

EXCLUSIVE

Packages

The Reset

5-Day Metabolic Reset & Longevity Retreat

Leave lighter, energized, and with a personalized roadmap.

IDEAL FOR:

International visitors seeking:

- Weight optimization
- Energy restoration
- Early metabolic imbalance
- Stress-related fatigue
- Healthy ageing support

DURATION: 5 Days

INCLUDED SERVICES:**DAY 1 – DISCOVER**

- Medical wellness consultation
- Dietitian consultation
- Body composition assessment
- Oligoscan analysis (for minerals and toxins) and test for food sensitivities
- Comprehensive metabolic laboratory panel
- Personalized meal prescription

DAY 2-5 – RESTORE

- Daily Diet Delights therapeutic meals (Breakfast + Lunch + Dinner + snacks)
- Japanese sauna sessions
- Pressotherapy / lymphatic drainage sessions
- EMS or Wonder sessions
- Lifestyle and movement coaching

FINAL DAY

- Exit consultation
- Personalized 30-day nutrition plan
- Follow-up teleconsultation after departure

EXPECTED OUTCOME:

- Reduced bloating
- Improved energy
- Better understanding of metabolism
- Personalized health strategy

Starting Price
QAR 2500

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+974 4433 9444

+974 6639 0569

The Wellness Lab Registered Office
Al Nuaija Street, Doha, Qatar

EXCLUSIVE

Packages

The Glow Protocol

7-Day Skin Health & Beauty From Within Program

Aesthetic medicine meets nutrition.

IDEAL FOR:

Medical travelers looking for:

- Skin rejuvenation
- Anti-aging
- Wedding preparation
- Post-stress recovery
- Glow and skin optimization

DURATION: 7 Days

INCLUDED SERVICES:

MEDICAL AESTHETICS

- Dermatology consultation
- Hydrafacial
- Polynucleotide OR Prohilo treatment
- Skinbooster
- Botox & Fillers as needed
- LED recovery session

NUTRITIONAL THERAPY

- Anti-inflammatory meal plan
- Daily Diet Delights meals
- Skin-support nutrition protocol
- Nutritional coaching

WELLNESS

- Japanese sauna
- Recovery session

FOLLOW-UP

- Personalized 4-week glow nutrition guide
- Virtual review

EXPECTED OUTCOME:

- Improved skin quality
- Hydration and radiance
- Reduction in inflammatory triggers
- Long-term skin maintenance strategy

Starting Price
QAR 3500
Depending on
injectable selected

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EXCLUSIVE

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The Restart

10-Day Body Transformation & Slimming Reset

Aesthetic medicine meets nutrition.

IDEAL FOR:

Medical travelers looking for:

- Weight optimization
- Energy restoration
- Early metabolic imbalance
- Stress-related fatigue
- Healthy ageing support

DURATION: 5 Days

INCLUDED SERVICES:

DAY 1 - DISCOVER

- Medical wellness consultation
- Dietitian consultation
- Body composition assessment
- Oligoscan analysis (for minerals and toxins) and test for food sensitivities
- Comprehensive metabolic laboratory panel
- Personalized meal prescription

DAY 2-5 - RESTORE

- Daily Diet Delights therapeutic meals (Breakfast + Lunch + Dinner + snacks)
- Japanese sauna sessions
- Pressotherapy / lymphatic drainage sessions
- EMS or Wonder sessions
- Lifestyle and movement coaching

FINAL DAY

- Exit consultation
- Personalized 30-day nutrition plan
- Follow-up teleconsultation after departure

EXPECTED OUTCOME:

- Reduced bloating
- Improved energy
- Better understanding of metabolism
- Personalized health strategy

Starting Price
QAR 2000

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