

## The ultimate Abu Dhabi self-care guide

Make the New Year a time to prioritise self-care with an unforgettable journey of rejuvenation and relaxation in Abu Dhabi. From ultra-luxury spas and gourmet getaways to retail therapy and cultural discovery – explore a city renowned for grooming grandeur and wellbeing experiences that nurture your mind, body, and soul.

### [Emirates Palace Mandarin Oriental: a 24-carat-gold facial.](#)

Discover another level of opulence at the iconic Emirates Palace Mandarin Oriental. Featuring almost 1,000 Swarovski crystal chandeliers and a 23-carat gold ice cream on one of its menus, the landmark building sets the stage for unparalleled serenity at Emirates Palace Spa - where you can unwind in a kaleidoscopic heated marble-and-ice cave, and indulge in the award-winning 'gold experience' - which includes a 24-carat-gold facial.

### [Discover Michelin-Starred Dining](#)

Delight in some self-care for the body and soul with some of the finest foods available in the Middle East. Abu Dhabi's culinary scene features Michelin-starred excellence where you can savour exquisite cuisine at restaurant gems like 99 Sushi, Hakkasan and Talea by Antonio Guida. If timed right, you can partake in a once in a lifetime MICHELIN Star Table Experience - a series featuring exclusive 'four-hands' dinners where local and international Michelin-starred chefs collaborate to create you unforgettable and personalised culinary magic.

### [Avenue at Etihad Towers: retail therapy in style](#)

Etihad Towers houses a collection of some of the world's most prestigious luxury brands and boutiques - many even offering private rooms for VIPs on shopping sprees. From Bally and Burberry to Cartier and Versace, Avenue at Etihad Towers is retail eutopia for fashion enthusiasts and connoisseurs of the finer things in life.

### [Nurai Island: Nirvana awaits.](#)

Explore Nurai Island where you'll find Maldivian style waters and stunning island greenery just a short scenic boat ride from Abu Dhabi. It's a pocket of paradise that offers breathtaking vistas of the Arabian Gulf and pristine white sand beaches. You can relax with massages in private Nurai Spa suites, enjoy thrilling water sports in the azure waters and lavish with indulgent food from the island's menus. Make a night of it and stay in one of the ultra-luxury villas for the ultimate self-care escape.

### [Louvre Abu Dhabi: a cultural oasis](#)

Invest time in intellectual nourishment and delve into culture and art at Louvre Abu Dhabi - a sanctuary for art lovers and culture vultures. Whether it's exploring the interconnections between global civilizations throughout time, or taking in the museum from the stillness of the Arabian Sea on a kayak tour - the Louvre Abu Dhabi is the ultimate self-care experience. The building itself is an emotionally provoking masterpiece, with its soaring dome roof adorned with 7,850 individual stars that create a mesmerising "rain of light" effect when the sun shines through.

### [Anantara Spa at Desert Islands Resort & Spa, Sir Bani Yas Island: Nature's Sanctuary](#)

Amidst the enchantment of Sir Bani Yas Island is Anantara Spa, an oasis that offers healing journeys inspired by the endless desert surrounds. Influenced by the island's natural beauty, the spa combines traditional techniques with cutting-edge wellness and treatments that use premium organic ingredients. You can relax in the outdoor Jacuzzi overlooking the ocean, immerse yourself in the island's flora and fauna and enjoy sumptuous food from the resort's selection of restaurants.

Find out more: <https://visitabudhabi.ae/>