



The Zen

WELLNESS RESORT



GATEWAY TO
HONEYMOON BLISS

AT THE ZEN WELLNESS RESORT



LET OUR TEAM TAILOR YOUR PERFECT HONEYMOON



YOUR ESCAPE INCLUDES:

ACCOMMODATION

- 4 nights in a Sela Villa with a private balcony and sweeping views of the Nile River.

MINDFUL MOMENTS, TOGETHER

Let the gentle energy of the surrounding nature and the expert touch of your therapists guide you both back to balance — side by side. Your journey will include:

- Daily yoga and meditation sessions at our serene wellness center.
- Couples massage therapy at the Lifestyle Spa.
- Complimentary dental consultation, scaling, and a treatment plan.
- Couples beauty ritual including HydraFacial treatments.

ROMANCE AND RELAXATION

- Guided sunset boat tour along the tranquil Nile.
- Private candlelit dinner at Juzoor Restaurant.
- Welcome amenities: seasonal fruit basket and handcrafted smoothies.
- Daily breakfast buffet with organic, locally-sourced selections.

AMENITIES AND ACCESS

- Full access to fitness facilities and swimming pool.

STARTING FROM \$3,000 NET PER COUPLE
5 DAYS / 4 NIGHTS STAY



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All prices are inclusive of applicable taxes and service charges.
Package details may vary based on availability and seasonality.

HONEYMOON PACKAGE BY MGM HEALTH & WELLNESS

HONEYMOON BLISS IN ASWAN – SACRED WELLNESS FOR TWO

Bask in the golden serenity of Aswan, where the Nile flows gently past sun-warmed cliffs, and time slows down to honor love. This immersive honeymoon retreat blends ancient wisdom, modern healing, and soulful connection, helping you begin your married life with radiant health, emotional depth, and unforgettable intimacy. Every detail is curated to restore, renew, and align two hearts as one.

DAY 1: ARRIVAL AND GENTLE SURRENDER

- **HERBAL WELCOME ELIXIR & FLORAL GARLAND**

A fragrant welcome of healing botanicals and ceremonial garlands – a symbolic blessing for your shared journey.

- **COUPLES NATUROPATHIC CONSULTATION**
Begin your path with a personalized session focused on harmony, vitality, and aligning your wellness vision as a couple.

- **STAGE 1 BLOOD TEST – A VITALITY SNAPSHOT**

A gentle wellness screening to understand your energy, immunity, and baseline health for optimal care.

- **SERENITY SOAK (ROMANTIC COUPLES BATH)**

A sacred water ritual infused with petals, minerals, and oils – to soften the body and open the heart.

- **EVENING: PARTNER YOGA**

A gentle, grounding flow that brings your breaths, bodies, and hearts into rhythm – together.

DAY 2: STRENGTH & RADIANCE

- **THERAPEUTIC YOGA FOR COUPLES**

A guided movement session to enhance posture, breath awareness, and physical connection.

- **VITAMIN B12 ENERGY INJECTION**

A natural energy boost to awaken clarity and motivation – the perfect start to your wellness week.

- **SIGNATURE FACIAL RITUALS**

- **Bride:** Blue Jade Face Radiance – With lymphatic jade massage and botanical elixirs
- **Groom:** Express Face Detox – Cleansing and hydrating for revitalized glow

- **STRETCH & FLOW MASSAGE (COUPLES MASSAGE)**

Melt into synchronized massage with flowing techniques, warm oils, and intuitive touch.

- **TWIN HEARTS MEDITATION**

A shared meditation to activate compassion, deepen connection, and set intentions as one unified energy.



DAY 3: EMOTIONAL INTIMACY & REJUVENATION

- **AERIAL YOGA INDUCTION (FOR TWO)**

A playful and graceful practice that nurtures trust, support, and shared joy in motion.

- **SO-CHECK BIOSCAN**

A holistic scan of energy, hydration, and nutrients absorption – offering insights to guide IV and nutrition therapy.

- **PSYCHOLOGIST COUPLES SESSION**

A heart-centered consultation focused on mindful communication, emotional safety, and love as a conscious practice.

- **IV THERAPY – COUPLES VITAL DRIP (PRIVATE LOUNGE SESSION)**

Relax side by side in a serene IV lounge with ambient music, herbal tea, and warm blankets.

- **EVENING: FREE TIME FOR PRIVATE DINING OR SUNSET NILE MOMENT**

DAY 4: DETOX, STILLNESS, & SACRED UNION

- **COUPLES DETOX CLAY BATH**

Submerge in warm clay waters – infused with Egyptian minerals and herbs – to cleanse body and spirit.

- **CUPPING THERAPY**

Gentle suction therapy to release tension, improve blood flow, and deepen physical renewal.

- **FOOT MAPPING & SOOTHING STEPS MASSAGE**

A grounding reflexology ritual that reconnects you to the Earth and each other through ancient touch points.

- **YOGA NIDRA – DEEP REST RITUAL**

A meditative journey into deep relaxation and inner peace – together in stillness, beyond words.

- **INNER RESET MEDITATION (FAREWELL CEREMONY)**

A sacred practice to honor your time together, seal your growth, and send your intentions forward in love.

DAY 5: DEPARTURE WITH LIGHT & LOVE

- **NUTRITIONAL HARMONY BRUNCH**

A lovingly crafted brunch rich in color, vitality, and sensory pleasure – a nourishing conclusion to your retreat.

- **DEPARTURE GIFT**

