

Dubai Exhibition Centre is committed to the well-being of our partners, visitors, employees and tenants. Whether you are a UAE resident or visiting us for business, we encourage you to explore a range of wellness activities around us in Expo City Dubai, designed to support a positive work-life balance and overall well-being.



Healthy Dining Options

- Trader's House: DEC
- 7Seven7: Cheval Maison Hotel
- PxB Café: ECD
- Rove Café Grab-and-Go: Rove Hotel



Relaxation Zones

- Indoor Relaxation Zones**
- Sensory Room: Rove Hotel
- Outdoor Relaxation Zones**
- South Plaza: DEC
 - North Plaza: DEC
 - Jubilee Park: ECD
 - Al Forsan Park: ECD



Dubai Can Water Fountains



Hydration Points

- DEC
- ECD
- Expo Village



Active Lifestyle

- Swimming pool: Expo Village Residences 1, Rove Hotel, Cheval Maison Hotel
- Gym: Rove Hotel, Cheval Maison Hotel
- Gym: 21 Pulse Gym



Indoor Walking

- North Concourse: DEC
- South Concourse: DEC



Outdoor Walking (Seasonal)

- Expo Village
- Avenues: ECD



Seasonal Events

- Fitness Hub: ECD
- Pocari Sweat Run 2025 Dubai: ECD
- Spinneys Dubai 92 Cycle Challenge
- Dubai Woman's Running Challenge: ECD
- Expo City Dubai Half Marathon: ECD



Recycling Spots

- North Concourse: DEC
- South Concourse: DEC
- Arrival Plaza: DEC
- Avenues: ECD
- KISWA (old clothes container)
- Spakto RVM (bottles and cans recycling station)



Mosque



Prayer Rooms



Spa/Hair Salon

- U Shine 24: Expo Village
- Art of Grooming, Gents Salon: Expo Village



Retail & Services

- Spinneys



Cycling

- Dott, Rent e-Bikes: ECD
- Avenues: ECD



Service Animals Relief Area



Accessibility Hub



Wheelchairs

- Available upon request