

HEALTH & WELLNESS

الرحلات السياحية

the travel collection



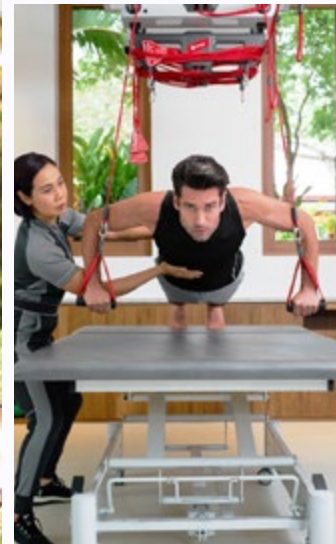


**Chiva-Som**  
*Hua Hin - Thailand*

—  
ART OF DETOX  
FITNESS  
SUSTAINABLE WEIGHT MANAGEMENT

- A holistic approach to health and wellness that combines Western practices and Eastern philosophies to provide guests transformation through a personalised wellness experience.
- Programmes are based on Chiva-Som's six modalities: Physiotherapy, Holistic Health, Nutrition, Fitness, Spa and Aesthetic Beauty.
- Chiva-Som's Organic Gardens are at the heart of the wellness cuisine and their dedicated team serves you the most delicious and healthy dishes possible.

Reservations: [reservations@chivasom.com](mailto:reservations@chivasom.com)  
Tel: +66 325 36536  
Website: [www.chivasom.com](http://www.chivasom.com)





**Ananda in the Himalayas**  
*Overlooking Rishikesh, India*

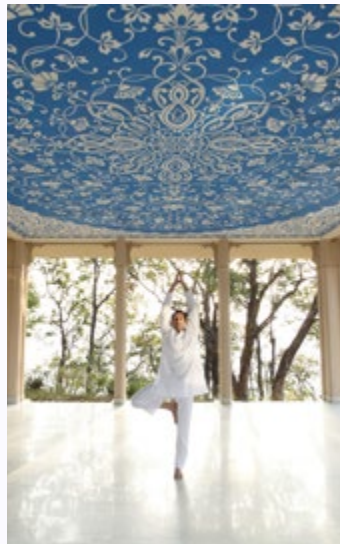
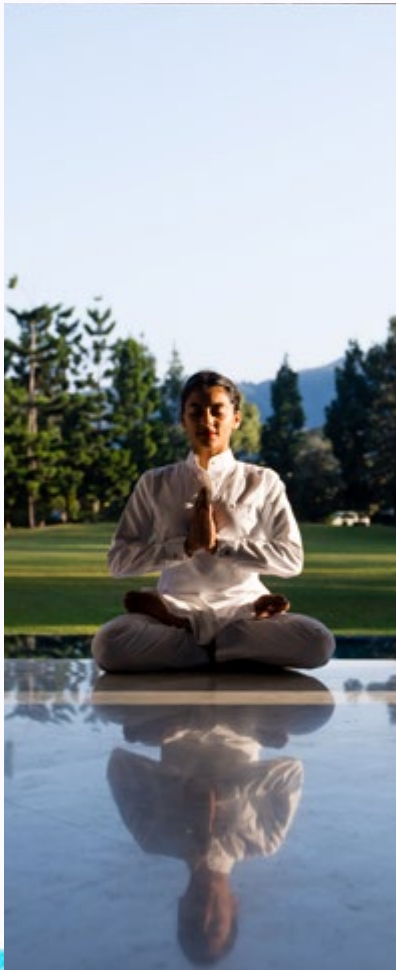
—  
 DETOX  
 AYURVEDIC REJUVENATION  
 YOGA

- Ananda's wellness programmes follow a holistic approach towards achieving the best results in an uplifting and nurturing atmosphere guided by their team of experts.
- These customised programmes integrate Ayurveda, Traditional Chinese Medicine , Yoga, Meditation and Vedanta, with emotional healing experiences, bespoke international therapies , fitness and healthy cuisine to restore balance and harmony.
- Located on a 100-acre Maharaja's Palace Estate, Ananda is surrounded by the graceful Sal forest, overlooking the spiritual town of Rishikesh and the Ganges river valley, making it a nurturing cocoon of eternal wellbeing.

*Reservations: [reservations@anandaspa.com](mailto:reservations@anandaspa.com)*

*Tel: +91 116 1210000*

*Website: [www.anandaspa.com](http://www.anandaspa.com)*







**Palace Merano**  
*Merano, Italy*

—  
REVITAL DETOX FOR LONGEVITY  
DETOX REVITAL & SPORT  
REVITAL SLOW AGEING FACE OR BODY

- Programmes available starting from 3 days.
- Situated in northern Italy's picturesque South Tyrol region, Palace Merano has a strong reputation for being the best place for a full-on detox.
- State-of-the-art facilities and an expert medical team, we will give your overall health and wellbeing a serious boost.
- On arrival, a vigorous assessment is done of Tests of your blood, toxin, urine, your physical structure and bone density will be analysed and a bio-energetic check-up will determine the energy flow around the body.
- Personalised programme will be prescribed that may include massages, cellular resonance treatments and hydro-aromatherapy sessions.



Reservations: [reservations@palace.it](mailto:reservations@palace.it)  
Tel: +39 0473 271000  
Website: [www.palace.it](http://www.palace.it)





**Zulal Wellness Resort by Chiva-Som**  
*Al Ruwais, Qatar*

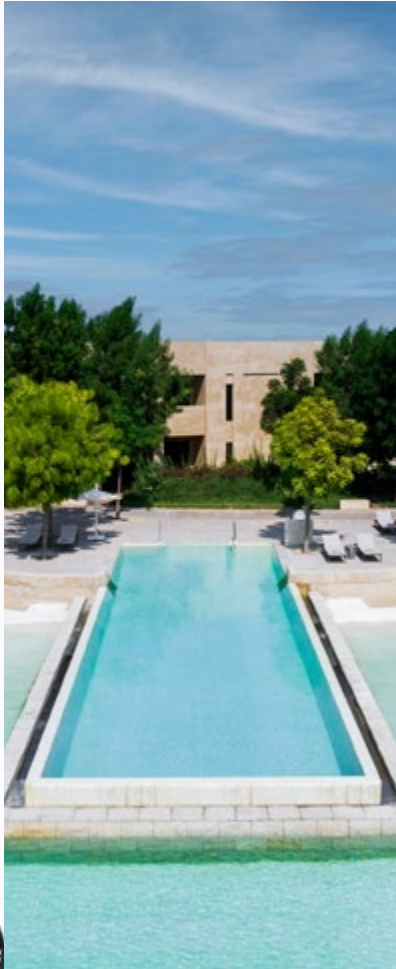
—  
SUSTAINABLE WEIGHT LOSS  
OPTIMAL PHYSIO-FIT  
FAMILY BONDING

- The Middle East's first and largest immersive wellness destination offering holistic experiences across the six modalities of Physiotherapy, Holistic Health, Nutrition, Fitness, Spa and Aesthetic Beauty.
- Zulal is inspired by the Arabic word for 'pure natural water' and is the first wellness resort in the world to blend the holistic wisdom of Traditional Arabic and Islamic Medicine (TAIM) with modern therapies and health practices.
- Aiming to inspire positive and sustainable lifestyle change, Zulal offers two distinct wellness experiences. Zulal Serenity is a child-free oasis, while Zulal Discovery welcomes guests of all ages, particularly families.

Reservations: [reservations@zulal.com](mailto:reservations@zulal.com)

Tel: +974 4477 6500

Website: [www.zulal.com](http://www.zulal.com)







**Breidenbacher Hof**  
*Düsseldorf, Germany*

**MEDICAL**  
**WELL-BEING MEETS URBAN TIMEOUT**

- Located at Düsseldorf's famous Königsallee, the hotel is right in the heart of the city.
- The Preventicum Clinic offers medical services in the fields of preventative care, metabolic balance and cardiology and can be directly accessed from inside the hotel. Guests enjoy the hotel services during their treatments.
- Work out in our state-of-the-art fitness suite, together with their indoor pool, steam bath, and Finnish saunas.

Reservations: [reservations@breidenbacherhof.com](mailto:reservations@breidenbacherhof.com)  
 Tel: +49 211 160 90 909  
 Website: [www.breidenbacherhof.com](http://www.breidenbacherhof.com)





**Favourite Kerala Ayurveda & Spa  
by The Leela Raviz Kovalam  
Kerala, India**

“IMMERSE YOURSELF IN EXPERIENTIAL BLISS”  
DISCOVER SERENITY IN THE LAND OF  
AYURVEDA & YOGA

- 5 Star Luxury Resort situated on Kovalam Beach, built on a cliff overlooking the Arabian Sea. Sophisticated Wellness sanctuary aiming health in totality.
- Authentic Ayurvedic treatment programmes integrate Panchakarma, Body Purification, Rejuvenation, Kalari, Marmma, Yoga, Meditation and personalized healthy diet.
- Green Leaf Certified Ayurveda Centre by Govt. of Kerala offers long stay customized treatment packages for Lifestyle (De-stress, Rejuvenation, Beauty and Skin Care, Elderly Care and Teen Care), Wellness (Detox, Weight Loss, Anti-Ageing and Therapeutic treatments for specific ailments (Spine and Neck, Arthritis, Psoriasis, Back Pain and Degenerative conditions)
- Healthy weight loss, better Pain management, balanced energy level, increased mental clarity and sleep quality, enhanced immunity and vitality.



Reservations: [ayurveda.kovalam@theleela.com](mailto:ayurveda.kovalam@theleela.com)  
Tel: +91 9388273968  
Website: [www.theleela.com](http://www.theleela.com)





Create your travel  
experience now

now

الترافيل كوليكشن  
the travel collection

WELCOME  
to  
the travel collection

الترافيل كوليكشن  
the travel collection

Tel: +971 50 624 5247

E-mail: [ttc1@thetravelcollection.me](mailto:ttc1@thetravelcollection.me)

Instagram: @ttc\_agent and @thetravelcoll

Website: [www.ttc.ae](http://www.ttc.ae)