



Retreat, Rewind, Recharge in my Dubai!!

Fairmont The Palm located on Palm Jumeriah is a great luxurious family beach resort destination in Dubai which provides great experience of Dubai in amazing style.

This property has a lot to offer from choice of dining experiences await the guests including the Brazilian restaurant "Frevo", the Mediterranean seafood restaurant "Seagrill on 25° Restaurant & Lounge", the international dining outlet "Flow Kitchen" Etc.

Fairmont The Palm presents a wide range of leisure and outdoor activities including four outdoor temperature-controlled swimming pools, 800-metres private white-sand beach and a full-service state-of-the-art health club with personal training and group exercise classes.

For more information, please visit fairmont.com/palm-dubai

Property Pictures

Pictures from Seagrill on 25° Restaurant & Lounge This property has so much to offer but Willow Stream Spa's State of One Experience is just outstanding. As you enter we were given a quick tour of the spa's changing rooms and showers, treatment rooms and relaxation spaces.

Pictures from the space

Offered at the award winning Willow Stream Spa, guests can ritualize their spa treatment with a State of One session, turning their treatment into the ultimate wellbeing experience. Guests can upgrade and enhance their spa treatments with a 30 minute State of One experience for just AED 200. The 60 minute one-on-one meditative experience priced at AED 450 includes a series of profound breathing techniques infused with the soothing frequencies of the Tibetan singing bowls.

Signing bowls pictures

Meeting Laura who was the therapist and a great mind behind this concepts takes you through the whole process and understand you well. There are various experience and techniques which are involved in the process which are a fascinating.

. It was in Amritapuri Ashram Valikau, South India where Wissam and Laura got to know first each other and the transformative power of ancient, almost forgotten practices (Bhakti Yoga - devotion and love and Dhyana Yoga Meditation). They realized this transformation that happened to them personally, can happen to anyone.

From there, guided by the grace of their Guru Mata Amritandamayee Devi (known to the world as AMMA - meaning Mother). The realization that these practices are profound effective technologies to excel physically, mentally and spiritually, ensuring a being functions to the utmost potential and thus should be accessible for everyone, inspired Wissam and Laura to found State of One.

About the great minds behind this concept: Wissam Mahaleb & Laura Kohlhasse: It all began with a ticket to India when Wissam opened up to the Yogic sciences and became together with Laura Kohlhasse, founder of State of One.

He volunteered for almost 9 months in the composting department in organic farming and studied in Amritapuri Ashram (Valikau, India) all under the grace of the Guru "Amma" who ever since built the path for his dedicated footsteps. Before getting into these life changing experiences, he worked with an Italian NGO as a Logistician and Field officer, assisting and implementing Humanitarian projects within the camps.

At a young age of 21, Laura worked as the first Drama Therapist in the Oncology and Clinical Psychology department at the famous 'Amrita Institute of Medical Science' and became a pioneer with her work.

She perfectly adapted to the Indian culture, which was well noted by her mentor, colleagues and friends. 'It is like coming home' she often said. One of her successes was an improvisation theatre group for the staff of the hospital, to relax them from their work and to make status differences fade away through playfulness.

In her therapy sessions, Laura introduced her yogic background more and more to the staff.

The keys of understanding one's own body, mind and soul opened this vision and blossomed in collaboration with Wissam into a new approach: merging Yogic practices with Creative exercises. This establishment grew out of the deep wanting to share the wonderful experience of Oneness and knowledge which Laura and Wissam had learned in India. Making a difference in someone's life and reflecting 'I'm alive that's enough' that is the aim.

About Fairmont

Fairmont Hotels & Resorts connects guests to the very best of its destinations worldwide, providing travelers with memorable travel experiences, thoughtful and attentive service and luxury hotels that are truly unforgettable. Each Fairmont property reflects the locale's energy, culture and history through locally inspired cuisine, spirited bars and lounges and distinctive design and decor. With more than 70 hotels globally, and many more in development, the Fairmont collection boasts some of the most iconic and distinctive hotels in the world.

This extraordinary collection includes The Plaza in New York, The Savoy in London, Fairmont Grand Del Mar, Dubai's Fairmont The Palm, Fairmont Peace Hotel in Shanghai, Fairmont San Francisco and Fairmont Le Château Frontenac in Québec City. Fairmont is part of AccorHotels, a world-leading travel & lifestyle group and digital innovator offering unique experiences in more than 4,000 hotels, resorts and residences, as well as in over 2,600 of the finest private homes around the globe. For more information or reservations, please visit fairmont.com.