



the spa &  
ayurvedic retreat





Deep in the midst of Landaa  
Giraavaru, The Spa and Ayurvedic  
Retreat pulsates with life and

wisdom, purity and health. With a strong emphasis on natural healing, the 3-acre complex draws its strength from the surrounding landscape, the integrity of ila's 'beyond organic' products and the intrinsic spirituality of its therapists and Ayurvedic Physicians.

[Welcome to the healing heart of Landaa Giraavaru.](#)







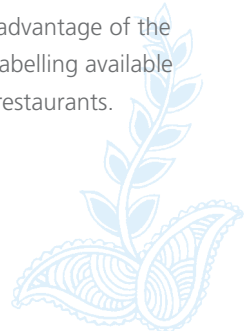
## the ayurvedic retreat

Ayurveda – the Indian ‘science of life’ – is [one of the world’s most comprehensive approaches to healthy living](#). It works by bringing balance to our vital energies or ‘doshas’ through an individually tailored combination of treatments and exercise, diet and lifestyle modifications. With a focus on treating illness, preventing disease and enhancing physical, mental and spiritual wellbeing, Ayurveda teaches us to live with insight and balance.



Set within the Herb Garden, lulled by gentle breezes and healing aromas, the Ayurvedic Retreat is an enclave of ancient knowledge and infinite wellbeing. As Ayurveda largely focuses on prevention, we offer all guests a [complimentary 30-minute private consultation with one of our Ayurvedic Physicians](#).

Discover your unique body/mind constitution; receive optimum recommendations for enhanced wellbeing; and take advantage of the dosha-specific food labelling available in all of the Resort’s restaurants.



# ayurvedic wellness treatments

All 120-minute wellness treatments begin with an Abhyanga massage using warm oils to balance specific dosha types.

## **Abhyanga** 75 minutes

Abhyanga – an energising massage from head to toe with medicated herbal oils – is recommended as a daily Ayurvedic practice to increase immunity, nourish the body, and delay the signs of ageing. It also relieves fatigue and improves the circulation of vital fluids.

## **Udvartana** 75 minutes

Udvartana is a massage using special herbal powders to help reduce excess fat and promote healthy and vibrant skin. It works by removing blockages in the blood vessels and opening the pores, facilitating better absorption of oils and toxin elimination through the skin. Other benefits include the prevention and reduction of wrinkles and dryness, and an overall feeling of firmness and lightness.

## **Shirodhara** 120 minutes

Shirodhara involves the pouring of a slow, steady stream of warm herbal oil onto the forehead's 'third eye' chakra, followed by a gentle scalp massage.

Performed in silence, it induces a blissful sense of inner stillness, relieves insomnia and stress, and nourishes hair and scalp. See Yoga section for recommended Meditation and Pranayama Enhancer.

## **Elakkizhi** 120 minutes

Meaning 'poultice of leaves', Elakkizhi is a full body massage using bundles of herbs and spices heated in medicated oils. It is an effective therapy for a variety of ailments from arthritis to sciatica and backache. Muscles are strengthened, skin is toned and the resultant perspiration helps eliminate harmful toxins. See Yoga section for recommended Ashtanga Vinyasa and Power Yoga Enhancer.



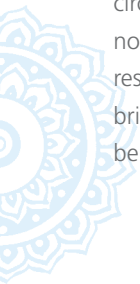
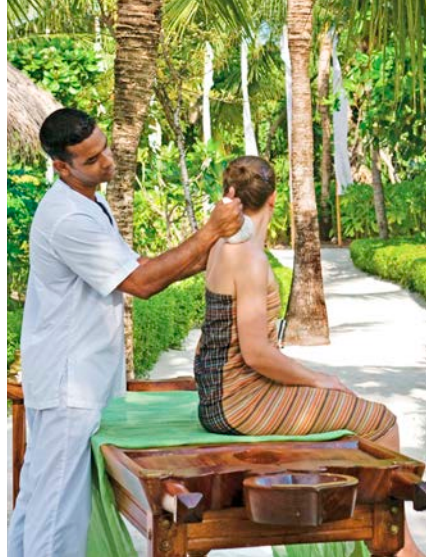


**Navarakkizhi** 120 minutes

Navarakkizhi is a massage with warm poultices of Navara rice cooked in herbs and milk to cleanse circulation channels, remove metabolic waste and enhance the body's sense organs. Used to treat imbalances in the nervous system, it also promotes healthy digestion and helps fight against ageing, depletion or wasting of muscle tissue, rheumatism and osteoarthritis.

**Sarvangadhara** 120 minutes

Sarvangadhara is a luxurious, relaxing massage during which warm medicated oil is poured uniformly over the body. Excellent for increasing circulation, lubricating the joints and nourishing muscles and nerves, it also restores elasticity and lustre to the skin, bringing both post-natal and anti-ageing benefits.





## Additions

The following treatments are best added to any of the previous wellness treatments.

### **Nasya** 30 minutes

Nasya is used to clear the airways by introducing small amounts of medicated oil into the nostrils. Ideal for conditions including sinusitis, migraine, headaches and chronic colds, Nasya begins with a brief head, neck and face massage using herbal oils to stimulate the energy channels and clear any harmful blocks.

### **Karna Poorana** 30 minutes

Karna Poorana begins with a rejuvenating head, neck and shoulder massage before the ears are filled with warm Ayurvedic herbal oils. This treatment lubricates the delicate ear canal, dislodging impurities, sharpening hearing and providing relief from earache, tinnitus, headaches and giddiness.

### **Kati Vasti** 30 minutes

In this nurturing back treatment, warm medicated herbal oil is pooled on the lower back within a herbal paste boundary. Kati Vasti promotes the strength of the muscles and ligaments that support the spine, lubricates the joints and relieves lower backache and spinal conditions.

### **Tarpana** 30 minutes

This highly specialised eye treatment involves the gentle pouring of medicated and sterilised 'ghee' (clarified butter) into open eyes. Retained by a ring of fresh dough, the oil soothes tired or sore eyes, reduces dark circles and cools the fire element located in the eyes.

### **Dhanyamla Dhara** 30 minutes

Enhance each Ayurvedic Wellness treatment with a healing herbal decoction bath – which nurtures the nervous system, relieves body aches, inflammation and reduces fluid retention.



# ayurvedic remedies (3–7 days)

Despite predating all other healing systems, Ayurveda offers one of the most comprehensive answers to the pressures of modern life; stress, diabetes, sciatica, spondylitis, insomnia and hypertension are just some of the lifestyle-related diseases, degenerative and psychosomatic disorders that it actively addresses. Each of our extended Ayurvedic Remedies offers an individually tailored programme of therapies, yoga and consultations designed to promote health, prevent disease and remedy existing ailments.

## Sushumna

### The Spinal Column 3, 5 or 7 days

Lower back and neck pain are two of the most common pain disorders in modern society. In Ayurveda, such pain stems from an aggravation of Vata – one of the body's three principle doshas – as a result of pushing oneself beyond physical or emotional capacity.

Sushumna comprises a focused series of herbal massages, specially prepared leaf bundles and invigorating oil baths designed to relieve back and neck pain by bringing the Vata dosha back into equilibrium. In addition, our resident yogis will devise a sequence of simple postures to balance and stabilise the spine, relax the mind and redirect body energy to relieve the pain.





## Rasayana

### **The Rejuvenator** 5 or 7 days

Ayurveda has identified seven constituent tissues – dhatus – that support life. With the help of the digestive fire, the dhatus (tissues) form the pillars of the body; they provide the means for nourishment and growth, defend the internal immune system and give support to the body and mind. Rasayana rejuvenates the body by nourishing the dhatus. This tailored sequence of therapies **helps slow the ageing process, improve memory and intelligence, maximise physical endurance and sexual prowess, strengthen the sense organs and brighten the complexion.** A complete rejuvenation for body and mind.

## Manoyana

### **Journey of the Mind** 7 days

Stress is the uncomfortable gap between how we would like our life to be and how we perceive it to be.

**Manoyana works by taking the mind on a blissful journey to address imbalances between body, mind and spirit.** The programme includes head and body massages with individualised herbal oils, Shirodhara and other stress specific therapies. In addition, our yogis will share meditation and breathing techniques to ensure progressive deep relaxation and postures to relax mind and body.

*Guests wishing to embark on longer Ayurvedic programmes may discuss individual requirements with our Ayurvedic Physicians and Spa Director. We also offer all-inclusive 7-, 14- and 21-day Ayurvedic Immersions, designed to guide participants along their own transformational path to ultimate wellness.*



## ayurvedic immersions

Our Ayurvedic Immersions take guests on their [own journey of discovery into the heart of Ayurveda – and towards perfect health.](#)

Ayurveda focuses on the three main aspects of health: diet, exercise and sleep. During each Immersion, our Ayurvedic Physicians and yogis work with nature's pharmacy and the island's exceptional team of therapists and chefs to guide each participant along their own transformational path to ultimate wellness.



## All-Inclusive Ayurvedic Immersions

### Explore (7 days)

7 nights accommodation in a Beach Bungalow with Pool

6 meetings with Ayurvedic Physicians

7 spa treatments (75 – 150 mins daily)

3 private classes (Yoga, Pranayama, Yoga Nidra)

### Absorb (14 days)

14 nights accommodation in a Beach Bungalow with Pool

9 meetings with Ayurvedic Physicians

14 spa treatments (75 – 150 mins daily)

6 private classes (Yoga, Pranayama, Yoga Nidra)

### Commit (21 days)

21 nights accommodation in a Beach Bungalow with Pool

11 meetings with Ayurvedic Physicians

21 spa treatments (75 – 150 mins daily)

9 private classes (Yoga, Pranayama, Yoga Nidra)

### All Immersions include:

Return seaplane transfers

All meals (buffet breakfast, set Ayurvedic lunch and à la carte dinner)

Initial consultation with Ayurvedic Physician

Elakkizhi and Navarakkizhi (herbal bundles) preparation classes

Kurta set and yoga mat

Complimentary medicines and tonics from the Ayurvedic Pharmacy

One complimentary Ayurvedic Cookery Class

*All Immersions and Panchakarma packages are personally tailored to each individual participant. Guests participating in the 'Absorb' and 'Commit' Immersions can have the programme designed to address specific ailments or to work towards optimal body weight.*

## panchakarma

Panchakarma is an intensive, highly personalised Ayurvedic detoxification and cleansing programme. Meaning 'five therapies' in Sanskrit, and conducted over a period of 14 or 21 days, Panchakarma **uses a series of five elimination treatments to help remove deep-rooted stress and illness-causing toxins from the body** while balancing the doshas (the energies that govern all biological functions).



Panchakarma is a serious, medically accredited programme that can have many positive benefits on health and wellbeing. Due to its intensity and the commitment required, however, it is highly recommended for people with prior experience of Ayurveda and/or intensive detoxification programmes.

Panchakarma comprises five elimination therapies, each split into three parts. Each part involves **a variety of treatments, massages and therapeutic procedures to identify, liquefy, eliminate and remove toxins**. In addition, Panchakarma is always accompanied by a special detoxification diet.

*Please speak to our Receptionists or Physicians if you are interested in participating in Panchakarma at Landaa Giraavaru.*

## physiotherapy

Physiotherapy helps to **restore movement and function following injury, illness or disability and reduce pain without the use of medication**. In addition to managing acute or chronic conditions, it can also help prevent disease or disability while promoting optimal mobility and wellness.

*Initial Treatment: 60 minutes (includes consultation with our Ayurvedic Doctor)*

*Follow-up Treatment: 30 minutes*

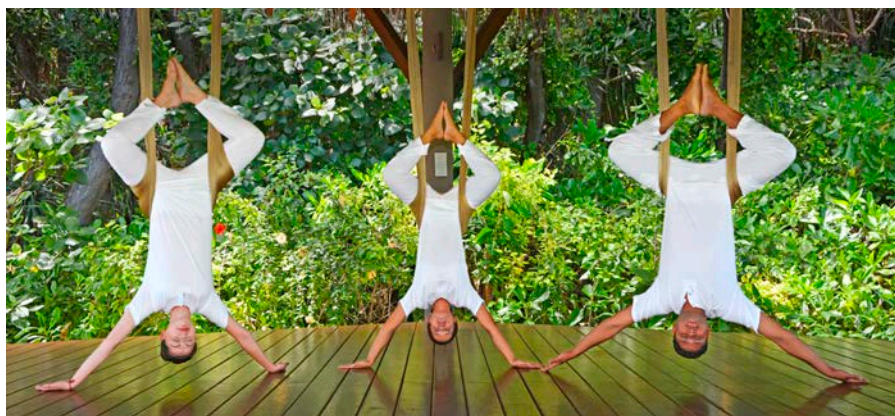
## yoga

Here at Landaa, Yoga is so much more than an additional spa activity. Our Indian-trained yogis conduct a multitude of complimentary and private classes each week from three dedicated yoga areas – an over-water deck, in-jungle pavilion and oceanfront seawater pool – including classic Sun Salutations, blissful evening Yoga Nidra and supportive Aqua Yoga. Daily AntiGravity® Yoga classes introduce guests to the soaring sensation of the world's first suspended practice, with further private classes ranging from classic Hatha to powerful Ashtanga Vinyasa.

Whether you're 8 or 80, seeking pain relief, core-strengthening or relaxation, our yoga programme offers something for everyone: Kids Club yoga sessions for youngsters; private sessions for mothers-to-be – you can even join the dive team for underwater meditation for the ultimate sense of 'oneness' with the ocean.



Our yogis are experts at devising personalised programmes to address your specific health and wellness needs. Please ask us about tailoring a bespoke programme or refer to the Resort Activities Guide for the group yoga class schedule.



## AntiGravity® Yoga

It is an entrancing elevated practice that uses hammocks, slightly suspended above the ground, to master poses that defy gravity. Ideal for relieving age-related aches and pains, **it helps fine tune the body's balance and alignment, releases 'happy hormones', enhances self-esteem, fast-tracks flexibility and offers a unique sensation of flying.** Highly recommended.

*Offered as group class or as private class for couples or individuals.*

## Hatha Yoga

Through an approach that incorporates awareness of all aspects of being, Hatha Yoga promotes the alignment of body, mind, emotions and spirit. It features classic asanas – explored gently and in a non-competitive atmosphere – with an emphasis on awareness. As the student's experience deepens, more complex practices are gradually introduced.

*Also recommended as an 'Enhancer' for Vishuddha and Ajna Chakra Blessings.*

## Ashtanga Vinyasa and Power Yoga

Geared towards experienced practitioners, this class combines two advanced yogic practices. Ashtanga Vinyasa resembles flow due to the smooth way the poses run together, while Power Yoga focuses on postures that enhance strength and flexibility – ideal for those who are already quite fit and want a minimal amount of chanting and meditation with their yoga.

*Also recommended as an 'Enhancer' for Therapeutic Massage, Lava Shell Massage and Elakkizhi.*



## Yoga Energy Trail

Centre and calm your self and spirit on our new Yoga Energy Trail. **Breathe, stretch, tone, strengthen and jog your way around 15 unique outdoor stations during this guided 75-minute session**, suitable for guests of medium fitness, aged 12 years and above. Yoga like you've never experienced before!

*Offered as group class or as private class for couples or individuals.*



## Pregnancy Yoga

A wonderful way to **focus on quality 'you time', keep in shape and prepare for the birth process**. Gentle and specially adapted asanas make for a safe and enjoyable experience for new and experienced practitioners alike.

*Also recommended as an 'Enhancer' for Pregnancy Massage and Scrub.*

## Aqua Yoga

Conducted in our salt-water pool, these low-impact classes feature asanas and postures derived from Hatha Yoga. Buoyancy **decreases pressure on the joints while increasing range of motion and blood flow to muscle tissue**. Great for increasing water confidence, strength and balance, sessions can equally be developed to include more advanced underwater postures.







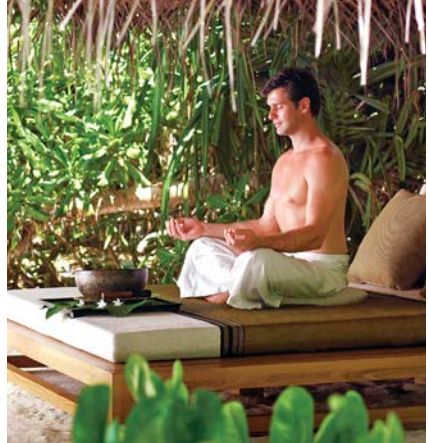
## Yoga Nidra, Meditation and Pranayama

This series of **guided meditation and breathing techniques improves and balances the flow of the vital life force – prana**. Including bhastrikas (rapid abdominal breathing) and kapalabhatti (rapid inhalation and exhalation), the session also incorporates anapana – following the breath to calm the mind – and anulomaviloma, alternate nostril breathing.

*Also recommended as an 'Enhancer' for Anahata and Sahasrara Chakra Blessings, Shirodhara and Zaanta Nidraa.*

## Pilates

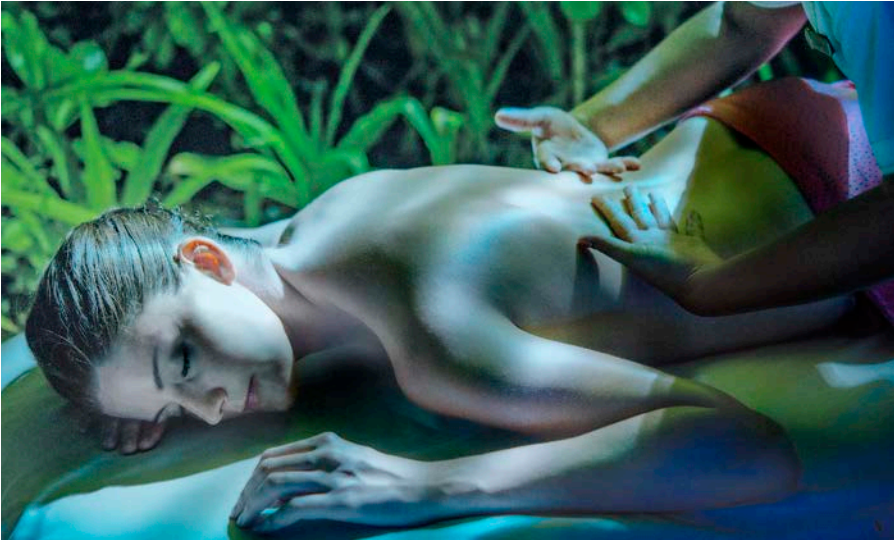
Our Pilates mat-work-out is a technique which improves flexibility, builds strength and develops control and endurance in the whole body. Pilates puts emphasis on **alignment, breathing, developing a strong core as well as coordination and balance**. Our teacher allows for different exercises to be modified in range from beginner to advanced or to any other level.



## Tai Chi Chuan and Qi Gong

Discover these Oriental disciplines which connect **movement, breath and mental focus**, to bring calm, centering and vitality into your daily life.

Our class begins with a popular Qi Gong form called the 8 Silken movements, then we move onto traditional Tai Chi to positively affect the mind and body and be grounded and strong.



## the night spa

### **Om Supti Ritual** 150 minutes

Delicately designed to lull body and mind into a deeply meditative state, Landaa Giraavaru's Om Supti Ritual calms the nervous system, relaxes the spine and reduces the body's stress levels – paving the way for restful sleep and peaceful dreaming.

**RETREAT** to a private jungle clearing at night, where an outdoor bath and swinging bed set the scene for a mesmerising journey to Dreamland.

**RESTORE** inner equilibrium with a soporific Moondrop Therapy designed to unite the energetic flow between the seven main chakras.

**HARMONISE** your body's sleep centre and dissolve mental tension with a profoundly balancing Vishuddha Facial Therapy... then absorb the healing benefits of an 'INNER PEACE' bath – a carved stone tub infused with Himalayan salt crystals, meditative sandalwood, soothing jasmine and regenerating rose damascene.

*Available for individuals and couples from 10pm nightly at Landaa Giraavaru's Night Spa. Night Spa treatments must be booked a minimum of 24 hours in advance. Availability is also weather dependant, and may be cancelled due to rain.*

# acupuncture

Restore the body's natural balance and improve overall wellbeing with one of Asia's oldest healing arts.

Acupuncture involves the stimulation of specific acupuncture points on pathways known as meridians to correct imbalances in the flow of qi (energy).

It is also highly beneficial in treating a number of different ailments and conditions related to muscles and joints – from neck pain, back pain and sciatica to frozen shoulder and migraines.

Whether you have persistent discomfort or are in need of top-to-toe balance, our skilled acupuncturist creates **highly personalised and painless treatments that identify, strengthen, harmonise and heal weak points throughout the body.**



Your treatment may also incorporate cupping – the placing of ‘cups’ on the skin to create suction. Cupping often accompanies traditional acupuncture as it helps mobilise blood flow, drain toxins and promote localised healing. It also brings enhanced relief to specific acupuncture points or painful areas through the application of additional pressure.



*Initial Treatment: 90 minutes (includes consultation with our Ayurvedic Doctor)*  
*Follow-up Treatment: 60 minutes*



# chakra blessings

Chakra is a Sanskrit word meaning wheel or disk. The body's seven main chakras each sit at the intersection of the vital energy channels that run along the spinal column. Governing the spread of physical energy throughout our bodies, the chakras also govern the circulation of the astral, emotional and spiritual energy that flows within us. Each chakra is often described as the petals of a lotus, ranging from four petals in the first (root) chakra to one thousand in the seventh (crown) chakra. **When our chakras are cleansed and balanced, our physical, mental, emotional and spiritual bodies are able to function at their optimum levels.**

A personalised consultation will determine which chakras are most out of balance and require most immediate attention. Guests may book Chakra Blessings singly or as a series. Opt for a 5- or 7-day programme for maximum effect. Please enquire at The Spa for details.

## **Muladhara** 120 minutes

Muladhara – the root chakra – is located at the base of the spine. It anchors the spirit to the material world and the body to the earth. Muladhara is the root of our survival. It governs base instincts, mental stability and sensuality. It gives us the focus we need to succeed and the centering necessary to nurture ourselves and others.

Balancing Muladhara **calms body and mind, creating a profound inner peace that helps free our full potential.**

Combining a foot wash, frankincense smoke, Tibetan singing bowls and a slow massage with grounding vetiver, ginger, patchouli and jatamansi oils, this treatment induces a deep sense of stillness that will leave you feeling ready to take on the world. See Yoga section for recommended AntiGravity® Yoga Enhancer.





### **Swadhisthana** 120 minutes

Swadhisthana – the sacral chakra – is located in the lower abdomen. It governs fertility, self-worth and creativity. It is also associated with emotional balance, desire and pleasure. This chakra helps us to 'let go' and find a healthy balance in life. When it is functioning well, Swadhisthana brings enhanced emotional gratification, higher self-esteem and free-flowing creative energy. **Ideal for couples to experience together**, this nurturing treatment combines a lymphatic scrub, vichy shower, flowing massage and chakra warming with the nourishing oils of jasmine, patchouli, rose and sandalwood. Happiness is renewed and the desire for life and love is reinvigorated. See Yoga section for recommended AntiGravity® Yoga Enhancer.



### **Manipura** 120 minutes

Manipura – the navel chakra – is located in the solar plexus. It is our centre of health and vitality and governs our capacity to grow and develop. Connected to our inner strength, sense of purpose and self-confidence, Manipura means beautiful, shining jewel in Sanskrit. When it is open and balanced, we shine from within. This elevating treatment **floods the body with vital energy and inner warmth**. An Energising & Detoxifying Foot and Body Scrub, Bio-Energy Mud Wrap and massage with Vital Energy Oil restore inner radiance and positive feelings, renew strength and health and leave the skin brilliantly lustrous. See Yoga section for recommended AntiGravity® Yoga Enhancer.



### **Anahata** 150 minutes

Positioned at the centre of the chakra system, Anahata – the heart chakra – is the bridge between the physical and the spiritual world, and the heart of our being. **Perhaps the most powerful of all the chakras, it is the body's seat of love and compassion, generosity and wellbeing: the energy source that keeps our worlds balanced.**

Balancing Anahata is important for the circulatory system, heart and thymus. It also helps fend off disease, nurtures spiritual love and can help free us from our limits and fears. But above all, it awakens our hearts to the beauty of unconditional love.

Viewing the skin as an extension of the heart, this beautifully gentle blessing treats the whole body, pervading the very essence of our being and flooding the heart with strength. The tender combination of foot wash, scrub, massage and heart work uses rose oil and warmed rose quartz to gently reconnect the body and mind to inner peace and stillness. Equilibrium is restored, leaving you feeling at one with yourself and those around you, fully surrendered to the energy of love. See Yoga section for recommended Meditation and Pranayama Enhancer.



### **Vishuddha** 120 minutes

Vishuddha – the throat chakra – is located in the centre of the throat. It governs our communication and self-expression and is linked to creativity and honesty. It also encourages strong leadership. A balanced throat chakra embodies the spirit of truth and intuition; when it is weak or low in energy, our thoughts become unstable and our sleep patterns disturbed.

This treatment uses yoga, healing sounds, smudge sticks and a highly specialised marma facial massage to balance Vishuddha. It enables us to acknowledge and express the truth in and around us, **reconnects the mind to a positive flow and encourages a deep and restful sleep**. See Yoga section for recommended Hatha Yoga Enhancer.



### **Ajna** 120 minutes

Ajna – the third eye chakra – is located in the centre of the forehead.

Responsible for physical sight, and spiritual insight, it also deals with perception and intuition, imagination, concentration and peace of mind. Ajna is linked to the pituitary gland: when balanced, it has a harmonising effect on our emotional behaviour. The best way to unblock and balance Ajna is through meditation. This treatment **uses yoga, breathing techniques, essential oils of sandalwood and jasmine, and specific marma and light technique massage to balance the higher and lower selves**.

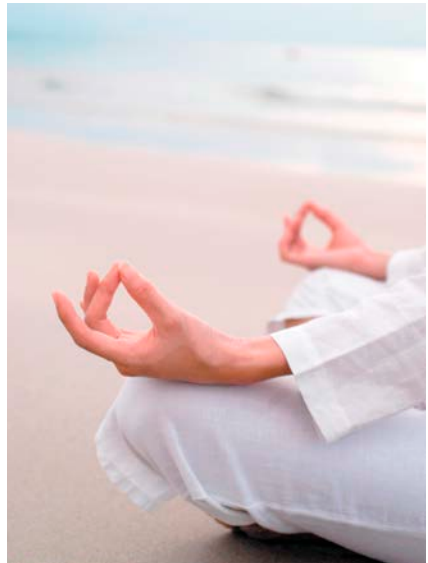
The mind feels light, clear and knowing, and a sense of peace and harmony pervades the whole body. See Yoga section for recommended Hatha Yoga Enhancer.





### **Sahasrara** 120 minutes

Sahasrara – the crown chakra – is located at the top of the head. Symbolised by a lotus with one thousand petals, it is the chakra of pure consciousness. Sahasrara represents liberation and inner wisdom and – as the point of entry for celestial energy – is our connection to the cosmic universe. This enlightening and unifying treatment [rejuvenates the nervous system through a sequence of foot, back, head and toe massages](#) that channel energy from the heart of the earth to the higher self. With seabuckthorn to regenerate life force and orange blossom and jasmine to attract cosmic light, this gentle yet powerful treatment leads to a state of blissful understanding. See Yoga section for recommended Meditation and Pranayama Enhancer.



# tantric traditions

At its core, the spiritual tradition of Tantra embraces life and all creation. It compels us to see ourselves as perfect – inexhaustible, boundless and immeasurable – and to become ‘one’ with the universe and all living things. Tantra, meaning ‘weave’ in Sanskrit, teaches awareness of Shiva and Shakti, the two inseparable forces of consciousness and energy present in each of us that also give form to all matter in existence. In this way, Tantra encourages us to expand our consciousness and unite with the infinite possibilities of the universe.



Each ritual is designed to awaken our awareness and put us on the path to wholeness – because it is only when we live and feel at one with the forces within and around us that we are awake and alive in the fullest sense.





## Siddha Tantric Rituals

Each ritual incorporates a 90-minute Tantric massage, herbal steam and bath.

### Omkara Ritual for Couples

180 minutes

Coiled like a sleeping serpent at the base of the spine, the Kundalini gland is a powerhouse of creative energy. **The centrepiece of this hypnotic ritual is the Kundalini Massage.** Performed by a pair of male and female Tantric therapists using fluid, dance-like movements and melodic strokes, this massage harnesses the Shiva (male) and Shakti (female) energies to stir the Kundalini; awakened, it rises through the spine and chakra channels, releasing blocked energy and increasing awareness.

### Devi Bhavani Ritual for Women

150 minutes

Each woman has within her the power to create new life, along with the transformative energy of beauty, delight and creativity; inspired by Devi Bhavani – the Divine Mother – this energy flows like soothing wind and calming water,

bringing about positive, life-affirming changes. Delivered by two female Tantric therapists, this ritual **nourishes and replenishes the female energy with mantras, sacred songs and healing sounds**, and nurtures the body with a tender, revitalising massage.

### Ojas and Atma Ritual for Men

150 minutes

In its purest form, male energy is both dynamic and transcendent. This duality is reflected in the Ojas (vitality) and Atma (spirit) ritual. Vigorous and expressive, the techniques used in this treatment require both the strength and spiritual concentration of the two male Tantric therapists. Their synchronised movements **invigorate the body by increasing body heat and vitality and flushing toxins out of the systems.**

Meditative and soulful, the ritual also uplifts the spirit by taking it on a contemplative journey.

# reconnection rituals

At the heart of optimum health and wellness lies our connection with ourselves and those around us. Our four Reconnection Rituals offer each family member the opportunity to cast aside all external stresses and reconnect fully with their inner bliss, both individually and as a unit. Key to the success of these special rituals is the strong bond within our spa team – between one another and between themselves and the guest.

## Aailaa Ritual

120 minutes

In societies where modern services and facilities are not always close at hand, the importance of the family unit cannot be overestimated. Meaning 'family' in Dhivehi (the Maldivian language), our Aailaa ritual celebrates the communal familial structure of the Maldivian people. A relaxing and bonding journey for up to four family members, (parents and children) this ritual takes each family through a nurturing sequence of body therapies culminating in a special celebration of 'togetherness'.

## Kaumara Ritual

120 minutes

Aimed at young adults aged 12 to 18, our Kaumara Ritual ('adolescence' in Sanskrit) have been specially designed to nurture teenagers' emotional and physical bodies at their most vulnerable stage. With rose oil to calm and support the heart and vetiver to ground the body and mind, this special sequence of scrub, bath and facial balances from inside out. For girls, a focus on the heart and earth chakras enables a connection to the energy centres of strength and vitality; for boys, a focus on the throat chakra connects to growth and maturation.





### **Kuda Vela Ritual**

60 minutes

Children have very little control over their own basic needs, yet depend on a nurturing physical and emotional environment to thrive. This gentle, one hour treatment [leads children as young as 7 through an exploratory journey of holistic therapy](#), instilling in them a sense of peace and security, stability and belonging. Through a series of yoga postures, body painting, bathing and song, children are curiously calmed and delightfully intrigued: the perfect ‘first insight’ into the wonderful world of spa. Parents are invited to sign a waiver, sit and watch or enjoy a simultaneous treatment (not included) in the same suite.

### **Zaanta Nidraa Ritual**

180 minutes

Meaning ‘peaceful sleep’ in Sanskrit, our delicate yet powerful Zaanta Nidraa ritual draws on healing sounds, marma massage and chakra healing to purify the mind and balance the throat chakra – [the body’s sleep centre. Designed to improve the overall quality of sleep](#), this meditative sequence of chanting, purification, bathing and body therapies is complemented by mineral-rich Himalayan crystal salt and essential oils of jatamansi, vetivert, jasmine and patchouli. The ritual is augmented by the peaceful aura of the island, which helps the body connect and synchronise with the gentle rhythms of the ocean and solar cycle. Mesmerising alone, beautiful to share. See Yoga section for recommended Meditation and Pranayama Enhancer.



# massages

Our massage therapies offer a wide range of pressures, strokes and benefits. Our team will be happy to recommend a selection depending on your individual requirements and preferences.

## **Landaa Massage** 60/90/120 minutes

A blend of specialised, traditional techniques from all over Asia using medium to firm pressure. This massage is a [cure-all for the relief of aches and pains](#), complemented by a choice of 100% pure plant oils and essences. Choose from the firmer Landaa Energising Massage or the more relaxing Landaa Restorative Massage.

## **Thai Massage** 90/120 minutes

Also known as 'yoga massage', this powerful and sequential body work is based on the [application of pressure along the energy meridians, together with stretching movements](#) that open energy channels and relieve tension. Received fully clothed.

## **Ku Nye Massage** 90 minutes

A Tibetan body massage that balances the five elements and restores a harmonious flow of energy and vitality. A choice of oils combines beautifully with [Tibetan techniques of cupping, kneading, acupressure and crystals](#).

## **Kundalini Back Massage** 75 minutes

When awakened, the dormant Kundalini energy at the base of the spine travels up towards the 'third eye' bringing increased energy and enlightenment. Using gentle techniques along the body's seven chakras, this holistic massage [revitalises and releases the natural energy within](#). Combined with an exquisite blend of jasmine, cardamom, lavender and patchouli, this gentle experience has a surprisingly powerful result.

## **Manipura Massage** 60/90 minutes

Manipura means beautiful, shining jewel in Sanskrit; it refers to the solar plexus (naval) chakra – our centre of fire and sun energy that ignites health and vitality. This treatment [stimulates and balances the solar 'sun' vitality within](#) us through marma massage, lymphatic drainage and the application of Himalayan salt poultices.

### **Lava Shell Massage** 90 minutes

This rejuvenating experience uses [heated Pacific clam shells to massage the body, increase blood circulation and provide deep relaxation](#) through gentle therapeutic warmth. Combined with firm massage and advanced body work, this treatment leaves body and mind completely invigorated. See Yoga section for recommended Ashtanga Vinyasa and Power Yoga Enhancer.

### **Anti Cellulite Massage** 90 minutes

A unique massage technique using strong kneading, tapotement and bellabaci cups (Chinese suction cups) on cellulite-affected areas to eliminate stagnation, intensify metabolism and dermal respiration, and improve skin elasticity. [ila Body Oil for Vital Energy](#) – containing argan oil, juniper berry, geranium and lemongrass – helps stimulate and release excess fluid.

### **Therapeutic Massage** 90/120 minutes

A [full-body massage for lovers of deep tissue techniques](#), or those who require focused body work to release muscle tension and increase joint flexibility. Various pressure techniques applied sensitively using thumbs, forearms and elbows achieve maximum results. See Yoga section for recommended Ashtanga Vinyasa and Power Yoga Enhancer.

### **Shiroabhyanga** 60 minutes

Known as Indian Head Massage in the West, this nourishing [treatment combines warmed virgin coconut oil infused with Ayurvedic herbs and a gentle but firm head, neck and shoulder massage](#). A focus on specific marma points results in a hugely calming and balancing effect on the body and nervous system, while the oil deeply conditions the hair. For maximum benefit, we recommend leaving the oil on the hair for two hours after the treatment.

### **Padhabhyanga** 60 minutes

This highly relaxing ayurvedic foot massage uses special ayurvedic oils to [revitalise tired feet and stimulate body systems](#). The feet are soaked and polished with special herbs to prepare for the massage of the feet and lower legs. Padabhyanga improves blood circulation, reduces swelling and soreness in the lower leg, and prevents dryness, cramps, and other conditions.

### **Pregnancy Massage** 90 minutes

This relaxing massage [safely, comfortably and effectively relieves the physical stresses of pregnancy](#), stimulating circulation and reducing postural discomfort and back pain. See Yoga section for recommended Pregnancy Yoga Enhancer.





## body scrubs

### **Blissful** 60 minutes

Drawing on the healing properties of Himalayan salt crystals and pure essential oils of damascena rose otto, jasmine and sandalwood, this heavenly body scrub **calms the nervous system, revives neglected cells and leaves skin glowing with health.**

### **Energising & Detoxifying** 60 minutes

Using the ionising properties of Himalayan Salt Crystals, this zesty scrub is **great for cellulite, stress and exhaustion.** It stimulates circulation and toxin elimination while cleansing and strengthening the bio-energy fields, uplifting mind, body and spirits.

### **Pregnancy Scrub** 60 minutes

To enhance the experience and add luster to the skin, opt to include a blissful Pregnancy Scrub with Himalayan salt crystals, honey and blackcurrant seeds.

### **Option of adding**

#### **Vichy shower** 30 minutes

Enhance each body scrub with a soothing and therapeutic Vichy shower during which jets of warm water stimulate and massage the body.

## body wraps

### **Kanya Cooling Wrap** 60 minutes

A cool, healing blend of fresh aloe vera and Ayurvedic herbs infused in yoghurt is applied to the body, which is then cocooned in banana leaves for maximum effect. A nourishing body cream and cooling rose mist complete the experience. **Ideal after too much sun, heat or spicy food.**

### **Stem Cell Remodelling**

#### **Treatment** 90 minutes

This impressive treatment **results in a visibly 'slimmed' physique, smoother skin, and improved circulation, tone and hydration.** Combining a detoxifying scrub, lymphatic stimulation, facial, and ylang ylang stem cell serum wrap, it eliminates toxins, reduces fluid retention and cellulite, and boosts cell regeneration.



# pure® tda facials

## “Where science meets nature”

TDA stands for transdermal application. These non-invasive, highly results-driven facial treatments transport active anti-ageing ingredients to the deepest layers of skin; sustainably and visibly tightening, regenerating, nourishing and revitalising facial cells. A computerised hand-held applicator – loaded with one of four highly targeted serums – is guided across the skin, allowing micro-molecular droplets to penetrate the cell core of the dermis, facilitating regeneration from the inside out.

Choose from our range of 60 minute PURE® TDA facials:

**Hyal N5** to protect normal/youthful skin and gently stimulate collagen

**Hyal 10** to intensively hydrate all skin types

**Mitocell** to stimulate cell renewal and hydrate more mature skins

**Proderm** to treat skin inflammation, irritation and acne

## Additions

**PURE® TDA Top Up** 30 minutes

Follow-up facial – or highly focused treatment to target areas of the face and décolletage – comprising cleansing TDA programme, transdermal application and option of Hyal or Proderm mask. Only available as a follow-up to a 60-minute PURE® TDA facial.

*Advised to take care in the sun following the micro dermabrasion.*





# ila face treatments

Meaning 'earth' in Sanskrit, ila facials harness nature's vibrancy in its truest sense. Combining pure ingredients, ancient traditions and sustainable processes, they **improve natural beauty through the health and vitality of the skin while increasing wellbeing through the transforming effects of energy healing**. Widely considered one of the world's leading organic wellness brands, ila is proof that results-driven benefits can go hand in hand with the highest standards of natural and ethical integrity.

## **Ananda Facial** 60 minutes

This indulgent treatment uses marma massage and light techniques to open up the energy centres of the face.

Meaning 'divine bliss' in Sanskrit, the Ananda facial **works with the body's blissful higher energy to induce feelings of peace** and give the skin a beautiful glow.

## **Rainforest Facial** 90 minutes

Products made from **healing and restorative plant extracts direct from the Amazonian Rainforest** are the feature of this deeply restorative facial and mask. It has two parts: deep lymphatic drainage and a warm herbal compress massage to maximise the deep regeneration of skin cells.

## **Crystal Facial** 90 minutes

Using the healing vibration of crystals, this experience has a calming yet uplifting effect. A garnet face scrub, rose cream and jade face mask, and divine facial massage with warmed Himalayan crystals **relax the muscles and dissolve stress lines**. A deeply nourishing and sensuous experience.



# Salon treatments

## Rossano Ferretti Hair Salon

Considered the world leaders in their field, Ferretti stylists are specially trained in the group's unique 'method' – a pioneering approach that considers everything from the natural fall of the hair to face shape, character and skin tone to create flattering, highly personalised results.

From simple cuts to complete style transformations, book an appointment in our sea-view Hair Salon for an experience that exceeds the usual expectations of hair design.

## Nail Care

### Spa Manicure 60 minutes

For intense softening and beautifying, our manicure uses the purest products for ultimate results. Includes exfoliation, nail and cuticle grooming, hydrating mask and nail painting\*.

### Spa Pedicure 75 minutes

This complete foot treat begins with a soak followed by a special foot scrub to soften and smooth the skin. Nail and cuticle grooming precedes buffing or nail painting\*.

### Gel Nail Polish\* 45 minutes

Enhance your manicure/pedicure with an application of gel nail polish – a high-resistance polish that can last for up to two weeks with no cracking, peeling or chipping.

*\*Full waxing services are also available. Please contact The Spa for details.*



# body sugaring

Sugaring is an ancient Egyptian practice made salon-perfect by Body Sugaring Australia, a revolutionary brand that combines natural ingredients with the innovative Smoother™ applicator.

The all-natural sugar paste\* doesn't adhere to the skin; instead it targets the follicle to remove hair at the root, unclogging pores, eliminating ingrown hairs, and removing dead skin cells.

A highly effective, virtually pain-free hair removal system, suitable for all skin and hair types, that leaves legs, face and body silky smooth, visibly clear and sunshine ready.



## Hair Removal & Skin Clarification

Rediscover the benefits of Body Sugaring – the time-honoured, nature-inspired hair removal system – brought into the 21st century by Body Sugaring Australia™.

Our advanced processes not only result in increased softness, slower regrowth and reduced pore congestion, but also bring added anti-ageing benefits to skin.

## Sugar Smooth

### Body Sugaring for Hair Removal

Easy and effective, Body Sugaring removes hairs at the root (as short as 1.5mm) for always-smooth skin. Non-invasive™ and virtually pain free, it's also safe on psoriasis, eczema and varicose veins.

Regular sugaring (every few weeks) during the follicles' growth phase can achieve results similar to other permanent hair removal reduction systems, without any of the adverse effects. Please ask the Spa team for more information.

*\*No parabens, silicates, aluminiums, DHEA, SLS, mineral oils, talc, artificial fragrances or artificial colours; 100% eco-friendly, antibacterial, water soluble and never tested on animals*





**FOUR SEASONS RESORT**  
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