





## MASTERS OF WELLNESS AT ANANTARA KIHAVAH

SHARATH RAM

Resident Ayurvedic Specialist  
and Yoga Teacher



Discover a 360° approach to wellbeing incorporating  
Ayurveda, yoga, meditation and breathing.

Anantara Kihavah Maldives Villas offers fully immersive  
wellness retreats tailored to your needs and lifestyle.  
Heading the Ayurveda team is Kerala native Sharath Ram,  
an all-round practitioner with over a decade's experience  
across South Asia and the Middle East.



## EMBRACE WELLNESS WITH A CHOICE OF AYURVEDIC RETREATS.

Balance Wellness offers a holistic approach to healing in beautiful surrounds. Explore multi-day programmes that combine exercise, nutrition and Ayurvedic treatments to restore body and mind.

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

### DIGITAL DETOX PROGRAMME

The accumulation of toxins and free radicals, along with unhealthy lifestyle habits and prolonged stress can result in fatigue and signs of ageing. Addressing the damaging effects of modern life, these specialist retreats rejuvenate the body, strengthen the immune system and restore a naturally vibrant glow.

#### 3-DAY RETREAT

90 mins each / USD 800

Abhyanga Massage  
Podikizhi  
Abhyanga and Shirodhara

#### 5-DAY RETREAT

90 mins each / USD 1,300

Abhyanga Massage  
Podikizhi  
Pizichil  
Herbal Shirodhara \*60 mins  
Njavarakizhi

#### 7-DAY RETREAT

90 mins each / USD 1,600

Abhyanga Massage  
Podikizhi  
Green Tea Scrub and Wrap  
Pizichil  
Njavarakizhi  
Herbal Shirodhara \*60 mins  
Kihavah Signature Healing

### LONGEVITY PROGRAMME

The air we breathe, the water we drink and the food we eat are often filled with toxins that can overload the liver and immune system, adversely affect our hormones and create functional disorders, illness and allergies. A sedentary lifestyle, unhealthy diet and lack of motivation sets us on a pathway to ill health. Get back on track to natural good health with our specialist retreats to help you detoxify from the inside out.

#### 3-DAY RETREAT

90 mins each / USD 750

Abhyanga Massage  
Udwartana  
Detoxifying Massage

#### 5-DAY RETREAT

90 mins each / USD 1,200

Abhyanga Massage  
Udwartana  
Abhyanga Massage  
Udwartana  
Detoxifying Massage

#### 7-DAY RETREAT

90 mins each / USD 1,650

Abhyanga Massage  
Udwartana  
Podikizhi  
Udwartana  
Abhyanga Shirodhara  
Detoxifying Massage  
Udwartana

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

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*All prices are subject to 10% service charge and 12% government taxes.*

#### ABHYANGA MASSAGE

60 mins / USD 200

90 mins / USD 250

An ancient herbal oil massage therapy for healing and detoxifying body, mind and spirit. Ayurvedic techniques are applied to work along the energy channels of your body in a synchronised manner to release toxins and restore the flow of vital energy, prana, where it has become blocked.

#### PODIKIZHI

90 mins / USD 320

Podikizhi is the most effective detoxification treatment for the entire body. A unique mix of various herbal and medicated powders are bundled together in a muslin cloth. These poultices are then warmed and used to massage the entire body. Podikizhi promotes toxin elimination, increases the mobility of joints, and provides an effective relief from muscular aches and pains.

#### GREEN TEA SCRUB AND WRAP

90 mins / USD 220

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

#### PIZICHIL (TAILA DHARA)

90 mins / USD 350

Meaning 'to squeeze', Pizichil is a world-famous Ayurvedic treatment known as the 'King's Treatment'. Experience a therapeutic body massage that balances the emotions and increases blood circulation. In this gentle therapy, warm oil is poured over the entire body to bring a wonderful sense of refreshment and relaxation.

#### NJAVARAKIZHI (PINDA SWEDA)

90 mins / USD 350

A highly rejuvenating treatment to relieve stress and strain, Pinda Sweda enhances physical consistency, strengthens the nervous system and improves the overall appearance of skin. After a liberal application of herbal oil over the body, small linen bags filled with cooked rice and herbal decoction are used to massage and induce sweat. The rice comes through the bolus to leave a thick paste on the body, which cools down rapidly and is left to nourish your skin.

#### HERBAL SHIRODHARA

60 mins / USD 250

Shirodhara brings instant calm and rejuvenation. The name is derived from the two Sanskrit words: 'shiro' meaning 'head' and 'dhara' meaning 'flow'. Intensely relaxing, a consistent flow of warm aromatic oil is poured on the forehead, directly above the third eye – the point believed to be the seat of human consciousness. As the oil flows over the scalp and through the hair, a blissful sensation of calm is experienced.

#### KIHAVAL SIGNATURE HEALING

90 mins / USD 250

Feel at one with your surrounds and the wellness elements of air, fire and earth. Submit to gentle soothing massages and the hypnotic sound of singing bowls.

#### UDWARTANA

90 mins / USD 300

Udwartana means 'to elevate' or 'to promote'. A stimulating and exfoliating therapy using a specially prepared herbal powder which is rubbed over the body to slough off dead skin cells and help reduce subcutaneous fat. This therapy effectively helps to improve blood circulation and reduce body weight.

#### ABHYANGA AND SHIRODHARA

90 mins / USD 300

A combination of an Ayurvedic-style massage and our signature third-eye treatment using warm, herb infused oils to induce a state of calmness. To begin, a full body application of medicated buttermilk (Takra dhara) or medicated milk (Ksheeradhara) is massaged onto the body. A steady stream of warm medicated oil is then continuously poured onto the forehead, a uniquely therapeutic treatment that restores sensations, revitalises the central nervous system, and relieves mental tension.

#### KUNDALINI BACK TREATMENT

60 mins/USD 250

Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems. Chakra and sound healing activate and channel the kundalini – the dormant energy at the base of the spine. Tension is lifted, negativity released, and the body is returned into a state of awareness and balance. Ideal for anyone with computer tight shoulders or who holds all their tension in their backs.

#### MARMA HEALING TOUCH

90 mins/USD 320

Marma therapy encompasses the energy healing properties of Ayurveda by utilising 107 points or doorways into the body and consciousness. Each point allows for entry into the chakras – the vibrational energy centers along the spine, releasing suppressed energy and stimulating pranic flow. When gently pressed on the skin, marma points can stimulate a chain of positive events.

#### MARMAKIZHI MASSAGE

60 mins / USD 250

90 mins / USD 300

Marma energy zones are vital areas of the body. Marmakizhi is a traditional Ayurvedic massage that uses herbal Ayurvedic oil and appropriate pressure to stimulate these specific points. A small linen bundle, filled with medicated powder made from the roots of 12 herbal plants, is heated and applied all over the body to induce sweating, relieve pain, stiffness and to stimulate body organs and systems to clear blocked energies.

#### NASYA

60 mins / USD 180

Nasya is a healing therapy that combats the pollution we inhale and is also highly effective in treating headaches, sinusitis and migraines, as well as hormonal and physiological problems. A few drops of herbalised oil or powder are placed in the nose, while the face, shoulders and chest are massaged with specific herbal oils to induce perspiration.

#### KATIVASTHI

60 mins / USD 200

Kativasthi is a unique spinal herbal bath. A small herbal paste reservoir is created on the lower back, with the bare skin as the base. Specially prepared warm medicated oil is poured into this and allowed to remain there for 45 minutes.

The medicinal properties are absorbed directly by the body and are very effective for any types of chronic or acute back pains, spinal disorders, lumbar spondylosis, sciatica and osteoporosis.

#### PICHU

60 mins / USD 200

A miraculous palliative treatment in Ayurveda that uses warm medicated oil for curing various degenerative ailments. Pichu can be performed on the head, neck, spine, hip, chest, knee and shoulders as per the state of illness. Pichu can be enjoyed as a main treatment for the head and spine, or a simplified version can be applied in conjunction with other Ayurvedic therapies.

#### REIKI

60 mins / USD 250

90 mins / USD 320

An alternative therapy commonly referred to as energy healing, it involves the transfer of energy by laying of hands, targeting the energy fields around the body. Reiki is believed to aid relaxation, assist in the body's natural healing processes, and develop emotional, mental, and spiritual well-being.

#### ULTIMATE YOGA THERAPY

90 mins/USD 320

Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the teachings and practices of Yoga, helping to alleviate physical and mental health conditions with the view of promoting self-care and encouraging overall well-being.

#### YOGA

60 mins / USD 100 per person

60 mins / USD 150 per couple

Yoga is an intrinsic part of the overall Ayurveda journey, and our paradise island hideaway is a breathtaking setting in which to practice. Find inspiration from empowering classes that support and complement your chosen Ayurvedic programme. Synchronise your meditation, pranayama breathing and movement to the boundless ocean horizon and rhythmic waves. Allow your energy to flow as you stretch out stress and blockages. Reap deeper, accumulative benefits each time you practice, under the caring expert guidance of highly qualified instructors.

#### MEDITATION

60 mins / USD 100 per person

60 mins / USD 150 per couple

Through soothing meditation classes, we invite you to find that balance that has drifted too far from your core centre. Delve deep into the self and let go of your worries and stored negative energy. The Panchakosha and Hari Om meditations are both offered at Anantara Kihavah.





#### STAND-UP PADDLE BOARD YOGA

60 mins / USD 120 per person  
60 mins / USD 180 per couple

Yoga is an intrinsic part of the overall wellness journey, and our paradise island hideaway is a breathtaking setting in which to practice. Performed on stand-up paddle boards floating over the clear and calm lagoon, this class takes your yoga practice to a whole new level. The SUP boards are pre-anchored to stay stable in the gentle waves. Your instructor will guide you through a practice that starts slowly, letting you get used to the floating surface. You will then move into a more dynamic flow before slowing down to cool off with restorative postures.

#### AERIAL OVER WATER YOGA

60 mins / USD 120 per person  
60 mins / USD 180 per couple

The only Aerial Over Water Yoga experience in the Maldives, and one of the few in the world, this session is a playful and challenging way to vary your yoga practice. Fly high on our island paradise as you are suspended from a soft fabric hammock over the ocean. Best practised at sunrise or sunset.



## NUTRITION & WELLNESS CONSULTATIONS

KELLY MANNING

Naturopath, Nutritional Therapist  
and Wellness Consultant



We are delighted to offer you the opportunity to consult with our resident Nutritionist and Wellness Consultant who will guide you on a personalised journey of discovery to heal and rebalance with all that nature has to offer.

Kelly Manning is our Balance Wellness Consultant and Nutritionist, she holds post graduate qualifications in Naturopathy and Nutritional Therapy and has extensive experience in personalised wellness retreats and consulting. Kelly looks forward to guiding you on your journey to greater wellbeing.



### BEAUTY REDEFINED FROM WITHIN

60 mins/USD 200

Address common skin, hair and nail complaints by discovering the root cause of your health concerns. Alleviate symptoms to heal and reflect your radiance from the inside out. Learn techniques to heal through nutrition and lifestyle applications.

### BODY DETOX RESTORE

60 mins/USD 200

Restore healthy weight, optimise digestion and reignite energy by supporting your detoxification pathways, balance blood sugar and address underlying health concerns. Reconnect a healthy mind and body with practical and sustainable diet and lifestyle tools to achieve long term changes and obtain desired results.

### IMMUNE BALANCE

60 mins/USD 200

Did you know 70% of your immune system is housed in your gut? Learn how to take care of your gut microbiome and how to protect your body against oxidative damage and premature ageing, by utilising diet and lifestyle resources which modulate and build a resilient immune system. Suitable for those presenting with Post-Viral Fatigue

### SLEEP ENRICHMENT

60 mins/USD 200

Do you suffer from daytime sleepiness or have trouble getting to sleep, staying asleep or waking up too early? The sleep enhancement consultation allows you to identify common habits, dietary insufficiencies and hormonal imbalances which directly contribute to sleep deprivation and provides you with diet and lifestyle tools to realign with a peaceful night's sleep.

### CELL WELLBEING EPIGENETIC ANALYSIS

USD 195/person  
USD350/couple

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 personalised reading with our Balance Wellness Consultant on how to reverse your epigenetic expression and live a healthier more resilient life.

### SPECIAL CONSULTATION ADD-ON: EPIGENETIC ANALYSIS

USD 135/PERSON

**Balance Wellness Consultations include a personalised report and handouts.**

*A complimentary 15 minute pre-consultation session is available on request. All prices are subject to 10% service charge and 12% government tax*



COCOON  
— MEDICAL SPA —



Rejuvenate your body from the inside out with innovative new therapies that detoxify and cleanse. Experience total relaxation in our beautiful spa sanctuary whilst your body is transformed using holistic treatments by our qualified team. Our cutting-edge therapies can help with weight loss and skin problems to reveal a happier, healthier you.



**NUR LAILI**  
Senior Aesthetic and Wellness Nurse

Nur has been providing hands-on artistry and expertise in the areas of beauty, wellness and anti-ageing for more than 12 years. With a driving passion to help others achieve a higher level of self-confidence, she is devoted to empowering others to look and feel their absolute best. Nur takes pride in helping her patients achieve their desired results with customised treatment plans and individual attention.

## AESTHETIC FACIAL EXPERIENCES

### DIAMOND MICRODERMABRASION

30 mins / USD 130

Slough away dead skin cells, reduce the size of pores, improve the appearance of sun damage, wrinkles, fine lines, age spots, acne scarring and other skin-related concerns. The advanced Diamond Microdermabrasion system renews overall skin tone and texture, and is strong enough to clear and exfoliate but gentle enough for the most sensitive of skins. This minimally invasive procedure increases blood flow and helps to produce collagen.

### LED RED LIGHT THERAPY

30 mins / USD 120

LED therapy uses low-intensity light-emitting diodes (LEDs) in a process similar to photosynthesis (in which plants use chlorophyll to convert sunlight into cellular building blocks). The light stimulates the production of collagen and elastin, suppressing collagenase, the enzyme that breaks down collagen and accelerates ageing. The Bio-Synthesis system uses the latest technology and treatment principles that stem from extensive research, data and efficacy studies on photosynthesis conducted by NASA.

### GALVANIC IONTOPHORESIS

30 mins / USD 140

Galvanic Iontophoresis therapy involves the use of mild electric currents, consisting of positive and negative ions, to refresh, stimulate and rejuvenate the skin. It uses iontophoresis to transport electronically charged particles (ions) into the skin. This advanced therapy promotes the absorption of products used on the skin, driving them deeper into the pores to increase hydration, circulation, radiance and firming. This helps reduce the appearance of fine lines and wrinkles, and gives a dewy fresh appearance. Recommended for most skin types, including sensitive skin.

### PLATELET RICH PLASMA

1.5 hours / USD 380

The 'Vampire Facial' is popular for those seeking a natural method to rejuvenate their skin and stimulate healing. PRP is tissue regeneration with your own blood cells. Your blood platelets are harvested and treated to extract growth factors and specialised cells involved in the healing process (post-injury) and cell regeneration. This concentrated plasma is enriched with your own platelets, growth factors and natural stem cells. Platelets are blood cells with several crucial functions. They contain important growth factors that, when secreted, are responsible for tissue regeneration, increasing collagen production, initiating vascular re-growth, inducing cell differentiation and extra-cellular matrix formation. Growth factors and stem cells also increase cellular turnover and collagen production, which promotes youthful, glowing and radiant skin. When growth factors are stimulated by a PRP treatment, collagen production is boosted, helping to improve the appearance of age-related skin damage, including wrinkles, scarring and fine lines.

### DERMAPEN MICRONEEDLING

1 hour / USD 280

Erase your skin's history and try one of the most popular anti-ageing treatments in the world. Microneedling has been used for centuries to produce microscopic channels as a way to regenerate skin cells and improve skin texture. Dermapen is an advanced skin needling treatment that increases collagen production and skin regeneration. It also increases product absorption x 1000. Dermapen increases collagen production up to 400% and leads to reorganisation of old collagen fibres and laying down of new collagen, elastin, and capillaries. It can also reduce the appearance of scars, wrinkles and lines.

## AESTHETIC FACIAL EXPERIENCES

### CLEOPATRA 24 CARAT GOLD AND COLLAGEN FACIAL

1 hours / USD 230

Diamond Microdermabrasion • LED Red Light Therapy • 24 Carat Gold Leaf Mask • Hyaluronic Acid Serum • Gold Collagen Moisturiser

Described as the Queen of Luxury Facials, this facial experience combines three results-driven treatments to improve skin elasticity, reverse cell damage, increase blood circulation and regenerate natural collagen. Diamond Microdermabrasion prepares the skin by exfoliating dead skin cells and increasing blood flow to support collagen production. The LED (light-emitting diode) Red Light Therapy delivers deep stimulation to the skin and improves natural collagen levels. The nourishing 24 Carat Gold Leaf Mask and Gold Collagen Moisturiser coupled with the application of Hyaluronic Acid Serum stimulates the skin's natural collagen production. The final result is a reduction in the appearance of wrinkles and fine lines, revealing luminous glowing skin.

### PLATINUM NON-SURGICAL LIFT & FIRM

1.5 hours / USD 370

Diamond Microdermabrasion • Galvanic Iontophoresis Facial • LED Red Light Therapy • Gold Collagen Mask • Hyaluronic Acid Serum • Gold Collagen Moisturiser

An advanced non-surgical lifting facial offering anti-aging, prevention, and skin tightening benefits. This treatment effectively treats loose, sagging skin and wrinkles on the face, neck and chest. It is an effective treatment in delaying the natural aging process and maintaining younger looking skin. The Galvanic Iontophoresis energy stimulates the formation of new collagen and improves skin elasticity, while the LED Red Light Therapy, Gold Collagen Mask and Moisturiser will leave skin glowing, hydrated and radiant.

### MESO-NEEDLING FACIAL

2 hours / USD 480

Diamond Microdermabrasion • Dermapen Microneedling • LED Red Light Therapy • Gold Collagen Mask • Peptide Hyaluronic Acid Serum • Peptide Collagen Moisturiser

Achieve smoother and younger-looking skin with this rejuvenating facial treatment that penetrates deep into the skin, treating fine lines and wrinkles, improving texture and colour, and stimulating collagen growth. The Dermapen's multiple, vibrating needles pierce the skin several hundred times per minute to enhance results. The deeply hydrating Gold Collagen Mask and LED Red Light Therapy promotes additional collagen production.

### BIO CELL FACIAL

1.5 hours / USD 610

Diamond Microdermabrasion • PRP Cell Rejuvenation • Galvanic Infusion • LED Red Light Therapy

The powerful PRP (active stem cells cultured from your own blood) repairs cells and encourages the growth of new ones. It activates deep tissue to tighten and firm the skin. The treatment also includes a Diamond Peel to deeply exfoliate the skin and LED Red Light Therapy to stimulate the growth of new collagen. The treatment cleans, exfoliates, tightens and hydrates, so it's a one-stop treatment for anti-ageing. By tightening facial muscles and repairing the skin's cells, the Bio Cell Facial will deliver firmer, fresher and more youthful skin.

## ANTI-AGEING FACIAL EXPERIENCES

### NAKED SKIN

2 hours / USD 860

Diamond Microdermabrasion • Dermastamp • PRP Cell Rejuvenation • LED Red Light Therapy

Our most raved about facial experience, Naked Skin clears and brightens the skin naturally so you can go makeup-free every day. The experience includes four treatments that target different levels and resolves different problems including reducing pigmentation, fine lines and wrinkles, large pores and acne scarring. It renews the skin and promotes the growth of collagen naturally, in a process called 'collagenisation'.

### MARINE PEPTIDE BRIGHTENING FACIAL

1.5 hours / USD 270

A pick-me-up brightening facial that clears impurities and deeply hydrates the skin. The treatment consists of:

Deep Clean + Toner • Facial Massage • Steam Extraction • High Frequency • LED Red Light Therapy • Algae Peel-Off Mask • Ginseng Mist • Peptide Moisturiser • Sunscreen

Cocoon's signature facial rejuvenates skin and visibly reduces imperfections. This facial is perfect for congested skins with blackheads and whiteheads caused by pollution or stress. After a deep cleanse and facial massage, clogged pores are manually extracted under a steamer.

The High Frequency and LED Red Light Therapy calms skin and has anti-bacterial properties to prevent future breakouts. An Algae Peel-Off Mask further extracts any remaining impurities. Once the skin is thoroughly cleansed, hydrating serum and moisturiser are applied to stimulate the growth of new skin cells promoting a smoother, tighter and brighter complexion.

## WELLNESS, DETOX AND BODY CONTOURING

### COLON HYDROTHERAPY

1 hour / USD 195

Do you suffer from bloating, constipation, dark circles under the eyes, tiredness, fatigue, indigestion, headaches, or nausea? These are all symptoms of an underactive and clogged bowel. With our modern lifestyles and unhealthy diets, our digestive systems tend to become sluggish, affecting the elimination of waste which can lead to problems such as constipation, IBS, extreme fatigue and premature ageing.

Colon Hydrotherapy is ideal for cleansing the colon, flushing out the impacted matter, toxic wastes, yeasts and other undesirables that build up over time. In doing so, your internal system is instantly hydrated increasing bowel mobility and improving nutrient absorption, as well as replacing gut bacteria, contributing to liver, blood and kidney cleansing, raising energy levels, managing the symptoms of IBS and restoring bowel regularity. Cocoon Medical Spa uses a closed system for colon hydrotherapy. The treatment is gentle and involves your expert therapist massaging your stomach. It is relaxing and you will feel completely cleansed after the treatment. Results include dewy skin, better fitting clothes and a greater sense of wellbeing.

# WELLNESS, DETOX AND BODY CONTOURING

## VITAMIN IV

### GLOW FROM THE INSIDE OUT

A mixture of vitamins and minerals are administered intravenously while you relax. This treatment boosts immune system, improves energy, and alleviates hormonal problems and hangovers.

• Vitamin C (5000mg) - for skin brightening      • Vitamin B Complex (B1 / B6 / B12) - for blood circulation      • Saline - for rehydration      • Tationil - for detoxification

**Glutathione:** antioxidant, detox, and reduce cell damage  
**Alpha Lipoic Acid:** reduces inflammation, attacks free radicals to give a healthy glow  
**Selenium:** powerful mineral that stops cells damage and brightens the skin  
**Zinc:** essential mineral for immune system and skin repair

## VITAMIN IV INFUSIONS

### JET LAG HYDRATION      60 mins / USD 200

Don't let a long flight ruin your holiday with tiredness and sleepless nights. A therapeutic cocktail of high-dose Vitamin C and saline will reboot your system.

### DETOX AND RECHARGE      60 mins / USD 240

Similar to the famous Myers Cocktail from Johns Hopkins, Vitamins C, B1, B6, B12, and Glutathione detox the liver, improve your immune system and provide a much needed energy boost.

### ANTI-AGEING      60 mins / USD 310

The ultimate combination of vitamins and minerals bring back youthful skin: Vitamins B1, B6, B12, Glutathione, and the miracle skin ingredient Alpha-Lipoic Acid with collagen and Vitamin C.

### SUPER CHARGE AND IMMUNITY "PROTECT AGAINST COVID AND FLU"      60 mins / USD 300

Give your body the ultimate protection boost against Covid the natural way. This formula has extra immune boosting minerals along with a strong dose of the body's most powerful antioxidant – Glutathione. If you are feeling tired and run down, or have a compromised immune system, this cocktail of vitamins will help you feel better faster naturally.

### BEAUTY BOOSTER FOR SKIN, HAIR AND NAILS      60 mins / USD 300

This powerful nutrient and mineral cocktail of Vitamin C, Alpha Lipoic Acid, Glutathione, Selenium will hydrate, brighten and strengthen hair, skin and nails. It provides anti-inflammatory benefits to reduce breakouts, while providing moisture retention and improved skin elasticity. This formula will also detoxify and cleanse vital organs, beautifying from the inside out.

### VELASHAPE FAT BLAST      1 area / USD 250 | 2 areas / USD 480 | 3 areas / USD 600

This is a fast, safe and effective weight loss solution offering a harmonious blend of the latest scientific technologies to remove stubborn fat that diet and exercise alone are unable to shift. This treatment reduces cellulite, shapes and firms the skin resulting in a reduction of body fat from abdomen, hips, thighs, and arm areas. The advanced treatment works by using a combination of technologies, including cavitation and radio frequency to target and destroy fat cells, while normal body tissue remains unaffected. Once fat cells are broken down, they are naturally removed through the body's normal elimination process. Expect results with just one session.

- Eliminate stubborn fat
- Reshape 'problem' areas
- Perfect for those last pockets of fat that diet and exercise alone simply cannot move
- No downtime: the fat blaster is a walk-in, walk-out procedure and you may resume your normal routine the same day

### EPIGENETIC ANALYSIS      USD 195 per person | USD 350 per couple

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. The epigenetic test gives you lifestyle and diet recommendations to optimise your health.

## WELLNESS AND AESTHETIC PROGRAMMES

### ABSOLUTE IMMUNITY AND GLOW

Boost your health and skin at once with this powerful combination of natural vitamins, a relaxing massage, and 24-carat gold hyaluronic mask. The high level of vitamins helps balance the hormones, improve immunity level, and antioxidants improve the overall luminosity of your youthful skin.

- \* IV DRIP, OXYGEN THERAPY, FOOT MASSAGE
- \* ADD GOLD COLLAGEN HYALURONIC ACID MASK

60 mins / USD 280  
USD 310

### COMPLETE DEEP CLEANSING AND PURIFYING FACIAL

This professional deep-acting treatment will give you a complete deep cleanse and hydration. A guaranteed safe and effective way of exfoliating the skin that will help activate natural cell renewal, collagen production, and oxygenation to awaken tired, sallow, and dull skin.

Choose any of the following packages for an excellent aesthetic experience program. Enhance your treatment with Diamond Microdensitometer and LED Red Light Therapy that helps diminish fine lines, wrinkles and brightens the overall complexion, giving the skin back its natural radiance and glow.

#### \* SILVER PACKAGE

Facial Massage. Deep Cleanse. Gold Collagen Hyaluronic Acid Mask. Oxygen Therapy

60 mins / USD 180

#### \* GOLD PACKAGE

Silver package with Diamond Microdermabrasion and LED Red Light Therapy

90 mins / USD 250

### ACNE CLARIFYING FACIAL

60 mins / USD 250

This facial is designed especially for active acne or congested skin, helping to reduce and control breakouts. The facial starts with deep cleansing with a glycolic facial wash which balances oil production and reduces excess sebum. The LED blue light technology is antibacterial and calms inflammations.

A few sessions are recommended together with a clean diet and lots of water to improve the skin congestion and texture.

Facial massage. Face steam. Manual extraction and deep clean. Glycolic facial wash and deep clean. LED Blue Light facial.

# WELLNESS AND AESTHETIC PROGRAMMES

## WELLNESS THERAPY

90 mins / USD 405

Colon Hydrotherapy + Vitamin IV Detox and Recharge Infusion (Vitamins C, B Complex, Glutathione)

This treatment provides your body with the compete essential nutritional needs and detoxes from harmful toxins found in food and the environment. The Vitamin IV Infusion provides 100% bioavailability as it bypasses the gastrointestinal tract, allowing for full absorption of nutrients. In just a few hours, your body will be completely hydrated and detoxed, enhancing energy levels, strengthening the immune system, and promoting anti-aging.

## SLIM & SHAPE

USD 895

Cocoon's comprehensive programme is a combination of the latest non-invasive scientific technology for fat loss. After two appointments of slimming massage and Velashape, the fat cells will break off into the body's waste system, followed by colon hydrotherapy which will cleanse and purge these fat cells. An excellent programme for reducing cellulite, shaping and firming skin and for spot fat reduction in problem areas such as abdomen, hips and thighs.

Day 1: 90 min slimming massage

Day 2: Velashape Fat Blast in three areas

Day 3: Colon Hydrotherapy

## DETOX & GLOW

USD 700

Feel cleansed and glowing from the inside out! Treat yourself to a few days of pure wellness and return home with that special "holiday glow". The colon cleansing purges your body of toxins, the Vitamin IV Infusion boosts your immune system and restores all essential vitamins and minerals and detoxes your organs. Finally, the purifying facial deeply hydrates for a deep cleanse. Hyaluronic acid and collagen are infused with a luxurious gold mask. This programme will rid bloating and tiredness, leaving you feeling cleansed, energetic and healthy.

Day 1: Colon Hydrotherapy

Day 2: Vitamin IV Detox and Recharge Infusion (Vitamins C, B Complex, Glutathione) and foot massage

Day 3: Silver Package - Facial Massage. Deep Cleanse. Gold Collagen Hyaluronic Acid Mask. Oxygen Therapy

