



Zulal
Discovery

RETREAT BROCHURE



WELCOME TO WHERE THE WORLD SLIPS AWAY, AND NATURE EMERGES

A haven that blends Traditional Arabic & Islamic Medicine (TAIM) with a holistic health and wellbeing philosophy for those who want to rejuvenate themselves and take a break from the hustle and bustle of life.

Zulal Wellness Resort offers an immersive experience that caters to the specific needs of anyone who is seeking to revive their mind, body, and spirit.

Zulal Discovery is a haven created for families where they are encouraged to engage in programs and activities that strengthen the bonds and dynamics between members.

Embrace and experience a journey of collective wellness towards a healthier lifestyle.

TABLE OF CONTENTS

INTRODUCTION

ZULAL DISCOVERY ACTIVITIES	6
HEDGEHOG WELLNESS ACTIVITIES - 0 TO 3 YEARS	8
FOXES WELLNESS ACTIVITIES - 4 TO 8 YEARS	10
FALCON WELLNESS ACTIVITIES - 9 TO 12 YEARS	12
ORYX WELLNESS ACTIVITIES - 13 TO 17 YEARS	14

ZULAL DISCOVERY RETREATS

ZULAL NURTURE KINDER (CHILD BELOW 4 YEARS OLD)	20
ZULAL EXPLORE JUNIOR RETREAT (CHILDREN 4 TO 8 YEARS OLD)	22
ZULAL ADVENTURE TEEN RETREAT (CHILDREN 9 TO 12 YEARS OLD)	24
ZULAL YOUNG ADULTS (13 TO 17 YEARS OLD)	26
ADULTS SUSTAINING WELLNESS (18 TO 55 YEARS OLD)	28
ZULAL RESTORING WELLNESS (55 YEARS AND ABOVE)	30
TERMS AND CONDITIONS	32

ZULAL DISCOVERY ACTIVITIES

We have a weekly changing calendar of engaging activities, divided into age appropriate categories as well as those for families to enjoy as a whole. The vast range and number of activities have been expertly devised to engage the active and introspective aspects of a human being and encourage a love and respect for nature.

DISCOVERY OASIS

At Discovery Oasis, our Family Wellness Centre, we offer activities in education, sports, creativity and nutrition. It is designed, in all respects, as an oasis of inspiration for families to spend time together learning, laughing and bonding.

DAILY ACITIVITES AT ZULAL DISCOVERY

The large number and rich variety of activities that we offer at Zulal Wellness Resort are central to our philosophy for personal awareness, responsibility and choice. We believe that connection through shared activity brings families together in learning and enjoyment.



HEDGEHOG WELLNESS ACTIVITIES 0 TO 3 YEARS

Our activities for the little ones open their minds to the wonders of creative play and discovery of the world around them, from painting rocks and printing with leaves to washing trucks and threading beads.



FOXES WELLNESS ACTIVITIES 4 TO 8 YEARS

Small children love to explore their physicality either in water, with games, playing tag or dancing. Outside, we introduce them to the nearby mangrove and the stars in the sky. Indoor activities include baking cupcakes, finger painting and discovering the sounds of animals.



FALCON WELLNESS ACTIVITIES 9 TO 12 YEARS

For this age group, we offer more structured activities such as learning badminton, making movies or granola bars, drumming and ceramics. We introduce sustainability concepts with such activities as an upcycling workshop and gardening.



ORYX WELLNESS ACTIVITIES 13 TO 17 YEARS

We encourage teens to expand their horizons with cookery, crafts and meditation and we nurture their desire to achieve fitness, endurance and cognitive exploration through physical activities including kayaking, slacklining, orienteering and fun sessions in disco and dance.



YOUR DISCOVERY RETREAT INCLUDES:

- Family Consultation with the Health & Wellness Advisor
- Three wellness cuisine meals served per night of stay
- Access to fitness and leisure activities
- Access to the wellness centre facilities such as, hydrothermal area, sauna, steam and outdoor pool
- Access to the gymnasiums
- In-room private bar
- Daily laundry services for three pieces of sports attire
- Choice of one daily treatment. Select from our exclusive range of bespoke treatments such as, invigorating massage, oriental scalp massage, signature full body Tadleek massage, signature relaxing Al Qadam (foot massage)
- Choice of additional treatments depending on your length of stay



ZULAL DISCOVERY RETREATS



ZULAL NURTURE KINDER

(CHILD BELOW 4 YEARS OLD)

This retreat caters to our youngest guests and their families. It’s a beautiful opportunity for parents and young children to embark on a lifelong path of health, happiness and family connection. Activities focus on developing free expression, creativity and exploring physicality. Families also experience the importance of healthy eating from a young age.

HEDGEHOG WELLNESS ACTIVITIES

2 NIGHTS
1 Family Wellness Consultation
1 Fitness Activity
2 Hedgehog Activities
1 Holistic Treatment
Daily Wellness Cuisine*
5 NIGHTS
1 Family Wellness Consultation
2 Fitness Activities
5 Hedgehog Activities
2 Holistic Treatments
Daily Wellness Cuisine*

* Breakfast, Lunch, and Dinner



Depending on the number of nights you choose to stay with us at Zulal Wellness Resort, select the treatments you’d like to receive from the following list:

FITNESS ACTIVITY

- Agility Activity 50 mins
- Balance Activity 50 mins

HOLISTIC TREATMENT

- Reiki (Child) 30 mins
- Shiroabhyanga (Child) 30 mins

WELLNESS ACTIVITIES

- Hedgehog Activities

ZULAL EXPLORE JUNIOR RETREAT (CHILDREN 4 TO 8 YEARS OLD)

This retreat presents a wonderful opportunity for young children to start exploring what a healthy lifestyle means. Between ages 4-8 they are excited and receptive to new experiences that can form the foundation of a life-long appreciation of wellness. This is a journey of self discovery through activities, nutrition and the benefits of treatments, for parents and children together.

FOX WELLNESS ACTIVITIES

2 NIGHTS
1 Family Wellness Consultation
1 Fitness Activity
2 Fox Activities
1 Recreation Activity
1 Treatment for Young People
Daily Wellness Cuisine*
5 NIGHTS
1 Family Wellness Consultation
1 Cooking & Mixology Activity
2 Fitness Activities
5 Fox Activities
1 Holistic Treatment
1 Recreation Activity
2 Treatments for Young People
Daily Wellness Cuisine*

* Breakfast, Lunch, and Dinner



Depending on the number of nights you choose to stay with us at Zulal Wellness Resort, select the treatments you'd like to receive from the following list:

COOKING & MIXOLOGY ACTIVITY 50 MINS*

FITNESS ACTIVITIES

- Agility Activity 50 mins
- Balance Activity 50 mins
- Roll & Release 50 mins

HOLISTIC TREATMENTS

- Reiki (Child) 30 mins
- Shiroabhyanga (Child) 30 mins

RECREATION ACTIVITIES

- Story Time Meditation 50 mins
- Sustainability for Life Workshop 50 mins

TREATMENTS FOR YOUNG PEOPLE

- Mini Manicure 40 mins
- Mini Pedicure 50 mins
- Mother & Daughter Manicure 50mins
- Mother & Daughter Pedicure 60mins
- Youth Foot Massage 30 mins

WELLNESS ACTIVITIES

- Fox Activities

Note: The cooking and mixology activity will be available on Sunday and Wednesday.

ZULAL ADVENTURE TEEN RETREAT

(CHILDREN 9 TO 12 YEARS OLD)

This retreat is designed to enhance the young guests’ self-esteem and provide a unique opportunity for them to thrive. Through dynamic sessions our guests will explore their own and societal attitudes and values. They will build skills for eating right, staying physically fit, getting good health care and developing positive relationships with peers and adults.

FALCON WELLNESS ACTIVITIES

2 NIGHTS
1 Family Wellness Consultation
2 Falcon Activities
1 Fitness Activity
1 Recreation Activity
1 Treatment for Young People
Daily Wellness Cuisine*
5 NIGHTS
1 Family Wellness Consultation
1 Cooking & Mixology Activity
5 Falcon Activities
2 Fitness Activities
1 Holistic Treatment
1 Recreation Activity
2 Treatments for Young People
Daily Wellness Cuisine*

* Breakfast, Lunch, and Dinner



Depending on the number of nights you choose to stay with us at Zulal Wellness Resort, select the treatments you’d like to receive from the following list:

COOKING & MIXOLOGY ACTIVITY 50 MINS*

FITNESS ACTIVITIES

- Agility Activity 50 mins
- Balance Activity 50 mins
- Beach Yoga 50 mins
- Meditation 50 mins
- Outdoor Circuit 50 mins
- Private Swimming Lessons 50 mins
- Stretch Class 50 mins

HOLISTIC TREATMENTS

- Shiroabhyanga (Child) 30 mins
- Reiki (Child) 30 mins

RECREATION ACTIVITIES

- Kayaking 50 mins
- Sustainability for Life Workshop 50 mins

TREATMENTS FOR YOUNG PEOPLE

- Mini Manicure 40 mins
- Mini Pedicure 50 mins
- Mother & Daughter Manicure 50 mins
- Mother & Daughter Pedicure 60 mins
- Youth Foot Massage 30 mins

WELLNESS ACTIVITIES

- Falcon Activities

Note: The cooking and mixology activity will be available on Sunday and Wednesday.

ZULAL YOUNG ADULTS

(13 TO 17 YEARS OLD)

Teenage years are the most fertile time for establishing the life-long virtues of self-esteem. In this retreat we encourage a broad range of physical and mental skill sets to launch adolescents on a path of eager self-discovery and accomplishment.

ORYX WELLNESS ACTIVITIES

2 NIGHTS
1 Family Wellness Consultation
1 Fitness Activity
2 Oryx Activities
1 Recreation Activity
1 Treatment for Young People
Daily Wellness Cuisine*
5 NIGHTS
1 Family Wellness Consultation
1 Cooking & Mixology Activity
1 Fitness Activity
1 Holistic Treatment
5 Oryx Activities
1 Recreation Activity
2 Treatments for Young People
Daily Wellness Cuisine*

* Breakfast, Lunch, and Dinner



Depending on the number of nights you choose to stay with us at Zulal Wellness Resort, select the treatments you’d like to receive from the following list:

COOKING & MIXOLOGY ACTIVITY 50 MINS*

FITNESS ACTIVITIES

- Agility Activity 50 mins
- Balance Activity 50 mins
- Beach Yoga 50 mins
- Boot Camp 50 mins
- Circuit 50 mins
- Fitball Exercises 50 mins
- Freeform Power Balance 50 mins
- Mat Pilates 50 mins
- Meditation 50 mins
- Morning Jog Stretch 50 mins
- Personal Training 50 mins
- Private Swimming Lesson 50 mins
- Stretch Class 50 mins
- Thai Boxing Fit (10 to 16 Yrs) 50 mins
- Yoga Hatha 50 mins

HOLISTIC TREATMENTS

- Shiroabhyanga (Child) 30 mins
- Reiki (Child) 30 mins

RECREATION ACTIVITIES

- Kayaking 50 mins
- Stand Up Paddle 50 mins
- Sustainability for Life Workshop 50 mins

TREATMENTS FOR YOUNG PEOPLE

- Crystal Healing Facial for Younger Skin 50 mins
- Mini Manicure 40 mins
- Mini Pedicure 50 mins
- Mother Daughter Manicure 50 mins
- Mother Daughter Pedicure 60 mins
- Youth Foot Massage Child with Adult 30 mins
- Youth Head & Shoulder Massage Child with Adult 30 mins

WELLNESS ACTIVITIES

- Oryx Activities 60 mins

Note: The cooking and mixology activity will be available on Sunday and Wednesday.

ADULTS SUSTAINING WELLNESS

(18-55 YEARS)

This retreat is aimed to set the foundation for people between age 18 to 55 years who are looking to begin their journey towards a healthy lifestyle. No age is too soon or too late. This is a journey of self discovery through activities, nutrition and treatments that help nourish and strengthen your overall wellbeing.

2 NIGHTS
Family Wellness Consultation
Daily One Treatment
1 Fitness Activity
1 Holistic Treatment
1 Physiotherapy Treatment
1 Recreation Activity
1 Spa Treatment
Daily Wellness Cuisine*
5 NIGHTS
Family Wellness Consultation
Daily One Treatment
1 Cooking & Mixology Activity
1 Fitness Activity
1 Holistic Treatment
2 Physiotherapy Treatments
1 Recreation Activity
2 Spa Treatments
Daily Wellness Cuisine*

* Breakfast, Lunch, and Dinner



Depending on the number of nights you choose to stay with us at Zual Wellness Resort, select the treatments you’d like to receive from the following list:

COOKING & MIXOLOGY ACTIVITY 90 MINS*

DAILY TREATMENTS

- Invigorating Massage 50 mins
- Oriental Scalp Massage 40 mins
- Signature Full Body Tadleek (Massage) 50 mins
- Signature Relaxing AI – Qadam (Foot Massage) 50 mins

FAMILY WELLNESS CONSULTATION

FITNESS ACTIVITIES

- Morning Stroll Guided 50 mins
- Personal Training 50 mins
- Super Stretch 25 mins

HOLISTIC TREATMENTS

- Massage AI Ras 50 mins
- Massage AI Batin (Abdominal Massage) 50 mins
- Reiki (Adult) 50 mins
- Shiroabhyanga 50 mins

PHYSIOTHERAPY TREATMENTS

- Back, Neck & Shoulder Release 50 mins
- Physical Analysis 25 mins

RECREATION ACTIVITIES

- Kayaking 50 mins
- Stand Up Paddle 50 mins

SPA TREATMENTS

- Detoxifying Skin Therapy Body Wrap 70 mins
- Signature ‘Seaweed Detox’ Body Scrub 25 mins
- Soothing Back Brush Therapy 40 mins
- Tranquility Body Scrub 45 mins

Note: The cooking and mixology activity will be available on Sunday and Wednesday.

ZULAL RESTORING WELLNESS

(55 YEARS AND ABOVE)

During this life stage it’s wise to check in with your health and wellbeing so that you can enhance your longevity and adjust your physical and mental positioning for more vitality and purpose.

We all have a deep capacity to rejuvenate at any age and this retreat will inspire you on a new path of all-round preservation.

2 NIGHTS
Family Wellness Consultation
Daily One Treatment
1 Fitness Activity
1 Holistic Treatment
1 Physiotherapy Treatment
Daily Wellness Cuisine*
5 NIGHTS
Family Wellness Consultation
Daily One Treatment
2 Fitness Activities
2 Holistic Treatments
2 Physiotherapy Treatments
Daily Wellness Cuisine*

* Breakfast, Lunch, and Dinner



Depending on the number of nights you choose to stay with us at Zulal Wellness Resort, select the treatments you’d like to receive from the following list:

DAILY TREATMENTS

- Invigorating Massage 50 mins
- Oriental Scalp Massage 40 mins
- Signature Full Body Tadleek (Massage) 50 mins
- Signature Relaxing Al Qadam (Foot Massage) 50 mins

FAMILY WELLNESS CONSULTATION

FITNESS FITNESS ACTIVITIES

- Morning Stroll Guided 50 mins
- Personal Training 50 mins
- Super Stretch 25 mins

HOLISTIC TREATMENTS

- Massage Al Ras 50 mins
- Massage Al Batin (Abdominal Massage) 50 mins
- Reiki (Adult) 50 mins
- Traditional Qatari Hamiz (Deep Tissue) 50 mins

PHYSIOTHERAPY TREATMENTS

- Back, Neck & Shoulder Release 50 mins
- Deep Tissue Tadleek 50 mins
- Physical Analysis 25 mins

TERMS AND CONDITIONS

CHECK-IN/OUT POLICY

Resort’s standard check-in time is 14:00 hours and standard check-out time is 12:00 hours.
All guests are required to provide an original valid Qatar ID or passport upon arrival.
Minimum age for check-in is 18 years old unless accompanied by parents or another legal adult guardian.

DATA PROTECTION POLICY

Any personal data provided to the resort or collected during the reservation process will be handled in accordance with the privacy policy.

CHILD POLICY

Children’s age must be indicated to the reservations team at the time of booking.
Up to 1 child of registered resort guest, under age of 4 can stay at no extra cost sharing the adult bed when booking a retreat in Discovery.

For additional children, an additional room will be required and supplement charge will be applicable.
Complimentary stay for children below 4 years old is not applicable for family rooms, supplement charge will be applicable.

Children 9 years old and above considered as adults and therefore the pricing will comply.
Children under the age of 16 years old will not be granted to Serenity area.

RESORT ETIQUETTE

The whole Discovery experience in Zulal Wellness Resort is designed for those seeking a path of reset and reflection. We therefore encourage you to leave all your electronic devices such as mobile phones, cameras, e-book, iPad in your room and enjoy the calm and private spaces of Zulal Discovery throughout your journey. We are a non-smoking resort, and we request not to smoke in the public areas and your room. Smoking may only be allowed in designated outdoor area. You may request staff assistance to guide you to the location. For your own safety and the safety of other guests please do not light Bukhoor or any other incense burners inside the guest rooms.

Outside food and drinks are not allowed in the resort. To stay true to your health and wellness journey, we encourage you to choose from our fine selection of dining outlets and healthy menu.

While using the swim area, we request you to wear appropriate swimwear to be mindful and respectful of our local culture.

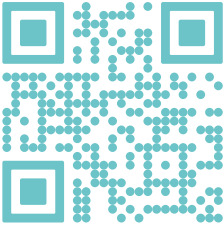
TRANSFER ARRANGEMENT

For airport transfers, the resort has a fleet of cars to choose from.
Prior reservation is required and full flight details should be supplied at least 48hrs in advance.
Kindly advise your full flight details. Airport transfer charges will apply accordingly.

PETS

To respect the comfort of other guests, pets are not allowed at the resort.

WE LOOK FORWARD TO WELCOMING YOU TO THE “THE ESSENCE OF WELLBEING”.



Scan the QR code and discover more

Follow us on



Instagram
@zulalwellnessresort



Facebook
@zulalwellnessresort



Twitter
@resort_zulal



LinkedIn
Zulal Wellness Resort



Snapchat
@zulalwellness

