



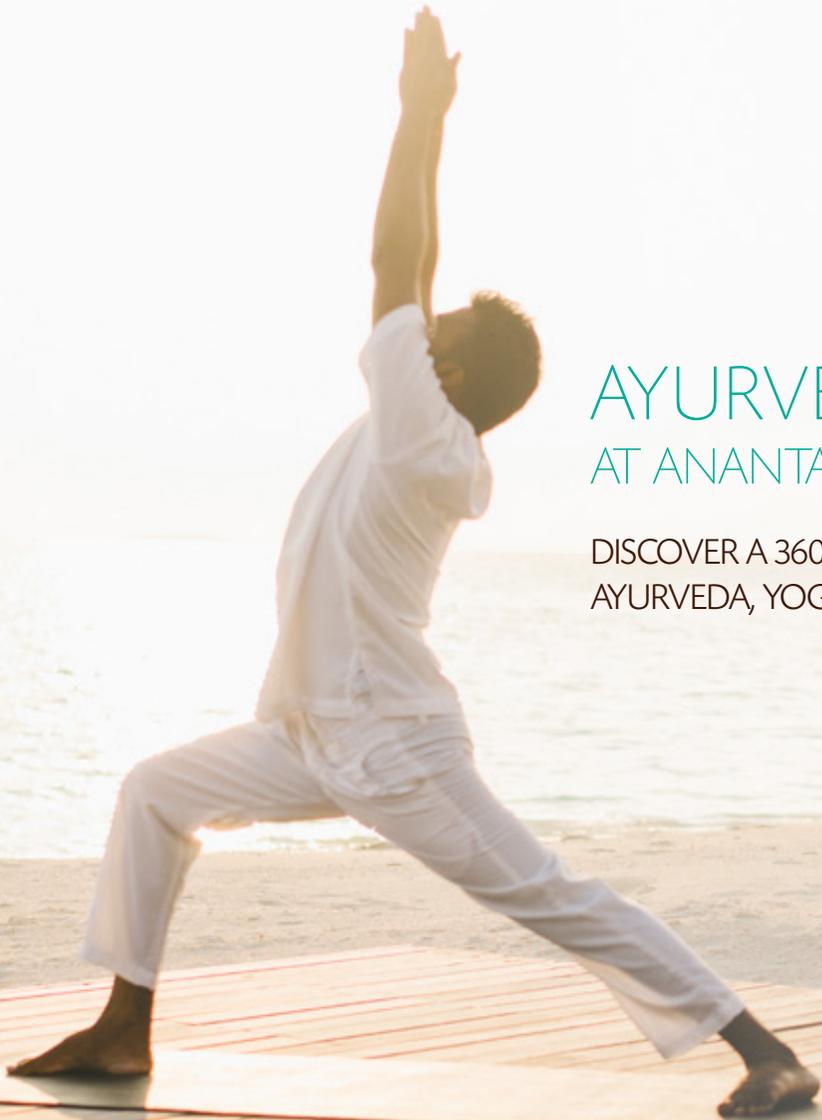
balance

WELLNESS BY ANANTARA

# AYURVEDIC RETREATS

## AT ANANTARA KIHAVAH MALDIVES VILLAS

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



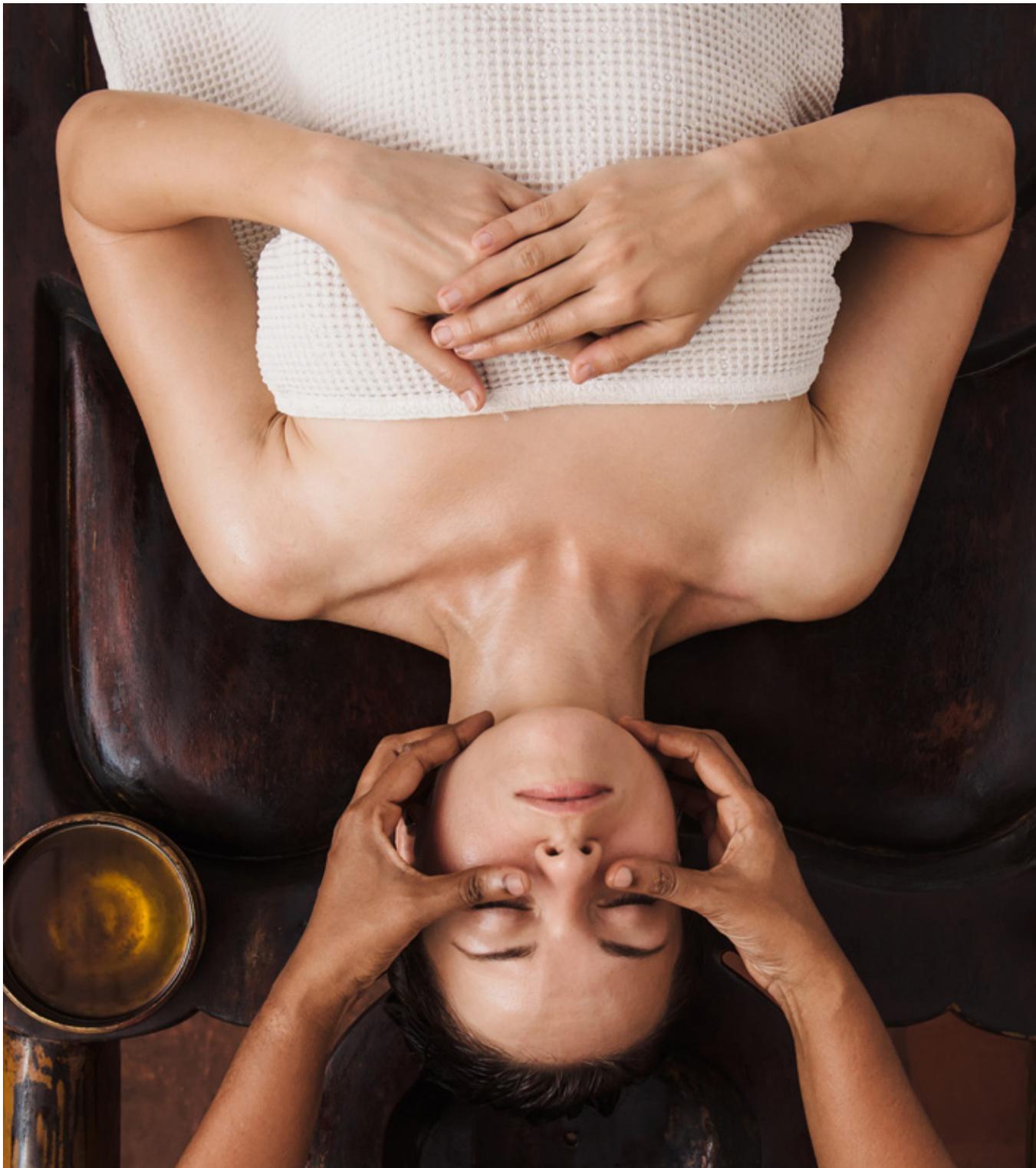


## RESIDENT AYURVEDIC SPECIALIST SHARATH RAM

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.

Ayurvedic retreats at Anantara Kihavah are multi-faceted, with healthy beverages 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.



## DIGITAL DETOX PROGRAMME

The accumulation of toxins and free radicals, along with unhealthy lifestyle habits and prolonged stress can result in fatigue and signs of ageing. Addressing the damaging effects of modern life, these specialist retreats rejuvenate the body, strengthen the immune system and restore a naturally vibrant glow.

### 3-DAY RETREAT

USD 800

Day 1: Abhyanga Massage

Day 2: Podikizhi

Day 3: Abhyanga & Shirodhara

### 5-DAY RETREAT

USD 1,300

Day 1: Abhyanga Massage

Day 2: Podikizhi

Day 3: Pizhichil

Day 4: Herbal Shirodhara \*60 mins

Day 5: Njavara Kizhi

### 7-DAY RETREAT

USD 1,600

Day 1: Abhyanga Massage

Day 2: Podikizhi

Day 3: Green Tea Scrub & Wrap

Day 4: Pizhichil

Day 5: Njavara Kizhi

Day 6: Herbal Shirodhara \*60 mins

Day 7: Kihavah Signature Healing

*All treatments are 90 minutes each unless stated otherwise.*

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All programmes include: • 1 x Ayurveda Lifestyle Consultation  
• Daily Group Yoga • Daily Breathing Exercises  
• Meditation • Daily Treatments • Access to Herbal Steam  
• Dosha Specific Drinks

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*All prices are in USD and are subject to 10% service charge and 12% GST*



### LONGEVITY PROGRAMME

The air we breathe, the water we drink and the food we eat are often filled with toxins that can overload the liver and immune system, adversely affect our hormones and create functional disorders, illness and allergies. A sedentary lifestyle, unhealthy diet and lack of motivation sets us on a pathway to ill health. Get back on track to natural good health with our specialist retreats to help you detoxify from the inside out.

#### 3-DAY RETREAT USD 750

- Day 1: Abhyanga Massage
- Day 2: Udwarthana
- Day 3: Detoxifying Massage

#### 5-DAY RETREAT USD 1,200

- Day 1: Abhyanga Massage
- Day 2: Udwarthana
- Day 3: Abhyanga Massage
- Day 4: Udwarthana
- Day 5: Detoxifying Massage

#### 7-DAY RETREAT USD 1,650

- Day 1: Abhyanga Massage
- Day 2: Udwarthana
- Day 3: Podikizhi
- Day 4: Udwarthana
- Day 5: Abhyanga Shirodhara
- Day 6: Detoxifying Massage
- Day 7: Udwarthana

*All treatments are 90 minutes each unless stated otherwise.*

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- All programmes include:
- 1 x Ayurveda Lifestyle Consultation
  - Daily Group Yoga
  - Daily Breathing Exercises
  - Meditation
  - Daily Treatments
  - Access to Herbal Steam
  - Dosha Specific Drinks
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### ABHYANGA MASSAGE

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 synchronised manner to release toxins and restore the flow of vital energy, prana, where it has become blocked.

### PODIKIZHI

Podikizhi is the most effective detoxification treatment for the entire body. A unique mix of various herbal and 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, increases the mobility of joints, and provides an effective relief from muscular aches and pains.

### GREEN TEA SCRUB AND WRAP

Rejuvenate body and mind with fragrant green tea rich in antioxidants.

### PIZICHIL (TAILA DHARA)

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.

### NJAVARAKIZHI (PINDA SWEDA)

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.

### HERBAL SHIRODHARA

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 is poured 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.

### KIHAVAH SIGNATURE HEALING

Feel at one with your surrounds and the wellness elements of air, fire and earth. Submit to gentle soothing massages and the hypnotic sound of singing bowls.

### UDWARTANA

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.

### ABHYANGA AND SHIRODHARA

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 medicated buttermilk (Takra dhara) or medicated milk (Ksheera 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.

### KUNDALINI BACK TREATMENT

Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems. Chakra and sound healing activate and channel the kundalini – the dormant energy at the base of the spine. Tension is lifted, negativity released, and the body is returned into a state of awareness and balance. Ideal for anyone with computer tight shoulders or who holds all their tension in their backs.

### MARMA HEALING TOUCH

Marma therapy encompasses the energy healing properties of Ayurveda by utilising 107 points or doorways into the body and consciousness. Each point allows for entry into the chakras – the vibrational energy centers along the spine, releasing suppressed energy and stimulating pranic flow. When gently pressed on the skin, marma points can stimulate a chain of positive events.

### MARMAKIZHI MASSAGE

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 body organs and systems to clear blocked energies.

### NASYA

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

Kativasthi is a unique spinal herbal bath. A small herbal paste reservoir is created on the lower back, with the bare skin as the base. 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 are very effective for any types of chronic or acute back pains, spinal disorders, lumbar spondylosis, sciatica and osteoporosis.

### PICHU

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.

### REIKI

An alternative therapy commonly referred to as energy healing, it involves the transfer of energy by laying of hands, targeting the energy fields around the body. Reiki is believed to aid relaxation, assist in the body's natural healing processes, and develop emotional, mental, and spiritual well-being.

### ULTIMATE YOGA THERAPY

Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the teachings and practices of Yoga, helping to alleviate physical and mental health conditions with the view of promoting self-care and encouraging overall well-being.

### YOGA

Yoga is an intrinsic part of the overall Ayurveda journey, and our paradise island hideaway is a breathtaking setting in which to practice. Find inspiration from empowering classes that support and complement your chosen Ayurvedic programme. Synchronise your meditation, pranayama breathing and movement to the boundless ocean horizon and rhythmic waves. Allow your energy to flow as you stretch out stress and blockages. Reap deeper, accumulative benefits each time you practice, under the caring expert guidance of highly qualified instructors.

### MEDITATION

Through soothing meditation classes, we invite you to find that balance that has drifted too far from your core centre. Delve deep into the self and let go of your worries and stored negative energy. The Panchakosha and Hari Om meditations are both offered at Anantara Kihavah.