



balance

WELLNESS BY ANANTARA





JET TO THE MALDIVES TO PAUSE, UNWIND,  
AND BALANCE BODY AND MIND.

At our wellness sanctuaries, you will find comprehensive wellness programs and experiences tailored to individual lifestyle and wellness goals.

We offer wellness solutions for everyday challenges and help you on your journey for pursuing bigger lifestyle changes. We help you build foundations for change and support you through the initial hurdles.

Our specialties include Wellness Retreat, Ayurveda, Hammam Spa, Acupuncture, Holistic Therapies, Aesthetic Facials, IV therapy and latest medi-spa treatments from around the world and movement therapies for a healthier body and mind.



## WELLNESS RETREAT

Our Wellness programs offer personalised packages and activities designed around promoting your ultimate wellness. Choose from Wellbeing and Sleep, Detox, or Weight Balancing program.

All wellness retreats start with a wellness assessment to customise your package.

### Three Days

One wellness assessment & retreat introduction (45 minutes)

One Medi Spa treatment (60 minutes)

One customized spa treatment (60 minutes)

Three Private fitness or yoga classes (60 minutes)

### Five Days

One wellness assessment & retreat introduction (45 minutes)

One Medi Spa treatment (60 minutes)

Three customized spa treatment (60 minutes)

Five Private fitness or yoga classes (60 minutes)

One Nutritional Supplement – recommended by consultant

### Seven Days

One wellness assessment & retreat introduction (45 minutes)

One Nutrition & Lifestyle Consultation (60 minutes)

Two Medi Spa treatments (60 minutes)

Four customized spa treatment (60 minutes)

Seven Private fitness or yoga classes (60 minutes)

One retreat follow up (15 minutes)

One Nutritional Supplement – recommended by consultant

Personalised wellness cuisine menus available on request

DETOX, SLEEP, IMMUNE, WEIGHT BALANCE, BEAUTY



## BALANCE CONSULTATIONS

The Balance Consultations are led by our resident nutritionist & naturopath and provide you with a personalised road map to wellbeing. You are invited to confidentially share your wellness goals and health concerns through assessment of your current diet, lifestyle and medical history. All guidance received by your consultant is based on scientific research and naturopathic principles.



### **Nutrition & Lifestyle consultation** (60 minutes)

Each consultation includes a personalised Nutrition & Lifestyle report with diet plan and the option to add a full analysis of your body composition.

Choose from :

Detox & Recharge / Sleep & Restoration / Gut Health & Immune Balance / Beauty Redefined

### **Wellness Assessment with body analysis** (30 minutes)

Are you about to embark on a new health & fitness plan or just curious to discover your unique body composition? The Wellness Assessment & analysis provides insight into your unique bodyweight, fat percentage, bone weight, water levels, BMI, metabolic age and more. The assessment includes a thorough analysis and opportunity to discuss your wellness goals, any chronic health concerns and receive personalised guidance from your Wellness Consultant.



### **Epigenetic Test & Analysis**

Single: Day 1 Test (20 minutes) / Day 2 Read-Through (30 minutes)

Couples: Day 1 Test (30 minutes) / Day 2 Read-Through (60 minutes)

Dig deeper into your genetic data. Undergo an epigenetic hair test, through a bio profiler, which provides information about your body's levels of nutrients, vitamins, minerals, essential amino acids, fatty acids, antioxidants, and contaminants. Discover which daily nutritional and environmental factors are impacting your body's cells and learn through a personalized reading with our Balance Wellness Consultant how to reverse your epigenetic expression and live a healthier more resilient life.

Choose from the following report options:

Optimize Immunity & Wellbeing; Vegan Immunity & Wellbeing; Optimize Professional Training; Sport & Fitness, Nutrition, Optimize Youthful Cells; Optimize Hair, Skin & Nails

Inclusive of: test, report\* and analysis with Wellness Consultant.

*\* The epigenetic report is available in various languages – please discuss with your wellness consultant before your test.*



## WELLNESS MOVEMENTS

### FITNESS

#### **Personalised Training** (60 minutes)

Offering a vast array of individualised training programmes to maintain your fitness level while at the resort and beyond for your return home. Sessions can be held in the Fitness Centre or outdoors.

#### **Assisted Stretching** (45 minutes)

A one-to-one session to help you stretch and relax. Your dedicated trainer can focus on any area of tension. Assisted stretching rids your body of tightness, improves your overall flexibility and leaves you feeling balanced.

#### **Beach Circuit** (45 minutes)

Some workouts are better on the beach! The beach is a great place to work out because the sand makes it harder for your feet and legs to easily stabilise, meaning your entire body has to work harder while you run or perform different strength moves. Enjoy explosive circuits helping to tone arms, legs and abs with conditioning squats, planks and lunges during this total body workout.

#### **Group/Family Fun-Exercise** (4 to 6 persons) – (45 minutes)

Customized fun exercises or series of challenges aimed to make work out session more fun, building connections and teamwork.

*Couple's and Larger private group classes options are available on request.*



## WELLNESS MOVEMENTS

### YOGA & MEDITATION

#### **Private Yoga Session** (60 minutes)

Yoga is an intrinsic part of the overall wellness and Ayurveda journey. Find inspiration surrounded by breath-taking views as you practice your poses or asanas. Reap deeper, accumulative benefits each time you practice, under the caring expert guidance of highly qualified instructors. Choices of style available including: Hatha, Ashtanga or Vinyasa with personalised twist to meet each individual's need.

#### **Acro-Yoga** (45 minutes)

Acro Yoga is a physical practice that combines yoga and acrobatics. It is a form of partner and group acrobatics in which at least someone is lifted. It is a playful, fun but also therapeutic. This beginner level class is available for individual practice with our instructor as the partner or couples who want to master some of the most Instagram-able poses.

#### **Pranayama Breathing Exercise** (45 minutes)

In Sanskrit, "prana" means life energy and "yama" means control. Pranayama is the ancient practice of controlling your breath. This practice involves breathing exercise and patterns to strengthen the connection between your body and mind while promotes relaxation and mindfulness. It's also proven to support multiple aspects of physical health, including blood pressure, lung and brain function.

#### **Trataka Meditation** (45 minutes)

Trataka is a yogic purification and tantric method of meditation that involves staring at a single point such as a small object, black dot or candle flame. It is said to bring energy to the «third eye» and promote health benefits such as relieves mental stress, headache & migraine, helps with insomnia, increase concentration, help to reduce anger and sharpens eyesight.

*Couple's and Private Group Classes options are available on request.*



A close-up photograph of a woman lying down with her eyes closed, receiving an Ayurvedic oil treatment on her forehead. A hand is holding a small, ornate metal oil dispenser (churna) from which a thin stream of oil is being poured onto her forehead. The background is softly blurred, showing warm, bokeh lights. At the top of the page, there is a decorative white pattern of stylized leaves or feathers.

## AYURVEDA JOURNEY

Embrace wellness with a choice of ayurvedic retreats. Balance Wellness offers a holistic approach to healing in beautiful surroundings. Explore single or multi-day programmes that combine consultation, wellness activities and Ayurvedic treatments to restore body and mind.

Let your journey begin with a consultation with the Resident Ayurvedic Specialist



### **Ayurveda Aromatherapy Wellbeing Journey** (150 minutes)

For the constant traveller, this treatment journey balances and restores one self, maintaining immunity, muscle strength and healthy skin. Your body will be invigorated and renewed with a zesty body polish, to then be transported to a place of deep relaxation with a full body detox massage, also assisting adrenal fatigue. Feel all the tension drift away as your skin is cleansed and balanced with a customised hydration facial to complete this wellbeing journey.

RASAYANA DETOX BODY BUFF; BODY MASSAGE; AYURVEDA AROMATHERAPY FACIAL.

### **Ayurveda Programmes** (3 days/ 5 days)

Get back on track to natural good health using herbs and ancient therapy to help you detoxify from the inside out. Each programs will be customized to your needs after a thorough consultation with our Ayurveda specialist. Based on your doshas, we will help you select treatments and movement therapy that balance your mental and physical wellbeing.

#### **3 Days AYURVEDA PROGRAMME**

Consultation with our Ayurveda Specialist

1 x (60 minutes) Traditional Ayurveda Therapy

2 x (45 minutes) Targeted Ayurveda Therapy

2 x Yoga or Meditation session

#### **5 DAYS AYURVEDA PROGRAMME**

Consultation with our Ayurveda Specialist

1 x (60 minutes) Traditional Ayurveda Therapy

2 x (45 minutes) Targeted Ayurveda Therapy

1 x (60 minutes) Wild Kashmir Purifying Facial

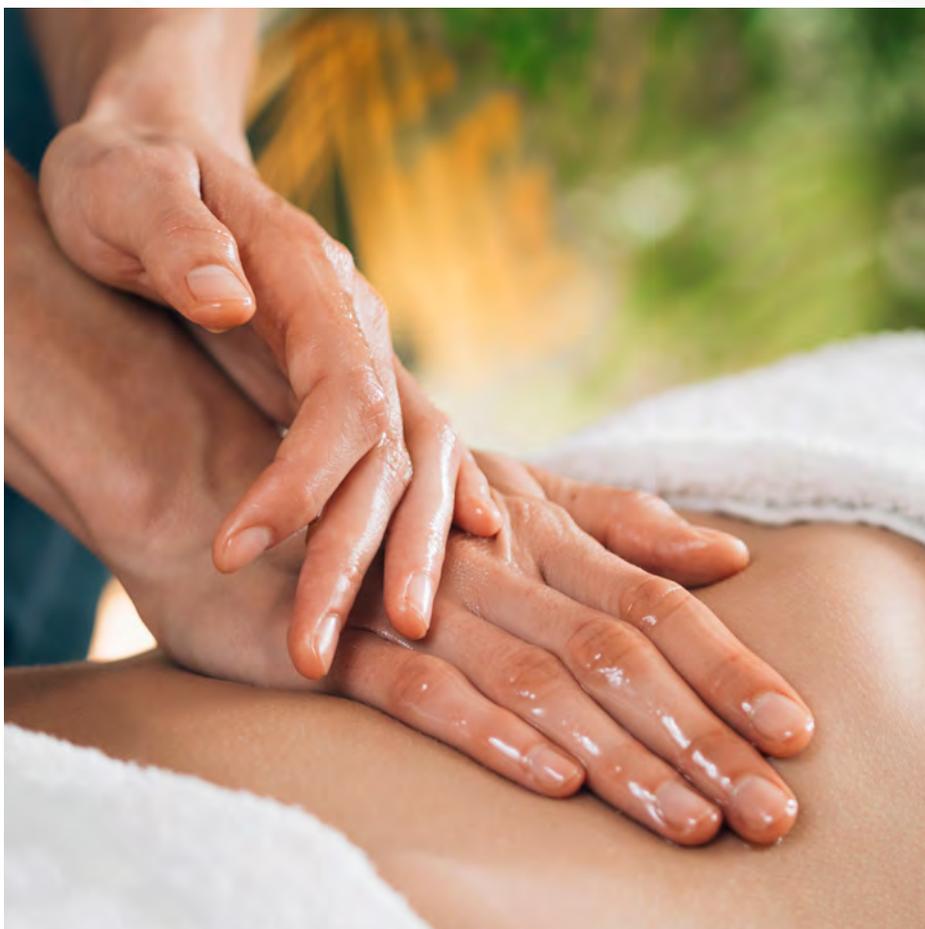
1 x (60 minutes) Rasayana Detox Body Buff

4 x Private Yoga or Meditation session

## TRADITIONAL AYURVEDA THERAPY

Ayurveda is the world's oldest system of holistic healing, designed to heal the body and create a balance between mind, body and spirit. The philosophy holds that there are three basic constitutions, or doshas—Vata, Pitta, and Kapha—that make up our physical, mental and emotional selves - our Ayurvedic journeys seek to balance the three principle of energies.





## FULL BODY THERAPY

### **Abhyanga** (60/90 minutes) D, S

Warm oils are blended with medicinal herbs for healing and detoxifying the body. Rhythmic massage techniques are applied to work along the meridian lines and restore the flow of vital energy.

### **Pitzichil** (60 minutes)

An indulgent, rejuvenating experience, during which lukewarm herbal oils anoint the entire body. The anointment is very slow and rhythmic with light pressure. Pizichil strengthens immunity, lubricates the joints, liquefies toxins and increases flexibility

### **Udwarthana** (60 minutes)

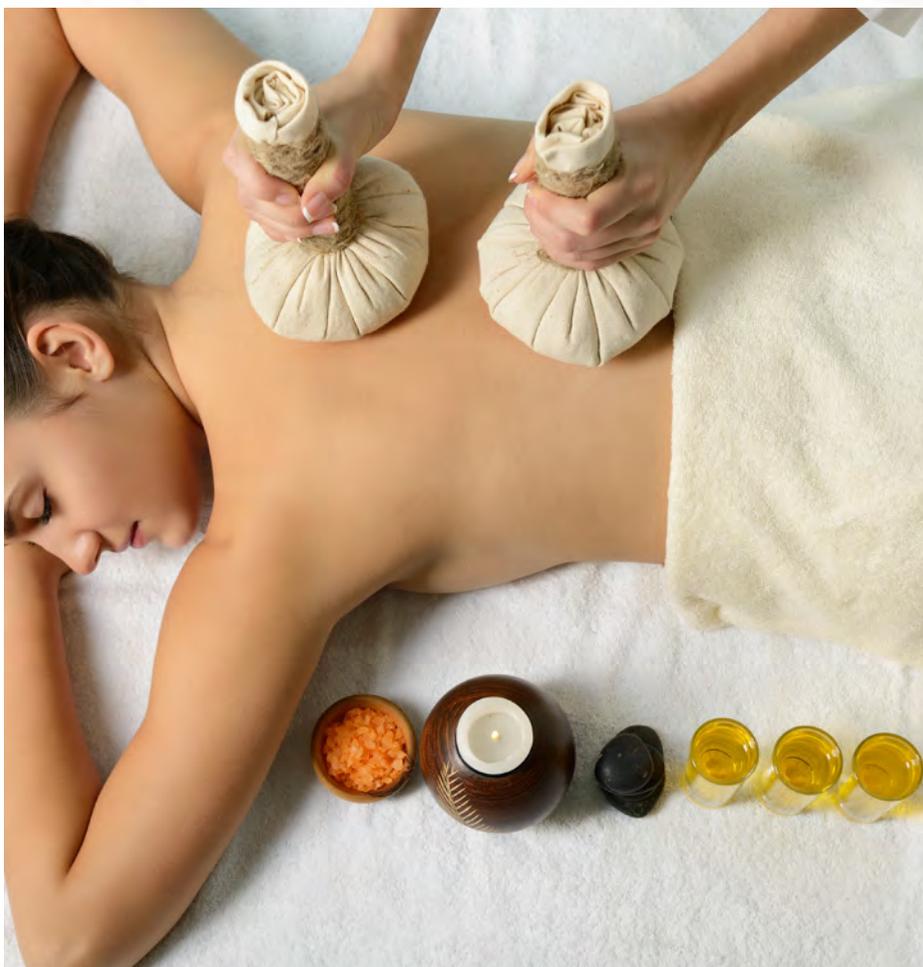
This dry massage using herbal powder acts as a natural scrub, which increases overall circulation to the skin and removes dead cells, resulting in a renewed appearance.

### **Lotus Indulgence** (90 minutes) D, S

Abhyanga rhythmic massage techniques combined with a focal Shirodhara head massage. A stunning blend of warm oils and medicinal herbs to help enhance the body's immunity while inducing a state of deep relaxation and emotional wellbeing.

### **Pina Sweda** (Chorner) (90 minutes)

Warm herbal pouches are applied to the body to open the energy channels. Medicinal herbs are absorbed into the underlying tissues, improving blood circulation and repairing neuromuscular conditions to ease joint pain and leave the body feeling revitalised.



## TARGETED TREATMENTS

### **Vasti Healing Ritual** (Pain Relief) *(45 minutes)*

Choose from: *Kasti (Lower back) / Janu (Knees) / Uro (Neck)*

A localised Ayurvedic treatment that relieves ailments through the application of specially prepared warm medicinal herbs and oils. A small reservoir made of herbal paste is placed on targeted area such as lower back, knee joints, or neck & shoulder, followed by pouring of warm oil and massage until it absorbed directly by the body. This unique treatment helps strengthen the bones, muscles, and soft tissue in the area, providing relief from back pain, spinal disorders, sciatica, and other ailments.

### **Shirodhara** *(45 minutes)* S

Restore natural balance and calm the mind and spirit with this gentle Ayurvedic treatment.

After a gentle massage on the neck and shoulder area, warm oils are poured over the forehead and a head massage is performed. This therapy enhances blood circulation, improves concentration and further promotes relaxation.

### **Shiro Abhyanga** *(45 minutes)*

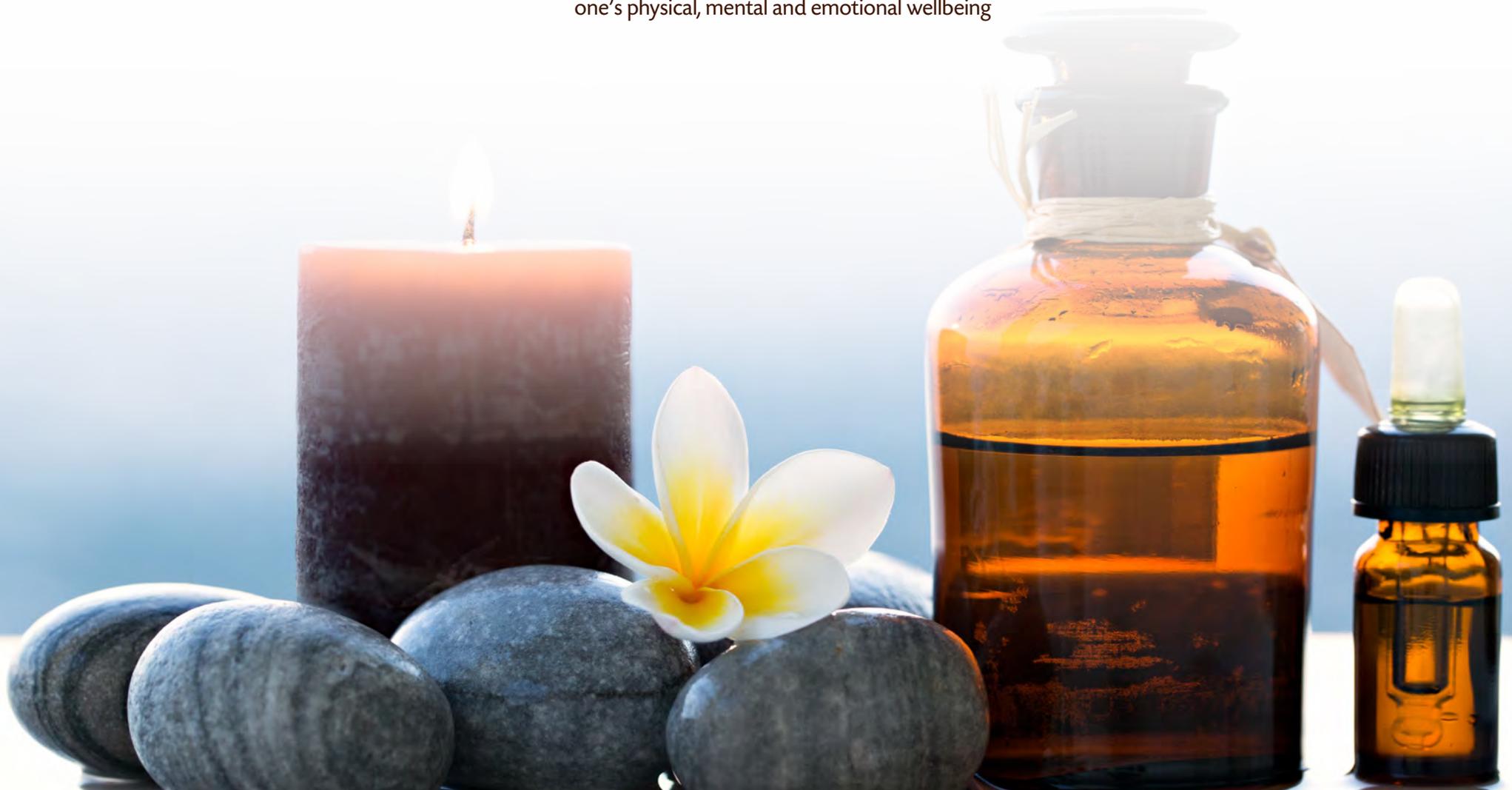
Shiro Abhyanga is a treatment based on old Ayurveda techniques involving work on the upper back, neck, shoulders, face and scalp. Holistic therapies are the key to relaxation and inner calm. They will leave you relaxed

### **Pada Abhyanga** *(45 minutes)*

A therapeutic oil massage for your feet using marma and reflexology points to not only strengthen your body, but also tone all internal organs.

## AYURVEDA AROMATHERAPY

Results-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles. This selection of treatment created with intent to address multiple skin and body concerns, whilst delivering high performance results empowering one's physical, mental and emotional wellbeing





## FACE

### **Queen of Jasmin Facial** (60 minutes)

This age-defying facial features potent ingredients such as Mogra, Queen of Jasmine and pure 24k Gold that will penetrate into the dermal layers of the skin, renewing and regenerating skin cells with sustained result of reduce fine lines and wrinkles whilst addressing emotional needs such as stress, anxiety and hormonal balance.

### **Wild Kashmir Purifying Facial** (60 minutes)

This powerful facial will optimise your wellbeing and replenish your skin with a renewed freshness. Wild turmeric offers intense purification while exotic Kashmir lavender soothes and restores. This deeply detoxing treatment will revitalise tired, congested and stressed skin.

## BODY

### **Rasayana Detox Body Wrap** (75 minutes)

Revitalise, tone and purify as this active body therapy begins with a zesty exfoliation using combination of cinnamon powder and walnut shells. Relax as an exquisite mineral rich clay infused with powerful herbs of Spiked Ginger Lily, Spirulina and Green Tea envelop your body providing the ultimate detox.

### **Rasayana Detox Body Buff** (60 minutes)

This rejuvenating light to medium exfoliation of walnut shells, buffs away dead skin cells and reducing the signs of cellulite. Uplifting aromatics of Tulasi, Wild Turmeric and Limbu invigorate, ideal for jet lag and tired skin, followed by a personalised full body hydration to compliment the detoxification process.

## HAMMAM EXPERIENCE

### **Traditional Hammam** (60 minutes) D, B

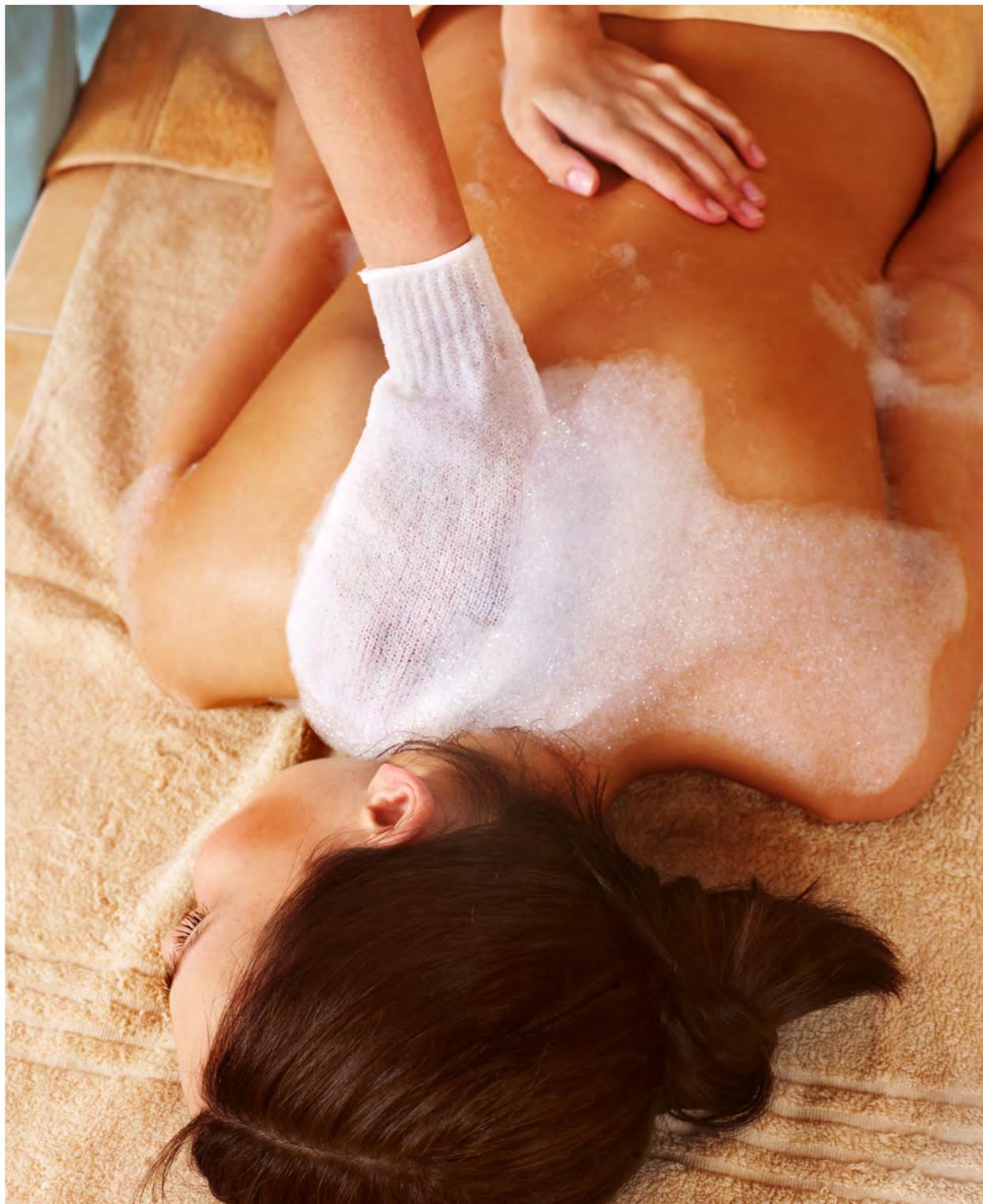
An ultra purifying exfoliation with the traditional Kessa massage glove combined with the detoxifying body scrub "Miel d'Ambre", followed by a soothing soaping with the orange blossom infused shower milk "Infusion d'Orange".

### **Signature Hammam Ritual** (90 minutes) D, B

A relaxing Hammam that combines the benefits of the "Traditional" hammam ritual with a beneficent aromatic massage with the nourishing body balm "Onguent d'Argan".

**Hammam Indulgent** (with candle massage) (120 minutes) D, B, S  
Elegant and fine gestures that assure a full wellbeing. Thanks to this complete Hammam ritual, the skin receives all the needed elements (Hammam steam, stretching with Infusion d'Orange, exfoliation with Miel d'Ambre and Grains de Lumière, and Sensory Awakening Candle Massage).

DETOX, SLEEP, IMMUNE, WEIGHT BALANCE, BEAUTY



## HOLISTIC THERAPY

### **Acupuncture** (60 minutes)

Acupuncture involves the insertion of very thin needles through your skin at strategic points on your body. It is a key component of traditional Chinese medicine. This type of acupuncture produces an immediate relief of any kind of pain, and also helps the body to have a faster recovery of any trauma.

### **Blissful Marma Massage** (60/90 minutes)

Experience effective and immediate relaxation, relieving all stress related tension. Long, firm, flowing movements and therapeutic techniques at various levels of pressure are implemented; whilst Marma therapy align vital energy centres. The 90-minute option includes a Subtle Energies signature facial Marma massage with potent aromatic actives designed to balance the emotions, release stress, and reduce anxiety.

### **Candle "Sensory Awakening" Massage** (60 minutes) S

Stretching combined with the candle's circular movements release tension from the legs, forearms and stomach followed by the arms, the back of the legs and back.

### **Lymphatic Drainage Massage** (60/90 minutes) D, WB

Rhythmic and flowing massage that targets the lymphatic system performed by a specially trained lymphatic massage therapist to stimulate the circulation of lymph fluid around the body. This physical stimulation helps to rapidly speed up the removal of wastes and toxins from a sluggish lymphatic system.

### **Wellness Bespoke Massage** (75/90 minutes) WB, D, I

Highly effective treatment performed by wellness specialist to target specific ailment such as muscle pain relief, posture issue, or post-traumatic injuries.

DETOX, SLEEP, IMMUNE, WEIGHT BALANCE, BEAUTY



## HOLISTIC THERAPY

### **Flower Essence Therapy** (60 minutes)

This therapy enables you to address habits and emotional imbalances in the form of fear, loneliness, grief, or shock which may prevent you from moving forward in life. Your transformational journey begins in a consultation with our flower therapist who will identify your unique flower essence prescription. This infusions comes from varieties of wildflowers, trees, shrubs and other cultivated plants which are vibrational remedies to provide subtle yet profound healing.

*Consultation; Customized Flower Essence Infusion; Email follow up including an explanation of the flowers that are included in your remedy and their healing medicine*

### **Chakra Balancing Treatment** (100 minutes) S, D

It is a form of energy healing that focuses on channeling energy into the seven chakras. The treatment starts with a relaxing foot ritual and followed by full body massage which focuses on the Chakras, Marma points and the lymphatic system. The technique is enhanced with gemstone and singing bowl. This gentle and nurturing treatment is ideal for emotional and physical healing.

### **Reiki Therapy** (45 minutes)

Pronounced RAY-KEY, this non-invasive therapy uses universal life energy to re-balance and heal the body. Reiki aims to promote the body's natural healing process through re-balancing effects on the mind, body, and spirit. The result is grounding self-confidence and reduces stress.



## AESTHETIC FACIAL

Our highly trained licensed Medi-spa nurse will guide you and perform highly effective aesthetic treatments with safe and proven technologies. Experience total relaxation in our beautiful spa sanctuary whilst your body is transformed using holistic treatments, luxurious and result-driven skincare by our qualified team. Our cutting-edge therapies can help with skin imperfections to reveal a more confident and healthier you.

### **Diamond Microdermabrasion** (30 minutes) D, B

The Diamond Microdermabrasion system renews overall skin tone. Effective for exfoliate dead skin cells, reduce the size of pores, improve the appearance of sun damage, fine lines, acne scarring, but gentle enough for the most sensitive of skins. This minimally invasive procedure increases blood flow and helps to produce collagen.

### **Molecular Hydration Facial** (60 minutes) D,B

Professional deep-acting treatment that gives a complete deep cleanse using diamond microdermabrasion and complete hydration with 111 Skin's most thorough hydration treatment, a powerful hyaluronic acid formula ensures high performance results. This treatment activates natural cell renewal and collagen production and oxygenation to awaken tired, sallow, dull skin.

### **Black Diamond Non-Surgical Lift Facial with Galvanic Collagen** (75 minutes) B

An advanced non-surgical lifting facial using science-led formulas with diamond powder to aid the absorption of active ingredients combined with lifting techniques. This treatment effectively treats loose, sagging skin and wrinkles on the face, neck and chest. The Galvanic iontophoresis energy stimulates the formation of new collagen and improves skin elasticity, while the LED Red Light Therapy and the Black Diamond masks will leave your skin lifted and firmed.

### **Cleopatra 24 Carat Gold Facial** (90 minutes) B

The "Queen" of luxury facial, this experience combines three results-driven treatments: Diamond microdermabrasion prepares the skin by exfoliating dead skin cells and increasing blood flow; LED Light Therapy delivers deep stimulation to the skin and improves natural collagen levels; and 24-Carat Gold-Leaf Mask and Subtle Energies' Mogra 24K Gold moisturizer to stimulates the skin's natural collagen production. The result is a reduction in the appearance of wrinkles and fine lines, revealing luminous glowing skin.



## MEDI SPA THERAPY

Rejuvenate your body from the inside out with innovative therapies that detoxify, cleanse, energize and improve immunity. Our Medi-Spa therapies are carried out by highly trained and licensed Medi-Spa nurse who will guide you through the journey and assist with any concerns and queries.

### **Oxygen Therapy** (30 minutes) S, I

Overcome jet lag, boost energy levels, increase concentration, mental function, and overall health. Oxygen is a source of life and this therapy delivers pure oxygen to the blood cells to counter fatigue, dissolve headaches, ease hangovers, and alleviate sinusitis. This therapy includes a relaxing foot massage, and it is a perfect add-on while having Vitamin IV infusion.

### **Colon Hydrotherapy** (60 minutes) D, WB, I

Do you suffer from bloating, constipation, tiredness, fatigue, indigestion, headaches, or nausea?

These are all symptoms of an underactive and clogged bowel. With our modern lifestyles, jetlag and unhealthy diets, our digestive systems tend to become sluggish, affecting the elimination of waste which can lead to problems such as constipation, extreme fatigue, and premature aging. Colon hydrotherapy is ideal for cleansing the colon, flushing out toxic wastes, and other undesirables that build up over time. We use a closed system colon hydrotherapy. The treatment is gentle and performed by a licensed Medi-nurse.

### **Velashape Fat Blast** WB, B

Eliminate stubborn fat, reshape “problem” areas, no downtime. This treatment is fast, safe and effective to reduce cellulite, shape, firm the skin, and reduce body fat in the areas such as abdomen, hips, thighs, and arms. It works by using a combination of technologies, including cavitation and radiofrequency, to target and destroy fat cells, while normal body tissue remains unaffected. Expect to see results in just one appointment!

### **Vitamin IV Infusions**

A mixture of vitamins and minerals is administered intravenously while you relax. Our vitamin cocktail selections includes Saline – for rehydration, Vitamin B Complex – to increase energy, Vitamin C – 5000mg – for skin brightening and improving immune system, Tationil – for detoxification, Neurobion – for anemia. Choose your vitamin cocktails to focus on specific needs such as Immune booster; Jetlag/ Hangover; Detox & Recharge; Anti Ageing



## COUPLE'S JOURNEY

### **Shanti Couple** (90 minutes)

Ayurveda therapy for couple which combined mind and body rituals to evoke peace and relaxation. Shanti mantra is chanted three times in the beginning of the journey to bring peaceful vibrations in body, mind and soul. The treatment will followed by body scrub and Abhyanga massage using medicinal herbs for healing and detoxifying the body.

### **Sensual Couple** (150 minutes)

Combining sensual Lomi Lomi massage using indigenous ingredients with exotic scents from flower essence healing therapy, this deeply relaxing journey designed for you to reconnect with one another through shared experiences.

Couple's Flower Essence Ritual. Guided Couple Meditation. Lomi Lomi Massage. Flower Essence Bath Ritual. Herbal Tea & refreshments.

### **Couple Massage Workshop** (90 minutes)

Learn how to pamper your loved ones with guided couple massage workshop. Our experienced massage therapist will walk you through basic massage techniques on back and shoulder area whilst explaining the back muscle anatomy and key points to target. At the end, you'll be given a bottle of Subtle Energies massage oil so you can continue practicing at home.

### **Slumber Guru (In-Villa Treatment)** (105 minutes)

Available between 7pm – 10pm.

Taking the importance of a good night's rest to a whole new level, this evening ritual is performed in your villa. Begins with a Blissful Marma Massage. Long, firm, flowing movements and therapeutic techniques are implemented for instant relaxation; followed by face cleansing ritual and Marma face massage to prepare your skin and mind for sleep. End the journey with a relaxing milky bath before cocooning yourself in the comfort of your bed.

Blissful Marma Massage; Marma Face massage; Milky Bath; Spa Gift.



## SALON SERVICES

### **Manicure** (60 minutes)

A hand treatment with nail reshaping, gentle buffing, cuticle treatment, and application of nail polish.

### **Pedicure** (75 minutes)

A foot treatment with nail reshaping, gentle buffing, cuticle treatment, and gentle exfoliation of the soles to remove dry skin and application of nail polish.

### **Gel Manicure** (75 minutes)

A classic manicure with OPI gel polish application. Gel polish removal is included.

### **Gel Pedicure** (90 minutes)

A classic pedicure with OPI gel polish application. Gel polish removal is included.

### **Men-Nicure** (60 minutes)

A hand treatment designed for men with nail cutting, gentle buffing, cuticle treatment, and gentle exfoliation to encourage a natural finish to the nails.

### **Men's Pedicure** (60 minutes)

A foot treatment with nail cutting, gentle buffing, cuticle treatment, and exfoliation of the soles to remove dry skin.

### **Add On**

#### **Polish Change**

Gel Polish Removal

Gel Polish Applications

*(Gel Polish Removal Not Included)*

Nail Cut and Shape

#### **Waxing**

Under Arms

Half/ Full Arms

Half/ Full Legs

Bikini

Brazilian

Back

Hair, Make-up and Bridal Styling services are available upon request.



# PRICELIST

## PRICE IN USD

### WELLNESS RETREATS

Three Days	750
Five Days	1,300
Seven Days	2,000

### BALANCE CONSULTATION

Wellness Assessment & Body Analysis (45 minutes)	175
Nutrition & Lifestyle Consultations Single/ Couple (60/90 minutes)	225/400
Cell Wellbeing Epigenetic Test Single/ Couple (45/90 minutes)	200/380

### WELLNESS MOVEMENTS

Personal Training (60 minutes) One/ Three/ Five Sessions	100/255/400
Assisted Stretching (45 minutes)	90
Beach Circuit Training (45 minutes)	90
Private Yoga Session (60 minutes)	95
Acro Yoga (45 minutes)	85
Pranayama Breathing Exercise (45 minutes)	85
Trataka Meditation (45 minutes)	85
Couple's - Fitness Or Yoga (60 minutes)	180
Small Group - Fitness or Yoga (4-6 Pax) (60 minutes) <i>Large group sessions available on request.</i>	300

### AYURVEDA JOURNEY

Ayurveda Aromatherapy Wellbeing Journey (150 minutes)	430
Ayurveda Program 3 Days 5 Days	750/1,100
Ayurveda Couple Program 3 Days/5 Days	1,300/2,000

## PRICE IN USD

### TRADITIONAL AYURVEDA THERAPY

Abhyanga (60/90 minutes)	210/260
Pitzichil (60 minutes)	210/260
Udwarthana (60 minutes)	210/260
Lotus Indulgence (90 minutes)	270
Pinha Sweda (90 minutes)	270
Vasti Healing Ritual (45 minutes) Choose From: Kasti (Lower Back) / Janu (Knees) / Uro (Neck)	180
Shirodhara (45 minutes)	180
Shiro Abhyanga (45 minutes)	180
Pada Abhyanga (45 minutes)	180

### AYURVEDA AROMATHERAPY

Queen of Jasmin Facial (60 minutes)	200
Wild Kashmir Purifying Facial (60 minutes)	185
Rasayana Detox Body Wrap (75 minutes)	200
Rasayana Detox Body Buff (60 minutes)	185

### HAMMAM SPA EXPERIENCE

Traditional Hammam (60 minutes)	210
Signature Hammam Ritual (90 minutes)	260
Hammam Indulgent (120 minutes)	360

# PRICELIST

## PRICE IN USD

### HOLISTIC THERAPIES

Acupuncture (60 minutes)	220
Blissful Marma Massage (60/90 minutes)	220/270
Candle "Sensory Awakening" Massage (60 minutes)	220
Lymphatic Drainage Massage (60 minutes)	230
Wellness Bespoke Massage (75 minutes)	250
Chakra Balancing Treatment (100 minutes)	285
Flower Essence Therapy (60 minutes)	180
Reiki Therapy (45 minutes)	180

### AESTHETIC FACIAL

Diamond Microdermabrasion (30 minutes)	150
Molecular Hydration Facial (60 minutes)	220
Black Diamond Non-Surgical Lift Facial (75 minutes)	260
Cleopatra 24 Carat Gold Facial (90 minutes)	250

### MEDI SPA THERAPY

Oxygen Therapy (30 minutes)	100
Colon Hydrotherapy (60 minutes)	220

### Velashape Fat Blast

One/Three/Five Sessions (60 minutes)	230/620/975
One/Three/Five Sessions (90 minutes)	260/690/1100

### Vitamin IV Infusions

Jetlag Hydration	190
Detox & Recharge	240
Super Immune Booster	250

## PRICE IN USD

### COUPLE'S JOURNEY

Shanti Couple (90 minutes)	320
Sensual Couple Retreat (150 minute)	420
Couple Massage Workshop (90 minutes)	550
Slumber Guru In-Villa (105 minute)	660

### SALON SERVICES

Classic Manicure (60 minutes)	70
Classic Pedicure (60 minutes)	80
Gel Manicure (75 - 90 minutes)	95
Gel Pedicure (90 minutes)	105
Men-Nicure (60 minutes)	60
Men's Pedicure (60 minutes)	75

### ADD ON:

Polish Change Classic/Gel (30 minutes)	45/60
Gel Polish Removal (15-30 minutes)	30
Nail Cut And Shape (30 minutes)	50

### Waxing

Eyebrow	35
Upper Lip/ Chin	30
Under Arms	25
Half/Full Arms	35/60
Half/Full Legs	50/75
Bikini/Brazilian	50/80
Back	70