



REENENERGISE

PROGRAMME

DAY 1

45-MINUTE NUTRITION CONSULTATION

A consultation with our nutrition specialist will provide guidance and a plan tailored to your individual goals.

60-MINUTE PERSONAL TRAINING

An instructor will work with you to identify your fitness needs and formulate the appropriate routine to gain optimal results.

90-MINUTE DEEP RELIEF MASSAGE

This deep tissue massage will ease muscle discomfort and strengthen joints.

PLANT-BASED LUNCH IN THE BAY

Nourish your body with a healthy plant-based lunch menu at The Bay, our beachside brasserie.





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DAY 2

HATHA YOGA

Bespoke exercises designed to align and calm your body, mind, and spirit.

90-MINUTE DEEP RELIEF MASSAGE

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DAY 3

ASTANGA YOGA

A dynamic style of yoga great for building core strength and toning the body.

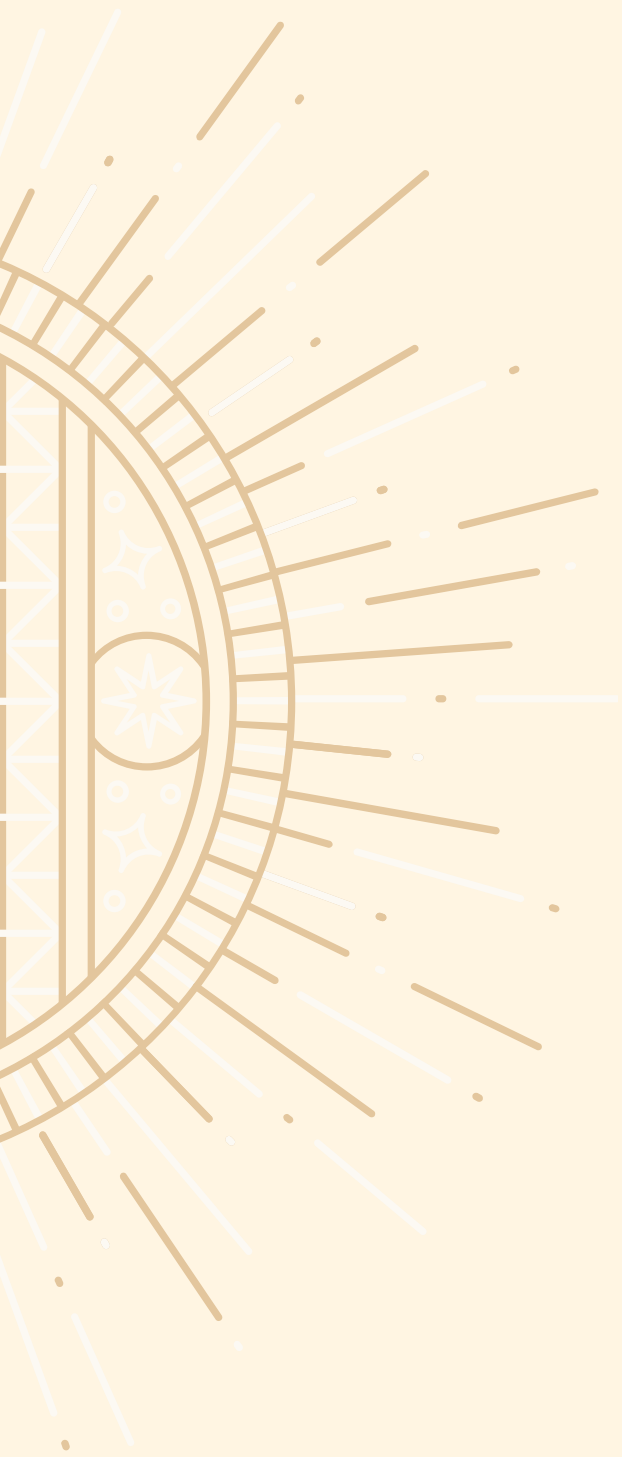
PADHABYANG

Bring harmony to the entire body with this energising Ayurveda Aromatherapy foot and leg treatment.

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THE SPA
AT
MANDARIN ORIENTAL

JUMEIRA
DUBAI

RESET

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45-MINUTE NUTRITION CONSULTATION

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60-MINUTE PRANAYAMA BREATHING SESSION

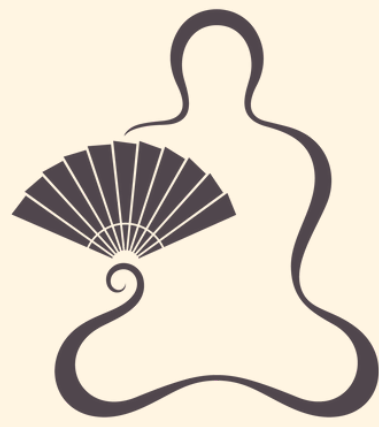
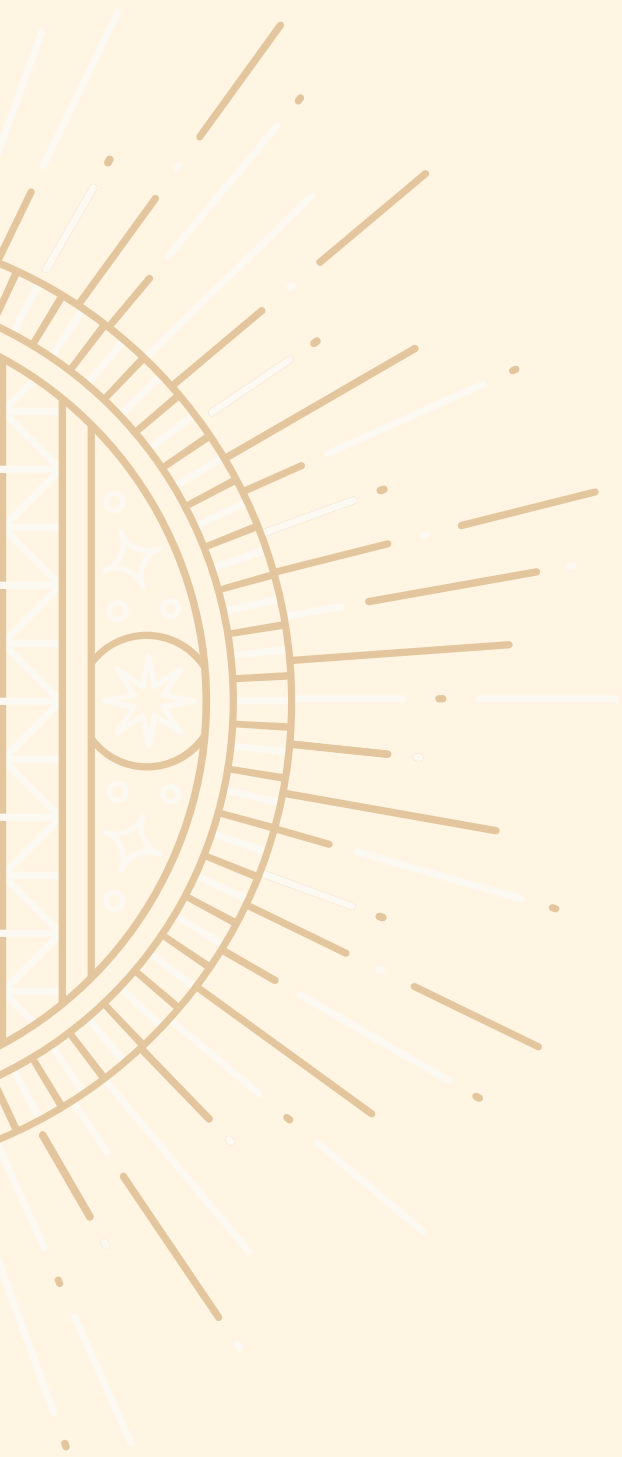
Simple breathing practices to reduce stress, quiet your mind, and connect to your inner self.

105-MINUTE SLEEP SUPPORT TREATMENT

A tailored signature program to assist sleep concerns and insomnia.

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60-MINUTE PERSONAL TRAINING | MOBILITY

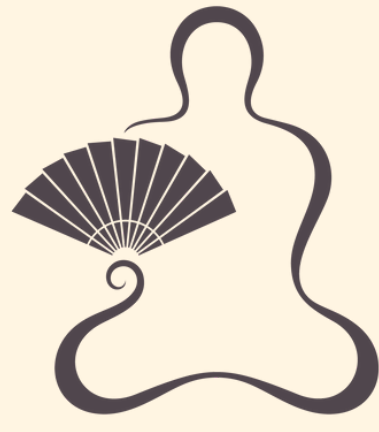
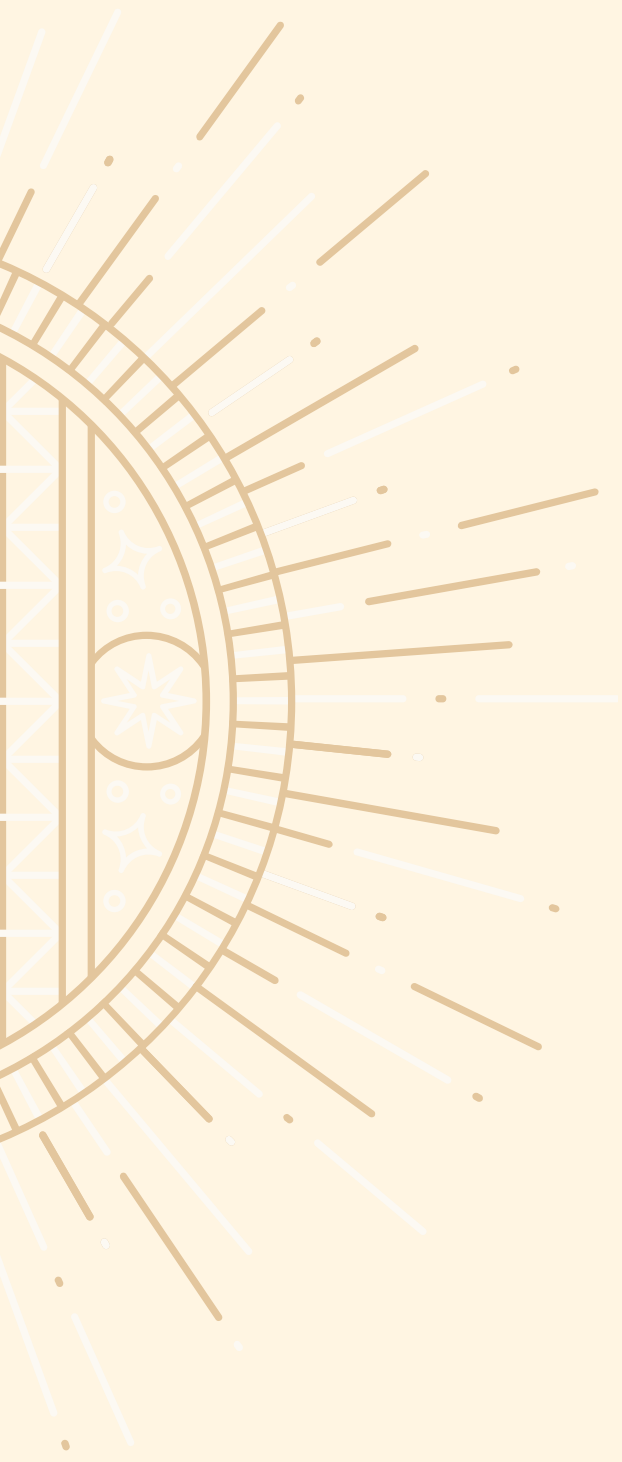
Align and invigorate your body through functional based exercise, in all planes of motion.

BLISSFUL MARMA MASSAGE 90MINS OR 24K FACIAL

Experience effective and immediate relaxation, relieving all stress related tension.

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