



**RAFFLES**

AL AREEN PALACE BAHRAIN

RAFFLES  
WELLNESS RETREAT PROGRAM



## OUR MISSION

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Experience an extraordinary 3-night, 4-day retreat, where the highest standards of European wellness seamlessly merge with the tranquil 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.

Our mission is to create an unparalleled wellness experience where personalized healthcare, luxury, and privacy converge.

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.



### 2X 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.



### 3X THERAPEUTIC MASSAGES



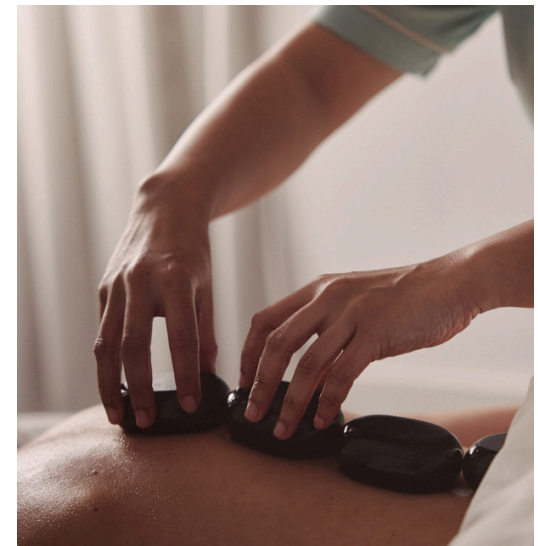
These massages are customized to your needs, including burnout-boosting, stress-relieving body massages, detox signatures, and Swedish techniques, all designed to optimize your body's well-being.



### 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



### BLOOD TESTS & URINE DIAGNOSTICS

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



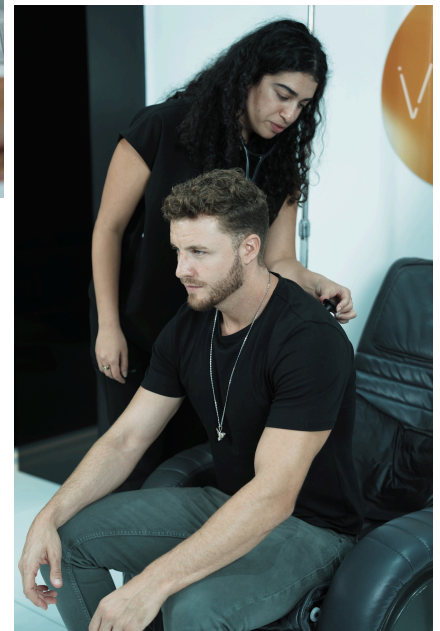
### BODY COMPOSITION ANALYSIS

BMI, muscle mass, weight, height and medical history



### CONSULTATION WITH A DIETITIAN

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



### 1 X FACIAL & BODY TREATMENT

A Luxurious facial and body treatment to cleanse and exfoliate



# PROGRAM STRUCTURE

## 4 - DAY WELLNESS RETREAT INCLUSIONS:

### 1X DERMATOLOGIST CONSULTATION



A personalized 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

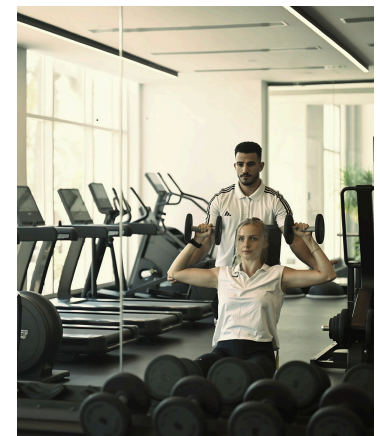
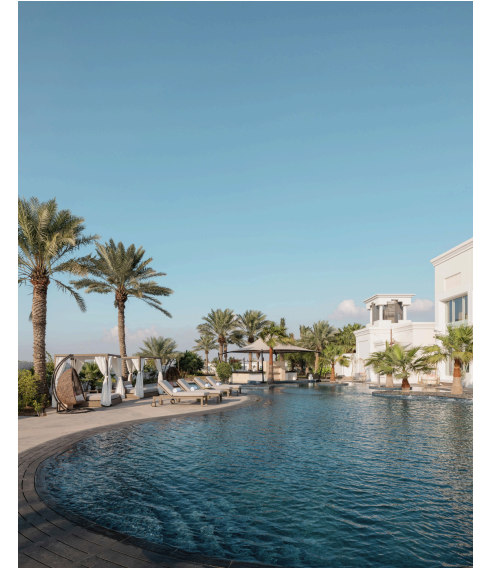
### ACCESS TO FITNESS CENTRE, SWIMMING AND VITALITY POOL

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 longterm recommendations



# CLIENT WELLNESS JOURNEY

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

## Day 1: Arrival & Assessment

09:00 - 20:00

- Welcome Ritual and Medical Consultation
- Health Assessment
- IV Drip treatment and Reflexology
- Healthy Dinner at Palma Restaurant

## Day 2: Physical & Mental Wellness

07:00 - 20:00

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





# CLIENT WELLNESS JOURNEY

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## Day 3: Detox & Rejuvenation

07:00 - 19:00

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

## Day 4: Energize

07:00 - 12:00

- Wellness activities
- Final Medical Examination and IV Drips
- Departure with a Personalized Health Plan



# HEALTHY MENU

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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 Asian, Mediterranean, and Japanese 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

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

### Reviv Concierge Service:

Our personalized concierge service ensures all your needs are met, from scheduling treatments to arranging activities.

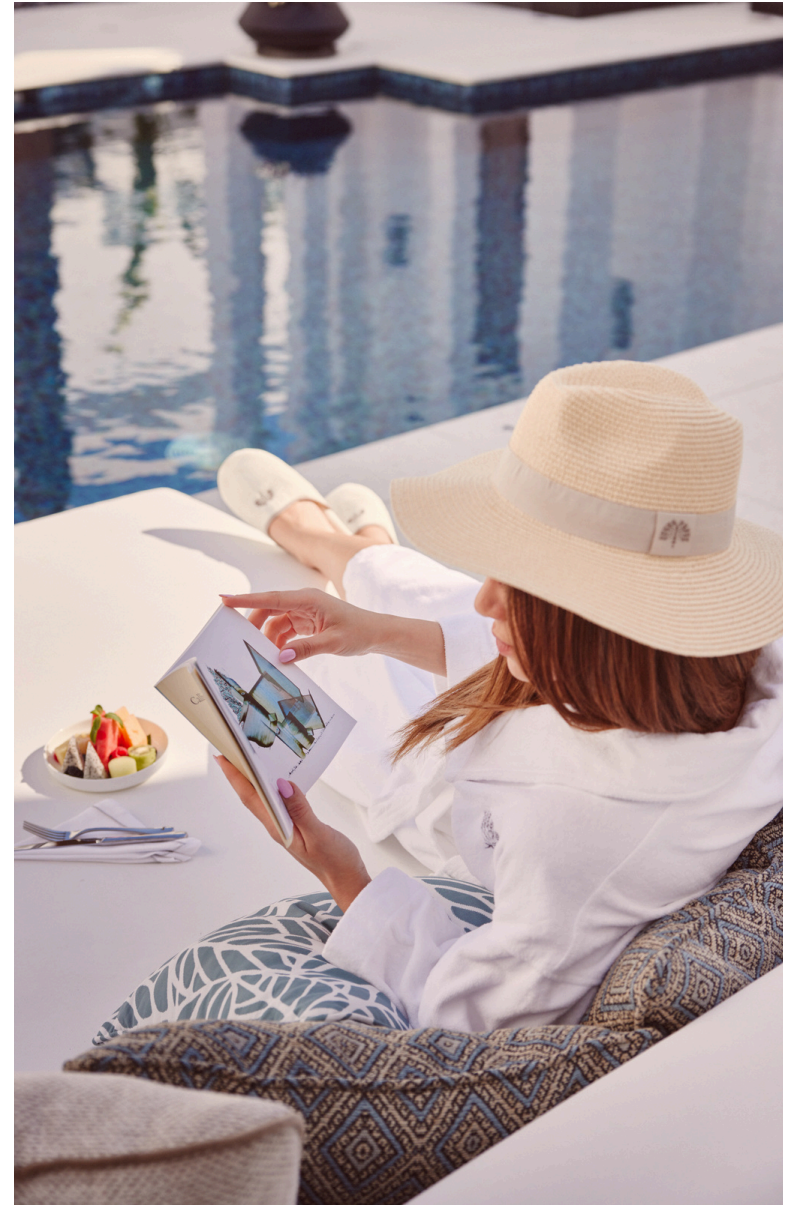
### Specialized Treatments:

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.

These add-ons provide flexibility to customize your retreat, ensuring an enriching and enjoyable wellness journey.



## ADD-ON EXPERIENCES & SERVICES

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### 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, and Watsu therapy, 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.

These add-ons provide flexibility to customize your retreat, ensuring an enriching and enjoyable wellness journey.







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)**