

Wellness ^{BY}
ATLANTIS
HOLIDAYS

26
year
OF EXCELLENCE

ASIA

WELLNESS
CATALOGUE

2026 - 2027

SPAS & MEDICAL

WELCOME

to an oasis of tranquility and rejuvenation, where luxury meets well-being introducing our exclusive Asia Wellness Resorts Catalogue.

In these pages, we invite you to explore a curated collection of the world's most exquisite retreats, each designed to provide a sanctuary for the mind, body, and soul. Immerse yourself in a realm where the lush beauty of nature harmonizes with state-of-the-art facilities, creating an environment dedicated to your holistic wellness.

Our catalogue unveils a carefully selected array of resorts, each chosen for its commitment to delivering an unparalleled wellness experience. From breathtaking spa sanctuaries to fitness havens and culinary delights that nourish both body and spirit, these resorts redefine the art of relaxation. Indulge in the pleasure of bespoke spa treatments, tailored fitness programs, and mindful activities that cater to your individual needs.

Our featured resorts boast world-class amenities, expert wellness professionals, and a commitment to sustainable practices, ensuring that your escape not only revitalizes you but also leaves a positive impact on the planet. As you peruse these pages, envision yourself in the lap of luxury, surrounded by serene landscapes and immersed in a culture of well-being. Whether you seek a revitalizing weekend getaway or an extended retreat, our Wellness Resorts Catalogue is your passport to a world where relaxation, rejuvenation, and luxury seamlessly intertwine.

Embark on a journey of self-discovery and renewal with our Wellness Resorts Catalogue—where every page is an invitation to elevate your well-being to new heights.



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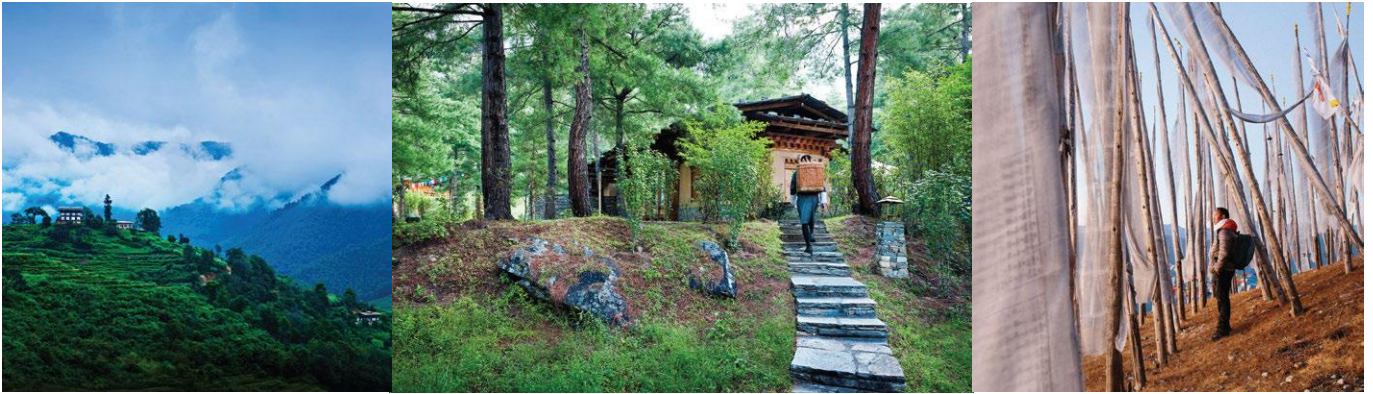


BHUTAN | COMO UMA PARO RETREAT



COMO Uma Paro Retreat is a luxurious resort nestled in the breathtaking landscape of Paro Valley in Bhutan. Surrounded by lush greenery, majestic mountains, and serene natural beauty, it offers guests a tranquil escape from the hustle and bustle of everyday life. The retreat embodies the essence of Bhutanese hospitality, providing a harmonious blend of traditional charm and modern comfort.





Guests at COMO Uma Paro Retreat can indulge in a range of world-class amenities and experiences designed to rejuvenate the body, mind, and soul.

The resort offers elegantly appointed rooms and suites featuring stunning views of the valley or the surrounding forested hills

SPECIALIZES PROGRAMMES:

- Detox
- Revitalize
- Himalayan Rejuvenation
- Bhutanese Hot Stone Bath

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Paro: typically operated via a scheduled stop, commonly Delhi; allow roughly 7–9 hours total depending on the service and connection.
- Arrival airport: Paro International Airport (PBH).
- Airport to retreat: approximately 10 minutes by car. Flight routings into Bhutan are limited and should be reconfirmed for the actual travel dates.

CAMBODIA | SONG SAA PRIVATE ISLAND



Nestled in the untouched beauty of Cambodia's Koh Rong Archipelago lies the exquisite Song Saa Private Island. A sanctuary of luxury and tranquility, this exclusive retreat offers a truly unparalleled experience for those seeking an escape from the ordinary.



From the moment you set foot on this pristine paradise, you are enveloped in a world of unparalleled beauty and serenity. The crystal- clear waters, white sandy beaches, and lush tropical foliage create a backdrop of pure bliss

At Song Saa Private Island, every detail is meticulously curated to ensure an unforgettable stay. From the stunning overwater villas to the world-class dining experiences, every aspect of your visit is designed to exceed your expectations. Discover this hidden gem and experience luxury like never before at Song Saa Private Island.

SPECIALIZES PROGRAMMES:

- Sacred Sleep Journey
- Holistic Harmony Journey
- Couple Connection Journey
- Digital Detox Journey
- Beating Burnout Journey

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Cambodia: the most practical route is usually one stop to Phnom Penh or Sihanoukville; total journey time varies by connection.
- Via Phnom Penh: approximately 2.5–3 hours by private car to Sihanoukville, followed by about 45 minutes by resort speedboat from the Song Saa Lounge.
- Via Sihanoukville International Airport: approximately 25 minutes by car to the lounge, followed by the 45-minute speedboat transfer. Boat timings and weather conditions must be reconfirmed.

CHINA | SIX SENSES

QING CHENG MOUNTAIN



Six Senses Qing Cheng Mountain is a destination that promises an unparalleled experience for those seeking luxury, nature, and rejuvenation all in one place.

This exclusive resort is a haven for travelers looking to escape the hustle and bustle of everyday life and immerse themselves in a serene environment surrounded by natural beauty.

From the moment you arrive at Six Senses Qing Cheng Mountain, you are greeted with warm hospitality and exquisite attention to detail. The resort offers a range of luxurious accommodations, world-class dining options, and an array of wellness activities designed to relax the mind, body, and soul.



Whether you are looking to unwind in the spa, explore the stunning landscapes of the surrounding area, or simply relax by the pool with a cocktail in hand, Six Senses Qing Cheng Mountain has something for everyone. This hidden gem is truly a paradise waiting to be discovered.

SPECIALIZES PROGRAMMES:

- Sleep
- Detox
- Discover Yoga
- Fitness

HOW TO GET THERE

- Dubai to Chengdu: nonstop services may operate on selected schedules; flying time is approximately 7–8 hours.
- Preferred arrival: Chengdu Tianfu International Airport (TFU), approximately 100 minutes by car.
- Alternative arrival: Chengdu Shuangliu International Airport (CTU), approximately 60 minutes by car.



INDIA | AMAL TAMARA CHIKITSA CHATUSHPADA



Amal Tamara's wellness philosophy is Chikitsa Chatushpada a unique Ayurvedic concept, referring to the idea that four limbs of curative programme, namely, the physician, the patient, the therapist, and the medicine itself, must work in synergy.

We hope to help our guests absorb the principles of this time-tested school of medicine, allowing for lifestyle changes that will extend far beyond your stay with us.

Our approach bridges this traditional ayurvedic concept with modernday luxury to create a perfect symphony of contemporary Ayurveda for your comfort and wellness.

Ayurveda at Amal Tamara is focused on the body's natural ability to heal and helping the body to renew and rejuvenate. Here, you will embark on a journey as an Amal Yatri, your path to Ayurveda for life. We prioritise offering you a holistic healing experience while you are with us. In addition, we care deeply about ensuring that you can carry Ayurveda's best practices home with you



SPECIALIZES PROGRAMMES:

- Panchakarma / Detox Programme
- Weight Management Programme
- Anti-Ageing / Rasayana Programme
- Immunity Booster Programme
- Eye Care Programme

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Kochi: direct flight, approximately 4 hours.
- Arrival airport: Cochin International Airport (COK).
- Airport to retreat: approximately 76 km and 2 hours 15 minutes to 2 hours 30 minutes by car, depending on traffic.

INDIA | AMANBAGH



Escape to a secret garden estate in india's rugged

Aravali hills reconnect within the rose-pink, Mughal-inspired sanctuary that is Amanbagh. A minimum of 4 nights, Amanbagh's three Wellness Immersions are tailored to individual needs to inspire and promote meaningful change.

Nestled in the serene landscapes of India, Amanbagh stands as a testament to luxury and tranquility. This hidden gem offers an unparalleled experience for those seeking a retreat from the hustle and bustle of everyday life.

Whether you seek a romantic getaway, a wellness retreat, or simply a peaceful escape, Amanbagh promises an unforgettable stay that will leave you longing to return.

Amanbagh's exquisite architecture, lush gardens, and impeccable service combine to create an oasis of relaxation and rejuvenation.



From indulgent spa treatments to gourmet dining experiences, every aspect of Amanbagh is designed to pamper and delight its guests.



SPECIALIZES PROGRAMMES:

- Yoga & Mindfulness
- The Principles of Ayurveda
- Balance and Vitality
- Detox & Cleansing – Panchakarma
- Seasonal: Gut Restoration
- Seasonal: Deep Sleep

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Jaipur: direct services may operate; approximate flying time 3 hours 10 minutes.
- Jaipur International Airport to Amanbagh: approximately 90 minutes by private car.
- Alternative: Dubai to New Delhi, followed by approximately 3.5 hours by car. Seasonal programme dates and flight schedules should be checked before publication.

INDIA | ANANDA IN THE HIMALAYAS



Ananda is an award-winning luxury destination spa resort in India situated at the Himalayan foothills in Northern India. Located on a 100-acre Maharaja's Palace Estate, Ananda is surrounded by graceful Sal forests and overlooks the spiritual town of Rishikesh and the Ganges River valley.

Ananda, one of the best luxury wellness retreats in India, integrates traditional Ayurveda, Yoga and Vedanta with international wellness experiences, fitness and healthy organic cuisine to restore balance and harmonize energy.

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These signature all-inclusive packages are programs which are tailor made for individual health goals.

Ananda's wellness programs follow a holistic approach towards achieving the best results in a safe, nurturing atmosphere expertly guided by our team of expert ayurvedic doctors, skilled therapists, nutritionists, yogis and spa cuisine chefs.

The holistic approach to wellness at ANANDA is designed to restore balance and harmony to mind, body, and soul. From personalized spa treatments to nourishing cuisine and mindfulness practices, every aspect of your stay at ANANDA is crafted to enhance your overall well-being.

SPECIALIZES PROGRAMMES:

- Panchakarma
- Holistic Detox
- Stress Management
- Sleep Enhancement
- Weight Management

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to New Delhi: direct flight, approximately 3 hours 20 minutes to 3 hours 40 minutes.
- New Delhi to Dehradun: domestic flight, approximately 45–55 minutes.
- Jolly Grant Airport to Ananda: approximately 40–45 minutes by car. Helicopter transfer to the private helipad may be arranged, subject to availability and operating conditions.

INDIA | MODI YOGA RETREAT

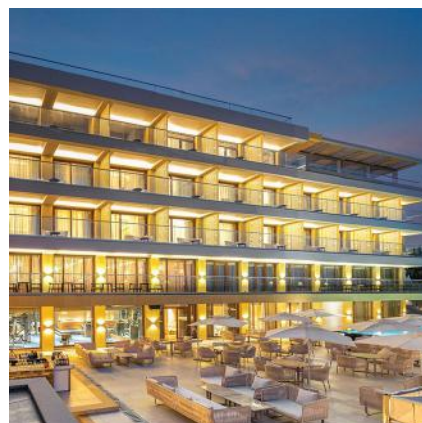
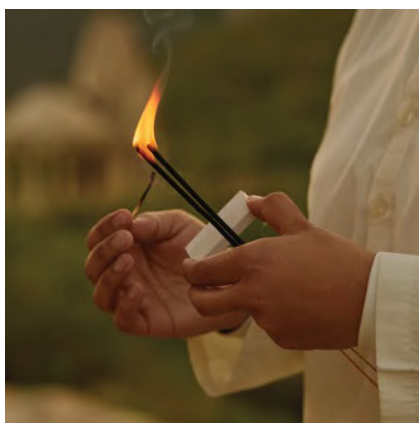
★★★★★

Modi Yoga Retreat in India offers a serene and rejuvenating escape for those seeking to enhance their physical, mental, and spiritual well-being. Nestled amidst the picturesque landscapes of India, this retreat provides a perfect setting for individuals to unwind and reconnect with themselves.

At Modi Yoga Retreat, guests can immerse themselves in various yoga practices tailored to suit all levels of experience. From beginner-friendly classes to advanced sessions led by experienced instructors, participants can explore different styles of yoga and meditation techniques in a tranquil environment.



The retreat's serene surroundings and peaceful ambiance create an ideal space for relaxation and self-reflection. Guests have the opportunity to disconnect from the hustle and bustle of daily life and focus on their personal growth and wellness journey.



SPECIALIZES PROGRAMMES:

- Panchakarma
- Shodhan – Ayurvedic Detox
- Somnipathy – Sleep Care
- Integrative Gut Healing
- Integrated Diabetes Management

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to New Delhi: direct flight, approximately 3 hours 20 minutes to 3 hours 40 minutes.
- New Delhi to Dehradun: domestic flight, approximately 45–55 minutes.
- Jolly Grant Airport to the retreat: approximately 18.9 km; allow around 30–45 minutes by car, depending on traffic.

INDIA | OBEROI AMARVILLAS



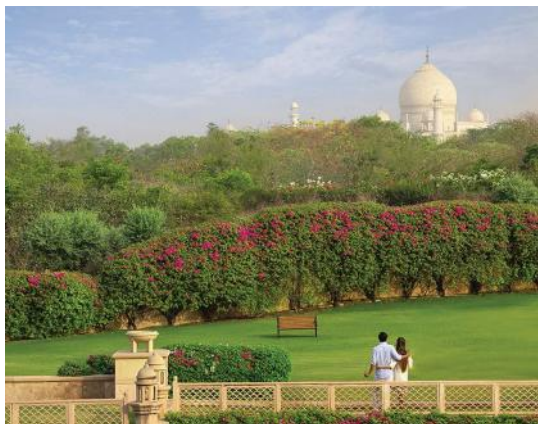
The Oberoi Amarvilas is a luxurious retreat that offers an unparalleled experience for those seeking the finest in hospitality. From its stunning views of the iconic Taj Mahal to its impeccable service and world-class amenities, the Oberoi Amarvilas stands out as a beacon of luxury and sophistication.

Nestled in the heart of Agra, this opulent hotel is designed to cater to the needs of discerning travelers who value quality, comfort, and style. Every aspect of the Oberoi Amarvilas has been carefully curated to provide guests with an unforgettable stay, from its elegant accommodations to its exquisite dining options.

The spa at The Oberoi Amarvilas, Agra is secreted behind large fretwork doors. It is inspired by Mughal architecture, and tiled in dark sandstone and white marble. At the centre sits a dome roofed, white marble steam room. Couples' massage rooms on the fourth floor have uninterrupted views of the Taj Mahal.



Whether you are visiting Agra for business or pleasure, the Oberoi Amarvilas promises a truly exceptional experience that will leave you feeling pampered and rejuvenated. Book your stay at this magnificent hotel and discover why it is renowned as one of the finest luxury hotels in India.



SPECIALIZES PROGRAMMES:

- Oberoi Signature Massage
- Himalayan Singing Bowls
- Himalayan River Stones
- Rejuvenate – Oberoi Experience
- Yoga Stretch & Daily Reflections

HOW TO GET THERE

- Dubai to New Delhi: direct flight, approximately 3 hours 20 minutes to 3 hours 40 minutes.
- New Delhi Airport to the hotel: approximately 230 km and 3 hours 45 minutes by private car.
- Alternative: Agra Airport is approximately 14 km away and around 35–40 minutes by car; domestic operations should be checked for the intended dates.

INDIA | SHREYAS RETREAT

★★★★★

Shreyas Retreat is a luxurious wellness resort located near Bangalore, India, offering a serene sanctuary for guests seeking relaxation, rejuvenation, and self-discovery.

Nestled amidst lush greenery and tranquil surroundings, Shreyas Retreat is renowned for its holistic approach to wellness, combining traditional Indian practices with modern amenities to create a transformative experience.

Shreyas Retreat follows a philosophy centered around holistic wellness, emphasizing the integration of body, mind, and spirit. The retreat aims to nurture guests on their wellness journey by offering a balanced blend of yoga, meditation, Ayurveda, and wholesome vegetarian cuisine.

Overall, Shreyas Retreat provides a holistic haven where guests can disconnect from the stresses of daily life, reconnect with themselves, and embark on a journey of self-discovery, inner peace, and wellbeing.





SPECIALIZES PROGRAMMES:

- Yoga Retreat
- Holistic Health and Wellness
- Panchakarma
- Detox
- Ayurvedic Rejuvenation
- Silent Retreat

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Bengaluru: direct flight, approximately 4 hours 10 minutes.
- Arrival airport: Kempegowda International Airport (BLR).
- Airport to retreat: approximately 1 hour by car under normal conditions; allow additional time during peak traffic.

INDIA | SOMATHEERAM AYURVEDA BEACH RESORT



Somatheeram Ayurveda Beach Resort is a renowned destination that offers a holistic experience blending traditional Ayurvedic practices with the serene beauty of the beach.

Located in a tranquil setting, Somatheeram Ayurveda Beach Resort provides guests with an opportunity to rejuvenate their mind, body, and soul through authentic Ayurvedic treatments and therapies.

This award-winning resort is known for its commitment to promoting wellness and healing through ancient Ayurvedic practices. Guests can immerse themselves in personalized treatment programs tailored to their individual needs, all while enjoying the peaceful surroundings of the resort.





SPECIALIZES PROGRAMMES:

- Rejuvenation Therapy
- Body Purification / Panchakarma
- Slimming Programme
- Stress Management
- Anti-Ageing Programme

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Thiruvananthapuram: direct flight, approximately 4 hours 15 minutes.
- Arrival airport: Thiruvananthapuram International Airport (TRV).
- Airport to resort: approximately 21 km; allow around 35–50 minutes by car depending on traffic.

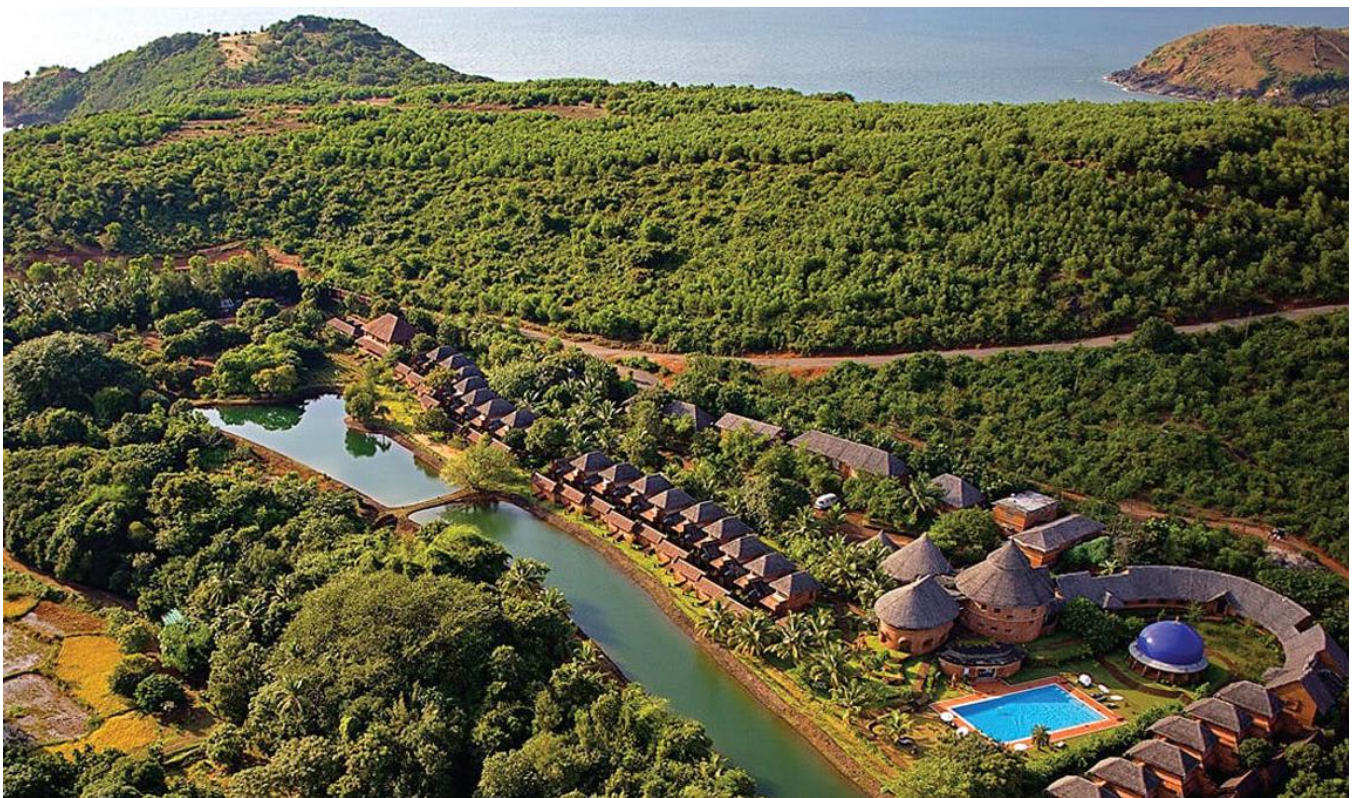
INDIA | SWASWARA-CGH Earth



Set in wilderness on the shoreline of the Konkan Coast, SwaSwara is cast in the colours of the earth and its form and spirit celebrates simplicity and purity, in keeping with our ethos of a well-being holiday.

SwaSwara is a sanctuary for your Prakruti or the innermost nature of an individual – that special blend of qualities and features that grant it uniqueness! Its goal is to offer a time away from all the clutter in your life and transport you into a nurturing space that is calming, renewing and exhilarating for you and your loved ones. A SwaSwara well-being can be experienced in many ways.

To some it is that closeness to raw nature that forms the central focus of a meaningful holiday; to others that same well-being is achieved through a combination of nature activities with creative explorations, healthy cooking, meditative moods, Yoga Asana practices and rejuvenating Ayurveda therapies; and for those in search for a deeper sense of healing, the curated programmes focused on Ayurveda and Yoga therapies have a lasting impact on their lives.





SPECIALIZES PROGRAMMES:

- Swa Wellbeing
- Ayurveda Rejuvenation
- Detox & Cleanse
- Sleep Enhancement
- De-Stress
- Spirit of Life – Menopause Programme

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Goa: direct services may operate, approximately 3 hours 20 minutes.
- Arrival via Manohar International Airport (GOX) or Goa International Airport (GOI).
- Road transfer to Gokarna generally takes approximately 2.5–3.5 hours depending on the airport, route and traffic. Property-arranged transfer is recommended.

INDIA | SIX SENSES VANA

★★★★★

Immerse in a wellness retreat that enables you to feel, think, and be better. Through connecting to yourself, others, and nature. Moving your body, energy, and thoughts. Healing from what pains you. Accepting what is, to rebalance, rewild, and rechild.

Named after the forest we take refuge in, Six Senses Vana aims to protect and nurture, providing space to discover and flourish. Ayurveda, Yoga, Tibetan Medicine, and Natural Healing Therapies combine with a kind-hearted team and personalized support.

Every stay at our Six Senses retreat in Dehradun includes full-board accommodation with all meals provided and prepared with guided nutrition; daily retreat activities such as yoga, meditation, workshops, and functional fitness; wellness consultation and screening; daily treatments; airport transfers; and attire to wear.





SPECIALIZES PROGRAMMES:

- Sleep
- Detox / Yogic Detox
- Weight Management
- Ayurveda Panchakarma
- Tibetan Medicine
- Mindful Menopause

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to New Delhi: direct flight, approximately 3 hours 20 minutes to 3 hours 40 minutes.
 - New Delhi to Dehradun: domestic flight, approximately 45–55 minutes.
 - Dehradun Airport to Six Senses Vana: approximately 45–60 minutes by car.
- Confirm whether airport transfers are included in the booked programme.

INDIA | TULAH CLINICAL WELLNESS SANCTUARY



At tulåh, modern medicine is driven by a commitment to evidencebased practices, advanced diagnostics, and innovative treatments. Our expert medical team utilizes cutting-edge technologies, from genome studies to personalized medical consultations, to diagnose, treat, and manage a wide range of health conditions.

This precise and targeted approach not only addresses immediate concerns but also equips guests with the knowledge and tools to prevent future health issues, promoting long-term well-being and vitality.

At tulåh, we understand that true wellness is achieved by embracing the best of both worlds—modern medicine's technological advancements and the deep-rooted wisdom of traditional healing practices. Each approach offers unparalleled benefits, and at tulåh, we are dedicated to integrating them in a way that provides a holistic, transformative experience for every guest.



SPECIALIZES PROGRAMMES:

- Metabolic Health & Longevity
- Cardio-Respiratory Health
- Neuro-Rehabilitation
- Autoimmune & Inflammation Support
- Pain, Mobility & Physical Recovery
- Women's Health

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Kozhikode: direct services may operate, approximately 4 hours.
- Arrival airport: Calicut International Airport (CCJ).
- Airport to sanctuary: allow approximately 45–60 minutes by car; exact time should be confirmed with the property for the final catalogue.



INDONESIA | AMANDARI



Amandari is styled after a Balinese village and features andesite walkways, shrines, gardens and high paras stone walls. Balinese style gateways front each suite. Amandari's open air lobby, for example was designed after a wantilan, or village meeting place. Stone panels carved with artistic precision by local artisans decorate Amandari's lobby walls.

Central to the reception area is a replica of the original sacred stone tiger that lies in the valley below the resort. Amandari offers 30 thatched roof suites, teak and coconut wood are used throughout the resort with detailed wood carvings showcasing the skill of local artisans.

Suites feature four-poster beds decorated with classic Kamasan tapestries. Although there are many resorts in popular holiday destination Bali, Amandari is the only one located 129 steps uphill of a temple, with the path leading through the resort and its surrounding rice terraces considered sacred ground by the Balinese.





SPECIALIZES PROGRAMMES:

- Nourishing Spiritual Journey
- Amandari Signature Revitalising Journey
- Melukat Purification Ritual
- Private Yoga & Meditation
- Spiritual Wellness with a Local Healer

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Bali: nonstop flight, approximately 9 hours.
- Arrival airport: I Gusti Ngurah Rai International Airport (DPS).
- Airport to Amandari: approximately 90 minutes by car, with longer travel possible during peak traffic.

INDONESIA | AMANKILA



AMANKILA is a luxurious resort that offers an unparalleled experience for those seeking a truly unforgettable vacation. Nestled in the serene landscapes of Bali, AMANKILA provides guests with world-class amenities, exceptional service, and breathtaking views that will leave you in awe.

From the moment you arrive at AMANKILA, you are greeted with warm hospitality and a sense of tranquility that sets the tone for your entire stay. Whether you choose to relax by the infinity pool overlooking the crystal-clear waters of the sea or indulge in a rejuvenating spa treatment, every moment at AMANKILA is designed to pamper and delight.

The resort's exquisite accommodations blend traditional Balinese design with modern luxury, creating a harmonious retreat where you can unwind and recharge in style. With delectable dining options featuring fresh local ingredients and personalized experiences tailored to your preferences, AMANKILA ensures that every aspect of your stay is nothing short of perfection.



For those seeking an extraordinary escape in paradise, AMANKILA stands out as a premier destination that promises an unparalleled level of luxury and sophistication. Experience the magic of Bali like never before at AMANKILA



SPECIALIZES PROGRAMMES:

- Purifying Spiritual Journey
- One-Day Wellness Programme
- Cinta Therapy
- Yoga & Mindful Movement
- Balinese Healing and Spa Rituals

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Bali: nonstop flight, approximately 9 hours.
- Arrival airport: I Gusti Ngurah Rai International Airport (DPS).
- Airport to Amankila: approximately 90 minutes by car; allow extra time during heavy traffic.

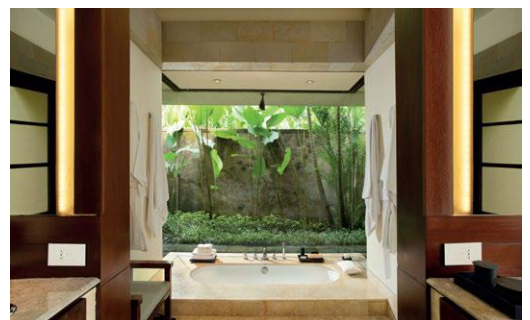
INDONESIA | AMAN VILLAS AT NUSA DUA



Peaceful retreats located on Bali's southernmost peninsula, the Aman Villas at Nusa Dua are set within palm-fringed grounds and gardens, with swimming pools flanked by aromatic frangipani trees.

Modelled on traditional Balinese designs using local wood and stone, the architecture is offset by the works of local artists. While the vibrant districts of Sanur, Jimbaran, Kuta, Legian and Seminyak are all within easy reach, the Aman Villas at Nusa Dua are also the perfect starting point for a journey through Indonesia with Aman: Amandari, Amankila, Amanwana and Amanjiwo are all within easy reach.

Each Villa embraces serene garden views and a beautiful natural setting, designed around an inviting swimming pool and terrace. Two bedrooms are housed in the main two-storey structure with open living areas, while one or more bedroom pavilions are set in the gardens.



Each Villa also offers a large open-air dining pavilion for ten and a library. Therapies of all kinds, from massages to salt scrubs and clay body wraps, influenced by Balinese tradition and culture, are offered in this wonderful setting, in the comfort of guests' villa.



SPECIALIZES PROGRAMMES:

- In-Villa Aman Signature Treatments
- Private Yoga
- Meditation
- Energy Healing
- Sacred Blessings at Pura Geger

HOW TO GET THERE

- Dubai to Bali: nonstop flight, approximately 9 hours.
- Arrival airport: I Gusti Ngurah Rai International Airport (DPS).
- Airport to the villas: approximately 20–30 minutes by car depending on traffic.

INDONESIA | COMO SHAMBHALA ESTATE



COMO Shambhala Estate is a residential health retreat combining holistic wellness with state-of-the-art facilities and exceptional villa accommodation.

The location is unique, a spiritual enclave of jungle, river and sun-rich clearings just north of Ubud. Specialists in yoga, Pilates and qigong provide inspiration and nurture, working in harmony with guides for mountain biking, hiking, climbing, whitewater rafting and outdoor circuit training.

Guests who want to make a lasting commitment to change can embark on one of our targeted Wellness Program — Cleanse, Be Active, Ayurvedic and Bespoke — starting from three nights. The idea is to help guests make informed life changes that will last well beyond their stay.





SPECIALIZES PROGRAMMES:

- Nervous System Rebalance
- Energy Realignment
- Tech-Inspired Wellness
- Metabolic Reset
- Cleanse
- Wellness Weekend

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Bali: nonstop flight, approximately 9 hours.
- Arrival airport: I Gusti Ngurah Rai International Airport (DPS).
- Airport to estate: approximately 90 minutes by car; journey time can be longer during peak traffic.

INDONESIA | COMO UMA CANGGU



COMO Uma Canggu is a luxurious resort located in Bali, Indonesia. It offers a tranquil and serene escape for those seeking relaxation and rejuvenation amidst stunning natural surroundings.

Nestled in the heart of Canggu, COMO Uma Canggu provides guests with world-class amenities, impeccable service, and breathtaking views of the ocean. From elegant accommodations to holistic wellness programs, this resort caters to discerning travelers looking for a truly unforgettable experience in Bali.

Whether you're looking to unwind by the pool, indulge in gourmet dining experiences, or explore the vibrant local culture, COMO Uma Canggu promises an unparalleled stay that combines luxury with authenticity.

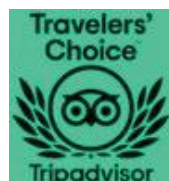




SPECIALIZES PROGRAMMES:

- COMO Shambhala Wellness Experience
- Beginner Cleanse
- Advanced Cleanse
- Private Yoga & Pilates
- Surf Conditioning & Recovery

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Bali: nonstop flight, approximately 9 hours.
- Arrival airport: I Gusti Ngurah Rai International Airport (DPS).
- Airport to Canggu: typically 60–90 minutes by car, but traffic can significantly increase the journey time.

INDONESIA | FIVELEMENTS RETREAT



Fivelements Bali Indonesia is a luxurious wellness retreat located in the heart of Bali, Indonesia. This holistic sanctuary offers a unique blend of traditional healing and modern luxury, providing guests with a transformative experience.

Nestled amidst lush tropical greenery along the Ayung River, Fivelements Bali Indonesia offers a serene and rejuvenating environment for guests to relax and recharge. With a focus on holistic wellness, guests can indulge in spa treatments, yoga classes, healthy cuisine, and immersive cultural experiences.

Whether you are seeking relaxation, rejuvenation, or spiritual growth, Fivelements Bali Indonesia provides a tranquil oasis where you can reconnect with yourself and nature. Experience the magic of this enchanting destination and embark on a journey towards inner peace and well-being.





SPECIALIZES PROGRAMMES:

- Tri Kaya Parisudha
- Panca Mahabhuta
- Sakti Ritual
- Couples' Connection Journey
- Yoga and Plant-Based Healing Cuisine

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Bali: nonstop flight, approximately 9 hours.
- Arrival airport: I Gusti Ngurah Rai International Airport (DPS).
- Airport to Fivelements: approximately 60–75 minutes by car, subject to traffic.

INDONESIA | REVĪVŌ

WELLNESS RESORT



REVĪVŌ Wellness Resort in Indonesia offers a serene and luxurious retreat for those seeking holistic wellness experiences in the heart of Bali. With its stunning natural surroundings and world-class facilities, REVĪVŌ provides a sanctuary for guests to rejuvenate their mind, body, and soul.

Nestled amidst lush tropical landscapes, REVĪVŌ Wellness Resort is a haven of tranquility where guests can embark on personalized wellness journeys tailored to their individual needs. From yoga and meditation sessions to spa treatments and healthy gourmet cuisine, every aspect of the resort is designed to promote holistic well-being.

Whether you are looking to detoxify your body, de-stress your mind, or simply unwind in a peaceful setting, REVĪVŌ Wellness Resort offers a range of programs and activities to help you achieve your wellness goals. Immerse yourself in the beauty of Indonesia and embark on a transformative wellness experience at REVĪVŌ.





SPECIALIZES PROGRAMMES:

- Sleep Well & Reset
- Emotional Balance & Mind Training
- Detox & Cleanse
- Weight Management
- Women's Health
- Longevity & Metabolic Health

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Bali: nonstop flight, approximately 9 hours.
- Arrival airport: I Gusti Ngurah Rai International Airport (DPS).
- Airport to Nusa Dua: approximately 25–30 minutes by car under normal traffic conditions.

INDONESIA | SPA VILLAGE RESORT TEMBOK, BALI



The SPA Village Resort in Bali, Indonesia, offers a serene and luxurious retreat for those seeking relaxation and rejuvenation amidst the natural beauty of Bali. This exclusive resort is renowned for its world-class spa facilities, stunning accommodations, and exceptional service that caters to every guest's needs.

Nestled in the heart of Bali's lush landscape, SPA Village Resort provides a tranquil escape from the hustle and bustle of everyday life. Guests can indulge in a wide range of spa treatments inspired by traditional Balinese healing rituals, relax by the pool overlooking the picturesque surroundings, or explore the rich cultural heritage of Bali through immersive experiences offered at the resort.



Whether you are looking for a romantic getaway, a wellness retreat, or simply a peaceful holiday surrounded by nature's beauty, SPA Village Resort in Bali promises an unforgettable experience that will leave you feeling refreshed and rejuvenated.



SPECIALIZES PROGRAMMES:

- Spa Village Academy
- Balinese Healing Arts
- Yoga & Meditation
- Qi Gong
- Jamu and Herbal Wellness
- Signature Spa Journey

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Bali: nonstop flight, approximately 9 hours.
- Arrival airport: I Gusti Ngurah Rai International Airport (DPS).
- Airport to the north-east coast resort: approximately 2.5–3 hours by car, depending on traffic and road conditions.

JAPAN | AMANEMU



Hot springs and ryokan rituals in Ise Shima National Park On the shores of Ago Bay, Amanemu's rustic ryokan-inspired retreat is where Japan's ancient hospitality ritual finds its contemporary expression.

Mineral-rich waters from a natural hot spring enable guests to embrace the tradition of onsen bathing – while nourishment in culinary form reflects a region famed for rare delicacies. Surrounded by Unesco pilgrim trails, sacred forests and the diving culture of the pearl-rich Pacific, here, rejuvenative stays and wellness experiences are imbued with a deeper cultural sensibility.

Japanese Onsen & Spa Experiences at Amanemu Centre on Japan's centuries-old onsen tradition, the 2,000-square-metre Japanese Spa embraces the theme of water. Designed around a large onsen and its natural mineral-rich waters, the Aman Spa also features two private onsen pavilions, a watsu pool, four treatment suites and a fitness centre.





SPECIALIZES PROGRAMMES:

- Essence of Tokowaka
- Recovery & Recuperation
- Detox & Cleansing
- Beauty & Slow-Ageing
- Personalised Spa Journey

HOW TO GET THERE

- From Dubai, use a one-stop itinerary to Nagoya or a nonstop/one-stop service to Osaka followed by rail or road; total journey depends on the connection.
- From Chubu Centrair International Airport: approximately 3 hours by car, or rail to Kashikojima followed by a short car transfer.
- A helicopter transfer from Chubu may be possible by prior arrangement and is subject to operating conditions.



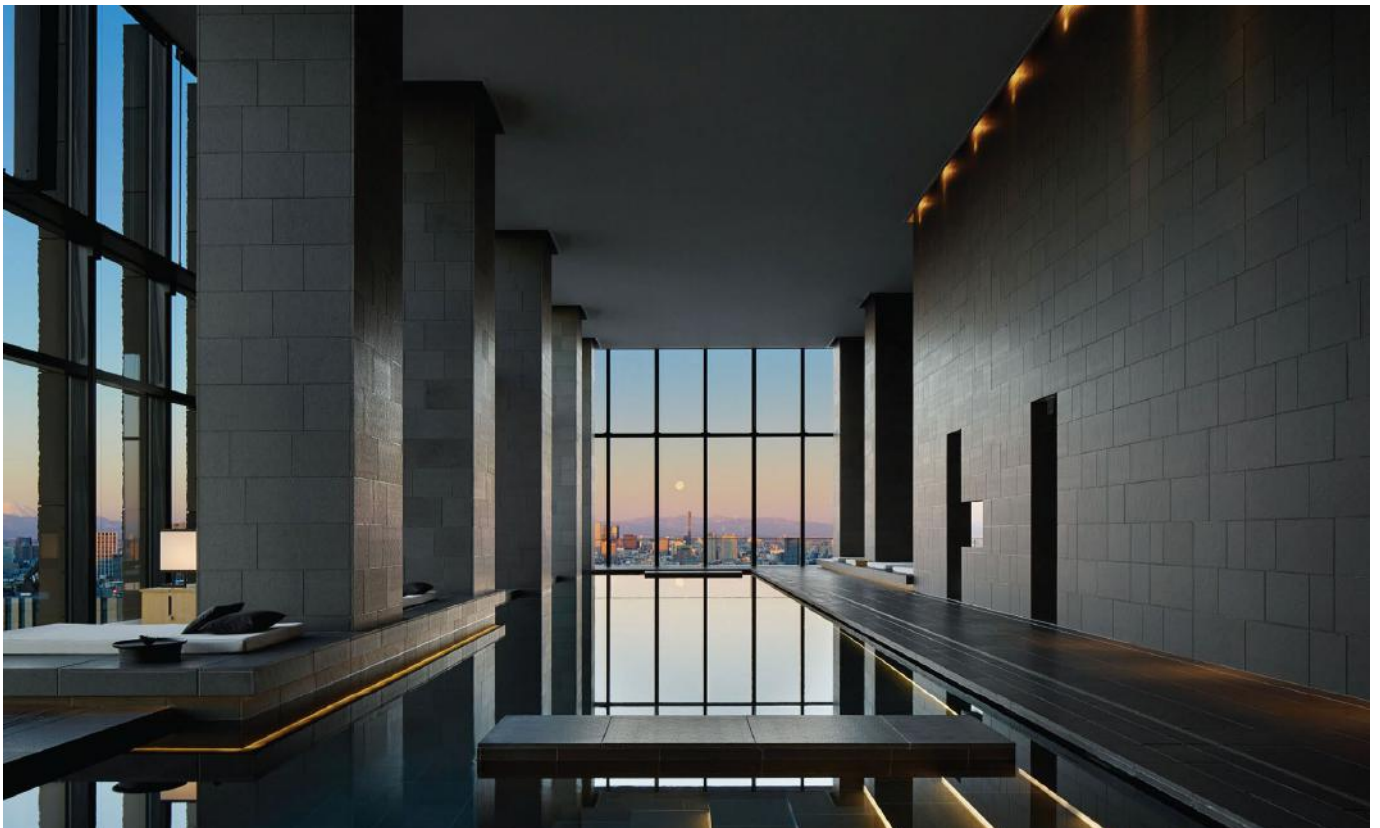
JAPAN | AMAN TOKYO



Immersed in the heart of Tokyo, Aman Tokyo Resort stands as a serene sanctuary amidst the bustling cityscape. This luxurious retreat seamlessly blends traditional Japanese aesthetics with contemporary elegance, offering guests an unparalleled experience of tranquility and sophistication.

From the moment you step into Aman Tokyo, you are greeted by a sense of calm and serenity that envelops you throughout your stay. The minimalist design, inspired by traditional Japanese architecture, creates a harmonious space where every detail is thoughtfully curated to enhance your well-being.

Each room and suite at Aman Tokyo is a haven of comfort and refinement, featuring panoramic views of the iconic city skyline. The resort's impeccable service ensures that every need is met with grace and efficiency, allowing guests to relax and rejuvenate in absolute luxury. Whether indulging in world-class dining experiences, unwinding at the tranquil spa, or simply taking in the breathtaking views from the Sky Gallery, Aman Tokyo offers an unforgettable escape from the ordinary.





SPECIALIZES PROGRAMMES:

- Aman Tokyo Signature Spa Journey
- Misogi Purification
- Evening Yoga & Meditation
- Japanese Acupuncture
- Zazen Meditation
- Seasonal Spa Journey

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Tokyo: nonstop flight, approximately 9.5–10 hours.
- Preferred arrival: Haneda Airport (HND), approximately 30–40 minutes by car.
- Narita Airport (NRT) is generally approximately 60–90 minutes by car, depending on traffic.

LAOS | AMANTAKA



A place of quiet contemplation, Amantaka's spa offers treatments ranging from massages and facials to scrubs and wraps, incorporating Southeast Asian techniques with Aman Spa's own range of organic products. As well as four spa suites, a steam room, sauna and hot and cold plunge pools provide all the necessary space for unwinding and rejuvenating body and soul.

A traditional Lao chanting ceremony, Baci is a way to reintegrate harmony into busy lives. In Amantaka's signature Baci treatment, the ritual is followed by a cleansing exfoliation and a soothing body massage.

A rhythmic, oil-free treatment, traditional Lao massage has been passed down through generations. Performed over loose, comfortable clothing, a series of gentle stretches opens the body to enhance mobility while deep pressure-point stimulation eases tension.

The healing benefits of local herbs are infused deep into muscles during the herbal poultice treatment, melting away tension. Amantaka's signature massage works holistically to penetrate deep into the body through multiple senses to soothe and revitalise





SPECIALIZES PROGRAMMES:

- Personalised Lao Healing Programme
- Hatha Yoga
- Meditation
- Traditional Lao Massage and Herbal Therapies
- Buddhist Blessing and Spiritual Rituals

HOW TO GET THERE

- Dubai to Luang Prabang: usually one stop via Bangkok, Hanoi or another regional hub; allow roughly 8–11 hours total depending on the connection.
- Arrival airport: Luang Prabang International Airport (LPQ).
- Airport to Amantaka: approximately 10 minutes by car.

MALAYSIA | AYUS WELLNESS AT MULU MARRIOTT



Ayus Wellness at Mulu Marriott is a sanctuary of tranquility and rejuvenation nestled amidst the lush beauty of nature. This wellness retreat offers a holistic approach to well-being, combining ancient healing traditions with modern comforts.

Guests at Ayus Wellness can indulge in a range of therapeutic treatments tailored to promote physical, mental, and emotional balance. From traditional massages to personalized yoga sessions, each experience is designed to restore harmony and vitality.

The serene surroundings of Mulu Marriott provide the perfect backdrop for guests to unwind and reconnect with themselves. Whether seeking relaxation or seeking transformation, Ayus Wellness offers a nurturing space for self-care and renewal.

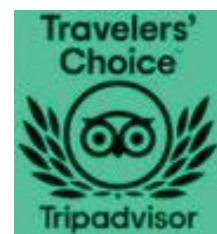




SPECIALIZES PROGRAMMES:

- Current official branding now highlights Mulu Spa rather than a separate Ayus Wellness programme.
- Mulu Spa Rituals
- Yoga and Mindful Movement
- Rainforest Nature Immersion
- Guided Gunung Mulu National Park Experiences
- Recovery Massage

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Kuala Lumpur: nonstop flight, approximately 7 hours.
- Continue via Miri and then a short regional flight to Mulu; schedules are limited and may change.
- Mulu Airport is approximately 2.5 km from the resort, with a short resort shuttle transfer.

MALAYSIA | TANJONG JARA RESORT



Tanjong Jara Resort is a luxurious retreat nestled along the pristine coastline of Malaysia. Known for its exquisite architecture, unparalleled hospitality, and breathtaking natural surroundings, Tanjong Jara Resort offers guests a tranquil escape from the hustle and bustle of everyday life.

This exclusive resort embodies the essence of traditional Malay culture, with its elegant design inspired by local craftsmanship and heritage.

From indulgent spa treatments to gourmet dining experiences, Tanjong Jara Resort promises a truly unforgettable stay for those seeking relaxation and rejuvenation in a tropical paradise.





SPECIALIZES PROGRAMMES:

- Sucimurni
- Syurga Tujuh
- Mandi Bunga
- Asam Roselle
- Traditional Malay Massage

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Kuala Lumpur: nonstop flight, approximately 7 hours.
- Kuala Lumpur to Kuala Terengganu: domestic flight, approximately 1 hour.
- Kuala Terengganu Airport to resort: approximately 1 hour 15 minutes to 1 hour 30 minutes by car.

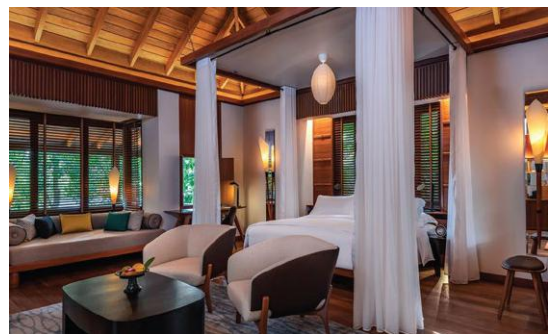
MALAYSIA | THE DATAI LANGKAWI



The Datai Langkawi Malaysia is a luxurious resort nestled within the heart of an ancient rainforest, offering guests a serene and unforgettable experience. Located on the mystical island of Langkawi, this exquisite retreat combines natural beauty with unparalleled hospitality to create a truly magical escape.

Surrounded by lush greenery and overlooking the sparkling waters of the Andaman Sea, The Datai Langkawi Malaysia is a haven for those seeking tranquility and relaxation. Guests can indulge in world-class dining experiences, rejuvenate their senses at the spa, or simply unwind on the pristine beaches.

Every aspect of The Datai has been meticulously designed to provide guests with an unforgettable stay. From elegant accommodations that blend seamlessly with nature to personalized service that exceeds expectations, this resort sets a new standard for luxury hospitality in Malaysia.





SPECIALIZES PROGRAMMES:

- Pulih Personalised Programme
- Malay Wellness Journey
- Ramuan Treatments
- Forest Bathing
- Movement and Fitness Programme

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Langkawi: usually one stop via Kuala Lumpur; allow approximately 9–11 hours total depending on the connection.
- Arrival airport: Langkawi International Airport (LGK).
- Airport to The Datai: approximately 40 minutes by car.

SRI LANKA | AMANWELLA



Amanwella Sri Lanka is a luxurious beachfront resort that promises an unforgettable getaway experience. Nestled along the pristine coastline of Sri Lanka, Amanwella offers a perfect blend of natural beauty and modern comforts.

The resort boasts stunning architecture that seamlessly integrates with the surrounding landscape, providing guests with breathtaking views of the Indian Ocean. Each suite at Amanwella is elegantly designed, featuring private plunge pools and spacious terraces where guests can unwind and enjoy the serenity of their surroundings.

Indulge in a range of wellness treatments at the spa, savor delectable cuisine at the on-site restaurant, or simply relax on the sun-kissed beaches – there's something for everyone at Amanwella. Whether you're seeking adventure or relaxation, this idyllic retreat in Sri Lanka caters to all your needs.





SPECIALIZES PROGRAMMES:

- Personalised Ayurveda Consultation and Therapies
- Private Beach Yoga
- Meditation
- Aman Signature Massage
- Personal Training and Movement

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Colombo: nonstop flight, approximately 4.5 hours.
- Bandaranaike International Airport to Amanwella: approximately 2.5–3 hours by car.
- Alternative: Mattala Rajapaksa International Airport is approximately 1 hour by car, subject to available flight operations.

SRI LANKA | ANANTARA PEACE HAVEN TANGALLE RESORT



Anantara Peace Haven Tangalle Resort in Sri Lanka is a luxurious escape nestled amidst breathtaking natural beauty. This resort stands out as a serene oasis where guests can unwind and rejuvenate in ultimate comfort. From the moment you arrive at Anantara Peace Haven Tangalle Resort, you are greeted by warm hospitality and impeccable service.

The lush tropical surroundings, pristine beaches, and stunning ocean views create a tranquil setting for a truly unforgettable stay. The resort offers a range of luxurious accommodations, from elegant rooms to spacious villas with private pools. Each room is beautifully appointed with modern amenities and thoughtful touches to ensure a comfortable stay.

Guests can indulge in delectable dining experiences at the resort's restaurants, offering a variety of cuisines to suit every palate. Whether you prefer fresh seafood by the beach or international dishes with a local twist, there is something for everyone to enjoy.





SPECIALIZES PROGRAMMES:

- Inner Harmony Ayurveda
- Deep Sleep Ayurveda
- Natural Weight Ayurveda
- Rebuilding Detox Ayurveda
- Ayu Lavanya

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Colombo: nonstop flight, approximately 4.5 hours.
- Bandaranaike International Airport to the resort: approximately 3 hours by car.
- Alternative: Mattala Rajapaksa International Airport is approximately 1 hour by car.

SRI LANKA | ANANTARA

KALUTARA



Anantara Kalutara Resort boasts a secluded beachfront setting on the picturesque southwest coast. Bring your sense of wanderlust to this paradise where the Kalu Ganga River meets the Indian Ocean. Luxuriate in elegant havens infused with the architectural vision of Geoffrey Bawa.

A tropical paradise spa in a waterfront setting in Kalutara. Relaxation permeates throughout the double-store haven that is Anantara Spa in Kalutara. Choose from a menu of treatments inspired by the ancient

healing traditions of Ayurveda. Discover unique and exotic therapies from across Asia. Indulge in revered Western spa practices. Find inner serenity and embrace healthy living with multi-day wellness programs that combine exercise, nutrition and Ayurvedic treatments. Indulge in restorative wellness journeys that draw wisdom from 5,000 years of Ayurveda.





SPECIALIZES PROGRAMMES:

- Balance and Wellness
- Relax and Renew
- Swastha – Three-Day Wellness Retreat
- Kalutara King Coconut Delight
- Anantara Kalutara Tea Journey

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Colombo: nonstop flight, approximately 4.5 hours.
- Arrival airport: Bandaranaike International Airport (CMB).
- Airport to resort: approximately 90 minutes by car, with longer travel possible during peak traffic.

SRI LANKA | AYURVIE WELIGAMA

★★★★★

Nestled along the serene shores of Weligama, Ayurvie Weligama stands as a luxurious Sri Lankan Ayurveda resort and an authentic Ayurveda retreat Weligama, distinguished among the many retreats in the country for its commitment to traditional Ayurvedic principles and Vastu Vidya (Vedic architecture), ensuring a holistic wellness experience for every guest.

Begin a transformative wellness journey at Ayurvie Weligama, where the essence of Ayurvedic healing meets modern luxury. Our treatments, primarily focused on Panchakarma, a comprehensive detoxifying therapy—are rooted in centuries-old Sri Lankan Ayurvedic traditions. These 3,000-year-old practices passed down through generations, are carefully administered by expert specialists to balance the ‘doshas’ (body imbalances) and restore harmony. Inspired by Sri Lanka’s rich medical heritage, Ayurvie Weligama blends ancient wisdom with an eco-friendly ambiance, offering a truly unique retreat experience.



The architecture of the hotel blends with traditional Vedic and contemporary design, ensuring comfort and tranquility. Offering stunning views of the Indian Ocean Ayurvie Weligama guarantees a wholesome wellness experience for guests.



SPECIALIZES PROGRAMMES:

- Ayurveda Bliss Retreat
- Detoxification with Stress Management
- Harmony Retreat – Wellness & Rejuvenation
- Tranquil Essence Retreat
- Weight Reduction Programme

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Colombo: nonstop flight, approximately 4.5 hours.
- Bandaranaike International Airport to Weligama: approximately 2.5–3 hours by car.
- Alternative arrival via Mattala may reduce the road journey, subject to flight availability.

SRI LANKA | AYURVIE SIGIRIYA

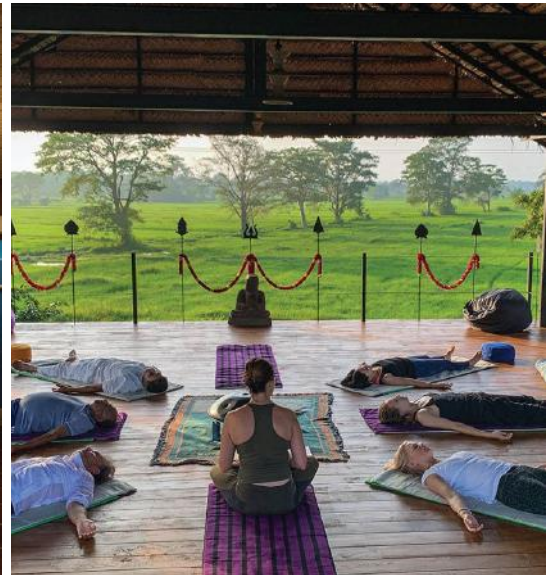
★★★★★

Ayurvedic Sigiriya resort is a sanctuary nestled in the heart of Sri Lanka, offering a harmonious blend of luxury and wellness. This exquisite resort is a haven for those seeking to rejuvenate their mind, body, and soul amidst the serene beauty of nature.

At Ayurvedic Sigiriya, guests are welcomed into a world where traditional Ayurvedic practices meet modern luxury. The resort offers a range of holistic treatments and therapies designed to promote overall well-being and balance. From luxurious accommodations to personalized wellness programs, every aspect of Ayurvedic Sigiriya has been thoughtfully curated to provide guests with an unforgettable experience. Whether you seek relaxation, rejuvenation, or simply a peaceful retreat from the hustle and bustle of daily life, this resort promises to exceed your expectations.

Escape to Ayurvedic Sigiriya and immerse yourself in a world of tranquility where healing meets luxury. Experience the magic of this enchanting resort and embark on a journey towards holistic wellness like never before.





SPECIALIZES PROGRAMMES:

- Ayurveda Bliss Retreat
- Detoxification with Stress Management
- Harmony Retreat – Wellness & Rejuvenation
- Tranquil Essence Retreat
- Panchakarma Programme – recommended for longer stays

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Colombo: nonstop flight, approximately 4.5 hours.
- Bandaranaike International Airport to Sigiriya: approximately 3.5–4 hours by car.
- Domestic air options to the Cultural Triangle may operate seasonally and should be checked for the actual dates.

SRI LANKA | RESPLENDENT CEYLON – CAPE WELIGAMA



Nestled along the southern coast of Sri Lanka, Resplendent Ceylon – Cape Weligama stands as a beacon of luxury and tranquility. From the moment you set foot on this exquisite property, you are enveloped in a world of unparalleled beauty and elegance.

The allure of Resplendent Ceylon – Cape Weligama lies not only in its breathtaking views and opulent accommodations but also in the exceptional service and attention to detail that define every aspect of your stay. Each moment spent at this magnificent retreat is an experience to be treasured and remembered for a lifetime.

Whether you seek relaxation by the infinity pool overlooking the Indian Ocean or adventure through the lush landscapes that surround the property, Resplendent Ceylon – Cape Weligama offers something for every discerning traveler. Indulge in the finest cuisine, rejuvenate your body and soul at the spa, or simply bask in the splendor of your surroundings.



For those who crave a truly unforgettable escape, Resplendent Ceylon – Cape Weligama is more than a destination – it is an oasis of luxury where dreams become reality.



SPECIALIZES PROGRAMMES:

- Ayurveda Immersion
- Detox & Cleanse
- Inner Balance
- Digestive & Gut Health Recovery
- Ease & Alignment
- Weight Loss & Vitality

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Colombo: nonstop flight, approximately 4.5 hours.
- Bandaranaike International Airport to Kayaam House / Tangalle area: approximately 3–4 hours by car.
- Mattala Rajapaksa International Airport may offer a shorter transfer when suitable flights operate.

SRI LANKA | SEN WELLNESS SANCTUARY

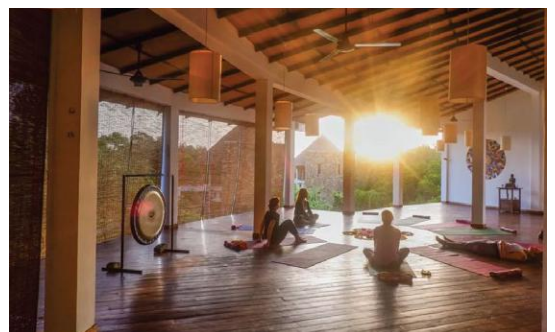


Nestled amidst the serene beauty of Sri Lanka, Sen Wellness Sanctuary emerges as a haven for those seeking solace and rejuvenation. This exclusive resort is a sanctuary for the mind, body, and soul, offering a unique blend of traditional healing practices and modern wellness techniques.

At Sen Wellness Sanctuary, guests are welcomed into a world of tranquility and balance. Surrounded by lush greenery and the soothing sounds of nature, visitors can escape the hustle and bustle of everyday life to focus on their well-being. The resort's serene atmosphere creates the perfect setting for relaxation and self-discovery.

With a range of holistic treatments and wellness programs available, guests can embark on a journey towards inner peace and physical vitality. From yoga retreats to Ayurvedic therapies, Sen Wellness Sanctuary offers a comprehensive approach to well-being that caters to individual needs.

The resort's commitment to sustainability and eco-conscious practices further enhances the experience for guests who seek not only personal wellness but also environmental harmony.





SPECIALIZES PROGRAMMES:

- Bespoke Ayurveda Retreat
- Seasonal Signature Retreats
- Winter Revival Retreat
- Spring Awakening Retreat
- Golden Summer Retreat
- Autumn Sunshine Retreat

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Colombo: nonstop flight, approximately 4.5 hours.
- Bandaranaike International Airport to the Rekawa / Tangalle area: approximately 3 hours by car.
- Mattala Rajapaksa International Airport is generally around 1 hour away, subject to available flight operations.

SRI LANKA | SANTANI



SANTANI Sri Lanka is not just a destination; it's an experience like no other. Nestled amidst the lush greenery of Sri Lanka's hill country, SANTANI offers a retreat for those seeking wellness and rejuvenation.

Lasting wellness is achieved by bringing oneself into balance, with nature as well as through the nurture we give ourselves and receive from others. Meaning "in harmony with," Santani offers a uniquely restorative sanctuary where this belief guides everything we do.

From personalized wellness programs to luxurious accommodations, SANTANI Sri Lanka caters to every need of its guests. Whether you are looking to detox, de-stress, or simply unwind in nature's embrace, SANTANI provides the perfect setting for your journey towards holistic well-being. With its serene surroundings, expert staff, and world-class facilities, SANTANI Sri Lanka stands out as a premier wellness destination in the heart of this tropical paradise. Experience the magic of SANTANI and embark on a transformative journey that will leave you feeling refreshed, revitalized, and ready to take on the world.





SPECIALIZES PROGRAMMES:

- Detox Programme
- Stress Management Programme
- Weight Loss Programme
- Ayurveda Programme
- Sleep and Revitalisation Programme

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Colombo: nonstop flight, approximately 4.5 hours.
- Bandaranaike International Airport to Santani: approximately 3.5–4.5 hours by car.
- A domestic air or helicopter transfer toward Kandy may be arranged, followed by a road transfer; availability and operating conditions must be confirmed.

THAILAND | AAVA RESORT & SPA

★★★★★

Aava Resort & Spa is a hidden gem nestled in the heart of nature, offering a tranquil escape from the hustle and bustle of everyday life. This luxurious resort is a perfect blend of modern amenities and natural beauty, making it an ideal destination for those seeking relaxation and rejuvenation.

Located in a picturesque setting, Aava Resort & Spa provides guests with a serene environment to unwind and recharge. From spacious rooms with stunning views to world-class spa treatments, every aspect of this resort is designed to ensure a truly unforgettable experience.

Whether you're looking to indulge in gourmet dining, explore the surrounding nature trails, or simply lounge by the pool with a refreshing cocktail in hand, Aava Resort & Spa has something for everyone. With impeccable service and attention to detail, guests can expect nothing but the best during their stay at this exclusive retreat.

Escape to Aava Resort & Spa for a luxurious getaway where tranquility meets sophistication. Experience the ultimate in relaxation and hospitality at this exceptional resort that promises an unforgettable stay amidst breathtaking surroundings.





SPECIALIZES PROGRAMMES:

- Personalised Wellness Retreat
- Personalised Yoga Retreat
- Muay Thai
- Yoga and Stretching
- Meditation
- Aava Spa Therapeutic Packages

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Bangkok: nonstop flight, approximately 6 hours 20 minutes.
- Continue by domestic flight to Nakhon Si Thammarat or Surat Thani.
- Nakhon Si Thammarat Airport to Khanom generally takes about 75–90 minutes by car; Surat Thani Airport is generally around 1.5–2 hours away.

THAILAND | AMANPURI



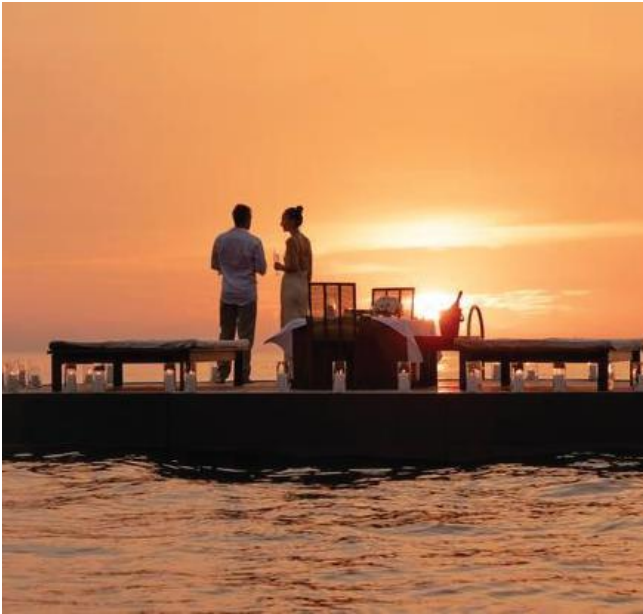
Nestled in the tropical beauty of Thailand, Amanpuri stands as a beacon of luxury and tranquility. This exquisite resort offers a sanctuary for those seeking an escape from the hustle and bustle of everyday life.

From the moment you step foot on this pristine property, you are enveloped in a world of elegance and serenity. The lush greenery, crystalclear waters, and stunning architecture create a picturesque backdrop for an unforgettable stay.

Amanpuri Thailand Resort is not just a place to rest your head; it is an experience in itself. Indulge in world-class dining, rejuvenate your body and mind at the spa, or simply relax by the pool with a refreshing drink in hand. Whether you seek adventure or prefer to unwind in peace, Amanpuri caters to all tastes.

Explore the surrounding beaches and vibrant local culture, or simply bask in the luxury of your private villa overlooking the Andaman Sea. For those looking to escape reality and immerse themselves in pure bliss, Amanpuri Thailand Resort offers an unparalleled retreat that will leave you refreshed, rejuvenated, and longing to return.





SPECIALIZES PROGRAMMES:

- Performance & Recovery
- Weight Management
- Detox & Cleansing
- Mindfulness & Stress Management
- Mobility & Recovery by Novak Djokovic

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Phuket: nonstop flight, approximately 6 hours.
- Arrival airport: Phuket International Airport (HKT).
- Airport to Amanpuri: approximately 30 minutes by car.

THAILAND | CHIVA SOM

★★★★★

Blending the art of ancient health practices with the vitality of innovative holistic therapies, Chiva-Som answers the timeless desire for wellness. Your unique Chiva-Som experience starts with selecting a retreat which is further curated by adding or changing treatments and daily-changing activities.

Begin with the Chiva-Som retreat that best aligns with your interests the path that fits with your personal goals or health concerns. Each retreat includes pre-selected treatments and activities, however that's just a starting point. Follow your own preferences and with your Health and Wellness.

Advisor's guidance, tailor your bespoke program by adding additional treatments and activities of your choice. Retreats, treatments, activities and nutrition are the four quarters of the whole Chiva-Som experience.



The first three are designed and delivered by expert health practitioners. The cuisine is crafted by exceptional chefs whose speciality is bringing benefit to the table. Whether you select yourself or are guided by our Health and Wellness Advisor, your experience will be both personal and powerful.



SPECIALIZES PROGRAMMES:

- Natural Renewal
- Yoga for Life
- Tension Release
- Gut Health
- Immune Resilience
- Sustainable Weight Management

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Bangkok: nonstop flight, approximately 6 hours 20 minutes.
- Suvarnabhumi Airport to Hua Hin: approximately 2.5–3 hours by private car.
- Regional flights to Hua Hin are limited; road transfer from Bangkok is the most dependable option.

THAILAND | COMO POINT YAMU

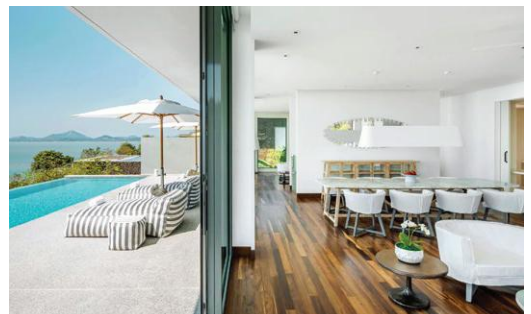


Shaped by its setting on Phuket's east coast, our resort is defined by its surrounding nature, sense of space, and a gentle rhythm.

Perched on the tip of a private headland, our Phuket resort offers a rare sense of elevation where sea and sky meet—one few experience. Far from Phuket's crowded beaches, this is its calmer, more private side. With stunning views across the limestone karsts of Phang Nga Bay, COMO Point Yamu is at once a retreat and a place for celebration, a balance of activity and reflection.

The resort is located on a distinct and private peninsula, on the island's tranquil east coast, and an easy 25-minute drive from the airport.

Reflecting the colours, textures and calm of its surroundings, the resort's Paola Navone-designed interiors combine cool whites, aquamarine tones and Peranakan heritage to create spaces that feel contemporary and deeply connected to the spirit of the place.





SPECIALIZES PROGRAMMES:

- COMO Shambhala Wellness Experience
- Cleanse Programme
- Private Yoga
- Private Pilates
- Thai Massage and Recovery Therapies

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Phuket: nonstop flight, approximately 6 hours.
- Arrival airport: Phuket International Airport (HKT).
- Airport to COMO Point Yamu: approximately 25–30 minutes by car.

THAILAND | KAMALAYA



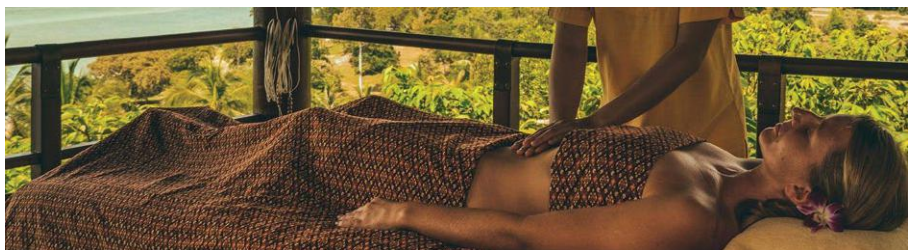
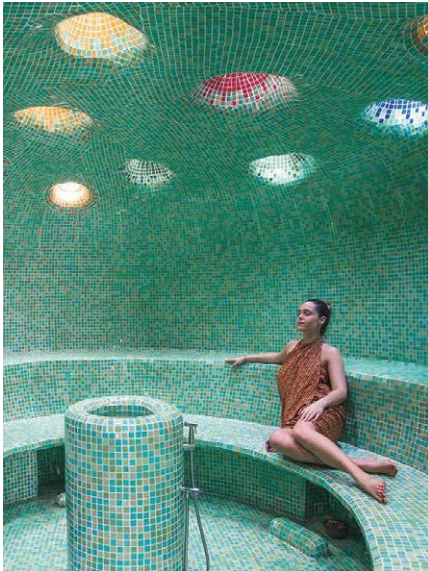
Kamalaya Koh Samui is a multi-award winning Wellness Sanctuary and Holistic Spa resort ideally located amid a tropical landscape on the southern coastline of Koh Samui, Thailand.

Since opening in November 2005, Kamalaya has been offering a holistic wellness experience that integrates healing therapies from East and West, a breathtakingly beautiful natural environment, inspired healthy cuisine and customized wellness programs and retreats.

The intention at Kamalaya is to provide a seamless experience for guests, with no boundaries so they can experience wellness beyond their treatment at the Wellness Centre. The holistic wellness services are at the core of the Kamalaya experience and accommodation and other facilities are natural extensions and expressions of the concept and vision.



Centred around a monk's cave that once served Buddhist monks as a place of meditation and spiritual retreat, Kamalaya's essence is expressed in its name, 'Lotus (kamal) Realm (alaya)', an ancient symbol for the growth and unfolding of the human spirit.



SPECIALIZES PROGRAMMES:

- Asian Bliss
- Comprehensive Detox
- Resilience & Immunity
- Emotional Balance & Freedom
- Sleep Enhancement
- Longevity & Metabolic Balance

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Koh Samui: usually one stop via Bangkok or Phuket; allow approximately 9–11 hours total depending on the connection.
- Arrival airport: Samui International Airport (USM).
- Airport to Kamalaya: approximately 45 minutes by car.

THAILAND | LIFE CO

★★★★★

Welcome to Life Co Thailand Resort, where luxury meets tranquility. Nestled in the heart of Thailand, this resort offers a unique and unforgettable experience for those seeking relaxation and rejuvenation.



A Healthy Holiday at Phuket's Best Detox Center We invite you on a health journey at one of Thailand's most beautiful islands, Phuket. As The LifeCo Phuket, we are pleased to offer you professional medical services as well as mindfulness support to make you enjoy our healthy lifestyle programs and therapy packages, together with your loved one at our Phuket Detox and Wellness Center.

Life Co Thailand Resort is more than just a place to stay; it's a destination for wellness and self-care. With world-class amenities, breathtaking views, and personalized service, our resort is the perfect escape from the hustle and bustle of everyday life.

From yoga retreats to spa treatments, healthy cuisine to mindfulness workshops, Life Co Thailand Resort caters to all your wellness needs. Whether you're looking to unwind by the pool or explore the natural beauty of Thailand, this resort has something for everyone.



SPECIALIZES PROGRAMMES:

- Master Detox
- Green Detox
- Water Fasting
- Weight Loss Programme
- Diabetes Recovery
- Liver Support Programme

HOW TO GET THERE

- Dubai to Phuket: nonstop flight, approximately 6 hours.
- Arrival airport: Phuket International Airport (HKT).
- Road transfer varies by the current Phuket centre location; allow roughly 30–60 minutes and reconfirm the exact address before final publication.

THAILAND | MUSEFLOWER RETREAT AND SPA



Located in the serene surroundings of Chiang Rai, Thailand, Museflower Retreat and Spa is a hidden gem that offers a perfect blend of relaxation and rejuvenation for its visitors. This tranquil resort provides a sanctuary for those seeking to escape the hustle and bustle of everyday life.

Nestled amidst lush greenery and beautiful gardens, Museflower Retreat and Spa Thailand is designed to cater to the needs of both body and soul. With a range of holistic wellness programs, yoga classes, spa treatments, and organic cuisine options, guests can indulge in a truly immersive experience that promotes overall well-being.

Whether you are looking to unwind with a soothing massage, practice mindfulness through meditation sessions, or simply bask in the natural beauty that surrounds you, Museflower Retreat and Spa Thailand offers an oasis of calm where you can reconnect with yourself.



From comfortable accommodation options to personalized wellness consultations, this resort goes above and beyond to ensure that each guest's stay is nothing short of transformative.



SPECIALIZES PROGRAMMES:

- Museflower Signature One-Day Retreat
- Yoga Retreat Package
- Spa Retreat Package
- Sacred Rest with Nature Retreat
- Family Wellness Retreat

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Bangkok: nonstop flight, approximately 6 hours 20 minutes.
- Bangkok to Chiang Rai: domestic flight, approximately 1 hour 20 minutes.
- Chiang Rai Airport to Museflower: approximately 30–40 minutes by car.

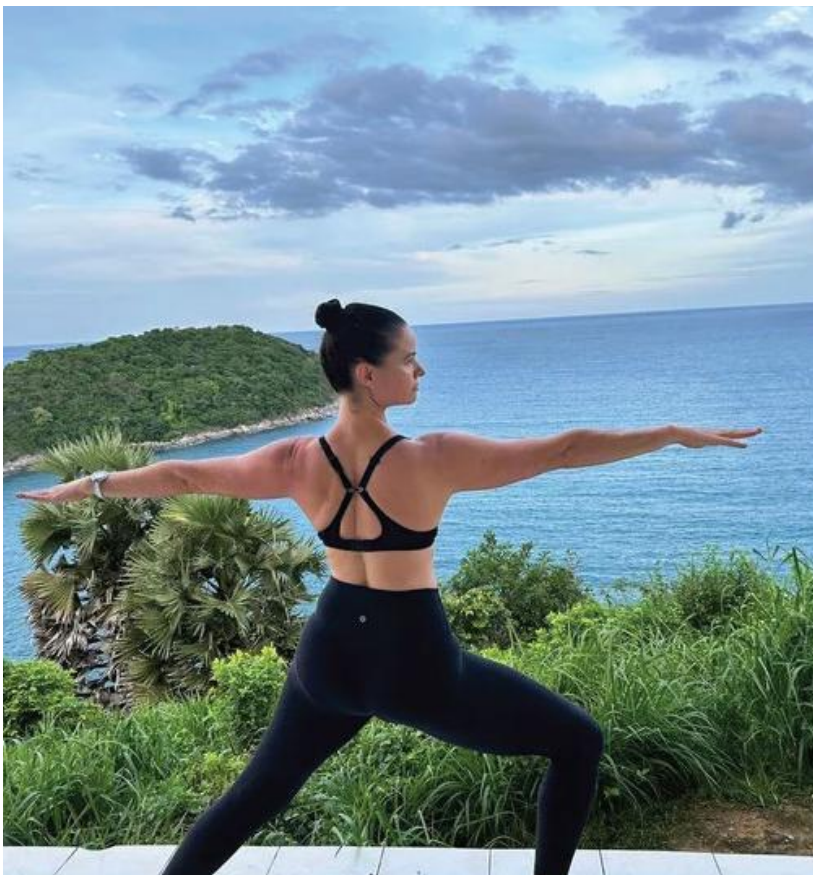
THAILAND | PHUKET CLEANSE DETOX AND FITNESS RETREAT



Phuket Cleanse Detox and Fitness Retreat in Thailand is the ultimate destination for those seeking a rejuvenating experience for both mind and body. Nestled in the tropical paradise of Phuket, this retreat offers a holistic approach to wellness, focusing on detoxification, fitness, and relaxation.

Guests at Phuket Cleanse are treated to a wide range of activities designed to cleanse the body of toxins, improve fitness levels, and promote overall well-being. From yoga and meditation sessions to fitness classes and spa treatments, there is something for everyone at this luxurious resort.

The serene surroundings of Phuket provide the perfect backdrop for guests to unwind and recharge. With personalized detox programs tailored to individual needs, visitors can expect to leave feeling refreshed, revitalized, and ready to take on the world.



Whether you are looking to kickstart a healthier lifestyle or simply escape the stresses of everyday life, Phuket Cleanse Detox and Fitness Retreat in Thailand offers an unforgettable experience that will leave you feeling renewed inside and out. Book your stay today and embark on a journey towards better health and wellness in paradise.



SPECIALIZES PROGRAMMES:

- Seven-Day Detox & Fitness Retreat
- Juice Cleanse
- Fitness Bootcamp
- Mindfulness and Emotional Reset
- Plant-Based Nutrition Programme

HOW TO GET THERE

- Dubai to Phuket: nonstop flight, approximately 6 hours.
- Arrival airport: Phuket International Airport (HKT).
- Airport to the Rawai / southern Phuket area: approximately 60–90 minutes by car depending on traffic and the confirmed retreat address.



THAILAND | RAKXA

INTEGRATIVE WELLNESS

★★★★★

RAKxa Integrative Wellness Thailand is a luxurious retreat that offers a holistic approach to health and well-being. Nestled in the heart of Thailand, RAKxa combines traditional Eastern healing practices with cutting-edge Western medicine to provide guests with a truly transformative experience.

At RAKxa, guests have access to a wide range of integrative wellness programs tailored to their individual needs. From personalized fitness routines and nutritional counseling to mindfulness practices and spa treatments, every aspect of the guest's stay is designed to promote physical, mental, and emotional well-being.

The serene surroundings of RAKxa provide the perfect backdrop for relaxation and rejuvenation. Guests can unwind in luxurious accommodations, dine on delicious and nutritious cuisine, and take part in a variety of wellness activities such as yoga, meditation, and nature walks.



Whether you are looking to kickstart a healthier lifestyle, manage stress, or simply indulge in some much-needed self-care, RAKxa Integrative Wellness Thailand offers a sanctuary where you can nourish your body, mind, and soul.



SPECIALIZES PROGRAMMES:

- RAKxa Integrative Longevity
- Detox
- Destress
- Weight Management
- Energy Renewal
- Women's Health

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Bangkok: nonstop flight, approximately 6 hours 20 minutes.
- Arrival airport: Suvarnabhumi Airport (BKK).
- Airport to Bang Krachao: approximately 45–75 minutes by car depending on traffic. Round-trip airport limousine transfer is included in selected programmes.

THAILAND | SAMAHITA RETREAT

★★★★★

Samahita Retreat is a sanctuary for those seeking a holistic wellness experience nestled in the serene beauty of Thailand. Offering a blend of yoga, detox programs, meditation, and wellness retreats, Samahita Retreat is a haven for rejuvenation and self-discovery.

At Samahita Retreat, guests are invited to immerse themselves in a peaceful environment that promotes physical, mental, and emotional wellbeing. From daily yoga classes overlooking the ocean to nourishing plantbased meals prepared with locally sourced ingredients, every aspect of the retreat is designed to support guests on their wellness journey.

Whether you are looking to deepen your yoga practice, detoxify your body, or simply unwind and recharge, Samahita Retreat provides a nurturing space where you can reconnect with yourself and find balance in mind, body, and spirit.

Escape the hustle and bustle of everyday life and embark on a transformative journey at Samahita Retreat. Experience the healing power of nature, connect with like-minded individuals, and discover inner peace in this idyllic setting that truly embodies the essence of holistic wellness.





SPECIALIZES PROGRAMMES:

- YogaCoreCycle
- Total Self-Care
- Breathwork & Pranayama
- Yoga and Fitness Retreat
- Wellness Value Packages
- Yoga Teacher Training

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Koh Samui: usually one stop via Bangkok or Phuket; allow approximately 9–11 hours total depending on the connection.
- Arrival airport: Samui International Airport (USM).
- Airport to the retreat on Koh Samui's south coast: approximately 45–60 minutes by car.



THAILAND | SIX SENSES YAO NOI

★★★★★

Six Senses Yao Noi resort is a luxurious haven nestled in the stunning landscapes of Thailand. This exclusive retreat offers guests a unique blend of luxury and nature, making it an ideal destination for those seeking a peaceful and rejuvenating escape.

From the moment you arrive at Six Senses Yao Noi, you are greeted with warm hospitality and breathtaking views of the surrounding limestone cliffs and turquoise waters. The resort's eco-friendly design seamlessly blends with its natural surroundings, creating a harmonious atmosphere that promotes relaxation and well-being.

Guests can indulge in a wide range of activities at Six Senses Yao Noi, from yoga classes overlooking the ocean to relaxing spa treatments using locally sourced ingredients. The resort also offers exquisite dining options featuring fresh, organic produce grown on-site.

Whether you choose to unwind by the infinity pool, explore the nearby islands on a private yacht excursion, or simply relax in your luxurious villa with panoramic sea views, Six Senses Yao Noi promises an unforgettable experience that nourishes all six senses.





SPECIALIZES PROGRAMMES:

- Sleep
- Detox
- Sabai Sabai Journey
- Discover Yoga
- Love Your Heart

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Phuket: nonstop flight, approximately 6 hours.
- Phuket Airport to Ao Po Grand Marina: approximately 30 minutes by car.
- Marina to resort: approximately 40 minutes by speedboat. Transfers are weather-dependent and must be coordinated with the resort.

THAILAND | THE SIAM

★★★★★

Located in the heart of Bangkok, The Siam resort is a luxurious oasis that offers a perfect blend of traditional Thai charm and modern amenities. As you step into this exquisite property, you are greeted by lush tropical gardens, intricate Thai architecture, and impeccable hospitality.

The Siam resort is renowned for its unparalleled service and attention to detail. From the moment you arrive, you are treated like royalty, with personalized service that caters to your every need. Whether you are looking to relax by the pool, indulge in a spa treatment, or savor delicious cuisine at one of the resort's restaurants, The Siam ensures that your stay is nothing short of extraordinary.

Each room and suite at The Siam is elegantly designed with a harmonious mix of traditional Thai elements and contemporary comforts. With stunning views of the Chao Phraya River or the lush gardens, every accommodation option offers a serene retreat from the bustling city life.



Whether you are seeking a romantic getaway, a family vacation, or a peaceful escape from everyday life, The Siam resort provides an unforgettable experience that will leave you rejuvenated and inspired.



SPECIALIZES PROGRAMMES:

- Tailored Multi-Day Opium Spa Package
- Traditional Thai Medicine Therapies
- Muay Thai Training
- Sak Yant Sacred Tattoo Experience
- Yoga and Meditation
- Massage and Body Therapies

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Bangkok: nonstop flight, approximately 6 hours 20 minutes.
- Suvarnabhumi Airport to The Siam: approximately 45–75 minutes by car depending on traffic.
- Don Mueang Airport is generally approximately 30–45 minutes away. The hotel also operates a scheduled river shuttle for local movement.

THAILAND | RXV WELLNESS VILLAGE SAMPRAN



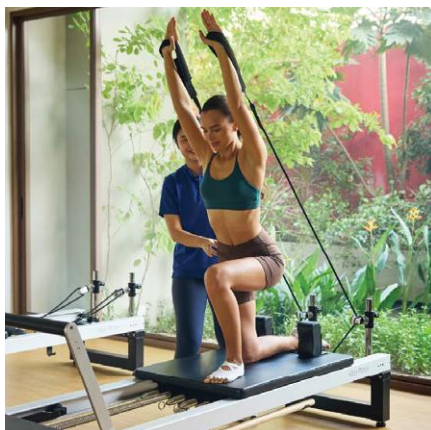
Our “Everyone’s Wellness” concept is meant to be an approachable and shareable wellness experience for all. Somewhere you can go with your friends and family or even with colleagues in a professional setting.

With our extensive expertise and range of wellness services, we offer accessible and engaging experiences designed to make adopting a healthier lifestyle easier for everyone, regardless of their level of experience with wellness.

At RXV, we draw on our experience and expertise in combining traditional and modern therapies for a truly integrative wellness approach.



Our holistic treatments take inspiration from Traditional Thai, Chinese, Ayurvedic, and Energy Healing techniques. These are complemented by our physio-physical therapy sessions and modern medical wellness treatments.



SPECIALIZES PROGRAMMES:

- Detox & Renewal
- Mindfulness & Inner Calm
- Physical Rebalance
- Destress
- Healthy Weight & Metabolic Balance
- Personalised Wellness

HOW TO GET THERE

- Dubai to Bangkok: nonstop flight, approximately 6 hours 20 minutes.
- Arrival airport: Suvarnabhumi Airport (BKK).
- Airport to Sampran, Nakhon Pathom: approximately 75–90 minutes by car, depending on traffic; central Bangkok is generally around 60 minutes away.



VIETNAM | AMANOI

★★★★★

Surrounded by Nui Chua National Park on the shores of Vinh Hy Bay, Amanoi invites you to experience one of its Individual Wellness Immersions, a spa retreat designed to promote profound change.

Carefully calibrated to gently steer you on a new path, these programs ensure palpable results and a deep sense of inner peace whether you wish to shift unwanted weight, renew focus and spiritual connection, or promote internal balance and overall wellbeing for a longer, healthier life. Along with an initial orientation and wellbeing review, every day of your individual.

Immersion will be personalized to include specialist movement and bodywork sessions, personalized holistic spa treatments and group movement sessions.

Unrivalled nutritional support and education lie at the core of each Immersion: Every meal is created with your goals in mind, while the latest knowledge in fitness, nutrition and health is shared to ensure your journey continues when you return home





SPECIALIZES PROGRAMMES:

- Mobility & Recovery by Novak Djokovic
- Rituals of Renewal
- Holistic Wellness Journeys
- Wellness Pool Villa Hideaway
- Personalised Spa Programme

HOW TO GET THERE

- Dubai to Cam Ranh: typically one stop via Ho Chi Minh City, Bangkok or Singapore; allow roughly 9–12 hours total depending on the connection.
- Arrival airport: Cam Ranh International Airport (CXR).
- Airport to Amanoi: approximately 75 minutes by car.



VIETNAM | FUSION RESORT

CAM RANH

★★★★★

Fusion Resort Cam Ranh is a luxurious retreat that promises an unparalleled experience of relaxation and rejuvenation. Situated in the serene beauty of Cam Ranh, this resort offers a harmonious fusion of nature, luxury, and wellness.

From exquisite accommodations to world-class amenities, Fusion Resort Cam Ranh caters to the discerning traveler seeking a blend of comfort and sophistication. With its stunning beachfront location and holistic approach to well-being, guests can indulge in a truly immersive escape from the everyday hustle and bustle.

Immerse yourself in the tranquility of Fusion Resort Cam Ranh and discover a sanctuary where every moment is designed to nurture your body, mind, and soul.

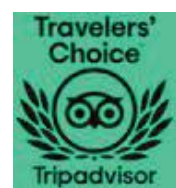




SPECIALIZES PROGRAMMES:

- All-Spa & Wellness-Inclusive Stay
- Maia Spa Natural Living Experiences
- Daily Spa Treatments
- Unlimited Yoga & Meditation
- Wellness Activities and Fitness
- Maia Earth Lab Self-Care Experiences

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Cam Ranh: typically one stop; allow roughly 9–12 hours total depending on the connection.
- Arrival airport: Cam Ranh International Airport (CXR).
- Airport to resort: approximately 10–15 minutes by car.

VIETNAM | SIX SENSES NINH VAN BAY



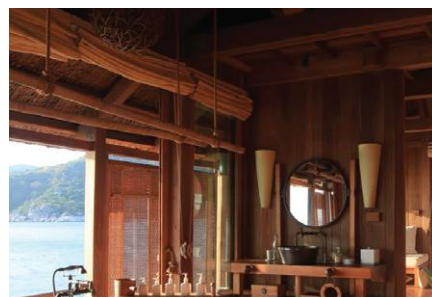
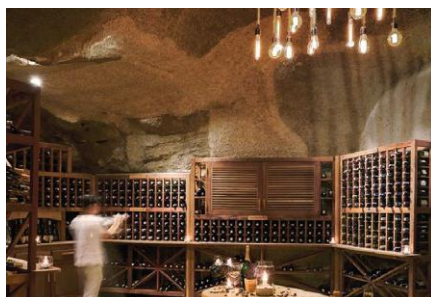
Six Senses Ninh Van Bay resort is a luxurious haven nestled amidst the stunning natural beauty of Vietnam. This exclusive resort offers a unique and unforgettable experience for those seeking tranquility and luxury in an idyllic setting.

From the moment you arrive at Six Senses Ninh Van Bay, you are greeted with unparalleled hospitality and breathtaking views of the crystal-clear waters and lush greenery that surround the resort. The architecture seamlessly blends with nature, creating a sense of harmony and serenity that permeates throughout the entire property.

Guests can indulge in a range of world-class amenities and activities during their stay at Six Senses Ninh Van Bay. Whether it's relaxing by the infinity pool,



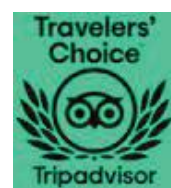
rejuvenating at the spa, or exploring the vibrant marine life through snorkeling or diving excursions, there is something for everyone to enjoy. In conclusion, Six Senses Ninh Van Bay resort is a hidden gem where luxury meets sustainability, offering an unparalleled escape for those seeking an authentic and enriching travel experience.



SPECIALIZES PROGRAMMES:

- Sleep
- Detox
- Discover Yoga
- Fitness

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Cam Ranh: typically one stop; allow roughly 9–12 hours total depending on the connection.
- Cam Ranh Airport to the resort's mainland pier: approximately 60 minutes by car.
- Pier to resort: approximately 20 minutes by boat. Transfers are weather-dependent and must be pre-arranged.

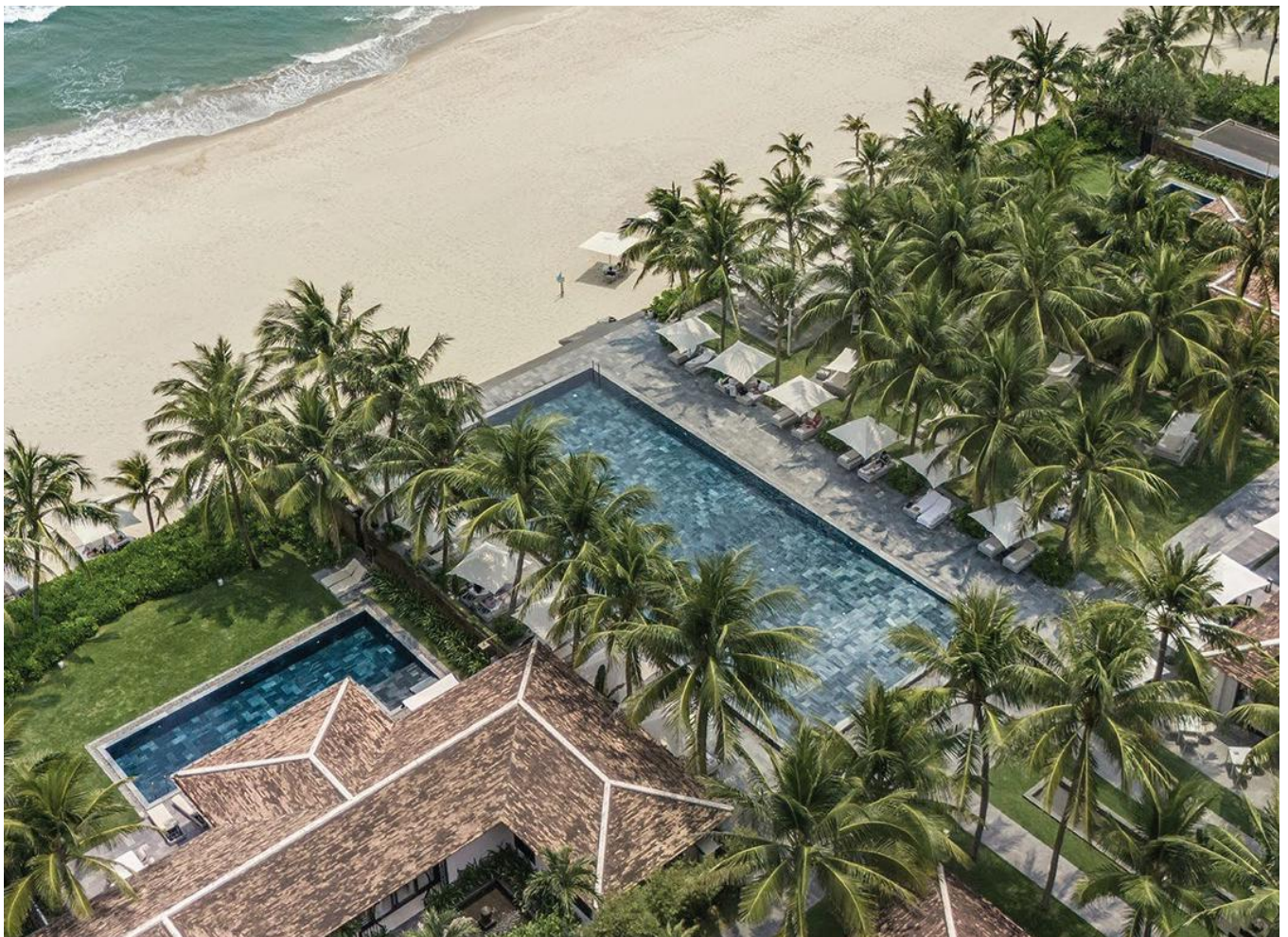
VIETNAM | TIA WELLNESS RESORT



Situated on a stunning beachfront and featuring elegant private pool villas, TIA Wellness Resort blends authentic well-being with understated luxury.

Offering much more than just a relaxing escape, Wellness and Retreat inclusive redefine the spa experience by integrating progressive wellness into each stay. TIA takes bold steps in helping guests break free from routine to explore their creative potential for a journey of self-discovery.

They will learn to upgrade their diets, breathe to regulate their system and move to better manage stress, returning home refreshed and renewed





SPECIALIZES PROGRAMMES:

- Wellness Inclusive
- Retreat Inclusive
- Strength & Recovery Private Retreat
- Creative Healing Retreat
- Body & Mind Cleanse
- Breathwork, Yoga and Creative Workshops

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Da Nang: nonstop service may operate on selected schedules; otherwise use a one-stop itinerary. Approximate nonstop flying time is around 7 hours.
- Arrival airport: Da Nang International Airport (DAD).
- Airport to TIA Wellness Resort: approximately 15 minutes by car.

QATAR | ZULAL BY CHIVA-SOM



Zulal Wellness Resort by Chiva-Som, Qatar

Where the stillness of the desert meets the gentle embrace of the sea at Qatar's northernmost tip, Zulal offers a sanctuary of renewal. Rooted in the wisdom of traditional Arabic and Islamic medicine, this serene haven blends heritage and holistic well-being in perfect harmony.

As one of the most unique GCC wellness resorts in Qatar, this luxury resort offers two distinct experiences in the Middle East: Zulal Serenity, crafted for adults seeking tranquillity and lifestyle transformation, and Zulal Discovery, inviting families to connect and create lasting memories through shared wellness journeys.





SPECIALIZES PROGRAMMES:

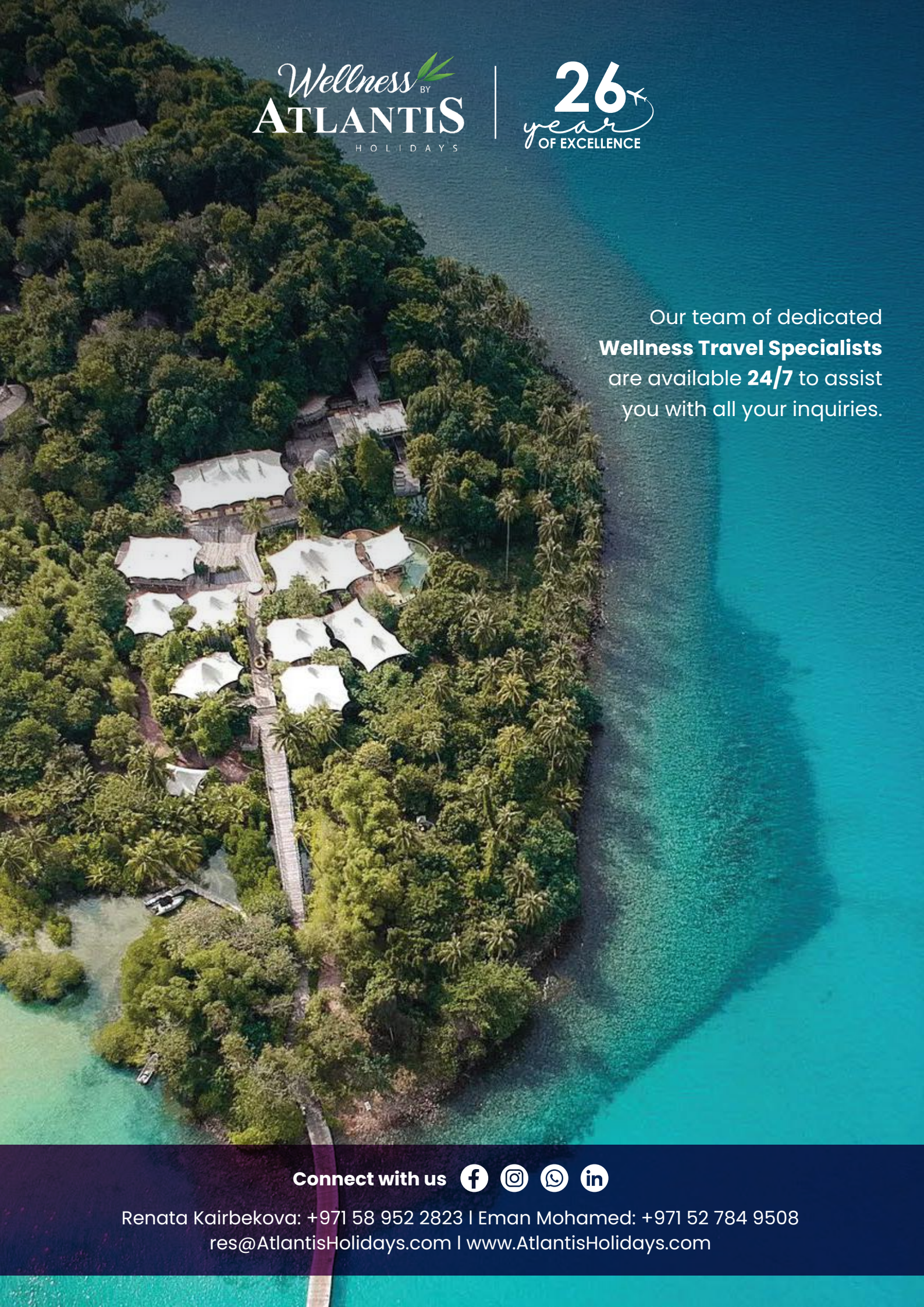
- Burnout Recovery
- Sustainable Weight Loss & Management
- Cleanse & Revive
- Active Fit
- Restore & Rehab
- Taste of Zulal

AWARDS AND MENTIONS:



HOW TO GET THERE

- Dubai to Doha: nonstop flight, approximately 1 hour 10 minutes.
- Arrival airport: Hamad International Airport (DOH).
- Airport to Zulal at Qatar's northern tip: approximately 1 hour 15 minutes to 1 hour 30 minutes by car.



Wellness ^{BY}
ATLANTIS
HOLIDAYS

26
year
OF EXCELLENCE

Our team of dedicated
Wellness Travel Specialists
are available **24/7** to assist
you with all your inquiries.

Connect with us    

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