



balance
WELLNESS BY ANANTARA

AYURVEDIC RETREATS AT ANANTARA KIHAVAH MADLVIES VILLAS

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





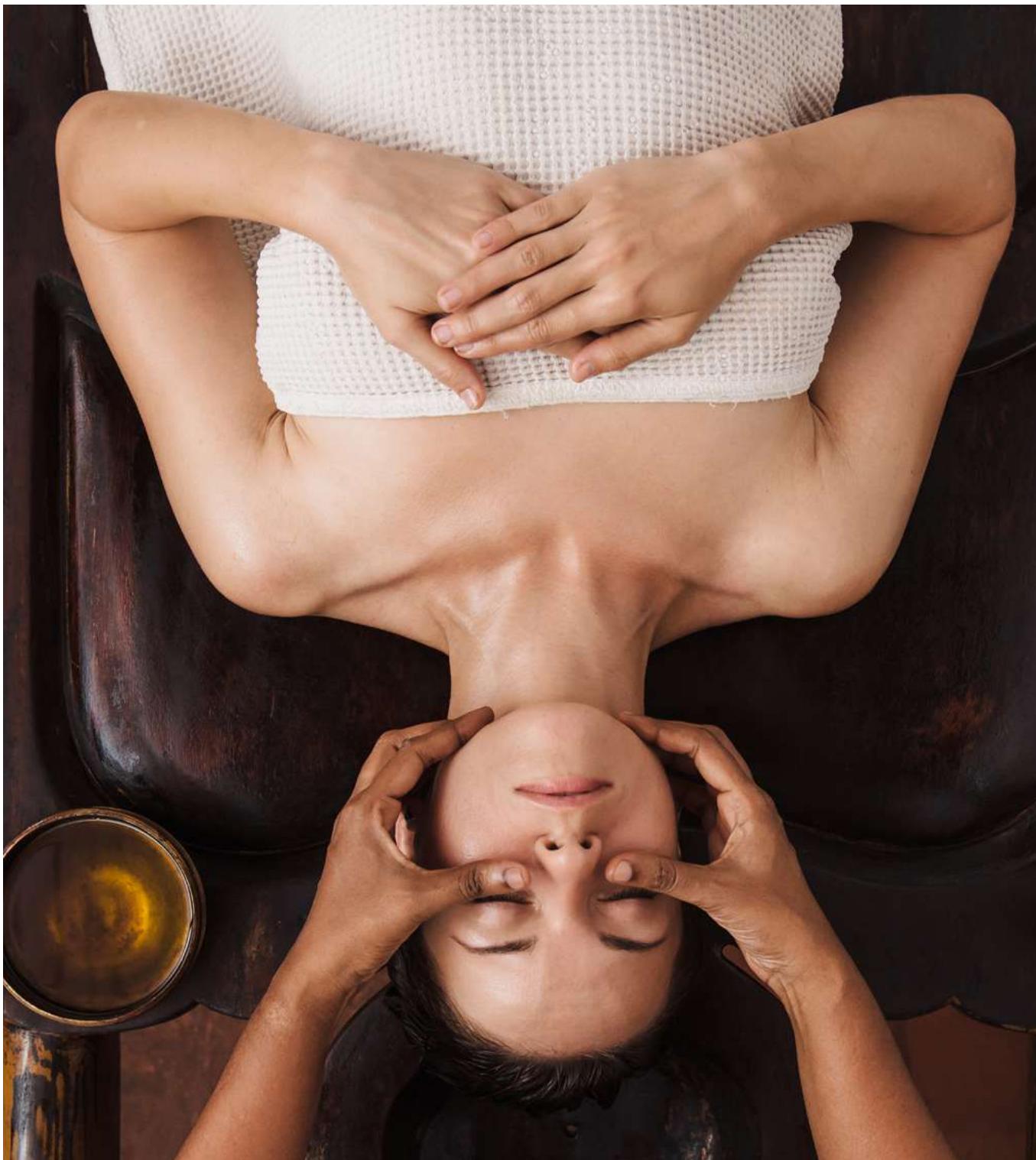
RESIDENT AYURVEDIC SPECIALIST SHARATH RAM



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

Day 1: Abhyanga Massage

Day 2: Podikizhi

Day 3: Abhyanga & Shirodhara

USD 800

5-DAY RETREAT

Day 1: Abhyanga Massage

Day 2: Podikizhi

Day 3: Pizhichil

Day 4: Herbal Shirodhara *60 mins

Day 5: Njavara Kizhi

USD 1,300

7-DAY RETREAT

Day 1: Abhyanga Massage

Day 2: Podikizhi

Day 3: Green Tea Scrub & Wrap *60 mins

Day 4: Pizhichil *60 mins

Day 5: Njavara Kizhi

Day 6: Herbal Shirodhara *60 mins

Day 7: Kihavah Signature Healing

USD 1,600

All treatments are 90 minutes each unless stated otherwise.

All programmes include:

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



LONGEVITY PROGRAMME

The air we breathe, the water we drink and the foods 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: Udwarathana
- Day 3: Detoxifying Massage

5-DAY RETREAT

USD 1,200

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

7-DAY RETREAT

USD 1,650

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

All treatments are 90 minutes each unless stated otherwise.

All programmes include:

- 1 x Ayurveda Lifestyle Consultation

- Daily Group Yoga • Daily Breathing Exercises
- Meditation • Daily Treatments • Access to Herbal Steam
- Dosha Specific Drinks

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

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 synchronized 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 & 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.

GREEN TEA SCRUB & WRAP

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

PIZHICHL (TAILA DHARA)

Meaning 'to squeeze', Pizhichil 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.

NJAVARA KIZHI (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 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.

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.

URDWARTANA

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 & SHIRODHARA

A combination of an Ayurvedic-style massage and our signature third-eye treatment using warm, herbinfused 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.

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.