

THEMEYDANHOTEL.COM



THE MEYDAN  
HOTEL - DUBAI

SPORTS & LEISURE

## Sports and Leisure at The Meydan Hotel

Enjoy a range of exercise, leisure and entertainment options.

### Gym

Our fully equipped 11th floor gym is open 24 hours for in-house guests, and available for members and walk-ins between 7am and 11pm.

Membership	1 Week	1 Month	3 Months	6 Months	1 Year
Single	300	700	1,800	3,500	7,000
Couple	550	1300	3,400	6,200	13,500
Family (with one child)	-	-	3,900	7,250	15,540
Family (with two children)	-	-	4,400	8,300	17,580
Corporate	-	-	-	3,000	6,000

### Pool

Two climate-controlled pools cater for adults and younger audiences. The adult infinity pool is open from 7 am to 7pm, while the kids' pool welcomes visitors from 9 am to 6pm.

Pool	Rate/Day
Adult	150
Kids	100

Pool access is complimentary for in-house guests.

### Bicycle

Cycle along the side of the Meydan racetrack for a refreshing bicycle ride. Bicycles can be rented by the hour or half-hour.

Duration	Rate
30 minute rentals	40
60 minute rentals	80

### Trikke

These battery-assisted three-wheelers are the perfect way of combining exercise with fun.

Duration	Rate
30 minute rentals	50
60 minute rentals	100

All Rates in AED

For more information please dial "3405" or contact us on  
Tel: +971 4 381 3405 or Email: [tmh.leisure@meydanhotels.com](mailto:tmh.leisure@meydanhotels.com)



## Stable Tour

Enjoy the perfect family day out with a tour of Meydan's famous stables. Tours run from the last week of September till the first week of April, from 7:30 am to 11:30am every Tuesday and Wednesday (excluding Dubai World Cup Week).

Tour	Rate
Stable tour – Adult (Breakfast included)	275
Stable tour – Child (Breakfast included)	125
Stable tour – Adult (Without Breakfast)	225
Stable tour – In-house guest (Without Breakfast)	200

All Rates in AED

## Spa Treatments

**The Meydan Signature massage** 50/80mins AED 395/525  
Utilizing both deep tissue massage and hot stone, this specialized practice combines invigorating pressure points, oil massage and hot stone on your back to sooth away tension, stress and inspire the body and mind to fully embrace the state of relaxation and rejuvenation.

**Balinese Massage** 50/80mins AED 395/525  
Experience a variety of massage techniques – gentle stretching, acupressure and application of aromatherapy oils to stimulate the flow of blood, oxygen and Qi energy around the body. Relax, increase your circulation and feel spiritually renewed.

**Jockeys indulgence** 30mins AED 225  
Focusing purely on the back, neck and shoulders to relieve tension and aching muscles.

**Indian Head Massage** 30mins AED 225  
This treatment offers a special technique which focuses on the scalp, neck and shoulders to relieve tension and stress as it rebalances the body's energy flow.

**Hot Stone Massage** 60mins AED 395  
A combination of warm aromatherapy oils, heated Basalt stones and strong massage techniques that create a lasting impression and instant benefits melting away your stress and tension. This massage eases pain and balances key energy points.

**Reflexology** 30mins AED 225  
An application of pressure point massage on specific reflex zones of the feet improves circulation, ease pain, and relax the body. This ancient treatment uses applied pressure on specific areas of the feet which correspond to specific body parts, organs and glands.

**Thai** 50mins AED 395  
Thai massage is a cross between acupressure, yoga, and shiatsu and is inspired by Buddhist teachings. Thai massage consists of a technique that uses slow, rhythmic compressions and stretches along the body's energy lines.

**Sports Massage** 50/80mins AED 395/525  
Sports massage is a form of bodywork geared toward participants in athletics. It is used to help prevent injuries, to prepare the body for athletic activity and maintain it in optimal condition, and to help athletes recover from workouts and injuries.

**Head To Toe** (Indian head massage, jockey indulgence and reflexology) 80mins AED 550  
Head to toe is a combination of Indian head massage, back-neck & shoulder massage and foot reflexology. It helps relax your body and mind from head to toe.

**Total Indulgence Facial** 80mins AED 525  
This facial includes a back and shoulder massage using carefully applied spinal pressures to target the nervous system easing away the day's stresses and strains and bringing body and mind back into balance. The facial will leave your skin toned, polished, deliciously scented and radiant.

**Rose Anti-Age Facial** 70mins AED 550  
This facial uses age old properties of Rose and Frankincense to smooth and revitalize skin texture and encourage cell renewal. A soothing back massage is followed by a double layer of masks interspersed with a series of relaxing yet firming facial massages that concentrate on the areas most affected by the aging process.

**Balance Facial** 50/80mins AED 395/550  
The regulating power of Ylang-Ylang and the antiseptic properties of Lavender and Tea-Tree are used in this treatment to refresh the skin and help balance its natural sebaceous secretions.

**Exclusive Men's Facial** 50mins AED 395  
Freshening & brightening plant extracts and essential oils leave the skin clear and invigorated.

**Exclusive for you** 100mins AED 750  
Choose any 50mins of massage (except hot stone and Thai massage) and 50mins Balance Facial.

**Real Aromatherapy** 80mins AED 525  
A true Aromatherapy massage combines the power of pure essential oils with a specialized massage drawn from the traditions of both East and West, concentrating on the back, scalp, face, neck, shoulders and feet.