



Zulal

Wellness Resort
by Chiva-Som

DISCOVERY & SERENITY RETREATS



THE ESSENCE OF WELLBEING

Nestled on the Northern tip of Qatar, against the serene backdrop of the Arabian Gulf, Zual Wellness Resort by Chiva-Som stands as the Middle East's first and largest immersive wellness destination. Inspired by the Arabic word for 'pure natural water,' the resort offers a serene sanctuary for rejuvenation.

Zual Wellness Resort is the first wellness resort in the world to seamlessly integrate the holistic wisdom of Traditional Arabic and Islamic Medicine (TAIM) with modern therapies and health practices. It aims to inspire positive and sustainable lifestyle changes, offering two distinct yet interconnected wellness experiences on the 280,000 sqm of tranquil landscape.

Zual Serenity is a child-free oasis dedicated to reflective and mindful wellbeing journeys. On the other side, at **Zual Discovery** we welcome guests of all ages, particularly families, encouraging them to reconnect and explore the joys of healthy living through a wellness-focused activities and retreats.

Drawing on Chiva-Som's decades of expertise in holistic wellness, Zual Wellness Resort delivers personalised experiences that rejuvenate the mind, body and spirit. A sanctuary for holistic living and renewal, here guests can embark on mindful explorations, take part in engaging activities and discover new wellness rituals. The wellness facilities are exceptional, with separate areas for men and women, including saunas, steam rooms, a Himalayan salt therapy room, a arctic cave, an indoor hammam and expansive outdoor pools.

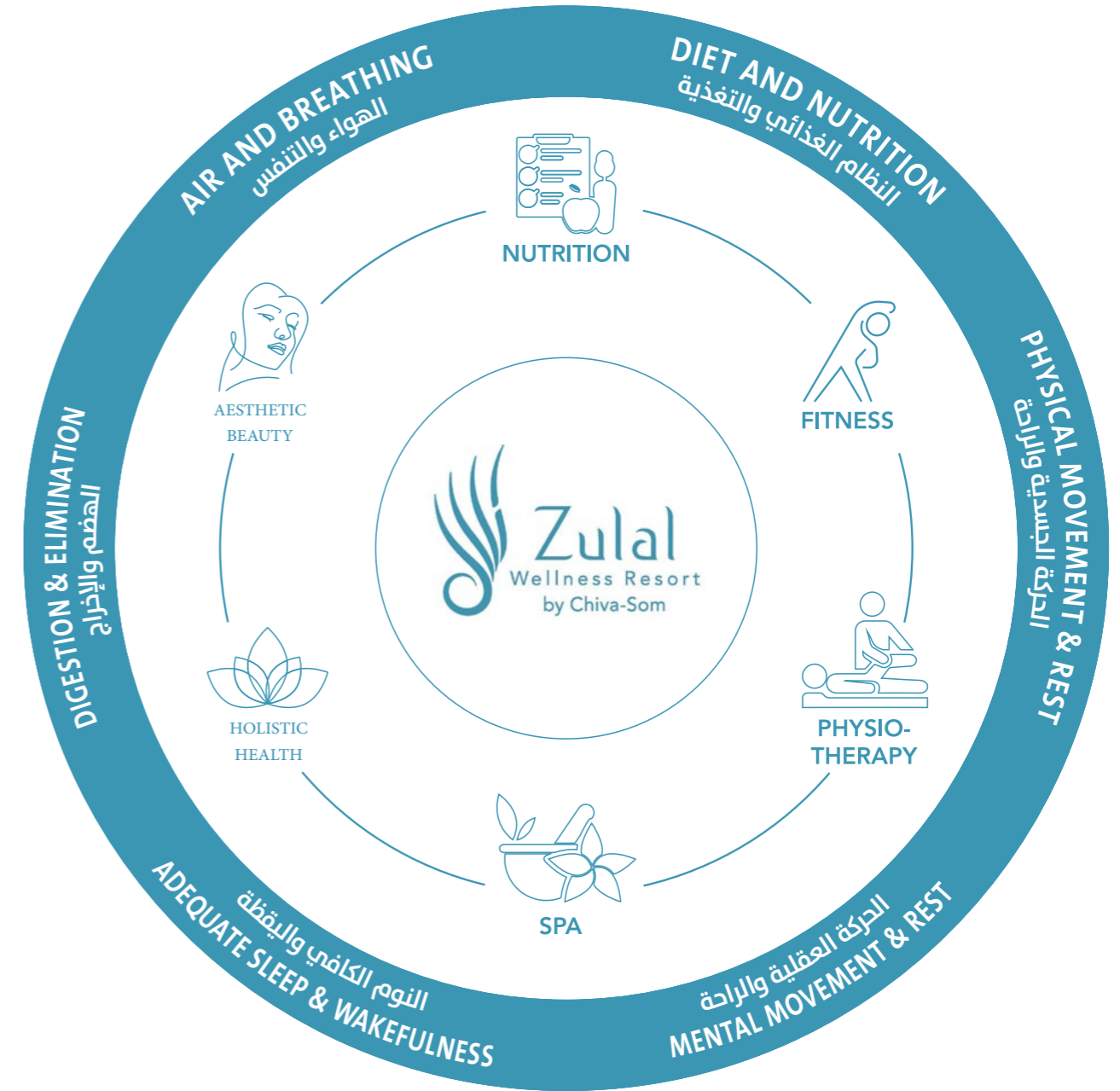
Every element of the guest experience reflects Zual's commitment to holistic wellness, rooted in local traditions and enhanced by unparalleled hospitality. The result is a unique oasis in the desert, welcoming visitors from near and far to provide a home away from home where guests leave feeling like the best version of themselves.

OUR PHILOSOPHY

Our philosophy is based on six modalities of wellness: Spa, Holistic Health, Fitness, Physiotherapy, Aesthetic Beauty and Nutrition, with each programme tailored to your current needs and goals.

Each retreat is meticulously tailored for an individual to address diverse concerns, from emotional wellbeing and pain management to stress and burnout relief, weight loss, detox, enhanced fitness and more. Zual Wellness Resort also caters to prevalent health issues like obesity, diabetes and cardiovascular disease.

Guided by personal wellness advisors, guests embark on a transformative journey, enabling them to achieve optimal health and vitality. Guests are given the tools, guidance and support needed to embark on a sustainable journey towards achieving their health goals.





TRADITIONAL ARABIC AND ISLAMIC MEDICINE

Zulal Wellness Resort by Chiva-Som is proud to be the world's first contemporary showcase for Traditional Arabic and Islamic Medicine (TAIM). TAIM skilfully blends an ancient indigenous healing philosophy with modern scientific context to support guests in their wellness lifestyle at Zulal Wellness Resort by Chiva-Som.

TAIM is a system of wellbeing originally practiced in the Arab world and is based on the body of knowledge formalised in the Canon of Medicine, written by physician philosopher Ibn Sina, also known as Avicenna, in AD 1025. The Canon of Medicine emphasises restoration and life balance through the pillars of physical movement and recovery, mindfulness, diet, optimal digestive function and adequate rest. In its contemporary form, TAIM is distilled from over a millennium of evidence-based wellness practice into a range of treatments and programmes that aim to support health in the 21st century, with an emphasis on restoring life balance through herbal medicines (over 250 medicinal herbs are used in contemporary TAIM practice), spiritual therapies, dietary and mind-body practices.

Holistic treatments include therapies such as Hijama cupping, massage and energy balancing, which are designed to clear blockages, remove toxins from the body, relieve long term tension and repair the mind-body connection.





PRECISION WELLNESS

Zulal Wellness Resort offers precision wellness through genomic testing, which is a cutting-edge approach to treatments and lifestyle recommendations. By analysing DNA, we provide insights into how the body responds to factors like diet, metabolism, exercise and environmental influences, ultimately supporting optimal performance, managing health predispositions and improving overall wellness.

Zulal's Four Key Tests:

- **Vitality Test:** To understand how genes influence nutrient effects on the body, aiding fitness, athletic performance and energy levels.
- **Longevity Test:** Assess chronic disease risks, enabling early prevention of conditions such as cardiovascular diseases, diabetes and cancer.
- **Food Intolerance Test:** Identify foods affecting your health and vitality for nutrition optimisation.
- **Metabolic Rate Test:** Accurately measure energy expenditure with a non-invasive Indirect Calorimeter to evaluate metabolic health.

Genomic testing combines genetic insights with medical and lifestyle data for a personalised approach to maintaining your wellbeing, enhancing health and preventing disease. While it reveals genetic predispositions, health outcomes are shaped by genetics, lifestyle and environmental factors.

CONTENTS

14 EXPLORE (1 NIGHT)

Ideal for those who are new to wellness, and are keen to begin their wellness journey.

16 TASTE OF ZULAL

The perfect retreat for first-time visitors or anyone new to wellness. Upon arrival, you will co-create a personalised schedule of activities and treatments with your Health and Wellness Advisor.

18 BURNOUT RECOVERY

Relieve stress and burnout through a unique blend of classic wellness wisdom combined with modern therapies.

20 SUSTAINABLE WEIGHT LOSS AND MANAGEMENT

A personalised weight loss programme for long-term weight management and improved wellbeing through tailored diets, metabolism-boosting exercises and detoxifying spa therapies.

22 RESTORE AND REHAB

A holistic retreat combining modern medicine and alternative therapies to alleviate chronic pain, enhance mobility and promote recovery in a serene setting.

24 ACTIVE FIT

Enhance fitness levels, achieve peak performance, and improve posture to unlock your full potential through personalised guidance from physio and fitness experts.

26 CLEANSE AND REVIVE

Refresh and rejuvenate your system with the Cleanse and Revive Retreat.

28 ACCOMMODATION AT ZULAL DISCOVERY

30 ACCOMMODATION AT ZULAL SERENITY

31 AWARDS AND RECOGNITIONS

32 TERMS AND CONDITIONS

EACH RETREAT STAY INCLUDES:

- Accommodation
- Private Health and Wellness consultation
- Personalised programme of wellness treatments and therapies
- Three wellness cuisine meals served daily excluding in-room dining
- Access to scheduled daily fitness and leisure activities
- Access to the dedicated wellness centre facilities within Zulal Serenity or Zulal Discovery
- Daily laundry services for three pieces of sports attire
- Choice of One Daily Treatment*
 - Invigorating Massage
 - Oriental Scalp Massage
 - Signature Full Body Tadleek (Massage)
 - Signature Relaxing Al Qadam (Foot Massage)
- Complimentary assessments upon request and availability
 - Physical and Postural Assessment
 - VISIA Facial Imaging

*Excluded in Restore and Rehab Retreat



Himalayan Salt Therapy

EXPLORE (1 NIGHT)

The Explore Retreat is ideal for those who are new to wellness and are inspired to begin their wellness journey.

With the option of one-night stays, you will get a daily treatment of your choice, unlimited participation in the activities listed on the Daily Calendar, and unlimited access to the Hydrothermal.

Relax and Enjoy.

Complimentary assessments upon request and availability:

Physical and Postural Assessment | VISIA Facial Imaging

EXPLORE (1 NIGHT)

1 Night	
Daily Treatments*	1

- Choice of One Daily Treatment
 - Invigorating Massage
 - Oriental Scalp Massage
 - Signature Full Body Tadleek (Massage)
 - Signature Relaxing Al Qadam (Foot Massage)



TASTE OF ZULAL

Every wellness journey begins with a single step and a Taste of Zulal is a great way to start.

Whether you are new to Zulal or discovering holistic wellness for the first time, this retreat offers a unique experience that highlights each of our primary modalities: Spa, Fitness, Holistic Health and Physiotherapy. Immerse yourself in this carefully crafted introduction to take the first steps toward a more balanced and renewed you.

1 Night	
Daily Treatments	1
Fitness Classic	1
Holistic Classic	1
Total	3

3 Nights	
Daily Treatments	3
Spa Classic	1
Fitness Classic	2
Physio Classic	2
Holistic Classic	1
Total	9

5 Nights	
Daily Treatments	5
Spa Classic	1
Spa Deluxe	1
Fitness Classic	2
Fitness Deluxe	1
Physio Classic	2
Physio Deluxe	1
Holistic Classic	1
Total	14

7 Nights	
Daily Treatments	7
Spa Classic	1
Spa Deluxe	1
Fitness Classic	2
Fitness Deluxe	2
Physio Classic	2
Physio Deluxe	2
Holistic Classic	1
Holistic Premium	1
Total	19

10 Nights	
Daily Treatments	10
Spa Classic	1
Spa Deluxe	1
Spa Premium	1
Fitness Classic	2
Fitness Deluxe	3
Fitness Premium	1
Physio Classic	2
Physio Deluxe	2
Physio Premium	1
Holistic Classic	2
Holistic Premium	1
Total	27

Depending on your length of stay, select your treatments from the following list:

Spa Classic

- Nail Reshape and Natural Buff Or Polish
- Hair Wash and Style
- Thai Traditional Massage
- Zulal Signature Hair Therapy
- Facial Enhancement Biocellulose

Spa Deluxe

- Soothing Back Brush
- Hydramemory Express Facial
- Supreme Pedicure

SPA Premium

- Nourish & Hydrate Body Wrap
- Hydramemory

Physio Classic

- Infrared Capsule 25 Min
- Postural Corrective Therapy 25 Min
- Inter X Therapy 25 Min

Physio Deluxe

- Chronic Pain Therapy 50 Min
- Upper Body Tadleek 50 Min
- Releasing Tension Therapy 50 Min

Physio Premium

- Tecar Massage Therapy
- Remedial Tadleek 50 Min

Fitness Classic

- Pranayama
- Super Stretch 25 Min
- Abs Express

Fitness Deluxe

- Super Stretch 50 Min
- Aqua Training
- Personal Training 40 Min
- Yoga

Fitness Premium

- EMS (Electro Muscle Stimulation)
- Swimming
- Personal Training 50 Min
- Crossfit
- Watsu (Aquatic Therapy)
- Pilates Reformer

Holistic Classic

- Traditional Qatari Hamiz
- Craniosacral Therapy
- Massage Al-Ra's (Head Massage)

Holistic Premium

- Acupuncture
- Hijama (Cupping)

Complimentary upon request and availability:
Physical and Postural Assessment | VISIA Facial Imaging



Shirodhara

BURNOUT RECOVERY

Rediscover balance and vitality with the Burnout Recovery Retreat.

In the fast-paced rhythm of modern life, we often find ourselves burdened by stress, demanding schedules, which can lead to exhaustion and burnout.

The Burnout Recovery Retreat offers a nurturing sanctuary for those seeking to rediscover their vitality and balance. Thoughtfully designed, this retreat encourages a holistic transformation fostering a shift in mindset, daily habits and a deeper connection to one's purpose and motivations.

Complimentary upon request and availability:

Physical and Postural Assessment | VISIA Facial Imaging

BURNOUT RECOVERY

5 Nights	
Daily Treatments	5
Integrative TAIM Consultation	1
Holistic Health*	2
Mindfulness**	1
Shirodhara	1
Upper Body Tadleek (Back, Neck and Shoulder massage)***	1
Super Stretch (25 min)	1
Total	12

7 Nights	
Daily Treatments	7
Integrative TAIM Consultation	1
Holistic Health*	2
Mindfulness**	3
Shirodhara	1
Upper Body Tadleek (Back, Neck and Shoulder massage)***	1
Super Stretch (25 min)	1
Acupuncture (90 min)****	1
Wastu (Aquatic Therapy)	1
Total	18

10 Nights	
Daily Treatments	10
Integrative TAIM Consultation	1
Holistic Health*	3
Acupuncture (90 min) ****	1
Acupuncture (50 min)	1
Mindfulness**	3
Shirodhara	1
Upper Body Tadleek (Back, Neck and Shoulder massage)***	1
Super Stretch (25 min)	2
Nutrition Consultation	1
Thai Traditional Massage	1
Wastu (Aquatic Therapy)	1
Total	26

14 Nights	
Daily Treatments	14
Integrative TAIM Consultation	1
Holistic Health*	4
Acupuncture (90 min)****	1
Acupuncture (50 min)	1
Mindfulness**	3
Shirodhara	1
Upper Body Tadleek (Back, Neck and Shoulder massage)***	2
Super Stretch (25 min)	3
Nutrition Consultation	1
Thai Traditional Massage	1
Foot Reflexology	1
Metabolic Boost*****	1
Hydramemory	1
Wastu (Aquatic Therapy)	1
Total	36

21 Nights	
Daily Treatments	21
Integrative TAIM Consultation	1
Holistic Health*	6
Acupuncture (90 min)****	1
Acupuncture (50 min)	1
Mindfulness**	4
Shirodhara	2
Upper Body Tadleek (Back, Neck and Shoulder massage)***	2
Super Stretch (25 min)	5
Nutrition Consultation	1
Thai Traditional Massage	2
Foot Reflexology	1
Metabolic Boost*****	3
Hydramemory	1
Wastu (Aquatic Therapy)	1
Tecar Therapy	1
Infrared Capsule (55 min)	1
Total	54

- * **Holistic Health** - may choose from Manual Lymphatic Drainage, Abhyanga, Massage Al-Batin (Abdominal Massage) or Energy Balancing
- ** **Mindfulness** - may choose from Meditation or Pranayama
- *** **Upper Body Tadleek (Back, Neck and Shoulder massage)** - may alternate with Releasing Tension Therapy, Chronic Pain Therapy or Deep Tissue Tadleek 80 min
- **** **Acupuncture 90 min** - may alternate with Hijama (Cupping) 80 min
- ***** **Metabolic Boost** - may alternate with Personal training 40 min, Circuit Training, Fitball Exercise, Mat Pilates, TRX, Freeform Power Balance or Aqua Training



Aqua Boxing

SUSTAINABLE WEIGHT LOSS AND MANAGEMENT

Achieve and maintain a healthier you: This retreat is expertly designed to help you develop lifelong habits for managing weight effectively and sustainably.

What you will experience:

- Personalised Fitness Training: Tailored workouts to meet your goals and fitness level.
- Nutrition Guidance: Expert advice on creating a balanced meal for long-term health.
- Metabolism Boosting : Optimise your body's natural energy use.
- Wellness Meals: Nourishing, flavourful dishes crafted to support sustainable weight management.

Enhance your overall wellbeing: Transform your lifestyle with this holistic retreat, designed to nurture your mind body, and spirit.

Complimentary upon request and availability:

Physical and Postural Assessment | VISIA Facial Imaging

SUSTAINABLE WEIGHT LOSS AND MANAGEMENT

5 Nights	
Daily Treatments	5
Body Composition Analysis	1
Personal Training (50 min)	3
Super Stretch (50 min)	2
Metabolic Boost*	1
Massage Al-Batin (Abdominal Massage) **	1
Nutrition Consultation	1
Total	14

10 Nights	
Daily Treatments	10
Body Composition Analysis	1
Personal Training (50 min)	5
Super Stretch (50 min)	3
Metabolic Boost*	2
Massage Al-Batin (Abdominal Massage) **	1
Manual Lymphatic Drainage	1
Nutrition Consultation	1
Acupuncture (Slimming) 90 min	1
LPG® Endermologie	1
Total	26

7 Nights	
Daily Treatments	7
Body Composition Analysis	1
Personal Training (50 min)	4
Super Stretch (50 min)	3
Metabolic Boost*	1
Massage Al-Batin (Abdominal Massage)**	1
Manual Lymphatic Drainage	1
Nutrition Consultation	1
Total	19

14 Nights	
Daily Treatments	14
Body Composition Analysis	2
Personal Training (50 min)	7
Super Stretch (50 min)	4
Metabolic Boost*	3
Massage Al-Batin (Abdominal Massage)**	2
Manual Lymphatic Drainage	1
Nutrition Consultation	1
Acupuncture (Slimming) 90 min	1
LPG® Endermologie	2
Total	37

* **Metabolic Boost** - may alternate with Aqua Training, Fitball Exercise, Freeform Power Balance, Mat Pilates One on One, Personal Training 40 min, Swimming, Thai Boxing, TRX or Roll and Release

** **Massage Al-Batin (Abdominal Massage)** - may alternate with Abhyanga, or Energy Balancing



Gyrotonic - Physiotherapy

RESTORE AND REHAB

The Restore and Rehab Retreat offers a scientifically grounded approach to managing chronic pain and improving mobility.

Combining advanced therapies, targeted exercises and precision-focused care, this retreat is ideal for those recovering from injuries or seeking effective solutions for persistent discomfort.

Supported by scientific evidence and tailored to your individual needs, it provides a focused and results-driven pathway to recovery and enhanced physical function.

Please note that this retreat will not include daily treatments. Your physiotherapist will examine your condition and recommend what is best for you.

Complimentary upon request and availability:
Physical and Postural Assessment | VISIA Facial Imaging

RESTORE AND REHAB

3 Nights	
Wellness Rehabilitation Therapy (50 min) *	1
Chronic Pain Therapy (50 min)	2
Upper Body Tadleek	
(Back, Neck and Shoulder massage) (50 min) **	1
Acupuncture (90 min) ***	1
Total	5

7 Nights	
Wellness Rehabilitation Therapy (50 min) *	3
Chronic Pain Therapy (50 min)	4
Upper Body Tadleek	
(Back, Neck and Shoulder massage) (50 min) **	2
Super Stretch (25 min)	2
Kinesthetic Assessment	1
Acupuncture (90 min) ***	1
Personal Training (40 min)****	1
Total	14

14 Nights	
Wellness Rehabilitation Therapy (50 min) *	5
Chronic Pain Therapy (50 min)	6
Upper Body Tadleek	
(Back, Neck and Shoulder massage) (50 min) **	4
Super Stretch (25 min)	4
Kinesthetic Assessment	1
Acupuncture (90 min) ***	1
Acupuncture (50 min)	2
Personal Training (40min) ****	3
Watsu (Aquatic Therapy)	2
Nutrition Consultation	1
Total	29

5 Nights	
Wellness Rehabilitation Therapy (50 min) *	2
Chronic Pain Therapy (50 min)	3
Upper Body Tadleek	
(Back, Neck and Shoulder massage) (50 min) **	1
Super Stretch (25 min)	2
Kinesthetic Assessment	1
Acupuncture (90 min) ***	1
Total	10

10 Nights	
Wellness Rehabilitation Therapy (50 min) *	4
Chronic Pain Therapy (50 min)	4
Upper Body Tadleek	
(Back, Neck and Shoulder massage) (50 min) **	3
Super Stretch (25 min)	3
Kinesthetic Assessment	1
Acupuncture (90 min) ***	1
Acupuncture (50 min)	1
Personal Training (40min)****	3
Watsu (Aquatic Therapy)	1
Total	21

- * **Wellness Rehabilitation Therapy (50 min)** - may alternate with Wellness Rehabilitation in water, Gyrotonic, Neurac, Postural corrective Therapy, Bone Density exercises or Foot exercises
- ** **Upper Body Tadleek (Back, Neck and Shoulder Massage) (50 min)** - may alternate with Deep Tissue Tadleek (80 min) or Releasing Tension Therapy
- *** **Acupuncture** may alternate with Dry Hijama
- **** **Personal Training** - may alternate with Aqua Training, Yoga session, Fitball Exercise, Freeform Power Balance, Mat Pilates One on One, Swimming, TRX or Roll and Release



Super Stretch

ACTIVE FIT

Elevate your fitness with the Active Fit Retreat, a dynamic programme that blends cutting-edge techniques with personalised support. If you are an athlete, or simply looking to improve your physical condition, this retreat focuses on strength, endurance, and flexibility.

Benefit from high-performance training sessions, recovery therapies and wellness meals tailored to fuel your body and energise your mind.

Complimentary upon request and availability:
Physical and Postural Assessment | VISIA Facial Imaging

ACTIVE FIT

3 Nights	
Daily Treatments	3
Fitness Assessment	1
Boot Camp*	2
Super Stretch (50 min)	1
Upper Body Tadleek	
(Back, Neck and Shoulder massage) (50 min) **	1
Total	8

7 Nights	
Daily Treatments	7
Fitness Assessment	1
Boot Camp*	4
EMS (Electro Muscle Stimulation)**	1
Super Stretch (50 min)	3
Upper Body Tadleek	
(Back, Neck and Shoulder massage) (50 min) ***	1
Postural Corrective Therapy (50 min)	2
Nutrition Consultation	1
Total	20

14 Nights	
Daily Treatments	14
Fitness Assessment	2
Boot Camp*	7
EMS (Electro Muscle Stimulation)**	2
Super Stretch (50 min)	6
Upper Body Tadleek	
(Back, Neck and Shoulder massage) (50 min) ***	3
Postural Corrective Therapy (50 min)	3
Nutrition Consultation	1
Watsu (Aquatic Therapy)	1
Total	39

5 Nights	
Daily Treatments	5
Fitness Assessment	1
Boot Camp*	3
Super Stretch (50 min)	2
Upper Body Tadleek	
(Back, Neck and Shoulder massage) (50 min) **	1
Postural Corrective Therapy (50 min)	1
Nutrition Consultation	1
Total	14

10 Nights	
Daily Treatments	10
Fitness Assessment	1
Boot Camp*	5
EMS (Electro Muscle Stimulation)**	2
Super Stretch (50 min)	4
Upper Body Tadleek	
(Back, Neck and Shoulder massage) (50 min) ***	2
Postural Corrective Therapy (50 min)	3
Nutrition Consultation	1
Total	28

* **Boot Camp** - may alternate with Yoga Session, Aqua Training, Fitball Exercise, Freeform Power Balance, Mat Pilates One on One, Personal Training 40 min, Swimming, Thai Boxing, TRX or Roll and Release

** **EMS (Electro Muscle Stimulation)** may alternate with Aqua Training, Yoga session, Fitball Exercise, Freeform Power Balance, Mat Pilates One on One, Personal Training 40 min, Swimming, Thai Boxing, TRX or Roll and Release

*** **Upper Body Tadleek (Back, Neck and Shoulder) (50 min)** - may alternate with Chronic Pain Therapy



Sound Healing

CLEANSE AND REVIVE

Refresh and rejuvenate your body with the Cleanse and Revive Retreat, a thoughtfully designed programme that supports your natural detoxification process.

Through wellness meals, cleansing treatments and mindfulness practices, this retreat helps you reset your lifestyle and eliminates toxins.

Whether you are looking to feel lighter, clearer, or more energised, this experience provides the tools and support you need to leave feeling revitalised and restored.

Complimentary upon request and availability:
Physical and Postural Assessment | VISIA Facial Imaging

CLEANSE AND REVIVE

5 Nights	
Daily Treatments	5
Detoxifying Skin Therapy Body Wrap	1
Infrared Capsule (50 min)	2
Massage Al-Batin (Abdominal Massage)*	2
Oil Pulling	1
Pranayama	1
Nutrition Consultation	1
Total	13

10 Nights	
Daily Treatments	10
Detoxifying Skin Therapy Body Wrap	1
Detoxifying Balneotherapy	1
Soothing Back Brush	1
Infrared Capsule (50 min)	2
Massage Al-Batin (Abdominal Massage)*	3
Oil Pulling	1
Colonic Hydrotherapy	2
Pranayama	2
Neti Nasal Irrigation	1
Hydramemory Express Facial	1
Nutrition Consultation	1
Bioplasma TM & Jetpeel® Combo	1
Total	27

7 Nights	
Daily Treatments	7
Detoxifying Skin Therapy Body Wrap	1
Infrared Capsule (50 min)	2
Massage Al-Batin (Abdominal Massage)*	2
Oil Pulling	1
Colonic Hydrotherapy	1
Pranayama	2
Neti Nasal Irrigation	1
Nutrition Consultation	1
Hydramemory Express Facial	1
Total	19

14 Nights	
Daily Treatments	14
Detoxifying Skin Therapy Body Wrap	2
Detoxifying Balneotherapy	1
Soothing Back Brush	1
Infrared Capsule (50 min)	2
Massage Al-Batin (Abdominal Massage)*	4
Oil Pulling	2
Colonic Hydrotherapy	3
Pranayama	3
Neti Nasal Irrigation	2
Hydramemory Express Facial	1
Nutrition Consultation	1
Bioplasma TM & Jetpeel® Combo	1
Total	37

*Massage Al-Batin (Abdominal Massage) - may alternate with Manual Lymphatic Drainage, Abhyanga, or Energy Balancing



ACCOMMODATION – ZULAL DISCOVERY

For guests of all ages

- 86 exquisite rooms and suites designed to enhance guests' overall health and wellness experience.
- The sea-inspired interiors pay homage to Qatar's rich heritage, with eye-catching patterns creating an exclusive feel.
- Interconnected rooms are available.

5 SUPERIOR ROOMS 44 sq m

Available on both the ground and first floors and serving as the perfect entry-level accommodation, these rooms are designed to enhance your overall wellness experience. With thoughtful amenities and inviting interiors, experience a seamless blend of comfort.

8 JUNIOR SUITES 59 sq m

Each suite features a comforting king-sized bed, with a cozy reclining area and an en-suite bathroom. With a dedicated dressing area and outside on the terrace, guests can unwind after a day of relaxation and tranquility.

46 DELUXE ROOMS 44 sq m

Boasting views of the outdoors, each room features either a king-sized or two twin beds, for a restful night's sleep. These rooms offer a seamless blend of style and functionality, creating an inviting retreat and a truly rejuvenating stay.

4 ONE BEDROOM SUITES 90 sq m

Each suite features a living area and a convenient dressing space, elegantly furnished with space to unwind and recharge in style. Whether you are seeking relaxation after a busy day or simply indulging in a serene escape, the one bedroom suite provides the perfect sanctuary for a truly rejuvenating experience.

23 DELUXE GARDEN VIEW ROOMS 44 sq m

Showcasing garden views, each room in this category offers a king-sized or two twin beds, both promising a restful night's sleep. These rooms provide everything you need for a memorable stay, whether admiring the garden views or unwinding in nature.

Note: The above mentioned room sizes are including outdoor areas.

ACCOMMODATION – ZULAL SERENITY

Dedicated to guests aged 16 and above

- Experience a new level of wellness resort accommodation in Zulal Serenity with 94 rooms and suited in total.

26 SUPERIOR DELUXE ROOMS 44 sq m (King and Twin Beds)

Each room offer serene landscaped views. Featuring a choice of king-sized or twin beds, each room ensures restful comfort. A cosy sitting area leading to a shaded terrace, perfect for enjoying the tranquil garden setting and embracing moments of relaxation in nature.

50 GRAND DELUXE ROOMS 84 sq m

Drift into tranquility on the king-sized bed, or refresh your senses in the inviting plunge pool, from the privacy of your terrace. Immerse yourself in the serene ambience of your surroundings, where every detail reflects the rich cultural heritage of the region.

6 SUPERIOR SUITE 59 sq m

Each suite strikes the perfect balance between space and simplicity, creating a serene and airy atmosphere. Featuring a soothing colour palette, the suite includes a king-sized bed, a cosy reclining area, an en-suite bathroom, and a dedicated dressing room. The private balcony offers an inviting space to unwind in tranquillity.

8 JUNIOR SUITES 115 sq m

Designed for two guests, the junior suites offers a relaxing king-sized bed, inviting sofa, and en-suite bathroom with the convenience of a dressing area and walk-in wardrobe, ensuring effortless organization throughout your stay. Each suite has its own private plunge pool and terrace.

2 ONE BEDROOM SUITES 90 sq m

Each suite offers a spacious interior designed for ultimate comfort and style. Featuring a private bathroom, dressing area, and a living and dining space adorned with natural textures and sleek decor, it's a haven for relaxation. A secluded terrace, shielded by lush landscaping, enhances the serene or rejuvenating scenic ambiance.

1 SHINAN SUITE 323 sq m

This two bedroom suite offers privacy, each room accompanied by its own en-suite bathroom and dressing area, ensuring utmost comfort and convenience. Relax and rejuvenate in your personal sauna, take a refreshing dip in the private temperature controlled pool, or stroll through the tranquil gardens.

1 QATAF SUITE 694 sq m

This is your exclusive, private residence on the coast of northern Qatar, a self-contained haven of peace and privacy with three en-suite bedrooms, ocean-view terraces, a private infinity pool, and personal sauna, even a garden, all for you and your guests.



AWARDS AND RECOGNITIONS – 2024



WORLD TRAVEL AWARDS
Middle East's
Leading Retreat



LUXURY SPA EDIT
Regional Best Spa Retreat,
Middle East



FACT DINING AWARDS –
DINING DELIGHTS
Green & Clean, Al-Sidr Restaurant
Compare Retreats' Luxury



FACT DINING AWARDS 2024
Dining Delights – Green & Clean,
Al-Sidr Restaurant



CONDE NAST READERS
CHOICE AWARDS
Top 10 Best Destination Spas in
the rest of the World



WORLD CULINARY
AWARDS 2024
World's Best Wellness Hotel
Restaurant – Al Sidr



COMPARE RETREATS –
LUXURY WELLNESS TRAVEL
AWARDS 2024
Multigenerational Wellness Resort
of the Year



WORLD SPA AWARDS 2024
Qatar's Best Wellness Retreat 2024



HOTELIER AWARDS 2024
Finance Person of the Year –
Ganeshan Padmanabhan (2nd place)



NATIONAL GEOGRAPHIC'S
BEST OF THE WORLD 2024
Top 21 "Best Wellness Experiences"



GREAT PLACE TO WORK'S 2024
Best Workplaces™ in Asia List



DESTINATION DELUXE
AWARDS 2024
Wellness Retreat of the Year



QATAR TOURISM AWARDS
Exceptional Spa Experience



QATAR TOURISM AWARDS
Exceptional Resort Experience



OHLALA SPA &
WELLNESS AWARDS

BOOKING TERMS AND CONDITIONS

Deposit and Cancellations

Pre-payment in full is required prior to arrival.

Cancellation, Modification and No-Show Policy

- Cancellation or modification must be communicated 3 days (by 16.00 hrs. local hotel time) prior to arrival. Any cancellation or modifications after this time maybe subject to a charge of up to 100% of the total booking price.
- A cancellation charge of 100% of the total booking price will apply for no-shows. No refunds or credits will be given for bookings that are shortened 3 days (after 16.00 hrs. local hotel time) prior to, upon, or after arrival.



Zulal
Wellness Resort
by Chiva-Som

+974 4477 6500 +974 4477 6555

Building No. 100, Street 319, Zone 79, P.O. Box 70034
Al Ruwais, Qatar
www.zulal.com