Wellness traditions have been conceived and passed on for centuries in various parts of the world, with finding and maintaining an equilibrium as one of the key principles. Our core philosophy is to balance mind, body, and spirit through our six pillars inspired by indigenous practices. We bring wellness to the forefront and make people realise that it is not just a quick fix. Wellness is a way of life. It is something you have to commit to without even thinking. And it must be sustained. In the words of our founder, Boonchu Rojanastien, ‘Above all, enjoy your life.’

Krip Rojanastien
CEO and Chairman
Chiva-Som International Health Resorts
Take a moment to see the world as it is. Lose the chaos and the everyday stresses. Turn down the volume on the noise and life’s constant requests for your attention. What you will be left with is nature and all that it holds to bring a renewed sense of living to your spirit.

Zulal Wellness Resort by Chiva-Som is a sanctuary dedicated to the power of nature, harnessing its beauty, its strengths, and its resources to revive the human body, mind and spirit, bringing back natural energy to where it belongs.

Welcome to Zulal.
Located at the northernmost tip of the Qatari peninsula, Zulal transports you away from the hustle and bustle of your busy life to a place where our history and heritage of natural medicine thrive. Going back centuries in order to tap into traditional Arabic medicinal discoveries our ancestors made to improve our health, Zulal seeks to present an inspired and holistic wellness approach that revolves around you, your personal health and mindfulness.

With its exclusive coastal location that is conveniently secluded and yet conveniently accessible, Zulal transports you to a universe of its own. The transition from the metropolis of Doha into the silence and serenity of Khasooma is healing in itself. The slow absorption into nature is completed once you reach the gates of Zulal, blissfully disconnecting from the constant distractions of modern life.
Generation after generation, we have evolved and created new technologies, solutions and inventions that have benefited humanity as a whole. However, in the cloud of innovation, we have come to overlook the real power of the discoveries that were made centuries ago.

At Zulal Wellness Resort, we dedicate ourselves day after day to the endless benefits of Traditional Arabic Islamic Medicine, known as TAIM. Practiced by our ancestors before us, the philosophies behind Traditional Arabic Islamic Medicine stay true to the human spirit, reconnecting our souls back to the earth and what it can offer us.

Traditional Arabic Islamic Medicine is our unique wellness principle that includes therapies derived from traditional Arabic medicine yet adapted to modern presentation and application. The Zulal approach to Traditional Arabic Islamic Medicine restores and balances the foundational elements of health through nutrition, physical therapies, fitness, mental health, digestive therapies and an overall nurturing of the human spirit.

Our signature therapies integrate bespoke herbal products made with indigenous herbs and plants and inspired by the principles of traditional Arabic medicine. While we at Zulal look into a prosperous and sustainable future, a deep respect for the Qatari culture, customs and traditions is ingrained in everything we do.

THE PAST IS A TREASURE TROVE, ALL ONE NEEDS TO DO IS LOOK BACK
The Middle East’s first full-immersion wellness resort is a haven, surrounded by gentle waves of the Arabian Gulf and serenely caressed by sweet desert breezes. Once you arrive, it becomes clear life is meant to always be this way.

With over 280,000 square meters dedicated to improving and celebrating your health the resort caters to all kinds of travellers whether they be alone, a couple, a family or a group of friends.

**WELLNESS IS FOR EVERYONE**

**ZULAL SERENITY**

Dedicated to guests over the age of 16, Zulal Serenity spans over 60 rooms and suites. Designed for a private and calm experience that allows for self-reflection, self-improvement and to provide knowledge and form habits that will last a lifetime.

**ZULAL DISCOVERY**

With over 120 rooms and suites, Zulal Discovery is purposefully designed with families in mind. Tailor-made programmes and dedicated facilities encourage parents and children of all ages to realign their daily habits and embrace a healthier lifestyle, together.
Resort Facilities

Indulge in the extensive offering of our signature amenities and recreational activities amid an environment created to help you relax and rejuvenate. Guests have access to the following experiences to enrich and add to their stay at the resort:

**Zulal Serenity**
- Al Sidr
- House of Wisdom (welcome area)
- Tea House
- Barber and hair salon
- Crispa Boutique (spa retail)

**Zulal Discovery**
- Aizoon
- Casuarina
- Kenar
- Malbu
- Saffron (demo kitchen)
- Eshar Ballroom with 2 connected pre-function areas
- Wadina meeting room with waiting area
- Spa lagoon for mind relaxation
- Swimmable lagoon
- Family outdoor swimming pool

**Resort-Wide**
- Prayer rooms
- Private parking
- Secluded beach area*
- Zulal Souk
- Themed gardens: Nourishment, Understanding, Wellbeing, Essence and Contemplation

* Please note that occasionally owing to the low tide, it will not be possible for guests to swim at the beach. We apologize in advance for any inconvenience caused.
A room with a view. A suite with a life. A place to call home, even if only for a while. Every residence at Zulal Wellness Resort invites you to rest your head, refresh your spirit and redefine what it means to be alive.

EVERY MOMENT HAS ITS PLACE AND EVERY PLACE ITS MOMENTS
Zulal Serenity focuses on guests who require a contemporary and private way to shed all the stresses of life. Away from mobile phones, laptops and all the other distractions of the modern world, Zulal Serenity is a pure escape from the constant noise of your everyday life and an invitation to indulge in unique wellness techniques inspired by local and regional traditions.
SERENITY GRAND DELUXE ROOM
With the lagoon as your neighbour, enjoy the comfort of the Grand Deluxe room, whether sleeping in your king-sized bed, enjoying an afternoon tea on your private terrace or taking a dip in your private plunge pool.

SERENITY JUNIOR SUITE
The perfect balance between comfort, sumptuousness and space, the Junior Suite offers a king-sized bed, reclining area, dressing area and a private balcony.

SHINAN SUITE
Privacy and recreation reign supreme at the Shinan Suite, giving you the discretion of two bedrooms, with en-suite bathrooms, as well as your own sauna, swimming pool, gardens and living areas.

ZULAL ROYAL SUITE
The ultimate residence at Zulal is a place to call heaven. A true home of three bedrooms, with en-suite bathrooms, and private terraces that overlook the beach. Take a dip in your private plunge pool or swimming pool. Take a walk in a garden all to yourself. Relax in your sauna and steam rooms. Disconnect in the warm waters of your deep soaking bathtub. With a walk-in closet and sprawling living spaces, the Royal Suite truly lives up to its name.
Zulal Discovery emphasizes the holistic approach to wellness for families with children of all ages. With meaningful activities, designed to be family-centric. The experience allows all members to explore different aspects of wellbeing, helping them take care of their own health, forge better relationships with each other and the environment.
DISCOVERY SUPERIOR ROOM
Luxury in its purest form, enjoy an immediate connection to the Zulal experience from the ground and first floors of the resort.

DISCOVERY DELUXE ROOM
Enjoy lagoon views from inside your luxurious room, complete with a king-size bed, or two twin beds, making it a perfect space for two.

DISCOVERY DELUXE SEA VIEW ROOM
Wake up to a stunning view of the beach from the ultimate comfort of your king-size bed in a room that defines taste and luxury.

DISCOVERY JUNIOR SUITE
The perfect balance between comfort and sumptuousness, the Junior Suite offers a king-sized bed, reclining area, dressing area and a private balcony.

DISCOVERY EXECUTIVE SUITE
Spacious and grand, the Executive Suite offers couples a place to live, relax and re-energise in a suite including a bedroom, living space, dressing area and bathroom.
WHERE NATURE EMBRACES YOUR BODY,
NURTURES YOUR MIND,
AND ENRICHES YOUR SPIRIT
Our wellness philosophy, founded on the six pillars of health – fitness, physiotherapy, spa, holistic health, aesthetic beauty, and nutrition – is supported by our environment, services and expertly trained personal wellness consultants.

The Zulal Wellness Resort team helps guide guests along their wellness journeys, so that every single guest will be able to sustain a healthy lifestyle beyond the visit. It is this highly personalised approach that is the cornerstone of Chiva-Som’s wellbeing philosophy.

**HEALTH AND WELLNESS FACILITIES**

- 2 VIP treatment villas in Serenity
- 2 Hydrotherapy treatment rooms
  - 1 male and 1 female in Serenity
- 4 Family treatment rooms in Discovery
- 5 Consultation rooms
- 6 Physiotherapy rooms
- 3 First-aid rooms
- 2 Ayurvedic rooms in Serenity
- Naturopath and nutrition consultation rooms
- Child development consultation room
- 3 Thai massage rooms in Serenity
- 4 Steam rooms
  - 1 male and 1 female in Serenity and 1 male and 1 female in Discovery
- 4 Saunas
  - 1 male and 1 female in Serenity and 1 male and 1 female in Discovery
- 3 Fully equipped gymnasiums
  - Mixed (male/female) in Serenity and 1 male and 1 female in Discovery
- 4 Relaxation areas
  - 1 male and 1 female in Serenity and 1 male and 1 female in Discovery
- 1 Pharmacy
- Aesthetic Centre
  - 1 Dermatologist consultation rooms
  - 3 Aesthetic treatment rooms
  - 1 Skin analysis room
  - 1 Nurse room
- Fitness Pavilion
  - 1 Fitness consultation/assessment room
  - 1 Diagnostic assessment room
  - 1 Watsu pool
  - 1 Group movement studio
  - 1 Private studio
  - 1 Yoga studio
  - 1 Pilates studio
  - Mixed gym (main gym)
- Thermal Facilities
  - 2 Hammams – 1 male and 1 female
  - 2 Salt cave – 1 male and 1 female
  - 2 Arctic rooms – 1 male and 1 female
  - 4 Steam rooms – 1 male and 1 female in Serenity and 1 male and 1 female in Discovery
- Aesthetic Centre
  - VIP waiting area
  - 1 Dermatologist consultation rooms
  - 3 Aesthetic treatment rooms
  - 1 Skin analysis room
  - 1 Nurse room
- Fitness Pavilion
  - 1 Fitness consultation/assessment room
  - 1 Diagnostic assessment room
  - 1 Watsu pool
  - 1 Group movement studio
  - 1 Private studio
  - 1 Yoga studio
  - 1 Pilates studio
  - Mixed gym (main gym)
- Thermal Facilities
  - 2 Hammams – 1 male and 1 female
  - 2 Salt cave – 1 male and 1 female
  - 2 Arctic rooms – 1 male and 1 female
  - 4 Steam rooms – 1 male and 1 female in Serenity and 1 male and 1 female in Discovery
- 4 Saunas – 1 male and 1 female in Serenity and 1 male and 1 female in Discovery
- 3 Experience showers – 1 male and 2 female in Serenity
- 2 Indoor plunge pools – 1 male and 1 female
- 4 Mineral baths – 2 male and 2 female
- 4 Relaxation lounges – 1 male and 1 female in Serenity and 1 male and 1 female in Discovery
- 2 Outdoor pools with relaxation lounge in Serenity

* All pools are temperature controlled (Discovery and Serenity)
At the very heart of Zulal Wellness Resort is the Health & Wellness Centre. Dedicated to practices inspired by Traditional Arabic Islamic Medicine, the Health & Wellness Centre at Zulal offers its guests a fully immersive experience that is built on our six pillars of Health, Spa, Physiology, Holistic Health, Nutrition, Fitness, and Aesthetic Beauty are brought together within a relaxing environment and guided by our expert personal wellness consultants, who work closely with each guest to help them achieve their health objectives as well as how to sustain them for life. Our intimately personal method is the foundation of the Chiva-Som approach to overall wellbeing.

Our 62 treatment rooms are sanctuaries within themselves, each dedicated to creating an overall sense of relaxation. The Zulal wellness experience is unparalleled by another other. Whether you are looking to relax, detox, or reinvigorate, our team of specialists will take you on a personal health journey with a unimaginable destination.
Our inherent philosophy is a main ingredient that finds its way into every culinary experience at Zulal. We pride ourselves on creating a mouth-watering gastronomical journey at every meal, offering our guests choices created from locally sourced fresh produce that define the Zulal way of life.

We believe that eating healthy, organic and well-balanced meals are the sustenance we need to empower a wholesome lifestyle, allowing for a longer and happier life.

From casual dining and beach side cafes to more formal dining options, the Zulal dining experience defines what it means to eat well.

FEED YOUR BODY AND YOUR SOUL WILL FOLLOW
AIZOON

Aizoon is the all-day-dining buffet restaurant on the Zulal Discovery. Enjoy a unique and healthy buffet for Breakfast, Lunch or Dinner that offers a wide selection of delicious options for all eating plans. They include local Arabic signature dishes with hot and cold options. This restaurant specialises in delicious and healthy choices for children to enjoy. Aizoon also caters for guests on the Portion Meal and the Gut Healing Programmes.

Portion Meal Programme  Families  Gut Healing Programme
(Breakfast / Lunch / Dinner)

AL SIDR

Al Sidr is located on the Zulal Serenity. Enjoy the enticing experience of an international culinary journey. Start your day with a healthy breakfast and experience the lunch and dinner seasonal menu, while taking advantage of the organic vigorous and wide beverage selection.

Portion Meal Programme  International Theme Nights  Gut Healing Programme

CASUARINA

Casuarina is located in the Zulal Discovery and considered as the perfect spot for a late breakfast or afternoon bite whilst enjoying the view of the lagoon. It offers a selection of health boosters and refreshing beverages such as smoothies, fresh juices and a various selection of teas and coffee. Whilst enjoying the view you can experience the organic salads and the home-made sugar, gluten and dairy free pastries and ice cream.

(Late Breakfast / Mid-Afternoon Meal / Take away)
**MALBU**

Malbu is the outdoor beach restaurant located on the Zulal Discovery. It offers modern, organic, and tropical mocktails accompanied by a Mediterranean mouth-watering menu whilst facing the Arabian Gulf. To enhance your eating experience, you can watch your Chef grilling the catch of the day choice at the live station. You can also build your own salad with a variety of fresh, seasonal and local ingredients.

Lunch  Mid-Afternoon Meal

**KENAR**

Kenar offers a unique culinary experience inspired by Michelin restaurants around the world. It is located on the Zulal Discovery. Experience the Five Signature Journeys created by our Chef with the exactitude and precision of Michelin level dishes. Fine dining is beautifully merged with our Health and Wellness philosophy creating a truly unique dining experience. Complete your dining journey at Kenar by experiencing our home-made vegan cheese and organic medicinal herbal teas.

Fine Dining  Dinner Only

**HOUSE OF WISDOM**

Transport yourself into the ancient library exploring health, philosophy and science. The unique and relaxing atmosphere at the House of Wisdom situated on the ground level of Zulal Serenity lobby is where your journey into to the Health and Wellness world begins. Upon arrival our professional Tea master will greet you with a bespoke tea ceremony serving you with our Zulal signature tea. Discover our Tea House with a selection of 120 organic, herbal and medicinal loose teas or our Apothecary with medicinal Herbs to take home.

Relaxation  Tea Ritual  Medicinal Teas
FOR THE MEETING OF MINDS, OR THE MEETING OF HEARTS

ESHAR BALLROOM AND WADINA MEETING ROOM

Eshar is a multi-functional ballroom that can be separated into two sections with soundproofed partitions that can accommodate conferences, corporate meetings and gala dinners. It can accommodate up to 130 seated guests and up to 220 standing guests.

Wadina is our luxurious meeting room that offers the comfort and privacy of a fully equipped conference centre which can accommodate up to 14 guests.

ENTERTAINMENT AND SPECIAL FEATURES

OPEN-AIR CINEMA

Our Open-Air Cinema is an enhanced outdoor version of a traditional cinema located on the beach of Zulal. Choose your sunbed, lie back and be served our nutritious Z-snacks and healthy beverages throughout the film. Share the memorable experience with your family or your beloved ones under a sky full of stars.

Evening  Z-Snac  Open Air

FIRE PIT DINNER

A unique journey where you can disconnect yourself from your daily routine whilst under a sky full of stars. Reconnect with your mind, soul, and body around the light, sound, and warmth of a camp-fire whilst enjoying healthy food being cooked in front of you. The fire pits are located on the seaside on the Discovery part of the Resort. For any guest looking to experience the health and wellness side of a BBQ.

Outside  Evening Only  All Guests
Personalised touches and warm hospitality by a team of professional, knowledgeable staff trained to assist guests in planning and delivering a memorable event of the highest standards from weddings to corporate events. A variety of banquet areas to accommodate special occasions, corporate meetings and the most intimate celebrations.

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<th>SEATING STYLE</th>
<th>FLOOR AREA</th>
<th>LENGTH</th>
<th>WIDTH</th>
<th>CEILING HEIGHT</th>
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<th>MAX CAPACITY (FULL)</th>
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RESORT LOCATION

Museum of Islamic Art

124 km via Al Shamal Road
Approx. 90 min