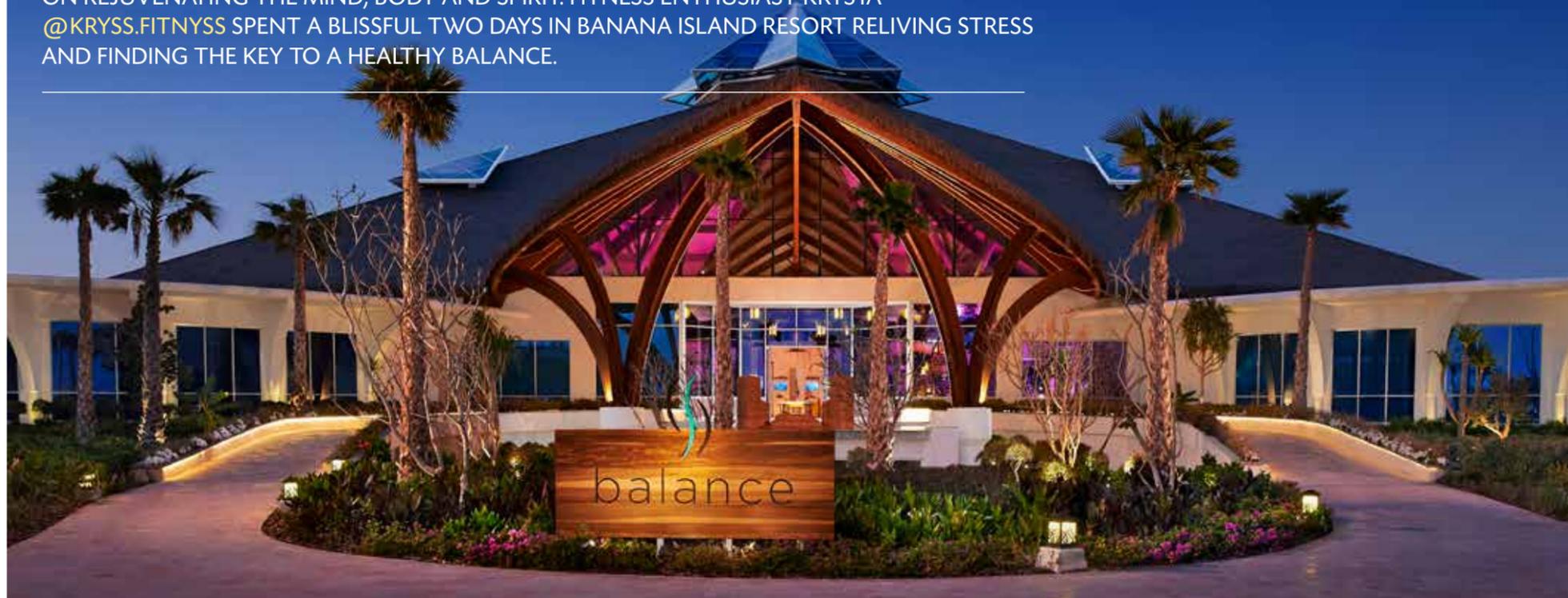


INHALE WELLNESS EXHALE STRESS

AS ONE OF DOHA'S MOST ADVANCED WELLNESS CENTERS, 'BALANCE WELLNESS' AT BANANA ISLAND RESORT DOHA BY ANANTARA, AIMS TO PROVIDE INNOVATIVE PROGRAMS THAT FOCUS ON REJUVENATING THE MIND, BODY AND SPIRIT. FITNESS ENTHUSIAST KRYSTA @KRYSS.FITNYSS SPENT A BLISSFUL TWO DAYS IN BANANA ISLAND RESORT RELIVING STRESS AND FINDING THE KEY TO A HEALTHY BALANCE.



What is it?

Banana Island Resort Doha by Anantara is now providing a solution for the people of Doha, who live, work and juggle a very hectic and undoubtedly stressful life. The answer is Banana Island Resort's new wellness program designed to give escapism from your regular routine and a total package of relaxation, invigoration and even education; this is quite simply known as the 'Relieving Stress Program'.

Day 1 – Enter a World of Tranquility

Provided in a form of 2-day activities, your relaxation starts the moment you step foot onboard the ferry as you ride over to the Island. Once checked in it's time to relax and take in the beauty of your hotel room – the whole package is inclusive of the room stay – before the scheduled program begins. There is no better place to start a wellness day then by heading to the spa, and on arrival you will be greeted by the spa's Life Coach, who will be leading and guiding you in your journey of de-stressing. As the saying goes, "a problem shared, is a problem halved" and



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to clear your chakras and detox the mind. It is guaranteed that day one will leave you feeling so relaxed and at such peace!

After finding such peace, you are ushered back to your room to get ready for dinner. The meal in itself is from a specifically designed 'All Happiness is Good Health' menu that is engineered around detoxing. Food choices are healthy, grilled and made for easy digestion. And the best – yet unexpected – part is that that dessert is not off limits! The sweet finale is a beautiful plate of marinated berries with basil and lemon sorbet, which is advisable to take outside on the deck overlooking the water, whilst sipping ginger infused tea. Such a calming experience and a great end to a tranquil first day.

Day 2 – Breathe In, Breathe Out and Let's Get Cooking

If you wake up on day two thinking that nothing could quite top the day before, then you would be very wrong. Day two consists of participating in early morning beach yoga, and this is totally perfect as you have the whole beach to yourself for 20 minutes of asanas, ending with 10 minutes of meditation. The asanas are great as they are geared towards beginners so if you are new to yoga, this is a good and encouraging start.

Following the beach yoga is a well thought out detox breakfast, which Balance Wellness by Anantara has designed for the health-conscious clients. Sweet and ripe fruits, potent juices to deliver that much needed energy, and healthy carbs to sustain you throughout your productive scheduled morning. If all the offering of fresh, healthy food leaves you hungry for more, then the cooking class offered is the perfect activity to learn how to make your very own nutritional meals.



Within the cooking class, there are two stations pre-arranged and ready with all ingredients required for you to rustle up a beautiful beetroot salad and a healthy-fats smoothie, all under the watchful guidance of the resorts chefs. The cooking class also comes with a mini-seminar of tips and advice in how to maintain a healthy and nourishing lifestyle. All in all, a really great combination of theory and practice.

So as your wellness journey comes to an end, and it is almost time to depart from the Island and head back to the city, and back to reality, you will most certainly be grateful of the two-day stress relief program. The program developed is a wonderful and well-planned agenda especially for those who may be new to the whole concept of healthy living and wellness. It is also particularly beneficial to larger groups, such as corporate entities who wish to invest in the wellbeing of their employees.

Stress? What Stress?

Either way, even though you are stepping on the ferry, and as mentioned heading back to reality, the two-day program will have taught you how to readjust your previous notion of reality and hopefully encourage you to put in place tools to help you live a new stress-less (if not stress-free) reality.



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