



JOALI BEING



# TRANSFORMATIONAL SPACES

*"A feeling of transcendence washes over me.  
I felt uplifted, deeply connected to my true self"*

JOALI BEING

There are several different ways to experience our isle of wellbeing, be it through exploring The Discovery Sound Path, enjoying new therapies under the healing hands of our Wellbeing Therapists at AREKA, learning about natural ingredients from our Herbologist at the AKTAR, experiencing weightlessness while gently drifting away in KAASHI, or reconnecting to the innate freedom and strength of your body at CORE.

JOALI BEING



## **AREKA**

**09:00-20:00**

The Quiet Zones, our separate male and female hydrotherapy areas, offer facilities such as the ice grotto, sauna, steam, vitality pools, garden, lockers and changing rooms, which can be enjoyed before and after your treatment sessions.

Veiled among verdant gardens, each of our treatment rooms is equipped with a signature sound tuned to planetary frequencies and in synergy with its location on the island.

## **AKTAR**

**09:00-20:00**

The herbology centre, inspired by the joy of spice and herbal markets, is also the place to enjoy a restorative tea after and in between sessions. Here, the resident herbalist curates aromatherapy blends to support the Mind, Skin, Microbiome, and Energy Pillars. Workshops are held for those who wish to delve deeper into the world of plant energetics and herbal remedies.

## **KAASHI**

**10:00-19:00**

The hydrotherapy hall is located on the east side of AREKA. Here, wellness takes its purest form and offerings come to life through the various physical states of water, including Russian Banya, Aufguss Sauna, Turkish Hammam, Sensory Deprivation, Watsu pool, and Halotherapy room.

*Wellbeing Concierge Desk Extensions 2011 or 2012*

## CONSULTATIONS

*“When the age-old rhythms of nature meet the limitless imagination of humans, each moment feels like a gift.”*

*We have a deep appreciation for the innate wisdom of our own bodies and the knowledge that comes from being connected to our natural environment.*

*Our method of analysis combines the time-tested wisdom of traditional healing with modern technology. By connecting past experiences with future goals, we are able to form a more complete picture of your health and wellbeing.*

## INTEGRATIVE LIFESTYLE CONSULTATION

This comprehensive assessment includes a thorough body analysis with the latest technology in bioenergetic testing, while taking into consideration sleep and lifestyle patterns. A curated selection of movement and wellbeing treatments will be recommended alongside dietary advice to facilitate body and mind balance.

**60 min**

## INTEGRATIVE NUTRITIONIST CONSULTATION

During this in-depth analysis of your current dietary habits, overall health and wellbeing, our resident Nutritionist will empathetically design your custom nutritional programme. As part of the initial consultation, a 3-D Fitness & Alignment Analysis is included.

**60 min. Optional to add on a three weeks meal plan.**

## AYURVEDA CONSULTATION

Honouring the ancient tradition of Ayurveda, the consultation includes a comprehensive look at personal and medical history, including daily diet, routines and habits, current medications and supplements, community relationships, exercise routine, job pressures and sleep quality. A series of treatments and lifestyle adjustments may be recommended for physical, mental, emotional, and spiritual wellbeing.

**60 min**

## CHINESE MEDICINE CONSULTATION

Focusing on restoring the unimpeded flow of Qi, the vital life energy, the practitioner will address the symptoms and areas of affliction by working over the energetic meridians using chromopuncture and acupressure techniques, in order to bring the body systems into balance.

**First session including consultation and treatment takes 90 min. Each follow up therapeutic session takes 60 min.**



# WELLBEING TREATMENTS

*'In that moment, I felt weightless.  
In harmony with the elements, infinite as the cosmos'*

JOALI BEING



## SPECIALISED THERAPIES



### WELLBEING WISDOM OF YOGA

These interactive sessions with our experienced practitioner, or Yogaacharya, will help in broadening your perspective on all aspects of life be it physical, energetical, emotional or spiritual. May include a series of yogic practices like counselling, alignment, energy work, specific practices, practical tips, that not only brings in stability but also provides a platform for deepening our awareness.

**60 min**

## MIND

*“As calmness and clarity flowed together, I connected to my Higher Self.”*



## ABHYANGA

The relaxing and refreshing full body massage aimed at balancing the doshas-Vata, Pitta, Kapha-uses warm, medicated herbal oils to enhance physical, mental and emotional wellbeing.

**60 min**

## SHIRODHARA

This deeply therapeutic treatment soothes the hypothalamus and regulates the activity of the pituitary gland, thereby effectively treating insomnia, anxiety, and headaches.

**60 min**

## SOUND HEALING REMEDIES

Restore inner balance through a healing harmony of music and vibration using eleven carefully designed therapeutic instruments. Unique sessions for couples, families or small groups can be crafted upon request and intention.

**These sessions can be customised to:**

Regenerate and energise

Release mental tension

Harmonise emotions

Promote feelings of grounding and inspiration

Balance sleeping patterns

**60 min**

## PRANAYAMA MEDITATION

On a Pranayama Meditation class, you will learn various techniques that influences the flow of prana (cosmic force) in the nadis (energy channels), and chakras (energy centers).

**60 min**

*“Have you ever experienced it?  
The wonder of pure sound?”*

# SKIN

*“As the effects of modern life fell away, my skin reawakened to its natural state.”*



## FACIAL SKIN PREVENTATIVE CARE

*Focused on rebalancing, toning, and softening the facial expression to renew the skin's appearance, our preventative facial care treatments prevent ailments by managing them before they arise. Specially recommended for young to mature skin.*

### CHARCOAL DETOX

Deeply cleansing and detoxifying, this facial includes a signature triple peel and charcoal rice therapy mask to remove impurities and blackheads.

**60 min**

### ANTI-REDNESS VITAMIN-K

A calming solution designed to prevent redness caused by fragile capillaries, rosacea, trauma, and sensitivity. Gentle yet highly effective customised peels and vitamin K work to diffuse trapped blood and strengthen capillary walls, while soothing and protecting the skin from internal and adverse environmental factors.

**60 min**



## **AGE -WELL ENERGY LIFT**

A state-of-the-art antiaging facial that uses rare Swiss apple stem cells and Nobel Prize winning breakthrough ingredient teprenone to reverse cellular DNA degeneration and promote skin cell rejuvenation.

**90 min**

## **TRIPLE PEEL ENERGY LIFT**

Your skin is treated to a triple peel facial and an application of energy to acupressure points, providing an instant lift. The journey concludes with a gemstone-infused collagen face mask for beautiful skin and a glowing spirit.

**90 min**

## **REJUVENATING EYE TREATMENT**

A specialised targeted treatment using pure collagen. The eye contour is sculpted, plumped, and brightened while the facial lymphatic system is boosted to increase drainage.

**30 min**

## **INSTANT LIFT BAR**

An instant face lift utilising oxygen infusion, natural skin peels and aromatherapy. It has been shown as a useful aid for improving circulation, reducing stress, improving brain alertness, uplifting the mood, and activating the immune system.

**30 min**

## FACIAL SKIN REVERSE AGEING

*Enjoy the benefits of science for a deep skin transformation.*

*These series of time reset treatments, have been proven to effectively reverse the signs of skin ageing. The Swiss patented ArganCell Activ<sup>®</sup>, is the main ingredient, designed to stimulate dermal stem cells that create essential collagen for visibly smoother, firmer, and stronger skin.*

### THE MEDI-LUXE<sup>®</sup>

A comprehensive treatment combining age-reversing stem cell technology and plumping hyaluronic acid with lifting massages. A powerful three-level peel and regenerating LED red light therapy results in visibly firmer, more youthful, and radiant looking skin.

**90 min**

### TIME REVERCELL<sup>™</sup> SHEER BRILLIANCE

Gently resurface and regenerate the skin, blending the revered Tanaka Japanese contouring massage, an effective three-level peel and manual lymphatic drainage. Reboot your skin and leave it looking vibrant and youthful.

**60 min**

### TIME REVERCELL<sup>™</sup> MEDI-SCULPT

Harnessing the power of age-reversing plant stem cells, this treatment uses Tanaka Japanese contouring massage techniques with microcurrent therapy for deep muscle activation. Perfect to stimulate, lift and tone the skin of the neck, jawline, forehead, lips and eyes.

**60 min**



## FLASH FIRING BOOSTER

An express lifting treatment to stimulate and tone. Microcurrent therapy is used for deep muscle activation to visibly lift the skin, while age-reversing plant stem cells are infused to stimulate collagen and elastin production.

**30 min**

## RAPID RECOVERY BOOSTER

Designed to repair and regenerate the skin, this express treatment utilises plumping hyaluronic acid and manual lymphatic drainage to visibly replenish and brighten the complexion. Age-reversing plant stem cells are infused for deeper activation, while cryo-drainage calms the skin and resets it for radiance.

**30 min**

## TARGET INTENSIF EYE

This eye booster concentrates on harnessing powerful plant stem cells and hyaluronic acid to diminish puffiness and decrease wrinkle depth in the eye contour. The targeted treatment utilises microcurrent therapy to lift and firm, and cryo-drainage to reduce inflammation and reset the skin.

**15 min**

## TARGET PERFECT POUT

Aimed at plumping and lifting, this treatment utilises age-reversing plant stem cells to target the lines around the lips and mouth. Microcurrent therapy is used to tone muscles while hyaluronic acid levels are boosted using penetrative technology.

**15 min**



## **BODY SKIN CARE REJUVENATION**

*Merging healing traditions, rituals and holistic approaches found in different cultures around the world, these body rejuvenation sessions treat the body and mind while lifting the spirit with natural, organic, vegan, and non-toxic ingredients.*

### **FATIGUE FIGHTER**

The ultimate recovery treatment incorporating breathwork, exfoliation, acupressure, and ice therapy. This treatment enhances sleep quality, rebalances jetlag, releases muscle tension, and reduces anxiety, and stress.

**90 min**

### **BODY POLISH**

This skin-invigorating treatment effectively removes impurities and dead skin cells, brightens skin tone, and refines its texture. Rhythmic exfoliation techniques stimulate blood and lymph flow, aiding in the elimination of toxins and the activation of cell metabolism.

**30 min**

### **BODY WRAP**

Begin with a body scrub to prepare the skin for detoxification, and a mineral rich, trace elements and potent antioxidant wrap. Conclude with a fatigue relieving head massage that uses botanical essences, magnesium and seaweed.

**60 min**

### **LEGS, HIPS & GLUTEAL DETOX**

This treatment is designed to detoxify and tone the upper legs, glutes, hips, and lower back. A purifying scrub, is followed by a focused myofascial massage, cupping, and cryotherapy. Conclude this treatment cocooned in a detoxifying body wrap using infrared heat to allow the ingredients to permeate deep into your skin.

**90 min**

# MICROBIOME

*“Nurturing my body’s micro-environments unlocked healing at multiple levels.”*



## ABHYANGA

This popular Ayurvedic treatment is aimed at balancing the doshas-Vata, Pitta, Kapha-or life energies behind all our bodily functions. The relaxing and refreshing full body massage uses warm, medicated herbal oils to enhance physical, mental, and emotional wellbeing.

**60 min**

## UDVARTANA

A strong full body massage that incorporates dry powders or pastes, depending on the desired effect. Udvartana mobilises and eliminates toxins through varying techniques that stimulate lymph nodes, ease connective tissue, and release deep muscle tension.

**60 min**

## REFLEXOLOGY

A soothing or stimulating reflexology and massage experience for the lower legs. Through the stimulation of nerve endings and energy points, the flow of energy in the body is balanced, the autonomic nervous system is readjusted, and organ functions normalised.

**60 min**

## BODY POLISH

This skin-invigorating treatment effectively removes impurities and dead skin cells, brightens skin tone, and refines its texture. Rhythmic exfoliation techniques stimulate blood and lymph flow, aiding in the elimination of toxins and the activation of cell metabolism.

**30 min**

## BODY WRAP

Begin with a zesty ultra-exfoliating body scrub to prepare the skin for detoxification. While the body is wrapped in rich minerals, trace elements and potent antioxidants, a head massage with botanical essences, relaxing magnesium and seaweed relieves stress and fatigue. A nourishing treatment that leaves you with smooth, hydrated skin.

**60 min**

## IMMUNITY BOOSTER

Aimed at fortifying the body's defences, this treatment combines dry brushing with gentle lymphatic drainage movements and a full body massage to improve sluggish circulation and support the natural removal of toxins.

**60 min | 90 min**

# HAIR CARE TREATMENTS

Restore the scalp's microbiome health for healthy, gorgeous hair.

Each treatment consists of five phases, including a hair fibre diagnosis, specialised mask, relaxing scalp massage and foot massage. A blow dry styling service defines your final look.

After a consultation and diagnostic of the scalp and hair needs, result-oriented treatments are recommended.

## **DEEP SCALP DETOX**

Using a special formula for detoxification from residues and toxins, this treatment unclogs the scalp for better oxygenation and cell renovation. A glycolic acid peel promotes renewal, while a carbon, clay and salicylic acid scrub and a calming probiotic masque encourage healthy microbiome growth. A final density serum supports the vigorous growth of shiny hair.

## **ANTI-AGEING HAIR AND SCALP**

With a formula to promote hair growth and density, soothe an itchy scalp, and restore hydration and elasticity, this preventative treatment is ideal for weak hair. It facilitates collagen synthesis through specially formulated hair fillers that advance fibre fullness, hydration, and structure.

## **RESTORATIVE HAIR AND SCALP**

Incorporating a formula to soothe and rejuvenate scalp health and restructure hair fibres, this treatment results in hair that is fuller and shinier. The scalp feels fresh, clean, nourished, and hydrated. Four or six treatments might be recommended for most sustainable results.

## **SIGNATURE HAIR AND SCALP BEAUTY**

tailor made and designed depending on the unique needs of the guest.

## **OTHER SERVICES**

Flora Hair Lab Express Care Wash

Flora Blow Dry

Flora Hair Lab Straight Style

Flora Hair Lab Style to Last – Signature Waves

Flora Hair Lab Style to Last – Signature Very Sexy Hair

Flora Special Occasion Hair - Up


Flora Dry Bar Happy Hair

Ladies Haircut

Men Haircut (including wash)

# HAND AND FEET MEDI CARE

Premium aesthetic medical treatments for hands and feet, developed with facial grade ingredients. The range of treatments include restorative pedicures and manicures specifically focussed on dehydration and pigmentation and result driven protocols and ingredients with visible results.



## **SIGNATURE PEDICURE**

The ultimate foot care, advanced medi-heel care that addresses dry and cracked heels promoting healthy and fresh-looking feet. The treatment utilises a cleansing foot mask, signature life spritz and a tension releasing neck and shoulder massage. While receiving the benefits of the foot mask, an additional caring touch includes a gemstone infused collagen facial mask designed for beautiful glowing skin.

**90 min**

## **ADVANCED MEDIHEEL**

A restorative treatment that gives specific attention to compromised feet. This pedicure will address dry areas, cracked heels, nail problems, and can be enjoyed as a preventative treatment of when wanting to promote healthier feet. The treatment includes a specially formulated MediHeel Peel, nail and cuticle care, AHA foot scrub, anti-bacterial soak, detox foot mask, perfector heel balm, foot massage and cuticle MD treatment.

**75 min**

## **RAPID MEDIHEEL PEDICURE**

A healthy express technique to ensure optimum results and healthy feet when time is limited.

The treatment includes MediHeel Peel, nail and cuticle care, ant-bacterial soak, perfector heel balm, express massage, and cuticle MD treatment.

**45 min**

## **MEDIHEEL PEEL FEET TREATMENT**

An aesthetic add-on application to remove hard callused skin and neutralise the heel to its optimum. Ideal to add to a facial or massage for a total head to toe care, including MediHeel peel and perfector heel balm.

**25 min**

## **ANTI-BACTERIAL FEET TREATMENT**

A treatment system to address nail irregularities, fungal and bacterial related ailments. The treatment includes AHA scrub, anti-bacterial soak, foot perfecter, fungal force treatment, and cuticle MD treatment.

**30 min**

## **SIGNATURE MANICURE**

The ultimate hand care ritual, advanced medi-hand manicure care that addresses ageing skin and pigmentation. The treatment utilises a hand mask, signature life spritz and a tension releasing neck and shoulder massage. While receiving the benefits of the hand mask, an additional caring touch includes a gemstone infused collagen facial mask designed for beautiful glowing skin.

**90 min**

## **ADVANCED MEDIHAND MANICURE**

Choose a preventative hand treatment against ageing and pigmentation. The systems include a hydro exfoliation and anti-ageing massage, nail and cuticle care, thermal hand scrub, illuminating soak, cuticle MD treatment and detox hand mask.

**60 min**

## **RAPID MEDIHAND MANICURE**

A classic manicure procedure with an added special restorative nail whitening treatment.

**30 min**





# ENERGY

*“Guided by the earth’s rhythm, I invited balance  
and harmony back into my life.”*



## INTEGRATIVE MASSAGE

A deeply effective full body therapy that combines various massage techniques and helps to relieve aching muscles, improve range of motion, increase circulation, and melt away tension.

**60 min | 90 min**

## DEEP TISSUE MASSAGE

A strong and invigorating massage to release trigger points and knots, relieve back and neck pain, and address myofascial tension. This intense treatment focuses on releasing deep-seated stress.

**60 min | 90 min**

## THAI MASSAGE

This ancient treatment improves movement and flexibility through a series of stretches and rhythmic pressure to release muscular tension and energy blockages. Performed in loose and comfortable clothing, it offers the perfect way to relax the body when feeling stiff.

**90 min | 120 min**

## PADA ABHYANGA

An Ayurvedic therapy that supports effective healing by using medicated oil and focusing on marma points on the feet. This treatment is relaxing, improves blood circulation, promotes better sleep, and reduces anxiety.

**60 min**

## KATI VASTI

A deeply nourishing and supportive Ayurvedic therapy that focuses on treating back-related discomfort such as chronic tension, a prolapsed disk or sciatica. Making use of heat and oil to pacify the Vata dosha, it helps in treating inflammation, stiffness and pain in the back area.

**60 min**



AKTAR  
HERBOLOGY  
CENTER

*“I stepped into a fragrant world, filled with stories of  
nature’s healing powers.”*



## AKTAR SIGNATURE THERAPIES

*The heart of the transformational spaces, the AKTAR offers a pause for quiet contemplation or the sheer enjoyment of nature with its lush, tranquil environment.*

*The resident herbologist has crafted a menu of medicinal tonics and teas to refresh and restore you throughout the day, specially before and after your treatments and sessions.*

*Medicinal tea recipes and aromatherapy oils are blended to address various ailments and personal needs.*

*As you discover the medicinal gardens across the island and in your villa, workshops are available to delve deeper into the world of plant energetics and herbal remedies.*

*We honour local Maldivian herbal traditions and immerse in the rich nature that surrounds us. The main ingredients and inspiration to create the signature treatment come from our garden.*

*These unique therapies feature an amalgam of various healing techniques and herbology ingredients to strengthen and balance,  
The Four Pillars of JOALI BEING.*

## THE FOUR PILLARS SIGNATURE MASSAGE

A full body treatment to lift and rebalance. Utilising the Four Pillars essential oil blends, the energy meridians are stimulated for a free flow of vital life force. The massage helps to calm restless thoughts, deeply relax the muscles and invigorate the body's natural energy reserves.

**60 min | 90 min**

## ENERGY THERAPY

This restorative treatment combines gentle stretching and hot compresses using energising, freshly ground herbs from the AKTAR, with massage techniques to relieve fatigue, reduce muscle tension and stress, and detoxify the body.

**60 min | 90 min**

## MIND THERAPY

A traditional mixture of warm myrrh, frankincense and lavender oils nourishes and softens the hair, while a head, neck, and shoulder massage releases stress. Reflexology points on the hands and feet are deeply stimulated, easing tension, and promoting mental peace and clarity.

**60 min | 90 min**

## SKIN THERAPY

A stimulating dry brush drainage awakens the body's natural detoxification system in preparation for a massage that contours and shapes the form of the body. This anti-cellulite, tonifying massage gives special attention to the thighs, buttocks, and arms. The nurturing immortelle skin essential oil massage leaves skin toned and glowing.

**60 min | 90 min**

## MICROBIOME THERAPY

A serene full body massage using long and gentle effleurage movements that create a feeling of connection and flow, from head to toe. A gentle abdominal massage, combined with reflexology techniques and a blend of ginger, pomegranate, and clary sage essential oils to strengthen microbiome health.  
**60 min | 90 min**



# KAASHI HYDROTHERAPY

*“The primal, elemental joy of healing through  
water is incomparable.”*





*KAASHI, meaning coconut in Dhivehi, is the island's hydrothermal therapy playground. Just like a young coconut, a transformation occurs within you as you experience KAASHI. A thermal journey of the senses, offering deep relaxation for body and mind.*

*Stimulate the respiratory and immune system in the Halotherapy Cove, or move slowly to relax your muscles in the Finnish Sauna with a dry heat session. Refresh in the outdoor shower, lie down in the relaxation room, or enjoy the Turkish Hammam.*

*We invite you to further explore healing through water with a curated selection of therapies, including Sensory Deprivation, Watsu Therapy, Russian Banya and Hamman.*

## WELLNESS IN WATER



### WATSU

This deeply relaxing hydro-bodywork treatment combines elements of massage, joint mobilisation, shiatsu, stretching and dance. The gentle feeling of flotation, cradling, rocking, and stretching, merged with the nurturing support provided by your therapist, allows for potential healing on many levels.

**60 min**



### BANYA EXPERIENCE

A Banya session includes a rhythmical massage with medicinal herb branches, which secrete aromatic oils that stimulate the immune system, ease muscle and joint pain, heal wounds and bruises, and create an overall calming yet energizing effect on the body.

**90 min**



### HAMMAM EXPERIENCE

Begin with a cleansing water ritual and full body scrub with a paste of magnesium, mineral salts, seaweed oil and purifying aromatherapy blend. This is followed by a magnesium-seaweed soap bag massage that pays special attention to areas of pain and tension in the body. Finish with a magnesium replenishing body mask, alongside a scalp and foot treatment with relaxing oils and botanical essences to invigorate body and brain.

**90 min**



GOING BEYOND  
LEARNING AT  
JOALI BEING

*“Just beyond the horizon were lands full of  
wonder. I couldn’t wait to discover them.”*



## AKTAR WORKSHOPS

Meet our Herbologist and learn to create natural body creams, shampoos, and massage oils, or explore the healing properties of plants in your garden through complimentary workshops and lectures. You can also sign up for one of our group or private classes to make natural perfume, skin care products, sun care cream and deodorant. Check out the daily and weekly calendar.

We offer an array of daily complimentary learning activities, including lectures and workshops at The Learning Centre, Inspiration Room and the AKTAR.

*“Respond to every call that excites your spirit.”*  
Lumi

## WELLBEING ETIQUETTE

### SCHEDULING AN APPOINTMENT

To schedule your ideal treatment, a personal training session or an appointment with a Wellbeing Consultant, please contact your Jadugar or Wellness Concierge, who will be able to guide you to the right choice. To ensure that your preferred time and service are available, we recommend booking at least 24 hours in advance.

### ARRIVAL TIME

Please allow sufficient time before your treatment or fitness session to enjoy the facilities at AREKA. We recommend reaching 30 minutes before your session begins, so you can get changed, relax and enjoy a welcome tea, while we prepare your session or treatment venue. Please be advised that late arrivals will result in a reduction of session time.

### CORE

Available for your personal use 24/7. From 07:00 to 20:00, Fitness Specialists are on hand to help you prepare for specific goals or assist in the creation of a life-changing fitness routine. After hours access can be obtained with your room key.

### CANCELLATION POLICY

A 100 percent charge will be incurred for any treatment that isn't cancelled at least 6 hours prior to your scheduled time. Please note, your treatment time is reserved specially for you. Therefore, late arrivals will shorten your treatment time.

### HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your reservation.

## **PREGNANCY**

We have specially designed treatments and fitness sessions for expectant women past their first trimester as well as for nursing mothers. Please allow our wellbeing team to guide you in selecting which treatments are most suitable during this special time.

## **RATES**

All prices are listed in USD and subject to 16 percent government tax and 10 percent service charge. Gratuities are not included and are welcome at your discretion.

## **APPLICABLE SURCHARGES**

Selected therapies can be performed in the comfort of your Villa or in the exclusive setting of our Over the Sea treatment rooms.

# TARIFF CARD

CONSULTATIONS	Duration Min	Price USD	
Integrative Lifestyle Consultation	60	300	
Integrative Nutritionist Consultation	60	300	
Personal Three Weeks Meal Plan - Nutritionist Consultation required		250	
Ayurvedic Consultation	60	300	
Traditional Chinese Medicine Consultation	60	300	
3-D Fitness & Alignment Analysis	30	90	
Intelligent Movement Analysis (D-WALL)	60	300	

MIND	Duration Min	Price USD	
Abhyanga	60   90	250   350	
Shirodhara	60   90	250   350	
Sound Healing Remedies	60	350	

SPECIALISED THERAPIES	Duration Min	Price USD	
Wellbeing Wisdom of Yoga	60	300	

All prices are listed in USD and subject to 16 percent government tax  
and 10 percent service charge.



# TARIFF CARD

SKIN	Duration Min	Price USD	
<b>Body Massage</b>			
AKTAR Skin Therapy	90	300	
Integrative Massage	60	250	
<b>Facial Skin Preventative Care</b>			
Charcoal Detox Facial	60	300	
Anti-Redness Vitamin K Facial	60	300	
Age- Well Energy Lift	90	350	
Triple Peel Energy Lift	90	350	
Rejuvenating Eye Treatment with Energy Lift	30	150	
Instant Lift Bar	30	150	
<b>Facial Skin Reverse Aging</b>			
The Medi-Luxe® Experience	90	350	
Time ReverCell™ Sheer Brilliance	60	300	
Time ReverCell™ Medi Sculpt	60	300	
Flash Firming Booster	30	150	
Rapid Recovery Booster	30	150	
Target Intensif EYE	15	75	
Target Perfect Pout	15	75	
<b>Body Skin Care Rejuvenation</b>			
Fatigue Fighter	90	300	
Body Polish	30	150	
Body Wrap	60	250	
Legs, Hips & Gluteal Detox	90	300	

All prices are listed in USD and subject to 16 percent government tax and 10 percent service charge.

# TARIFF CARD

MICROBIOME	Duration Min	Price USD	
Aktar Microbiome Therapy	60   90	250   300	
Abhyanga	60	250	
Udvaartana	60	250	
Reflexology	60	250	
Body Polish	30	150	
Body Wrap	60	250	
Immunity Booster	60   90	250   300	

ENERGY	Duration Min	Price USD	
AKTAR Energy Therapy	60   90	250   300	
Deep Tissue Massage	60   90	250   300	
Integrative Massage	60   90	250   300	
Thai Massage	60   90	300   350	
Pada Abhyanga	60	250	
Kati Vasti	60	250	

All prices are listed in USD and subject to 16 percent government tax and 10 percent service charge.

# TARIFF CARD

AKTAR THERAPEUTICS	Duration Min	Price USD	
Four Pillars Signature Massage	60   90	250   300	
Aktar Energy Therapy	60   90	250   300	
Aktar Mind Therapy	60   90	250   300	
Aktar Skin Therapy	60   90	250   300	
Aktar Microbiome Therapy	60   90	250   300	

WELLNESS IN WATER	Duration Min	Price USD	
Watsu	60	300	
Watsu Couple	60	600	
Banya Experience	60   90	300   350	
Hamмам Experience	90	350	

GOING BEYOND	Duration Min	Price USD	
AKTAR Herbology Workshop	60	90 pp	max 6pax

All prices are listed in USD and subject to 16 percent government tax and 10 percent service charge.

