



CONRAD® SPA
ETIHAD TOWERS

CELEBRATE WORLD WELLNESS WEEKEND

Immerse yourself in a series of complimentary wellness experiences designed to restore balance, elevate energy, and inspire mindful living.

Oxygen Therapy by SKINIII
18th September | 11 am - 6 pm

Reawaken body and mind with revitalizing oxygen sessions that boost energy and mental clarity.
Session duration: 15 - 20 minutes

Hyperice Recovery Zone
19th September | 10 am - 5 pm

Enhance recovery with innovative therapies including Normatec compression boots, massage guns, and soothing wearable heat therapy.

Yoga Day
20th September
Holistic Flow - 9 am
Yin & Yang Yoga - 6 pm

Discover mindful practices that harmonize body and mind.

Sound Healing by Cendra Tisun-Lepinoy
20th September | 10:30 am - 1:30 pm

Cendra Tisun-Lepinoy is a certified practitioner of the Peter Hess Method, blending Eastern sound healing with Western science.
Her immersive sound baths use harmonizing vibrations to release tension and quiet the mind.

SCAN TO REGISTER



Subject to availability.

