



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 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

## 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.

### **Behavior Changing Therapy** (60 minutes)

Identify the factors affecting and triggering your emotional responses. This session will enable one to learn the new toolkits and strategies to change their long-term behavior changing patterns like negative effects of stressed and hectic lifestyle, helps in minimizing the dependency towards harmful materialistic additions like alcoholism, persistent smoking habits, anxiety and other psychological factors.



## FITNESS MOVEMENT

### **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.

### **Group Fun-Exercise** (4 to 6 persons) – (60 minutes)

Customized fun exercises or series of challenges aimed to make work out session more fun, building connections and teamwork. Options available including HIIT, Boxfit or Beach Bootcamp.

### **Boxing Lesson** (60 minutes)

One of the oldest combat sports in the world, boxing, is an incredible way to workout. Our certified trainer will guide you through combination of intense cardio warm up, boxing, and of course, core work. A fun way to reach tone and strong body. Available for single session, couple's and kids.





## WELLNESS MOVEMENT & MEDITATION

### **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.

### **Tai Chi** (45 minutes)

Series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant slow and evenly paced motion. Our class follows the Yang Style which is the most widely practiced form of Tai Chi. Regular practice of Tai Chi can improve general health and promotes serenity through gentle movements – connecting the mind and body.

### **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.

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

This meditation is an active and energizing practice which involves moving awareness through the seven chakras. This process of releasing energy from the body has the purpose of creating a system of communication between your mind and body to relieve mental, physical, and spiritual issues.



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

A woman is lying down, receiving a facial treatment. A hand is holding a golden nozzle that is dispensing a thin stream of liquid onto her forehead. The background is softly blurred with 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 Ayurvedic Specialist



### **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 Traditional Ayurveda Therapy *(60 minutes)*
- 2 x Targeted Ayurveda Therapy *(45 minutes)*
- 2 x Private Yoga or Meditation session *(45 minutes)*

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

Consultation with our Ayurveda Specialist

- 2 x Traditional Ayurveda Therapy *(60 minutes)*
- 2 x Targeted Ayurveda Therapy *(45 minutes)*
- 1 x Udwarthanam Ayurveda body therapy
- 4 x Private Yoga or Meditation session *(45 minutes)*



## 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)

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.

### **Pizhichil** (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. Pizhichil strengthens immunity, lubricates the joints, liquefies toxins and increases flexibility

### **Udwarthanam** (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)

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.

### **Pinda Swedhana** (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)

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.

Using Maroc Maroc, a luxury Moroccan brand which perfectly combines well-being, pleasure and efficiency. It tells in a poetic atmosphere the gestures of traditional Moroccan beauty.

Natural formulas, free of parabens, silicone, mineral oil, high concentration of plants and ingredients grown in Morocco: such as argan oil, rhassoul, orange blossom flower, pale and wild roses. Highly innovative and delicious textures associated with a single olfactory atmosphere.

## HAMMAM EXPERIENCE

### **Traditional Hammam** (60 minutes)

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)

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

### **Hammam Indulgent** (with candle massage) (120 minutes)

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 Ambre and Grains de Lumière, and Sensory Awakening Candle Massage.

### **Mini Hammam Experience** (45 minutes)

An ultra purifying experience which is a combination of black soothing soap and keesa, leaving your skin smooth and fresh.



## HOLISTIC THERAPY

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

This therapy derived from ancient Chinese medicine. Fine needles are inserted at certain sites in the body for therapeutic or preventative purposes. By doing this, the Acupuncturist seeks to re-establish the free flow of Qi to restore balance and trigger the body's natural healing response.

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

A modern variation of acupuncture using a small amount of electricity to enhance the precision and stimulation on acupuncture points. A benefit of using electroacupuncture is that it can cover larger areas of your body than traditional acupuncture. This ability makes this type of acupuncture more accurate than others.

### **Cupping Therapy** (45 minutes)

People have used cupping for thousands of years to ease back pain, neck pain, headaches, and other problems. The suction effect of the negative pressure created by cupping increases the blood circulation to the area, relieving muscle tension and sedating the nervous system. Cupping has different modalities, and the suction power can be controlled to avoid bruising or according to personal preference.

### **Auricular Therapy** (add-on) (15 minutes)

A form of alternative medicine based on the idea that the ear is a micro system, which reflects the entire body. The treatment will start with a consultation followed by application of magnetic seed on the auricle points (outer part of ear) to help diagnose and treat body pain.

### **Reiki Healing 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.



## HOLISTIC THERAPY

### **Sound Healing Therapy** (60 minutes)

Sound therapy with Tibetan singing bowls is an ancient form of regeneration. The sound and vibration from Tibetan singing bowls allows deep relaxation of both sides of the brain. It stimulates stress relief on all levels and the elimination of toxins from the body. After sound therapy, feel the emotions are calm and the mind clearer.

## BALANCE WELLNESS THERAPY

### **Wellness Bespoke Massage** (60/90 minutes)

Highly effective treatment targeted for those who are looking for specific results, such as energy healing therapy, body detox and muscle manipulation for pain relief. This therapy is performed by a wellness specialist and customised to your needs.

### **Lymphatic Drainage Massage** (60/90 minutes)

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.

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

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.

### **Balance Signature Massage** (60/90 minutes)

This is a personalise therapy which leaves you with a sense of relaxation and supports to achieve your ultimate and physical.



## AESTHETIC FACIAL

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)

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.

### **Black Diamond Non-Surgical Lift Facial** (75 minutes)

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 Black Diamond masks will leave your skin lifted and firmed.

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

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; 24 Carat Gold Leaf mask and 111 skin's radiance contain gold and rose extracts will restore your skin's radiance and reduce appearance of wrinkle. A must-have for all skin types and perfect before a big event.

### **The Signature Restorative Facial** (60 minutes)

A high-performance facial formulated with powerful antioxidants to neutralize free radical damage, and to repair irritated skin. The facial also targets skin issues such as dehydration, sensitivity and rosacea. Start with a thorough cleansing using Diamond Microdermabrasion, application of highly effective products with NAC Y2 active ingredients to accelerate the skin's healing, visibly reduce fine lines and brighten the skin.

### **Clarity Re-Balancing Facial** (60/90 minutes)

Targeted treatment for acne-prone and problematic skin. Featuring a highly intelligent mask system which utilises the exclusive 111SKIN Facial Architecture method, balancing the skin microbiome and minimising oil production. A selection of our Clarity Collection with active ingredients like colloidal sulphur and salicylic acid dissolve dead skin cells and reduce inflammation. You are left with a clear complexion and refined, polished skin.





## MEDI SPA THERAPY

Rejuvenate your body from the inside out with innovative therapies that detoxify, cleanse, energize and improve immunity.

### **Oxygen Therapy** *(30 minutes)*

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.

### **Velashape Fat Blast** *(60 minutes)*

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!



## 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 Abhyanga massage using medicinal herbs for healing and detoxifying the body.

### **Sensual Couple** (120 minutes)

This couple's journey designed to reconnect with one another through shared experience. Starting the ritual with couple's meditation, followed by sensual senses awakening candle massage, and aromatic bubble bath to leave you feel deeply relaxed.

**FOOT RITUAL, MEDITATION, WARM CANDLES MASSAGE, AROMATIC BATH.**

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

*Available between 7.00 pm – 10.00 pm.*

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 customized blissful relaxing massage with long, firm and flowing movements and therapeutic techniques for instant relaxation, followed by scalp massage and face cleansing ritual with Marma points face massage to prepare your skin and mind for sleep.

**BESPOKE MASSAGE FOR SLEEP, MINI FACIAL, SCALP MASSAGE.**



## 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

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



## PRICELIST

	PRICE IN USD		PRICE IN USD
<b>WELLNESS RETREATS</b>			
Three Days	715	Couples Meditation	125
Five Days	1,260	Private Group Yoga 4 – 6 Pax (60 minutes)	300
Seven Days	1,710	<i>Larger Group Sessions Available On Request.</i>	
<b>BALANCE CONSULTATION</b>		<b>AYURVEDA JOURNEY</b>	
Wellness Assessment & Body Analysis (30 minutes)	115	Ayurveda Program 3 Days / 5 Days	700 / 1,025
Nutrition & Lifestyle Consultations (60 minutes)	155	Ayurveda Couple Program 3 Days / 5 Days	1,210 / 1,800
Cell Wellbeing Epigenetic Test		<b>TRADITIONAL AYURVEDA THERAPY</b>	
Kids / Single / Couple	80 / 160 / 280	Abhyanga (60/90 minutes)	200 / 250
Behavior Changing Therapy (60 minutes)	155	Pizhichil (60/90 minutes)	200 / 250
<b>WELLNESS MOVEMENTS</b>		Udwarthanam (60 minutes)	200
Personal Training (60 minutes)		Lotus Indulgence (90 minutes)	255
One/ Three/ Five Sessions	85 / 205 / 305	Pinda Swedhana (90 minutes)	255
Boxing Lesson (60 minutes)		Vasti Healing Ritual (45 minutes)	255
One/Three/ Five Sessions	120 / 300 / 480	Choose From: Kasti (Lower Back) / Janu (Knees) / Uro (Neck)	
Assisted Stretching (45 minutes)	75	Shirodhara (45 minutes)	190
Group Fun Exercise 4 – 6 pax (45 minutes)	260	Shiro Abhyanga (45 minutes)	170
<i>Larger group sessions available on request.</i>		Pada Abhyanga (45 minutes)	170
<b>YOGA &amp; MEDITATION</b>		<b>HAMMAM SPA EXPERIENCE</b>	
Yoga Session Private / Couple's (60 minutes)	85 / 140	Traditional Hammam (60 minutes)	190
Tai Chi (45 minutes)	85 / 140 / 250	Signature Hammam Ritual (90 minutes)	235
Private / Couple / 4 Guests		Hammam Indulgent (120 minutes)	325
Pranayama Breathing Exercise (45 minutes)	70	Mini Hammam Experience (45 minutes)	160
Trataka Meditation (45 minutes)	70		
Kundalini Meditation (45 minutes)	70		

*All prices are in US dollars and inclusive of 10% service charge and 16% GST*

# PRICELIST

## PRICE IN USD

### HOLISTIC THERAPY

Acupuncture (60 minutes)	205
Electro Acupuncture (60 minutes)	215
Cupping Therapy (45 minutes)	175
Auricular Therapy Add-On (15 minutes)	55
Reiki Healing Therapy (45 minutes)	135
Sound Healing Therapy (60 minutes) Single / Couple	95 / 135

### BALANCE WELLNESS THERAPY

Wellness Bespoke Massage (60/90 minutes)	220/255
Lymphatic Drainage Massage (60 minutes)	205
Candle "Sensory Awakening" Massage (60 minutes)	205
Balance Signature Massage (60/90 minutes)	195 / 245

### AESTHETIC FACIAL

Diamond Microdermabrasion (30 minutes)	140
The Signature Restorative Facial (60 minutes)	220
Clarity Rebalancing Facial (60/90 minutes)	210 / 235
Black Diamond Non-Surgical Lift Facial (75 minutes)	245
Cleopatra 24 Carat Gold Facial (90 minutes)	245

## PRICE IN USD

### MEDI SPA THERAPY

Oxygen Therapy (30 minutes)	90
Colon Hydrotherapy (60 minutes)	190
Velashape Fat Blast One / Three / Five Sessions (60 minutes)	200 / 525 / 795

### COUPLE'S JOURNEY

Shanti Couple (90 minutes)	450
Sensual Couple Retreat (120 minutes)	615
Slumber Guru In-Villa (105 minutes)	795

### SALON SERVICE

Classic Manicure (60 minutes)	65
Classic Pedicure (60 minutes)	75
Gel Manicure (75 – 90 minutes)	85
Gel Pedicure (90 minutes)	95
Men-Nicure (60 minutes)	65
Men's Pedicure (60 minutes)	70

### ADD ON:

Polish Change Classic/Gel (30 minutes)	45 / 55
Gel Polish Removal (15 – 30 minutes)	30
Nail Cut and Shape (30 minutes)	45
Acrylic Removal (45 minutes)	45

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