



AYURMA





## ABOUT THE ARTIST

Born in Kerala, India in 1967, **Bara Bhaskaran** is a contemporary visual journalist and artist. Using a vibrant colour palette and joyful play with light and dark, his expressive series ***Rta: The Earth Mother*** – commissioned exclusively for AyurMa – explores the interconnectedness of the universe, from a delicate petal to the currents of the sea.

Earth, according to the ancient sages, rests in the cradle of *Rta*, the healing mother who realigns energies and guides the harmony between humans and nature.

Exploring this sacred garden of kinships, Bhaskaran describes his series as 'part florilegium of medicinal herbs, part cosmic imagination', in which every detail is designed to resonate to a single rhythm 'that heals you from within and expands your consciousness'.













LOVE  
YOUR  
SELF

AyurMa invites you to reset your awareness and embark on a new path to health, harmony and happiness, where the emphasis is on loving the Earth as you love yourself.

Supported by the four pillars of Ayurveda, Yoga Therapy, Wellness, and Planetary Wellbeing – plus a multi award-winning team of Ayurvedic Doctors, Naturopaths and Yoga Therapists – discover individual and shared experiences designed to cultivate care for ourselves, others, the oceans and the entire planet.

LOVE  
THE  
PLANET

## THERAPEUTIC CARE CONSULTATIONS

### What's holding you back?

Is rotator cuff pain restricting your movement? Are digestive issues dictating your activities? Does poor sleep, spine pain, arthritis or migraine negatively impact your life?

Our team draws from many alternative systems of medicine to create bespoke programs of therapeutic care.

Book a complimentary consultation to discover what we can do for you, from onsite treatments to useful knowledge that will help you continue your wellbeing journey at home.







## PLANETARY WELLBEING

Drawing on the deep, potent roots of **Naturopathy – the idea that nature has the ability to heal us and itself** – our complimentary consultations, pioneering experiences, and inspiring group activities encourage greater understanding of the natural world and our role within it.

**Alongside our expert Doctors, join us on an island-wide discovery of collaboration, connection and custodianship, beginning with our Earth Blessing gathering every evening at sunset.**

### Rahumathuge Vaguthu (Earth Blessing)

Join your fellow islanders every evening for a very special 'blessing time'. Our daily gratitude ritual is a joyful celebration of the Earth's gifts through song, dance and mindfulness.

*Complimentary 30-min evening gathering – all welcome!*

### Naturopathy Consultation

One-to-one lifestyle advice based on the six principles of Naturopathy, including Facial, Iris, Tongue and Pulse Diagnosis.

*Complimentary 45-min consultation.*

### Full Moon & New Moon Yoga

In sync with the waxing and waning moon, this gentle sequence of flowing asanas (yoga postures) builds physical, energetic and emotional resistance with the goal of achieving absolute peace and freedom.

Aligned with the element of water, it's a beautiful way to embrace the moon's uplifting gravitational pull, remember our connection to the oceans, and soothe body and mind.

*Complimentary bi-monthly session.  
Ask the AyurMa team for dates.*

### Wake Up To Wonder

Embrace the new dawn on this mindful exploration of the gently stirring island. Breathe in the promise of fresh potential amid the birdsong and sensory spoils of the Ayurvedic Garden. Then enjoy a series of sun salutations and breathing exercises on Blu Beach as you connect to the wonders of the awakening world.

*6:30 am private session.*





## PLANETARY WELLBEING

### Five Elements Trail

Five stops along the yoga energy trail to focus on the five elements that make up our body – Earth, Fire, Space, Air and Water – encompassing yoga, exercise, breathing and a yogic cleansing ritual facilitated by our Naturopathic Doctor.

*60-min private session for up to two people.*

### Mud Therapy

Connect to nature's power under an ancient Banyan Tree in the island's healing heart. This therapy begins with a detoxifying mud pack on the abdomen and forehead, and reflexology on the hands and feet. A full body mud application and drying 'sun bath' follows, before an al fresco soak in nourishing island herbs. Great for migraines, digestive and skin disorders, arthritis and holistic healing.

*90-min private session for one or two people.*

### Acupuncture & Moxibustion

A bespoke private treatment to help manage specific areas of pain – all those niggles you've been meaning to see to... Includes heated needles and optional cupping. Performed by our Naturopathic Doctor.

*90-min private therapy including consultation (extended packages available).*

### Essence of Water

This flowing sequence of healing hydrotherapies is great for treating hypertension, relieving fatigue, increasing vitality, and addressing problems of the spine. Guided by our Naturopathic Doctor at the Ayurvedic Pavilion utilising bathing, steam and ice-scrub.

*60-min private session for one person.*





## THE NIGHT SPA

### Om Supti Night Spa Ritual

150 min

Paving the way for restful sleep – one of the cornerstones of good health in naturopathic medicine – Om Supti lulls body and mind into a deeply meditative state, calming the nervous system, relaxing the spine, and reducing stress levels.

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

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

**HARMONISE** your body's sleep centre with a profoundly balancing facial therapy and 'Inner Peace' bath in an al fresco carved stone tub.

*Available from 9pm each night for just one individual or couple. 24 hours advance notice required.  
May be cancelled in the event of rain.*





## AYURVEDA

**All life strives towards harmony.** When any elements fall out of balance, the result is chaos and disease.

Ayurveda is a 5000-year-old quest for equilibrium that is accessible to everyone as a healthcare system. Think of it as an instruction manual for natural living: a great way to learn about your body and the best way to optimise it through diet, herbal remedies, and lifestyle modifications.

**Begin your Ayurvedic journey with a complimentary consultation to identify your unique body/mind constitution and discover simple adjustments to create more harmony in your daily life.**











## AYURVEDIC TREATMENTS

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

### Abhyanga

75 min

An energising head-to-toe massage with medicated herbal oils to boost immunity and circulation, relieve fatigue, and delay the signs of ageing.

### Udvartana

75 min

A herbal powder massage for firm healthy skin and wrinkle reduction. Also good for reducing excess fat and unblocking blood vessels.

### Shirodhara

120 min

A slow steady stream of warm herbal oil poured onto the 'third eye' promotes inner calm, relieves insomnia, and nourishes the hair and scalp.

### Navarakkizhi

120 min

A massage with warm rice poultices cooked in herbal milk to ease neuromuscular issues, boost muscle strength and nourish skin and soft tissues.

### Sarvangadhara

120 min

Highly rejuvenating streams of warm medicated oil to nourish muscles and restore elasticity and lustre to mature or post-pregnancy skin.

### Elakkizhi

120 min

A 'poultice of leaves' massage that uses warm herbs, spice and oil bundles to tone skin and ease issues like arthritis and sciatica.



## TARGETED SOLUTIONS

Focused therapies that address specific needs from congestion to digestion, following consultation with one of our Ayurvedic Doctors.

### Nasya

30 min

The introduction of small amounts of medicated oil into the nostrils. Brings relief from sinusitis, migraines, headaches, colds and nasal blockages.

### Karna Poorana

30 min

The filling of the ears with warm herbal oils. Helps dislodge impurities, sharpen hearing, and relieve earache, tinnitus, headaches and giddiness.

### Kati Vasti

30 min

The pooling of warm medicated herbal oil on the lower back. A nurturing therapy to strengthen muscles, lubricate joints, and ease spinal conditions.

### Tarpana

30 min

The gentle pouring of medicated ghee (clarified butter) into open eyes. Helps reduce dark circles and ease dry eyes from Computer Vision Syndrome.

### Avagaha Sweda

30 min

A detoxifying bath that induces perspiration, helps reduce stress and inflammation, and improves digestion. (A cooling version can also be prepared).

## INTRODUCING VEDASUTRA

We use VedaSutra products in our Ayurvedic treatments. Nestled in the forests of Kerala in India, VedaSutra Herbal Healthcare Ltd is a company founded by two renowned Ayurvedic Physicians on the guiding principles of purity, quality and sustainability.







## PANCHAKARMA & AYURVEDIC PROGRAMS

**Ayurveda seeks to harmonise our internal energies** with the elements in the external world to prevent disease and maximise wellbeing. It starts with an understanding of our own unique constitution, and how it's affected by what we eat and where we are.

For that reason, all of our Ayurvedic treatment programs – from half a day to the duration of your stay – are customised following a personal consultation.

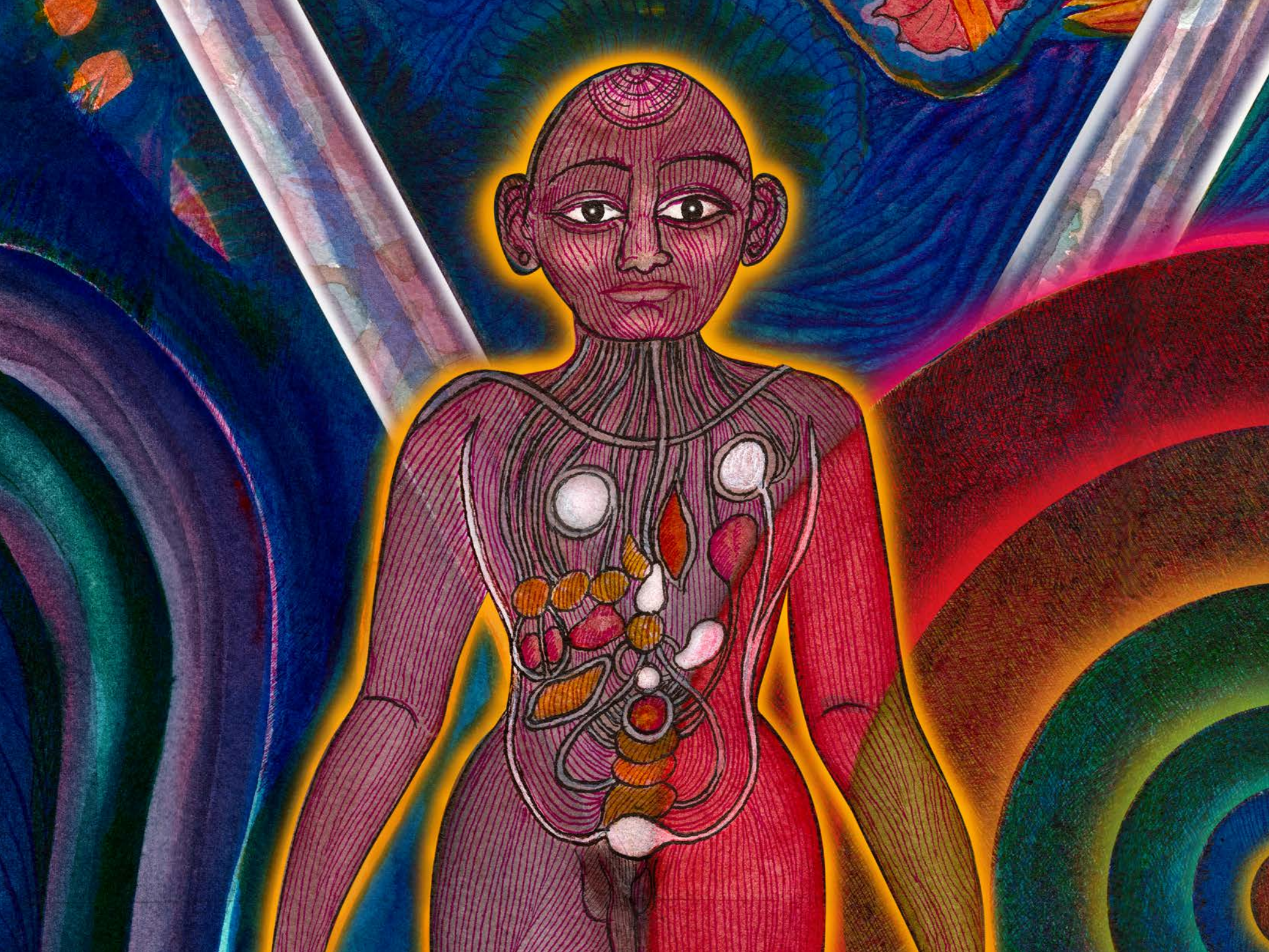
For the most high-level health benefits, our Government of Maldives accredited clinic offers Panchakarma: an intensive 14 to 21 day full-body cleansing and rejuvenation program to remove deep-rooted stress and

illness-causing toxins, complete with elimination therapies and a special detox diet.

**Even if you're just curious to discover your dosha (body type) and enjoy the Ayurvedic food-labelling in our restaurants, book a complimentary Ayurvedic consultation with one of our Doctors and start putting your health back at the top of your priorities list.**











## YOGA THERAPY

**Like Ayurveda, Yoga is part of the Vedic Sciences shared in The Vedas, one of humanity's oldest sacred texts.**

Facilitated by the alumni of S-VYASA – the world's first 'University for Yoga' and pioneer of Yoga Therapy through scientific research – our condition-targeting Yoga Therapy courses address specific ailments from a medical perspective to reveal the true healing potential of this ancient art.

**Whether you're a newbie or a regular practitioner, meet for a chat with one of our Yoga Masters to uncover the knowledge you need to take charge of your own wellbeing.**

### **Yoga Therapy Courses (3-5 days)**

A yoga 'prescription' – from our Yoga Doctors – that's unique to your ailment, aim, injury or intention.

Across 3 or 5 days, become the master of your own wellbeing through consultations and one-to-one sessions that teach bespoke breathing techniques and postures.

Starting modules target specific 'common' ailments and lifestyle diseases. Choose from:

- Immunity Builder
- Stress Management
- Diabetes Care
- Spinal Care
- Thyroid Health
- Men's Health
- Women's Health
- Addiction Management

Or consult with our Yogis to tailor a program to suit other symptoms, as well as any combination of the above.



### Private Yoga

A session devised uniquely for you, from bespoke postures to guided meditation and breathing techniques.

*Available as a private class.  
For group classes please see the Resort Activity Guide.*

### AntiGravity® Yoga

A 'flying' practice that uses suspended hammocks to master gravity-defying poses, relieve age-related aches, release 'happy hormones', and fast-track flexibility: what's not to love?

*Available as a group or private class.*

### Aqua Yoga

Low-impact saltwater pool classes derived from Hatha postures: great for increasing strength, balance and range of motion while decreasing pressure on the joints.

*Available as a group or private class.*

### Aqua Float Yoga

Develop your core strength, balance, coordination and mindfulness with this challenging yet fun series of asanas performed on floating mats in our Salt Water Pool.

*Available as a group or private class.*

### Pregnancy Yoga

A wonderful way to focus on quality 'you time', keep in shape and prepare for the birth process. Gentle adapted asanas ensure a safe experience for all experience levels.

*Available as a private class.*

### Yoga Energy Trail

Breathe, stretch, tone, strengthen and jog around 15 unique outdoor stations during this guided 75-minute session, suitable for guests of average fitness, 12 years and above.

*Available as a group or private class.*

### Pilates

Strengthen the core, cultivate body awareness, and improve flexibility with mat-based exercises based on six principles: centering; concentration; control; precision; breath, and flow.

*Available as a group or private class.*

## YOGA AT HOME

From anywhere in the world

### Live Stream Yoga

*Every Day at 7:30 am  
UK time - complimentary*

Join our resident yogi for a 30-minute live class straight from AyurMa at Four Seasons Resort Maldives at Landaa Giraavaru. Welcome to our Yoga family.



### Private Yoga Connection Class

Join our resident yogi for a bespoke private 60-minute live class straight from AyurMa at Four Seasons Resort Maldives at Landaa Giraavaru and invite a friend or loved one anywhere in the world to join for free.







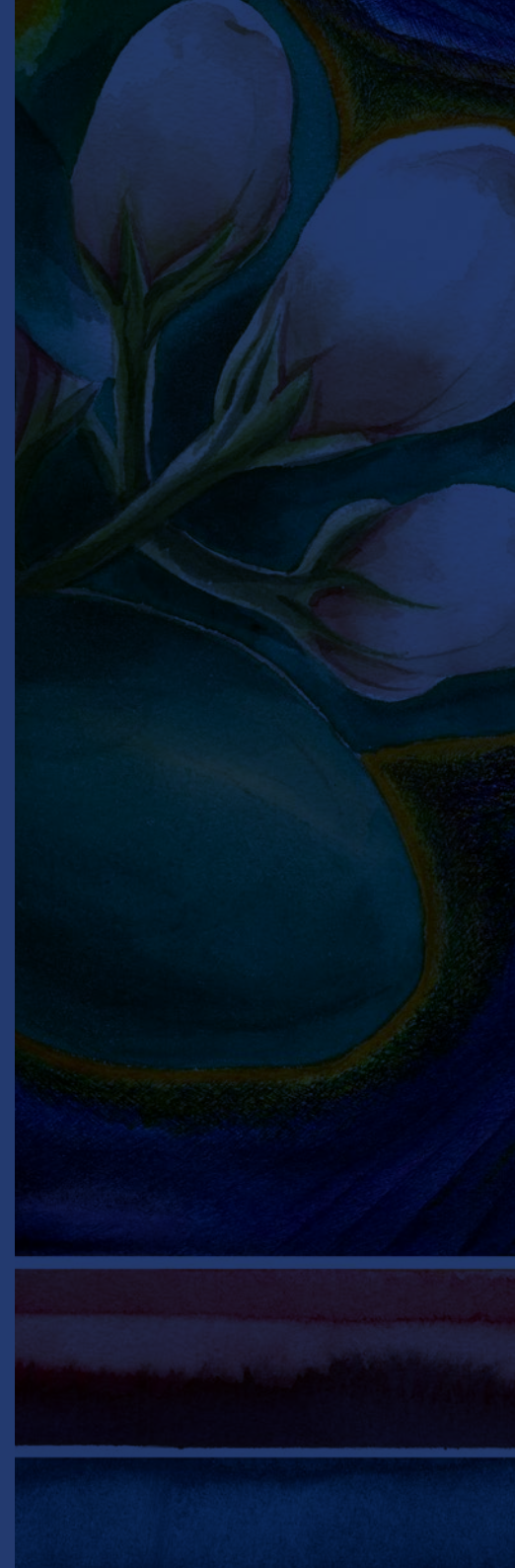
## WELLNESS

**At the heart of optimum health and wellness lies our connection with ourselves and those around us.**

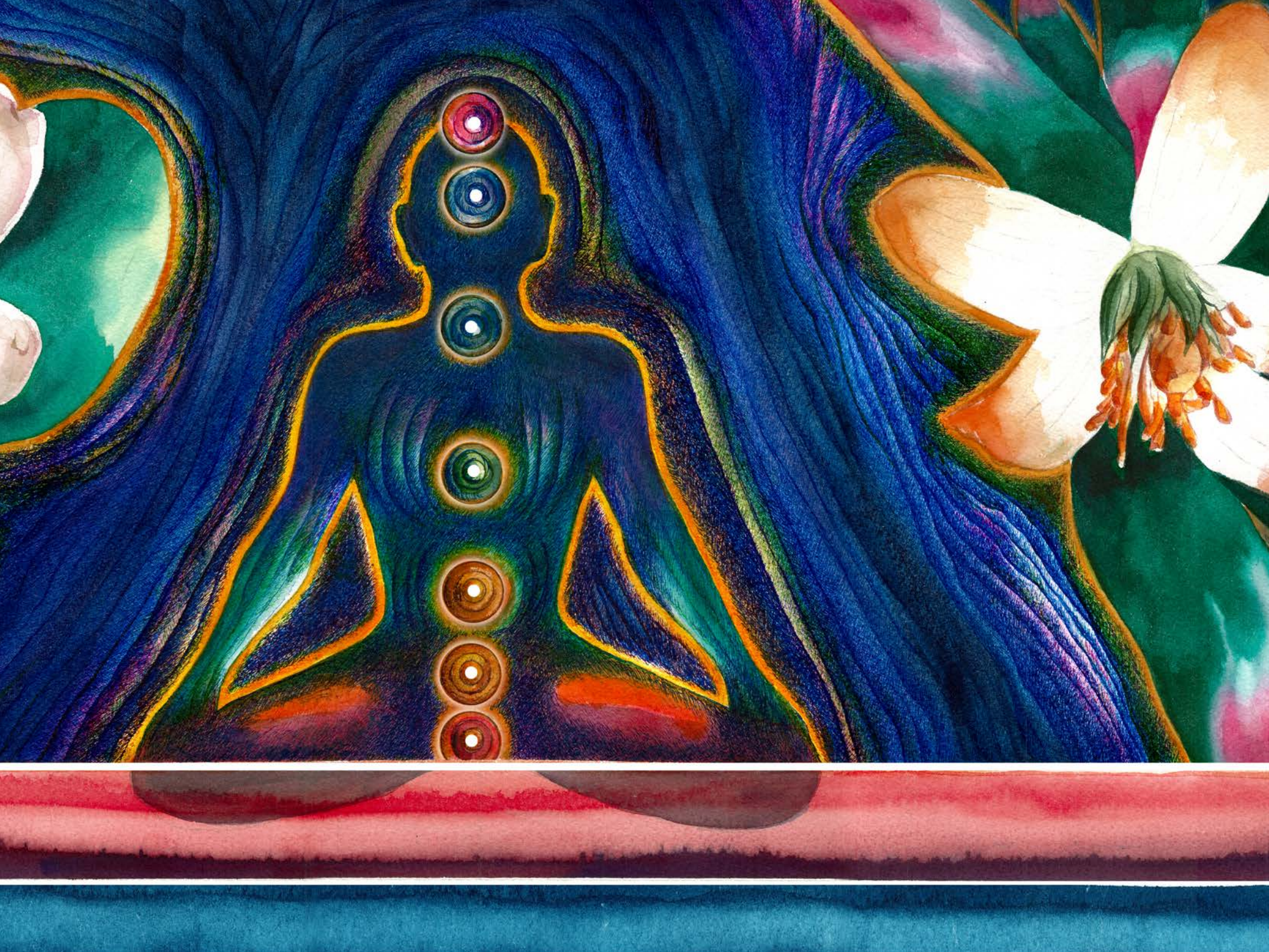
Mindful self care is the first step to taking care of others and the wider world; feeling great on the outside helps us feel at ease on the inside, making us more likely to emanate good vibes and have a positive impact.

Love for the planet begins with love for ourselves.

**Talk to the AyurMa team about your needs and goals and receive personalised treatment and high-tech beauty recommendations to help you feel at your best.**











## ALIGNMENT RITUALS

Surrender to the transformative effects of heartfelt self-care with our Alignment Rituals: seven extraordinary multi-faceted treatments that open and align the body's chakras (energy centres) for optimal emotional, physical, intellectual, and spiritual balance.

**Choose the treatment that most resonates with you or chat to the AyurMa team for a recommendation.**

### Align With The Earth

120 min

This deeply grounding ritual roots you to Mother Earth and the sense of stability located in the lower spine. Rediscover your inner strength and the core knowledge that allows you to take care of yourself and others, enabling you to progress boldly into the fullness of life.

Combining a foot wash, frankincense smoke, singing bowls and a slow massage with grounding vetiver, ginger, patchouli and jatamansi, align with the profound and peace-inducing connection of nourishing earth energies.

### Align With Joy

120 min

Connect to your free-flowing creativity and source of joy with this water-inspired ritual. Tapping into the energy of your lower abdomen helps you to let go and surrender to life's pleasures, improving fertility, self-worth and openness to change.

Ideal for couples to experience together, this treatment combines a lymphatic scrub, Vichy shower, flowing massage, chakra warming with nourishing oils of jasmine, patchouli, rose and sandalwood for a reinvigorated zest for life and love.

### Align With Power

120 min

Shine bright like a diamond with this warming and uplifting ritual designed to ignite your inner fire. Drawing on the seat of your personal power – located at your solar plexus – you'll rediscover your vitality and sense of purpose.

This elevating treatment floods the body with vital energy and inner warmth. An Energising & Detoxifying Body Scrub, Bio-Energy Mud Wrap and massage with argan oil, juniper berry, geranium and lemongrass restore inner strength and radiance.





### Align With Love

150 min

Align with the purest energy of all: Love. Radiating out from your heart is the possibility of unconditional love: for yourself, others, and the planet. Free yourself from self-imposed limits and awaken to your divine potential as a compassionate being.

This beautiful gentle ritual features a tender scrub, massage and heartwork using rose oil and warmed rose quartz to restore equilibrium to body and mind. You'll leave feeling at one with yourself and those around you, fully surrendered to life's bliss.

### Align With Truth

120 min

Open up to the truest expression of yourself with a ritual designed to develop your personal expression in its most authentic form. Communicate with honesty, clarity and efficacy – using your voice to empower yourself and others – and follow your creative destiny.

A combination of yoga, healing sounds, smudge sticks and a specialised marma facial massage help to free up self-expression, reconnect the mind to a positive flow, and encourage deep, restful sleep. You'll 'wake up' fully renewed.

### Align With Intuition

120 min

Tap into your intuitive inner knowledge with this harmonising ritual designed to bring clarity to your mind's eye. Focusing on the centre of your forehead – or 'third eye' – hone your ability to be mindful, make good decisions, and see life's bigger picture.

Breathing techniques support inner focus while sandalwood and jasmine oils open inner portals and ease emotional stress. A calming back massage, flowing streams of warm oil, an Amethyst Gel Wrap and a marma point facial elevate each moment, leaving you soaring; ready to 'see' the world anew.

### Align With Wisdom

120 min

Elevate yourself to new levels of understanding with this uplifting ritual, which draws on the connection between the physical body and the great cosmos beyond. Reach for a higher state of wisdom with the knowledge that your oneness doesn't stop at the crown of your head...

A divine combination of orange blossom and jasmine oils resonate with the vibrations of light, while sea buckthorn regenerates life force. Through a rhythmic sequence of foot, back and head massages, the body becomes a channel for flowing life-force from the ground to the great beyond.



## GIFTS OF CONNECTION

Connect to the loving maternal heart of the AyurMa philosophy with these uniquely nurturing treatments, featuring various mind and body work sequences that tap into the energy that flows between and within us all.

### **AyurMa Ritual for Women**

150 min

Delivered by two female therapists, this ritual uses sacred songs, healing sounds, and a tender revitalising massage to nourish the life-affirming energy of the Divine Mother that flows within each woman.

### **Aailaa Ritual for Families**

120 min

Meaning 'family' in Dhivehi, this bonding journey for up to four family members (parents and children) moves through an enriching sequence of body therapies towards a special celebration of togetherness.

### **Kaumara Ritual for Teens**

120 min

The journey to adulthood is one of the trickiest you'll ever take. Get comfy in your own skin with this high-vibing scrub, bath and facial (with a heart-strengthening focus for girls and expression focus for guys).

### **Earth Explorers Ritual for Kids**

60 min

This calming journey of yoga postures, body painting, bathing and song introduces the important "planet and me" connection to children as young as 7, instilling a lovely sense of stability and belonging.

### **Amma Ritual for Mothers-to-be**

120 min

A beautiful bonding experience for expectant mothers and their babies, featuring a gentle blackcurrant and rosehip scrub; a cramp-easing lavender, geranium and rose massage; and a harmonising rose face massage.







# MASSAGES

## AyurMa Massage

90 min

Warm poultices, local coconut oil and vibration-aligning tuning forks to release tension and nurture a sense of love and unity.

## Landaa Massage

60/90/120 min

Relieve aches and restore serenity with the firmer Landaa Energising Massage or the more relaxing Landaa Restorative Massage.

## Thai Massage

90/120 min

A fully clothed sequence that combines stretching with focused pressure to open the energy channels and relieve tension.

## Five Elements Massage

90 min

Hand cupping, kneading, and crystal techniques to balance the five elements and restore a harmonious flow of energy.

## Alignment Massage

75 min

This gentle holistic treatment has a surprisingly restorative effect, aligning the body's energies for a powerful holistic 'high'.

## Warm Shell Massage

90 min

A therapeutic rejuvenating experience using heated clam shells to increase circulation and invigorate body and mind.

## Anti Cellulite Massage

90 min

Strong kneading, tapping and suction cups eliminate stagnation, increase metabolism, and improve skin elasticity.

## Therapeutic Massage

90/120 min

A deep tissue massage with focused thumb, forearm and elbow pressures to release tension and increase joint flexibility.

## Indian Head Massage

60 min

Balance the body and condition the hair with coconut oil and Ayurvedic herbs during this energising and clarifying treatment.

## Indian Foot Massage

60 min

This relaxing foot therapy uses Ayurvedic oils to revitalise tired feet, improve blood circulation and soothe dry skin.

## Pregnancy Massage

90 min

For safe effective relief of the physical stresses of pregnancy, from cramps and postural discomfort to back pain.









# BODY & FACE THERAPIES







## SCRUBS & WRAPS

### Blissful Scrub

60 min

A heavenly body scrub with rose otto, jasmine and sandalwood oils to calm the nervous system and leave skin glowing.

### Energising & Detoxifying Scrub

60 min

Eliminate toxins, stimulate circulation and strengthen the bio-energy fields with this zesty treatment for cellulite, stress and exhaustion.

### Island Cooling Wrap

60 min

A healing blend of fresh aloe vera, Ayurvedic herbs and yoghurt precedes a banana leaf wrap, nourishing body cream and cooling rose mist.

### Stem Cell Remodelling Treatment

90 min

A regenerating scrub, lymphatic stimulation, facial and ylang ylang stem cell wrap for a visibly 'slimmed' physique and toned hydrated skin.

## FACE THERAPIES BY ILA

Meaning 'earth' in Sanskrit, ila products combine pure ingredients, ancient traditions and sustainable processes to revitalise skin and improve wellbeing through the transforming effects of energy healing.

### Ananda

60 min

This indulgent therapy ('divine bliss' in Sanskrit), uses marma massage and light techniques to open the face's energy centres for a beautiful glow.

### Rainforest

90 min

Regenerate skin cells with deep lymphatic drainage, a warm herbal compress massage and healing plant extracts from the rainforest.

### Cellular Age-Restore

90 min

A precious infusion of three types of naturally occurring gold combined with sonic wave therapy to plump and boost the skin's cellular structure.



# HIGH TECH WELLNESS

Science Meets Healing

## TERESA TARMEY FACIALS

Teresa Tarmey, one of the world's most influential skincare experts, launched her first Resort-based studio here at Landaa in 2019.

Let our TT-endorsed Senior Therapists – trained by Teresa in her London clinic – brighten, smooth and regenerate your skin using some of the world's most pioneering and holistic gravity-reversing techniques; tailored to your skin's needs and loved by A-list clients including Victoria Beckham, Sienna Miller, Kate Moss and Julianne Moore.

### THE ULTIMATE TT

75 min

Comprises: very light lactic peel – with no 'downtime' necessary; blackhead extraction and milia removal if required; Radio Frequency for skin tightening, lifting and contouring; revolutionary cryotherapy and LED technology; signature TT lymphatic drainage and sculpting massage.

### CRYO LIFT

45 min

Loved 'The Ultimate TT' lift? Top up before you depart with all the benefits of The Ultimate TT Facial minus the Radio Frequency.





## TDA FACE & BODY THERAPIES

Non-invasive, transdermal application (TDA) therapies use a computerised applicator to deliver supercharged ingredients to skin's deepest layers for visibly improved results. Choose the serum most suited to your skin and needs.

### Women's Facials

60 min

- **Hyal N5** to protect skin and smooth early fine lines
- **Hyal 10** to hydrate all skin types and boost collagen production
- **Mitocell** to hydrate mature skin, stimulate cell renewal, and reduce wrinkles
- **Proderm** to treat skin inflammation, irritation and acne
- **Dermacool** to soothe irritated or sunburned skin

### Men's Facials

60 min

- **Fight** to firm, moisturise, reduce lines and stimulate cell renewal
- **Rescue** for sensitive, stressed, shaved or irritated skin

### Body Treatments

60 min

- **Cellulite Smoother** to tighten connective tissue and stimulate lymphatic flow
- **Feminine Focus** for delicate hydration and health, including during menopause and post-episiotomy

### Top-Ups

30-min boosts available as a follow-up to a 60-min facial treatment

*Enquire at AyurMa Reception about multiple treatment programs.*







## VERJÚ LASER BODY CONTOURING

*30 min*

Reduce inches. Remove body fat. Boost self-esteem.  
It's that simple!

Combined with a targeted lymphatic drainage massage, our pioneering non-invasive green-laser-diode technology emulsifies fat under the skin for a smoother, sleeker silhouette. A minimum of three 30-minute treatments – 48-hours apart – is required for best results.

For maximum body sculpting, talk to us about devising a plan specifically for you, comprising Anti Cellulite Massages, Stem Cell Remodelling and TDA Body Treatments. Personalised dietary consultations are also available to assist with weight loss.



# LANDAA BEAUTY

## NAIL SERVICES

### Manicure

75 min

The beauty is in the detail: shaping and buffing; the removal of dry skin and cuticles; a smoothing scrub and nourishing massage. Polish optional. Suitable for men and women.

### Pedicure

75 min

Our podiatrist-trained therapists use professional tools to shape nails and cuticles, remove calluses, and smooth rough skin. Polish optional. Suitable for men and women.

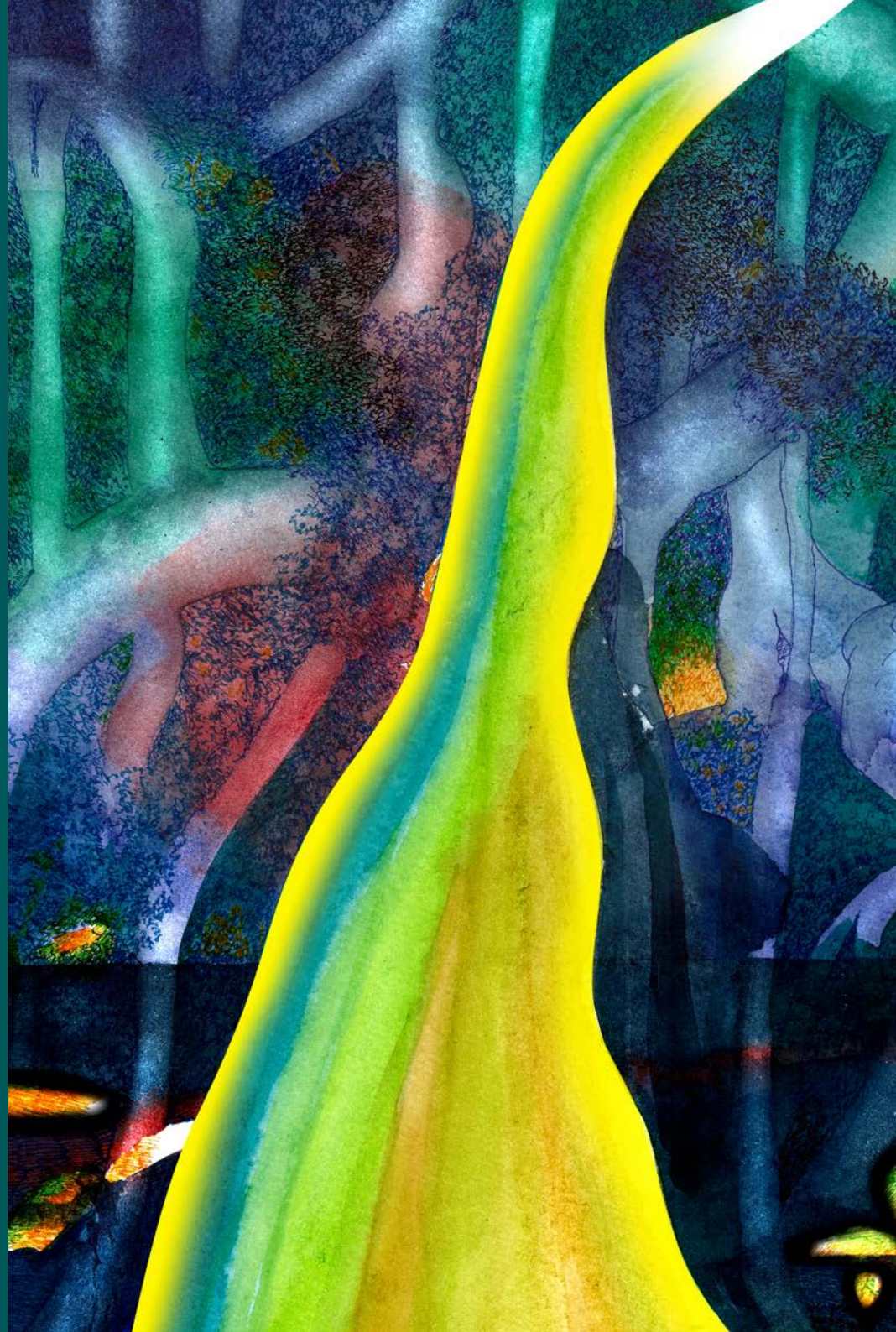
### Gel Nail Polish

45 min

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

*Other nail services are also available. Please refer to the Price List for further options.*

*Full waxing services are also available.  
Please ask for details.*





## PLANETARY WELLBEING

	Duration	Price
Wake Up To Wonder	60	150
Five Elements Trail	60	150
Mud Therapy	90	290
Acupuncture & Moxibustion	90	290
Essence of Water	60	290

## Om Supti Night Spa Ritual

Individual	150	750
Couple	150	1,200

## AYURVEDA

Abhyanga	75	250
Udvardhana	75	250
Shirodhara	120	420
Navarakkizhi	120	420
Sarvangadhara	120	420
Elakkizhi	120	420

## TARGETED SOLUTIONS

Nasya	30	100
Karna Poorana	30	100
Kati Vasti	30	100
Tarpana	30	100
Avagaha Sweda	30	150

## PANCHAKARMA & AYURVEDIC PROGRAMS

Explore	7 days	2,800
Absorb	14 days	5,200
Commit	21 days	6,900

## YOGA & THE YOGA THERAPY CENTRE

	Duration	Price
Yoga Therapy Course	3 days	520
Yoga Therapy Course	5 days	820

## AntiGravity® Yoga

Private Individual	75	200
Private Couple	75	250
Scheduled Group Class (per person)	75	80
Private Group Class (up to 6 people)	75	375

## Other Yoga

Private Yoga	60	140
	90	200
Private Group Yoga (up to 4 people)	60	250
Private Aqua Yoga	60	140
Private Aqua Float Yoga Individual	60	200
Private Aqua Float Yoga Couple	60	250
Scheduled Group Class (per person)	60	80
Pregnancy Yoga	60	140
Mat Pilates	60	140

## Yoga Energy Trail

Private Individual	75	200
Private Couple	75	250
Scheduled Group Class (per person)	75	80
Private Group Class (up to 3 people)	75	330

## Yoga at HOME - from anywhere in the world

Private Yoga Connection Class	60	80
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## SPA TARIFF

## WELLNESS

### ALIGNMENT RITUALS

	Duration	Price
Align With The Earth	120	420
Align With Joy	120	420
Align With Power	120	420
Align With Love	150	460
Align With Truth	120	420
Align With Intuition	120	420
Align With Wisdom	120	420

### GIFTS OF CONNECTION

AyurMa Ritual for Women	150	550
Aailaa Ritual for Families (up to 4 people)	120	975
Kaumara Ritual for Teens	120	320
Earth Explorers Ritual for Kids	60	135
Amma Ritual for Mothers-to-be	120	390



AYURMA



## WELLNESS

### MASSAGES

	Duration	Price
AyurMa Massage	90	290
Landaa Massage	60	195
	90	290
	120	350
Thai Massage	90	290
	120	350
Five Elements Massage	90	290
Alignment Massage	75	240
Warm Shell Massage	90	290
Anti Cellulite Massage	90	290
Therapeutic Massage	90	290
	120	350
Indian Head Massage	60	195
Indian Foot Massage	60	195
Pregnancy Massage	90	290

## BODY & FACE THERAPIES

### SCRUBS & WRAPS

	Duration	Price
Blissful Scrub	60	195
Energising & Detoxifying Scrub	60	195
Island Cooling Wrap	60	195
Stem Cell Remodelling Treatment	90	290

### FACE THERAPIES BY ILA

Ananda	60	200
Rainforest	90	250
Cellular Age-Restore	90	290

## HIGH TECH WELLNESS

### TERESA TARMEY FACIALS

The Ultimate TT	75	380
Cryo Lift	45	280

### TDA FACE & BODY THERAPIES

Women's Facial	60	290-340
Men's Facial	60	290-340
Body Treatments	60	290-340
Top-Ups	30	130-150

## VERJÚ LASER BODY CONTOURING

Verjú Laser	40	250
Verjú Laser with Cellulite Massage	100	420
3 x 100-min sessions		1200
6 x 100-min sessions		2400

## LANDAA BEAUTY

### NAIL SERVICES

	Duration	Price
Manicure	75	110
Pedicure	75	130
Manicure and Pedicure	120	190
Gel Nail Manicure	75	190
Gel Nail Pedicure	90	220
Gel Nail Polish	45	85
Gel Nail Polish Removal	45	50
Hand File and Polish	30	70
Foot File and Polish	45	90

### Waxing

Underarm	30	50
Half Leg	30	70
Full Leg	60	120
Bikini	30	90
Brazilian	60	110
Back	60	110

Prices and treatments are subject to change without notice  
and will be subject to service charge and taxes.

01/2023





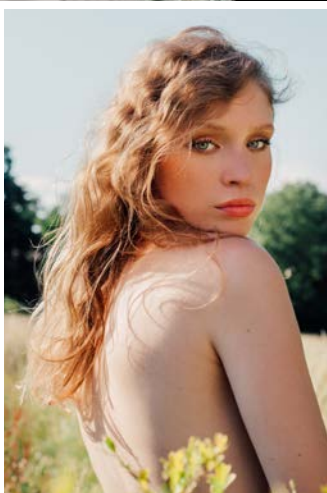


## ROSSANO FERRETTI HAIRSPA

**Rossano Ferretti  
stylists take hair care  
to the next level.**

Super-nourishing scalp  
treatments restore  
hair to its very best,  
while revolutionary  
tailored cuts consider  
the whole person –  
from the natural fall of  
the hair to hair type,  
facial structure and  
personality – while  
ensuring utmost care  
to hair fibres.





### Metodo Look Transformation

from \$350

A unique and bespoke haircut "Method" that focuses on natural fall in movement to enhance individual beauty.

### Prodigio Deluxe Regenerating Treatment

60 min | \$110

IDEAL FOR DRY, TREATED AND DAMAGED HAIR

A reconstructing treatment that leaves even the most damaged hair extraordinarily shiny and silky after just one application.

Prodigio Treatment •  
RF Shampoo (depending on hair type) •  
Conditioner or Hair Mask (depending on hair type)  
• Prodigio Potion

### Intenso Moisturising Treatment

30 min | \$75

IDEAL FOR THICK, FRIZZY AND UNRULY HAIR

A powerful beauty treatment that leaves thick hair hydrated, soft, silky and under control.

Intenso Shampoo • Intenso Hair Mask • Intenso Serum • Brillante Oil

### Vita Revitalising Treatment

30 min | \$75

IDEAL FOR FINE AND LIFELESS HAIR AND TO FIGHT THE SIGNS OF HAIR AGEING

A luxury nourishing boost that infuses fine, thin, lifeless or devitalised hair with resilience, body, strength and shine.

Vita Shampoo • Vita Hair Mask • Vita Serum • Prodigio Potion

### Dolce Repairing Treatment

30 min | \$75

IDEAL FOR HAIR EXTENSIONS AND VERY DRY HAIR

Provides deep hydration and moisture, making even the driest, thirstiest hair softer, shinier and healthier.

Dolce Shampoo • Dolce Hair Mask • Dolce Spray • Brillante Oil

### Cuts, Styling and Blow Dries

Ladies' Cut and Style	from \$180 - \$250
Men's Cut and Style	from \$110 - \$150
Shampoo and Blow Dry	from \$90 - \$160
Children's Cut	from \$50

### Day and Evening Hair Styling

Ladies'	\$250
Men's	\$150

### Wedding Hair

Bride's Hair   90 min	\$550
Groom's Hair   75 min	\$250

### Make-Up Application

Day Make-Up   45 min	\$150
Evening Make-Up   45 min	\$150
Bride's Make-Up   90 min	\$250
Groom's Make-Up   75 min	\$85

Prices and treatments are subject to change without notice and will be subject to service charge and taxes.





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