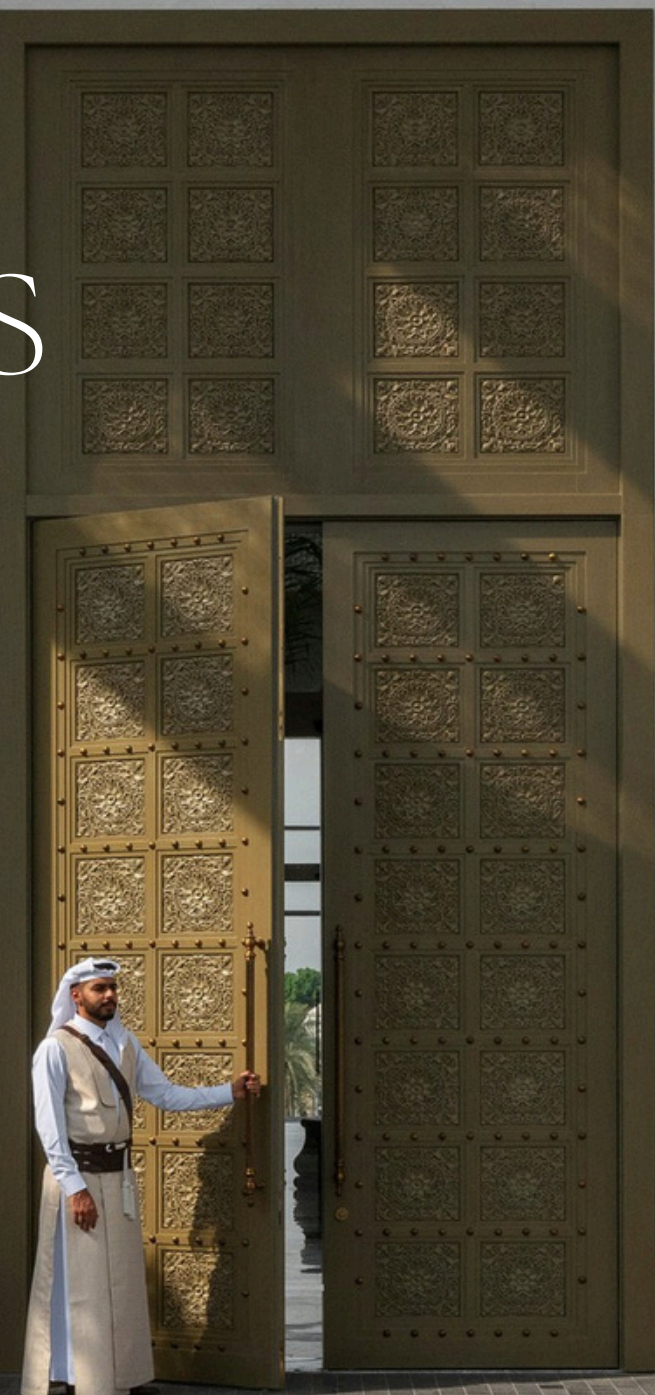




RAFFLES
AL AREEN PALACE BAHRAIN

SPA & WELLNESS *Retreat* PACKAGES



AN ATMOSPHERE *of refined* TRANQUILITY

Raffles Al Areen Palace Bahrain opened in December 2023 as Bahrain's first and only all-villa property. A private sanctuary set on the 'island of a million palm trees', this captivating resort offers both escape from the fast-paced modern world and connection with an unexplored part of the Middle East. Cocooned by lush tropical gardens, 78 elegantly landscaped private pool villas are both spacious and intimate, designed with subtle Arabesque detailing and enhanced by private pools and all the convenience of modern technology.





SPA & Wellness

Embark on a transformative journey that seamlessly blends longevity and timeless wellness at our exquisite spa villa nestled within the tranquil enclave of Raffles Al Areen Palace Bahrain. This distinctive haven of glamour promises an unparalleled, personalized experience, curated to be a bespoke wellness journey.

In collaboration with Dr. Burgener Switzerland, a distinguished luxury skincare brand dedicated to responsible beauty and Swiss quality care, we bring you advanced skin analysis and technology, ensuring tailor-made treatments that cater to your individual needs. From rejuvenating facials to holistic body therapies, every facet of the wellness experience is meticulously crafted to harmonize relaxation, rejuvenation, and inner balance.



DESIGNED RETREAT PROGRAM BY DR. BURGNER

Dr. Burgener Switzerland, founded in 1995 by Dr. Pauline Burgener, is a luxury skincare brand that fuses holistic health with advanced technology and nature's power. Known for its commitment to responsible beauty, the brand offers personalized skincare inspired by Bahrain's pearls and specially designed retreat programs to meet individual wellness goals.

Experience a transformative cure that combines cutting-edge anti-aging technologies with nutritional science to purify and cleanse your body. This tailor-made program detoxifies, reduces oxidative stress, and boosts your natural immunity.

LUXURY RETREAT

Escape 2 days

Immerse yourself in a transformative wellness journey with our Detox Wellness Retreat Package. Over the course of 2 days and 2 nights, this holistic retreat provides a comprehensive approach to cleansing and revitalizing your body and mind.

INCLUSIONS:

Day 1 (5.5 hours)

- Full Health Assessment Private Coaching Sessions
- Detox Program
- Wellness Activities
- Anti-aging Body Ritual with Pearls of Grapes 120 mins

Day 2 (4.5 hours)

- Private Coaching Sessions
- Detox Program
- Wellness Activities
- Repairing with Gold and Green caviar

All prices are exclusive of taxes.
Price BHD 175
Price BHD 395 inclusive 1-night stay
Add on 320 BHD for Hair Analysis.





LUXURY DETOX

Retreat 3 days

Rejuvenate and recharge with this luxurious retreat package. the package includes comprehensive wellness offerings to help you reset and revitalize.

INCLUSIONS:

Day 1 (5.5 Hours)

- Full Health Assessment Private Coaching Sessions
- Detox Program
- Wellness Activities
- Detox Swiss Salts and Algae Ritual 120 mins

Day 2 (4.5 Hours)

- Private Coaching Sessions
- Detox Program
- Wellness Activities
- Lifting And Firming Collagen Facial 90 mins

Day 3 (4.5 Hours)

- Private Coaching Sessions
- Detox Program
- Wellness Activities
- Perfect Legs Treatment 30 mins
- Rejuvenate Hands Treatment 30 min
- Hydra Filler Mask 30 mins

All prices are exclusive of taxes.
Price BHD 225
Price BHD 665 inclusive 2-night stay
Add on 320 BHD for Hair Analysis.

HEALTH & VITALITY

Retreat 5 days

Day 1 (5.5 Hours)

- Full Health Assessment
- Private Coaching Sessions
- Detox Program
- Wellness Activities
- Detox Swiss Salts and Algae Ritual 120 mins

Day 2 (4.5 Hours)

- Private Coaching Sessions
- Detox Program
- Wellness Activities
- Antioxidant Brightening Facial with Pearls of Vitamin C 90 mins

Day 3 (4.5 Hours)

- Private Coaching Sessions
- Detox Program
- Wellness Activities
- Anti-aging Body Ritual with Pearls of Grapes 120 mins

Day 4 (4.5 Hours)

- Private Coaching Sessions
- Detox Program
- Wellness Activities
- Repairing with Gold and Green caviar 90 minutes

Day 5 (4.5 Hours)

- Private Coaching Sessions
- Detox Program
- Wellness Activities
- Perfect Legs Treatment 30 mins
- Rejuvenate Hands Treatment 30 mins
- Hydra Filler Mask 30 mins

All prices are exclusive of taxes.
Price 375
Price 1255 inclusive 4-night stay
Add on 320 BHD for Hair Analysis.





FULL HEALTH ASSESSMENT

Full Health Assessment includes:

- Full body assessment with In-Body Machine from Technogym that will cover Body composition analysis, Obesity evaluation through BMI and Percent Body fat, Segmental lean and fat analysis, Balance evaluation between muscle and fat. Weight control and calories Calorie Expenditure of Exercise, etc.
- Movement assessment to analyse the flexibility of your body.
- Skin analysis with the Beauty Analyzer to measure the level of Hydration, Sebum and the pigmentation using Beauty Analyser Machine by Dr Burgener Movement assessment.



HAIR ANALYSIS BY DR.BURGNER

The Hair Analysis measures excess heavy metals and deficiencies in minerals and trace elements. To provide you with the highest quality results, we send your hair sample to the Dr. Burgener lab in Switzerland for analysis.

Below is a list of our exceptional nutritional supplements designed to support your wellness.

Phyto-Detox Nutritional Supplement (Flasks)

This mix of 100% organic plant extracts, when taken daily in a glass of water, will deeply detoxify and purify your body. Horehound supports normal liver function, chicory promotes liver health, turmeric aids in better digestion of fats, and rosemary enhances biliary and liver drainage.

Oligo Antioxidant Nutritional Supplement (Capsules)

Taking 2 capsules daily provides borage oil rich in gamma-linolenic acid, along with vitamins C, B2, and selenium, which help preserve cells against oxidative stress, maintain skin suppleness, and protect the cutaneous barrier.

Customized Nutritional Supplements

These supplements are designed to balance deficiencies and reduce heavy metals in your body. They will be shipped to the your chosen address within 10 business days.

DETOX PROGRAM

Detox Program engages a personalized nutritious detox meals and herbal teas designed by Dr Burgener Nutritionist based on individual guest result in our hotel premises. Each meal is meticulously designed to meet your specific calorie and protein requirements complemented by detox juices and herbal teas for an added wellness boost.





WELLNESS ACTIVITIES

Wellness Activities participates in group class activities such as:

- Zumba
- Step aerobics
- Water Aerobic
- Hatha Yoga
- Meditation
- Breathing exercises
- Sound healing therapy



Add-on- Experience ACTIVITIES

Enhance the unique experience to be schedule daily based on guest program & request as:

- Hair analysis
- Private Nutritionist
- Nutrition cooking class
- Spa services : Personalized Massage, Manicure & Pedicure, etc
- Aerial Yoga
- Watsu therapy
- Japanese Tea Immersion with tea master
- Beverage Special packages Upsell & class Healthy Mocktail, etc
- Bike or Running experience tour
- Spinning bike, Tennis & Squash private coaching

WITH ADDITIONAL CHARGE



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Thankyou