

AKALA

Residences 1



PRECISION WELLNESS
BEYOND TIME



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About Arada



From the earliest moments of civilisation, we have always been fascinated by a place beyond our body, beyond our Earth.

A place where our true self resides. A place of clarity, knowledge and perfection.

This place is Akala. From the ancient Sanskrit word meaning 'beyond time', Akala stands for precision wellness, using future-facing design and technology and a weightless service environment to help our members unlock their full potential.

WELCOME TO AKALA

Amidst the global surge in wellness, Akala emerges at the forefront of its next evolution. By merging time-tested practices and ancient wisdom with modern scientific advancements, Akala is creating a new health movement we call precision wellness.

A sanctuary nestled in the heart of the world's most dynamic city, Akala offers branded residences, an elemental spa, an elite gym, and unparalleled hospitality designed to transform body and mind.

By bringing together advanced treatments, immersive experiences, and a refined aesthetic, we are defining the future of personal wellbeing for generations.

Whether you seek focus, longevity, or simply a deeper connection to your true self, Akala will inspire you to embrace wellness as both an art and a science for life.





THE WORLD'S FIRST PRECISION WELLNESS ENVIRONMENT

Akala's elegant twin towers are thoughtfully arranged to support every aspect of wellness, and feature distinct yet connected spaces. Both towers are home to a select community of ultra luxury residences while the ultra-luxury hotel in Tower Two provides high-quality services for all apartments.

Bridging these towers, the podium levels comprise Akala's spa and wellness facilities, including an elite club dedicated to enhancing personal performance and wellbeing.







THE HOME EXPERIENCE AMPLIFIED BY SCIENCE AND SOUL

Akala is the first development to introduce precision wellness to the realm of luxury homes. These expansive, light-filled homes are intelligently crafted with purpose and care, establishing a new benchmark for elevated living.

Blending raw materiality with precise detailing—natural stone’s coolness against polished metal—each home embodies Akala’s architectural philosophy and its immersive wellness environment.

Brought to you by Arada, these residences are considered with a deep understanding of present and future living. Leveraging our expertise in shaping luxury residences and lifestyle destinations, we’ve applied global insights to create expressive, functional homes of enduring quality.

ARCHITECTURE AS A SENSORY JOURNEY

Rising with striking clarity in the heart of Dubai, Akala heralds a new chapter in the city's architectural and lifestyle narrative. Standing alongside the next generation of landmarks by the world's leading architects, Akala doesn't echo the past but rather anticipates the future.

The twin towers orchestrate a deliberate architectural journey of compression and release, crafting spaces that transition seamlessly from darkness to light, coolness to warmth, and confinement to openness. While wellness in architecture is a prevalent discussion, Akala's design philosophy is rooted in the undeniable truth that architecture profoundly impacts our well-being.

Incorporating biophilic elements, technological innovations, and fundamentally reimagining architecture as a therapeutic experience, Akala offers respite from Dubai's frenetic energy, a sanctuary from materialism where thoughtful lighting and careful spatial sequencing converge to recalibrate your physical and emotional state.

Akala's impeccable architectural credentials are backed by LEED Gold and WELL Silver precertifications, which underscore the development's commitment to sustainability, health and wellbeing.





LIVE IN THE CENTER, STAY CENTERED

The twin districts of Dubai International Financial Centre (DIFC) and Downtown Dubai, the city's vibrant economic core, have evolved beyond iconic skyscrapers and bustling trade into a sophisticated lifestyle hub, boasting an impressive collection of Dubai's most exclusive hotels, Michelin-starred restaurants, and luxury boutiques.

Traditionally, elite wellness retreats have been synonymous with remote, nature-infused locales—coastal sanctuaries, desert escapes, or mountain hideaways.

The introduction of a wellness-focused hotel and spa in this space disrupts this model, offering something new. Akala's world-class wellness resort allows high-performing professionals to incorporate longevity treatments, biohacking therapies, and recovery programs into their daily routine - without disconnecting from their business commitments.



· · · · · FORMAT/VE

Formative is a state-of-the-art fitness destination, crafted for both high-performance training and everyday vitality, all set against sweeping views of Dubai's skyline.

This elite space draws on Arada's deep operational expertise as the UAE's largest large-scale gym operator, with a portfolio that includes FitnGlam (ladies-only), FITCODE (premium mixed), Wellfit (family wellness clubs), and Platform Studios (boutique fitness).

Formative is the culmination of that knowledge, bringing together best-in-class design, world-leading equipment, and luxury service.

The facility features advanced pin- and plate-loaded strength machines, the latest in cardio innovation, and expansive zones for functional training, stretching, and mobility.

Members can take advantage of private pods for one-on-one personal coaching, a dedicated Recovery Tech zone with Hyperice and Theragun stations, and an indoor lap pool for low-impact performance.

Luxurious male and female changing rooms are elevated with steam rooms, saunas, and cold plunge stations, while purpose-built cycling and multi-use group exercise studios host a variety of classes including spin, bootcamp, HIIT, cardio boxing, TRX, dance fitness, VR-assisted training and curated proprietary programming from The Platform Studios.

Formative is more than a gym - it's a precision-built environment for peak performance.





MIND AND BODY WELLNESS STUDIOS

Akala's Wellness Studios are a serene sanctuary for intentional movement, inner restoration, and holistic transformation.

Movement & Flow:

Adaptable studios, designed to support both ambient and heated sessions, offer a diverse range of classes that promote strength, flexibility, and mindful connection. The schedule includes various styles of yoga, including prenatal, flying, and restorative yoga, as well as mobility-focused flows, and barre and mat Pilates.

Mindfulness & Holistic Healing:

A tranquil Meditation Room sets the tone for mindfulness practices and integrative sensory therapies such as sound healing, reiki, guided breathwork, sleep therapy, and vibrational energy healing. Guests may also participate in herbal and detox tea ceremonies, designed to enhance meditative depth and emotional release.

The Reformer Studio:

Designed to transform strength, control, and flexibility, the Reformer Studio at Akala features over 10 beds including state-of-the-art Mega Reformers - for a range of dynamic sessions. Guests can experience Lagree, classical and contemporary Pilates, along with barre, mat, and hot formats, all guided by expert instructors in a serene, light-filled space engineered for intentional movement.

Sensory Deprivation Room:

This deeply immersive environment invites guests into a state of complete silence, darkness, and weightlessness through a floatation experience in high-salinity water. Free from external stimuli, the body enters a theta brainwave state, promoting profound nervous system recalibration, enhanced creativity, reduced anxiety, and a deepened sense of inner clarity.

Total Immersion Therapy:

A revolutionary wellness technology that uses vibroacoustic therapy to promote total body and mind balance, total immersion therapy combines sound frequency, vibration, and meditative audio to stimulate the body's natural healing systems. Guests are enveloped in a carefully calibrated blend of sound waves and physical resonance that bring them into a deeply relaxed, almost meditative state.

Recovery Zone:

Welcome to the pinnacle of personalized healing — a sanctuary where science, technology, and nature come together to create the ultimate environment for restoration, renewal, and total body optimization. Every detail of this space has been curated to support your physical recovery, mental clarity, and emotional balance.

- Infrared Sauna Pod: Deep-penetrating heat relaxes muscles, detoxifies the body, and boosts circulation.
- Cryotherapy Chamber: A quick blast of cold triggers anti-inflammatory responses, speeds up muscle recovery, and sharpens mental focus.
- Red Light Therapy Wall: Stimulates cellular regeneration, collagen production, and tissue repair.
- Hyperbaric Oxygen Chamber: Enhances oxygen delivery to cells for faster healing, better cognition, and improved endurance.
- PEMF Mat (Pulsed Electromagnetic Field): Rebalances cellular energy, reduces inflammation, and supports natural recovery processes.

A digital wellness concierge screens your biometrics and goals upon entry, customizing your session with AI-driven precision — whether you're recovering from intense training, managing stress, boosting immunity, or simply seeking deep rest.

AKALA SPA

The Akala Spa is a soulful wellness sanctuary where time slows, the senses awaken, and the body surrenders to deep, intentional healing. Every detail has been curated to transport guests into a state of inner stillness and elevated wellbeing.

Behind its tranquil doors, eight private treatment rooms elegantly appointed and gender-segregated for privacy offer a symphony of restorative rituals. For those seeking heightened seclusion, the VIP Spa Suites feature in-room jacuzzis, heated massage tables, and serene bathing spaces perfect for bespoke wellness journeys or deeply indulgent couples' escapes.

A curated menu of premium therapies awaits, featuring massages for sports recovery, pre-natal care, lymphatic drainage, aromatherapy, hot stone relaxation, and the sculpting benefits of maderotherapy.

Guests can also enjoy rejuvenating facials, expert acupuncture, advanced skin detoxification and renewal treatments, as well as cutting-edge modalities like red light and Celluma light therapy, crystal therapy, and peels. Enhancing the experience is the deeply restorative infrared stone bed, designed to promote relaxation at the cellular level. Every treatment is meticulously crafted to restore balance, elevate beauty, and enrich overall wellbeing.

Anchoring the Akala Spa experience is a world-class thermal circuit that invites guests to surrender to elemental balance, by following a purposeful sequence of heat, cold, meditation, and rest, designed to harmonize the body, clear the mind, and renew the spirit.

The thermal circuit features two marine-infused thalassotherapy pools, a eucalyptus steam room, infrared salt room, Finnish sauna, cold plunge and ice room, and a jacuzzi, a design statement integrated into the spa's architecture as both a visual focal point and a sanctuary of relaxation.

The journey culminates in soothing relaxation lounges, where halotherapy purifies the lungs, ergonomic heated loungers cradle the body, and nourishing herbal teas invite reflection and renewal. More than just a ritual, this journey is a sensory immersion in balance, resilience, and renewal.





everwell

Akala's state-of-the-art medical wellness clinic is operated by Everwell, offering precision, science-based health optimisation and longevity treatments in an ultra-private, spa-like environment. Designed across an entire clinical floor, Everwell features fully equipped operating theatres for Level A-C procedures, advanced treatment and procedure rooms, a physiotherapy suite, custom IV therapy stations, consultation lounges, and a VIP recovery and longevity area.

Residents and guests have access to cutting-edge services including proprietary **MuseCell stem cell therapies** – for which Everwell is the region's only licensed operator – exosome therapies, Hyperbaric chamber, red light and cold plunge therapies, lymphatic suits, hormone optimisation, ozone therapy, and AI-personalised supplement, meal, and training plans – all overseen by a global network of medical specialists.

Everwell's **Desawa Golden Bag Treatments** represent the pinnacle of cellular regeneration, delivering powerful anti-aging and cognitive benefits through a curated infusion of stem cells, exosomes, peptides, and growth factors.

Services

- Cord blood plasma therapy
- PRP – platelet rich-plasma treatment (i.e. vampire treatments and joint rejuvenation)
- Micro dermatology rolling treatments for face with exosomes/stem cell/peptides
- Hair rejuvenation
- Skin rejuvenation
- Blood filtration and chelation therapy for detox
- Gut biome testing and correcting
- Food intolerance testing and correcting

Signature therapies also include **PRP (Platelet-Rich Plasma)**, a minimally invasive procedure that uses the healing potential of your own blood to restore skin, promote hair growth, and accelerate recovery. **Blood filtration and chelation therapy** help remove heavy metals and systemic toxins that build up over time, improving clarity, vitality, and inflammatory response.

Gut biome and food intolerance testing empowers guests to decode how their body responds to food at a cellular level, enabling targeted nutritional correction to support digestion, energy, and mood. Meanwhile, **micro-dermatology rolling** treatments, enhanced with stem cells, exosomes and peptides, offer an advanced anti-aging reset, rebuilding collagen and improving skin texture from within.

With seamless integration of technology including an in-house app that integrates with WHOOP and Oura, Everwell empowers proactive, deeply personalized health journeys, from preventive diagnostics to advanced regenerative therapies.

Everwell's services complement Akala's vision of weightlessness, bringing together the elements and delivering a space that elevates your senses by offering a full circle service, from consultation, diagnosis, supplements, medical intervention and therapies. All these are managed end to end in house by our global panel of experts to bring you the region's first unfragmented wellness offering in a space like no other.

- Osteopathy
- Chiropractic
- Physiotherapy
- Acupuncture
- Cupping
- Sound healing
- Peptide treatments
- Non-ablative skin rejuvenation
- Collagen induction therapy (CIT) and dermal treatments
- Retinoid therapy
- Dezawa Golden Bag Treatments

NOURISH AND REFINE

Culinary wellness is central to the Akala experience, with an organic restaurant and café offering nutrient-rich, seasonal menus that align with residents' health goals.

Additional restaurants and lounges provide elevated dining experiences, while residents and guests can also benefit from meal programmes tailored to suit their specific genetics. Men's and ladies' salons offer premium grooming and self-care services in a luxurious, spa-like setting.

Refined Outdoor Relaxation

Akala's outdoor pool deck is a tranquil haven for residents. The elegant L-shaped pool invites relaxing swims in a peaceful setting, while a dedicated kids' pool ensures safe play for younger guests.

The nearby pool bar serves fresh, nutrient-rich refreshments, which are perfect for sunny and serene afternoons.



SERVICES

Akala Hotel Services

Where intuitive care meets elevated living. At Akala, service isn't transactional it's transformational. Every gesture is grounded in empathy and thoughtful precision, creating an atmosphere of seamless ease, personalized comfort, and holistic wellbeing. From arrival to every moment after, curated support unfolds intuitively often before a word is spoken.

Personalized Lifestyle & Wellness Concierge Services

A dedicated wellness concierge orchestrates every element of your stay, from travel and dining to bespoke shopping, cultural experiences, and deliveries. Enjoy pre-arrival pantry stocking with your favourite organic produce, teas, and supplements. Hotel-grade services including daily housekeeping, linen refresh, turndown, 24/7 security, valet, porter, and doorman services offer total peace of mind.

Smart Living, Seamlessly Integrated

The Akala App connects you to your space lighting, climate, sound, and mood settings adjust with a tap, aligning your environment with your rhythm and intention.

Family & Specialized Support

From in-home tutors to companion care for elderly or special needs guests, Akala offers personalized support with warmth and dignity. Event and retreat planning from local wellness immersions to private celebrations brings depth and connection to your calendar.

Akala Wellness Services

Holistic Wellness & Spa Integration

Your personalized wellness calendar is synced with the Akala App, offering daily treatments, therapies, and classes tailored to your needs. In-home sessions with certified yoga, Pilates, breathwork, or meditation instructors are always available, alongside advanced diagnostics like biological age testing, IV therapy, hormone balancing, and somatic bodywork. Jet lag recovery is supported with circadian lighting, oxygen therapy, and targeted nutraceuticals. Evenings close with pre-sleep rituals: calming teas, eye masks, aromatherapy, and soothing soundscapes all designed for deep, restorative sleep.

In-Residence Treatments

Residents have access to curated wellness treatments within the comfort of their home. From rejuvenating massages and recovery sessions to advanced therapies, services are seamlessly arranged through Akala's wellness concierge

Sensory & Emotional Wellbeing

Ambient soundscapes, light wellness programming, and aromatherapeutic scent design are tailored to your emotional needs energizing mornings, grounding afternoons, or mindful transitions. Guided mindfulness, gratitude practices, and breathwork are gently woven into your day, promoting clarity, balance, and renewal. At Akala, service is a quiet, constant presence, a feeling of being deeply understood without saying a word.





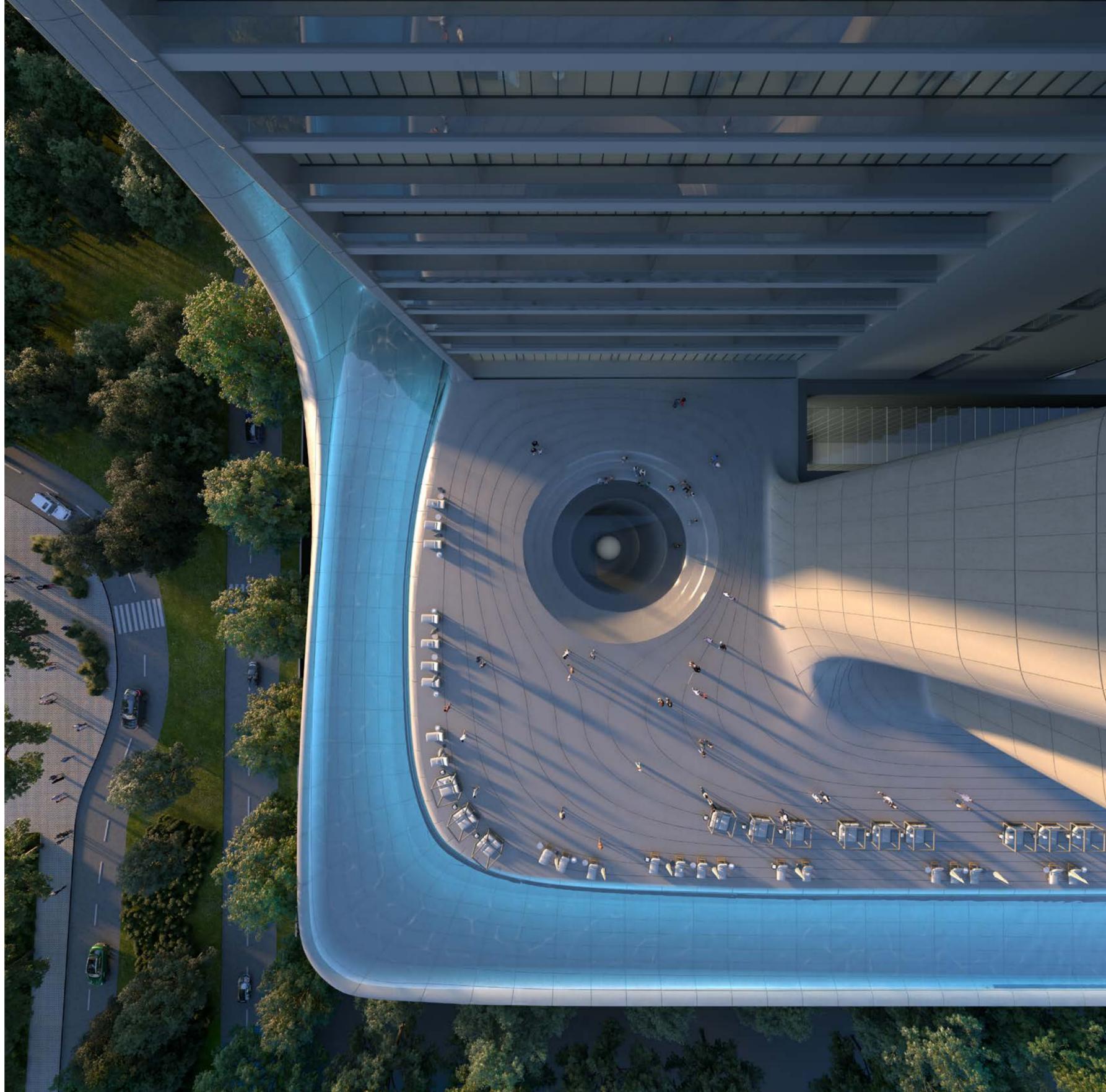
EXCLUSIVELY YOURS

A private sanctuary within Akala, the residents-only spaces are designed to foster both personal wellbeing and a sense of community.

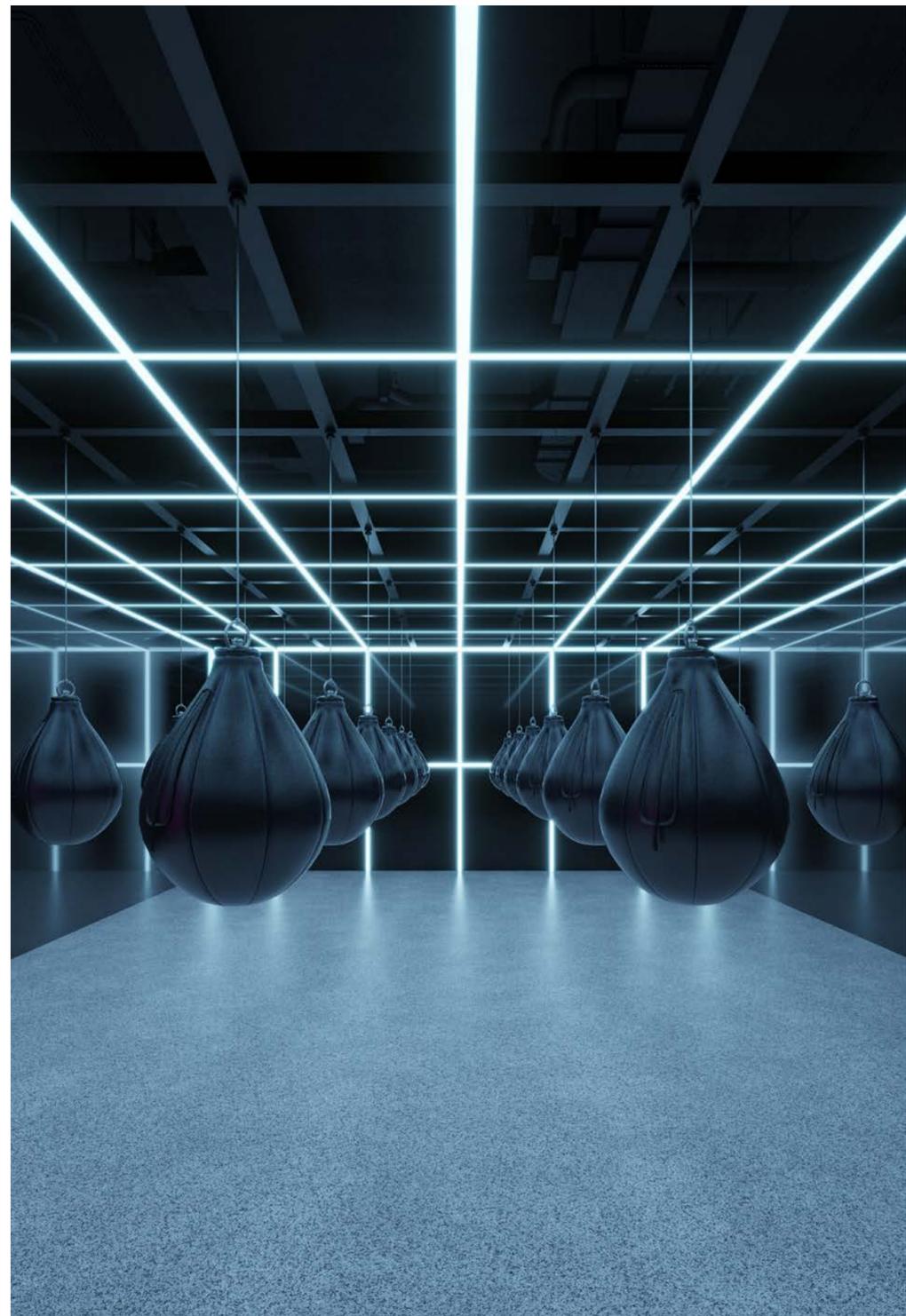
The Wellness Lounge offers a state-of-the-art gym, thoughtfully zoned for privacy with dedicated male and female wellness suites. Each suite is outfitted with steam rooms, infrared or Finnish saunas, and invigorating cold plunges ideal for daily restoration, post-workout recovery, or contemplative wind-down rituals. The gym itself merges functionality with serenity, with natural light, calming interiors, and intelligent equipment to support strength, mobility, and holistic fitness practices.

Outside, an elevated pool deck awaits where the temperature-controlled swimming pool and Jacuzzi provide tranquil spaces to float, soak, or simply surrender to stillness beneath the open sky.

The Residents Club brings people together in refined comfort, with an elegant lounge for social connection, a private cinema for immersive escapes, and an open-air amphitheatre for shared cultural experiences — all curated to elevate the rhythms of everyday life.









HOME, WHERE WELLNESS BEGINS

Each Akala residence is designed with integrated advanced wellness features, thoughtfully curated to optimize daily health and offer opportunities for further personalization.

Acoustic Comfort

Superior soundproofing and acoustic zoning minimize ambient noise and enhance sonic clarity. This ensures a tranquil and undisturbed atmosphere ideal for sleep, focused work, or deep relaxation.

Climate Zoning

Individually controlled climate zones in every room allow for precise temperature and humidity adjustments. This personalized comfort promotes physical recovery, restful sleep, and overall daily wellbeing.

Circadian Lighting

Smart lighting systems dynamically adjust in color and intensity throughout the day, aligning the body's natural circadian rhythm to enhance restorative rest and sustained energy levels.

Vitamin C-Infused Showers

Revitalize daily routines with spa-grade Vitamin C showers that neutralize chlorine, soften water, and nourish skin and hair, turning bathing into a wellness ritual.

Natural Balancing and Smart Tech Integration

Smart home technology allows intuitive control of air quality, and lighting at a touch, while natural materials and designs and products that minimise EMF ground your space in calm, balanced energy.

DESIGNED FOR RENEWAL

Air & Water Purification

Advanced filtration systems ensure consistently clean and purified air and water throughout each residence. By effectively reducing pollutants, allergens, and toxins, these systems establish a healthier foundation for daily living.

High-Performance Glass

Advanced windows provide superior acoustic insulation, block harmful UV rays, and offer electromagnetic shielding ensuring peace, protection, and privacy.

Sustainable by Design

Engineered to meet LEED Gold and WELL Silver standards, each residence reflects our commitment to environmental stewardship and holistic wellbeing. Sleep-Optimized Bedrooms Bedrooms are intentionally crafted as havens for restorative sleep, featuring full blackout, silent climate control, and the use of EMF-conscious materials to synergistically promote deeper and higher-quality sleep.

Wellness Furniture and Amenities Upgrade

Residents will have the option to upgrade to a turnkey furnishing and lifestyle essentials package - expertly curated to reflect the highest standards of wellness and functionality - including essentials such as organic mattresses for spine alignment, breathable bamboo linens and curated pillow selection - including wool and goose feather options - for deeper, higher-quality sleep, massage table for in-house treatments, and adjustable sit-stand desks or wellness workstations.

Crafted Natural Materials

From reconstituted stone to frosted glass and warm wood, each finish is selected for its tactile and environmental quality, encouraging sensory balance and a grounded, natural aesthetic.

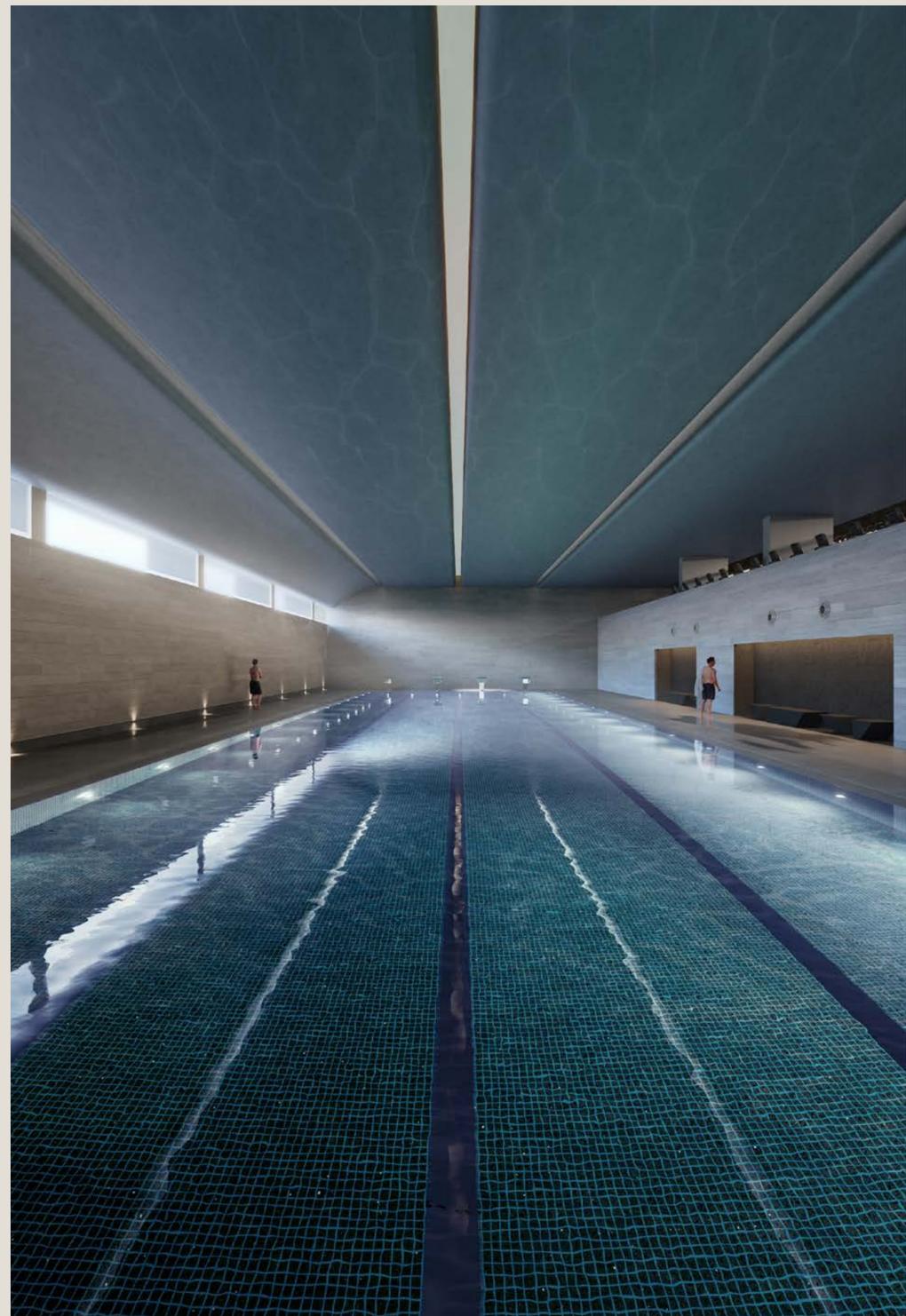
Smart Lighting, Synchronised with You

Residents can easily adjust lighting scenes using apps or keypads. From soft dawn to ambient evening, illumination is intentionally crafted to enhance every moment of the day.

Personalised Climate Comfort

Integrated smart thermostats enable each resident to intuitively tune their space. Whether cooling a bedroom or warming a bath, indoor climate adapts to your personal rhythm.





AKALA MEMBERSHIP

Akala's hotels feature an exclusive, members-only wellness club, a sanctuary of state-of-the-art amenities designed to elevate every guest's health and well-being. Here, the focus is on crafting a transformative, weightless experience for guests where stress, distractions, and anxiety dissolve, allowing for complete immersion in their personal health journey.

These thoughtfully curated wellness facilities offer a comprehensive spectrum of transformative treatments, empowering guests to rejuvenate, recover, and embark on a path to optimal health.

Through advanced medical interventions, deeply relaxing therapies, and invigorating fitness activities, Akala ensures that every aspect of the guest experience is centered on holistic well-being.







ABOUT ARADA

Launched in 2017 and headquartered in the UAE, Arada was created to build spaces people connect with for healthier, happier and more meaningful lives. Arada's scope of operations covers property development, retail, education, healthcare, wellness, fitness and hospitality.

Arada has so far launched eight record-breaking communities across the UAE, as well as expanding internationally into the Australian residential market.



 **ARADA**

arada.com

