



balance

WELLNESS BY ANANTARA

MASTERS OF WELLNESS AT ANANTARA KIHAVAH



SHARATH RAM

Resident Ayurvedic Specialist
and Yoga Teacher



DOME SRISAWAT

Resident Physiotherapist



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 & Shirodhara

5-DAY RETREAT

90 mins each / USD 1,300

Abhyanga Massage
Podikizhi
Pizhichil
Herbal Shirodhara *60 mins
Njavara Kizhi

7-DAY RETREAT

90 mins each / USD 1,600

Abhyanga Massage
Podikizhi
Green Tea Scrub & Wrap *60 mins
Pizhichil *60 mins
Njavara Kizhi
Herbal Shirodhara *60 mins
Kihavah Signature Healing

LONGEVITY PROGRAMME

The air we breathe, the water we drink and the foods 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
Udwarthana
Detoxifying Massage

5-DAY RETREAT

90 mins each / USD 1,200

Abhyanga Massage
Udwarthana
Abhyanga Massage
Udwarthana
Detoxifying Massage

7-DAY RETREAT

90 mins each / USD 1,650

Abhyanga Massage
Udwarthana
Podikizhi
Udwarthana
Abhyanga Shirodhara
Detoxifying Massage
Udwarthana

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

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 synchronized 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 & 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, increased mobility of joints, and provides an effective relief from muscular aches & pains.

GREEN TEA SCRUB & WRAP

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

PIZHICHIL (TAILA DHARA)

90 mins / USD 350

Meaning 'to squeeze', Pizhichil 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.

NJAVARA KIZHI (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 pours 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.

KIHAVAH SIGNATURE HEALING

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.

URDWARTANA

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 & SHIRODHARA

90 mins / USD 300

A combination of an Ayurvedic-style massage and our signature third-eye treatment using warm, herbinfused oils to induce a state of calmness. To begin, a full body application of Zed Buttermilk (Takradhara) or Zek Milk (Kshir Dhara) 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.

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 bodily 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

Kathivasti is a unique spinal herbal bath. A small reservoir made from herbal paste is created on the lower back, with the bare skin as its bottom. 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 is very effective for any types of chronic or acute back pains, spinal disorders, lumbar Spondylosis, sciatica, osteoporosis etc.

PICHU

60 mins / USD 200

Pichu is 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.

YOGA

60 mins / USD 100

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

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

USD 120

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 OVERWATER YOGA

60 mins / USD 120

The only Aerial Overwater 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 practiced at sunrise or sunset.



DOME SRISAWAT

Resident Physiotherapist

Are you looking for a gentle and highly effective method of releasing aches and pains? Dome is a certified Physiotherapist with over 16 years of experience in anatomy and bodywork who specialises in Myofascial Release Therapy.

MYOFASCIAL RELEASE THERAPY

Is a unique muscular manipulation technique to treat chronic or acute pain in connective tissues surrounding the muscles. Benefits can include relief and improvement in mobility, breath and posture.

MYOFASCIAL RELEASE: UPPER AND MIDDLE BACK

Recommended if you have stiffness, limited range of motion, numbness or pain anywhere from your neck through your vertebrae to your fingertips.

MYOFASCIAL RELEASE: HIP REGION

Offers relief from pain, numbness, or weakness that originates in your lower back and travels down through your large sciatic nerves.

- 60 min session USD 250
- 90 min session USD 300

Visit Dome at Anantara Spa for a complimentary body consultation and assessment.

All prices are subject to 10% service charge and 12% GST.



COCOON
— MEDICAL SPA —



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-aging 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 FACIALS

DIAMOND MICRODERMABRASION

30 mins / USD 130

Exfoliate away dead skin cells, clear old acne scars, reduce the size of pores and produce even texture and tone. Our advanced Diamond Microdermabrasion system is strong enough to remove dead skin cells but gentle enough for the most sensitive of skins. It increases blood flow to the skin 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 production of collagen and elastin, and suppresses collagenase, the enzyme that breaks down collagen and accelerates aging. 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

Gavanic 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 hour / 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 own 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 ageing 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-aging 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 increasing 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 FACIALS

CLEOPATRA 24 CARAT GOLD FACIAL

1.5 hour / USD 230

The Queen of Luxury Facials: Diamond Microdermabrasion + LED Red Light therapy + 24 Carat Gold Leaf Mask + Peptide Hyaluronic Acid Serum + Peptide Gold Collagen Moisturiser

Cocoon's 24-carat gold and collagen skin package is designed to improve skin elasticity, reverse cell damage, improve blood circulation and increase the regeneration of your natural collagen. This is a superb pick-me-up facial with great results, unveiling a clean, luminous glow. The advanced microdermabrasion treatment prepares the skin by exfoliating dead skin cells. This increases blood flow to the skin and helps to produce collagen. The LED (Light-emitting diode) delivers deep stimulation to the skin, improving your natural collagen levels. Finally the intense nourishment of the 24 Carat Gold + Collagen mask, hyaluronic acid + peptide moisturiser will help stimulate the natural collagen production in your skin and reduce the appearance of wrinkles and fine lines.

SILK PEEL DERMAL INFUSION

1.5 hours / USD 370

For a truly luminous holiday glow: Diamond Microdermabrasion + Galvanic iontophoresis facial + LED Red Light therapy + Gold Collagen Mask + Peptide Hyaluronic Acid Serum + Peptide Collagen Moisturiser

A Diamond Microdermabrasion prepares the skin by exfoliating dead skin. This is followed by a Galvanic facial that infuses hydration, collagen and hyaluronic acid. Finally the LED and mask will leave your skin glowing, and radiant!

MESO-NEEDLING FACIAL

2 hours / USD 480

Achieve smoother and younger skin: Diamond Microdermabrasion + Dermapen Microneedling + LED Red Light therapy + Gold Collagen Mask + Peptide Hyaluronic Acid Serum + Peptide Collagen Moisturiser

This deep, long lasting facial is a deeper skin rejuvenation treatment, used to treat fine lines and wrinkles, improve skin texture and colour, and stimulate new collagen growth. The Dermapen's multiple, vibrating needles pierce the skin several hundred times per minute to enhance rejuvenation results. Followed by a deeply hydrating gold mask and LED red light therapy to promote additional collagen production.

BIO CELL FACIAL

1.5 hours / USD 610

10 Years Younger Makeover: 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 that tightens and firms 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-aging. By tightening facial muscles and repairing the skin's cells, the Bio Cell Lift will deliver firmer, fresher and more youthful skin.

ANTI AGEING PACKAGES

NAKED SKIN PACKAGE

2 hours / USD 860

No makeup! No filters! Just glowing, fresh, healthy skin: Diamond Microdermabrasion + Dermastamp + PRP Cell Rejuvenation + LED

Our most raved about package at Cocoon Medical Spa is our “Naked Skin” package, which clears and brightens the skin naturally so you can go makeup-free everyday. The package includes 4 treatments that target different levels and resolve different problems – including reducing pigmentation, fine lines and wrinkles, large pores, old acne scars. It renews the skin and promotes the growth of collagen naturally, in a process called “collagenization”.

MARINE PEPTIDE BRIGHTENING FACIAL

1.5 hours / USD 270

A pick-me-up brightening facial that clears impurities and deeply hydrates the skin:

- Deep Clean + toner
- High Frequency
- LED red light therapy
- Facial massage
- Algae peel off masque
- Peptide Moisturizer
- Steam extraction
- Ginseng Mist
- Sunscreen

Cocoon’s signature facial works to rejuvenate your skin and visibly reduce skin imperfections. This facial is perfect for congested skins with blackheads and whiteheads from pollution or stress. After a deep cleanse and facial massage, the clogged pores will be manually extracted under a steamer that opens the pores and makes extraction easy and pain free. This is followed by high frequency and LED which both calm the skin and have anti-bacterial properties to prevent future break outs. A peel off mask will further extract any remaining impurities from the skin. Finally, after the skin is completely clean, a hydrating serum and moisturiser is applied. This will stimulate the growth of new skin cells promoting a smoother, tighter and brighter skin complexion.

WELLNESS, DETOX AND BODY CONTOURING

COLON HYDROTHERAPY

1 hour / USD 175

Are you suffering from any of the following: bloating, constipation, dark circles under the eyes, tiredness, pot belly, tension, fatigue, indigestion, chronic headaches or nausea? All these are symptoms of an underactive and clogged bowel. With our modern lifestyles and unhealthy diets, this can lead to huge amounts of toxic build up in our bodies. If you desire the added benefits of tummy flattening and intense detoxification, the colonic should be perfect for you. Cocoon Medical Spa uses a closed system of colon hydrotherapy. This means no mess, no smell, no embarrassment. It is a very gentle system, our expert therapist gently massages your abdomen and releases the tubes when required. Feel relaxed and cleansed from this gentle treatment.

VITAMIN IV INFUSION

JET LAG HYDRATION

30 mins / USD 190

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

DETOX & RECHARGE

30 mins / USD 230

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

ANTI-AGEING

30 mins / USD 280

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.

VELASHAPE FAT BLAST

1 area USD 250 | 2 areas USD 480 | 3 areas USD 600

The Cocoon Fat Blast Package is fast, safe and an effective weight loss solution. Cocoon's Slimming/Package offers a harmonious blend of the latest scientific technologies to remove the stubborn fat that diet and exercise have been unable to shift. This treatment will reduce cellulite, shape and firm the skin, and reduce body fat in the areas of abdomen, hips and thighs, arms. 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 the fat cells are broken down, the body naturally removes them through its normal elimination process. Expect to see results in just one appointment!

- Eliminate stubborn fat
- Reshape "problem" areas - perfect for those last pockets of fat that diet and exercise simply cannot move
- No downtime - the fat blaster is a walk-in walk-out procedure and you may resume your normal routines 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 on your body's cells. The epigenetic test gives you lifestyle and diet recommendations to optimise your health.

