & Daughter Pedicure (Margaret Dabbs) 60 mins

ZULAL YOUNG ADULTS (13 TO 17 YEARS OLD)

Teenage years are the most fertile time for establishing the life-long virtues of self-esteem. In this retreat we encourage a broad range of physical and mental skill sets to launch adolescents on a path of eager self-discovery and accomplishment.

ORYX WELLNESS ACTIVITIES

2 NIGHTS

- 2 Treasures of the Desert Access
- 2 Wellness Cuisine
- 2 Oryx Activities
- 1 Mindfulness
- 1 Holistic Treatment
- 1 Outdoor Activities
- 1 Culinary activity
- 1 Family Wellness Consultation
- 1 Fitness Activity

5 NIGHTS

- 5 Treasures of the Desert Access
- 5 Wellness Cuisine
- 5 Oryx Activities
- 2 Holistic Treatments
- 1 Culinary Activities
- 1 Outdoor Activities
- 2 Mindfulness
- 2 Treatments for Young People
- 1 Family Wellness Consultation
- 2 Fitness Activity
- 1 grooming
- 1 Lifestyle Wellness Session



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

WELLNESS ACTIVITIES

- Oryx Activities 60 mins

CULINARY ACTIVITIES

- Cooking Class 50 mins

FITNESS

- Yoga Hatha 50 mins
- Agility Activity 50 mins
- Balance Activity 50 mins
- Boot Camp (Outdoor Seasonal) 50 mins
- Fitball Exercises 50 mins
- Freeform Power Balance 50 mins
- Outdoor Circuit (Outdoor Seasonal) 50 mins
- Personal Training 50 mins
- Stretch Class 50 mins
- Thai Boxing Fit (10 to 16 Yrs) 50 mins

GROOMING

- Henna for Hand and Feet 50 mins

HOLISTIC

- Craniosacral Therapy 30 mins
- Reiki (Child) 30 mins

LIFESTYLE WELLNESS

- Physical Analysis 25 mins

MINDFULNESS

- Breathing meditation (Al-Tanfus) Child 30 mins
- Learn De-Stress Head Massage 50 mins
- Learn Trigger Point Release 50 mins
- Make Your Own - Body Scrub 50 mins
- Make Your Own - Essential oil workshop 50 mins
- Make Your Own - Herbal Compress 50 mins
- Make Your Own - Herbal Inhaler 50 mins
- Meditation 50 mins
- Sustainability for Life Workshop 50 mins

OUTDOOR ACTIVITIES

- Beach Yoga (Seasonal) 50 mins
- Kayaking 50 mins
- Morning Jog & Stretch 50 mins
- Private Swimming Lesson (Seasonal) 50 mins
- Stand Up Paddle 50 mins

TREATMENTS FOR YOUNG PEOPLE

- Crystal Healing Facial for Younger Skin (Comfort Zone) 50 mins
- Mini Manicure (Margaret Dabbs) 40 mins
- Mini Pedicure (Margaret Dabbs) 45 mins
- Mother & Daughter Manicure (Margaret Dabbs) 50 mins each
- Mother & Daughter Pedicure (Margaret Dabbs) 60 mins each
- Youth Foot Massage - Child w/ Adult 30 mins
- Youth Head & Shoulder Massage - Child w/ Adult 30 mins

ADULTS SUSTAINING WELLNESS (18-55 YEARS)

This retreat is aimed to set the foundation for people between age 18 to 55 years who are looking to begin their journey towards a healthy lifestyle. No age is too soon or too late. This is a journey of self discovery through activities, nutrition and treatments that help nourish and strengthen your overall wellbeing.

2 NIGHTS

- 2 Access to Resort Facilities
- 2 Wellness Cuisine
- 1 Wellness Consultation
- 1 Outdoor Activity
- 2 Daily Massage
- 1 Fitness
- 1 Holistic
- 1 Spa

5 NIGHTS

- 5 Access to resort facilities
- 5 Wellness Cuisine
- 1 Culinary Activities
- 5 Daily Massage
- 2 Fitness
- 2 Holistic
- 1 Outdoor Activities
- 2 Spa
- 1 Wellness Consultation



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

CULINARY ACTIVITIES

- The Family Kitchen 90 mins

DAILY MASSAGE

- Invigorating Massage 50 mins
- Oriental Scalp Massage 40 mins
- Signature Full Body Tadleek (Massage) 50 mins
- Signature Relaxing Al – Qadam (Foot Massage) 50 mins

OUTDOOR ACTIVITIES

- Marine Eco Trail 50 mins
- Morning Stroll – Guided 50 mins

FITNESS

- Personal Training 50 mins
- Super Stretch 25 mins

HOLISTIC

- Massage Al Batin (Abdominal Massage) 50 mins
- Craniosacral Therapy (Adult) 50 mins
- Reiki (Adult) 50 mins

SPA

- Detoxifying Skin Therapy Body Wrap 80 mins
- Signature "Seaweed Detox" Body Scrub 25 mins
- Signature Tadleek (Massage) with Heated Stones 80 mins
- Soothing Back Brush Therapy 40 mins
- Tranquility Body Scrub (Comfort Zone) 45 mins

WELLNESS CONSULTATION

- Family (TAIM) Health Consultation 50 mins
- Nutrition Consultation 50 mins
- Physical Analysis 25 mins

ZULAL RESTORING WELLNESS (55 YEARS AND ABOVE)

During this life stage it's wise to check in with your health and wellbeing so that you can enhance your longevity and adjust your physical and mental positioning for more vitality and purpose.

We all have a deep capacity to rejuvenate at any age and this retreat will inspire you on a new path of all-round preservation.

2 NIGHTS

- 2 Access to resort facilities
- 2 Wellness Cuisine
- 2 Daily Massage
- 1 Fitness
- 1 Holistic
- 1 Mindfulness
- 1 Physiotherapy

5 NIGHTS

- 5 Access to resort facilities
- 5 Wellness Cuisine
- 5 Daily Massage
- 1 Family Activities
- 2 Fitness
- 2 Holistic
- 2 Mindfulness
- 1 Physiotherapy
- 1 Wellness Consultation



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

DAILY MASSAGE

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

FAMILY ACTIVITIES

- Marine Eco Trail 50 mins
- Morning Stroll – Guided 50 mins

FITNESS

- Super Stretch 25 mins
- Personal Training 50 mins

HOLISTIC

- Massage Al-Batin (Abdominal Massage) 50 mins
- Craniosacral Therapy (Adult) 50 mins
- Traditional Qatari Hamiz (Deep Tissue) 50 mins
- Reiki (Adult) 50 mins

MINDFULNESS

- Tai Chi Chuan 30 mins
- Breathing meditation (Al – Tanfus) 50 mins

PHYSIOTHERAPY

- Deep Tissue Tadleek 50 mins
- Back, Neck and Shoulder Release 50 mins

WELLNESS CONSULTATION

- Family (TAIM) Health Consultation 50 mins
- Nutrition Consultation 50 mins
- Physical Analysis 25 mins

TERMS AND CONDITIONS

DEPOSIT & CANCELLATION POLICY

Full payment will be charged 7 days prior to arrival.

Cancellation, amendment or shortened stay made to bookings made after 16:00 less than 7 days prior to arrival will incur a charge of 100% of the total stay.

No show or early departure will be charged for the full duration of the stay.

CHECK-IN/OUT POLICY

Hotel's standard check-in time at 14:00 hours and standard check-out time is 12:00 hours.

All guests are required to provide an original valid Qatar ID or passport upon arrival.

Minimum age for check-in is 18 years old unless accompanied by parents or another legal adult guardian.

DATA PROTECTION POLICY

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

CHILD POLICY

Children's age must be indicated to the reservations team at the time of booking.

Up to 1 child of registered hotel guest under age of 4 can stay at no extra cost sharing the adult bed when book Introductory Retreat in Discovery.

For additional children, an additional room will be required and supplement charge will be applicable.

Complimentary stay for children below 4 years old is not applicable for Family rooms, supplement charge will be applicable.

Children 9 years old and above considered as an adult and adult's price will be applicable.

Children under the age of 16 years old will not be granted to Serenity area.

RESORT ETIQUETTE

Zulal Wellness Resort is committed to safeguarding the health and wellbeing of its guests and employees. As reconnecting with yourself and nature is part of the wellness journey, we encourage digital detox where all devices including mobile phones, cameras, e-book and other related devices are to be used from the comfort of your room only, not to be used in the Resort public areas.

The resort is a non-smoking environment, smoking is prohibited in the entirety of the property.

Burning bakhoor is prohibited inside guest rooms for health and safety reasons.

Food and drink brought from outside the resort is prohibited for health and safety reasons.

Only guests in appropriate swimwear are permitted to use the pool including the nanny accompanying children in the pool.

Zulal Wellness Resort only serves a wide variety of healthy juices and mocktails

TRANSFER ARRANGEMENT

For airport transfers, the resort has a fleet of cars to choose from.

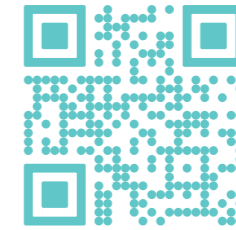
Prior reservation is required and full flight details should be supplied at least 48hrs in advance.

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 "ESSENCE OF LIFE".



Scan the QR code and discover more

Follow us on


Instagram
[@zulalwellnessresort](#)


Facebook
[@zulalwellnessresort](#)


Twitter
[@resort_zulal](#)


LinkedIn
[Zulal Wellness Resort](#)


Snapchat
[@zulalwellness](#)

Zulal Wellness Resort
Building No. 100, Street 319, Zone 79, P.O. Box 70034, Al Ruwais, Qatar
T +974 4477 6500 - F +974 4477 6566 - info@zulal.com
www.zulal.com