

A woman with dark hair, wearing a white long-sleeved top, is seated at a wooden table in the foreground, slightly out of focus. She is looking towards a row of tall palm trees that line a walkway. In the background, a modern, multi-story building with a light-colored facade and blue-tinted awnings is visible under a clear sky. The overall atmosphere is warm and serene.

From Moments To Memories

ACTIVITY PROGRAMMING BROCHURE

JUMEIRAH
MESSILAH BEACH
KUWAIT






A Personal Welcome

*Welcome to Jumeirah Messilah Beach,
a refined coastal haven along Kuwait's
most illustrious shoreline.*

It is our privilege to curate experiences that stay in our guests' hearts - moments of fine taste, calm wellbeing, and meaningful discovery. From intimate dining journeys created by our talented chefs, to personalised wellness experiences and activities that celebrate Kuwait's natural beauty and heritage, every detail of your stay has been thoughtfully considered.

We are honoured that you have chosen to spend your time with us, and we look forward to making your stay truly memorable.

Warm regards,
Nader Neishabouri
General Manager



Arrival & Welcome

Arrive to a warm welcome where every detail
is thoughtfully taken care of.



Transportation Services

Experience Kuwait in refined comfort with our private car service. Each journey is accompanied by a dedicated chauffeur, ensuring a seamless and personalised transfer designed around your preferences. Thoughtfully curated touches - including complimentary water, dates, Wi-Fi, and an entertainment system with Netflix and YouTube - enhance the journey, while child and infant car seats are available upon request. Relax and travel in effortless style, defined by ease and elegance. Child and infant car seats are available on request, ensuring every guest travels in luxurious comfort and personalised style.

LOCATION:
DURATION:
TIME:
RATE:

Front Desk
20 minutes
Daily, with advance booking
KWD 25 per way / per car

Ahlan Meet and Greet

Ahlan Meet and Greet, in partnership with our trusted Hala Service team, provides a warm welcome and ensures a seamless experience from your arrival to departure. Whether you are coming or going, we are on hand to make every step effortless.

RATE:

KWD 50 per person



VIP Arrival

Begin your journey with ease and comfort through our VIP arrival service. A dedicated host will guide you through every step of the airport process – from fast-track immigration and baggage assistance to lounge access for pre-flight relaxation. Optional valet parking and porter service ensure a smooth and seamless transition throughout your journey.

RATE:

KWD 75 per person

Majlis Moments

Experiences at the resort leave an impression that lingers long after they unfold. Curated with care, they spark curiosity, nurture genuine connection, and invite you to savour each moment.

Every encounter is designed to delight, inspire, and turn your stay into a journey of lasting memories.





Moments by the Jetty

Along the private stretch of Jumeirah Messilah Beach, the jetty offers a peaceful place to pause and reflect as the day unfolds. At sunrise, soft tones of gold and apricot meet the sea in quiet harmony, while by evening, the horizon settles into shades of rose and lavender. With each tide, the gentle rhythm of the water invites stillness, connection, and calm.

A dedicated running track encircles this tranquil vista, inviting morning footsteps to mingle with the salt-kissed breeze, each stride stirring the air with faint echoes of distant shores.

Close by, a private yoga space rests beside the beach, where breath and buoyancy unite in serene harmony, the sun's final rays curl like silk around the shoulders, the mind alights with calm, and the world settles into the soft hush of dusk. In this corner of Jumeirah Messilah Beach, time slows, colours deepen, and one feels both part of the sea's ancient story and free to write a new chapter on the water's edge.

LOCATION:

The Jetty area

TIME:

Daily at sunrise and sunset



Yoga by the Water's Edge: Connection, Calm, & Nature's Rhythm

Find calm and connection in a one-to-one yoga session by the sea. On sun-warmed sand, movement follows the rhythm of the waves and the flow of breath. The breeze, the sound of the water, and the open horizon create a quiet space to restore balance and harmony with nature.

LOCATION:

The Beach

DURATION:

60 minutes

TIME:

Daily at sunrise and sunset

RATE:

KWD 30 per person

For reservations or to view the full schedule of daily activities, please use our e-Butler service.



Culinary Experiences

Each creation offers a refined opportunity to savour memory and flavour. Guided by our talented chefs, elevate your culinary repertoire with elegant techniques that ignite creativity, enchant the palate, and transform every dish into an artful, memorable experience.



Elegant Sips: Mocktail Masterclasses

Delight in the art of crafting refined mocktails, guided by Suman. Discover how to balance flavour, texture, and aroma in a hands-on session that inspires creativity and confidence. Ideal for gatherings with friends or family, this experience blends learning and enjoyment in perfect harmony.

LOCATION:

Sea Breeze Beach Club

DURATION:

60 minutes

TIME:

Daily, with 24-hour advance booking

RATE:

KWD 35 per person



The Art of Pasta & Pizza Making

Immerse yourself in Italian culinary artistry as our Executive Chef, and his skilled team guide you to craft the perfect pasta or pizza. Discover flavours, textures, and techniques in a hands-on session, sharing an hour of creating a three-course casual feast to enjoy with family or friends—a memory you will treasure.

LOCATION:

Olio Trattoria Italiana

DURATION:

60 minutes

TIME:

Daily, with 24-hour advance booking

RATE:

KWD 50 per person



Wellness & Fitness

At Talise, every moment is designed to be treasured.
Each encounter invites you to reconnect, restore
balance, and embrace a profound sense of calm.
Merging ancient wisdom with modern therapies,
our bespoke treatments awaken the senses, elevate
performance, and deepen self-awareness, leaving you
renewed, empowered, and carrying the essence of an
unforgettable journey long after your stay.

Scan below to find out more:



Water Walker Experience

Train in the water, burn more calories, and enjoy a full-body workout with our Water Walker machines from Japan, designed to enhance endurance and joint mobility. Available to all guests, regardless of gender, at Talise Spa.

DURATION: 60 minutes
RATE: KWD 60



Private Spa Suites Escapes

Designed for complete privacy, our spa suites offer an intimate haven for couples or friends to unwind together in a serene, secluded setting. Begin with a 30 minute body scrub or body wrap, followed by a 60 minute aromatherapy massage. Conclude with 30 minutes of exclusive access to your private suite facilities, including a steam room, Jacuzzi, Himalayan salt room, and showers. Interconnected suites are also available for guests wishing to share both spaces.

DURATION: Two hours
RATE: KWD 210

Green Caviar Hammam Journey

Indulge in hydrating Green Caviar, enhanced by a proprietary probiotic technology that preserves moisture and prevents trans-epidermal water loss. Our hydrating Hammam elevates hydration to its peak while toning and plumping the skin. The Hyaluronic Acid complex encapsulates the essence of Caviar. Your 120 minute journey comprises Facial Cleanse, Precious Hammam Soap Application with steam, Kessa Glove Exfoliation, Body Polish, Rhassoul Body Mask and steam, Hair Cleanser and Conditioner, followed by a culminating Full Body Massage.

DURATION: Two hours
RATE: KWD 160

For reservations or to view the full schedule of daily activities, please use our e-Butler service.



Bespoke Tennis Coaching

Enhance your game with a customised private tennis session. Our expert coaches design programmes to suit any level and goal, from technique and footwork to tactics and match play. The session includes a focused warm-up, diagnostic assessment, drills, and real-time feedback.

Available for individuals or small groups, with flexible durations to fit your schedule. Please share your preferred dates, times, and objectives for a personalised experience.

LOCATION:	Cardio Studio
DURATION:	60 minutes
TIME:	Daily, 24-hour advance booking
RATE:	KWD 25 per session

Pulse & Power Pilates Fusion

Strengthen your core, increase flexibility, and enhance balance with a curated Pilates session that combines precision and grace. This mindful movement practice refines posture, encourages fluidity, and awakens inner stability. Leave feeling centred, energised, and empowered to move through life with renewed poise and confidence.

LOCATION:	Cardio Studio
DURATION:	60 minutes
TIME:	Daily, 48-hour advance booking
RATE:	KWD 30 per session

Fitness Centre

Guided movement sessions and personalised training programmes are designed to energise, strengthen, and restore. With thoughtful guidance from our trainers, each session supports your individual goals and nurtures a lasting sense of motivation and wellbeing.

Morning & Evening

45 min

COMPLIMENTARY GROUP CLASS					
Classes	Pilates Reformer	Mat Pilates	Yoga	Spinning	Stretching & Flexibility
Pax	3	12	12	7	12
Attire	Fitness Attire	Fitness Attire	Fitness Attire	Fitness Attire	Fitness Attire

Personal Training

Achieve your goals through one-to-one sessions thoughtfully tailored to your needs. Our trainers design personalised programmes that build strength, endurance, and overall wellbeing. Each session offers focused guidance to support steady progress and lasting confidence in your body's natural capabilities.

PERSONAL TRAINING	60 MINUTES KWD 30 PER SESSION
PILATES MAT AND REFORMER	60 MINUTES KWD 30 PER SESSION
YOGA	60 MINUTES KWD 30 PER SESSION
KICK BOXING	60 MINUTES KWD 30 PER SESSION



Family & Kids' Adventures

Welcome to a world of playful discovery crafted for the whole family. At Jumeirah Messilah Beach, little guests can splash and smile in a dedicated kids splash pool, explore a vibrant Kids Club filled with games and activities, and enjoy engaging outdoor adventures. Each experience is designed to be safe, joyful, and unforgettable, creating treasured memories that families will cherish long after their stay.



Sinbad's Kids Club

Keep your little ones entertained while you unwind at Jumeirah Messilah Beach. Sinbad's Kids Club provides dedicated childcare from trained carers, offering a host of enjoyable activities including board games, arts & crafts, colouring, and painting, alongside a variety of interactive games. Indoor activities are supervised by our qualified staff to ensure every child can join in the fun with confidence.

LOCATION:

Sinbad's Kids Club

TIME:

Sun to Thu from 15:00 to 20:00

Fri & Sat from 11:00 to 20:00

Little Splash Heroes

Step into a dreamy, shaded haven where little swimmers shimmer with delight. Our splash pool invites tiny explorers to enjoy refreshing splashes, twinkling water bursts, and cool moments under gentle supervision. Carefully designed for pint-sized adventures, it features shallow depths, non-slip surfaces, and whimsical water features that spark curiosity and joy. Parents can relax nearby, knowing a devoted team keeps watch and safety standards are impeccably observed. A magical start to a day of family memories at Jumeirah Messilah Beach.

LOCATION:

Ground Floor near the Infinity Pool



Games Lounge

A secure, welcoming space where young gamers can enjoy age-appropriate titles on trusted consoles, including PlayStation. Supervised by our qualified team, the lounge blends friendly competition with cooperative play, encouraging teamwork and confidence. With comfortable seating, clear sightlines, and carefully sanitised equipment, children can enjoy technology safely while parents unwind nearby.

LOCATION:

Sinbad's Kids Club

TIME:

Sun to Thu from 15:00 to 20:00

Fri & Sat from 11:00 to 20:00



Mini Olympics by the Pool

Celebrate the joy of movement with playful challenges inspired by the Olympic spirit. Children engage in lively activities that develop coordination, teamwork, and creativity. From crafting medals to learning global sporting stories, every moment fosters confidence, camaraderie, and pride, leaving each young participant feeling like a true champion of their own adventure.

LOCATION:

By the Kids' Splash Pool

* Activities are subject to weather conditions and may be adjusted or cancelled to ensure safety.



Your Guided Kuwait Experiences

Explore a world beyond the resort with curated activities that reveal Kuwait's charm and variety. From refined shopping excursions to exhilarating car experiences, we tailor each moment to your pace and preferences, turning your stay into a memorable chapter of discovery.



Avenues Mall Shopping Experience

Embark on a three-hour elevated shopping journey at The Avenues Mall, with a dedicated chauffeur on hand to assist with your shopping. Your private driver will provide seamless transport and discreet guidance, ensuring you move between stores with ease and comfort.

LOCATION:	Front Desk
DURATION:	Three hours
TIME:	Daily, with a 48-hour advance booking
COST:	KWD 150

Supercar Driving Experience

Drive the extraordinary and embark on a flagship driving adventure arranged through our trusted local partner. Choose from a selection of elite vehicles and enjoy a day of thrilling performance, guided by professionals to maximise safety and enjoyment.

LOCATION:	Front Desk
DURATION:	Based on availability
TIME:	Daily, with three days advance booking
COST:	Pricing varies by vehicle type & duration



Create your memorable moments:

