**Four Seasons Hotels in Dubai Celebrate Global Wellness Day on Saturday, June 10, 2017**

**May 29, 2017**,  *Dubai, U.A.E.*

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[Four Seasons
Resort Dubai at Jumeirah Beach](http://www.fourseasons.com/dubaijb/) and [Four Seasons
Hotel Dubai International Financial Centre](http://www.fourseasons.com/dubaidifc/) invite guests to celebrate the spirit of Global Wellness Day on June 10, 2017. Leading a healthy life both physically and spiritually is the most valuable moral to most worldwide, and Global Wellness Day encourages everyone to honour wellbeing on this special day. The slogan is “One day can change your whole life,” and Four Seasons Hotels Dubai will celebrate with a range of special offerings for guests own wellbeing, mindfulness, happiness.

**Start the Day the Right Way**

*Jumeirah Beach*

Guests will have the pleasure to choose a healthy breakfast special at [Suq Restaurant](http://www.fourseasons.com/dubaijb/dining/restaurants/suq/) at
Four Seasons
at Jumeirah Beach where there will be cooking stations brimming with nutritious foods. This will be complemented by a pass-around of wild berry smoothies with coconut water as fuel for the day.

**Superfood Specials**

*DIFC*

[Penrose Lounge](http://www.fourseasons.com/dubaidifc/dining/lounges/penrose_lounge/) at
Four Seasons
DIFC will serve up delicious and nutritious new recipes, including kale and quinoa salads. The kale salad will be packed full of vitamins and minerals, paired with crushed almonds, orange segments and lightly dressed in cider vinaigrette. The quinoa salad is rich in protein and is also accompanied by superfoods such as pomegranate, chia seeds and avocado.

**Stretch at Sea**

*Jumeirah Beach*

Blow the cobwebs away and get in shape with a special yoga session on the floating platform off the shores of the beautiful [private beach](http://www.fourseasons.com/dubaijb/services_and_amenities/jumeirah_beach/). Guests will be guided through a series of yoga postures and breathing exercises to help bring peace to the mind and body, and prepare for deeper spiritual practices.

Morning yoga on the floating platform at sea at the Resort will take place at 8:00 am and will be offered on a first come, first serve basis with a maximum of ten people per class. Complimentary.

**A Heavenly Touch**

*Jumeirah Beach and DIFC*

If the glistening waters and bright blue skies by the pool aren’t enough, on Global Wellness Day there will also be hand and foot massages available all day long to sooth away the aches and pains from everyday life, as guests unwind and relax into their holiday.

Hand and foot massages will be on offer all day from 9:00 am to 5:00 pm at the Resort in Jumeirah and from 11:00 am to 1:00 pm at the Hotel in DIFC. Complimentary.

**Mindful Moments**

*Jumeirah Beach*

Sit and let the mind dissolve with a guided meditation session from an expert practitioner. The mind will become free from agitation, calm, serene and at peace as guests are taken into a deep state out of mind.

Guided Meditation will take place at 3:00 pm at the Resort’s [Fitness Centre](http://www.fourseasons.com/dubaijb/services_and_amenities/fitness_centre/) and will be offered on a first come, first serve basis with a maximum of ten people per class. Complimentary.

**HIIT and Healthy!**

*Jumeirah Beach*

High Intensity Internal Training will give guests the option of a soul sweating workout. By burning fat and building muscle this full-body, cardio heavy workout is all about getting fit quick.

A 30 minute HIIT session will take place at 6:15 pm at the Resort’s Fitness Centre and will be offered on a first come, first serve basis with a maximum of six people per class. Complimentary.

**Expert Guidance: Technogym**

*DIFC*

The experts at Technogym will be on hand at
Four Seasons
Hotel DIFC on Global Wellness Day to guide guests through tailoring their own [workout program](http://www.fourseasons.com/dubaidifc/services_and_amenities/fitness_facilities/), and to conduct talks on maximising on the machine capabilities and functionalities.

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# **PRESS CONTACTS**

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