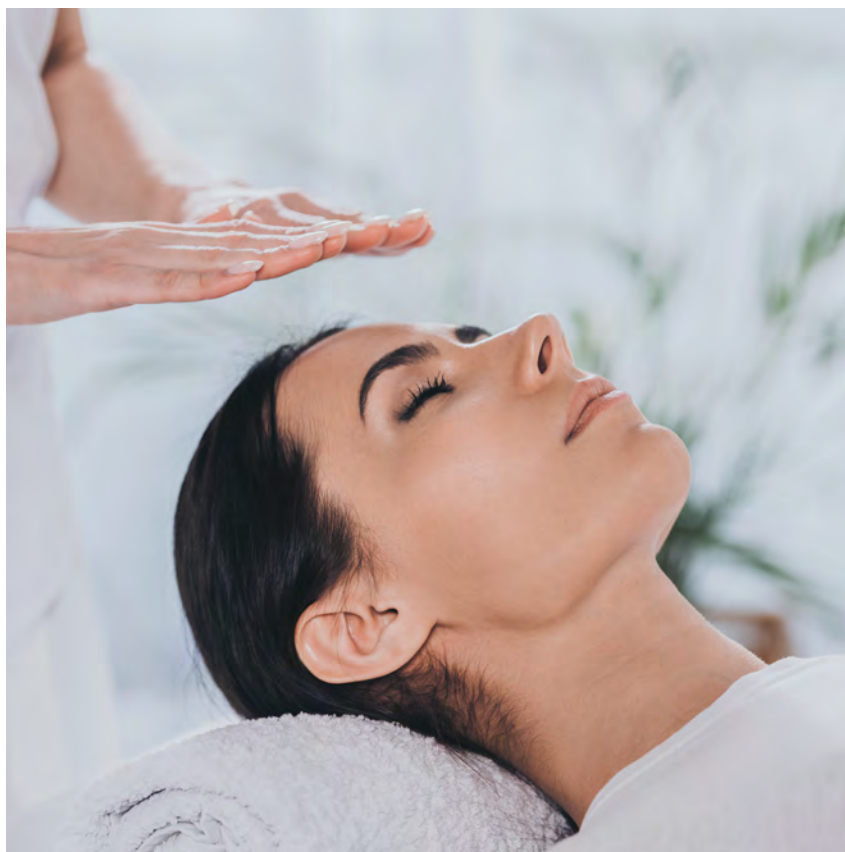




Making that difference in a day!

Today, we live in a fast-paced world where everything is express. Our tweets and messages also have a word limit! Most people cannot afford to 'get away from it all' but we still need to 'get away' if not for a physical relaxation, just for restoring our peace of mind! The Retreat at the Palm McGallery curates a day retreat designed to appeal to our lack of time and yet managing to bring back the balance that we need. Is it possible? Viki Shah finds out.

Stepping away from a normal routine – even for a short time – can be a powerful reset many of us can do with, is the Mantra at this wellness retreat. With the right mindset that is seeking to create a change, even if we step out for a couple of hours, we can activate true transformation. You are greeted with a warm welcome and a sensory experience that allows you to choose your favourite colour from a few bottles of essential oils. This is based on the theory that each colour corresponds to an emotion you are feeling. I chose green and a few drops of the oil blend in the green bottle were placed in my palm and I was asked to rub my palms and take a deep breath of the oil, meant for renewal and rejuvenation. The scent was comforting, and I was set for the much needed few hours of R and R. The session begins with a Wellness Consultation with Alejandra Murillo Jimenez, Wellness Culinary Manager and Health Coach. Her holistic approach goes well beyond the food that you eat it is all about examining all areas of your life such as stress, relationships, sleep, exercise etc. She sits with you to advise you on steps to take to work towards your goal, whatever that you may be looking for – be it weight loss, being stress free, lack of sleep or anything else. She understands all about your daily routine, diet, lifestyle etc. She listens carefully, helping you to decipher the contradictory nutrition advice to determine what changes are necessary for you, while guiding you to find the food and lifestyle choices that best support you along with suggestions and tips for gradual, lifelong changes that enable you to reach your current and future health goals. This is done by creating a step-by-step plan for how to achieve them, leading you towards to healthy, balanced and sustainable lifestyle. This is followed by the Earthfinity massage – a 75-minute holistic therapy using crystals and organic elements to awaken your senses, while grounding you. The therapist explains that working with crystals combines the advantages of massage—the concentrated perceptible contact—with the powerful healing properties of crystals. The results are a subtle rebalancing and harmonizing of the whole being. This calming and balancing massage starts by helping to relax and align your spine. Special essential oils like peppermint, lavender, rosemary, are used to be effective in energizing or relaxing you. In my case it was rosemary used to beat stress! »





The rosemary oil massage along with gemstones helps to gently open blocked chakras, balance and align them. This massage is designed to centre the body and mind whilst also working away the body's stresses. It helps balance your chakra system to reduce stress, decrease muscular tension and leaves you feeling energized. And all this is done while lying atop a state-of-the-art heated bed of warm quartz draped with comfortable linens. The healing powers of the quartz combined with the warmth of the bed, coupled with the calming practice of massage, transform you to a place quite unlike any other. Originating from the ancient tradition of earthing, the treatment employs the Earth's energy by grounding the body to the Earth's natural surfaces. The result? You feel fully refreshed, relaxed and on top of the world. Next is a healing session with Nissa Rahim. Emotional blocks prevent many of us from moving beyond the past and establishing a healthy relationship with

the future. Leesa accesses the energy through feelings and the energy feels just like the emotions. She gently guides you through the process asking you about what you need to heal, or what is it that you want to get rid of. Guided breathwork during the session can help to bring attention to the body. Clearing blockages is an involved process, and your system is allowed to focus on the thing causing anguish or worry and given space and time to allow the feeling to emerge, eventually embracing it and letting go of it. If you are tense, nervous, or physically exhausted, an energy healing session can help you relax and feel more balanced. And if you're already feeling good, it's always possible to feel a little better! And Nissa does just that! I was left feeling fresh and light, devoid of that heaviness that I felt before the session. The day ends with an invigorating Oxygen Therapy session. Do you know that you are likely breathing only 21 per cent oxygen? This is simply not

high enough a volume to maintain your body in maximum health. The 15-minute oxygen therapy in a cool tranquil room with green walls sporting lush foliage, translates to more cellular energy, more healing energy and more physical energy to help us feel good and perform better in our daily lives, allowing you to breathe in pure oxygen to boost metabolism and energy levels. All of the above with nutritionally balanced meals with vegan & paleo friendly options help you to disconnect from Dubai's active lifestyle and reconnect with yourself. Our Verdict: While a day full of rejuvenation and wellness therapies with healthy food will not lead to any dramatic changes in your mind, body or spirit, don't underestimate the power of stepping away from the routine to completely disconnect and get back in touch with yourselves, which we don't do often! ✨

More info at www.theretreatpalm-dubai.com | www.rayyawellness.com