

Suggested Itinerary

Day 1

- Arrival
- Leisure Time
- Wellness Consultation
- 60 Minute Massage
- Wellness Dinner

Day 3

- Morning Walk in the Dunes
- Wellness Breakfast
- Choice of Fitness Class
- Healthy Lunch
- 90 Minute Spa Body Scrub
- In-room Spa Bath Ritual
- Wellness Dinner

Day 2

- Morning Yoga
- Wellness Breakfast
- Choice of Desert Activity
 - Camel Riding
 - Dune Bashing
- Healthy Lunch
- 90 Minute Spa Session of your choice
- Wellness Dinner

Day 4

- Morning Yoga or Pilates
- Wellness Breakfast
- Spa Facial
- Healthy Lunch with Spa & Fitness Manager – Wrap Up and Final Consultation