



Zulal

Wellness Resort
by Chiva-Som

WELLNESS RETREAT PROGRAMME

BURNOUT RECOVERY

Burnout Recovery retreat offers a sanctuary to restore your energy, nurture your wellbeing, and reconnect with your inner balance.

Your Wellness Journey Inclusions

- Accommodation
- Health & Wellness consultation
- Personalised programme of wellness treatments and therapies specific to your chosen retreat
- Choice of one daily treatment per night of stay, choosing from invigorating massage, oriental scalp massage, signature full body Tadleek massage, signature relaxing Al Qadam foot massage
- Three wellness cuisine meals served in restaurant per night of stay (excludes In-Room Dining)
- Access to fitness and leisure activities
- Access to the wellness centre facilities including: hydrothermal area, sauna, steam, arctic cave, himalayan salt room
- In-room wellness minibar
- Daily laundry services for three pieces of sports attire

Note: Available for stays from one night.



BURNOUT RECOVERY

5 Nights	
Daily Treatments	5
Integrative TAIM Consultation	1
Holistic Health*	2
Mindfulness**	1
Shirodhara	1
Super Stretch (25 min)	1
Upper Body Tadleek (Back, Neck & Shoulder)***	1
Total	12

7 Nights	
Daily Treatments	7
Integrative TAIM Consultation	1
Holistic Health*	2
Mindfulness**	1
Shirodhara	3
Upper Body Tadleek (Back, Neck & Shoulder)***	1
Watsu (Aquatic Therapy)	1
Super Stretch (25 min)	1
Acupuncture (90 mins)****	1
Total	18

10 Nights	
Daily Treatments	10
Integrative TAIM Consultation	1
Holistic Health*	3
Acupuncture (90 min) ***	1
Acupuncture (50 min)	1
Mindfulness**	3
Shirodhara	1
Upper Body Tadleek (Back, Neck & Shoulder)***	1
Super Stretch (25 min)	2
Nutrition Consultation	1
Thai Traditional Massage	1
Wastu (Aquatic Therapy)	1
Total	26

14 Nights	
Daily Treatments	14
Integrative TAIM Consultation	1
Holistic Health*	4
Acupuncture (90 min)****	1
Acupuncture (50 min)	1
Mindfulness**	3
Shirodhara	1
Upper Body Tadleek (Back, Neck & Shoulder)***	2
Super Stretch (25 min)	3
Nutrition Consultation	1
Thai Traditional Massage	1
Foot Reflexology	1
Metabolic Boost****	1
Hydramemory	1
Wastu (Aquatic Therapy)	1
Total	36

21 Nights	
Daily Treatments	21
Integrative TAIM Consultation	1
Holistic Health	6
Acupuncture (90 min)****	1
Acupuncture (50 min)	1
Mindfulness**	4
Shirodhara	2
Upper Body Tadleek (Back, Neck & Shoulder)***	2
Super Stretch (25 min)	5
Nutrition Consultation	1
Thai Traditional Massage	2
Foot Reflexology	1
Metabolic Boost****	3
Hydramemory	1
Wastu (Aquatic Therapy)	1
Tecar Therapy	1
Infrared Capsule (55 min)	1
Total	54

SUSTAINABLE WEIGHT LOSS

Sustainable Weight Loss & Management retreat offers a sanctuary to restore your energy, nurture your wellbeing, and reconnect with your inner balance.

Your Wellness Journey Inclusions

- Accommodation
- Health & Wellness consultation
- Personalised programme of wellness treatments and therapies specific to your chosen retreat
- Choice of one daily treatment per night of stay, choosing from invigorating massage, oriental scalp massage, signature full body Tadleek massage, signature relaxing Al Qadam foot massage
- Three wellness cuisine meals served in restaurant per night of stay (excludes In-Room Dining)
- Access to fitness and leisure activities
- Access to the wellness centre facilities including: hydrothermal area, sauna, steam, arctic cave, himalayan salt room
- In-room wellness minibar
- Daily laundry services for three pieces of sports attire

Note: Available for stays from one night.



SUSTAINABLE WEIGHT LOSS & MANAGEMENT

5 Nights	
Daily Treatments	5
Body Composition Analysis	1
Personal Training (50 min)	3
Super Stretch (50 min)	2
Metabolic Boost*	1
Massage Al-Batin (Abdominal Massage) **	1
Nutrition Consultation	1
Total	14

7 Nights	
Daily Treatments	7
Body Composition Analysis	1
Personal Training (50 min)	4
Super Stretch (50 min)	3
Metabolic Boost*	1
Massage Al-Batin (Abdominal Massage)**	1
Manual Lymphatic Drainage (50 min)	1
Nutrition Consultation	1
Total	19

10 Nights	
Daily Treatments	10
Body Composition Analysis	1
Personal Training (50 min)	5
Super Stretch (50 min)	3
Metabolic Boost*	2
Massage Al-Batin (Abdominal Massage) **	1
Manual Lymphatic Drainage	1
Nutrition Consultation	1
Acupuncture (Slimming) 90 min	1
LPG Endermologie	1
Total	26

14 Nights	
Daily Treatments	14
Body Composition Analysis	2
Personal Training (50 min)	7
Super Stretch (50 min)	4
Metabolic Boost*	3
Massage Al-Batin (Abdominal Massage)**	2
Manual Lymphatic Drainage	1
Nutrition Consultation	1
Acupuncture (Slimming) 90 min	1
LPG Endermologie	2
Total	37