

Medicinal and Therapeutic Tour - Jordan 8 Days 7 Nights



Brief Itinerary:

Day 1: Arrival Queen Alia Airport - Dead Sea Day 2 to 7: Dead Sea Days Day 8: Dead Sea - Queen Alia International Airport

Day 1: Arrival – Queen Alia International Airport – Dead Sea

Welcome to Jordan! Upon your arrival at Queen Alia International Airport, you will be warmly welcomed by our airport representative who will walk you through customs and down to the luggage hall. Afterwards, meet with your driver in the arrival hall. The driver will be holding a name sign. Who will help you embark on a scenic drive to the mesmerizing Dead Sea.

As you approach the Dead Sea, the landscape transforms into a stunning vista of blue waters and rugged mountains. Once you arrive at your luxurious resort, take some time to settle in and unwind from your travels. Breathe in the refreshing sea air and immerse yourself in the serene atmosphere before starting your journey the next day.

Upon reaching the Dead Sea, you will check into your luxurious 4 or 5-star hotel, where comfort and relaxation await you. The hotels in the Dead Sea area are known for their impeccable service, stunning views, and top-notch amenities.



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Day 2 to 7 (6 Days, 5 Nights) : In Dead Sea

Enjoy your breakfast at the start of the day and continue your day forward by enjoying your trip with an extended stay in the dead sea full of healing opportunities. visit the renowned <u>Dead Sea</u> <u>Spa Hotel's medical center</u> for its exceptional activities and treatments. Immerse yourself in the therapeutic and healing experiences offered by the medical center.

<u>The Dead Sea Spa Hotel's medical center</u> offers a range of services, including hydrotherapy, massage therapies, and specialized treatments such as ultrasound therapy, galvanic therapy, microwave therapy, cryotherapy. These therapies are tailored to address various conditions and promote physical and mental well-being such as.

- Ultrasound Therapy: Promotes tissue healing, relieves pain and inflammation, improves blood circulation, breaks down scar tissue, and enhances flexibility.
- Galvanic Therapy: Enhances blood circulation, stimulates collagen production for skin rejuvenation, aids in product absorption, and may reduce muscle spasms.
- Microwave Therapy: Relieves deep muscle and joint pain, reduces inflammation, relaxes muscles, and can aid in tissue healing.
- Cryotherapy: Reduces pain and inflammation, alleviates muscle soreness, speeds up recovery, boosts circulation and the immune system.
- Hydrotherapy: Provides relief from muscle and joint pain, improves circulation, reduces stress, assists in detoxification, and enhances range of motion.

At the end of each day return to your hotel for an overnight stay and return to the <u>Dead Sea Spa Hotel's</u> <u>medical center</u> the next day for more rejuvenating treatments and therapies. There are also many other activities you can do for those who are not specifically there for medicinal or recovery purposes such as Floating in the Dead Sea is one of the most popular activities in the Dead Sea thanks to the high salt concentration which makes it virtually impossible to sink, allowing visitors to effortlessly float on the surface.

Sunbathing and Relaxing or taking a Mud Bath thanks to the Dead Sea's mineral-rich mud which is not only beneficial for medicinal purposes but also offers a fun and invigorating experience. Or instead, you can join for wellness spa treatments where they can offer spa treatments like

• Therapeutic massages, facials, body wraps, and scrubs, all designed to pamper your body and enhance your sense of relaxation.





- Mineral-rich Treatments, these may include mud wraps, salt scrubs, and mineral-infused baths. The minerals are believed to have nourishing and healing properties for the skin, leaving you with a refreshed and radiant glow.
- Floatation Pools where you can enjoy the sensation of effortlessly floating on the water's surface.
- Spa Facilities where you can expect well-appointed treatment rooms, relaxation lounges, and private areas for unwinding. Some spas may also have additional amenities such as saunas, steam rooms, Jacuzzis, and swimming pools for guests to enjoy.

You can also go for adventure activities or visit nearby attractions; below are a few recommended places you can visit either for adventure or just exploring and sightseeing.

Day 8: Dead Sea – Queen Alia International Airport

As your incredible time at the Dead Sea comes to an end, bid farewell to the mesmerizing beauty, and prepare for your departure. After breakfast, check out from your hotel and proceed to Queen Alia Airport, where you will catch your flight home or continue your journey to other captivating destinations.

End of your tour to Jordan: Ahlan WA Sahlan!

You can optionally extend your stay and visit other destinations in Jordan! Below are recommendations for places you can optionally visit during your stay on Jordan.

• **Petra:** Embark on a day trip to the ancient city of Petra, one of the New Seven Wonders of the World. Marvel at the stunning red rock facades as you enter through the narrow Siq, a natural gorge. Discover the awe-inspiring Treasury (Al-Khazneh), the Monastery (Ad-Deir), and other fascinating structures carved into the sandstone cliffs. Immerse yourself in the rich history and architectural wonders of this UNESCO World Heritage Site.





- Wadi Rum: Embark on a journey to the majestic desert of Wadi Rum, known for its captivating beauty and unique landscapes. Explore the vast expanses of sand, towering rock formations, and rugged mountains. Take a thrilling 4x4 desert safari, ride a camel across the dunes, and immerse yourself in the tranquility of the desert. Enjoy the trip and gaze at the starry night sky during an unforgettable camping experience.
- Amman: Embark on a day trip to Jordan's capital city, Amman. Immerse yourself in the rich history and modern vibrancy of the city. Explore the ancient Roman Theater, stroll through the bustling streets of downtown, and visit the fascinating Citadel, home to archaeological ruins and panoramic views of the city. Enjoy a delicious meal at a traditional Jordanian restaurant and experience the vibrant atmosphere of Amman's markets.
- Madaba: Located just a short distance from the Dead Sea, Madaba is known as the "City of Mosaics." Explore the ancient town and visit the famous Madaba Map, a Byzantine-era mosaic map of the Holy Land. Discover other stunning mosaics in churches and archaeological sites and learn about the rich history and culture of the region.
- **Ma'in Hot Springs:** Ma'in is famous for its hot springs and natural waterfalls. Enjoy a relaxing and therapeutic experience as you soak in the mineral-rich thermal waters. The hot springs are known for their healing properties and are a great way to unwind and rejuvenate.
- Wadi Mujib: Wadi Mujib is a breathtaking canyon and nature reserve located near the Dead Sea. Embark on a canyoning adventure through the gorge, wade through shallow pools, and swim under waterfalls. It offers a unique opportunity to immerse yourself in the natural beauty of Jordan's landscapes.
- Jerash: Explore the archaeological marvels of Jerash, located just a short distance north of the Dead Sea. Jerash is one of the best-preserved Roman cities in the world. Wander through the grand colonnaded streets, marvel at the well-preserved ruins of temples and theaters, and imagine the vibrant city that once thrived here. Jerash offers a captivating journey into Jordan's rich historical past.
- Ajloun: Discover the historic fortress of Ajloun, situated northeast of the Dead Sea. Perched atop a hill, this medieval castle provides panoramic views of the surrounding countryside. Explore its well-preserved structures and immerse yourself in the stories of its past. Ajloun offers a fascinating glimpse into Jordan's history and is within reach for an enjoyable day trip from the Dead Sea.





- **Bethany Beyond the Jordan:** Experience the spiritual aura of Bethany Beyond the Jordan, located just east of the Dead Sea. This biblical site, believed to be the place where Jesus was baptized by John the Baptist, holds immense religious significance. Explore the archaeological remains and connect with history and faith in this proximate destination from the Dead Sea.
- Mount Nebo: Journey northwest of the Dead Sea to Mount Nebo, a sacred site with sweeping views of the Jordan Valley, the Dead Sea, and even the distant hills of Jerusalem. Discover the Moses Memorial Church, where intricate mosaics depict biblical scenes. Mount Nebo, situated in close proximity to the Dead Sea, offers a serene and spiritual retreat, easily accessible for a memorable day excursion.
- Um Qais: Embark on a captivating journey to Um Qais, a historical gem located in northern Jordan. Perched on a hillside with panoramic views of the Jordan Valley, Lake Tiberias (Sea of Galilee), and the Golan Heights, Um Qais offers a unique blend of archaeological treasures and breathtaking landscapes. Explore the ancient ruins of Gadara, with its impressive Roman theaters, colonnaded streets, and fascinating relics from various civilizations. Immerse yourself in the rich history and enjoy the picturesque surroundings of Um Qais, easily accessible from the Dead Sea for a memorable day trip.
- **Desert Castles:** Discover the intriguing Desert Castles, scattered across the eastern Jordanian desert. These stunning examples of early Islamic architecture offer a glimpse into the region's past. Visit notable castles such as Qasr Amra, known for its exquisite frescoes, Qasr Al-Kharrana, with its well-preserved defensive structure, and Qasr Al-Azraq, famously associated with Lawrence of Arabia. These impressive fortresses and palaces showcase the ingenuity and grandeur of the Umayyad dynasty. The Desert Castles are a captivating addition to your exploration of Jordan, conveniently accessible from the Dead Sea area.

Dead Sea Hotels Recommendation:

5 Stars Hotel:

• Kempinski Hotel Ishtar Dead Sea - Kempinski Hotel Ishtar Dead Sea is a prestigious and luxurious five-star hotel situated on the shores of the Dead Sea. This stunning property offers elegant rooms and suites with breathtaking views of the Dead Sea or the surrounding landscapes. The hotel boasts an array of world-class amenities, including multiple swimming pools, a luxurious





spa, fitness facilities, and exquisite dining options. Guests can indulge in a truly luxurious and relaxing experience while enjoying the stunning natural beauty of the Dead Sea.

- **Crowne Plaza Dead Sea** Crowne Plaza Dead Sea is a well-established hotel known for its exceptional hospitality and breathtaking views of the Dead Sea. The hotel offers comfortable and stylish accommodations, including spacious rooms and suites. Guests can take advantage of the hotel's outdoor swimming pools, fitness center, spa, and various dining options. The convenient location provides easy access to the Dead Sea and its therapeutic benefits, making it an ideal choice for those seeking a relaxing and rejuvenating experience.
- Hilton Dead Sea Hilton Dead Sea is a renowned hotel known for its exceptional service and prime location on the shores of the Dead Sea. The hotel features contemporary and comfortable rooms and suites with stunning views of the Dead Sea or the surrounding landscapes. Guests can enjoy a range of amenities, including outdoor swimming pools, a fitness center, spa services, and diverse dining options. With its direct access to the Dead Sea, guests can easily immerse themselves in the unique therapeutic qualities of the sea and enjoy a memorable stay.
- Movenpick Hotel: Movenpick Hotel in the Dead Sea is a prestigious resort renowned for its exceptional service and prime location along the shores of the Dead Sea. The hotel boasts contemporary and stylish rooms and suites, offering breathtaking views of the Dead Sea and the surrounding landscapes. Guests can indulge in a range of luxurious amenities, including refreshing outdoor pools, a state-of-the-art fitness center, invigorating spa services, and an array of delectable dining options. With direct access to the Dead Sea, guests can effortlessly immerse themselves in the legendary healing properties of the sea and enjoy an unforgettable and rejuvenating stay. Effortlessly experience the extraordinary therapeutic benefits of the sea and create unforgettable memories during their stay.

4 Stars Hotel:

• Holiday Inn Hotel & Resort - Holiday Inn Resort is a serene and enchanting retreat located along the shores of the Dead Sea. With its contemporary elegance and a touch of traditional charm, the resort offers spacious and beautifully appointed rooms and suites, providing guests with a tranquil and inviting atmosphere. Guests can enjoy rejuvenating spa treatments, relax by the outdoor swimming pools, indulge in exquisite dining experiences, and explore the natural





wonders of the Dead Sea region. Whether seeking relaxation or adventure, Inn Holiday Resort provides a memorable escape amidst the breathtaking landscapes of the Dead Sea.

- **Dead Sea Spa Hotel** Dead Sea Spa Hotel is a well-known and respected hotel situated on the shores of the Dead Sea. This unique property offers a relaxing and rejuvenating experience for guests seeking the therapeutic benefits of the Dead Sea. The hotel features comfortable and tastefully decorated rooms with views of the Dead Sea or the surrounding landscapes.
- **Grand East Hotel** Grand East Hotel is a contemporary and stylish hotel located near the Dead Sea. This hotel offers comfortable accommodation with modern amenities, including well-appointed rooms and suites. Guests can enjoy the hotel's outdoor swimming pools, fitness center, and various dining options. The hotel provides a convenient base for exploring the Dead Sea region and its nearby attractions.
- Ramada Dead Sea Ramada Dead Sea is a well-established hotel offering a comfortable and convenient stay for guests visiting the Dead Sea. The hotel provides a range of comfortable rooms and suites, along with amenities such as swimming pools, fitness facilities, and dining options. Guests can also enjoy direct access to the shores of the Dead Sea and experience its therapeutic benefits.

