

# A HAVEN OF WELLNESS IN THE HEART OF QATAR

*Zulal Wellness Resort by Chiva-Som*

**Nestled on the serene northern tip of Qatar, Zulal Wellness Resort by Chiva-Som is a transformative destination that redefines holistic health and wellness.**

As the Middle East's first full-immersion wellness resort, Zulal is a pioneering sanctuary blending Traditional Arabic and Islamic Medicine (TAIM) with the time-honoured principles of holistic health. This unique approach, combined with its stunning coastal location, makes Zulal a world-class retreat that appeals to individuals seeking both relaxation and rejuvenation.

## **A DUAL EXPERIENCE FOR EVERY TRAVELLER**

Zulal Wellness Resort offers two distinct yet interconnected experiences, catering to

both individual and family needs.

Zulal Serenity is an exclusive sanctuary for adult guests over 16, offering a serene and private environment for those seeking a deep reset and a journey of reflection. Here, guests can immerse themselves in nature, embrace lasting lifestyle changes, and focus on their well-being. The calming spaces throughout Zulal Serenity are designed to facilitate relaxation and rejuvenation, making it the ideal retreat for anyone looking to reset both body and mind. Whether through tailored spa treatments, fitness sessions, or nutritional guidance, every aspect of Zulal Serenity is designed with one goal: a total health transformation.





On the other hand, Zula Discovery provides an ideal space for families to embark on a shared wellness journey. This family-friendly aspect of the resort focuses on promoting meaningful connections and well-being for every family member, regardless of age. Zula Discovery offers specially designed programmes that foster engagement and joy from children to grandparents. Whether through health-based activities, wellness treatments, or shared family experiences, Zula Discovery encourages families to prioritize their personal wellness and deepen their relationships with each other. The resort's unique approach



to family wellness focuses on building positive relationships that contribute to the individual development of each family member while nurturing the family unit as a whole.

#### A FOCUS ON HOLISTIC WELLNESS

Zulal Wellness Resort by Chiva-Som stands out for its holistic approach to health and well-being. The resort's wellness pillars encompass comprehensive services, each crafted to address specific needs and goals. Guests can take advantage of expert-led therapies that combine the best of traditional practices with modern wellness techniques, ensuring a balanced, rejuvenating experience.

- **Spa:** Body treatments and

hydrotherapy to relieve physical stress, relax the mind, and soothe the soul.

- **Physiotherapy:** Physical therapies, rehabilitation, and targeted recovery programs to improve body function, balance, and mobility.
- **Holistic Health:** Diagnostic therapies to assess health conditions and energy-based treatments to support long-term healing.
- **Nutrition:** Wellness cuisine focuses on organic, whole foods in nutrient-rich, flavorful dishes designed to enhance vitality and longevity.
- **Fitness:** Personal training, state-of-the-art gym facilities, indoor and outdoor spaces, and fitness classes for targeted exercise.

- **Aesthetic Beauty:** Innovative, FDA-approved, non-invasive and minimally invasive aesthetic procedures to enhance physical appearance.

#### A FAMILY-FOCUSED WELLNESS APPROACH

Zulal Wellness Resort's family-centric approach to wellness is one of its defining features. The resort understands that fostering strong, supportive family relationships can be transformative for individual and collective well-being. Zulal's family programmes are built around the idea that wellness is best experienced together, with each member receiving personalized treatments and activities suited to their age and health goals. These experiences, designed to





promote health and happiness, are as much about personal growth as they are about strengthening family bonds.

Family consultations are a key component of the resort's wellness offerings. After a consultation, time is allocated for each family member to engage in tailored activities - whether it's a fitness class, wellness treatment, or relaxation session - ensuring that everyone benefits from their time at the resort while enjoying shared family moments. This approach allows for 'me-time' and family bonding, promoting holistic well-being for everyone involved.

## GLOBAL RECOGNITION AND AWARDS

Since its opening, Zual Wellness Resort has received numerous accolades, solidifying its position as a leader in the global wellness scene. The resort has been recognized with several prestigious awards in just under three years of operation. These include the 'Middle East's Leading Retreat 2024' at the World Travel Awards, marking the third consecutive year it has earned this distinction. Zual was also named a 2024 Luxury Travel Gold List Winner in the 'Wellness Retreat and Resort' category and awarded the 'Multigenerational Wellness Resort of the Year' at the inaugural Compare Retreats' Luxury Wellness Travel Awards.

Additionally, Zual has been honoured with the 'Wellness Retreat of the Year' at the Destination Deluxe Awards 2024 and the 'Best Regional Spa Retreat - Middle East' at The Luxury Spa Edit Awards 2024. These recognitions highlight the resort's unparalleled spa facilities, innovative wellness approach, and commitment to delivering transformative experiences.

Zual Wellness Resort by Chiva-Som is much more than a wellness retreat; it's a place where the body, mind, and spirit are nurtured through a holistic and personalized approach. Whether you seek a tranquil, immersive experience for yourself at Zual Serenity or a fun, enriching journey with your family at Zual Discovery, this pioneering resort in Qatar offers a transformative escape that will leave you feeling revitalized, rejuvenated, and connected.

*To learn more about this exceptional destination and plan your wellness journey, visit [www.zual.com](http://www.zual.com). ①*

