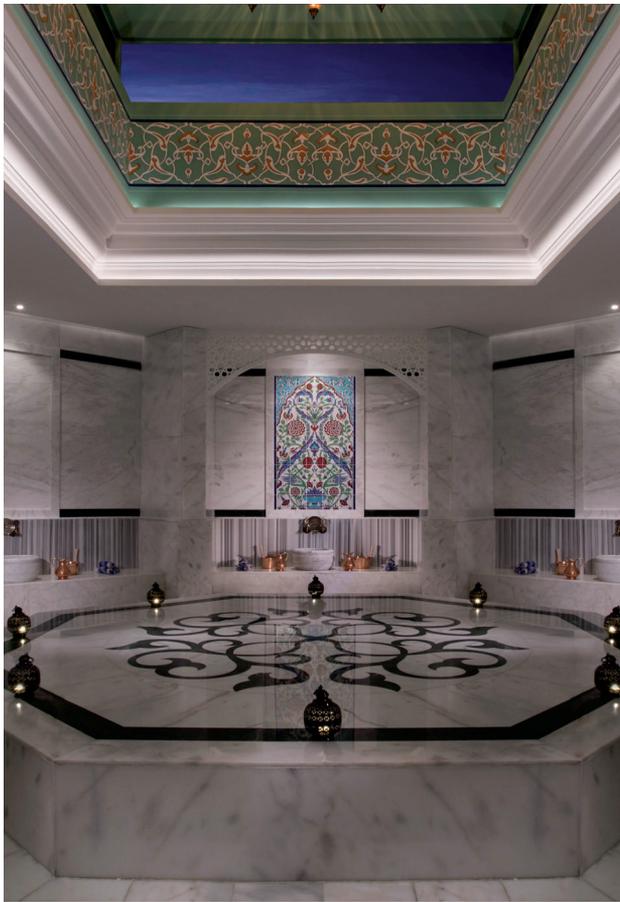


ME-TIME MUSTS

# SLEEP RETREAT



Hands up who could do with getting a good night's sleep? We hear you. So what a brilliant idea of ours to book a Sleep Retreat at Anantara The Palm Dubai Resort! The latest launch of the Balance Wellness by Anantara programmes, the Sleep Retreat is one of three new half-day packages designed to help take the stress out of everyday life and leave you feeling completely at one with nature, by focusing on balancing and rejuvenating the mind, body and spirit, with the aim to help achieve personal wellness goals—all in just half a day.

We arrived for our afternoon session, and after the initial consultation with our wellness expert to determine exactly what we were looking for – how to manage sleepless nights, learn how to switch off properly and master stress-relieving relaxation – we were taken to enjoy a healthy lunch at the resort's award-winning restaurant, Mekong. Next up, we sipped a delicious wellness juice before soaking away our stresses in a herbal immersion for 30 minutes, followed by a supremely relaxing 60-minute – massage specifically designed to encourage full body relaxation. Post that we had a spectacular sunset yoga session with a master yogi on Anantara's beautiful beach. A relaxing herbal infusion and a final consultation with our wellness expert later, we made our way home for one of the best night's sleep we've had in months. Mission definitely accomplished!

*The Balance Wellness by Anantara Sleep Retreat is priced Dhs749 per person. For more information, call 04 567 8140, email [spa.dubai@anantara.com](mailto:spa.dubai@anantara.com), or visit [anantara.com](http://anantara.com)*

