



ATLANTIS, THE PALM'S SHUIQI SPA & FITNESS IS ENCOURAGING MUMS TO SIGN UP TO SOME MUCH-DESERVED ME-TIME

The Wellness team at the iconic ocean-themed resort is taking special care of Dubai's mothers or those who just need a little pampering, with a special 75-minute ME Time package

It's been a tough six months of home schooling and mostly being stuck at home, so ShuiQi Spa is inviting busy mums (or those who just need a little me-time) to pamper themselves with the 75-minute ME Time package, which includes an indulgent treatment, followed by pool and beach access, and a two-course lunch.

Welcoming UAE mums to a space where they can completely block out the rest of the world to focus on themselves, the award-winning spa's all-encompassing package – which runs until the 15th December 2020 and costs AED 595 per person – is enticing mums to stay a little longer and to give more time back to themselves, with a well-earned pause and reset.

For just AED 595 per person, guests can treat themselves to a full day of rest and relaxation which includes a welcome drink followed by an invigorating back salt scrub and relaxing hot stone back, neck and shoulder massage. The experience also includes a tailor-made facial, use of the wet facilities including the thermal suites, a leisurely two-course lunch and all-day pool and beach access.

Promising to restore a sense of wellbeing and reset life's balance, the "Me time" package can be perfectly slotted in while kids are at school.

The 'Me time' package includes:

- Welcome drink
- 75-minute treatment including back salt scrub, hot stone back, neck and shoulder massage and tailor-made facial
- Use of ShuiQi Spa's wet facilities
- All-day access to the Royal Pool and Royal Beach
- Two-course lunch at one of Atlantis' restaurants
- Available until 15th December (blackout dates include 11th October and 31st October 2020)



Taking home the World's Best Spa Service Excellence award at the recent World Spa Awards, ShuiQi Spa is renowned for both its world-class therapists and its state-of-the-art facilities. Its newest package will help visitors to reconnect guests to themselves, while taking them a world away from their every day. Furthermore, mums can also rejuvenate and restore with the region's only underwater yoga at The Lost Chambers Aquarium which is now available three times a week. With one-hour dynamic Hatha yoga classes taking place every Tuesday, Friday and Saturday from 8:00-9:00am, classes cost AED 125 per person. Taking place in front of the myriad of colourful marine life swimming inside The Ambassador Lagoon, the practice aims to rejuvenate both body and soul.

Underwater Yoga in The Lost Chambers Aquarium:

- Every Tuesday, Friday and Saturday
- 8:00am-9:00am
- AED 125 including entrance to The Lost Chambers Aquarium and a bottle of water
- 16+
- As per government guidelines, participants must bring their own towels and mats

For underwater yoga bookings please visit: www.atlantis.com/dubai/shuiqi-spa-and-fitness/shuiqi-fitness/yoga-at-the-lost-chambers-aquarium.

The spa is open from daily 9:00am to 7:00pm from Sunday to Wednesday and 9:00am to 9:00pm from Thursday to Saturday. For bookings please visit: <https://www.atlantis.com/dubai/shuiqi-spa-and-fitness> or call +971 4 42 61020.

***ENDS**

MEDIA ENQUIRIES

Alina Gusakova

Manager, Public Relations

Mobile: (+971) 565224841

Email: alina.gusakova@atlantisthepalm.com

For further information about Atlantis please call +971 4 426 1000, or visit www.atlantis.com/dubai . Both low and high resolution colour photography of Atlantis is available at media.atlantisthepalm.com.

Follow Atlantis, The Palm on Social Media

Facebook: @AtlantisThePalm

Twitter: @Atlantis

Instagram: @AtlantisThePalm



Restaurants: @RondaLocatelliDubai @SeafireSteakhouse @BreadStreetKitchenDubai @NobuDubai @OssianoDubai @HakkasanDxb @AyamnaDubai @WavehouseDubai @whitebeach @whiterestaurantdubai #AtlantisThePalm #AWorldAway #ServingTheExtraordinary

About Atlantis, The Palm, Dubai

Atlantis, The Palm is the first entertainment resort destination in the region and located at the centre of the crescent of The Palm in Dubai. Opened in September 2008, the unique ocean-themed resort features a variety of marine and entertainment attractions, as well as 17 hectares of waterpark amusement at Atlantis Aquaventure, all within a 46-hectare site. It is home to one of the largest open-air marine habitats in the world, with over 65,000 marine animals in lagoons and displays including The Lost Chambers Aquarium, a maze of underwater corridors and passageways providing a journey through ancient Atlantis. Atlantis Aquaventure waterpark features 18 million litres of fresh water used to power thrilling waterslides, a 2.3-kilometre river ride with tidal waves and pools, water rapids and white-water chargers. Dolphin Bay, the unparalleled dolphin conservation and education habitat, and Sea Lion Point were created to provide guests a once in a lifetime opportunity to learn more about one of nature's most friendly mammals. The resort boasts an impressive collection of luxury boutiques and shops as well as extensive meeting and convention facilities. Atlantis, The Palm is also known as the culinary destination in the region where guests can take their pick from a collection of 31 world-renowned restaurants including Bread Street Kitchen & Bar, Hakkasan, Nobu, Ronda Locatelli, Seafire Steakhouse & Bar and award-winning underwater restaurant, Ossiano. The nightlife scene at Atlantis is lively, too, with the fun-filled Wavehouse offering something for everyone, and WHITE Beach & Restaurant the perfect place to unwind with a drink as the sun slips into the Arabian Sea.