



RAFFLES
AL AREEN PALACE BAHRAIN

RAFFLES *Wellness Retreat* PROGRAM



OUR MISSION

Experience an extraordinary 3-night, 4-day retreat that brings together the finest European wellness standards and the serene natural beauty of Bahrain.

This exclusive program is meticulously crafted to offer a unique blend of personalized healthcare, unparalleled luxury, and complete privacy, providing the ultimate sanctuary for rejuvenating the body, mind, and spirit.

This innovative program brings Europe's finest wellness treatments to the Middle East, featuring a harmonious blend of traditional and cutting-edge therapies.

Experience advanced treatments that focus on holistic well-being, designed to meet the unique needs of each guest.



PROGRAM *Structure*

4 - DAY WELLNESS RETREAT INCLUSIONS

GENERAL HEALTH EVALUATION AND MEDICAL CONSULTATION

The General Health Evaluation and Medical Consultation assess your overall health, identifying any concerns and providing personalized recommendations for improvement.

REVIV IV DRIPS

Revitalize your body with the leading global brand for IV drips and booster shots, designed for hydration, detoxification, restoring energy levels, relieving jet lag and more.

THERAPEUTIC MASSAGES

These massages are customized to your needs, including burnoutboosting, stress relieving body massages, detox signatures, and Swedish techniques, all designed to optimize your body's wellbeing.

DAILY DETOX HERBAL INFUSIONS

This helps cleanse and refresh the body, promoting natural detoxification and overall well-being.



PROGRAM *Structure*

4 - DAY WELLNESS RETREAT INCLUSIONS

LONGEVITY-FOCUSED BLOOD BIOMARKER ASSESSMENT

Full body diagnostic tests (blood sugar, cholesterol, vitamin deficiencies, etc) to assess the guest's current health status.

BODY COMPOSITION ANALYSIS

BMI, muscle mass, weight, height and medical history.

CONSULTATION WITH HEALTH & WEIGHT LOSS COACH

To develop a personalized nutritional plan based on results during the stay and recommendations for long term balance.

NEXT GEN ANTI-AGING & INTELLIGENT BODY CONTOURING

A luxurious facial and body treatment to cleanse and exfoliate.



PROGRAM *Structure*

4 - DAY WELLNESS RETREAT INCLUSIONS

1X DERMATOLOGIST CONSULTATION

A personalized consultation with Dermatologist doctor to analysis your skin with Anti-Aging aesthetic treatment.

GROUP BREATHING AND YOGA SESSIONS

Focused on breathing techniques that enhance metabolism and detoxify the body and a gentle detox yoga session focused on stretching breathwork and mindfulness.

ACCESS TO FITNESS CENTRE, SWIMMING AND VITALITY POOL

The Fitness Centre, Swimming Pool, and Vitality Pool offer a complete wellness experience, ideal for fitness, relaxation, and rejuvenation.

FINAL CONSULTATION EXAMINATION

Review of progress with the doctor discussing results and long term recommendations.



A woman with long blonde hair is lying on her back on a white treatment table. An EMSculpt device, which is black and blue, is positioned on her abdomen. The device has the brand name 'EMSCULPT' printed on it. The woman is looking upwards and to the right. The background is a clinical setting with a white wall and a framed picture.

Client Wellness JOURNEY

Pre-arrival: Blood and urine tests to be completed prior to guest's arrival.

Client Wellness JOURNEY

DAY 1: ARRIVAL & ASSESSMENT

09:00 - 20:00

Welcome Ritual and Medical Consultation
Scientific Health Profiling
IV Drip treatment and Reflexology
Healthy dinner at Palma Restaurant

DAY 3: DETOX & REJUVENATION

07:00 - 19:00

Holistic Spa Treatments and Dermatologist procedure
Life Coaching Session and Wellness activities
Dinner at Palma Restaurant

DAY 2: PHYSICAL & MENTAL WELLNESS

07:00 - 20:00

Customized Breakfast
Weight Loss Program and Wellness activities
Dinner at Palma Restaurant

DAY 4: ENERGIZE

07:00 - 12:00

Mindful Movement
Final Medical Examination
Departure with a Personalized Health Plan



GUT HEALTH *Optimisation*

At Raffles Al Areen Palace Bahrain, we recognize that nutrition is essential to your wellness journey. Our skilled chef meticulously crafts a three-day menu, featuring breakfast, lunch, and dinner, with each dish thoughtfully prepared for optimal flavor and accurate calorie counts.

Guests will enjoy diverse culinary themes inspired by Mediterranean cuisines, introducing a variety of healthy ingredients and cooking techniques.

Personalized recommendations for daily calorie intake are provided based on gender and individual goals, empowering you to make informed dining choices.

Each meal is designed to be both nourishing and enjoyable, with a focus on fresh, locally sourced ingredients. Our customized breakfast options and three-course lunches and dinners ensure that every dining experience supports your health and enhances your retreat experience.



Add-On EXPERIENCES & SERVICES

Enhance your wellness journey at the Raffles Wellness Retreat with exclusive add-on experiences and services tailored to your preferences.

REVIV GENETIC TESTING

A DNA-based analysis that reveals how your body responds to nutrition, stress, exercise, and aging, enabling a personalized, science-led approach to long-term health and longevity.

SPECIALIZED TREATMENTS

We offer weight-loss and facial treatments designed to complement your wellness program.

WELLNESS WORKSHOPS

Participate in interactive workshops, including nutrition cooking classes led by expert chefs, empowering you to maintain a healthy diet post-retreat.



Add-On EXPERIENCES & SERVICES

SPA SERVICES

Indulge in personalized spa treatments like massages and manicures, tailored to your relaxation needs.

UNIQUE PRACTICES

Experience aerial yoga, combining traditional yoga with suspended movements, a gentle aquatic bodywork for relaxation.

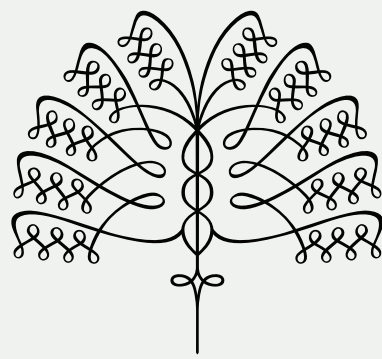
CULINARY EXPERIENCES

Join mocktail classes to learn healthy drink recipes, and explore the surroundings with bike or running tours.

PRIVATE COACHING

Enhance your skills with private coaching sessions in tennis, squash, and spinning, guided by experienced trainers.





RAFFLES

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**WE LOOK FORWARD TO WELCOMING YOU TO
RAFFLES AL AREEN PALACE BAHRAIN FOR A
REJUVENATING WELLNESS RETREAT.**

For reservations and inquiries, please contact us at
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[RAFFLES.COM/BAHRAIN](https://www.raffles.com/bahrain)