

WELLNESS AND HEALTH HOLIDAYS

Be there on a relaxing getaway in Dubai

Emirates Holidays brings you wellness and health packages in association with the Dubai Health Experience (DXH), partnering with world-class spas, wellness centres and health facilities in Dubai.

Health and wellness is an integral part of life and whether you are looking for detox and rejuvenation programmes, weight loss and fitness packages, spa retreats or complete wellness offers, we have hand-picked some exceptional resorts and programmes to suit your needs. Below is a selection of wellness holidays that are a combination of health programmes and recreational activities, where we will take care of everything, including the flights, hotel stay, pre-booking your package and return airport transfers. And if you would like to tour Dubai or shop at one of Dubai's many malls, we can arrange that too.



Rayya Wellness Retreats at The Retreat Palm Dubai, M Gallery by Sofitel

Discover the perfect balance of a holistic wellbeing resort set in the heart of vibrant Dubai. Located on the iconic Palm Jumeirah, The Retreat is the first wellness resort in the UAE and entire Middle East region offering an immersive experience providing wellness solutions designed to help you achieve personal transformation of mind, body and soul.



Wellness and Health packages with The Retreat, Palm Dubai includes return Economy Class flights on Emirates, stay in a Classic Balcony Room, wellness retreats as specified above inclusive of daily meals from Rayya Wellness Retreat, return airport transfers in a private car, room tax, service charges, airport departure tax and fuel surcharge. Prices are per person in SAR and valid for travel until 30 October 2018. Terms and conditions apply.

To book your Wellness and Health Holidays call Emirates Holidays on STC: 8008441443 | Zain & Mobily: 8008500060, email ekhksatrade@emirates.com or visit emiratesholidays.com



Renew - Detox Retreat for 3 nights at SAR per person

- 3 nights stay in a Classic Balcony Room. Book by 31 March 2018 for a complimentary upgrade to Classic Sea View Room
- Return Economy Class flights on Emirates to Dubai
- 2 Wellness sessions upon arrival and departure
- 2 Detox Nutrition session upon arrival and departure
- Daily morning and evening fitness activities
- 1 Wellness Therapy
- Daily meals
- 2 detox juices per day
- A 30-minute Detox Hammam Therapy on doctor's recommendation
- Unlimited usage of sauna, steam, jacuzzi, cold plunge pool



Revitalise - Spa Wellbeing Retreat for 3 nights at SAR per person

- 3 nights stay in a Classic Balcony Room. Book by 31 March 2018 for a complimentary upgrade to Classic Sea View Room
- Return Economy Class flights on Emirates to Dubai
- 2 Wellness sessions upon arrival and departure
- 2 Spa Nutrition session upon arrival and departure
- Daily morning and evening fitness activities
- 2 Wellness and Facial Therapies
- 2 Skin analysis sessions
- Daily meals
- 2 detox juices per day
- Unlimited usage of sauna, steam, jacuzzi, cold plunge pool

Reshape - Fitness Retreat for 3 nights at SAR per person

- 3 nights stay in a Classic Balcony Room. Book by 31 March 2018 for a complimentary upgrade to Classic Sea View Room
- Return Economy Class flights on Emirates to Dubai
- 2 Wellness sessions upon arrival and departure
- 2 Nutrition session upon arrival and departure
- Daily morning and evening fitness activities
- 2 personal training sessions and 1 fitness consultation
- Daily meals
- 2 detox juices per day
- Unlimited usage of sauna, steam, jacuzzi, cold plunge pool



Relax - Yoga Retreat for 3 nights at SAR per person

- 3 nights stay in a Classic Balcony Room. Book by 31 March 2018 for a complimentary upgrade to Classic Sea View Room
- Return Economy Class flights on Emirates to Dubai
- 2 Wellness sessions upon arrival and departure
- 2 Nutrition session upon arrival and departure
- Daily morning and evening Yoga activities
- Daily mid-day Yoga workshops
- 1 Meditation Workshop
- 1 Wellness Therapy
- 2 personal training sessions and 1 fitness consultation
- Daily meals
- 2 detox juices per day
- Unlimited usage of sauna, steam, jacuzzi, cold plunge pool

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Emirates Holidays acts only as an agent for the health and wellness providers and your contract for these services is directly with the relevant provider. The provider will collect any relevant health and medical information required, directly from you once your booking is confirmed. We suggest you seek independent medical advice before choosing the treatment that is appropriate for you.