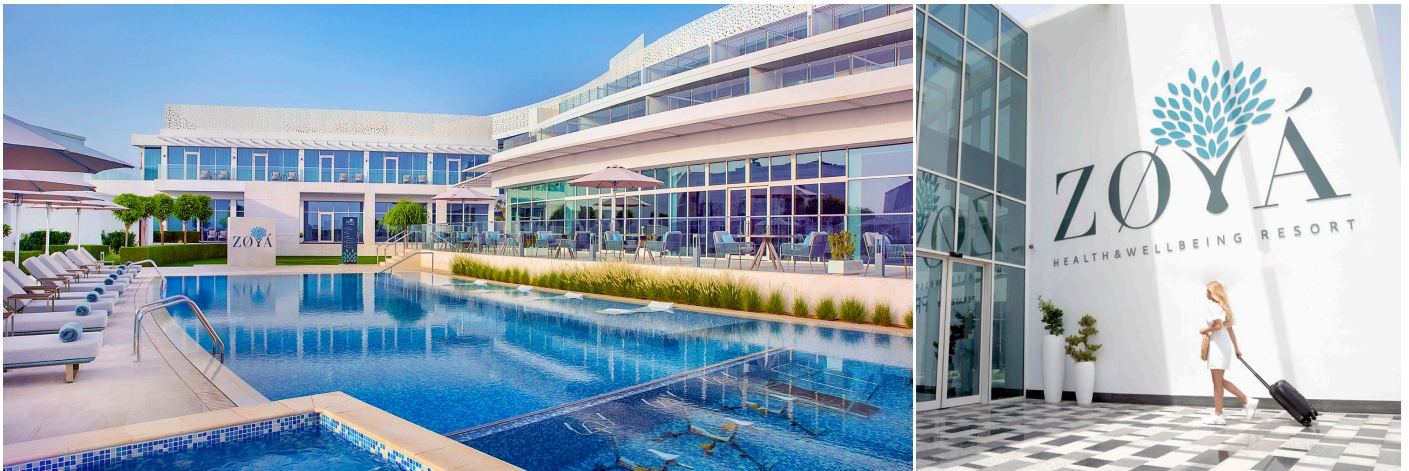




Fact Sheet





UAE'S FIRST-OF-ITS-KIND ZOYA HEALTH & WELLBEING RESORT

At ZOYA, we combine unique cutting-edge medical science, physiotherapy, first-rate nutrition, and the latest advances in aesthetics to nourish your body and invigorate the mind.

Our methods are integrative and holistic, with a range of treatments coming together to create customized wellbeing retreat journeys. With the guidance and expertise of medical and health professionals, each retreat programme is customised after conducting a full assessment for the specific needs and lifestyle of every guest.

Treatments & Services

HEALTH OPTIMIZATION

Holistic GP
Integrative Medicine
IV Drips Infusions
Natural Supplements
Diagnostics
Colonics
Ozone Sauna
Cryo Cabin
Oxygen Therapy

SPA & WELLNESS

1500 sq.m Spa
11 Private Treatment Rooms
Hydrotherapy
Infrared Sauna
Finnish Sauna
Vichy Shower
Turkish Hammam
Private Scrub Room
Steam Bath
Cold/Warm Indoor Pools
Ladies, Men & Couple Private Areas
Facial, Body & Beauty Treatments

FITNESS & RECREATION

Medical Gym
Fitness Classes
Outdoor Pool & Aqua Gym
Personal Trainer Sessions
Yoga & Sound Healing
Hiking & Biking Trails
Lectures & Screenings
Daily Wellness Workshops

PHYSIOTHERAPY

Exercise Therapy
Manual Therapy
Electro Therapy
Ultrasound Therapy
Cryo Therapy
4D Spinal Analysis
Strength Analysis
Physio Water Floating Bed
Pedo Scan
Anti-Gravity Threadmill
Muscle Toning & Shaping
Sports Physical Therapy
Lymphatic Drainage
Shockwave Therapy
LED (Red Light Therapy)

AESTHETIC & ANTI-AGEING

Dermatology
Laser Treatments & Resurfacing
Non-Invasive Face Lifting
Body Contouring
Fillers & Botox
Peeling, Skin Needling, PRP
Mesotherapies
SPM® Skin Care
Hydrfacial
Skin Analysis

DETOX & WEIGHT CONTROL

Detox & Cleansing
Juicing
Calorie Control Meal Plans
Therapeutic Fasting
Organic Supplements

RESTAURANTS & BARS

Pescatarian & Vegan Food
Wellness Juice Bar

DIRECTIONS

Sharjah Airport 25 minutes away
Dubai Airport 35 minutes away

GENERAL INFORMATION

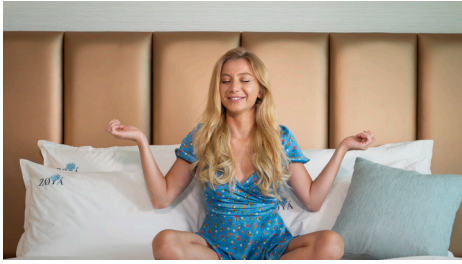
Currency : AED
Time Zone : +4 GST
Self Parking
Wi-Fi Internet Access
Laundry Service
Non-Smoking Resort
24-hours Concierge Services
Airport Transfer Service (Charged)
Daylight Meeting Room (15-30 persons)

DESTINATION

Nestled within a prime location at Al Zorah.

Occupying some 5.4M sq.m of lush coastal land, the lagoons and mangrove forests are home to an astonishing variety of native marine and plant life, and also shelter flocks of resident and migratory birds.

Retreats



Signature Program



Weight Management



Detox & Gut Health



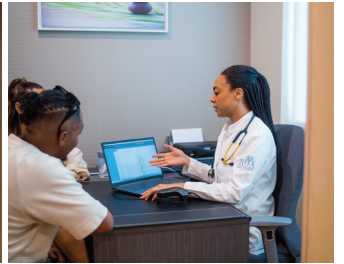
Physiotherapy & Rehabilitation



Anti-Aging & Rejuvenation

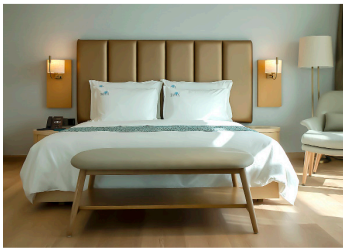


Wellcation



Holistic Package

Rooms & Suites



Premium Room



Superior Room



Deluxe Suite



Royal Suite

Our Rooms Feature Views of Natural Preserved Mangrove Forest, Pool and Golf Course.

GUEST ROOM FEATURES

- Mini Bar
- Smart TV
- In-Room Safe
- Hair Dryer
- Bathrobe & Slippers
- Walk-in Showers
- Complimentary Wi-Fi
- Non-smoking Rooms

ROOM TYPE	FLOOR AREA in sqm
Premium Room	28-38
Superior Room	45
Deluxe Suite	52
Royal Suite	109

Facilities



ZOYA Health & Wellbeing Resort

Al Zorah, Ajman, United Arab Emirates
T: +971 6 557 6555 | E: info@zoyawellbeing.com
[f](#) [@](#) [in](#) /zoyawellbeing | zoyawellbeing.com