



DINING

The resort offers a variety of dining options, including two restaurants providing casual, interactive dining with indoor and outdoor seating available, a pool bar and a lobby café. All of the resort's dining outlets offer a wide selection of healthy food and beverages made with carefully selected organic ingredients, freshly supplied by our local partner farms.

— *Vibe*

The all day dining restaurant serves hearty, healthy meals prepared à la minute using the freshest ingredients.

- Delicious selection of international cuisine
- Live cooking stations
- Detox brunch
- Healthy options including vegan and paleo friendly dishes
- Indulgent fried breakfasts available
- Theme nights during the week
- 200 seats including al fresco

— *Bait Al Nakhla*

Meaning 'The House of the Palm', this restaurant, overlooking the stunning backdrop of beautiful sea views, offers traditional Arabic cuisine in modern surroundings with the fragrance of the past and the authenticity.

- Classic Arabic cuisine with signature Middle Eastern dishes
- Showpiece tiled Mashawi grill
- Family-style dining
- Majlis with photo booth corner
- Camel milk, gahwa & dates
- Henna tattoo
- Arabic live band
- 110 seats including al fresco

— *Chapters*

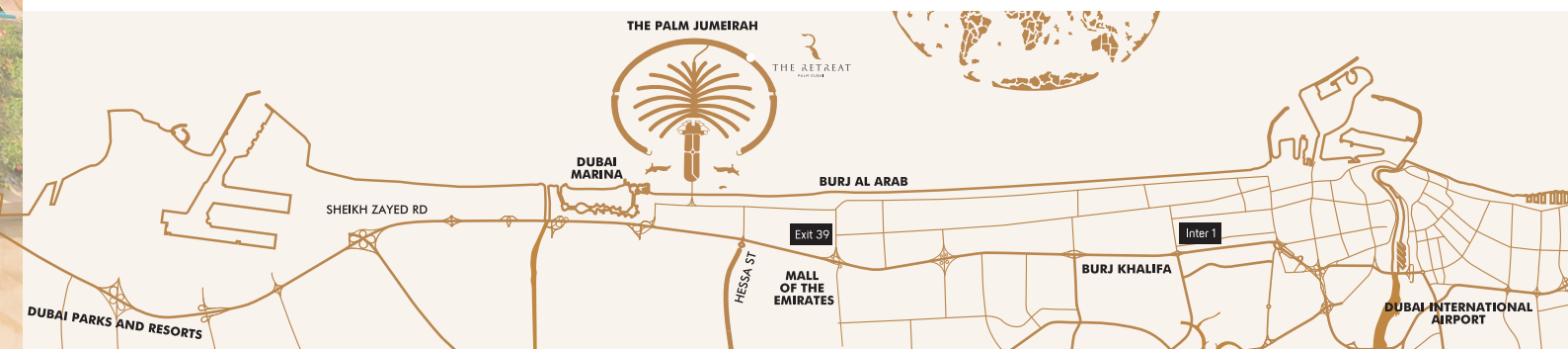
Located in the lobby, guests can enjoy coffees and other beverages, accompanied by a variety of freshly baked treats, straight from the oven.

- Freshly baked cookies
- Fresh organic coffee
- Wellbeing cakes
- Vegan and paleo-friendly snacks
- Chocolate library

— *Ripples*

An open-air bar adorned with fresh fruit, serving fruit mixes and signature mocktails.

- Large selection of cold-pressed juices
- Juice mixologist
- Healthy mocktails and smoothies
- Selection of bar food available
- A food truck serving street food from around the world
- 28 seat bar area
- 8 air-conditioned, beachfront cabanas (surcharge applicable)





Discover the perfect balance of a holistic wellbeing destination set in the heart of vibrant Dubai



THE RETREAT

PALM DUBAI

~ A Serenity Hotel ~

The Retreat Palm Dubai MGallery by Sofitel is the first 5-star family-friendly wellness resort in the Middle East offering an immersive, enchanting experience that inspires lifelong memories.

Graciously combining thoughtful luxury, innovative contemporary design and beguiling discovery, the beachside resort exemplifies the MGallery vision of creating amazing destinations, where guests can discover their personal memorable moments.

As is characteristic of MGallery's 'Serenity' properties within its portfolio of over 100 hotels, a philosophy of wellness runs throughout the hotel and inspires guests to live a healthier and more sustainable lifestyle.

At the heart of the resort is the Rayya Wellness Centre, inspired by a 360-degree holistic wellness concept, offering organic based products, uplifting rejuvenation experiences and transformational wellness retreats.

A destination that embodies the style, stories and allure of Dubai, The Retreat Palm Dubai MGallery by Sofitel is situated away from the hustle and bustle of the city, yet located just 30 minutes from two major airports, as well as Dubai's many spectacular tourist attractions.

ACCOMMODATION

The resort has a mix of 255 spacious rooms and suites. With a variety of carefully selected elements designed to enhance serenity and comfort, such as natural wood and stone finishes, every room and suite boasts stunning panoramic views across the azure waters of the Arabian Gulf to the Burj Al Arab and Palm Jumeirah.

— Room Types

Deluxe Room, Balcony	48 units	33-38 sqm
Deluxe Room, Partial Sea View	44 units	33-38 sqm
Deluxe Room, Palm Jumeirah Sea View	60 units	33-38 sqm
Premium Room, Palm Jumeirah Sea View	54 units	33-38 sqm
Holistic Wellness Room, Palm Jumeirah Sea View	12 units	33-38 sqm
Deluxe One Bedroom Suite, Partial Sea View	13 units	33-38 sqm
Premium One Bedroom Suite Palm Jumeirah Sea View	23 units	75 sqm
Penthouse Suite, Palm Jumeirah Sea View	1 unit	

— Club Floors

For guests wanting an even more luxurious, exclusive experience, floors 6 and 7 are entirely dedicated to Premium Rooms and Premium One Bedroom Suites, with rooms and suites on the first floor boasting large private terraces. Guests staying in these rooms can also enjoy complimentary access to the benefits and amenities of the Club Lounge.

Accentuating the natural elements that flow through the hotel, we have created a selection of delightful one bedroom suites specially designed to reflect the beauty and health-giving qualities of a selection of Middle Eastern Flora. Located on the 6th floor of the hotel, the Rayhan Suites, Desert Rose Suites, Nargis Suites and Yasmin Suites are named after flowers found across the region and all feature decorative elements, colour schemes, fabrics, literature and other design elements reflecting the attributes of that particular bloom.

— Club Lounge

- Private terrace for gatherings of up to 100 persons
- Private check-in and check-out
- Extensive library stocked with books about the region, as well as wellness and healthy living
- Business Centre with the private meeting room
- Comfortable indoor lounge setting
- Roof terrace
- Afternoon snacks and beverages
- Fresh juices, coffee and tea
- Espresso machine in all Premium Rooms & Suites

— Room Amenities

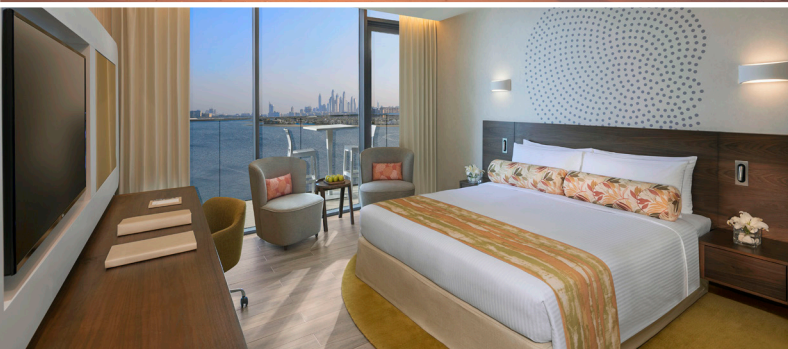
- Air conditioning with individual climate control
- Complimentary tea and coffee making facilities and mineral water
- Minibar stocked with healthy products
- Electrical and USB adapters
- Iron and ironing board
- Feather down pillows and pillow menu
- Rollaway bed and baby cot (upon request)
- Safe deposit box
- Separate rain shower and bath
- Organic bathroom products
- Motion-activated guiding night lights
- Bluetooth enabled multiscreen TVs
- Free Wi-Fi
- Non-smoking rooms

— Room Configurations

- Option of king and twin bed configurations
- Interconnecting rooms and suites available

— Meeting Rooms

To cater to guests' business needs, the resort has 2 meeting rooms equipped with the latest audio/visual equipment, each with capacity for 15-24 people.



THE RAYYA WELLNESS CENTRE

Inspired by a holistic wellness concept, the world's first Rayya Wellness Centre, situated in The Retreat Palm Dubai MGallery by Sofitel, offers the most organic, yet decadent relaxation and rejuvenation experiences imaginable.

The Rayya Wellness Centre provides 360 degree wellness solutions designed to help guests achieve personal transformation of body, mind and soul, through a variety of treatments and retreat packages with varying levels of immersion into the wellness experience.

— *Rayya Wellness Retreats*

The Rayya Wellness Centre offers a range of all-inclusive retreat packages, ranging in duration from three days to two weeks, designed to help improve mental and physical wellbeing.

- **Renew - The Detox and Cleanse Wellness Retreat**
Escape from the strains of daily life and start the detox process with a cleansing diet, and enhance relaxation with spa and wellness healing treatments.
- **Revitalize - The Spa Wellness Retreat**
Dive into a range of rejuvenating spa treatments that pamper all senses to revive and rebalance mind, body and soul.
- **Revive - The Emotional Wellness Retreat**
Through mind and body therapy, and healthy food choices, learn to control stress, mood and enhance overall wellbeing to balance your mind, body and soul.
- **Rebuild - The Weight Management Wellness Retreat**
A programme tailored to your needs that balances physical activity with a supportive diet to promote weight loss or weight gain.
- **Reshape - The Fitness Wellness Retreat**
Achieve your fitness goals through a wide range of daily classes and balanced nutrition to help you attain a healthier, more complete lifestyle.
- **Relax - The Yoga and Mindfulness Retreat**
This teaches you to bring your awareness into the present moment without judgment or reaction. Through yogic science, workshop, a variety of yoga sessions and healthy nutrition choices, the mind, body and soul will balance.

- **Rest - The Sleep Well Wellness Retreat**
Improve your sleep habits with this wellness programme that includes consultations with Naturopathic Doctor and other wellness experts, personalised meal plans, meditation sessions, exercises and special in-room setups and amenities.

— *Lifestyle Consultants*

- **Life Coaches**
Life Coaches address specific conditions and transitions in personal life, relationships or profession to discover obstacles or challenges and advise a course of action to achieve personal success.
- **NLP and EFT Coaches**
Every NLP (Neuro Linguistic Programming) or EFT (Emotional Freedom Techniques) practitioner is trained to work in basic coaching, assisting with weight loss, smoking cessation, hypnosis, phobia removal, mild mental health issues, stress, anxiety and performance enhancement.
- **Health and Nutrition Coaches**
Learn to eat with joy, flexibility and balance. Health and Nutrition Coaches focus on the nutrients and healthfulness that foods bring, exploring positive and realistic approaches to healthy eating.



— *Rayya Kids' Club*

An educational and exciting environment, supervised by certified caregivers, that will keep children aged 4-12 years entertained throughout the day.

- Fit Zone
- Creativity Zone
- Engaging workshops and other kids' activities
- Fun summer camps
- Childcare

— *Rayya Spa*

The Rayya Spa offers an enticing selection of relaxation journeys, including signature Rayya Spa treatments, massages and facials, as well as a variety of specialty wellness treatments.

- Indoor and outdoor treatment rooms
- Hammam
- Steam and dry saunas
- Spa products using organic, natural ingredients
- Ladies and gents grooming atelier
- A wide selection of treatments, including
 - Internal and external detoxification programs
 - Weight loss and weight gain
 - Anti-aging treatments
 - Liquid nitrogen cryo-therapy
- Ayurveda
- Oxygen infused relaxation rooms

— *Rayya Recreation*

The Retreat Palm Dubai MGallery by Sofitel has a wide variety of leisure activities to help guests unwind, soak up the sun and stay refreshed and energized, and enjoy the perfect, relaxing holiday.

- Beach Club
- Infinity pool
- Jacuzzi
- Relaxation rooms
- Acupressure stone walk
- Comfortable air conditioned pool cabanas
- Water sports
- Tennis Club

— *Rayya Fitness*

With a range of state-of-the-art facilities, personal training packages and classes by professional instructors, Rayya Fitness provides everything guests require to maintain their fitness during their stay.

- Health Club
- Ladies only gym
- Mixed gym
- Personal training
- Membership
- Scheduled classes
- Fitness nutrition

— *Rayya Nutri*

An exotic range of pure natural ingredients blended to fuel the body, energise the mind and awaken the senses. Each of the recipes are handcrafted by in-house wellness specialists, all created to invoke the balance of acidity and alkalinity to ensure gut health and support detoxification.

- Combination of cold-pressed juices, smoothies and fresh juices
- Juice detox cleanse programmes
- Natural and fresh ingredients, as well as superfoods
- Consultation with Health & Nutrition Coach
- Customised packages

— *Rayya Talks*

Founded under the umbrella of Rayya Wellness, Rayya Talks feature internationally renowned life coaches, international transformative leaders and pioneer keynote speakers who take a scientific evidence-based approach.

- Bimonthly workshops and seminars
- Renowned regional and international speakers
- Visiting masters
- Topics are ranging from health, wealth & prosperity, happiness & relationships.