# British expat credits move to Dubai for dramatic health turnaround amid rising UK departures



A British woman has revealed how relocating from the UK to Dubai transformed her health and overall quality of life, underscoring a growing trend among young people seeking opportunities abroad. Ela Reeves, 25, from Essex, shared her experience of struggling with chronic fatigue, sore joints, and severe acne prior to her move. With her health deteriorating and feeling increasingly drained by life in the UK, she decided to make a change in January, opting for a new life in the sun-soaked emirate.

Reeves's decision to move coincided with a significant uptick in inquiries from UK citizens interested in relocating to Dubai. Recent data highlights a staggering 420 percent rise in such inquiries over five years, with a 45 percent increase noted within the last year alone. Currently, more than 240,000 British expats reside in Dubai, drawn by the allure of tax-free salaries, a booming job market, and a more invigorating climate. Notable Britons such as Amir Khan and Kate Ferdinand have also embraced this expatriate lifestyle, which has been touted as a path to enhanced well-being and professional opportunity.

Since arriving in Dubai, Reeves remarked, “Leaving the UK has been the best decision I've ever made for my health.” She explained how, despite maintaining a healthy lifestyle with proper nutrition and regular exercise back home, she felt persistently fatigued and unwell. The change in her environment has resulted in a dramatic improvement in her health; she now thrives on increased energy levels, participates actively in outdoor activities, and has successfully managed her acne. The warm climate and access to outdoor spaces have allowed her to adopt a more active lifestyle, as she walks significantly more each day and enjoys the benefits of sunlight.

Reeves expressed her frustrations with the UK’s gloomy weather and its toll on mental health. She described her previous life as “so repetitive,” characterised by long hours indoors, scrolling through her phone, and watching television—activities that contributed to her feeling of a wasted existence. In poignant contrast, she has found Dubai to be vibrant and full of opportunities, saying, “There’s always something to do here, and that shift alone has made me feel more energised and productive.”

Despite the allure of Dubai, not all expats share Reeves's enthusiasm. Some have voiced their discontent, claiming that the city can become monotonous and that they miss the cultural depth of the UK. Concerns have also been raised regarding job security and the intensity of the work culture in the UAE. Kelly Lundberg, a resident of Dubai for over two decades, counters these criticisms by arguing that those who find Dubai lacking in substance may not be engaging with its diverse offerings deeply enough. A former Emirates air hostess, Lundberg successfully established a personal styling business and affirms Dubai's potential for meaningful professional and personal fulfilment, emphasising that it’s much more than just a playground for the wealthy.

As the trend of Britons relocating for better living conditions continues, it is essential to consider both the opportunities and challenges associated with life in Dubai. While the region offers significant advantages such as tax exemptions, a high standard of living, and an expansive expat community, potential movers should also be aware of the realities, including high living costs and strict regulations. This multifaceted environment reflects a mix of vibrant possibilities alongside the need for careful personal and professional navigation.

Reeves's experience resonates with many who feel disillusioned with the current state of life in the UK, where issues like health, financial insecurity, and often unpredictable weather contribute to a sense of gloom. As she prepares for her next visit back home to manage visa issues, the swift return of her health issues signals a clear correlation between her well-being and her environment. “Being in the UK really does impact my health,” she stated, drawing a stark line between her life in Dubai and past struggles back home. While the allure of expat life offers a promising escape, it also raises important questions about what it means to seek happiness and fulfilment in an increasingly interconnected world.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/news/article-14731673/I-know-young-people-quitting-depressing-Britain-Dubai-UK-sick-gave-acne-life-felt-like-waste.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.ft.com/content/4b2e9b27-2346-4c39-b9ac-ca0c88d8147e)
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## Bibliography

1. <https://www.dailymail.co.uk/news/article-14731673/I-know-young-people-quitting-depressing-Britain-Dubai-UK-sick-gave-acne-life-felt-like-waste.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.ft.com/content/4b2e9b27-2346-4c39-b9ac-ca0c88d8147e> - British media mogul Richard Desmond, aged 72, has obtained a 'golden visa' in Dubai, citing lifestyle reasons such as a better climate and business environment. Despite maintaining UK tax residency, Desmond plans to divide his time between Dubai and London, reflecting a growing trend of wealthy individuals seeking favorable tax conditions abroad. This move raises concerns about the UK's appeal to entrepreneurs post-Brexit and under the new Labour government. ([ft.com](https://www.ft.com/content/4b2e9b27-2346-4c39-b9ac-ca0c88d8147e?utm_source=openai))
3. <https://wise.com/gb/blog/pros-and-cons-of-living-in-dubai> - This article outlines the advantages and disadvantages of relocating to Dubai from the UK. Pros include tax-free income, a thriving job market, high standard of living, a large expat community, ease of opening bank accounts, a multicultural environment, and widespread use of English. Cons encompass a high cost of living, increasing rental costs, strict cultural laws, extreme summer heat, mandatory private healthcare, and internet restrictions. ([wise.com](https://wise.com/gb/blog/pros-and-cons-of-living-in-dubai?utm_source=openai))
4. <https://theasianmirror.com/latest/57296/risks-and-benefits-of-living-in-dubai-2025/> - This article discusses the advantages and disadvantages of living in Dubai. Benefits highlighted include abundant job opportunities across various sectors, the absence of income tax, and a stable economy. Risks mentioned are not specified in the provided excerpt. ([theasianmirror.com](https://theasianmirror.com/latest/57296/risks-and-benefits-of-living-in-dubai-2025/?utm_source=openai))
5. <https://www.blacktowerfm.co.uk/news/thinking-of-moving-to-dubai/> - This comprehensive guide explores why more Britons are moving to Dubai, citing tax-free salaries, a thriving job market, world-class infrastructure, safety, a diverse expatriate community, and a luxurious lifestyle. It also addresses challenges such as the high cost of living, strict legal regulations, and climate conditions, providing a balanced view for potential movers. ([blacktowerfm.co.uk](https://www.blacktowerfm.co.uk/news/thinking-of-moving-to-dubai/?utm_source=openai))
6. <https://www.the-eurogroup.com/moving-to-the-united-arab-emirates-from-the-uk/> - This article provides insights into various aspects of moving from the UK to the UAE, including the country's favorable weather conditions, diverse social life, education system, tax-free income, and healthcare requirements. It emphasizes the importance of understanding these factors for a successful relocation. ([the-eurogroup.com](https://www.the-eurogroup.com/moving-to-the-united-arab-emirates-from-the-uk/?utm_source=openai))
7. <https://www.roofsnroots.com/en/blogs/pros-and-cons-moving-dubai> - This article outlines the advantages and disadvantages of moving to Dubai. Pros include a thriving job market, world-class infrastructure, a diverse cultural scene, safety and security, a luxurious lifestyle, year-round sunshine, excellent education and healthcare, easy travel and connectivity, and entrepreneurial opportunities. Cons are not specified in the provided excerpt. ([roofsnroots.com](https://www.roofsnroots.com/en/blogs/pros-and-cons-moving-dubai?utm_source=openai))