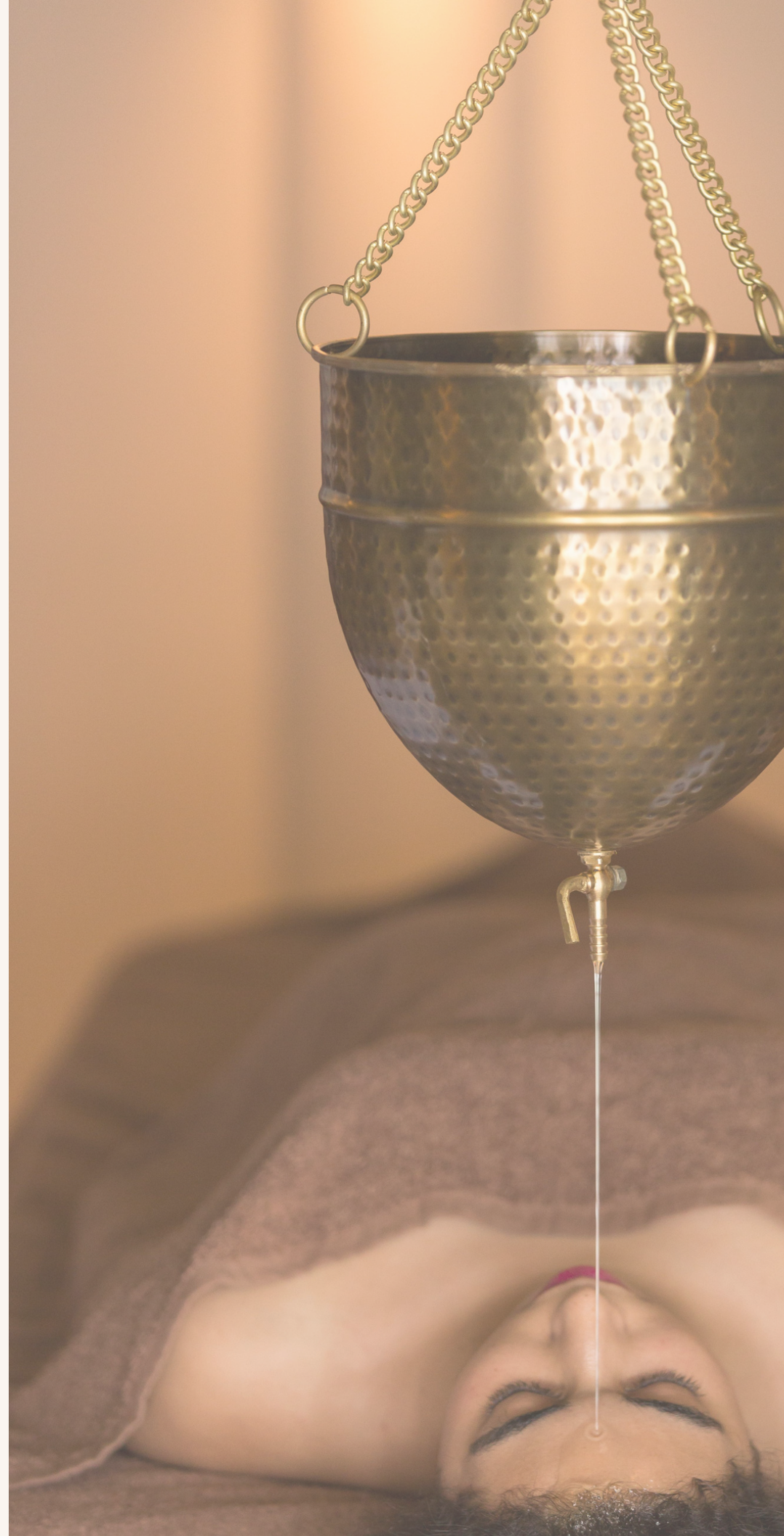


Begin the blissful journey of rejuvenation.

Discover the perfect Ayurvedic diet for your body type and immerse yourself in the world of Ayurveda with the combination of Yoga.

THE RESIDENCE
MALDIVES
Dhigurah

by *Cenizaro*



WELLNESS PROGRAM

HOLISTIC WELLNESS JOURNEYS

Wellness Consultation - Ayurvedic Treatments -
Clarins Treatment - Yoga Session - Pranayama -
Meditation

3-Day	USD 359++ per person
5-Day	USD 629++ per person
7-Day	USD 879++ per person

YOGA RETREAT

Wellness Consultation - Ayurvedic Treatments -
Clarins Treatment - Yoga Session - Meditation

3-Day	USD 359++ per person
5-Day	USD 649++ per person
7-Day	USD 999++ per person

Prices are subjected to a 10% service charge and 12% government taxes.



Ayurvedic

ABHYANGAM

Abhyangam is a full body massage that uses wave-like movements with warm sesame oil to cleanse and open blocked energy channels to promote deep relaxation and detoxification.

SHIRODHARA

Shirodhara is the classic Ayurvedic therapy. Siro" means head, and "Dhara" is an uninterrupted flow of liquid. This treatment begins with full body Abhyangam massage followed by Shirodhara where a continuous stream of warm herbal oil flows gently across the forehead onto the third eye chakra, diffusing and melting stress from the mind and conclude the dhara with a scalp Massage.

SHIROABHYANGA

Warm, herb-infused oils are used to massage the scalp and shoulders. This treatment improves nourishment circulation of the hair and scalp, relieves stress and headache.

KIZHI

A warm medicated herb or powder tied in muslin pouches are immersed in warm herb oil then pressed or rubbed on the skin with steady, gentle, rotating movement. Kizhi stimulates blood flow, strengthens the muscular tissues and increases blood supply to the skin, and helps with arthritic complaints and muscle ailments.

PADABHYANGA

Enjoy a gentle foot and leg massage created to relax and revitalize tired feet and legs. The therapist uses light to medium pressure and massage using an Ayurvedic metal bowl on the reflex points of the feet and lower legs.

UDWARTHANAM

A therapy to fight obesity where warmed dry herbal powders are scrubbed vigorously on the skin to melt away subcutaneous fat, strengthens and tones up the muscles, improves circulation and releases the toxins and this treatment with a full body massage.

NASYAM

In this treatment medicated oil administered through the nostril. It helps to regain the loss of smell & taste by removing the nasal blockages and very effective for treating sinusitis, migraines, headaches.

3-Day Holistic Wellness Journeys

Initial personal wellness and ayurvedic consultation | One 90-min ayurvedic treatment | Two 60-min ayurvedic treatment | Two 60-min private yoga and pranayama | Three 60-min scheduled hatha yoga group class | Immune boosting drinks (daily) | Use of the steam room, sauna, gym, and therapeutic walk on the reflexology garden

5-Day Holistic Wellness Journeys

Initial personal wellness and ayurvedic consultation | Two 90-min ayurvedic treatment | Two 60-min ayurvedic treatment | One 60-min Clarins mini facial and padabhyanga | Two 60-min private yoga and pranayama | One 60-min private yoga and meditation | One 60-min private fitness training | Five 60-min scheduled hatha yoga group class | Immune boosting drinks (daily) | Use of the steam room, sauna, gym, and therapeutic walk on the reflexology garden

7-Day Holistic Wellness Journeys

Initial personal wellness and ayurvedic consultation | Three 90-min ayurvedic treatment | Two 60-min ayurvedic treatment | One 60-min Clarins relax wrap and ayurvedic therapy | Two 30-min padabhyanga | Three 60-min private yoga and pranayama | Two 60-min private yoga and meditation | Two 60-min private fitness training | Seven 60-min scheduled hatha yoga group class | Immune boosting drinks (daily) | Use of the steam room, sauna, gym, and therapeutic walk on the reflexology garden

3-Day Yoga Retreat

Initial personal wellness and ayurvedic consultation | One 90-min ayurvedic treatment | One 60-min peace massage | One 60-min Clarins massage | One 60-min private yoga | One 30-min private pranayama | One 60-min private meditation and yoga nidra | Five 60-min scheduled hatha yoga group class | Healthy drinks (daily) | Use of the steam room, sauna, gym, and therapeutic walk on the reflexology garden

5-Day Yoga Retreat

Initial personal wellness and ayurvedic consultation | Two 90-min ayurvedic treatment | One 60-min peace massage | One 60-min body scrub, neck and shoulder or back massage | One 60-min Clarins massage | Two 60-min private yoga | One 60-min private castaway yoga | One 60-min private meditation and yoga nidra | One 30-min private pranayama | One 30-min aqua float | Nine 60-min scheduled hatha yoga group class | Healthy drinks (daily) | Use of the steam room, sauna, gym, and therapeutic walk on the reflexology garden

***Program can be spread out if guest(s) are staying for 10 nights or beyond.**

All Holistic Wellness Journeys and Yoga Retreat programs include welcome gifts on arrival (an inspiration yoga book and home care advice) and a gift from the world of Clarins during departure.

7-Day Yoga Retreat

Initial personal wellness and ayurvedic consultation | Two 90-min ayurvedic treatment | One 60-min ayurvedic treatment | One 90-min balance massage | One 60-min peace massage | One 60-min body scrub and back massage | One 60-min Clarins massage | Three 60-min private yoga | one 60-min private castaway yoga | Two 60-min private meditation and yoga nidra | One 30-min private pranayama | One 30-min aqua float | Fourteen 60-min scheduled hatha yoga group class | Healthy drinks (daily) | Use of the steam room, sauna, gym, and therapeutic walk on the reflexology garden

For more information,

contact us at

sales-maldives@theresidence.com