



# THE LAND THAT HEALS

Indulge in a variety of unique wellness treatments, indigenous to the Kingdom of Saudi Arabia, that nourish the body and soul

words by **Fareeda Kanga**

*Our Habitas, AlUla, combines the best modern-day techniques and ancestral practices, offering treatments set amidst stunning natural landscapes*

**A**mongst the newest travel trends that emerged last year, wellness holidays was right up there. And the Kingdom of Saudi Arabia—nestled between the vast openness of the desert and the glitzy metropolises with round-the-clock energy—is taking wellness to a whole new level. What is noteworthy is the way resorts and spas

in the region have fused tradition with modernity, using organic and local oils, plants, and clays in their therapies, all offered in the comfort of unparalleled luxury. The incense larder from the desert—Mastika, Frankincense, Moringa peregrina—is used judiciously as pre- and post-treatment ingredients to relax the body. Here are a few signature treatments—rooted in

ancient native remedies—that use local elements, blending global and Middle Eastern techniques with ancestral practices.

## **Sand Bath and Exfoliation Treatment**

Why not use sand since it is all around? Start your wellness journey with a signature Arabian treatment that has been in existence for centuries, primarily aimed at detoxification.



In the desert landscape of AlUla, the sand bath body treatment works miracles as it essentially harnesses the heat and weight of the sand to erase the pain of sore muscles and minor aches, whilst also boosting circulation and increasing mineral absorption. Just like a sauna, the high temperature activates pores, leaving one fresher and cleansed of impurities.

The Al Tajdid Al Arabi Exfoliation in AlUla is another Arabian wonder. Indigenous vitamin-rich ingredients, namely Prickly Pear and Date Seed Oil, work on stubborn collagen,

ramping up production, whilst diminishing dark spots caused by UV sun rays.

**Where to try it:** *The Thuraya Spa at Our Habitas, AlUla*

## **Craniosacral Massage and Quartz Sand Treatment**

If you cannot bear to tear yourself away from the spa, try a peaceful nap on a quartz sand bed (essentially a surface brimming with heated quartz crystals that act on relaxing muscles and improving circulation). The added benefit? A micro massage that mimics the feeling of lying on warm sand. Add a gentle

craniosacral massage to realign connective tissue, and you will feel like Arab royalty.

**Where to try it:** *Six Senses Southern Dunes, The Red Sea, Umluj*

## **Luxury Date Seed Hammam**

Bedouins and kings relied on the humble date for their nourishment. Once forming the cornerstone of cuisine in the Middle East, it has now made its way into the wellness world. This *hammam*, prepared with a coarsely ground paste of dates scrubs the skin to a dewy glow, thanks to its rich, therapeutic, and antioxidant

**CLOCKWISE FROM LEFT**  
*The Al Tajdid Al Arabi Exfoliation treatment at The Thuraya Spa at Our Habitas, AlUla; Platinum Plated Hot Stones is a popular massage at The St. Regis Red Sea Resort; Organic oils, plants, and herbs are used in the treatments.*



*\*Effective 8<sup>th</sup> February 2026 onwards*



**CLOCKWISE FROM TOP**  
*Welcoming the indoors in at Our Habitas, AlUla; The Mastika ritual is a traditional treatment available in most spas in Saudi Arabia; A typical hammam treatment room in the Kingdom of Saudi Arabia.*



an outdoor meditative sound journey under AlUla's starry skies led by specific instruments to realign body and soul. The resonance of instruments like cymbals, crystal bowls, chimes, and gongs work on sound frequencies to calm and harmonise the spirit.

**Where to try it:** *The Thuraya Spa at Our Habitas, AlUla*

## **Meteorite and Volcanic Rock Journey**

This unique facial (for men) uses crushed rocks rich in minerals. The treatment pays homage to the cultural heritage of the Kingdom of Saudi Arabia and celebrates the exclusive natural habitat of Ummahat Island in the Red Sea. Crushed volcanic and meteorite rock are used to exfoliate the skin to smoothen, brighten, and nourish from within. A warm Rhassoul body mask fights free radicals, protecting the skin from modern pollutants. All ingredients are sourced from their natural habitats, harnessing the therapeutic power of nature.

**Where to try it:** *The St. Regis Red Sea Resort*

properties. The skin is, however, first cleansed with a kese mitt before being generously smeared with the paste that also acts as an exfoliant. Finally, a rich, hydrating cream drenches the face and body with moisture. If a dry fruit massage does not appeal, you will find many treatments using fresh roses and oats, which are widely used in Saudi culture.

**Where to try it:** *Six Senses Southern Dunes, The Red Sea, Umluj*

## **Canyon Sound Bath**

If a massage is too routine, try a canyon sound bath under the stars. Experience

Our Habitas, AlUla

Clockwise from left: Our Habitas, AlUla; The St. Regis Red Sea Resort; Six Senses Southern Dunes, The Red Sea

Clockwise from top: Our Habitas, AlUla; Six Senses Southern Dunes, The Red Sea; Fareeda Kanga