

RAHA PULSE MEMBER BENEFITS DIRECTORY

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Sr.	Provider Name	Category	Emirates	Address / Location	Card Type	Member Benefits & Offerings
HOLISTIC WELLNESS						
1	Body & Soul Health Club (Thumbay)	Holistic Wellness	Ajman	Thumbay Medicity, Al Jurf, Ajman	Pulse	• 1 Day Complimentary Membership (worth AED 75) — Free • Annual Membership — 10% discount • 10 Personal Training Sessions — 30% discount (save AED 450) • Kids Holiday Camps (Summer, Winter, Spring) — 10% discount • After School & Junior Active Club — 25% discount
2	Wealth of Wellness	Holistic Wellness	Dubai	Dubai	Pulse	• Aura & Pulse Reading — Complimentary (Zenith members) • Group Session (Sound Healing / Yoga / Sound Bath) — Complimentary (Zenith members) • Foot Reflexology — Complimentary (Zenith members) • AED 250 gift discount voucher on min. spend of AED 500 (Zenith members) • AED 100 gift discount voucher (Pulse members)
3	Lifeworks	Holistic Wellness	Dubai	Al Quoz, Dubai	Pulse	• Registration fee — Fully Waived • Introductory call 15–20 min — Free (one-time per member) • Initial therapy / counselling session — AED 807.50 (orig. AED 950 — 15% off) • Follow-up session — AED 637.50 (orig. AED 750 — 15% off) • 6-session package — AED 4,500 (20% off)
4	Zoya Wellness	Holistic Wellness	Ajman	Al Zorah, Ajman	Pulse	• 25% discount on all wellness programmes (June – September) • 15% discount on all wellness programmes (October onwards) • Wellcation Basic 1 Night — AED 750/pax (orig. AED 1,000) • Wellcation Optimum 2 Nights — AED 1,313/pax (orig. AED 1,750) • Mind & Body Basic 4 Nights — AED 2,850/pax (orig. AED 3,800) • Detox & Weight Loss Basic 3 Nights — AED 2,700/pax (orig. AED 3,600) • Detox & Weight Loss Optimum 7 Nights — AED 6,300/pax (orig. AED 8,400) • Detox & Weight Loss Advanced 10 Nights — AED 9,000/pax (orig. AED 12,000) • Longevity Optimum 4 Nights — AED 10,200/pax (orig. AED 13,600) • Cancer Support Optimum 10 Nights — AED 20,250/pax (orig. AED 27,000) • Extended Detox & Weight Loss Programmes — 25% off (call for price)
5	Handwriting League by Roshni	Holistic Wellness	Online	Online — delivered virtually	Pulse	• Free 15-min introductory call (one-time per member) • Handwriting & Signature Analysis — AED 150 (orig. AED 200 — 25% off) • Graphotherapy 30 Days — AED 400 (orig. AED 500 — 20% off) • Graphotherapy 90 Days — AED 1,020 (orig. AED 1,200 — 15% off) • Graphotherapy 120 Days — AED 1,520 (orig. AED 1,600 — 5% off) • Kids Handwriting Development — AED 540 (orig. AED 600 — 10% off)

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6	AYUSH CARE Traditional Medical Center	Holistic Wellness	Dubai	Al Hudaiba Mall, Near BurJuman, Dubai	Pulse	• 50% discount on all Ayurveda procedures • Covers Panchakarma, Ayurvedic massage, detox treatments & all traditional therapies
7	Ashtanga Ayurveda Medical Centre	Holistic Wellness	Dubai	New Hassani Tower, Shop 3, Al Nahda 1, Dubai	Pulse	• 15% discount on all Ayurveda treatments on agreed price • Panchakarma, therapeutic massages, pain management, postnatal care & wellness therapies
8	Ayurway Ayurveda Centre	Holistic Wellness	Dubai	Al Habbai Building, Shop 6, Near Karama Park, Al Karama, Dubai	Pulse	• 15% discount on all Ayurveda treatments on agreed price • Ayurvedic massages, pain management, postnatal care, detox & wellness programmes
9	Amogha Ayurveda Medical Centre	Holistic Wellness	Dubai	Desert Home Building, Shop 1, Oud Metha, Near Metro Station, Dubai	Pulse	• 15% discount on all Ayurveda treatments on agreed price
10	Chandran Gurukkal Ayurveda Clinics	Holistic Wellness	Dubai	Dubai	Pulse	• 20% discount on all Ayurveda consultations, treatments and services for Raha and Samaa members
11	Bewell	Holistic Wellness	Dubai	Dubai	Pulse	• Health Checkup Package incl. Vitamin D — AED 149 (orig. AED 500 — 70% off) • Lumicorex Energy IV Drip Booster — AED 449 (orig. AED 800 — 44% off) • Additional 10% off via Lumicorex coupon code
DENTAL						
1	Thumbay Dental Hospital	Dental	Ajman	Thumbay Medicity, Al Jurf, Ajman	Pulse	• Registration Charge — AED 35 • Dental Consultation (GP & Specialist) — Free (100% off) • Scaling & Polishing — 50% discount • Dental Procedures — 20% discount • Dental Implant + Crown — 20% discount • Dental Braces — 20% discount
2	Thumbay Hospital (Dental)	Dental	Ajman	Al Nuaimiya, Ajman	Pulse	• Dental Consultation — 30% discount • Dental Procedures — 20% discount
3	Thumbay Medical & Dental Specialty Hospital	Dental	Sharjah	Sharjah	Pulse	• GP Dental Consultation — AED 40 • Specialist Dental Consultation — AED 80 • Dental Services — 25% discount
4	Thumbay Hospital Day Care (Dental)	Dental	Sharjah	Muweila, Sharjah	Pulse	• GP Dental Consultation — AED 40 • Specialist Dental Consultation — AED 80 • Dental Services — 25% discount

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5	Thumbay Clinics (Dental)	Dental	Ajman, Sharjah, UAQ	Multiple branches — Ajman, Sharjah & UAQ	Pulse	Dental Services — 30% discount
6	Sai Ganesh Dental	Dental	Dubai, Sharjah	Karama, Satwa, Deira, Al Qusais (Dubai) Rolla (Sharjah) — 5 branches	Pulse	- Dental Consultation — Free - X-Ray — AED 25 (orig. AED 75 — 67% off) - Scaling & Polishing — AED 125 (orig. AED 200 — 38% off) - Composite Filling — AED 125 (orig. AED 200 — 38% off) - Root Canal Treatment — AED 500 (orig. AED 1,000 — 50% off) - Surgical Impaction — AED 1,600 (orig. AED 3,200 — 50% off) - Veneer per unit — AED 1,200 (orig. AED 2,400 — 50% off) - Zirconium / Ceramic Crown — AED 1,000 (orig. AED 2,200 — 55% off) - Teeth Whitening — AED 400 (orig. AED 800 — 50% off) - Ceramic Braces — AED 1,500 (orig. AED 3,000 — 50% off) - Aligners — AED 12,500 (orig. AED 25,000 — 50% off) - Complete Denture — AED 1,000 (orig. AED 2,000 — 50% off)
7	Ash Tree Clinic LLC	Dental	Dubai	Amwaj Building, M02, Meena Bazar, Near Sharaf DG, Bur Dubai	Pulse	- Dental Consultation + X-Ray — Free (Complimentary) - Dental Scaling — AED 89 (orig. AED 150 — 41% off) - Composite Filling — AED 99 (orig. AED 150 — 34% off) - Root Canal Treatment Anterior — AED 349 (orig. AED 500 — 30% off) - Root Canal Treatment Molar — AED 449 (orig. AED 650 — 31% off) - Tooth Extraction — from AED 99 (orig. AED 200 — 51% off) - Crown (PFM) — AED 399 (orig. AED 600 — 34% off) - Teeth Whitening — AED 299 (orig. AED 899 — 67% off) - Veneers (per tooth) — AED 399 (orig. AED 899 — 56% off)
8	Beauty Vision Center	Dental	Dubai	Dubai	Pulse	- Teeth Cleaning — AED 99 (orig. AED 170 — 42% off) - Root Canal Treatment — AED 399 (orig. AED 670 — 40% off) - Restorative Fillings — AED 149 (orig. AED 250 — 40% off) - Teeth Whitening — AED 299 (orig. AED 500 — 40% off) - Dental Implant — AED 1,499 (orig. AED 2,000 — 25% off) - Braces Installation — AED 399 (orig. AED 670 — 40% off) 3D Dental X-Ray — AED 599 (orig. AED 700 — 14% off)
9	KIMS Health	Dental	Dubai	Deira & Bur Dubai — 2 branches	Pulse	- Scaling & Polishing — AED 99 - Root Canal Treatment + Filling (bundled) — AED 599 - All dental procedures — 30% discount - All major dental services — 50% discount

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10	Advanced Care Medical Center	Dental	Dubai	Al Qouz 2, PASON'S Hypermarket, Dubai	Pulse	- Dental Consultation (one-time) — Free - Dental Cleaning & Polishing — AED 99 - All dental consultancy & treatment — 30% discount
11	Advanced Care Medical Center	Dental	Dubai	Al Qouz 3, Fakruddin Building, Dubai	Pulse	- Dental Consultation (one-time) — Free - Dental Cleaning & Polishing — AED 99 - All dental consultancy & treatment — 30% discount
12	Advanced Care Medical Center	Dental	Dubai	Jebel Ali, Mango Hypermarket, Dubai	Pulse	- Dental Consultation (one-time) — Free - Dental Cleaning & Polishing — AED 99 - All dental consultancy & treatment — 30% discount
13	Advanced Care Medical Center	Dental	Dubai	Near Mina PARCO, Jebel Ali (Care Plus), Dubai	Pulse	- Dental Consultation (one-time) — Free - Dental Cleaning & Polishing — AED 99 - All dental consultancy & treatment — 30% discount
14	Advanced Care Medical Center	Dental	Dubai	DIP 1, ALICO Hypermarket, Dubai	Pulse	- Dental Consultation (one-time) — Free - Dental Cleaning & Polishing — AED 99 - All dental consultancy & treatment — 30% discount
15	Advanced Care Medical Center	Dental	Dubai	Sonapur, Mango Hypermarket, Dubai	Pulse	- Dental Consultation (one-time) — Free - Dental Cleaning & Polishing — AED 99 - All dental consultancy & treatment — 30% discount
16	Advanced Care Medical Center	Dental	Sharjah	Muweileh, First Gulf Medical Centre, Sharjah	Pulse	- Dental Consultation (one-time) — Free - Dental Cleaning & Polishing — AED 99 - All dental consultancy & treatment — 30% discount
17	White Smile Dental Clinic	Dental	Dubai	54 Amman Street, Al Nahda 2, Dubai	Pulse	- GP Dental Consultation — AED 25 - Specialist Dental Consultation — AED 40 - Dental X-Ray — AED 45 - Scaling & Polishing (Adult) — AED 105 - Scaling & Polishing (Child) — AED 90 - Root Canal Treatment per sitting — AED 100 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
18	Royal Phoenix Clinic	Dental	Dubai	Wasl Village Retail Centre, Al Qusais Industrial, Dubai	Pulse	- GP Dental Consultation — AED 25 - Specialist Dental Consultation — AED 40 - Dental X-Ray — AED 45 - Scaling & Polishing (Adult) — AED 105

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						• Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
19	Clinicia Dentilia General Dental Clinic	Dental	Dubai	201, Ruby II Building, Umm Al Sheif, Dubai	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
20	SHILD Medical Center	Dental	Dubai	Al Twar Co-Op Building, Near Al Nahda Metro, Al Twar, Dubai	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
21	SHIELD Medical Center LLC OPC	Dental	Dubai	Union Coop Building, Silicon Oasis, Dubai	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
22	Royal Saba Medical Clinic	Dental	Dubai	Greece L02, Dubai International City, Dubai	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening

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23	Share and Care Clinic	Dental	Dubai	Silicon Central Mall, B1, Dubai Silicon Oasis, Dubai	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
24	SMART CARE POLY CLINIC LLC	Dental	Dubai	Doha Centre, 29 Al Maktoum Road, Deira, Dubai	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
25	Physioveda Clinic	Dental	Dubai	Kanoo Group Building, 201, Next to ADCB Metro, Al Karama, Dubai	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
26	Frontline Medical Center	Dental	Dubai	B-Block, Al Attar Centre, 106, Al Karama, Dubai	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
27	Central Private Hospital LLC	Dental	Sharjah	Near Clock Tower, Sheikh Zayed Street, Maysaloon Area, Sharjah	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105

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						• Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
28	Ideal Medical Center	Dental	Sharjah	102/104/106 Malabar Gold Building, Al Arouba Street, Sharjah	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
29	MARVELLOUS MEDICAL CENTER LLC	Dental	Sharjah	Souq Al Rolla Building, Opposite KM Trading Centre, Sharjah	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
30	Dear Health Clinic	Dental	Ajman	Al Swan Tower, Sheikh Rashid Bin Humaid Al Nuaimi Street, Al Rashidiya 3, Ajman	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
31	KIMS Medical Centre	Dental	Dubai	Al Dosari Building, Near Abu Baker Metro Station, Deira, Dubai	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening

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32	Al Rashidiyah Private PolyClinic	Dental	Dubai	RTA Car Park Building, Opp. Ambassador Hotel, Bur Dubai	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
33	Dr. Ismail Polyclinic	Dental	Dubai	Awqaf-1, Behind Salam Al Madeena Supermarket, Jebel Ali, Dubai	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
34	Dr. Ismail Polyclinic	Dental	Dubai	Shop 22, First Floor, Jebel Ali Gate Mall, Jebel Ali Industrial, Dubai	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
35	Dr. Ismail Polyclinic	Dental	Dubai	Deira Enrichment Project, Sherina Plaza 1, Near Gold Souk Metro, Dubai	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
36	Grand Dr. Ismail Polyclinic LLC	Dental	Dubai	JSCOM Grand Residence, Near Canadian Specialist	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105

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				Hospital, Hor Al Anz East, Dubai		• Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
37	Moopans Polyclinic LLC	Dental	Dubai	Moopans Mall Building, Wasl Village, Al Qusais, Dubai	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
38	Indiana Dental & Aesthetic Center	Dental	Sharjah	Building 7105, Al Omran Building, Muweilah Commercial, Sharjah	Pulse	• GP Dental Consultation — AED 25 • Specialist Dental Consultation — AED 40 • Dental X-Ray — AED 45 • Scaling & Polishing (Adult) — AED 105 • Scaling & Polishing (Child) — AED 90 • Root Canal Treatment per sitting — AED 100 • 50% discount on all major dental services — Fillings, Crowns, Veneers, RCT, Implants, Oral Surgery & Whitening
OPTICAL						
1	Zo&Mo Optical (via Thumbay)	Optical	Ajman	Thumbay Medicity, Ajman	Pulse	• Sunglasses, Frames, Ophthalmic Lenses & Contact Lenses — up to 40% discount
2	Al Jaber Opticals	Optical	Dubai	Mall of Emirates, Dubai	Pulse	• Free Eye Test — Complimentary • Frames & Sunglasses — 40% discount • Ophthalmic / Prescription Lenses — 25% discount • Contact Lenses — 15% discount • Bundle: Frames + Single Vision Lenses — AED 349 • Bundle: Frames + Premium Compressed Lenses — AED 549
3	Al Jaber Opticals	Optical	Dubai	Dubai Marina Mall, Dubai	Pulse	• Free Eye Test Frames & Sunglasses 40% off Lenses 25% off Contact Lenses 15% off Bundles from AED 349
4	Al Jaber Opticals	Optical	Dubai	Dubai Festival City Mall, Dubai	Pulse	• Free Eye Test Frames & Sunglasses 40% off Lenses 25% off Contact Lenses 15% off Bundles from AED 349

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5	Al Jaber Opticals	Optical	Dubai	City Centre Mirdif, Dubai	Pulse	• Free Eye Test Frames & Sunglasses 40% off Lenses 25% off Contact Lenses 15% off Bundles from AED 349
6	Al Jaber Opticals	Optical	Dubai	Deira City Centre, Dubai	Pulse	• Free Eye Test Frames & Sunglasses 40% off Lenses 25% off Contact Lenses 15% off Bundles from AED 349
7	Al Jaber Opticals	Optical	Dubai	Dubai Media City, Dubai	Pulse	• Free Eye Test Frames & Sunglasses 40% off Lenses 25% off Contact Lenses 15% off Bundles from AED 349
8	Al Jaber Opticals	Optical	Dubai	Ibn Battuta Mall, Dubai	Pulse	• Free Eye Test Frames & Sunglasses 40% off Lenses 25% off Contact Lenses 15% off Bundles from AED 349
9	Al Jaber Opticals	Optical	Dubai	Sheikh Zayed Road & additional Dubai branches (21 total UAE-wide), Dubai	Pulse	• Free Eye Test Frames & Sunglasses 40% off Lenses 25% off Contact Lenses 15% off Bundles from AED 349
10	Al Jaber Opticals	Optical	Sharjah	Sahara Centre, Sharjah	Pulse	• Free Eye Test Frames & Sunglasses 40% off Lenses 25% off Contact Lenses 15% off Bundles from AED 349
11	Al Jaber Opticals	Optical	Sharjah	City Centre Sharjah, Sharjah	Pulse	• Free Eye Test Frames & Sunglasses 40% off Lenses 25% off Contact Lenses 15% off Bundles from AED 349
12	Yateem Opticals	Optical	Dubai	Emirates Towers, Dubai	Pulse	• Free Eye Test — Complimentary • Spectacle Frames & Sunglasses — 30% discount • Ophthalmic Lenses — 20% discount • Contact Lenses — 15% discount
13	Yateem Opticals	Optical	Dubai	Arabian Centre, Dubai	Pulse	• Free Eye Test Frames 30% off Lenses 20% off Contact Lenses 15% off
14	Yateem Opticals	Optical	Dubai	Mirdif City Centre, Dubai	Pulse	• Free Eye Test Frames 30% off Lenses 20% off Contact Lenses 15% off
15	Yateem Opticals	Optical	Dubai	Dubai Mall, Dubai	Pulse	• Free Eye Test Frames 30% off Lenses 20% off Contact Lenses 15% off
16	Yateem Opticals	Optical	Dubai	Mall of Emirates, Dubai	Pulse	• Free Eye Test Frames 30% off Lenses 20% off Contact Lenses 15% off
17	Yateem Opticals	Optical	Dubai	BurJuman Mall, Dubai	Pulse	• Free Eye Test Frames 30% off Lenses 20% off Contact Lenses 15% off
18	Yateem Opticals	Optical	Dubai	Al Ghurair Centre, Dubai	Pulse	• Free Eye Test Frames 30% off Lenses 20% off Contact Lenses 15% off
19	Yateem Opticals	Optical	Dubai	Madinat Jumeirah, Dubai	Pulse	• Free Eye Test Frames 30% off Lenses 20% off Contact Lenses 15% off
20	Yateem Opticals	Optical	Dubai	Atlantis Hotel, Palm Jumeirah, Dubai	Pulse	• Free Eye Test Frames 30% off Lenses 20% off Contact Lenses 15% off

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21	Yateem Opticals	Optical	Dubai	Al Rigga Street, Deira & Uptown Mirdif (2 additional Dubai branches), Dubai	Pulse	• Free Eye Test Frames 30% off Lenses 20% off Contact Lenses 15% off
22	Yateem Opticals	Optical	Sharjah	Buheira Corniche, Sharjah	Pulse	• Free Eye Test Frames 30% off Lenses 20% off Contact Lenses 15% off
23	Yateem Opticals	Optical	Sharjah	Sahara Centre, Sharjah	Pulse	• Free Eye Test Frames 30% off Lenses 20% off Contact Lenses 15% off
24	Yateem Opticals	Optical	Sharjah	Al Fardan Mall, Sharjah	Pulse	• Free Eye Test Frames 30% off Lenses 20% off Contact Lenses 15% off
25	Yateem Opticals	Optical	Fujairah	Fujairah Mall, Fujairah	Pulse	• Free Eye Test Frames 30% off Lenses 20% off Contact Lenses 15% off
26	Yateem Opticals	Optical	Fujairah	Fujairah Trade Centre, Fujairah	Pulse	• Free Eye Test Frames 30% off Lenses 20% off Contact Lenses 15% off
27	Emirates Optical LLC	Optical	Dubai	Dubai Mall, Zabeel Expansion, P6 Downtown Dubai, Dubai	Pulse	• Free Eye Test — Complimentary • Frames — 40% discount • Sunglasses — 40% discount • Ophthalmic Lenses — 30% discount • Contact Lenses — 15% discount
28	Emirates Optical LLC	Optical	Dubai	2nd Floor, City Centre Deira, Port Saeed, Deira, Dubai	Pulse	• Free Eye Test Frames 40% off Sunglasses 40% off Ophthalmic Lenses 30% off Contact Lenses 15% off
29	Emirates Optical LLC	Optical	Dubai	09 Al Khawaneej St., Ground Floor, Etihad Mall, Al Muhaisnah 1, Dubai	Pulse	• Free Eye Test Frames 40% off Sunglasses 40% off Ophthalmic Lenses 30% off Contact Lenses 15% off
30	Emirates Optical LLC	Optical	Dubai	1st Floor, Al Warqa City Mall, Warqa 3, Dubai	Pulse	• Free Eye Test Frames 40% off Sunglasses 40% off Ophthalmic Lenses 30% off Contact Lenses 15% off
31	Emirates Optical LLC	Optical	Dubai	Shop #8, Al Rigga Bldg., Al Rigga Road, Dubai	Pulse	• Free Eye Test Frames 40% off Sunglasses 40% off Ophthalmic Lenses 30% off Contact Lenses 15% off
32	Emirates Optical LLC	Optical	Dubai	Shop #G9 & G10, Beside Krispy Kreme, Nadd Al Hamar Mall, Union Coop, Dubai	Pulse	• Free Eye Test Frames 40% off Sunglasses 40% off Ophthalmic Lenses 30% off Contact Lenses 15% off
33	Emirates Optical LLC	Optical	Dubai	Shop #10, Al Dallal Bldg., Next to Al Rigga Metro Station Exit 1, Dubai	Pulse	• Free Eye Test Frames 40% off Sunglasses 40% off Ophthalmic Lenses 30% off Contact Lenses 15% off

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34	Emirates Optical LLC	Optical	Dubai	Shop #3, Beside Carrefour Market, First Avenue Mall, Motor City, Dubai	Pulse	• Free Eye Test Frames 40% off Sunglasses 40% off Ophthalmic Lenses 30% off Contact Lenses 15% off
35	Emirates Optical LLC	Optical	Dubai	Shop #5, Al Diyafah Bldg., Opposite Al Hana Centre, Al Hudaiba, Dubai	Pulse	• Free Eye Test Frames 40% off Sunglasses 40% off Ophthalmic Lenses 30% off Contact Lenses 15% off
36	Emirates Optical LLC	Optical	Dubai	Raja Building, Wadi Al Safa 5, Dubai Land, Dubai	Pulse	• Free Eye Test Frames 40% off Sunglasses 40% off Ophthalmic Lenses 30% off Contact Lenses 15% off
37	Emirates Optical LLC	Optical	Dubai	Amaya Mall, Liwan, Floor RT-G01, Al Safa 2, Dubai	Pulse	• Free Eye Test Frames 40% off Sunglasses 40% off Ophthalmic Lenses 30% off Contact Lenses 15% off
38	Emirates Optical LLC	Optical	Dubai	Icon Casa 4, Jumeira Village, Jumeirah Village Circle, Dubai	Pulse	• Free Eye Test Frames 40% off Sunglasses 40% off Ophthalmic Lenses 30% off Contact Lenses 15% off
39	Oscar Optic	Optical	Dubai	Shop #5, Al Rigga Bldg., Al Rigga Road, Dubai	Pulse	• Free Eye Test Frames 40% off Sunglasses 40% off Ophthalmic Lenses 30% off Contact Lenses 15% off
40	Baniyas Opticals	Optical	Dubai	Al Ghurair Centre, Deira, Dubai	Pulse	• Free Eye Test — Complimentary • Medical Frames — 35% discount • Sunglasses — 40% discount • Spectacle Lenses — 30% discount • Medical & Cosmetic Contact Lenses — 20% discount
41	Baniyas Opticals	Optical	Dubai	Al Sabkha, Deira, Dubai	Pulse	• Free Eye Test Medical Frames 35% off Sunglasses 40% off Lenses 30% off Contact Lenses 20% off
42	Baniyas Opticals	Optical	Dubai	University City Road, Dubai	Pulse	• Free Eye Test Medical Frames 35% off Sunglasses 40% off Lenses 30% off Contact Lenses 20% off
43	Baniyas Opticals	Optical	Sharjah	Abu Shagara Branch 1, Sharjah	Pulse	• Free Eye Test Medical Frames 35% off Sunglasses 40% off Lenses 30% off Contact Lenses 20% off
44	Baniyas Opticals	Optical	Sharjah	Abu Shagara Branch 2, Sharjah	Pulse	• Free Eye Test Medical Frames 35% off Sunglasses 40% off Lenses 30% off Contact Lenses 20% off
45	Baniyas Opticals	Optical	Sharjah	Muweileh Commercial, Sharjah	Pulse	• Free Eye Test Medical Frames 35% off Sunglasses 40% off Lenses 30% off Contact Lenses 20% off

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46	Zo&Mo Optical	Optical	Dubai, Sharjah, Ajman, Fujairah	All 5 branches — Dubai, Sharjah, Ajman & Fujairah	Pulse	• Free Vision Screening — Complimentary, twice per year • Standard Frames & Sunglasses — 30% discount • Luxury Brand Frames (Chopard, Mont Blanc) — 15% discount • Ophthalmic / Prescription Lenses (all brands) — 25% discount • Contact Lenses — 15% discount
47	Aster Opticals	Optical	UAE	Multiple branches across UAE	Pulse	• Free Eye Test & Consultation — Complimentary • Frames — 25% discount • Sunglasses — 25% discount • Optic / Prescription Lenses — 20% discount • Contact Lenses — 10% discount • Excluded brands: Cartier, Mont Blanc, Tom Ford, Maui Jim, Chanel & Dior
HEALTH SCREENING						
1	Thumbay University Hospital	Health Screening	Ajman	Thumbay Medicity, Al Jurf, Ajman	Pulse	• GP Consultation — AED 100 Specialist — AED 250 Consultant — AED 300 • Paediatric Consultation — AED 250 • Lab Investigations — 10% discount • Radiology (X-Ray, Ultrasound, CT, MRI, Mammography, CT-Angio) — 15% discount • Non-Invasive Cardiology (ECG, ECHO, TMT) — 20% discount • OPD Procedures — 20% discount • IP Services (excl. consumables, medicines, implants, blood) — 15% discount
2	Thumbay Hospital	Health Screening	Ajman	Al Nuaimiya, Ajman	Pulse	• GP Consultation — AED 100 Specialist — AED 200 Consultant — AED 250 • Lab — 10% Radiology — 15% Cardiology — 20% OPD — 20% IP — 15%
3	Thumbay Medical & Dental Specialty Hospital	Health Screening	Sharjah	Sharjah	Pulse	• GP Consultation (Medical & Dental) — AED 40 Specialist — AED 80 • Lab Services — 50% discount • Radiology Services — 20% discount
4	Thumbay Hospital Day Care	Health Screening	Sharjah	Muweila, Sharjah	Pulse	• GP Consultation (Medical & Dental) — AED 40 Specialist — AED 80 • Lab Services — 50% discount • Radiology Services — 20% discount
5	Thumbay Clinics	Health Screening	Ajman, Sharjah, UAQ	Multiple branches — Ajman, Sharjah & UAQ	Pulse	• GP Consultation — AED 40 Specialist — AED 85 • Lab Services — 30% discount • Radiology (X-Ray & Ultrasound) — 30% discount
6	Thumbay Special Health Check Package	Health Screening	Ajman, Sharjah	All Thumbay facilities	Pulse	• Specialist Consultation + CBC + Vitamin D (25OH) + TSH + Vitamin B12 + Total T3 & T4 + HBA1C + Routine Urine Analysis + Lipid Profile + Renal Function Tests + Iron Serum + Liver Function Tests — AED 250

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						• Mammogram Voucher — AED 350
7	LAB 247	Health Screening	Dubai, Sharjah	Al Rigga, Dubai Home Sample Collection Available	Pulse	• Basic Checkup — AED 31 (CBC, Lipid, Liver, Renal, Diabetic, Thyroid profiles) • Full Body Checkup — AED 50 (Basic + Iron Profile + Vitamin D) • Standard Checkup — AED 70 (Full Body + Vitamin B12) • Home sample collection — nurse visits home or office
8	Bewell	Health Screening	Dubai	Dubai	Pulse	• Health Checkup Package incl. Vitamin D — AED 149 (orig. AED 500 — 70% off) • Additional 10% off via Lumicorex coupon code
9	KIMS Health	Health Screening	Dubai	Deira & Bur Dubai — 2 branches	Pulse	• Cardiac Screening — AED 149 • Vitamin D Test — AED 59 • Silver Health Checkup Package — AED 149 • Gold Package — AED 179 • Platinum Package — AED 499 • GP & Specialist Consultation — 20% discount • Lab & Radiology Services — 20% discount
10	International Modern Hospital (IMH)	Health Screening	Dubai	Bur Dubai, Port Rashid Road, Al Mankhool, Dubai	Pulse	• Free Thyroid Screening (TSH, HBA1C, LDL + Consultation) • CT Calcium Score + Free Cardiac Consultation — AED 399 • Allergy Test Food Panel 20 Allergens (incl. specialist consult) — AED 249 • Allergy Test Food Panel 40 Allergens — AED 499 • Umrah & Hajj Vaccination Package — AED 350 • All outpatient consultations & services — 20% discount
11	Advanced Care Medical Center	Health Screening	Dubai, Sharjah	All 7 branches — Al Qouz x2, Jebel Ali x2, DIP 1, Sonapur (Dubai) Muweileh (Sharjah)	Pulse	• Health Packages — 10% discount (Free GP Consultation included) • Lab Tests — 30% discount • Dermatology Consultation — 30% discount
12	SIDRA Healthcare	Health Screening	Dubai	Sheikh Zayed Road, Dubai	Pulse	• Free Teleconsultation — once per year • Lab Test at Home — 25% discount • Doctor on Call — 25% discount • Physiotherapy at Home — 25% discount • Nursing / Elderly Care at Home — 25% discount • IV Therapy at Home — 25% discount
13	Ash Tree Clinic LLC	Health Screening	Dubai	Amwaj Building, M02, Meena Bazar, Bur Dubai, Dubai	Pulse	• Free Teleconsultation — 1 session per person per year • Free Vitamin D Test (with full body blood panel) • GP Consultation — AED 69 • Vitamin D Test — AED 49

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						• Blood Test — starting from AED 20 • Home Healthcare Services — 25% discount
14	YASMED Group	Health Screening	Sharjah	Sharjah	Pulse	• 20% discount on all hospital services
TELECONSULTATION						
1	SIDRA Healthcare	Teleconsultation	Dubai	Sheikh Zayed Road, Dubai	Pulse	• Free Teleconsultation — once per year for all Raha members • Doctor on Call at Home — 25% discount • Physiotherapy at Home — 25% discount • IV Therapy at Home — 25% discount • Nursing & Elderly Care at Home — 25% discount
MATERNITY						
1	Thumbay University Hospital	Maternity	Ajman	Thumbay Medicity, Al Jurf, Ajman	Pulse	• Normal Delivery Package — AED 6,500 • C-Section Package — AED 9,999 • Dialysis per session — AED 850
2	Thumbay Hospital	Maternity	Ajman	Al Nuaimiya, Ajman	Pulse	• ANC Package — AED 1,900 / AED 3,000
3	KIMS Health	Maternity	Dubai	Deira & Bur Dubai — 2 branches	Pulse	• Antenatal Package (complete pregnancy care up to 36 weeks) — AED 2,999 • Includes: 8 expert consultations, CBC, Vitamin D, GTT, Ultrasounds x4, Urine Culture & HVS
4	International Modern Hospital (IMH)	Maternity	Dubai	Bur Dubai, Port Rashid Road, Al Mankhool, Dubai	Pulse	• Early Antenatal Package (up to 12 weeks) — Call for price (already discounted) • Standard Antenatal Package — Call for price (already discounted) • Late Antenatal Package — Call for price (already discounted) • Normal Delivery Package — AED 6,999 (+AED 500 non-refundable booking) • C-Section Delivery Package — AED 11,999 • All delivery packages — Choose one: Free room decoration OR Free health checkup OR Free VIP drop-off
NUTRITION						
1	International Modern Hospital (IMH)	Nutrition	Dubai	Bur Dubai, Port Rashid Road, Al Mankhool, Dubai	Pulse	• Dietitian Consultation — AED 100 per session • Gastric Sleeve Surgery — AED 27,899 (orig. AED 30,999 — 10% off) • Gastric Bypass Surgery — AED 31,499 (orig. AED 34,999 — 10% off)
2	Power8	Nutrition	Online	Online — delivered virtually	Pulse	• Free 20-min Nutrition & Fitness Consultation — one-time per member

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FITNESS & RECOVERY						
1	Thumbay Physical Therapy & Rehabilitation Hospital	Fitness & Recovery	Ajman	Thumbay Medicity, Al Jurf, Ajman	Pulse	• Consultation incl. Registration Fees — AED 30 • Physical Therapy & Rehabilitation Treatment — 30% discount
2	Beauty Vision Center	Fitness & Recovery	Dubai	Dubai	Pulse	• Hijama Therapy 8 Cups — AED 100 • Hijama Therapy 15 Cups — AED 150 • Dry Needling Back & Neck Pain — AED 199 • Physiotherapy Session — AED 249 • Physiotherapy 6 Sessions Package — AED 1,200 (AED 200/session)
3	Bewell	Fitness & Recovery	Dubai	Dubai	Pulse	• Lumicorex Energy IV Drip Booster — AED 449 (orig. AED 800 — 44% off) • Additional 10% off via Lumicorex coupon code
4	KIMS Health	Fitness & Recovery	Dubai	Deira & Bur Dubai — 2 branches	Pulse	• Physiotherapy — 5 Sessions Package — AED 299 (AED 59.80/session)
5	Advanced Care Medical Center	Fitness & Recovery	Dubai	Al Qouz 3, Fakruddin Building, Dubai	Pulse	• Physiotherapy Sessions — AED 60 per session • Free assessment on first visit
6	SIDRA Healthcare	Fitness & Recovery	Dubai	Sheikh Zayed Road, Dubai	Pulse	• Physiotherapy at Home — 25% discount • IV Therapy at Home — 25% discount • Doctor on Call — 25% discount
BEAUTY & AESTHETICS						
1	Beauty Vision Center	Beauty & Aesthetics	Dubai	Dubai	Pulse	• Skin Cleansing — AED 100 (orig. AED 180 — 44% off) • Deep Cleansing — AED 150 (orig. AED 250 — 40% off) • PRP for Face — AED 249 (orig. AED 400 — 38% off) • PRP for Hair — AED 299 (orig. AED 500 — 40% off) • PRP for Hair + Face — AED 349 (orig. AED 580 — 40% off) • Full Body Laser Women Package — AED 1,200 • Full Body Laser Men 6 Sessions — AED 1,500 • IUD Insertion — AED 300 (orig. AED 500 — 40% off) • Contraceptive Implant — AED 1,500 (orig. AED 2,500 — 40% off) • Loyalty: Free Hydrofacial + Laser + Consult + Dental Cleaning for every AED 500 spent
SPECIALIST & SURGICAL						

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1	International Modern Hospital (IMH)	Specialist & Surgical	Dubai	Bur Dubai, Port Rashid Road, Al Mankhool, Dubai	Pulse	• Free Second Medical Opinion — Oncology (Dr. Moustafa Al Daly) • Male Fertility Package — AED 499 (orig. AED 599 — 17% off) • STD Package for Men — AED 750 (orig. AED 1,000 — 25% off) • Dialysis 12 Sessions / 1 Month (+1 free) — AED 7,200 (AED 600/session) • Dialysis 24 Sessions / 2 Months (+1 free) — AED 13,200 (AED 550/session) • Dialysis 36 Sessions / 3 Months (+1 free) — AED 18,000 (AED 500/session — best rate) • Gastric Sleeve Surgery — AED 27,899 (orig. AED 30,999 — 10% off) • Gastric Bypass Surgery — AED 31,499 (orig. AED 34,999 — 10% off)
PHARMACY						
1	Health First Pharmacies (Planet Group)	Pharmacy	Dubai, Northern Emirates	75+ branches across Dubai & Northern Emirates	Pulse	• Skin Care Products — 20% discount • Health Care Products — 15% discount • Personal Care Products — 10% discount • Baby Care Products — 5% discount
2	Perfect Life Pharmacy	Pharmacy	Sharjah	Sharjah (1 branch)	Pulse	• Skin Care Products — 22% discount • Health Care Products — 15% discount • Personal Care Products — 15% discount • Baby Care Products — 8% discount • Free delivery in selected areas
3	Aster Pharmacies	Pharmacy	UAE	Multiple branches across UAE	Pulse	• Beauty Care — 10% discount (cash purchases) • Kids Nutrition — 10% discount • Natural Supplements — 10% discount • Vitamins & Minerals — 10% discount • Weight Management — 10% discount • Rehabilitation — 10% discount
DINING & HOSPITALITY						
1	Blend & Brews Coffee Shoppe (Thumbay)	Dining & Hospitality	Ajman	Thumbay Medicity, Al Jurf, Ajman	Pulse	• Food & Beverages — 20% discount • Cakes & Pastries (special events) — 20% discount • Catering Services — 20% discount
2	Thumbay Food Court	Dining & Hospitality	Ajman	Thumbay Medicity, Al Jurf, Ajman	Pulse	• Food & Beverages (dine-in) — 20% discount • Catering Services — 20% discount • Free Banquet Service for bookings over AED 2,500