



Zulal  
Wellness Resort  
by Chiva-Som

## MOTHER TO BE RETREAT

Gain Optimal Wellbeing and Serenity Before the Next Chapter of Your Life

# YOUR 'ESSENCE OF WELLBEING' JOURNEY

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While becoming a mother is one of life's joyous moments, the physical changes involved, mental stress, and potential emotional challenges can take their toll on your wellbeing. This retreat has been designed by certified maternal care therapists to both relax and empower you, at any stage of your pregnancy, with pampering spa treatments, tailored nutrition to strengthen your body and your baby, holistic therapies and gentle movement to release tension and alleviate discomfort.

## EACH RETREAT INCLUDES THE FOLLOWING:

- Accommodation
- A healthy pregnancy nutritional consultation
- Three bio-individualised wellness meals per night of stay, beginning with dinner on the day of arrival
- A personal maternal health consultation
- A daily choice of signature massage, selecting from:
  - [Full-Body Tadleek Massage \(50 mins\)](#)
  - [Relaxing Al-Qadam Foot Massage \(50 mins\)](#)
  - [Oriental Scalp Massage \(40 mins\)](#)
- Access to the wellness centre facilities such as, hydrothermal area, sauna, steam and outdoor pool
- Access to the gymnasium
- Access to daily group exercise and relaxation classes
- In-room herbal teas and wellness minibar
- In-room maternal care amenities
- Three pieces of laundry per night of stay
- Choice of additional treatments depending on your length of stay\*

\*During your consultation, our Health & Wellness Advisor will advise the most suitable wellness treatments for you. Please see the following pages for a list of treatment options.





### ADDITIONAL TREATMENTS INCLUDED WITH A TWO-NIGHT STAY:\*

- One Spa Treatment
- One Holistic Treatment

### ADDITIONAL TREATMENTS INCLUDED WITH A THREE-NIGHT STAY:\*

- One Holistic Treatment
- One Fitness Activity
- One Physiotherapy Session
- One Aesthetic Treatment
- Mangrove planting as a memory\*

### Treatments for each modality can be chosen from the following:

#### Spa

- Hydramemory (Comfort Zone) (30 mins)
- Nourish & Hydrate Body wrap (Comfort Zone) (60 mins)
- Tranquility Body Scrub (45 mins)

#### Physiotherapy

- Physical and Postural Assessment (25 mins)
- Postural Corrective Therapy (25 mins)

#### Holistic

- Manual Lymph Drainage (50 mins)
- Reiki (Adult) (50 mins)
- Shiroyhyanga (50 mins)

#### Fitness

- Yoga for Pregnancy (25 mins)
- Personal Stretch Class (25 mins)
- Meditation (50 mins)

#### Aesthetic

- Jetpeel Clean & Hydrate (30 mins)



\*Retreats of two nights are only available at Zual Discovery. All other retreats are available at both Zual Discovery and Zual Serenity.

\*\*Mangrove planting will take place in the nursery for your comfort and convenience.



## ADDITIONAL TREATMENTS INCLUDED WITH A FIVE-NIGHT STAY:\*

- Three Spa Treatments
- Two Holistic Treatments
- Two Fitness Activities
- One Physiotherapy Session
- One Aesthetic Treatment
- Mangrove planting as a memory\*\*

### Treatments for each modality can be chosen from the following:

#### Spa

- Hydramemory (Comfort Zone) (30 mins)
- Nourish & Hydrate Body Wrap (Comfort Zone) 60 mins
- Tranquility Body Scrub (45 mins)
- Wash and Style (45 mins)

- Supreme Manicure (50 mins)
- Supreme Pedicure (50 mins)
- Head, Neck, Back and Shoulder Massage (40 mins)

#### Physiotherapy

- Chronic Pain Therapy (50 mins)
- Gyrotonic Method (50 mins)
- Kinesthetic Assessment (50 mins)
- Physical and Postural Assessment (25 mins)
- Postural Corrective Therapy (25 mins)
- Upper Body Tadleek (50mins)
- Re-Functional Exercise (50mins)

#### Holistic

- Energy Balancing (50 mins)
- Manual Lymph Drainage (50 mins)
- Reiki (Adult) (50 mins)
- Shirobhyanga (50 mins)

#### Fitness

- Aqua Therapy (50 mins)
- Aqua Training (50mins)
- Beach Yoga (60 mins)
- Fitball Exercise (50 mins)
- Meditation (50 mins)
- Personal Stretch Class (50 mins)
- Personal Training (40 mins)
- Pilates (50 mins)
- Pilates Reformer (50 mins)
- Private Hatha Yoga (50 mins)
- Private Pranayama Breathing (50 mins)
- Private Swimming Lesson (60 mins)
- Yoga for Pregnancy (50 mins)

#### Aesthetic

- Jetpeel Clean & Hydrate (30 mins)

\*\*Mangrove planting will take place in the nursery for your comfort and convenience.

## ADDITIONAL TREATMENTS INCLUDED WITH A SEVEN-NIGHT STAY:\*

- Four Spa Treatments
- Two Holistic Treatments
- Three Fitness Activities
- Two Physiotherapy Sessions
- Two Aesthetic Treatments
- Mangrove planting as a memory\*\*

### Treatments for each modality can be chosen from the following:

#### Spa

- Hydramemory Facial Treatment (Comfort Zone) (60 mins)
- Signature Al Bashra Al Qamria (Rebalancing Facial) (75mins)
- Supreme Pedicure (60 mins)
- Supreme Manicure (60 mins)
- Nourish & Hydrate Body Wrap (Comfort Zone) (60 mins)
- Head, Neck, Back and Shoulder Massage (40 mins)
- Tranquility Body Scrub (45 mins)
- Tranquility Body Scrub (Comfort Zone) (45 mins)
- Zulal Signature Hair Therapy (45 mins)
- Wash and Style (45 mins)
- Facial Enhancement Bio cellulose (111Skin) (20 mins)
- Facial Enhancement Cryo Eyes (111Skin) (20 mins)
- Facial Enhancement Rose Gold (111Skin) (20 mins)
- Facial Enhancement Sub Zero De Puffing Eyes (111Skin) (20mins)

#### Physiotherapy

- Chronic Pain Therapy (50 mins)
- Deep Tissue Tadleek (50 mins)
- Gyrotonic Method (50 mins)
- Inter X Therapy (25 mins)

- Kinesthetic Assessment (50 mins)
- Neurac Method (50 mins)
- Physical and Postural Assessment (25 mins)
- Postural Corrective Therapy (25 mins)
- Transcutaneous Nerve Stimulation (TENS) (25 mins)
- Upper Body Tadleek (50 mins)
- Re-Functional Exercise (50 mins)

#### Holistic

- Acupuncture for Pregnancy (90 mins)
- Energy Balancing (50 mins)
- Manual Lymph Drainage (50 mins)
- Neti Nasal Irrigation (50 mins)
- Reiki (Adult) (50 mins)
- Shirobhyanga (50 mins)

#### Fitness

- Aqua Therapy (Watsu) (50 mins)
- Aqua Training (50 mins)
- Beach Yoga (60 mins)
- Meditation (50 mins)
- Morning Stroll Guided (60 mins)
- Personal Stretch Class (50 mins)
- Personal Training (40 mins)
- Personal Training (50 mins)
- Pilates (50 mins)
- Pilates Reformer (50 mins)
- Private Hatha Yoga (50 mins)
- Private Pranayama Breathing (50 mins)
- Private Swimming Lesson (60 mins)

#### Aesthetic

- Jetpeel Clean & Hydrate (30 mins)
- VISIA Facial Imaging (Skin Facial Analysis) (30 mins)



\*\*Mangrove planting will take place in the nursery for your comfort and convenience.



### TERMS AND CONDITIONS

- Advance reservations are required.
- A minimum stay of two nights applies at Zulal Discovery, and three nights at Zulal Serenity.
- All other Zulal Wellness Resort by Chiva-Som terms and conditions apply.

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### FOR MORE INFORMATION OR RESERVATIONS

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