

WELLNESS  
JOURNEY



INTERCONTINENTAL  
MALDIVES MAAMUNAGAU RESORT

## WELLNESS JOURNEY

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A time for healing and wellness! We invite you to come to indulge in a holiday of self-care and well-being. Our Wellness Journeys are curated for you to pick and choose whichever therapy you feel most inclined to.

Advance reservation is required. For more information or for reservations, please contact your Island Curator.

All the prices are in US Dollars and subject to 10% Service Charge and 16% GST.







## METT PERSONAL TRAINER

Mett is a certified Personal Trainer with qualifications from ISSA, YMCA, and ASCA (Levels 1, 2, & 3) from Sri Lanka. He has worked with top hospitality brands in the Maldives, Bahrain, and Dubai. With over 16 years of experience in the fitness industry, Mett has developed his expertise in various areas such as power boxing, boot camp circuit training, TRX training as well as first aid, lifeguarding and swimming. At our gym, he offers a diverse range of classes, including strengthening training, sports conditioning, bodybuilding, and toning.

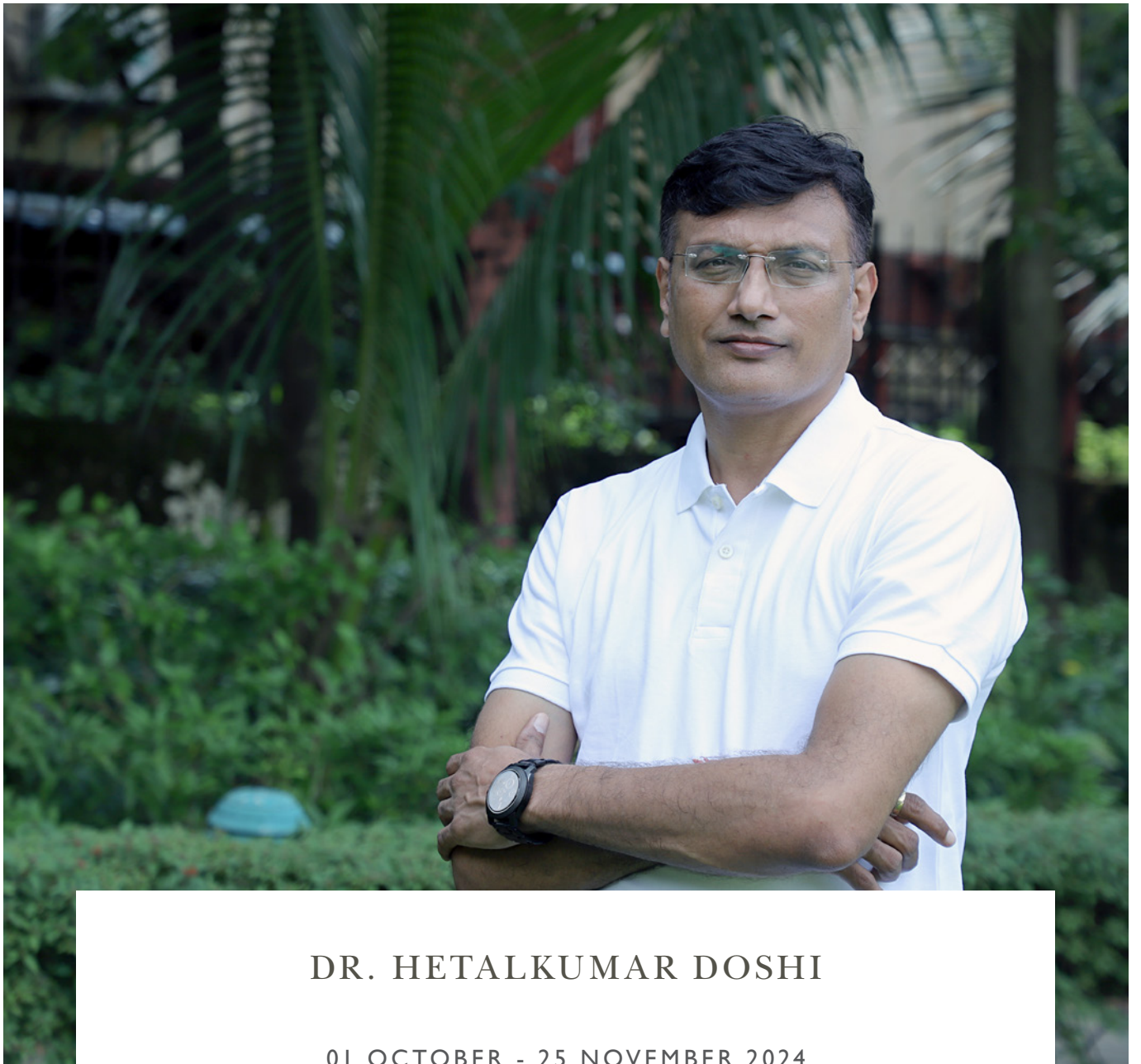
Pilates Core Workout	45 Minutes	USD 75++ per person
Boot Camp	45 Minutes	USD 75++ per person
Personal Training	60 Minutes	USD 100++ per person
Circuit Training	45 Minutes	USD 75++ per person



## SEEMA RANA WELLNESS MENTOR

Originating from India, Seema is all about yoga and more. As certified Yoga and Fitness Instructor, she finds the perfect balance between body and mind for her guests. She teaches a variety of yoga practices such as Hatha, Ashtanga, Vinyasa Flow, Iyengar Yoga and therapeutic yoga for hypertension, obesity, insomnia, joints pain, diabetes and more. She also practices and teaches meditation and breathwork and is an experienced Pranic healer, helping guests to release emotions, mental conflicts and guiding them through healing towards the goodness of one's self.

Mindfulness Meditation	45 Minutes	USD 75++ per person
Emotional Crystal Healing (Pranic Healing)	75 Minutes	USD 175++ per person



## DR. HETALKUMAR DOSHI

01 OCTOBER - 25 NOVEMBER 2024

Experience transformative wellness with our Naturopath and Reiki Grand Master at our luxury Maldives resort. Blending ancient Indian traditions with modern holistic techniques, he offers over 60 therapies to harness universal energy. Enjoy personalized care through herbal medicine, nutritional guidance, and lifestyle coaching, all tailored to your unique needs. Rejuvenate in paradise with expert guidance for optimal health and well-being.

Cosmetic Acupuncture	60/90 minutes	USD 230/300++ per person
Marma Massage	60/90 minutes	USD 230/300++ per person
Jetlag Rejuvenation Massage	90/120 minutes	USD 300/370++ per person
Zen Bamboo Meridian Massage	90/120 minutes	USD 300/370++ per person
The Harmonious Essence Retreat	60/90 minutes	USD 230/300++ per person



## CRYSTAL WELLNESS

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### AVI SIGNATURE TREATMENT

Spa | 90 minutes | USD 250++ per person

Our energising signature massage is a synergistic blend of muscle melting warm jade stone massage and rhythmic wave like movements of Hawaiian Lomi Lomi to release tension and restore energy.

### FOOT MASSAGE WITH GUASHA CRYSTAL STONES

Spa | 60 minutes | USD 150++ per person

Inspired by ancient Chinese techniques for pressure point stimulation on the feet, this therapy is designed to encourage energy flow to all vital organs and promote a sense of well-being. We have combined this with Guasha crystal stones to relieve tension and boost circulation.

### ENERGISING GEMSTONE FACIAL

Spa | 75 minutes | USD 225++ per person

Prepare to glow from inside out - with our selection of precious stones therapy.

### VITASKIN BRIGHT SKIN FACIAL

60 minutes | USD 200 ++ per person

Target dark spots and hyperpigmentation while you brighten and tone your skin with natural and organic ingredients such as Bearberry, Licorice Root and shooting Stone Crop. The facial incorporate crystal rolling to encourage microcirculation.







## ANTI-AGEING

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### STONE CROP BODY FIRMING UTILISING

60 minutes | USD 200++ per person

Featuring one of the globe's great super plants stonecrops, this treatment ritual is unique to Eminence Organics promises to smoothen and tighten correct pigmentation, and heal skin conditions. Ideal for uneven complexions.

### BODY FIRMING MASSAGE

75/90 minutes | USD 250/300++ per person

A slimming massage where exclusive techniques and serums are applied to stimulate blood circulation, eliminate toxins, activate lymphatic drainage and reduce water retention.

### MARINE COLLAGEN FACIAL BY AVI SPA

75 minutes | USD 225++ per person

An anti-aging treatment that will leave your complexion feeling youthful and radiant. Plump, hydrate and smoothen your skin with botanical peptides and algae extracts for collagen boosting. This facial will help to reduce fine lines, wrinkles and is ideal for all skin types.

### BRIGHT EYE ENHANCEMENT BY AVI SPA

15 minutes | USD 45++ per person

For beautiful bright fresh eyes this treatment targets fine lines, wrinkles, crow's feet, puffiness, dark circles, and uneven of skin tone.

### COSMETIC ACUPUNCTURE BY DR. HETALKUMAR DOSHI

01 - 25 November 2024

60/90 minutes | USD 230/300++ per person

This treatment uses fine needles on the face and body to boost collagen, improve circulation, and balance energy (qi) for a youthful look. It also helps with skin tightening and body firming.



## DE-STRESS

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### AVI GLOBAL SPECIALIST THERAPY

Spa | 60/90 minutes | USD 200/250++ per person

The AVI Spa team members brings a unique therapy from their own culture to AVI Spa and it is our desire that you experience that in its greatest authenticity.

### EMOTIONAL CRYSTAL HEALING (PRANIC HEALING) BY SEEMA RANA

75 Minutes | USD 175++ per person

Emotionally healing crystals connect to your heart chakra, the seat of your emotional body in energetic terms. They cleanse negative energies caused by traumatic events and their aftermath.

### WARM BAMBOO MASSAGE BY AVI SPA

90 minutes | USD 250 ++ per person

Bamboo massage is a technique that incorporates heated Bamboo stalks of varying lengths and diameters to provide Deep-tissue work. The massage itself promotes circulation, Sensory nerve perception, and lymphatic drainage and Provides a deep sense of relaxation and well-being.

### ZEN BAMBOO MERIDIAN MASSAGE BY DR. HETALKUMAR DOSHI

01 - 25 November 2024

90/120 minutes | USD 300/370++ per person

This therapeutic massage technique blends principles of traditional Chinese medicine, emphasizing the body's meridian lines, with the use of bamboo sticks to apply targeted pressure along these energy pathways. By stimulating circulation, releasing tension, and promoting relaxation, the bamboo sticks help balance the body's energy flow, fostering a sense of well-being and harmony.

# METABOLISM BOOSTER

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## TRX SUSPENSION TRAINING BY METT

60 minutes | USD 45++ per person

TRX which stands for Total Body Resistance Exercise, is revolutionary workout method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability.

## CIRCUIT TRAINING BY METT

60 minutes | USD 45++ per person

A combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time.

## UPPER BODY BLAST BY METT

60 minutes | USD 45++ per person

An explosive upper body will help improve sports performance in any sport where pushing is involved. Chest, back, shoulders and arms will all be targeted in this class, helping you develop a strong upper body and good posture.

## BOOT CAMP BY METT

60 minutes | USD 75++ per person

This session focusses on military-style exercises and functional movements like push-ups, squats, sprints, and sit-ups that provide a killer workout and a chance to sweat outside the gym.

## THAI MASSAGE

Spa | 75/90 minutes | USD 215/245++ per person

Originating in Thailand, this massage incorporates yoga stretches and deep acupuncture point therapy.

## JETLAG REJUVENATION MASSAGE BY DR. HETALKUMAR DOSHI

01 - 25 November 2024

90/120 minutes | USD 300/370++ per person

This treatment is crafted to alleviate common symptoms of jet lag, including fatigue, muscle soreness, and disorientation. It combines gentle, rhythmic massage techniques designed to improve circulation, release muscle tension, and promote deep relaxation.





## SLEEP WELL

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### WARM HERBAL POULTICE TREATMENT

Spa | 90 minutes | USD 275++ per person

Herbal Poultice is a warm herbal compress filled with organic herbs. This is heated and applied directly to the body with a variety of techniques focussed on back and shoulder. The heat, combined with the herbs are absorbed by the body and helps to reduce aches and pains, increase lymphatic drainage and condition the skin.

### YOGA NIDRA MEDITATION

60 minutes | USD 75++ per person

Yoga Nidra, or yogic sleep is a powerful guided meditation technique which is practiced lying down comfortably. This session is for you if you struggle with your sitting posture for Meditation. This therapy is highly effective for Jetlag to reset your Circadian rhythm (internal body clock) and the best part is, there is no wrong way to practice this.

### MINDFULNESS MEDITATION BY SEEMA RANA

45 minutes | USD 75++ per person

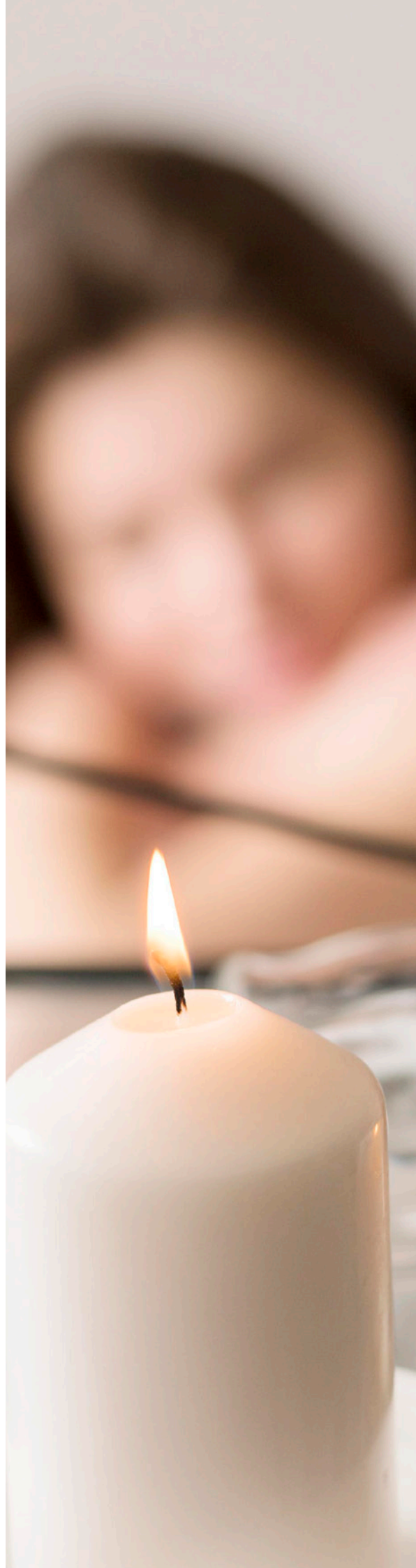
A type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, involves breathing methods, guided imagery, and other practices to relax the body and mind.

### THE HARMONIOUS ESSENCE RETREAT BY DR. HETALKUMAR DOSHI

01 - 25 November 2024

60/90 minutes | USD 230/300++ per person

This unique experience combines the soothing power of music, essential oils, and mindful breathing techniques to promote healing and deep relaxation. Participants are invited to immerse themselves in a nurturing environment, exploring the harmonious connection between sound, aromatherapy, and breathwork to support holistic well-being.





## DETOX

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### BODY FIRING DETOX PACKAGE

Spa | 140 minutes | USD 425++ per person

A slimming treatment with exquisite techniques to stimulate blood circulation, and eliminate toxins in your body.

### MICROGREEN DETOX FACIAL

Spa | 60 minutes | USD 200++ per person

To detox, hydrate and combat aging - a truly rejuvenating experience.

### PURIFYING BATH SOAK

Spa | 20 minutes | USD 75++ per person

A cleansing and purifying combination of grapefruit essential oil and sea salts, this mineral rich combination of citrus and sea, encourages detoxification leaving the body refreshed and cleansed.

### MARMA MASSAGE

BY DR. HETALKUMAR DOSHI

01 - 25 November 2024

60/90 minutes | USD 230/300++ per person

This Ayurvedic therapy involves gentle pressure on Marma points—energy centers linked to various organs. It helps balance energy flow, promotes relaxation, and enhances overall well-being.

## SPORTS ATHLETES

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### YOGA FOR RUNNERS BY SEEMA RANA

60 minutes | USD 75++ per person

Breathing techniques and Yogic stretches specifically targeted for pre-run and post-run to improve your speed and flexibility.

### YOGA FOR DIVERS BY SEEMA RANA

60 minutes | USD 75++ per person

Breathing techniques and Yogic stretches to specifically improve your diving experience.









INTERCONTINENTAL<sup>®</sup>  
MALDIVES MAAMUNAGAU RESORT

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