



TURN RECREATION INTO YOUR  
NEXT BIG ADVENTURE



## DISCOVER US. DISCOVER 'A NEW YOU'.

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Nestled along the pristine beaches of the Arabian Gulf and a quick boat ride away from the magnificence of Sir Bani Yas Island - a wildlife reserve - Danat Jebel Dhanna Resort is a tranquil beachside getaway. The resort offers luxuriously designed guest rooms and private waterfront villas, combined with exquisite cuisine and event facilities. Body & Soul Recreation Club offers a comprehensive selection of fitness facilities, massage rooms, beauty treatments and services which ensure both leisure and business travellers have an enriching and memorable stay.

# LEARN THE LANGUAGE OF FITNESS AND WELLBEING

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Body & Soul Recreation Club is a well-equipped and elegantly designed facility that promotes overall wellbeing of the mind and body. The Club comprises of a range of fitness facilities such as a full-service gymnasium, squash court and two floodlit tennis courts.

The dedicated massage treatment rooms offer a wide selection of therapeutic massages, steam room and sauna as well as a temperature controlled swimming pool and kids pool. Guests can indulge in a bit of adventure with some water sports or unwind at the 800-metre pristine private beach.





# ENERGISE

Look and feel great as you stay in shape at the Health Club. Make exercise exciting as you take advantage of our fully-equipped gym, fitness programmes for personal training sessions, swimming pool and beach, football, volleyball, basketball, tennis and squash courts, giant chess, and steam and sauna. Little ones will enjoy some fun fitness time at the children's play area.

## Operating Hours

Gym	6:00am – 10:00pm	Kids Pool	8:00am – sunset
Main Pool	8:00am – sunset	Tennis / Squash	6:00am – 10:00pm
Outdoor facilities	8:00am – sunset	Kids play area	10:00am – 6:00pm
Beach	8:00am – sunset	(indoor)	

## Health Club Membership Rates (inclusive of 6% Tourism Fee and 4% Municipality Fee)

Membership Type	Duration	Single	Couple	Additional Child
Full Resort	12 months	AED 8,000	AED 14,400	AED 2,500
	6 months	AED 6,000	AED 10,800	AED 1,500
	3 months	AED 4,000	AED 7,200	AED 1,000
	1 month	AED 2,000	AED 3,600	AED 750

## Daily Entrance Rate

Weekdays (Sun-Wed)	Weekends and Holidays	Children under 16
AED 100	AED 175	AED 50

## Membership Privileges\*

- 20% discount at all Food & Beverage outlets except Room Service.
- 25% discount on all wellness and beauty treatments as well as water sport activities.
- 25% discount on laundry and dry cleaning services.

\* Please note the following privileges apply throughout Danat Jebel Dhanna Resort and Dhafra Beach Hotel.  
 \* Members' privilege discounts cannot be used in conjunction with any other offers.  
 \* The discount for Food and Beverage is not valid for any/all events and banquets.

# THRILL

Year-long sunshine and warm waters make Danat Jebel Dhanna Resort an ideal location for water sports. Explore the region's water sport activities which give you a chance to discover the marine life including dolphins, sea cows and migratory birds like seagulls and flamingos. We also offer adrenaline-pumping adventure that can be enjoyed by enthusiasts and thrill-seekers of all ages.

## Water Sports Activities

Banana Boat	15 mins   AED 50
Wake Board	15 mins   AED 125
Tube Ride	15 mins   AED 125
Water Ski	15 mins   AED 125
Knee Board	15 mins   AED 125

Wind Surfing	30 mins   AED 80 60 mins   AED 120
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Kayak	30 mins   AED 80 60 mins   AED 120
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## Fishing & Boat Activities

Deep Sea Fishing (max of 5 persons per boat)	3 hours   AED 1,500 6 hours   AED 2,500
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Snorkelling (per person)	1 hour   AED 80
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Boat Cruise	30 mins   AED 250 1 hour   AED 400
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Prices are inclusive of 6% Tourism Fee and 4% Municipality Fee.



## Lessons

Swimming 45 mins per session

	1 Session	5 Sessions
1 Child	AED 60	AED 250
1 Adult	AED 80	AED 350

Wind Surfing 60 mins per session

	1 Session	5 Sessions
1 Person	AED 100	AED 450

Water Skiing 30 mins per session

1 Person	AED 175
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Knee Boarding 30 mins per session

1 Person	AED 175
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Wake Boarding 30 mins per session

1 Person	AED 175
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Prices are inclusive of 6% Tourism Fee and 4% Municipality Fee.



# REJUVENATE

Embark on a journey of inner peace as you indulge in reviving treatments that are influenced by ancient philosophies. Whether you choose to enjoy a massage in the treatment rooms or soak in the beauty of the outdoors at our beachside gazebos, your experience is sure to be truly invigorating.

## Massage Treatments

	<b>60mins</b>	<b>90mins</b>
Aromatherapy	AED 250	AED 375
Swedish	AED 300	AED 420
Shiatsu	AED 300	AED 420
Thai	AED 350	AED 460
Deep Tissue	AED 350	AED 460
Balinese	AED 275	AED 390
Herbal Compress	AED 375	AED 490
Ayurvedic	AED 390	AED 525
Lymphatic Drainage	AED 275	AED 390
	<b>30mins</b>	<b>60mins</b>
Reflexology	AED 180	AED 340
	<b>45mins</b>	
Indian Head Massage	AED 180	
	<b>30mins</b>	
Scalp Massage	AED 150	
Back Massage	AED 150	
Shoulder and Neck Massage	AED 150	

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# INDULGE

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Treat your skin and hair to the pampering they deserve with our extensive haircare and beauty treatments, enhanced with world-class products. Our beauty and hair experts will ensure each treatment is customised to your needs and preferences, so you leave feeling stylish, renewed and beautiful from within.

## Hair Care

	<b>Short</b>	<b>Medium</b>	<b>Long</b>
Haircut	AED 150	AED 175	AED 200
Hair Setting	AED 300	AED 300	AED 300
Shampoo and Blow Dry	AED 100	AED 125	AED 150
Hair Colouring	AED 325	AED 425	AED 525
Non-Permanent Colour	AED 300	AED 350	AED 400
Hot Oil	AED 150	AED 200	AED 250
Hair Masque	AED 225	AED 275	AED 325
Highlights	AED 375	AED 425	AED 475
Hair Straightening	AED 750	AED 1,100	AED 1,500

## Hands and Feet

Deluxe Foot Spa	AED 300	File and Polish Change	AED 50
Deluxe Manicure	AED 120	Add Paraffin	AED 50
Deluxe Pedicure	AED 170	Hand and Foot Ritual	AED 350

## Hair Removal

Threading	AED 50	Forearms	AED 100
Eyebrow Shaping	AED 50	Underarms	AED 100
Eyebrow Tinting	AED 50	Full Arms	AED 120
Lip/Chin/Eyebrow	AED 75	Stomach	AED 80
Full Face	AED 100	Bikini Line	AED 100
Full Legs	AED 130	Back	AED 120
Half Legs	AED 100	Brazilian	AED 120

Prices are inclusive of 6% Tourism Fee and 4% Municipality Fee.







# Danat

Jebel Dhanna Resort

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