

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 packages, 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.

DNA Health, Madinat Jumeirah – Dubai

DNA Health is the UAE's first luxury medical clinic with a world-renowned medical team focused on bespoke treatments in the fields of Preventative Care, Functional Medicine and Bio-Aesthetics. Located on the tranquil grounds of the 5-star Jumeirah Al Qasr hotel, next to the award winning Talise Spa, DNA Health's team of internationally renowned US and European trained and certified clinical professional team are committed to provide unparalleled care and bespoke treatments.

DNA Health has designed Exclusive Medical Packages for Emirates Holidays so you can experience the best of Dubai Health Experience (DXH), an initiative of Dubai Health Authority, with specialist medical treatments and an on-going relationship for repeat visits every year.



Wellness and Health packages with DNA Health include return Economy Class flights on Emirates from Kuwait to Dubai, stay in an Arabian Deluxe Room at Jumeirah Al Qasr, Exclusive Medical Packages Wellness Programme as specified above, return airport transfers in a private car, room tax, service charges, airport departure tax and fuel surcharge. Prices are per person in KWD and valid for travel until 30 September 2018. Terms and conditions apply.

To book your Wellness and Health Holidays call Emirates Holidays at Souk Safar on 22086833, email ekh-kuwait@emirates.com or visit emiratesholidays.com

3-Day Detox and Rejuvenation Package - KWD per person

- 3 nights stay in an Arabian Deluxe Room at Jumeirah Al Qasr
- Return Economy Class flights on Emirates to Dubai
- Personalised 3-day plan
- Detailed clinical tests which include food intolerance test, metabolic analysis, toxins and minerals analysis and body composition analysis
- Consultation with Medical Team including Specialist Doctor, Homeopathic/ Naturopathic Practitioner and Nutritionist
- Consultation with Nutritionist/Lifestyle coach
- Beauty Consultation with Bio-aesthetics Specialist
- Detailed review of test results with Medical Team. Personalised dietary, lifestyle and medical plan provided
- 2 30-minute infrared sauna at Talise Spa, Madinat Jumeirah
- DNA organic cold pressed detox juices
- Special detox meals
- DNA Signature Booster IV
- Follow-up skype call with medical team to check progress, share further recommendations and make amendments to detox plan as required



3-Days For Bearing Diabetes Package - KWD per person

- 3 nights stay in an Arabian Deluxe Room at Jumeirah Al Qasr
- Return Economy Class flights on Emirates to Dubai
- Personalised 3-day plan
- Detailed clinical tests which include food intolerance test, metabolic analysis, toxins and minerals analysis and body composition analysis
- Consultation with Medical Team including Specialist Doctor, Homeopathic/ Naturopathic Practitioner and Nutritionist
- Consultation with Nutritionist/Lifestyle coach
- Cardio Fitness Evaluation at Talise Fitness, Madinat Jumeirah
- Detailed review of test results with Medical Team. Personalised detox, dietary, lifestyle and medical plan provided
- DNA organic cold pressed detox juices
- Special detox meals
- DNA Signature Booster IV
- Follow-up skype call with medical team to check progress, share further recommendations and make amendments to detox plan as required

4-Day Advanced Weight Loss Package - KWD per person

- 4 nights stay in an Arabian Deluxe Room at Jumeirah Al Qasr
- Return Economy Class flights on Emirates to Dubai
- Personalised 4-day plan
- Detailed clinical tests which include Food Intolerance test, Metabolic analysis, Toxins and Minerals analysis, Body Composition analysis and Adrenal Stress test.
- Consultation with Medical Team including Specialist Doctor, Homeopathic/ Naturopathic Practitioner and Nutritionist
- Consultation with Nutritionist/ Lifestyle coach
- Cardio Fitness Evaluation at Talise Fitness, Madinat Jumeirah
- 3 60-minute personal training at Talise Fitness, Madinat Jumeirah
- Detailed review of test results with Medical Team. Personalised dietary, lifestyle and medical plan provided
- DNA organic cold pressed detox juices
- 4 days of special detox deals and juices. Package includes all meals for 4 days
- DNA Signature Booster IV
- Follow-up skype call with medical team to check progress, share further recommendations and make amendments to detox plan as required



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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.

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