



## Life on the edge

For an urban escape in a lush lagoon setting, Anantara Eastern Mangroves leads the way

**S**ituated on the outskirts of central Abu Dhabi, along a scenic stretch of protected mangroves, this coveted hotel is ideal for those who want to team outdoor pursuits with a spot of city sightseeing.

It's just a 10-minute drive from downtown, yet Anantara Eastern Mangroves feels a world away from the hustle and bustle of the city, with its waterfront location lending a tranquil vibe. Make the most of the views by booking a suite with a view of the lagoons so you can soak up the surrounds from your private balcony. Plump for an Anantara

Mangroves Pool Suite, which can accommodate up to two adults and one child, and you'll wake up to lush lagoon views. Make the most of the winter sun by unwinding on your private terrace before taking a dip in your plunge pool.

If you've got energy to burn, take a kayak out to explore the mangrove reserve. Guided tours are available to ensure you don't miss a thing – herons, foxes and turtles can usually be spotted. Stand-up paddleboarding is also on offer, and there's a promenade bordering the waterway (the city's old corniche) that's ideal for jogging and cycling.

### A FIVE-STAR SPA

Dedicated spa-goers are sure to be impressed by the traditional treatments on offer at Anantara Spa, which is especially well-known for its signature hammam rituals. Inspired by the ancient Turkish bathing tradition, the journey begins on the warm stone, with time to bask in the heat, followed by a body buff with a traditional kese mitt to prep the skin for receiving the hydrating suds.

After rinsing, you'll receive a circulation-pepping scrub followed by a purifying clay mask. Even your hair and scalp are given the royal cleansing



treatment, with a pressure point face and head massage to lull you into a deep sense of relaxation. An olive foam massage and coffee body polish followed by a cooling rinse complete this blissful 60-minute pamper session. However, we highly recommend that you upgrade with a full body massage using argan infused oil for an additional full hour of relaxation.

### ALL IN GOOD TASTE

Another draw card is the hotel's dining

credentials. Its popular Thai restaurant, Pachaylen, invites you to taste authentic cuisine in a refined setting. A traditional kim player sets the tone as contemporary-styled delights, such as aromatic curries and spicy salads, are brought to your table. If you're unsure what to choose, simply go with the enduring favourites of tom yam soup and pad Thai noodles.

For sunset views, head to Impressions on the rooftop, which serves signature drinks from 7pm to 2am daily. And if

you're keen to boost your cooking skills, you can take part in a Spice Spoons Middle Eastern and Thai cooking class, which will take you to Al Mina Fish Market and the vegetable market across the road to shop for fresh ingredients. Back at the resort, a top chef will guide you with step-by-step instructions for preparing delicious dishes, giving you a new skill to take back home.

**To find out more, call +971 2 656 1000 or visit [anantara.com](http://anantara.com)**

