



# Retreats 2024



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## TASTE OF ZULAL

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A perfect retreat for first-time visitors to Zulal. On arrival, you and your Health & Wellness Advisor will plan a schedule of activities and treatments to meet your goals while supporting your journey of personal discovery and meaningful change.

### YOUR RETREAT INCLUDES :

- Health & Wellness Consultation
- Personalized programme of wellness treatments and therapies as an introduction to our wellness offering
- 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.

## TASTE OF ZULAL

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
• Spa Classic 1	• Spa Classic 1	• Spa Classic 1	• Spa Classic 1	• Spa Classic 2
• Physiotherapy Classic 1	• Spa Deluxe 1	• Spa Deluxe 1	• Spa Deluxe 2	• Spa Deluxe 2
• Fitness Classic 1	• Physiotherapy Classic 1	• Spa Premium 1	• Spa Premium 1	• Spa Premium 1
• Fitness Deluxe 1	• Physiotherapy Deluxe 1	• Physiotherapy Classic 1	• Physio Classic 1	• Physio Classic 2
• Holistic Deluxe 1	• Physiotherapy Premium 1	• Physiotherapy Deluxe 1	• Physio Deluxe 2	• Physio Deluxe 2
	• Fitness Classic 2	• Physiotherapy Premium 1	• Physio Premium 2	• Physio Premium 2
	• Fitness Deluxe 1	• Fitness Classic 2	• Fitness Classic 2	• Fitness Classic 3
	• Holistic Deluxe 1	• Fitness Deluxe 3	• Fitness Deluxe 3	• Fitness Deluxe 5
		• Holistic Deluxe 1	• Fitness Premium 1	• Fitness Premium 2
		• Holistic Premium 1	• Holistic Deluxe 2	• Holistic Deluxe 2
			• Holistic premium 1	• Holistic Premium 2

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

### PHYSIO CLASSIC

- Inter X Therapy
- Bone Density Exercises

### PHYSIO DELUXE

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

### PHYSIO PREMIUM

- Neurac Method
- Gyrotonic

### SPA CLASSIC

- Supreme Pedicure
- Supreme Manicure

### SPA DELUXE

- Leg Illuminating & Refining Treatment
- Leg Relieving & Toning Treatment
- Back Scratch Therapy
- Thai Traditional Massage
- Hair Therapy

### SPA PREMIUM

- Facial Enhancement Biocellulose
- Facial Enhancement Celestial Black Diamond
- "Seaweed Detox" Body Scrub
- Tranquility Body Scrub

### FITNESS CLASSIC

- Guided Morning Stroll
- Super Stretch (25 mins)

### FITNESS DELUXE

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

### FITNESS PREMIUM

- EMS (Electrical Muscle Stimulation)
- Pilates
- Swimming Session

### HOLISTIC DELUXE

- Massage Al Ra's
- Traditional Qatari Hamiz Deep Tissue

### HOLISTIC PREMIUM

- Integrative TAIM Consultation
- Nutrition Consultation
- Naturopathic Consultation
- Shirobhyanga

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

For more information and reservations, Email: [reservations@zulal.com](mailto:reservations@zulal.com) or phone/WhatsApp +974 4477 6555





## MIND BODY WELLNESS

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

### YOUR RETREAT INCLUDES :

- Health & Wellness Consultation
- Personalized programme of wellness treatments and therapies to de-stress and rejuvenate your body, mind and spirit
- 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.

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
• Holistic Classic 1	• Holistic Deluxe 1	• Holistic Deluxe 1	• Holistic Deluxe 2	• Fitness Deluxe 5
• Physio Deluxe 1	• Holistic Classic 1	• Holistic Premium 1	• Holistic Premium 1	• Fitness Premium 1
• Fitness Deluxe 2	• Holistic Premium 1	• Physio Deluxe 1	• Cooking Class 1	• Holistic Classic 3
	• Physio Deluxe 1	• Holistic Classic 2	• Physio Premium 2	• Holistic Deluxe 3
	• Fitness Deluxe 2	• Fitness Premium 1	• Physio Deluxe 1	• Holistic Premium 2
		• Fitness Deluxe 2	• Holistic Classic 2	• Cooking Class 2
		• Cooking Class 1	• Fitness Premium 1	• Physio Deluxe 1
			• Fitness Deluxe 3	• Physio Premium 2

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

**PHYSIO DELUXE**

- Releasing Tension Therapy
- Back, Neck & Shoulder Release

**PHYSIO PREMIUM**

- Deep Tissue Tadleek Massage
- Gyrotonic

**FITNESS DELUXE**

- Hatha Yoga
- Beach Yoga
- Meditation
- Private Pranayama Breathing
- Super Stretch (50 mins)
- TRX Therapy

**FITNESS PREMIUM**

- Watsu Aquatic Training
- Pilates

**HOLISTIC CLASSIC**

- Energy Balancing
- Massage Al Ra's Head Massage
- Reiki
- Foot Reflexology

**HOLISTIC DELUXE**

- Al Batin Abdominal Massage
- Hijama Cupping
- Traditional Qatari Hamiz Deep Tissue
- Tai Chi

**HOLISTIC PREMIUM**

- Massage Al Batin wa Al Ra's
- Crystal Aroma Massage
- Integrative TAIM Consultation
- Nutrition Consultation
- Shirobhyanga
- Cooking Class: Chef Master Class

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

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## NATURAL SLIMMING

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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.

### YOUR RETREAT INCLUDES :

- Health & Wellness Consultation
- Personalized programme of wellness treatments and therapies for sustainable healthy weight loss
- 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.

## NATURAL SLIMMING

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	• Cooking Class 1	• Cooking Class 1	• Cooking Class 2
• Spa Premium 2	• Fitness Deluxe 3	• Fitness Deluxe 2	• Fitness Classic 3	• Fitness Deluxe 4
• Fitness Deluxe 1	• Fitness Premium 1	• Fitness Classic 2	• Fitness Deluxe 3	• Fitness Premium 1
	• Holistic Classic 1	• Holistic Deluxe 1	• Fitness Premium 1	• Fitness Classic 3
	• Physio Deluxe 2	• Holistic Classic 1	• Holistic Classic 1	• Physio Classic 1
	• Cooking Class 1	• Fitness Premium 1	• Holistic Deluxe 1	• Physio Deluxe 2
		• Spa Premium 2	• Holistic Premium 1	• Spa Premium 4
			• Physio Deluxe 1	• Holistic Classic 1
			• Physio Classic 1	• Holistic Deluxe 1
			• Spa Premium 2	• Holistic Premium 2

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
- Cooking Class: Chef Master Class

### PHYSIO CLASSIC

- Postural Corrective Therapy

### PHYSIO DELUXE

- Chronic Pain Therapy
- Releasing Tension Therapy
- Kinesthetic Assessment
- Deep Tissue Tadleek Massage

### HOLISTIC CLASSIC

- Manual Lymph Drainage
- Foot Reflexology

### HOLISTIC DELUXE

- Hijama Cupping
- Massage Al Batin Abdominal Massage

### HOLISTIC PREMIUM

- Colonic Hydrotherapy
- Integrative TAIM Consultation
- Al Batin wa Al Ra's Abdomen & Head Massage
- Nutrition Consultation

### FITNESS CLASSIC

- Personal Training
- Circuit Training
- Private Abs, Buttocks & Thighs
- Personal Stretch Class
- Abs Express
- Fitness Assessment
- Super Stretch (25 mins)

### FITNESS DELUXE

- Metabolic Boost
- Freeform Power Balance
- TRX Therapy
- Thai Boxing

- Aqua Training
- Super Stretch (50 mins)

### FITNESS PREMIUM

- Watsu Aquatic Training
- EMS (Electrical Muscle Stimulation)
- Pilates
- Swimming Session

### SPA PREMIUM

- LPG Endermologie
- Stimulating Hip & Thigh Treatment
- Detoxifying Skin Therapy Body Wrap
- Camel Milk Slimming Body Mask
- "Seaweed Detox" Body Scrub

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

For more information and reservations, Email: [reservations@zulal.com](mailto:reservations@zulal.com) or phone/WhatsApp +974 4477 6555





## SUSTAINABLE WEIGHT LOSS

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When it comes to long-term weight loss, we recommend a balanced approach rather than extreme changes or restrictions to your lifestyle. This retreat combines a personalised diet with metabolism-boosting exercise and detoxing spa treatments. Learn what works best for you to bring about sustainable changes in your body.

### YOUR RETREAT INCLUDES :

- Health & Wellness Consultation
- Personalized programme of wellness treatments and therapies to support sustainable weight loss
- 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.



## SUSTAINABLE WEIGHT LOSS

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 One Treatment 14
• Holistic Premium 1	• Holistic Premium 1	• Holistic Premium 1	• Holistic Premium 2	• Holistic Premium 2
• Fitness Classic Activities 2	• Fitness Classic Activities 3	• Fitness Classic Activities 5	• Fitness Classic Activities 7	• Fitness Classic Activities 10
• Spa Premium Treatment 1	• Spa Premium Treatments 2	• Spa Premium Treatments 3	• Spa Premium Treatments 5	• Spa Premium Treatments 7
• Fitness Assessment 1	• Physio Deluxe Treatment 1	• Physio Deluxe Treatment 2	• Physio Deluxe Treatment 2	• Physio Deluxe Treatment 3
• FMS Service 1	• Holistic Deluxe Treatment 1	• Holistic Deluxe Treatment 1	• Holistic Deluxe Treatment 2	• Holistic Deluxe Treatment 3
• Master Chef Class 1	• Holistic Premium Treatment 1	• Holistic Premium Treatment 1	• Holistic Premium Treatment 2	• Holistic Premium Treatment 2
	• Physical Analysis 1	• Physical Analysis 1	• Physical Analysis 1	• Physical Analysis 1
	• Fitness Assessment 1	• Fitness Assessment 1	• Fitness Assessment 1	• Fitness Assessment 1
	• FMS Service 1	• FMS Service 1	• FMS Service 1	• FMS Service 1
	• Master Chef Class 1	• Master Chef Class 1	• Master Chef Class 1	• Master Chef Master Class 1

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

### SPA PREMIUM

- Seaweed Detox Body Scrub
- Detoxifying Skin Therapy Body Wrap
- Stimulating Hip & Thigh Treatment

### FITNESS CLASSIC

- Personal Training
- Circuit Training
- Abs, Buttocks & Thighs
- Personal Stretch Class
- Super Stretch (25 mins)
- Metabolic Boost
- Freeform Power Balance
- Mat Pilates
- Reformer Pilates
- Aqua Training
- EMS (Electrical Muscle Stimulation)

### PHYSIO DELUXE

- Kinesthetic Assessment
- Deep Tissue Tadleek Massage
- Tension Release Therapy
- Chronic Pain Therapy

### HOLISTIC DELUXE

- Al Batin Abdominal Massage
- Hijama Cupping
- Udharthanam Dry Powder Massage
- Acupuncture

### HOLISTIC PREMIUM

- Integrative TAIM Consultation
- Colonic Hydrotherapy

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

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## STRESS RESET AND BURNOUT RECOVERY

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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](mailto:reservations@zual.com) or phone/WhatsApp +974 4477 6555





## THERAPEUTIC CLEANSE

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This retreat is designed for guests looking to fine-tune their diet or embark on a dietary transformation. Encompassing a holistic approach, this tailored programme will help you discover calorie-controlled and nourishing foods, bringing your digestive and metabolic systems back to optimal function for sustaining health and maximize the benefits of the detoxification process. You can expect improved health on all levels including internal balance, increased energy and vitality.

### YOUR RETREAT INCLUDES :

- Health & Wellness Consultation
- Personalized programme of wellness treatments and therapies to fine-tune your diet and embark on a dietary transformation
- Three calorie-controlled 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.

## THERAPEUTIC CLEANSE

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 1	• Fitness Classic 1	• Cooking Class 1	• Cooking Class 1	• Cooking Class 2
• Holistic Classic 1	• Fitness Deluxe 1	• Fitness Classic 1	• Fitness Classic 1	• Fitness Classic 2
• Spa Premium 2	• Holistic Classic 2	• Fitness Deluxe 2	• Fitness Deluxe 2	• Fitness Deluxe 4
	• Holistic Deluxe 1	• Holistic Classic 1	• Holistic Classic 2	• Holistic Classic 2
	• Holistic Premium 1	• Holistic Deluxe 1	• Holistic Premium 3	• Holistic Deluxe 2
	• Spa Premium 2	• Holistic Premium 2	• Holistic Deluxe 2	• Holistic Premium 4
		• Spa Premium 2	• Spa Premium 2	• Spa Premium 4

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
- Cooking Class: Chef Master Class

### FITNESS CLASSIC

- Super Stretch (25 mins)
- Guided Morning Stroll

### FITNESS DELUXE

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

### HOLISTIC CLASSIC

- Manual Lymph Drainage
- Foot Reflexology
- Colonic Hydrotherapy

### HOLISTIC DELUXE

- Hijama Cupping
- Massage Al Batin Abdominal Massage

### HOLISTIC PREMIUM

- Integrative TAIM Consultation
- Nutrition Consultation
- Massage Al Batin wa Al Ra's Abdomen & Head Massage
- Colonic Hydrotherapy

### SPA PREMIUM

- Detoxifying Balneotherapy
- Detoxifying Skin Therapy Body Wrap
- "Seaweed Detox" Body Scrub

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

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## SERENITY BEAUTY

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The Serenity Beauty retreat is designed to help you restore a sense of facial freshness. Aimed at giving you a younger looking skin and an overall healthier appearance. This retreat combines treatments and therapies from our spa and aesthetics beauty menu.

### YOUR RETREAT INCLUDES :

- Health & Wellness Consultation
- Personalized programme of wellness treatments and therapies to enhance your natural beauty
- 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.



# SERENITY BEAUTY

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
• Aesthetic 3	• Aesthetic 4	• Aesthetic 4	• Aesthetic 5	• Aesthetic 6
• Spa Classic 2	• Spa Deluxe 1	• Spa Deluxe 1	• Holistic premium 1	• Holistic premium 1
	• Spa Premium 1	• Health & Wellness Therapy 1	• Spa Deluxe 1	• Spa Deluxe 1
	• Spa Classic 2	• Holistic premium 1	• Health & Wellness Therapy 1	• Health & Wellness Therapy 4
		• Spa Classic 2	• Spa Classic 3	• Spa Classic 4
		• Spa Premium 1	• Spa Premium 3	• 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

## HOLISTIC PREMIUM

- Integrative TAIM Consultation
- Nutrition Consultation

## AESTHETIC

- Bioplasma Face
- Jetpeel Clean & Hydrate
- Spectra XT Face with Mask
- Candela Gentle Pro Laser Facial Veins

## SPA CLASSIC

- Supreme Pedicure
- Supreme Manicure
- Traditional Wet Shave
- Wash & Style
- Replumping for Dehydrated Long/Short Hair

## SPA DELUXE

- Muscle Ease Massage
- Back Scratch Therapy
- Thai Traditional Massage
- Health & Wellness Therapy
- Personal Training
- Pilates

- Al Batin Abdominal Massage
- Crystal Aroma Massage
- Releasing Tension Therapy

## SPA PREMIUM

- Camel Milk Slimming Body Mask
- Nourish & Hydrate Body Wrap
- "Seaweed Detox" Body Scrub
- Facial Enhancement Biocellulose
- Facial Enhancement Celestial Black Diamond
- Facial Enhancement Cryo Eyes
- Facial Enhancement Rose Gold
- Facial Enhancement Sub Zero De-Puffing Eyes

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

For more information and reservations, Email: [reservations@zulal.com](mailto:reservations@zulal.com) or phone/WhatsApp +974 4477 6555



## CHAMPION FIT

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Our fitness programme provides re-functional exercise, physiotherapy, super stretch and deep tissue massage therapy. Our treatments help push and restore you by relaxing your muscles to improve strength and mobility, while our wellness cuisine and group activities support your well-being. We will help prepare you to reach for and attain your new personal best.

### YOUR RETREAT INCLUDES :

- Health & Wellness Consultation
- Personalized programme of wellness treatments and therapies to ensure that both your physical and mental state are at the peak fitness
- 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.

## CHAMPION FIT

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 3	• Fitness Classic 3	• Fitness Classic 4
• Fitness Deluxe 1	• Fitness Deluxe 2	• Fitness Deluxe 3	• Fitness Deluxe 3	• Fitness Deluxe 4
• Holistic Premium 1	• Holistic Deluxe 1	• Holistic Deluxe 2	• Fitness Premium 2	• Fitness Premium 2
• Physio Classic 2	• Holistic Premium 1	• Holistic Premium 1	• Holistic Deluxe 2	• Holistic Deluxe 3
• Physio Deluxe 1	• Physio Classic 1	• Physio Classic 1	• Holistic Premium 1	• Holistic Premium 1
	• Physio Deluxe 2	• Physio Deluxe 2	• Physio Classic 1	• Physio Classic 1
	• Physio Premium 1	• Physio Premium 1	• Physio Deluxe 3	• Physio Deluxe 4
		• SPA Classic 1	• Physio Premium 2	• Physio Premium 2
		• SPA Premium 1	• SPA Classic 1	• SPA Classic 2
			• SPA Premium 1	• SPA Premium 1

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

### HOLISTIC CLASSIC

- Massage Al Ras

### HOLISTIC DELUXE

- Hijama Cupping
- Traditional Qatari Hamiz
- Massage Al Batin

### HOLISTIC PREMIUM

- Integrative TAIM Consultation
- Nutrition Consultation

### FITNESS CLASSIC

- Abs Express
- Personal Training
- Super Stretch (25 mins)

### FITNESS DELUXE

- FMS (Functional Movement Screening)
- Crossfit
- Personal Training
- Aqua Training
- EMS (Electrical Muscle Stimulation)
- Yoga Session
- Super Stretch

### FITNESS PREMIUM

- Watsu Aquatic Training
- Pilates Reformer
- Swimming Session

### PHYSIO CLASSIC

- Postural Corrective Therapy
- Inter X Therapy

### PHYSIO DELUXE

- Releasing Tension Therapy
- Upper body Tadleek
- Tecar Therapy
- Wellness Rehab
- Deep Tissue Tadleek
- Infrared Capsule

### PHYSIO PREMIUM

- Gyrotonic
- Neurac Method

### SPA CLASSIC

- Supreme Manicure
- Supreme pedicure
- Muscle Ease
- Thai Traditional Massage

### SPA PREMIUM

- Leg Illuminating & Refining Treatment
- Soothing Back Brush
- Detoxifying Skin Therapy Body Wrap
- Massage Al Batin

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

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## OPTIMAL PHYSIO – FIT

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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 coordinated guidance from our fitness and physiotherapy experts, we will help alleviate pain and improve posture whilst replenishing and rejuvenating your physical and mental state.

### YOUR RETREAT INCLUDES :

- Health & Wellness Consultation
- Personalized programme of wellness treatments and therapies specific to postural alignment and physical fitness
- 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.

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 1	• Fitness Classic 2	• Fitness Classic 2	• Fitness Classic 2	• Fitness Classic 3
• Fitness Deluxe 1	• Fitness Deluxe 1	• Fitness Deluxe 1	• Fitness Deluxe 2	• Fitness Deluxe 2
• Spa Deluxe 1	• Fitness Premium 1	• Fitness Premium 1	• Fitness Premium 1	• Fitness Premium 2
• Physio Classic 1	• Physio Classic 2	• Physio Classic 2	• Physio Classic 2	• Physio Classic 2
• Physio Deluxe 1	• Physio Deluxe 2	• Physio Deluxe 1	• Physio Premium 1	• Physio Deluxe 3
	• Spa Deluxe 1	• Physio Premium 1	• Physio Deluxe 2	• Physio Premium 3
		• Holistic Deluxe 1	• Holistic Deluxe 2	• Holistic Deluxe 2
		• Spa Deluxe 1	• Spa Deluxe 3	• Spa Deluxe 4

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

**HOLISTIC DELUXE**

- Hijama Cupping
- Traditional Qatari Hamiz Deep Tissue

**SPA DELUXE**

- Muscle Ease Massage
- Back Scratch Therapy
- Thai Traditional Massage

**PHYSIO CLASSIC**

- Inter X Therapy
- Postural Corrective Therapy

**PHYSIO DELUXE**

- Back, Neck & Shoulder Release
- Chronic Pain Therapy
- Kinesthetic Assessment
- Postural Corrective Therapy
- Re-functional Exercise
- Releasing Tension Therapy

**PHYSIO PREMIUM**

- Deep Tissue Tadleek
- Neurac Method
- Gyrotonic

**FITNESS CLASSIC**

- Personal Training
- Circuit Training
- Private Abs, Buttocks & Thighs
- Personal Stretch Class
- Abs Express
- Fitness Assessment
- Super Stretch (25 mins)

**FITNESS DELUXE**

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

**FITNESS PREMIUM**

- Watsu Aquatic Training
- EMS (Electrical Muscle Stimulation)
- Pilates
- Swimming Session

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

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



## MOTHER TO BE

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While becoming a mother is one of life's joyous moments, the physical changes combined with mental and emotional changes can take a toll on your wellbeing. This retreat has been designed by certified maternal care therapists to both relax and empower you, at any stage of your pregnancy with pampering spa treatments, tailored nutrition to strengthen your body and your baby, holistic therapies and gentle movement to release tension and alleviate discomfort.

### YOUR RETREAT INCLUDES :

- Health & Wellness Consultation
- Personalized programme of wellness treatments and therapies supporting your pregnancy
- 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.



# MOTHER TO BE

2 Night Stay	3 Night Stay	5 Night Stay	7 Night Stay
• Spa Daily Treatment 2	• Spa Daily Treatment 3	• Spa Daily Treatment 5	• Spa Daily Treatment 7
• Spa treatment - Winter Valley 1	• Spa treatment - Winter Valley 2	• Spa treatment - Dream Valley 3	• Spa treatment - Redwood Valley 4
• Holistic - Winter Valley 1	• Holistic - Winter Valley 1	• Holistic - Dream Valley 2	• Holistic - Redwood Valley 2
	• Physio - Winter Valley 1	• Physio - Dream Valley 1	• Physio - Redwood Valley 2
	• Fitness - Winter Valley 1	• Fitness - Dream Valley 2	• Fitness - Redwood Valley 3
	• Aesthetic - Winter Valley 1	• Aesthetic - Dream Valley 1	• Aesthetic - Redwood Valley 2
	• Mangrove activities	• Mangrove activities	• Mangrove activities

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

## SPA DAILY TREATMENT

- Oriental Scalp Massage
- Full Body Tadleek
- Relaxing Al qadam

## SPA WINTER VALLEY

- Hydramemory
- Nourish & Hydrate Body Wrap
- Tranquility Body Scrub

## SPA DREAM VALLEY

- Head, Neck, Back & Shoulder Massage
- Hydramemory
- Nourish & Hydrate Body Wrap
- Supreme Manicure
- Tranquility Body Scrub
- Wash & Style

## SPA REDWOOD VALLEY

- Hydramemory Facial Treatment
- Al bashra Al qamria

- Supreme Pedicure
- Supreme Manicure
- Nourish & Hydrate Body Wrap
- Head, Neck, Back & Shoulder Massage

- Tranquility Body Scrub
- Tranquility Body Scrub
- Zual Signature Hair Therapy
- Wash & Style
- Facial Enhancement -
  1. Biocellulose
  2. Cryo Eyes
  3. Rose Gold
  4. Sub Zero De puffing Eyes

## PHYSIO WINTER VALLEY

- Physical & Postural Assessment
- Postural Corrective Therapy

## PHYSIO DREAM VALLEY

- Chronic Pain Therapy
- Gyrotonic Method
- Kinesthetic Assessment

- Physical & Postural Assessment
- Postural Corrective Therapy
- Upper Body Tadleek
- Re Functional Exercise

## PHYSIO REDWOOD GROUNDS

- Chronic Pain Therapy
- Deep Tissue Tadleek
- Gyrotonic Method
- Inter X Therapy
- Kinesthetic Assessment
- Neurac Method
- Physical & Postural Assessment
- Postural Corrective Therapy
- Transcutaneous Nerve Stimulation (TENS)
- Upper Body Tadleek
- Re Functional Exercise

## HOLISTIC WINTER VALLEY

- Manual Lymph Drainage
- Shirobhyanga
- Reiki

## HOLISTIC DREAM VALLEY

- Energy Balancing
- Manual Lymph Drainage
- Reiki
- Shirobhyanga

## HOLISTIC REDWOOD VALLEY

- Acupuncture for Pregnancy
- Energy Balancing
- Manual Lymph Drainage
- Neti Nasal Irrigation
- Reiki
- Shirobhyanga

## FITNESS WINTER VALLEY

- Yoga for Pregnancy
- Personal Stretch Class
- Meditation

## FITNESS DREAM VALLEY

- Aqua Therapy
- Aqua Training

- Beach Yoga
- Fitball Exercises
- Meditation
- Personal Stretch Class
- Personal Training
- Pilates
- Pilates Reformer
- Private Hatha Yoga
- Private Pranayama Breathing
- Private Swimming Lesson
- Swimming Session
- Yoga for pregnancy

## AESTHETIC DREAM VALLEY

- Jetpeel Clean & Hydrate

## AESTHETIC REDWOOD VALLEY

- Jetpeel Clean & Hydrate

## FITNESS REDWOOD VALLEY

- Watsu Aquatic Training
- Aqua Training
- Beach Yoga
- Meditation
- Guided Morning Stroll
- Personal Stretch Class
- Personal Training

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

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## DISCOVERY RECONNECT - CHILD OR ADULT

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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 internal environment and their surrounding environment in which they play a part.

### YOUR RETREAT INCLUDES :

- Health & Wellness Consultation
- Personalized programme of wellness treatments and therapies to embark on a lifelong path of health, happiness and family connection
- 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.

2 Night Stay - Child

- Family Wellness Activity 2

5 Night Stay - Child

- Family Wellness Activity 5

2 Night Stay - Adult

- Daily Treatment 2

5 Night Stay - Adult

- Daily Treatment 5

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

**DAILY TREATMENT**

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

**FAMILY WELLNESS ACTIVITY**

- Practice Your Swing and Save the Fish
- Kayaking
- Stand Up paddle
- Clay Oryx Sculpting
- Family Dining Activity
- Unlimited Discovery Oasis Activities
- Marine Eco Trail
- Beach Nature Walk
- Kayaking
- Beach Volleyball
- Stand Up Paddle
- Island Walk
- Organic Gardening
- Adventure Walks
- Family Leaf
- Sand Sculpting
- Natural Abacus
- Leaf Prints

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

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Wellness Resort  
by Chiva-Som

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