



دبي

BUSINESS MATTERS

As a land of opportunity, Dubai is the perfect destination in which to seal the deal. And, as one of the world's top holiday spots, it's ideal for mixing business with pleasure. We show you how.



Contents

TRAVEL ESSENTIALS

Getting there	3
Getting around	4
On the ground	5
Connectivity	6

DISTRICT DIGEST

Neighbourhood Watch	8
Power Corridor	10

BUSINESS & PLEASURE

Restaurants	12
Dining with a Difference	13
Entertainment	14
Organised Tours	15
Group Incentives	16
Golf	17

JUST FOR YOU

Shopping	19
Park life	20
Health & Beauty	21

Getting there

WITH MORE THAN 90 AIRLINES SERVICING 240 DESTINATIONS, DUBAI IS ONE OF THE WORLD'S MOST CONNECTED CITIES.

Airport: Comprising three terminals – including one dedicated to Emirates airline at Terminal 3 – Dubai International (DXB) is the world's busiest airport for international traffic. Dubai's second airport, Al Maktoum International at Dubai World Central (DWC), opened to passengers in 2013.

dubaiairports.ae

Entering Dubai: For visitors from 48 countries, obtaining your visa to enter the United Arab Emirates is simple. If you come from any of the countries listed on the right, you are eligible for visa on arrival - meaning that all the paperwork and process can be done when you land in Dubai. Citizens of other countries should apply for visas at the UAE Embassy nearest to them and follow the criteria stated.

Nationals of the following 48 countries and territories who are holders of normal passports are eligible to obtain a UAE visa on arrival valid for 30 days.

Extension is possible for an additional fee.

All EU countries	Malaysia	United States of America
Andorra	Monaco	Vatican City
Australia	New Zealand	
Brunei	Russia	
Canada	San Marino	
China	Singapore	
Hong Kong	South Korea	
Japan	United Kingdom	

Nationals of the following countries may enter the UAE without a visa.

Bahrain	Qatar
Kuwait	Saudi Arabia
Oman	

Visa fees: For details refer to: mofa.gov.ae

**DUBAI
INTERNATIONAL
(DXB) IS THE
WORLD'S
BUSIEST
AIRPORT FOR
INTERNATIONAL
TRAFFIC**



Getting around

DUBAI HAS AN EXTENSIVE ROAD AND TRANSPORT SYSTEM, MAKING YOUR JOURNEY TO AND FROM YOUR EVENT SIMPLE AND EASY.

Airport Bus: Buses operate 24 hours a day at 30-minute intervals. At DXB buses arrive and depart from stands opposite Terminal 1, 2 and 3.

Taxis: Taxi services are government regulated. The minimum fare for taxis in Dubai is Dhs12 (\$3). Airport transfers to any emirate start from Dhs25 (\$7). Taxis for special needs travellers and ladies' taxis are also available. You will find taxi ranks at the shopping malls and tourist hubs. You can also hail a taxi from the street.

Call +9714 208 0808 to book.

Dubai Metro: Covers the length and breadth of the city operating from 6am-11pm Sat-Wed; 6am-midnight on Thurs and 10am-midnight on Fri. Single journeys cost Dhs3 (\$0.82) using a NOL card.

Bus: There is an extensive bus network of 119 lines internally (including 35 lines to feed the metro stations). The network covers 82 per cent of the city.

rta.ae

Tram: The Dubai Tram runs from Al Sufouh to the Dubai Marina taking 42 minutes to complete the route. With fares starting from Dhs3 (\$0.82) using a NOL card, the tram operates 6am-1am Sat-Thurs, 9am-1am Fri. Among the 11 stations, stops include JBR, Media City, Dubai Marina and Dubai Marina Mall.

alsufouhtram.com

Car hire: A wide range of local and international car rental companies are available. Customers must produce their passports and a valid international driving licence.



NOL card PLUS

To pay for public transport – metro, bus and tram – you'll need to buy a NOL card. You cannot pay cash to the driver. This card can be used on Dubai's metro, buses and water buses. Purchase and recharge your card at Dubai Metro station ticket booths and ticket vending machines, Dubai bus stations, Roads and Transport Authority's (RTA) Customer Service Centres and RTA-authorized sales agents.

nol.ae

On the ground

BRUSH UP ON THE KEY FACTS TO MAKE YOUR TRIP EVEN MORE ENJOYABLE

Money matters: The UAE currency is known as the Arab Emirate Dirham denoted by AED or more commonly Dhs. One dirham is divided into 100 fils. The dirham is pegged to the US dollar. All major international banks have branches in the city. Working hours are 8am-2pm Sat-Thurs. ATMs are widely available. Major credit cards are widely accepted.

Opening hours:

- Shopping malls: 10am-midnight Sun to Wed, 10am-1am Thurs, Fri and Sat.
- Independent retail outlets: 10am-1pm and 4pm-10pm Sat to Wed, 4pm-midnight Fri.

- Most corporations are open from 8am-6pm Sat-Thurs.
- Embassies, consulates and government offices operate from 7.30am-2.30pm Sun-Thurs. Fri and Sat are official holidays for all government departments.

Climate: A subtropical, arid climate ensures clear blue skies almost throughout the year. Winter may see a few infrequent rain showers. Temperatures vary from season to season: January can fall to a low of 15°C, while July can rise to the mid 40s.

Time: GMT +4

Medical services: Rashid, Latifa and Dubai Hospitals are operated by the Dubai Health Authority and all emergency services here are free. There are many private hospitals in the city and fees vary.

Utilities: Electricity: The electricity supply in the UAE is 220/240 volts at 50 cycles. US-made appliances may require a transformer. Water: Bottled mineral water is served in hotels and restaurants and is also available in supermarkets. Telecommunication: The country code is +971 and the area code is 04. Telecom services are provided by Etisalat and du, and shortly Virgin Mobile.

LANGUAGE: Arabic is the official language of the UAE. English and many other languages are widely spoken. However, a few words of basic Arabic would be nice to learn.

- **Hello:** Marhaba
- **How are you?:** Kaeef halak
- **Good morning:** Sabah el khair
- **Good evening:** Massa el khair
- **Goodbye:** Ma'a as-salama
- **Thank you:** Shukran
- **Yes:** Na'am
- **No:** La
- **How much?:** Kam ath-thaman
- **What is your name?:** ma ismak
- **My name is... :** ismii
- **Where is the washroom or bathroom or toilet?:** Wayn al hammam
- **Do you speak English?:** hal TaTaKalam atanglizia

App Happy

NAVIGATE YOUR WAY AROUND THIS 24 HOUR CITY WITH THE HELP OF THESE USEFUL APPS



Visit Dubai

Your guidebook to the city all at the touch of a button. Offers recommendations and itineraries according to time of day and location.



Dubai Calendar

Find out what's going on in Dubai. Browse events by month, by category, or, using its map, discover what's happening near you.

UBER

Uber

No taxis? Then connect with the closest Uber driver and he'll be there asap. Also offers the UberChopper experience if you want to get there as the crow flies.



Careem

Regional chauffeur service at a press of a button. Choose the service that suits you – first, business or economy – and your car will be on its way. Trace its progress and pay via your online account.



RTA Dubai

Locate your nearest metro or bus station; book taxis, calculate fares and top up your NOL Card.



Zomato

Book tables, order food and find the best restaurants in town using this easy app.



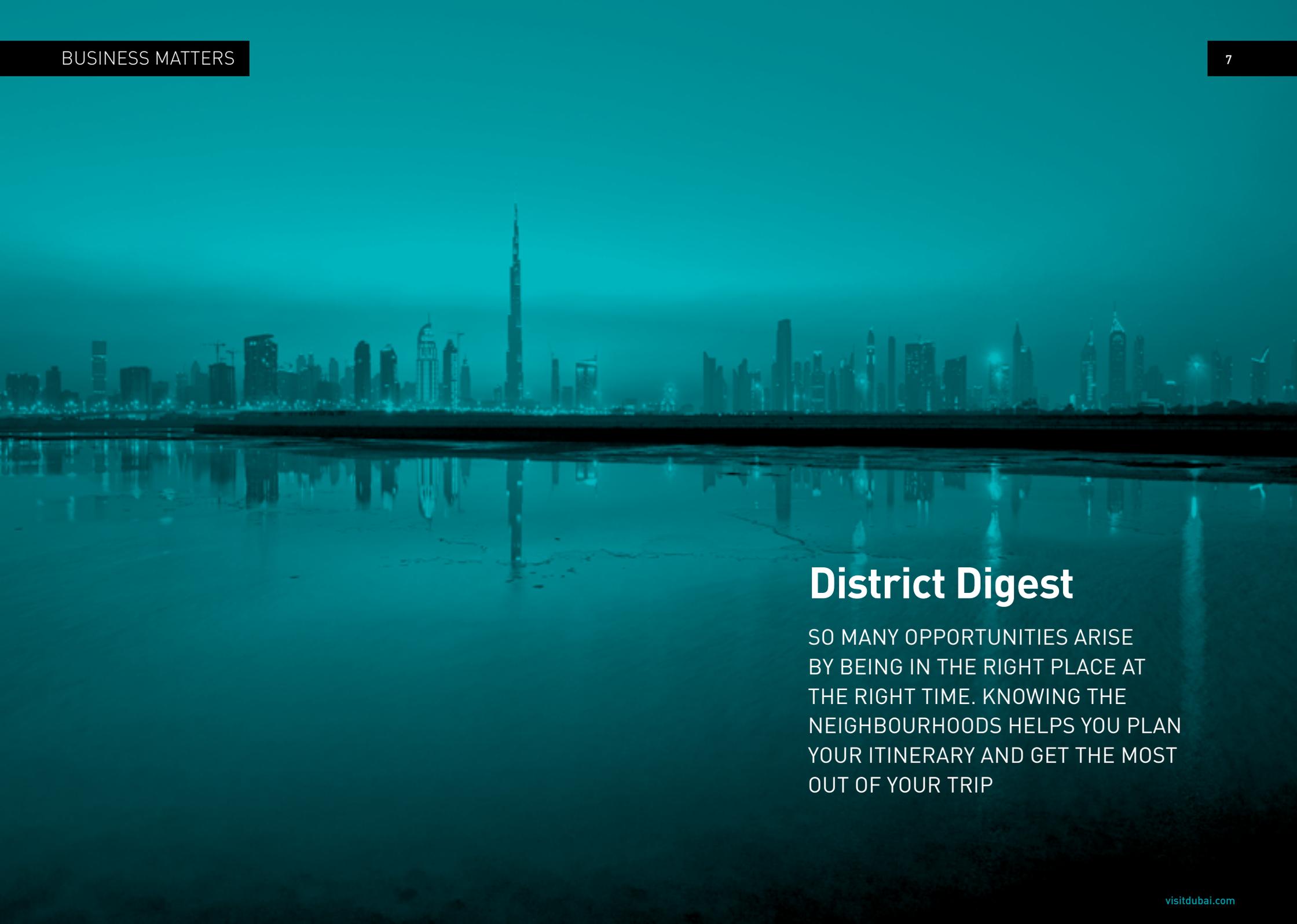
Dubai Airports

Provides real-time flight information, departure boards, gate numbers. Both Dubai International and Al Maktoum airports have their pages.



RoundMenu

Read reviews and book restaurants online across the UAE.



District Digest

SO MANY OPPORTUNITIES ARISE BY BEING IN THE RIGHT PLACE AT THE RIGHT TIME. KNOWING THE NEIGHBOURHOODS HELPS YOU PLAN YOUR ITINERARY AND GET THE MOST OUT OF YOUR TRIP

Neighbourhood watch

IF YOU WANT EASY ACCESS TO YOUR MEETING VENUE OR TO BE AT THE HEART OF THE ACTION, THIS GUIDE TO DUBAI'S DISTRICTS CAN HELP YOU PLAN YOUR TRIP

LOUD METHA

Geography: On the other side of the Creek from Garhoud – so still convenient for the airport.

The lowdown: If you happen to be in the business of health then this is the place to be. It's where Dubai's medical corporations are based in Dubai Healthcare City – served by its own station of the same name on the Green Line of the Dubai Metro. Offers a good selection of dining and retail outlets in the Wafi Mall.

DOWNTOWN

Geography: The area surrounding The Dubai Mall, merging into Business Bay.

The lowdown: It's just three or four stops on the Metro to the World Trade Centre, yet you'll be at the heart of what's dubbed 'The Centre of Now' with The Dubai Mall and Dubai Opera on your doorstep. The hotels in Business Bay cater nicely for business travellers too.

GARHOUD

Geography: Conveniently close to Dubai International Airport for those making a flying visit.

The lowdown: A good selection of airport hotels, offering convenient meeting spaces. The Park Hyatt is a prime spot for mixing business and pleasure. Golfers will appreciate the iconic Dubai Creek Golf Course, while the sprawling Dubai Festival City complex is also close by. Well served by hotels of all standards and served by the Red Line on the Dubai Metro.

OLD DUBAI

Geography: The area either side of Dubai's historic Creek, incorporating bustling Deira and Bur Dubai.

The lowdown: As the older part of town, you're well placed to discover the history of the city and the 'off-the-beaten track' attractions. This is where you'll find many of the Dubai government offices and international embassies. Well served by hotels, Old Dubai particularly presents a good selection of four and three-star hotels and guest houses. Served by the Green Line on the Dubai Metro.

JUMEIRAH AND UMM SUQEIM

Geography: spanning from the iconic Burj al Arab all the way north along the coastal Jumeirah Beach Road towards Jumeirah Mosque.

The lowdown: Ideal if after your business day you want to return to resort-like accommodation. Here you'll find swathes of private and public beach; the Madinat Souk and the iconic Burj Al Arab. Closest Metro stops lie along the Sheikh Zayed Road, so you'll be more reliant on taxis and car transfers.

PALM JUMEIRAH

Geography: needs little introduction. The archipelago in the shape of a palm tree jutting out into the Arabian Gulf from Al Sufouh near Dubai Media City.

The lowdown: Home to primarily five-star resorts – with a wow factor of a location. If pleasure takes priority over business then you may want to opt for this postcode. While the trunk of the Palm is served by a monorail, you'll most likely be reliant on taxis and chauffeurs if your meetings are outside your chosen resort.

AL BARSHA

Geography: Close to Sheikh Zayed Road, about 15 minutes drive from the financial district but well served by the Dubai Metro.

The lowdown: The jewel here is the Mall of the Emirates with its indoor ski slope. Good-value accommodation makes this a popular choice for business travellers. The Metro's Red line runs through here.

NEW DUBAI AND DUBAI SOUTH

Geography: incorporating the bustling Dubai Marina, Jumeirah Beach Residences and further south towards Dubai's second airport, Dubai World Central (DWC).

The lowdown: Perfect for meetings in Dubai Media City, Dubai Internet City and Dubai Knowledge Village (all linked by the Dubai Tram line) or if you have business with the emerging corporations further south, such as Dubai Parks & Resorts and those surrounding the Expo 2020 site and DWC.



Power corridor

FOCUS ON THE STRIP OF DUBAI'S ARTERIAL SHEIKH ZAYED ROAD THAT LIES BETWEEN THE DUBAI INTERNATIONAL FINANCIAL CENTRE AND THE DUBAI WORLD TRADE CENTRE, AND YOU'LL BE AT THE CITY'S BEATING HEART OF BUSINESS

DUBAI INTERNATIONAL FINANCIAL CENTRE (DIFC)

Geography: On the eastern side of the Sheikh Zayed Road served by the Red Line of the Dubai Metro at the Emirates Towers station. The road can easily be crossed using the station's pedestrian bridge.

The lowdown: Home to more than 1,500 registered companies, the DIFC is the region's hub for corporate financial business. Serving the corporate multi-national community from early morning to late at night – this is a destination in its own right, offering over 60 restaurants and cafes (including Zuma and La Petite Maison, both listed among “the world's best restaurants”), a plethora of bespoke boutiques and art galleries and, come evening when the jackets are discarded, a host of lounges ideal for post work socialising. For those who are members, the DIFC is also home to the Capital Club – named by CNN as “one of the 10 top exclusive business clubs in the world”. Hotels within the DIFC complex include the intimate Four Seasons and The Ritz-Carlton. However, there are a string of four and five-star properties nearby along the Sheikh Zayed Road.

difc.ae



DUBAI WORLD TRADE CENTRE (DWTC)

Geography: Just one stop north on the Dubai Metro's Red Line from the Dubai International Financial Centre – before going on to directly serve Dubai International Airport further down the line.

The lowdown: If you've been invited to a convention or exhibition, chances are it will be hosted in the Dubai International Convention and Exhibition Centre sitting at the heart of the Dubai World Trade Centre (DWTC). It's the meeting place for more than 2.74 million visitors from 160 global markets every year. A number of on-site restaurants and cafes sustain you between meetings, while a selection of on-site hotels include Novotel World Trade Centre, Ibis World Trade Centre, and Ibis One Central.

dwtc.com





Business & pleasure

Food for thought

SWAP THE BOARDROOM FOR A SWANKY RESTAURANT. WE SHOW YOU WHERE TO BOOK YOUR TABLE TO SET THE RIGHT IMPRESSION



ZUMA

It's a perennial favourite with the suits of the DIFC. Serving up the signature miso black cod is a sure-fire way to ensure the deal swings in your favour. **Where: Gate Village 6, DIFC**

zumarestaurant.com

ROBERTO'S

You won't leave this fine-dining Italian venue hungry – the portions, even for the lunch menu, which changes weekly, are generous. Expect Venetian hospitality with authentic dishes served up with Milanese flair.

Where: Gate Village 8, DIFC

robertos.ae

LALUZ

Choose a table in the open dining room or the chic lounge of this Spanish imported restaurant within the Four Seasons hotel DIFC. The interior and graphic design is a talking point before you've even looked at the menu. **Where: Four Seasons DIFC**

laluzrestaurant.com

LA SERRE

With a Parisian-style boulangerie on the ground floor and a crisp white bistro on the first floor, this is a popular spot among the business fraternity. There's not a set lunch menu, leaving diners free to choose from the a la carte menu. Bon appetite!

Where: VIDA Downtown

Dubailaserre.ae

BATEAUX DUBAI

Glide along the waters of the Dubai Creek in this glass-enclosed floating restaurant. Fine dine on four courses while enjoying all-round views of Dubai's most historical and cultural sights.

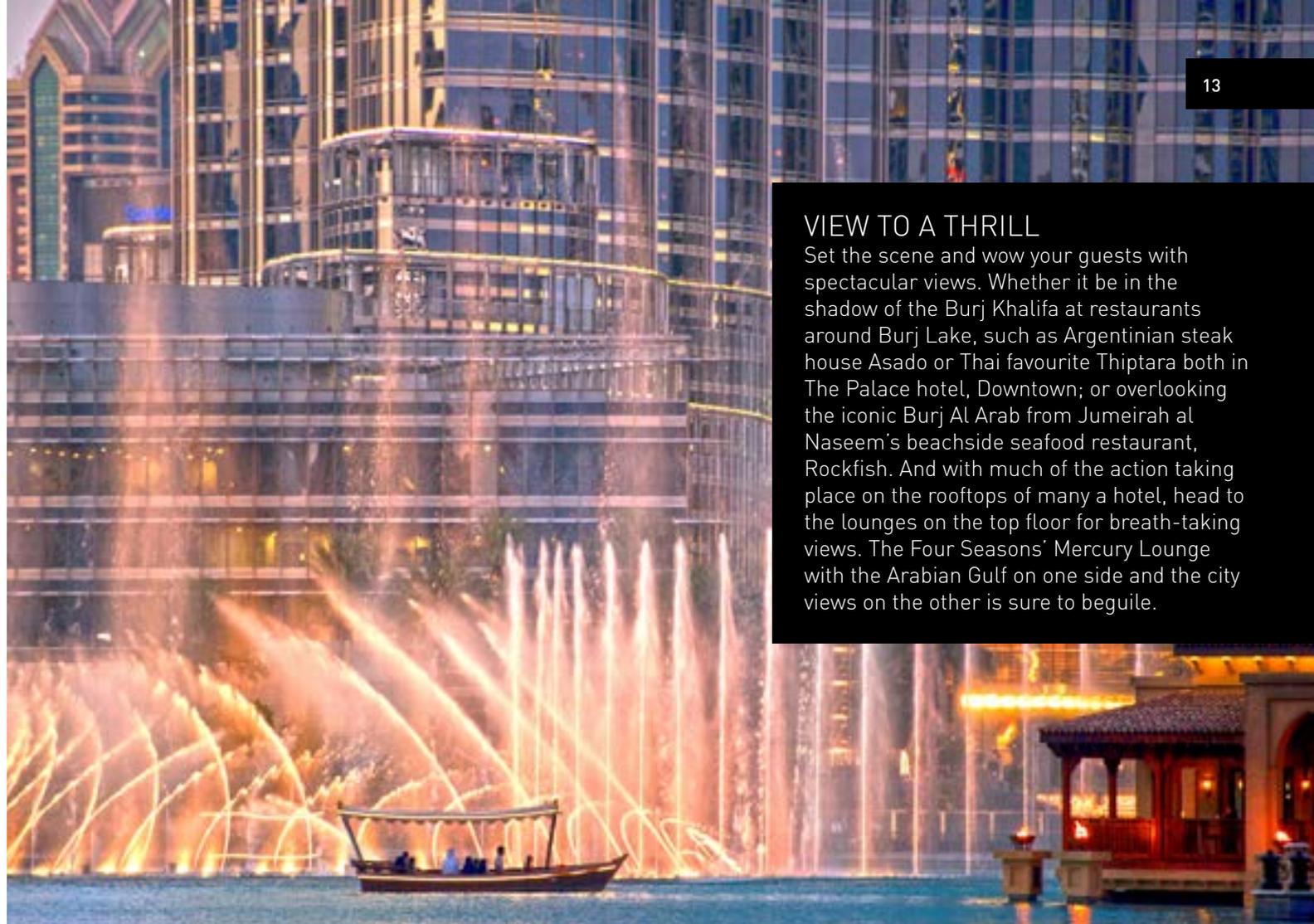
jaresortshotels.com

Table talk

BUSINESS DINNERS HAVE NEVER BEEN MORE APPETISING WHEN GIVEN A DUBAI SPIN

CELEBRITY APPEAL

Dubai is no stranger to celebrities, and the restaurant scene here is no exception. Yet while the diners may be A-listers, we're also finding them taking centre stage in the kitchens. In fact, Dubai's list of chefs is fast becoming a Who's Who of the culinary world. Gordon Ramsay, Gary Rhodes and Sanjeev Kapoor have all taken time out of their TV presenting to delve into Dubai; while star-studded chefs Nobu Matsuhisa, Jason Atherton, Jean-Georges Vongerichten, Atul Kochhar, Richard Sandoval and Nathan Outlaw are just a few other names for starters.



VIEW TO A THRILL

Set the scene and wow your guests with spectacular views. Whether it be in the shadow of the Burj Khalifa at restaurants around Burj Lake, such as Argentinian steak house Asado or Thai favourite Thiptara both in The Palace hotel, Downtown; or overlooking the iconic Burj Al Arab from Jumeirah al Naseem's beachside seafood restaurant, Rockfish. And with much of the action taking place on the rooftops of many a hotel, head to the lounges on the top floor for breath-taking views. The Four Seasons' Mercury Lounge with the Arabian Gulf on one side and the city views on the other is sure to beguile.

HOME COOKING

To really get to know a destination is to eat its local food. Emirati cuisine is full of flavour, taking inspiration from across the region. Paying homage to the seven emirates, head to Seven Sands – with branches in the Falcon Lounge of the World Trade Centre, JBR and in the Etihad Museum in Jumeirah. You won't get more authentic than this.



PRIVATE DINING

If you want to focus on the business at hand undisturbed by fellow diners, then put your order in for a private dining room. Among the many on the menu is the private room for parties of just 12 people at the acclaimed Play Restaurant and Lounge at the H Hotel. Its Experience package sees founder chef Reif Othman personally cook for and serve in an interactive, highly personal dinner. It's like your own private party.



1.

Social networking

WHEN THE DEAL IS DONE, IT'S TIME TO CELEBRATE. HERE ARE A FEW OPTIONS FOR LETTING YOUR HAIR DOWN WITH YOUR WORK COLLEAGUES

1. DUBAI OPERA

This stunning, iconic opera house is one of the world's finest – and newest. Catch a West End or Broadway show, an orchestral performance, a pop concert or a ballet. Check out the Dubai Calendar App to find out what's on.

dubaiopera.com

2. MUSICHALL

This red velvet theatre sees up to 10 live, back-to-back musical acts perform on stage, while you dig into a sumptuous meal. Serving up an eclectic mix, you can get anything from jazz, reggae, latino and classical all in one night.

jumeirah.com

3. INTERSECT BY LEXUS

If you're nervous about what to talk about other than business, then this venue combines technology, art, music, cuisine and, of course, cars, all under one roof. This is the second (after Tokyo) Lexus boutique-cum-café in the world.

lexus-int.com/intersect



2.



3.

4. LA PERLE

Soon to open in the region's very first aqua theatre is the latest masterpiece from Franco Dragone of Cirque de Soleil fame. Expect death-defying acrobatics with performers diving 35 metres into pool below. VIPs benefit from their own private entrance and reception area.

laperle.com



14

4.



5.



6.

5. CAVALLI CLUB

In collaboration with designer Roberto Cavalli, this restaurant and lounge is for party connoisseurs with style. Start off with an a la carte meal before hitting the dance floor until the early hours of the morning.

cavallclub.com

6. MEYDAN RACECOURSE

Watch the thrills and spills from the race track as the horses go thundering past at Dubai's famous Meydan Racecourse – home to the world's richest horserace, the Dubai World Cup. Cheer on your favourites from the restaurant terraces between courses.

meydanhotels.com

Touring town

IF YOU'VE GOT THE TIME, THEN SEE THE SIGHTS – THE UNCONVENTIONAL WAY. THESE TOURS HAVE GOT IT COVERED

SEE FROM YOUR SEAPLANE

The waters of the Arabian Gulf are your runway as you take off in your Seawings seaplane to tour Dubai. Everyone gets a window seat allowing you to look down on the iconic skyline. The 40-minute flights leave from Park Hyatt on the Creek.

seawings.ae

GLIDE IN A HOT AIR BALLOON

Enjoy a magic carpet ride as you soar above the sand dunes in a hot air balloon. The memorable, exhilarating experience will more than make up to the early morning start – and it means you can be back for a mid-morning meeting.

ballooning.ae

CULTURAL UNDERSTANDING

Head to the oldest heritage site in town – the Al Fahidi Historical Neighbourhood – home to the Sheikh Mohammed Centre for Cultural Understanding. Tours of the area are conducted from here, while traditional Emirati meals are served.

cultures.ae



BURJ KHALIFA & DUBAI FOUNTAINS - WORLD'S TALLEST TOWER

Look down on the city from the observation decks on the 148th, 125th and 124th floors. Tour times in the week start at 8.30am (Friday and Saturday sunrise visits from 5.30am) and last entry is at 11pm – allow one and a half hours to complete the tour (although queuing time during the peak hours 3.30pm-6pm can be lengthy). Online tickets cost from Dhs125 (\$34) when booked in advance at tickets.atthetop.ae

Back on terra firma, see the dancing fountain on Burj Lake spring to life every half an hour from 6pm.

Adventure starts here

FOR A GROUP INCENTIVE, THESE ADRENALINE-FUELLED ADVENTURES ARE SURE TO LEAVE TEAMS FIRMLY BONDED

HIT THE SLOPES

This may be the desert, but don't let that stop you venturing into the snowy world of Ski Dubai at Mall of the Emirates. As the Middle East's first indoor ski slope, Ski Dubai boasts five runs and real snow. Take a discovery lesson, try a few jumps or tackle the zip wire.

skidxb.com

GET BEHIND THE WHEEL

Ever fancied really putting your foot to the floor in an F1-style racing car? At Dubai Autodrome you can test your Grand Prix prowess in a half-day Audi R8 V10 driving course. Alternatively, get together with your colleagues and see who can make it around the 1.2-kilometre challenging Kartdrome first.

dubai autodrome.com

KICK UP A SANDSTORM

Take a roller coaster ride across the desert dunes when you go on a desert safari. Any of the myriad tour operators will collect you from your hotel around 4.30pm to whizz you out to the desert in time for some offroading before the sun sets. A traditional barbeque meal around the campfire ensues under the starlit sky. You'll be back to your hotel around 10.30pm.

arabian-adventures.com

SKYDIVE OVER PALM JUMEIRAH

If you're only ever going to do this extreme sport once, then you might as well do it over one of the top 'drop zones' in the world – above Dubai's iconic Palm Jumeirah. You'll leap out of a plane at 13,000ft and soar above the palm-shaped archipelago.

skydivedubai.ae



In the swing of it

WITH SO MUCH BUSINESS SUPPOSEDLY DONE ON THE GOLF COURSE, NO WONDER DUBAI HAS SO MANY OUTSTANDING GREENS

DUBAI CREEK GOLF & YACHT CLUB

A beautifully manicured course with palm trees and lakes arranged around the Creek. All 6,800 yards of this par 71 course, sit beside the historic waterway. If you only have an evening to spare then tee off on the floodlit nine-hole (par 3) course – last tee off time is 8.50pm. Non-members can book their tee times online.

dubaigolf.com

EMIRATES GOLF CLUB

This 18-hole course is home to the annual Dubai Desert Classic tournament held each February. Made up of the Majlis course (7,211 yards, par 72); the floodlit Faldo course (6,916 yards, par 73) on which the last tee off is 9.55pm for nine holes and 7.35pm for 18 holes; and the floodlit Par Three (1,239 yards, par 27) course walking on which the last tee time is 8.57pm. Non-members can book their tee times online.

dubaigolf.com



17

THE ADDRESS MONTGOMERIE

This world-famous landscaped 18-hole course (7,396 yards, par 72) includes lakes and 81 large bunkers. Evening players can tee off no later than 9pm on the Par 3 for its nine holes or practise on the driving range until 9pm. The club is also home to the award-winning Nineteen restaurant, which serves some of the city's finest steaks.

themontgomerie.com



THE TRACK, MEYDAN GOLF

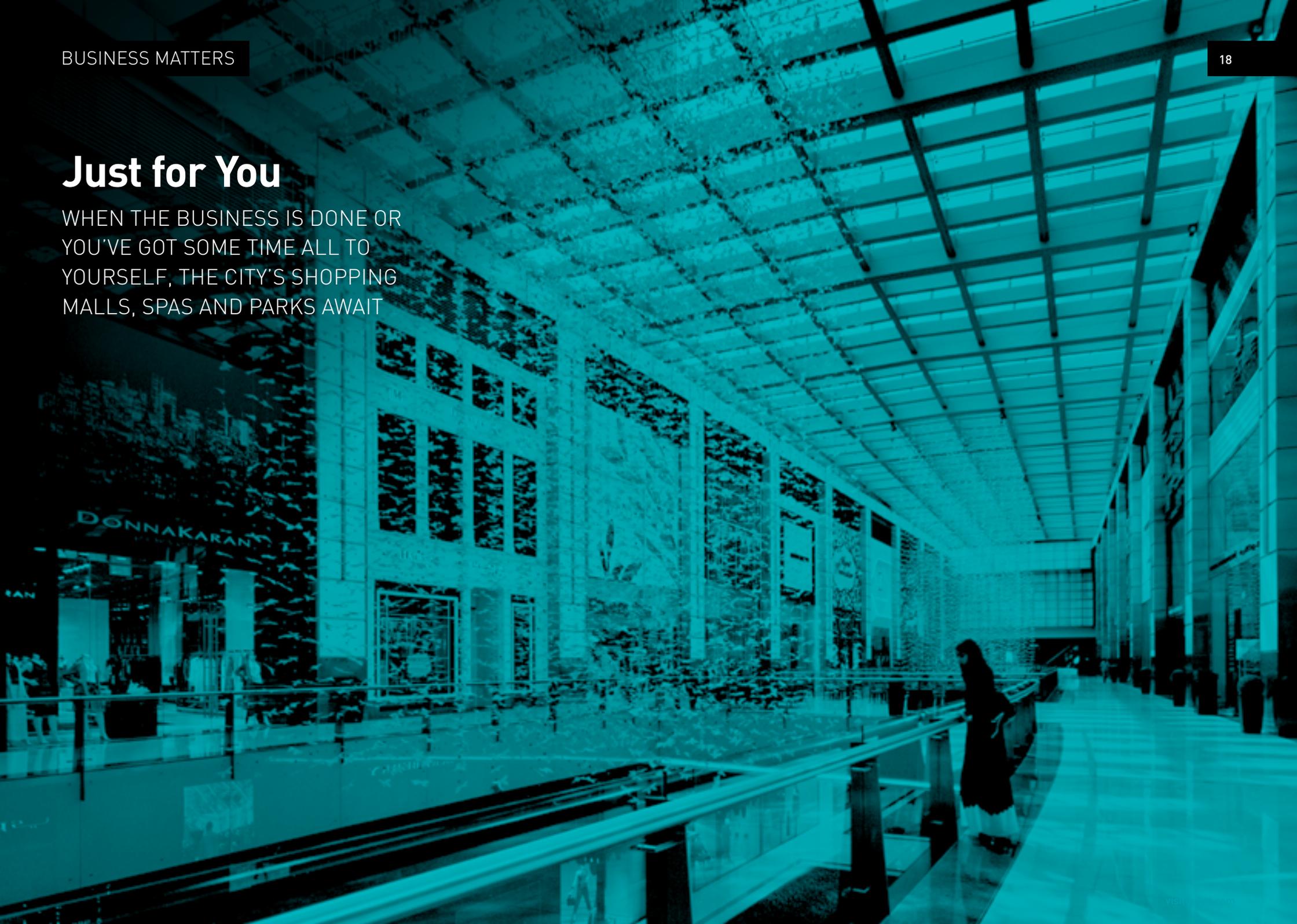
For a memorable, late-night golfing experience, The Track's floodlit championship course (7,412 yards) opens daily until 11pm on a pay and play basis.

meydangolf.com



Just for You

WHEN THE BUSINESS IS DONE OR YOU'VE GOT SOME TIME ALL TO YOURSELF, THE CITY'S SHOPPING MALLS, SPAS AND PARKS AWAIT



Retail Therapy

Open until late into the evening, there's always time to shop in Dubai

SOUK IT UP

The open-air markets that have traded in silks and spices for decades are still open for business beside Dubai's historic Creek. Alternatively, for a 21st century take on the souks, head to Souk Madinat Jumeirah, beside Burj Al Arab, or Souk Al Bahar, at the foot of the towering Burj Khalifa.

jumeirah.com | soukalbahar.ae



SHOP 'TIL YOU DROP

With close to 100 shopping malls – including The Dubai Mall, the world's largest – shopaholics can certainly get their retail fix here. And with most malls open every day until midnight, you don't have to reschedule your daily meetings. Anchor stores include Galeries Lafayette and Bloomingdale's in The Dubai Mall; Harvey Nichols in Mall of the Emirates.

thedubaimall.com | malloftheemirates.com

ALL THAT GLITTERS IS...

...gold, platinum and diamonds. If the Gold Souk in Deira is too overwhelming, then head to the Gold and Diamond Park in Al Barsha, close to Mall of the Emirates. For a fraction of the price back home, you can purchase almost any conceivable jewellery you desire. Alternatively, want something bespoke? Show them the design and you'll have it in a matter of days – so get your order in before the conference or exhibition.

goldanddiamondpark.com



WHIZZ UP A WARDROBE

Looking the part is key, so why not have a suit made to measure? Ascots & Chapels in DIFC is a stalwart in the region's tailoring industry. With a choice of up to 6,000 different materials, so meticulous is the attention to detail that suits made here can take up to 100 man-hours to create – so tap into its global concierge service, which allows orders to be made in one city and picked up in another.

ascotsandchapels.com

For the big kids

If you just can't wait for the family to join you, then check out Dubai's theme and waterparks



WILD WADI

Brave the unsuspecting 32 metre drop from the Jumeirah Sceirah at this park in the shadow of the Burj Al Arab.

jumeirah.com

IMG WORLDS OF ADVENTURE

The world's largest indoor theme park with four zones of adventure including jaw-droppingly fast rollercoasters and stomach churning rides.

imgworlds.com



DUBAI PARKS AND RESORTS

Go beyond the screen with MOTIONGATE Dubai or onto the stages of Bollywood at Bollywood Parks Dubai, and then get bring your architectural building skills to the fore at Legoland Dubai.

atlantisthepalm.com

These three parks, in addition to LEGOLAND Waterpark Dubai, make up the sprawling area under the banner of Dubai Parks & Resorts. Embark on an adventure of rollercoasters; immersive 3D rides; theatre shows and street entertainment.

dubaiparksandresorts.com



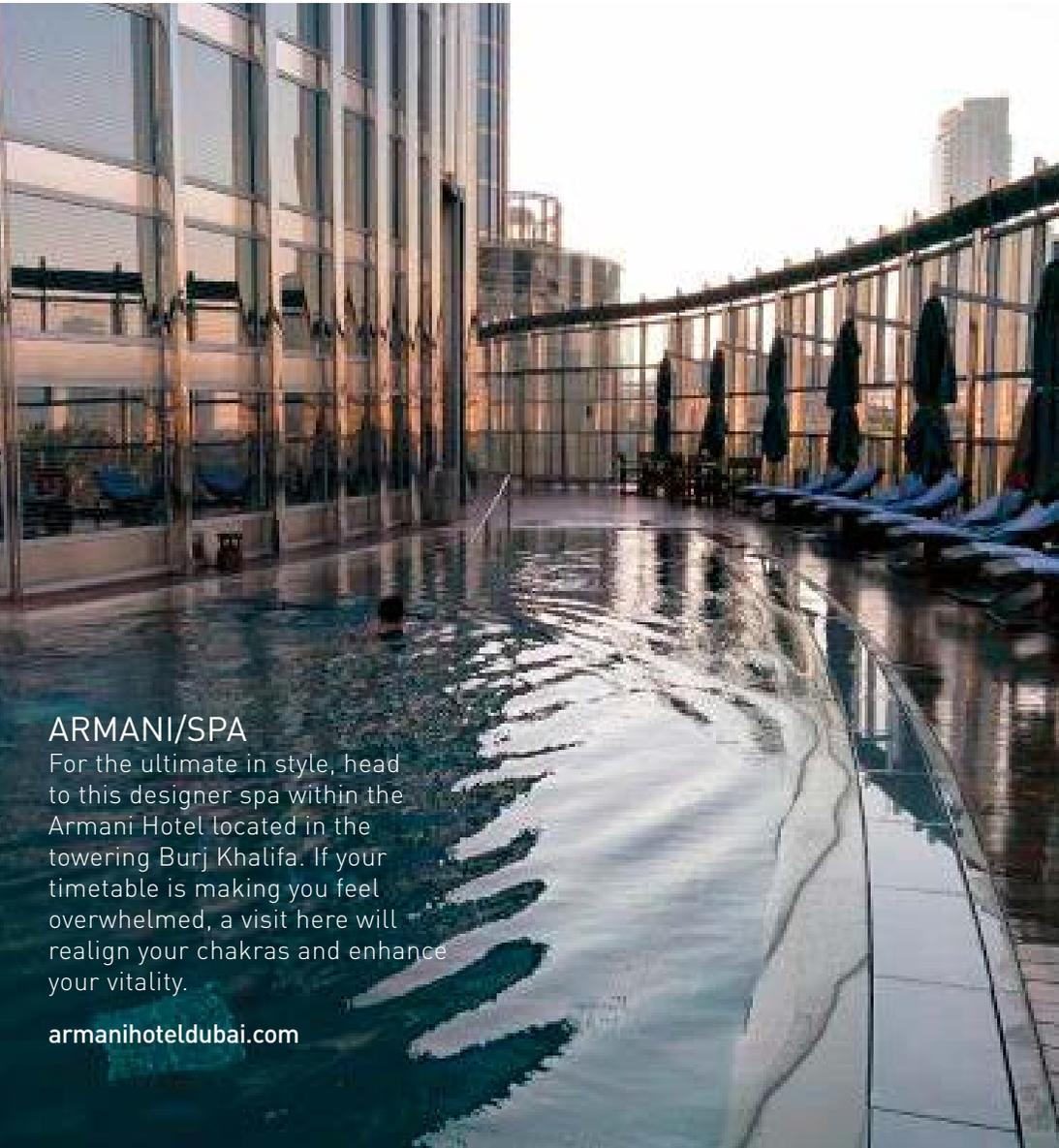
AQUAVENTURE

Loop the loop down Poseidon's Revenge or take the Leap of Faith at this thrilling waterpark at Atlantis, The Palm.

atlantisthepalm.com

Spa time

Beat off jet lag; say goodbye to stress; reenergise and recuperate from the vigours of work in the city's plethora of luxuriating spas



ARMANI/SPA

For the ultimate in style, head to this designer spa within the Armani Hotel located in the towering Burj Khalifa. If your timetable is making you feel overwhelmed, a visit here will realign your chakras and enhance your vitality.

armanihoteldubai.com

CONRAD SPA

In the heart of Dubai's Financial belt, escape the boardroom to this luxurious spa offering an array of signature treatments to rebalance body and mind. The Jet Lag Cure is ideal for those needing to 'get on their game' in a new time zone.

conraddubai.com



AMARA SPA

Retreat into this Moroccan-style spa in the Park Hyatt beside Dubai Creek. Spa guests also get to use the hotel's pool – so build in some R&R time too.

hyatt.com



NAIL SALONS

It's attention to detail that can seal the deal – so there's no place for chipped nails on this business trip. Ladies don't have to go far to find a nail salon in Dubai. High street favourites include NStyle, which also has a branch in the DIFC (women only).

nstyleintl.co



MALE GROOMERS

Looking well groomed counts. Men have a vast choice of salons just for them. Try out 1847 for shaves, haircuts, facials, waxing, manis and pedis.

1847uae.com

DUBAI

visitdubai.com