



Retreats 2024



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STRESS RESET AND BURNOUT RECOVERY

Overcome the signs and symptoms of stress, overwhelm, fatigue and burnout from within the safe and supportive environment of Zulal Wellness Resort and adopt a host of sustainable lifestyle changes that will transform your approach to health. This retreat is designed to restore and relax the mind, body, and spirit through a unique blend of our classic wellness wisdom combined with modern therapies that aim to relieve stress and burnout.

YOUR RETREAT INCLUDES :

- Health & Wellness Consultation
- Personalized programme of wellness treatments and therapies specific to adopt a host of positive sustainable lifestyle changes
- Three wellness cuisine meals served per night of stay
- Access to fitness and leisure activities
- Access to the dedicated wellness centre facilities within Zulal Serenity or Zulal Discovery
- Daily laundry services for three pieces of sports attire
- Choice of one additional daily treatment per night of stay, choosing from invigorating massage, oriental scalp massage, signature full body Tadleek massage, signature relaxing Al Qadam foot massage

*During your consultation, our Health & Wellness Advisor will advise the most suitable wellness treatments for you.

STRESS RESET AND BURNOUT RECOVERY

3 Night Stay	5 Night Stay	7 Night Stay	10 Night Stay	14 Night Stay
• Daily Treatment 3	• Daily Treatment 5	• Daily Treatment 7	• Daily Treatment 10	• Daily Treatment 14
• Fitness Classic 2	• Fitness Classic 2	• Fitness Classic 2	• Fitness Classic 2	• Fitness Classic 3
• Holistic Classic 1	• Fitness Deluxe 1	• Fitness Deluxe 1	• Fitness Deluxe 2	• Fitness Deluxe 3
• Spa Deluxe 1	• Holistic Classic 2	• Fitness Premium 1	• Fitness Premium 1	• Fitness Premium 2
	• Holistic Premium 1	• Holistic Deluxe 2	• Holistic Deluxe 3	• Holistic Deluxe 4
	• Physio Deluxe 1	• Holistic Premium 2	• Holistic Premium 2	• Holistic Premium 3
	• Spa Deluxe 2	• Physio Deluxe 1	• Physio Deluxe 2	• Physio Deluxe 3
		• Physio Premium 1	• Physio Premium 2	• Physio Premium 3
		• Spa premium 2	• Spa premium 2	• Spa premium 3

Depending on your length of stay, select your treatments from the following list:

DAILY TREATMENT

- Invigorating Massage
- Oriental Scalp Massage
- Full Body Tadleek Massage
- Relaxing Al Qadam Massage

FITNESS CLASSIC

- Tai Chi
- Pranayama Breathing
- Meditation
- Super Stretch (25 mins)

FITNESS DELUXE

- Hatha Yoga
- Personal Training
- TRX Training

FITNESS PREMIUM

- Watsu Aquatic Training
- Pilates Reformer

HOLISTIC CLASSIC

- Reiki
- Massage Al Ra's Head Massage

HOLISTIC DELUXE

- Hijama Cupping
- Craniosacral
- Crystal Aroma Massage
- Foot Reflexology
- Al Batin Abdominal Massage

HOLISTIC PREMIUM

- Abhyanga
- Shirodhara
- Nutrition Consultation
- Acupuncture
- Sound Healing

PHYSIO CLASSIC

- Inter X Therapy

PHYSIO DELUXE

- Upper Body Tadleek
- Releasing Tension Therapy
- Tecar Therapy
- Infrared Capsule

PHYSIO PREMIUM

- Gyrotonic
- Neurac Method

SPA DELUXE

- Leg Relieving & Toning Treatment

SPA PREMIUM

- Facial Enhancement Biocellulose

Complimentary upon request: Physical Analysis | Body Composition Analysis | VISIA Facial Imaging Skin Analysis

For more information and reservations, Email: reservations@zual.com or phone/WhatsApp +974 4477 6555



Zulal

Wellness Resort
by Chiva-Som

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