



balance

WELLNESS BY ANANTARA



ANANTARA

THE PALM · DUBAI
RESORT

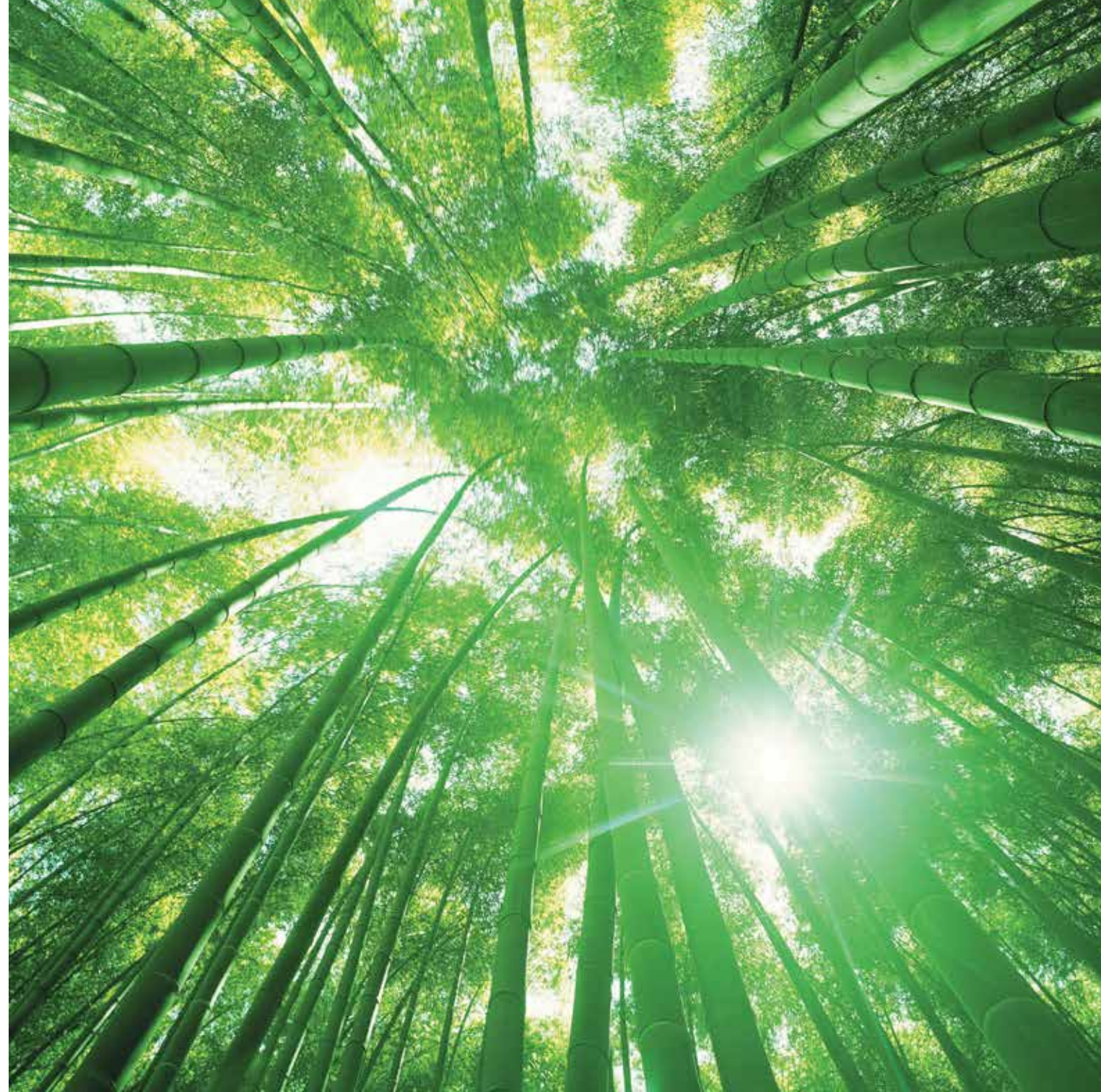
ANANTARA THE PALM DUBAI RESORT

Nestled on the eastern crescent of the iconic Palm Jumeirah, an archipelago of islands connected to the mainland, Anantara The Palm Dubai Resort is a luxury resort inspired by traditional Thai architecture in an Arabian setting.

Experience a unique destination set on a man-made marvel on the Dubai coastline. An enticing haven with a distinct blend of serenity and splendour. Anantara The Palm Dubai Resort offers an urban escape to a Palm Jumeirah hotel unlike any other.

BALANCE WELLNESS BY ANANTARA

Wellness is an active process of making choices towards a healthier existence. It is the constant, conscious pursuit of living life to its fullest potential. The focus of our Wellness programmes is on balancing, as well as rejuvenating, the mind, body and spirit. The programmes are customised for each individual's unique requirements with the aim to help achieve personal Wellness goals.



“WE EMPOWER PEOPLE TO LIVE FULLY EXPRESSED,
HEALTHY LIVES”

WELLNESS PROGRAMMES

The programmes are customised for each individual's lifestyle improvement with the aim to help you achieve your personal goals for relaxation and physical improvement. We offer Wellness programmes for weight management, revitalisation, relaxation and de-stress, detox, general wellbeing and anti-ageing and rejuvenation.

At Balance, our lifestyle consultants and alternative health practitioners will design bespoke Wellness programmes to cater to your specific needs. Central to the success of this programme will be our specially designed Wellness cuisine and juicing menu. The healthy, cleansing diet is designed to maintain your energy and nutrition level during the entire programme.

Each journey concludes with a detailed consultation with the Wellness Consultant, where the outcomes of the programme and recommendations for integrating the Wellness insights into your daily life are discussed, to ensure a long lasting and sustainable effect.



WELLNESS PROGRAMME ELEMENTS

Wellness Consultation

At Balance, we kickoff with a personalised Wellness Consultation. The Wellness Consultation involves a review of your medical history, lifestyle, diet, and exercise habits. This allows us to create short term wellness goals, which are both manageable and achievable for you.

Wellness Cuisine

Wellness cuisine features low inflammatory, low allergenic and low GI dishes, dispelling the myth that eating healthy means depriving yourself of the pleasure of a good meal. Raw juices and herbal infusions are full of nutrients and medicinal properties.

Wellness Therapies

At Balance, we offer healing Wellness therapies from Thailand, India, Tibet, Indonesia, and the West. This is important because integrative Wellness requires the use of several therapeutic modalities.

Yoga

Just a few minutes of practice at the end of a long day can help stretch and relax sore muscles. Practiced regularly, yoga can be a powerful way to relieve anxiety and cope with everyday stress. Over time, it also can transform your body, building stronger muscles while it improves flexibility and joint mobility.

BALANCE WELLBEING PROGRAMME

Choose from 3, 5 or 7 day programmes

A sedentary lifestyle, work stress and unhealthy eating habits can deplete energy, leading to a feeling of fatigue, and can adversely affect the immune system. Take time and rejuvenate with this unique, holistic Wellness programme.

Morning	8:00 am	Fitness Herbal Infusion / Wellness Juice
	9:30 am	Breakfast
Mid Morning	11:00 am	Mid Morning Activity
Afternoon	12:30 pm	Herbal Infusion / Wellness Juice Lunch
	4:00pm	Wellness Therapy (90 min treatment) Steam / Sauna
Evening	6:00 pm	Evening Activity
	7:30 pm	Herbal Infusion / Wellness Juice Dinner

Illustrative Daily Schedule

Select recommended Wellness therapies:

Mind & Body Synchronisation:

Stretch and unwind with yoga and meditation to calm your mind and relieve stress from your body. Experience how synchronising your breath and movements clarifies your mental stability and leads the way to self-awareness.

Balance Cocoon:

Revive your skin and internal organs with a firm but gentle body scrub. Relax into a deeply moisturising body wrap especially designed to rehydrate and nourish your skin. Leave feeling healthy and radiant.

Tibetan Ku Nye Massage:

Drift into deep relaxation with this massage inspired by ancient therapies. Feel your body calm with gentle rubbing, kneading and stroking. Our expert therapists will manipulate acupressure points to de-stress and rejuvenate your body.





RELAX AND DE-STRESS PROGRAMME

Choose from 3, 5 or 7 day programmes

Stress often accumulates in our bodies and minds as a result of our hectic lifestyles. If left unchecked, it can adversely affect the quality of life. Release your mind from stress whilst nurturing your body. This programme will help you leave the world behind. Return after your break feeling energised with a noticeable improvement in your mood and concentration.

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Illustrative Daily Schedule

Select recommended Wellness therapies:

Total Body & Mind Balancing Therapy

Luke warm herbal oil is poured in a stream continuously on to the forehead with a gentle massage on the head. This treatment rejuvenates and revitalises the body and mind, relieves stress related problems and improves memory.

Dhyanam / Meditation:

Find peace through mindfulness and guidance. Calm your body and mind to improve your physical and mental health.

Kundalini Massage:

Relaxing, soothing and restorative. Working with a beautiful healing sound to activate and channel the Kundalini, the dormant energy at the base of the spine, tension is lifted, negativity is released, and the body is brought back to a state of awareness and balance.

REJUVENATE & REVITALISE PROGRAMME

Choose from 3, 5 or 7 day programmes

Constant exposure to sun, stress, pollutants and chemicals often robs us of the radiant, healthy glow that we all desire. Though one cannot stop the changes of time, one can modify lifestyle and activity to maintain the efficiency of the body's intrinsic healing process and create a life of quality and balance. The treatments focus on promoting natural exfoliation, cleansing the skin, addressing blemishes and tightening the pores revealing a gorgeous glow that radiates from the inside out.

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Illustrative Daily Schedule

Select recommended Wellness therapies:

Oxygenating Body Treatment:

Treat yourself to a therapy rich in macronutrients for a firming, rejuvenating effect. Eliminate toxins from your body and feel fresh and renewed.

Hamam:

Indulge in ancient cleansing rituals to purify your body and soften your skin.

Mukhlepa:

Mukhlepa uses a wide variety of exotic herbal pastes that help in the cleansing and nourishment of the skin, making it soft and clear. This therapy helps improve skin elasticity and tonicity.





DETOX PROGRAMME

Choose from 5 or 7 day programmes

Our bodies are regularly exposed to toxic materials through polluted air, food, water and personal care products. We often overload our body's systems beyond levels that they can handle. Over time, toxins accumulate in our bodies, lowering our ability to absorb nutrients, thereby hindering optimal health and wellbeing. Give your body's healing processes a boost, renew your system from the inside out, strengthen the immune system and feel renewed zest.

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Illustrative Daily Schedule

Select recommended Wellness therapies:

Purification Therapy:

Purification therapy helps the digestive system to work at its optimum level. This treatment will help you improve your digestion and in turn help in weight loss, increased absorption of nutrients resulting in high energy levels.

Balance Signature Infusion:

A combination of Himalayan salt scrub and cellulox wrap, this treatment will stimulate sweating and boost blood circulation to flush out toxins.

Super Detox Therapy:

Skilled hands gently manoeuvre over the pressure points of the entire lymphatic system in this firm yet gentle massage. The lymphatic system is stimulated, boosting your immune system.

WEIGHT MANAGEMENT PROGRAMME

Choose from 5 or 7 day programmes

Achieving and maintaining your ideal body weight is essential to enjoying a healthier and longer life. Obesity is one of the major health concerns globally, and adversely affects the quality of life leading to numerous chronic conditions. Experience an intensive, well-rounded programme to help you lose weight, get fit and firm up in a natural, healthy way. Improve your energy, heart health and overall wellbeing.

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Illustrative Daily Schedule

Select recommended Wellness therapies:

Cooling therapy :

Rid yourself of those stubborn fatty deposits with cooling therapy and contour your body. Cooling technology aids in reducing the thickness of underlying fat tissue by extracting energy from fat cells causing their elimination from the body.

EMS (Electro Muscle Stimulation):

EMS uses electro muscle stimulation to achieve stronger and more intense muscle contractions. Depending on intensity and individual goals, you can build muscles and achieve definition while making the muscles stronger and more responsive.

Lipocell Sculpt:

An intense exfoliation, which improves microcirculation and stimulates metabolism with a groundbreaking concentrated gel that provides reducing and anti-cellulite action offering immediate and long-lasting benefits.

Inch Loss Body Wrap:

The revolutionary wrap offers immediate effects, with real inch loss. This wrap is particularly effective for breaking down cellulite areas, skin firming and skin conditioning; it also serves as an excellent way to kick start any diet or fitness regime.



ETIQUETTE

- To ensure you book the time you prefer, we recommend booking in advance. A credit card number is required to secure your booking.
- Please give a cancellation notice of 24 hours on all Wellness programmes, otherwise 50% of the price may be charged to your account.
- Please arrive 15 minutes prior to your Wellness therapy in order to relax in our tranquil surroundings. Arriving late will decrease the time of your therapy.
- Mobile phones and smoking are not permitted at any time.
- We recommend you leave all valuables in your room or suite, as Balance Wellness accepts no responsibility for lost items.

TERMS AND CONDITIONS

- These Wellness programmes are not valid in conjunction with other promotions and discounts.
- Wellness programmes are valid for the period booked and cannot be carried forward or transferred.
- The guest is entitled to three Wellness meals and Wellness juices or herbal infusions daily.
- Wellness treatments must be booked at least 24 hours in advance.
- Any additional Wellness treatments can be booked for a special price.
- Bookings are subject to availability.
- Prices are inclusive of taxes and service charges.



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