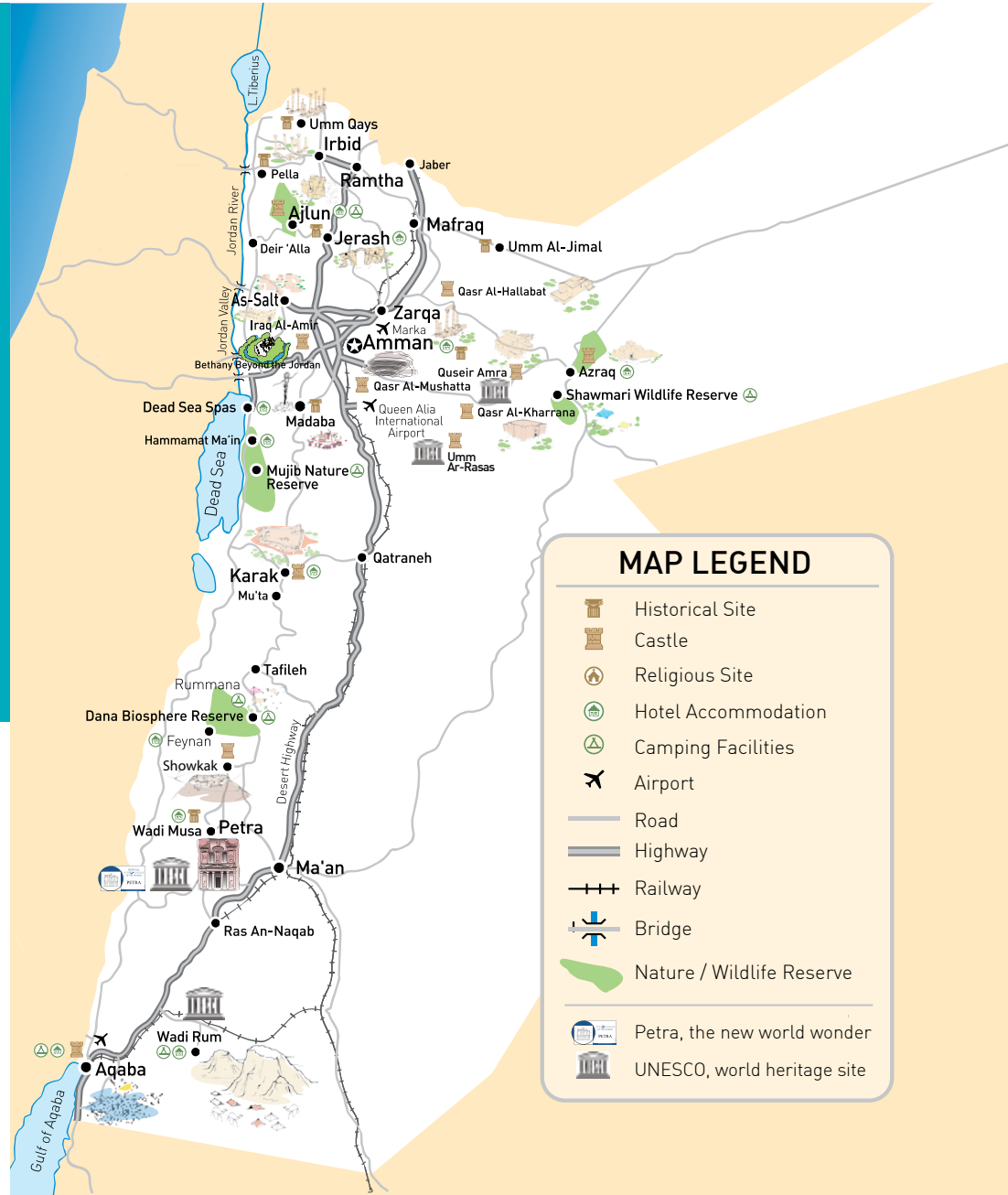


A GUIDE TO
LEISURE AND
WELLNESS
IN JORDAN

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Jordan Tourism Board:

Is open Sunday to Thursday (08:00-17:00).



Floating in Dead Sea

Imagine floating in the buoyant, warm, super-salty waters of the Dead Sea, enjoying a relaxing massage, and then delighting in an exquisite meal amidst exotic surroundings. Or, perhaps, walking through stunning scenery, where only the sounds of the birds and the gentle breeze interrupt your thoughts. Imagine immersing yourself in the therapeutic waters of a thermal spring, sleeping under a million stars, or swimming with marine life in a colorful underwater world. Imagine all the wonders it would do for your overall health and peace of mind.

Jordan provides an ideal vacation for those individuals seeking a diverse but comfortable experience. While travelers elsewhere have a tendency to wear themselves out, visitors to Jordan have numerous opportunities to improve both their physical and mental wellbeing. Jordan boasts ample prospects for both leisure and wellness, so as to ensure that you enjoy a unique and relaxing experience.



Hotel at the Dead Sea



Salt Formations at the Dead Sea



DID YOU KNOW?

The Dead Sea Panoramic Complex and Parkway, near the Ma'in Hot Springs, is easily accessible from both Madaba and the Dead Sea hotels alike. The complex, run and managed by the Royal Society for the Conservation of Nature (RSCN), sits on a steep cliff overlooking the Dead Sea. It houses a museum, viewing terraces, a restaurant, conference facilities and other wayside amenities. It makes an ideal stop over for those exploring the Holy Land or simply seeking stunning scenery

Dead Sea



Bethany Beyond the Jordan



Dead Sea Beach



Crystallized Salt

THE DEAD SEA

It may come as a surprise to many that the lowest point on Earth, located in Jordan, also offers one of the most dramatic and beautiful landscapes. The Jordan Rift Valley, which at the Dead Sea is over 400m (1,312 ft.) below sea level, is known as the largest natural spa in the world. A number of rivers, including the Jordan River, flow into this vast stretch of water. These rivers' journeys come to an end at the Dead Sea, where they come to rest and evaporate. As such, the air in this region is saturated with a dense, rich cocktail of salts and minerals. These natural resources are subsequently utilized by industry, agriculture and medicine.

The Dead Sea is flanked by mountains to the East and the rolling hills of Jerusalem to the West, cradling this location in natural beauty. Although sparsely populated and serenely quiet at present, the area is believed to have been home to five Biblical cities: Sodom, Gomorrah, Admah, Zeboim and Zoar (Bela).

Dead Sea



Relaxing Pool-side Yoga

One of the most spectacular natural and spiritual landscapes in the world, the Jordanian eastern coast of the Dead Sea has evolved into a major hub for both the religious and the health & wellness tourism in the region. A series of good roads and excellent hotels, with premier spa and fitness facilities, make this region both accessible and comfortable. Plus, vast archaeological and spiritual discoveries make this spot as enticing to today's international visitors as it was to kings, emperors, traders, prophets and pilgrims in antiquity.

The leading attraction at the Dead Sea is the sea itself! The warm, soothing water is ten times saltier than normal sea water, and is rich in chloride salts like magnesium, sodium, potassium, and bromine, among others. These unusually warm, incredibly buoyant and mineral-rich waters have attracted visitors since ancient times. More notable visitors include King Herod the Great and the beautiful Egyptian Queen, Cleopatra. They surely doused themselves in the Dead Sea's rich, black, stimulating mud and floated effortlessly on the flat waters. Throughout history, there is no more luxurious way to travel than to soak up the water's natural healthy minerals while basking in the gently diffused rays of the sun.

The Dead Sea is the safest place in the world to sunbathe. Despite such close proximity to desert regions, the vapor that rises from the evaporation on the surface of the sea acts as a natural filter for potentially harmful UVB rays.

Dead Sea



Massage Treatment



Family Enjoying Dead Sea Mud

DEAD SEA TREATMENTS

The therapeutic benefits of the Dead Sea have been known to man for at least 2,000 years. A unique combination of climatic conditions and elements - sun, water, mud and air - have been proven to offer excellent natural treatments for a range of chronic ailments. Visitors flock to the Dead Sea to seek natural treatments for psoriasis, Atopic dermatitis, vitiligo and Psoriatic arthritis, asthma, arthritis, circulatory problems, hypertension, Parkinson's Disease and some eye problems.

The constantly evaporating waters of the Dead Sea leave behind a unique sulphur, sodium, potassium, iodine, magnesium, calcium and bromine, each with a beneficial property:

Dead Sea



- Chlorine is a natural antiseptic that boosts the skin's protective layer and reduces swelling.
- Sulphur detoxifies and stimulates the metabolism;
- Sodium balances the skin's pH levels;
- Potassium regulates the body's water balance;
- Iodine improves thyroid health and cell metabolism;
- Magnesium enhances functioning of skin metabolism, facilitates breathing and protects against allergies;
- Calcium clarifies the skin surface and relieves pain;
- Bromine is a muscle relaxant, well-known for its calming effect, and is found in the air around the Dead Sea in concentrations 20 times greater than anywhere else in the world.



DID YOU KNOW?

The water level of the Dead Sea is dropping by about 30cm (1 ft.) per year. It is being diverted by Israel and Jordan for industry, agriculture and household use. Scientists predict that the sea may be dried up by the year 2050.

Due to the high barometric pressure, the air around the Dead Sea is around 8% richer in oxygen than at sea level. This dry, rich, allergen-free air makes the area a haven for people with respiratory problems.

Dead Sea



Pedicure



Mud Treatment

The Dead Sea's laboratories produce a range of facial mud masks, bath salts, shampoos, cleansers, nourishing creams, moisturizers, hand creams, make-up removers, skin toners, astringents, face washes, bath and shower gels, soaps and sun protection creams. All are produced from the area's natural elements, are of excellent quality, and are available in outlets throughout Jordan. They can also be ordered online for delivery anywhere in the world, so that visitors can continue to enjoy the benefits of the Dead Sea long after they have returned home.

Dead Sea mud, or pelloid, is a mineral-rich alluvial sediment, saturated with sulphide components. It holds heat well and can be smeared on the body to cleanse the skin and relieve arthritic and rheumatic pain.

Dead Sea



Hot Stone Treatment



Relaxing by the Pool

Today, thousands of people from all over the world come to the Dead Sea to rejuvenate, recover, relax and enjoy its natural benefits. A chain of world-class luxury hotels and spa resorts line the coast. These provide superlative accommodations and a range of treatments in the spas. The Dead Sea's clinics specialize in the treatment of skin, joint and eye diseases, as well as respiratory and hypertensive problems. Each clinic has a team of senior physicians and experts, as well as a fully-trained nursing staff.



DID YOU KNOW?

The Mujib Reserve extends to the Karak and Madaba mountains to the North and South, reaching 900m above sea level in some places. This 1,300m variation in elevation, combined with the valley's year-round water flow from seven tributaries, means that Wadi Mujib enjoys magnificent biodiversity that is still being explored and documented today.

Another way to relieve stress at the Dead Sea is by joining one of the newly founded yoga and meditation groups that use the area's natural beauty and serenity to reach unrivaled levels of relaxation. Meditation, a new dimension to the unique Jordanian tourism product catalogue, brings peace to the heart & mind and promotes youth, wellbeing and health.

Dead Sea



ACCOMMODATIONS

All of these comforts have been enhanced by luxurious accommodations combined with superb health and fitness facilities. Such amenities can be found at the 5 star Movenpick Hotel and Resort, the 5 star Jordan Valley Marriott, the stunning 5 star Kempinski Hotel Ishtar Dead Sea, the 5 star Holiday Inn Dead Sea, and the 4 star Dead Sea Spa Hotel. These outstanding resorts offer world-class accommodations and are perfect venues for those seeking to escape the stress and anxieties of everyday life.

These establishments focus on health and wellness, offering extensive Dead Sea treatments. In addition, they provide modern fitness centers and multiple sports facilities, including swimming pools, water sports, tennis courts, and more.

The hotels allow easy access to the Jordan Valleys' most famous historic and cultural attractions.

5 Star Hotels

- Movenpick Hotel & Resort
- Jordan Valley Marriott Resort & Spa
- Kempinski Hotel Ishtar Dead Sea
- Holiday Inn Dead Sea
- Crowne Plaza Dead Sea

4 Star Hotels

- Dead Sea Spa Hotel
- Winter Valley Warwick Resort and Spa

Dead Sea



Dead Sea Spa Hotel



Winter Valley Warwick Resort & Spa



DID YOU KNOW?

Dead Sea therapies are so highly regarded by some EU countries, including Germany and Austria, that long stays in the area are available courtesy of their health insurance plans.



Movenpick Hotel & Resort



Kempinski Hotel Ishtar Dead Sea



Dead Sea Products

No trip to the Dead Sea is complete without a visit to one of the many outlets that sell the world-famous Dead Sea products. These products are reasonably-priced, of excellent quality, and make great gifts. There are also many shops selling Jordanian handicrafts, rugs, Bedouin jewelry, mosaics, sand bottles, glassware and other locally-made items.

MA'IN HOT SPRINGS



Ma'in Hot Springs



Room at Evason Ma'in

MA'IN HOT SPRINGS

The hot freshwater springs that feed into the Dead Sea contain high concentrations of minerals and hydrogen sulfide. One such place is Hammamat Ma'in, a beautiful oasis on the edge of the Dead Sea and the Mujib Nature Reserve, where the hot spring waters descend from the rocks above to form natural thermal pools. Since the days of Roman rule, people have come to the mineral springs of Hammamat Ma'in or Zarqa Ma'in for thermal treatments, or simply to enjoy a hot soak. After all, what better way to end a day immersed in history than in a wonderful, naturally warm bath?

Accommodations

The Evason Ma'in Six Senses at Ma'in Hot Springs is located in a stunning spot, adjacent to streams flowing over rock façades. This hotel offers both indoor and natural outdoor hot pools, a swimming pool, and a world-class spa that hosts a wide range of therapeutic and leisure services. After a long day in the lap of luxury, be sure to stop by one of three restaurants in this hotel, or grab a drink at their bar.

Directions

Ma'in Hot Springs is located southwest of Madaba.

PETRA



Treasury at Petra

The Treasury is the first of the many wonders that make up Petra. You will need at least 2 to 3 days to really explore everything here.

Your visit to this outstanding UNESCO World Heritage Site will be enhanced by the excellent 4- and 5-star accommodations available in and around the nearby town of Wadi Musa. These world-class hotels offer every opportunity to relax and soothe away any residual aches that may accompany a day of exploring the site.

PETRA

Petra is, without a doubt, Jordan's most valuable treasure and greatest tourist attraction. It is a vast, unique city, carved into the sheer rock face. Petra was constructed by the Nabataeans, an industrious Arab people who settled here more than 2,000 years ago. It served as an important junction for silk and spice trade routes that linked China, India and southern Arabia with Egypt, Syria, Greece and Rome.

Visitors can enter the city through the Siq, a narrow gorge over 1km in length, flanked on either side by soaring, 80m high cliffs. Just walking through the Siq is an experience in itself; streaks of yellow, orange, and red colors take dazzling forms in the rocks. As you reach the end of the Siq you will catch your first glimpse of Al-Khazneh (The Treasury), often recognized for its presence in Indiana Jones.



DID YOU KNOW?

Bottles filled with brightly-colored sands have been made by artisans in Petra and Aqaba for decades. It is believed that the first person to do this was a native of Petra, Mohammed Abdullah Othman, who taught himself the craft as a child, collecting his material from nearby mountains and caves. Othman and his fellow artisans have no need to use dyes for their art as there are more than 20 different natural colors occurring in the local sandstone.

Here you will discover professionally-staffed spas, health centers and hammams, all of which offer treatments using the renowned Dead Sea products. These spa treatments will leave you feeling relaxed, restored and ready for another day of exploration.

For the elderly and/or handicapped, the Petra Visitors' Center, near the entrance of the Siq, will issue a special permit for a carriage ride through Petra to visit the main attractions.

WADI RUM



Hot Air Balloon Over Wadi Rum



Meditation in Wadi Rum



Wadi Rum Campsite

WADI RUM

Wadi Rum, a newly-declared UNESCO World Heritage Site, provides yet another restorative experience. Here, amid the stupendous cliffs, canyons and endless deserts, life takes on a different perspective. Transportation by horse, camel or 4x4 vehicles is available, but walking or hiking is truly the best way to discover the secrets of Wadi Rum. Rock climbing is a popular activity, and visitors come from all over the world to tackle Wadi Rum's challenging ascents.

Climbing here has been described as comparable with, perhaps even better than, places like the Dolomites. Far away from the stresses of modern-day living, a night or two camping under the stars in a Bedouin tent can do wonders for your overall outlook on life.

Nothing can compare though to meditation in the beautiful Wadi at dawn. The colors of the rocks reflected through the early morning spectrum bring nothing but peace of mind and inspiration.

AQABA



Sunbathing in Aqaba



A Hotel in Aqaba



Scuba Diving

AQABA

Situated at the most northern point of the Red Sea, the delightful seaside resort of Aqaba is the perfect location for health and leisure activities. Here, the main attraction is the Red Sea itself, with its beautiful reefs, teeming with amazing underwater life. Favorite pastimes in Aqaba include scuba diving, snorkeling, swimming, sailing, windsurfing, waterskiing, or relaxing on the beach. Aqaba is truly the perfect spot to take a break and restore both body and soul. The water is warm, the weather is perfect, and the facilities are second to none.

Aqaba's leading hotels and resorts feature well-equipped spas, fitness centers and gyms. For some added fun, be sure to stop by the swimming pools and tennis courts. The town also offers numerous health and sports clubs.



DID YOU KNOW?

Corals are not plants but living organisms. They are part of an ancient and simple group of animals known as cnidaria. A coral structure is actually composed of hundreds or thousands of these tiny animals growing together as a colony. Because of their slow rate of growth, about 1cm a year, the corals that you see in the Gulf of Aqaba are centuries old. The warm waters of the Red Sea create perfect conditions for coral growth and the area around Aqaba's coastline is protected by law to ensure that this delicate habitat is preserved.

If you've had your fill of adventure for the day, there's still plenty of ways to wind down and relax. The town of Aqaba itself provides visitors with all manner of activities, including museums, historic sites, excellent seafood restaurants, movie theatres and much more.

AMMAN



Hotel in Amman



Family Enjoying a Meal



Turkish Bath

AMMAN

The Jordanian people are extremely health-conscious. As such, a wide range of leisure and wellness opportunities are available for visitors to Amman. Most of the leading hotels have swimming pools, tennis courts and fully-equipped, professionally-managed spas and fitness centers.

Within the city are many private gyms and sports facilities, as well as clubs and organizations for everything from horse riding, cycling and flying, to golf, basketball, football and running. Amman also has a large waterpark, with lots of slides and rides to keep children and the young at heart cool and entertained for hours.

A visit to a Hammam, a Turkish bath, is a good way to discover more about the local culture. A Hammam is an Ottoman-style communal bathhouse, highly popular throughout Jordan and the region since Roman times. The baths consist of three main rooms: a Frigidarium, Tepidarium and Calidarium - the cold, warm and hot rooms, respectively. Enjoy a scrub, a massage, and an overall soothing environment for an invigorating experience for both mind and body.

The King Hussein National Park is located on the western outskirts of the city, and is a great place to unwind for a few hours. Within the Park is The Cultural Village, which highlights Jordan's heritage through its handicrafts and culture. The center includes studios for Arabic calligraphy, stone inscriptions, natural dyes and various other traditional crafts.

The Park, which overlooks Amman, has outstanding themed gardens, and an auditorium where various events and festivals regularly take place. It also has a large sports training facility, as well as a children's playground, a children's museum, a medical clinic and a restaurant.

ITINERARIES

3 Day Itinerary

Day 1. Dead Sea - Overnight at the Dead Sea

Day 2. Ma'in Hot Springs - Overnight at Ma'in

Day 3. Amman

5 Day Itinerary

Day 1. Dead Sea - Overnight at the Dead Sea

Day 2. Ma'in Hot Springs - Overnight at Ma'in

Day 3. Petra - Overnight in Petra

Day 4. Aqaba - Overnight in Aqaba

Day 5. Amman

8 Day Itinerary

Day 1. Dead Sea - Overnight at the Dead Sea

Day 2. Dead Sea - Overnight at the Dead Sea

Day 3. Ma'in Hot Springs - Overnight at Ma'in

Day 4. Petra - Overnight in Petra

Day 5. Wadi Rum - Overnight in Wadi Rum

Day 6. Aqaba - Overnight in Aqaba

Day 7. Aqaba - Overnight in Aqaba

Day 8. Amman



For more itineraries, please check our website
www.VisitJordan.com



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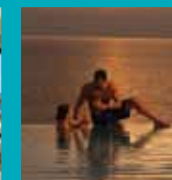
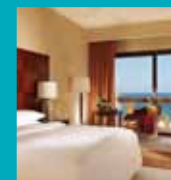
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