Life on the edge

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

Located on the outskirts of central Abu Dhabi, Abu Dhabi’s iconic protected mangroves, this eco-friendly hotel is ideal for those who want to trade outdoor pursuits with a spot of sky sighting.

It’s just a 15-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 surrounding views from your private balcony. Plunge for an Anantara Mangroves Pool Suite, which can accommodate up to two adults and one child, and you’ll wake up to lagoon views. Make the most of the waterfront 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, egrets and turtles can usually be spotted. Stand-up paddleboarding is also an offer, and there’s a promenade bordering the waterway (the city’s old canal) 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 henna rituals. Inspired by the ancient Arabic bathing tradition, the journey begins on the warm stone, with time to bask in the heat, followed by a body buff with a traditional henna mitt to prep the skin for receiving the hydrating oils.

After rinsing, you’ll receive a circulation-boosting scrub followed by a purifying clay mask. Even your hair and scalp are given the royal cleansing treatments, 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 oil for a further full hour of relaxation.

ALL IN GOOD TASTE

Another draw card is the hotel’s dining credentials. Its popular Thai restaurant, Pachafeun, invites you to taste authentic cuisine in a refined setting. A traditional khanom padding 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 enticing favours of tom yum soup and pad Thai noodles.

For street views, head to impressions on the rooftop, which serves signature drinks from 7pm to 9pm daily. And if you’ve been 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 Maha 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 home.

To find out more, call +971 2 556 2000 or visit anantara.com