

Hyde Dubai Unveils its FREE Activations for Wellness-Enthusiasts to Mark Global Wellness Day

- *Guests can delight in a rejuvenating yoga class hosted by popular Dubai-based instructor, Tatiana Ramaenia*
- *In partnership with Rituals Cosmetics, guests will receive complimentary products and vouchers at the event*
- *Complete the alluring experience with mini express massage sessions by Cinq Mondes Spa, at Hyde Dubai*

For high-res images: <https://we.tl/t-42S4yBppNg>

Dubai, United Arab Emirates, May 2024: In celebration of [Global Wellness Day](#) on 8th June 2024, **Hyde Dubai** presents a variety of complimentary wellness activities open to the public for one day only. Kicking off at 10 AM, guests can enjoy an invigorating yoga session at its epic Penthouse Suite led by [Tatiana Ramanenia](#) to rejuvenate their minds and bodies followed by a relaxing complimentary mini express massage sessions by the hotel's Cinq Mondes Spa. In partnership with **Rituals Cosmetics**, a Dutch wellness brand known for its luxurious home and body products, participants will be presented with a delightful gift bag including products and vouchers. The morning will also feature refreshing and healthy smoothies and delicious bites for all the guests to kick-start the weekend on a balanced note.

Yoga Class

Global Wellness Day is an entirely not-for-profit day, a social project dedicated to living well. Offering various complimentary activities around the world focusing on living well, this must-visit morning at Hyde Dubai will begin with a revitalising yoga session led by Tatiana, designed to cater to all skill levels. The session will take place at the hotel's Penthouse Suite which boasts a wrap-around balcony with stunning views of Burj Khalifa and Dubai's skyline.

Rituals Cosmetics

In addition, the participants will receive a special gift bag filled with products and vouchers from Rituals Cosmetics, including nourishing body creams that will also be used during the session for a more refreshing and elevated experience. Following the yoga session, guests can indulge in a selection of refreshing smoothies and delicious bites crafted by Hyde Dubai using the finest ingredients, designed to nourish the body and delight the taste buds.

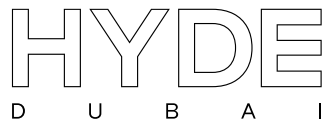
Cinq Mondes Spa

Last but by no means least, the relaxation experience will be enhanced with complimentary mini express massages at Hyde Dubai's Cinq Mondes Spa. The skilled therapists promise to pamper guests with soothing techniques that will leave the attendees feeling rejuvenated and stress-free.

With limited places available, early reservations are essential to secure a spot for a morning of calming yoga, delectable refreshments, and luxurious spa treatments in partnership with Rituals Cosmetics. Guests are invited to immerse themselves in a holistic wellness experience that promises relaxation, rejuvenation, and a touch of indulgence to celebrate Global Wellness Day this 8 June from 10 am.

For more information and how to register, stay tuned at Hyde Dubai's Instagram Page <https://www.instagram.com/hydedubai/>.

For more information about Hyde Dubai <https://hydehotels.com/dubai/>.



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About Hyde Dubai

Hyde Dubai, based in Business Bay, is a collaboration with owner, Emerald Palace Group and is part of Ennismore, a creative hospitality company rooted in culture and community, with a global portfolio of entrepreneurial and founder-built brands with purpose at their heart. Ennismore is a joint venture with Accor, formed in 2021.

The stylish, understated hotel provides a sanctuary for those in-the-know, offering a new-kind of bespoke hospitality dialing into guest's needs, interests, and aspirations. A hideaway in the heart of the city, Hyde Dubai celebrates true discovery and authentic human connection, aiming to create iconic, personal, and captivating moments. Each of the hotel's 277 rooms and suites have been expertly designed to reflect the hotel's stylish take on a city sanctuary with inspiration from art and design from around the world. True to the Ennismore portfolio, Hyde Dubai offers a variety of unique culinary concepts, cementing the hotel's belief that food is how you experience a destination, this includes Katsuya, Hudson Tavern, Cleo and The Perq. Learn more at HydeDubai.com.

Hyde Dubai is the Middle East's premiere art and nightlife-led hotel, and the first of its kind by Ennismore. Located in the heart of Dubai, Hyde Dubai offers a unique blend of luxury, culture, and entertainment, making it a must-visit destination for those seeking unforgettable experiences.