



Zulal

Wellness Resort

by Chiva-Som



"Wellness traditions have been conceived and passed on for centuries in various parts of the world, with finding and maintaining an equilibrium as one of the key principles. Our core philosophy is to balance mind, body, and spirit through our six pillars inspired by indigenous practices. We bring wellness to the forefront and make people realise that it is not just a quick fix. Wellness is a way of life. It is something you have to commit to without even thinking. And it must be sustained. In the words of our founder, Boonchu Rojanastien, 'Above all, enjoy your life.'"

**Krip Rojanastien**  
CEO and Chairman  
Chiva-Som International Health Resorts

## INTRODUCTION

---

Take a moment to see the world as it is. Lose the chaos and the everyday stresses. Turn down the volume on the noise and life's constant requests for your attention. What you will be left with is nature and all that it holds to bring a renewed sense of living to your spirit.

Zulal Wellness Resort by Chiva-Som is a sanctuary dedicated to the power of nature, harnessing its beauty, its strengths, and its resources to revive the human body, mind and spirit, bringing back natural energy to where it belongs.

Welcome to Zulal.







## LOCATION AND KEY FEATURES

---

- Exclusive private coastal location at the northernmost tip of Qatar, surrounded by the Arabian Gulf
- Close to Al Khasooma, 5 km from Al Ruwais
- Secluded in order to guarantee utmost privacy, yet conveniently accessible
- 1.5-hour drive from the centre of Doha
- 5-7-hour flight from Europe

Spanning 280,000 square metres, the resort functions across two distinct areas:

- Zual Discovery, with exclusive “Family wellness” Philosophy and welcoming guests of all ages, consisting of 120 rooms and suites
- Zual Serenity, designed specifically for guests aged 16 and above, offering 60 rooms and suites





Family-oriented, for guests of all ages

120 exquisite rooms and suites designed to enhance guests' overall health and wellness experience. The sea-inspired interiors pay homage to Qatar's rich heritage, with eye-catching patterns creating an exclusive feel. Interconnected rooms are available.

**6 ONE BEDROOM SUITES | 90 m<sup>2</sup>**

Spacious and grand, the 90 sqm Executive Suite is ideal for two persons. Designed with comfort in mind, each room includes a living space, bathroom, and dressing area, tastefully furnished for our guests. The perfect place to relax and reenergize.

**14 JUNIOR SUITES | 59 m<sup>2</sup>**

With a perfect balance between comfort and sumptuousness, the Junior Suite is designed for two persons with 59 sqm in total area. Available with a king-sized bed, reclining area, en-suite bathroom, dressing area, and private balconies.

**58 DELUXE ROOMS | 44 m<sup>2</sup>**

Enjoy beautiful outdoor views from the comfort of these luxurious rooms featuring king or twin bed options. Each 44 sqm room draws inspiration from traditional local influences within an elegant and contemporary setting.

**37 DELUXE GARDEN VIEW ROOMS | 44 m<sup>2</sup>**

Rooms defined with taste and luxury across 44 sqm, with scenic garden views. The room offerings are similar to the Deluxe rooms with a king or twin beds.

**5 SUPERIOR ROOMS | 44 m<sup>2</sup>**

Enjoy an immediate connection with the Zulal experience from the ground floor and first floor with 44 sqm-Superior rooms that represent the ideal entry-level luxury option enhancing the overall wellness experience.





Dedicated to guests aged 16 and above  
Experience a new level of wellness resort accommodation in  
Zulal Serenity with 60 rooms and suites in total.

#### 1 QATAF SUITE | 694 m<sup>2</sup>

The Qataf Suite offers the true experience of a home away from home on the resort. With a total area of 694 sqm including 3 bedrooms, the suite features a unique design with an expansive terrace stunningly set overlooking the beach, a private pool and en-suite bathroom (bath, double washbasin, shower). Disconnect with a steam bath, sauna, swimming pool, plunge pool, private garden, featuring a deep soaking bathtub. Enjoy elaborate living spaces with a luxurious walk-in wardrobe.

#### 1 SHINAN SUITE | 323 m<sup>2</sup>

Offering picturesque sea views and 323 sqm of total area, the Shinan Suite offers perfect privacy with two bedrooms, en-suite bathrooms and dressing area. Available with a sauna, swimming pool, private garden, and large living space.

#### 11 JUNIOR SUITES | 115 m<sup>2</sup>

Ideal for two persons, the Junior Suite is a perfect balance of comfort, sumptuousness and space offering sea views with a total area of 115 sqm. Available with a king bed and relaxing sofa, en-suite bathroom, dressing area, plunge pool, walk-in wardrobe, and private terraces.

#### 47 GRAND DELUXE ROOMS | 84 m<sup>2</sup>

Experience beautiful views of the lagoon from the comfort of the Grand Deluxe Room. Available with a king-size bed, plunge pool, and private terraces spread over 84 sqm. Each room is designed with contemporary elegance reflecting traditional local influences.



# HEALTH AND WELLNESS

Our wellness philosophy, founded on the six pillars of health – fitness, physiotherapy, spa, holistic health, aesthetic beauty, and nutrition – is supported by our environment, services and expertly trained personal wellness consultants.

The Zual Wellness Resort team helps guide guests along their wellness journeys, so that every single guest will be able to sustain a healthy lifestyle beyond the visit. It is this highly personalised approach that is the cornerstone of Chiva-Som’s wellbeing philosophy.

## ZUAL SERENITY

- 2 Lagoon treatment suites
- 2 Hydrotherapy treatment rooms  
(1 Ladies and 1 Gentlemen)
- 7 Consultation rooms
- 9 Physiotherapy rooms
- 2 First-aid rooms
- 2 Ayurvedic treatment/therapy rooms
- 3 Thai massage rooms
- 2 Relaxation areas (1 Ladies and 1 Gentlemen)
- 1 Pharmacy
- Aesthetic Centre
  - VIP waiting area
  - 1 Dermatologist consultation rooms
  - 3 Aesthetic treatment rooms
  - 1 Skin analysis room
  - 1 Nurse room
- Fitness Pavilion
  - 1 Fitness consultation/assessment room
  - 1 Watsu pool
  - 1 Group movement studio
  - 1 Private studio
  - 1 Mind and Body studio
  - 1 Pilates studio
  - Mixed gym (main gym)
- Thermal Facilities
  - 2 Hammams (1 Ladies and 1 Gentlemen)
  - 2 Salt caves (1 Ladies and 1 Gentlemen)
  - 2 Arctic rooms (1 Ladies and 1 Gentlemen)
  - 2 Steam rooms (1 Ladies and 1 Gentlemen)
  - 2 Saunas (1 Ladies and 1 Gentlemen)
  - 3 Experience showers (2 Ladies and 1 Gentlemen)
  - 2 Indoor plunge pools (1 Ladies and 1 Gentlemen)
  - 2 Mineral baths (2 Ladies and 2 Gentlemen)
  - 2 Relaxation lounges (1 Ladies and 1 Gentlemen)
  - 2 Outdoor pools with relaxation lounge
  - 2 Indoor hydrotherapy pools (1 Ladies and 1 Gentlemen)

Please note that occasionally owing to the low tide, it will not be possible for guests to swim at the beach. We apologize in advance for any inconvenience caused.



## HEALTH AND WELLNESS FACILITIES

### ZULAL DISCOVERY

- 3 Family consultation rooms
- 2 Fully quipped gymnasiums  
(1 Ladies and 1 Gentlemen)
- 2 Relaxation areas (1 Ladies and 1 Gentlemen)
- 1 First-aid room
- Discovery kids studios
- 4 Treatment room for mother and daughter
- 2 Physiotherapy treatment rooms

### Thermal Facilities

- 2 Steam rooms (1 Ladies and 1 Gentlemen)
- 2 Saunas (1 Ladies and 1 Gentlemen)
- 2 Relaxation lounges (1 Ladies and 1 Gentlemen)
- 2 Indoor hydrotherapy pools  
(1 Ladies and 1 Gentlemen)
- 2 Outdoor pools (1 Ladies and 1 Gentlemen)

## RESORT FACILITIES

Indulge in the extensive offering of our signature amenities and recreational activities amid an environment created to help you relax and rejuvenate. Guests have access to the following experiences to enrich and add to their stay at the resort:

### ZULAL SERENITY

- Al Sidr
- House of Wisdom (Welcome area)
- Tea House
- Barber and hair salon

### ZULAL DISCOVERY

- Aizoon
- Casuarina
- Acacia
- Malbu
- Cooking studio (Demo kitchen)
- Eshar Ballroom with 2 connected pre-function areas
- Wadina meeting room with waiting area
- Spa lagoon for mind relaxation
- Swimmable lagoon
- Family outdoor swimming pool

### RESORT-WIDE

- Prayer rooms
- Private parking
- Secluded beach area\*
- Souq
- Themed gardens: Nourishment, Understanding, Wellbeing, Essence and Contemplation

\* Please note that occasionally owing to the low tide, it will not be possible for guests to swim at the beach. We apologize in advance for any inconvenience caused.





## WELLNESS CUISINE

---

Our inherent philosophy is a main ingredient that finds its way into every culinary experience at Zula. We pride ourselves on creating a mouth-watering gastronomical journey at every meal, offering our guests choices created from locally sourced fresh produce that define the Zula way of life.

We believe that eating healthy, organic and well-balanced meals are the sustenance we need to empower a wholesome lifestyle, allowing for a longer and happier life.

From casual dining and beach side cafes to more formal dining options, the Zula dining experience defines what it means to eat well.

Zula Discovery provides four dining outlets, including **'Aizoon'**, a formal dining restaurant; **'Acacia'**, a regionally inspired restaurant; **'Casuarina'**, a spa cafe, and **'Malbu'**, a beach club, while Zula Serenity offers **'Al Sidr'**, a formal dining restaurant, and the **'Tea House'**.







# BANQUET AREA

A variety of banquet areas to accommodate special occasions, corporate meetings and the most intimate celebrations. Personalised touches and warm hospitality by a team of professional, knowledgeable staff trained to assist guests in planning and delivering a memorable event of the highest standards from weddings to corporate events.

ROOM	SEATING STYLE	FLOOR AREA	LENGTH	WIDTH	CEILING HEIGHT	MAX TABLES (FULL)	MAX CAPACITY (FULL)	MAX TABLES (HALF)	MAX CAPACITY (HALF)	MAX AT THE TABLE
		sqm	m	m	m		PAX		PAX	PAX
<b>Ballroom</b> Banquet/ Wedding style		200	19.5	10.7	5	15	120	6	48	8
<b>Ballroom</b> Banquet/ Wedding style with a red carpet		200	19.5	10.7	5	10	80	4	32	8
<b>Ballroom</b> Classroom style/ 915 mm wide tables		200	19.5	10.7	5	36	108	18	54	3
<b>Ballroom</b> Classroom style/ Zigzag style, 455 mm wide tables		200	19.5	10.7	5	60	180	30	90	3
<b>Ballroom</b> Theatre style		200	19.5	10.7	5	176 chairs	176	121 chairs	176	-
<b>Meeting Room</b> Board meeting style		48	15.5	8.5	3.6	14 chairs	14	-	-	14



# RESORT LOCATION



1 MSHEIREB  
DOWNTOWN DOHA

2 Museum of Islamic Art

DOHA

مطار حمد الدولي  
Hamad International Airport  
QATAR قطر

124km via Al Shamal Road  
Approx. 90 min



Scan the QR code and discover more

Follow us on



**Instagram**  
@zulalwellnessresort



**Facebook**  
@zulalwellnessresort



**Twitter**  
@resort\_zulal



**LinkedIn**  
Zulal Wellness Resort



**Snapchat**  
@zulalwellness

Zulal Wellness Resort  
Building No. 100, Street 319, Zone 79, P.O. Box 70034, Al Ruwais, Qatar  
T +974 4477 6500 - F +974 4477 6566 - sales@zulal.com  
www.zulal.com



