

AYURVEDIC WELLNESS JOURNEYS


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WELLNESS BY ANANTARA



Renew wellbeing through the ancient healing power of Ayurveda – a 5,000 year-old natural science that offers pathways towards health and harmony.

Secluded on a tropical Indian Ocean island in a breathtaking world of its own, Anantara Spa expresses the boundless wisdom of Ayurveda in a peerless over water sanctuary. Discover natural synchronicity as you tune into the revitalising rhythm of the greatest paradise on earth. Escape life's boundaries. Embrace an infinite horizon. Embark on a journey of Ayurvedic healing that is customised to your personal wellness aspirations.



ANANTARA AYURVEDIC RETREATS

3, 5 and 7 Day Programmes

USD 800++/1410++/1575++

Nurture unique wellbeing with a choice of three specialist programmes – Rejuvenate & Revitalise, De-Stress, and Weight Loss & Detoxifying. Whether you wish to dedicate 3, 5 or 7 days to holistic health, each tailored programme is designed to help you blossom by combining a private lifestyle consultation and therapeutic Ayurvedic treatments with restorative yoga, breathing and meditation, as well as nutritious cuisine.

INDIVIDUAL TREATMENT SELECTION

Abhyanga 60 / 90 mins

USD 200++/250++

An ancient herbal oil massage therapy for healing and detoxifying body, mind and spirit. Ayurvedic techniques are applied to work along the energy channels of your body in a synchronized manner to release toxins and restore the flow of vital energy, Prana, where it has become blocked.

Abhyanga Shirodhara 90 mins

USD 300++

A combination of an Ayurvedic-style massage and our signature third-eye treatment using warm, herb-infused oils to induce a state of calmness. To begin, a full body application of Zed Buttermilk (Takradhara) or Zek Milk (Kshir Dhara) is massaged onto the body. A steady stream of warm medicated oil is then continuously poured onto the forehead, a uniquely therapeutic treatment that restores sensations, revitalises the central nervous system, and relieves mental tension.

Shirodhara 60 mins

USD 250++

Shirodhara brings instant calm and rejuvenation. The name is derived from the two Sanskrit words: 'shiro' meaning 'head' and 'dhara' meaning 'flow'. Intensely relaxing, a consistent flow of warm aromatic oil pours on the forehead, directly above the third eye – the point believed to be the seat of human consciousness. As the oil flows over the scalp and through the hair, a blissful sensation of calm is experienced.



Podikizhi 90 mins

USD 320++

Podikizhi is the most effective detoxification treatment for the entire body. A unique mix of various herbal & medicated powders are bundled together in a muslin cloth, these poultices are then warmed and used to massage the entire body. Podikizhi promotes toxin elimination, increased mobility of joints, and provides an effective relief from muscular aches & pains.

Njavarakizhi (Pinda Sweda) 90 mins

USD 350++

A highly rejuvenating treatment to relieve stress and strain, Pinda Sweda enhances physical consistency, strengthens the nervous system and improves the overall appearance of skin. After a liberal application of herbal oil over the body, small linen bags filled with cooked rice and herbal decoction are used to massage and induce sweat. The rice comes through the bolus to leave a thick paste on the body, which cools down rapidly and is left to nourish your skin.

Udwartana 90 mins

USD 300++

Udwartana means to elevate or to promote. A stimulating and exfoliating therapy using a specially prepared herbal powder which is rubbed over the body to slough off dead skin cells and help reduce subcutaneous fat. This therapy effectively helps to improve blood circulation and reduce body weight.

Marmakizhi Massage 60 / 90 mins

USD 250++/300++

Marma energy zones are vital areas of the body. Marmakizhi is a traditional Ayurvedic massage that uses herbal Ayurvedic oil and appropriate pressure to stimulate these specific points. A small linen bundle, filled with medicated powder made from the roots of 12 herbal plants, is heated and applied all over the body to induce sweating, relieve pain, stiffness and to stimulate bodily organs and systems to clear blocked energies.

Pizichil (Taila Dhara) 90 mins

USD 350++

Meaning 'to squeeze', Pizichil is a world-famous Ayurvedic treatment known as the 'King's Treatment'. Experience a therapeutic body massage that balances the emotions and increases blood circulation. In this gentle therapy, warm oil is poured over the entire body to bring a wonderful sense of refreshment and relaxation.

Nasya 60 mins

USD 180++

Nasya is a healing therapy that combats the pollution we inhale, and is also highly effective in treating headaches, sinusitis and migraines, as well as hormonal and physiological problems. A few drops of herbalised oil or powder are placed in the nose, while the face, shoulders and chest are massaged with specific herbal oils to induce perspiration.



Kativasthi 60 mins

USD 200++

Kativasthi is a unique spinal herbal bath. A small reservoir made from herbal paste is created on the lower back, with the bare skin as its bottom. Specially prepared warm medicated oil is poured into this and allowed to remain there for 45 minutes. The medicinal properties are absorbed directly by the body and is very effective for any types of chronic or acute back pains, spinal disorders, lumbar Spondylosis, sciatica, osteoporosis etc.

Pichu 60 mins

USD 200++

Pichu is a miraculous palliative treatment in Ayurveda that uses warm medicated oil for curing various degenerative ailments. Pichu can be performed on the head, neck, spine, hip, chest, knee and shoulders as per the state of illness. Pichu can be enjoyed as a main treatment for the head and spine, or a simplified version can be applied in conjunction with other Ayurvedic therapies.

Yoga 60 mins

USD 100++

Yoga is an intrinsic part of the overall Avurveda journey, and our paradise island hideaway is a breathtaking setting in which to practice.

Meditation 60 mins

USD 100++

Through soothing meditation classes, we invite you to find that balance that has drifted too far from your core centre. The Panchakosha and Hari Om meditations are both offered at Anantara Kihavah.

Etiquette

- Please arrive 15 mins prior to your treatment
- All prices are in USD and are subject to 10% service charge and applicable government tax
- Prices are subject to change without prior notice
- We try to ensure that all our guests benefit from the tranquil surroundings, therefore please note that the spa is unsuitable for small children and babies, unless they have booked treatments
- We recommend that you leave all jewelry in your villa
- Please give four hours' cancellation notice on individual treatments and 24 hours' notice on programmes, otherwise 50% of the price may be charged to your account
- Smoking and the use of mobile phones is not permitted in the spa
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications are advised to consult a doctor before signing up for any treatments
- Please notify the spa receptionist of any existing medical conditions
- In the event you are late for your scheduled appointment, we will accommodate you to the best of our abilities, however your treatment may be shortened or rescheduled



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RESIDENT AYURVEDIC SPECIALIST SHARATH RAM

DISCOVER A 360° APPROACH TO WELLBEING INCORPORATING
AYURVEDA, YOGA, MEDITATION AND BREATHING.

Anantara Kihavah Maldives Villas offers fully immersive wellness retreats tailored to your needs and lifestyle. Heading the Ayurveda team is Kerala native Sharath Ram, an all-round practitioner with over a decade's experience across South Asia and the Middle East.



Sharath began his career in hospitality in 2007. Sharath's personal journey into healing and wellness began at an early age, with knowledge imparted by his father. He has spent many years travelling and acquiring wisdom, and holds a diploma from the International Spa Therapy and Ayurveda Academy in Bangalore.

Adapting each ayurvedic treatment according to your doshas, Sharath is a big believer in the power of medicated oils to relax and re-energise. His signature Abhyanga massage releases daily toxins and restores the flow of vital energy, or prana, while a deeply relaxing Shirodhara treatment with a warm flow of aromatic oil above the third eye restores psychosomatic balance.

Ayurvedic retreats at Anantara Kihavah are multi-faceted, with healthy cuisine suited to your doshas on offer, and daily yoga and meditation encouraged. Sharath leads these sessions: he has studied yoga in its many forms under Swami Sivananda – one of the 20th century's greatest yoga masters – at the Bihar School of Yoga. In addition, he has mastered the arts of Vipassana, Buddhist and Twin Heart meditation. Recognising the importance of breathing techniques to both yoga and mindfulness, he has also mastered the arts of Pranayama and Sudarshan Kriya breathing, and imparts his knowledge to guests with his uniquely calm and intuitive approach.

For more information or to book your private complimentary consultation, please contact your Villa Host or contact Anantara Spa ext. 355.