



RELAX & REJUVENATE
WELLNESS EXPERIENCE



Situated amidst the splendour of the emirate of Fujairah, the InterContinental Fujairah Resort is a symphony of traditional Arabian architecture and international luxury.

Situated on Fujairah's exquisite Al Aqah Beach and enjoying uninterrupted views over the clear blue waters of the Arabian Sea, our resort is the epitome of luxury and wellness. Only 90 minutes drive from Dubai, our resort is equipped to cater to your every need.

The Relax and Rejuvenate Wellness Experience will help you unwind, recover and reset from the daily stresses of life to a total well-being connection of the mind and body.



A specially curated weekend retreat experience that promotes a sense of calm, health and well-being starting from AED 1,099+++

Our wellness specialists have curated an exceptional retreat experience for your zero-stress getaway. Formulated by in-resort experts in yoga, mindfulness, fitness and skincare you'll leave the weekend replenished and with new levels of vitality.

Our Relax and Rejuvenate Wellness Package includes:

- 2 nights stay in a Classic Garden View room, ocean-facing with a spacious balcony
- Complimentary a la Carte breakfast at Club Intercontinental with lunch & dinner at the award-winning NAMA Global Dining, catered to your dietary requirements
- Sunrise Yoga to start each day
- Meditation sessions to reflect and calm the mind
- 60 minute Signature Spa Treatment at O'Spa by L'Occitane
- Skin consultation with a therapist from O'Spa by L'Occitane
- Cacao cleansing ceremony and bonfire by the beach
- All-day Private Beach and Infinity Pool access



DAY 1

3 PM

Check in and Welcome

Arrive at the resort at your leisure for a personal in-room check-in, refreshments and orientation of the resort.

4 PM

Meet the Chef in the Horizon Lounge & Bar

After check-in meet with our Chef to discuss your culinary requirements for your stay.

5.30 PM

Relaxation Yoga in the O Spa by L'Occitane Spa Garden

Join a relaxation Yin yoga session in our exclusive Spa Garden to unwind from the day under the twilight skies. Suitable for all ages and abilities

8 PM

A wholesome dinner awaits you at NAMA Global Dining catered to your culinary preferences

9:30 PM

Evening Meditation in the O Spa by L'Occitane Spa Garden

This guided evening meditation includes a breathing exercise before sleep, helping you to reflect on your day and cultivates self-compassion in preparation to set intentions and welcome vitality in the days ahead.





DAY 2

6:30 AM

Sunrise Yoga in the O Spa by L'Occitane Spa Garden

Begin the day with a sunrise Yin yoga session to awaken your senses and reconnect your bodies and breath. Suitable for all ages and abilities

8 AM

A hearty and healthy breakfast at Club Café

A relaxing free morning

Head to the beach, or a swim in the infinity pool, or book in your spa treatment.

12 PM

Nourish yourself with a delicious lunch at NAMA Global Dining

Afternoon at leisure to book your Spa Treatment

3 PM

Skincare Experience at O Spa by L'Occitane Spa Garden

Skin and beauty specialists at O Spa by L'Occitane will guide you through an experience filled with exciting skincare tips. We'll get you started with an exclusive L'Occitane hamper and hands-on skincare advice.

7 PM

Finish the day with a buffet dinner at NAMA Global Dining

9:00PM

Cacao Ceremony with Bonfire on the Beach. Meet at DRIFT Seafood Kitchen & Bar

This 30-45 minute ancient Aztec ceremony helps you self-reflect, get clarity, healing and inner processing.

Cacao is packed full of vitamins and minerals and increases blood flow to the brain which helps to strengthen awareness and focus. It helps the body to heal, detoxify and to give your immune system a good boost. Cacao increases the energetic fields of our hearts, and this sacred ritual helps you look inside your soul, and warm up your whole being.

When a group all drinks cacao together, they are shifting their energy into the same frequency - a medicinal and healing experience for your body, mind and spirit.

DAY 3

6:30 AM

Sunrise Yoga in the O Spa by L'Occitane Spa Garden

Clarity, creativity, and peace of mind and body are benefits of a sunrise yoga practice because of fewer distractions prior to starting your day. Suitable for all ages and abilities.

8 AM

Start the day with a healthy breakfast at Club Café

Morning at leisure

12 PM

Conclude your retreat with us with a nutritious lunch at NAMA Global Dining

2 PM

Farewell & Check out





Begin your journey to wellness here.

Relax and Rejuvenate Wellness Experiences are valid for stays on
the following dates:

20th – 22nd March 2023

3rd - 5th April 2023

14th - 16th April 2023

To book this package, contact us on +971 9 209 9999
or reservation.fjrae@ihg.com



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FUJAIRAH RESORT