



Zulal  
Wellness Resort  
by Chiva-Som

# FAMILY WELLNESS BROCHURE





## **RECONNECT. REJUVENATE. REDISCOVER.**

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Discover intergenerational wellness at Zula Wellness Resort – where grandparents, parents and children bond through shared moments of mind, body and soul.

Families choose their focus – mindfulness, vitality or emotional connection – and enjoy curated activities that educate and delight. While little ones explore age-tailored adventures, adults unwind with bespoke consultations and treatments. Together, you will create joyful memories and strengthen bonds that last a lifetime.



# THE ESSENCE OF FAMILY WELLNESS AND TOGETHERNESS

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Our family programmes create a nurturing space for all generations – where shared activities spark connection, cultivate healthy habits and forge lasting memories. At Zulal Wellness Resort, you'll reconnect, rejuvenate and rediscover joy together through experiences that balance mind, body and soul.

## What we offer and why it matters

- **Comprehensive Wellness**

Tailored experiences support physical, emotional and spiritual health for every family member.

- **Deepened Connections**

Thoughtfully designed activities foster unity and strengthen emotional bonds.

- **Lifelong Healthy Habits**

Expert guidance instils nutrition, movement and stress-management practices that endure.

- **Joyful Engagement**

Enriching, fun-filled moments create fond memories and uplift the spirit.

- **Personal & Shared Growth**

Individual goals are pursued within group experiences – helping each member thrive while drawing the family closer.



# ZULA'S KEY PILLARS TOWARDS HEALTHY CHILDHOOD DEVELOPMENT

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Maysam A.K.  
Executive Chef

## CHILD AND FAMILY FOCUSED ACTIVITIES

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- **Child focused:**

Designed for children to actively participate in and benefit from, fostering personal growth and development through engaging, age-appropriate experiences.

- **Family focused:**

These activities encourage families to participate together, enhancing their connection and creating joyful, shared memories. They are flexible and can be developed and adapted to meet the needs of each child and their family.



## DISCOVERY OASIS: FAMILY WELLNESS STUDIOS

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Step into serene, animal-inspired studios – each reflecting desert wildlife traits to guide your child’s growth in a calm, supportive space.

- **Hedgehog Studio (0–3 years)**  
Nurtures sensory calm and early development.
- **Fox Studio (4–8 years)**  
Sparks creativity and adaptability through playful learning.
- **Falcon Studio (9–11 years)**  
Builds communication, problem-solving and independence.
- **Oryx Studio (12–15 years)**  
Blends fitness and mindfulness to boost teen wellbeing and creativity.





## **YOUR FAMILY'S WELLNESS JOURNEY**

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From a warm welcome and goal-setting consultation to each day's curated activities, nourishing cuisine and restorative treatments, every moment at Zulal is designed for your family's wellbeing. A closing departure session helps you reflect on your journey, with our team helping sustain your ongoing wellness journey at home.

## **FAMILY CONSULTATION**

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Early in your stay you will meet your dedicated Family Mentor to define shared objectives. You can then consult our Wellness Advisor to tailor health programmes and nutrition plans ensuring a holistic, personalised path to lasting vitality.

# 9 STEPS OF YOUR FAMILY WELLNESS JOURNEY

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# DISCOVERY OASIS – ACTIVITIES

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## BOND & BELONG

- **Circle of Trust:**  
Card-game sessions designed to deepen empathy, trust, and open communication among families.

## MINDFULNESS

- **Floating Meditation:**  
Guided audio meditations while floating, for deep relaxation and mental clarity in water.

## SPLASHY ESCAPADES

- **Kayaking & Stand-Up Paddle:**  
Family-friendly paddling adventures that foster teamwork and exploration on kayaks or SUPs.
- **Swimming Fun:**  
Pool-based games and races that build water-safety skills and confidence.
- **Aqua Fit:**  
Low-impact pool workouts combining jogging, stretching, and aerobics for all ages and fitness levels.

## NUTRITION

- **Mocktail Making:**  
Creative family with fruits, herbs, and mixers to craft and enjoy colorful non-alcoholic drinks.

## NATURE'S CLASSROOM

- **Organic Gardening:**  
Hands-on planting and tending of fruits, vegetables, and flowers to teach responsibility and environmental connection.
- **Marine Eco Trail:**  
Guided coastal walks observing tide pools, wildlife, and plant life to inspire marine conservation awareness.
- **Island Walk:**  
Scenic beach and landscape strolls for wildlife spotting and family bonding in nature.
- **Star Gazing:**  
Night-sky exploration identifying constellations and planets for memorable, curiosity-driven family moments.

# DISCOVERY OASIS – ACTIVITIES

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## ACTIVE PURSUITS

- **Padel:**  
Fast-paced racket sport combining tennis and squash tactics on a compact, enclosed court.
- **Table Tennis:**  
Quick-reflex and coordination matches emphasising precision, and strategic play.
- **Volleyball:**  
Team-oriented net sport featuring serves, spikes, and blocks to encourage communication and agility.
- **Trampoline Fit:**  
Energetic rebound workouts on trampolines and cardiovascular health.
- **Dodgeball:**  
Fun dodge-and-throw games that promote agility, teamwork, and friendly competition.
- **Stunt Kites:**  
Outdoor kite-flying challenges teaching aerodynamics and coordination through trick competitions.

## HANDS-ON ARTISTRY

- **Pottery:**  
Clay-shaping sessions to create and decorate unique functional or decorative pieces.
- **Sand Sculpture:**  
Beachside sandbox building to spark creativity
- **Bath Bombs:**  
DIY fizzy bath treats mixing colors and scents to explore creativity and simple chemistry.
- **Embroidery:**  
Guided stitching projects using safe tools to develop dexterity, focus, and artistic expression.
- **Candle Making:**  
Hands-on candle crafting with scents and colors to learn about wax properties and design.
- **Hands of Togetherness:**  
Family hand-molding sculptures that capture a shared moment in a tactile keepsake.
- **Slime:**  
Colorful, textured slime-making that encourages sensory play and fine-motor experimentation.



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