



balance

WELLNESS BY ANANTARA



EMBRACE WELLNESS WITH A CHOICE OF AYURVEDIC RETREATS.

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

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

DIGITAL DETOX PROGRAMME

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

3-DAY RETREAT

90 mins each / USD 800
 Abhyanga Massage
 Podikizhi
 Abhyanga and Shirodhara

5-DAY RETREAT

90 mins each / USD 1,300
 Abhyanga Massage
 Podikizhi
 Pizichil
 Herbal Shirodhara *60 mins
 Njavarakizhi

7-DAY RETREAT

90 mins each / USD 1,600
 Abhyanga Massage
 Podikizhi
 Green Tea Scrub and Wrap
 Pizichil
 Njavarakizhi
 Herbal Shirodhara *60 mins
 Kihavah Signature Healing

LONGEVITY PROGRAMME

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

3-DAY RETREAT

90 mins each / USD 750
 Abhyanga Massage
 Udwartana
 Detoxifying Massage

5-DAY RETREAT

90 mins each / USD 1,200
 Abhyanga Massage
 Udwartana
 Abhyanga Massage
 Udwartana
 Detoxifying Massage

7-DAY RETREAT

90 mins each / USD 1,650
 Abhyanga Massage
 Udwartana
 Podikizhi
 Udwartana
 Abhyanga Shirodhara
 Detoxifying Massage
 Udwartana

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

All prices are subject to 10% service charge and 16% government taxes.

ABHYANGA MASSAGE

60 mins / USD 200

90 mins / USD 250

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

PODIKIZHI

90 mins / USD 320

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

GREEN TEA SCRUB AND WRAP

90 mins / USD 220

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

PIZICHIL (TAILA DHARA)

90 mins / USD 350

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

NJAVARAKIZHI (PINDA SWEDA)

90 mins / USD 350

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

HERBAL SHIRODHARA

60 mins / USD 250

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

KIHAVAH SIGNATURE HEALING

90 mins / USD 250

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

UDWARTANA

90 mins / USD 300

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

ABHYANGA AND SHIRODHARA

90 mins / USD 300

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

MARMAKIZHI MASSAGE

60 mins / USD 250

90 mins / USD 300

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

NASYA

60 mins / USD 180

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

KATIVASTHI

60 mins / USD 200

Kativasthi is a unique spinal herbal bath. A small herbal paste reservoir is created on the lower back, with the bare skin as the base. Specially prepared warm medicated oil is poured into this and allowed to remain there for 45 minutes. The medicinal properties are absorbed directly by the body and are very effective for any types of chronic or acute back pains, spinal disorders, lumbar spondylosis, sciatica and osteoporosis.

PICHU

60 mins / USD 200

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

YOGA

60 mins / USD 100 per person

60 mins / USD 150 per couple

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

MEDITATION

60 mins / USD 100 per person

60 mins / USD 150 per couple

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





COCOON
— MEDICAL SPA —



COCOON
— MEDICAL SPA —



Established in Bali in 2012 - and winner of best spa in Bali and Asia - our high-tech skin and wellness technologies are proven in their effectiveness for long lasting results of your health, skin and beauty goals.

Including Skin Boosters, Botox, Hydrafacials, Vitamin Infusions, Colon Hydrotherapy to detoxify and fat burner therapy. For your best and health ever. Sleep, recover, destress and enjoy.

Our qualified and experienced Aesthetic Doctor will consult with you about your health and skin goals, and recommend the best treatment for you.



Dr Maria Stella is known for her holistic approach, combining the best global products and technologies for her Aesthetic and Wellness treatments, to achieve outstanding results.

Following graduation with a Bachelor of Medicine in 2017, Dr Maria focused her skills on the art of facial aesthetics and wellness. Dr. Maria's expertise is in Skin Boosters (*Revok50*, an advanced product comprised of hyaluronic acid together with amino acids), Botox by Allergan, PRP, and Radio Frequency.

The goal is skin wellness and health: simply to restore and rejuvenate your natural radiance, that respects and highlights your unique features. The goal is not to plump or change any features, but for beautifully natural results. This is achieved through promoting stimulation and repair of the skin's connective tissue and collagen production, reducing wrinkles and scars.

You will return home with a post-holiday dewy glow that will last months, with no obvious alterations, puffiness, or changes to your features. It's just you, but better.

Achieving beautiful, natural results for her patients drives Dr. Maria's passion for a more holistic, personalised approach to aesthetic medicine. With many non-invasive solutions now achieving remarkable results without the need for surgery, Dr. Maria offers her clients the best option for their individual needs.

Knowing how Aesthetic medicine can change people's lives and dramatically boost their confidence and self-esteem, Dr. Maria applies her genuine, caring, and highly skilled approach to a complete range of aesthetic face and body treatments, always safe and low risk. She uses her extensive knowledge of injectables and facial technologies to provide the best, most appropriate, and above all, the most honest and ethical advice to each patient.

ANTI-AGING MEDICAL REJUVENATION

Our qualified, experienced visiting Doctor provides the latest registered medical anti aging procedures. A combination of anti-wrinkle injections, using the original Botox from Allergan.

Skin Boosters will nourish and hydrate your skin, deep from within, using Revok50, a revolutionary product from Italy, that includes Hyaluronic Acid and Amino acids. The treatments promote a refreshed and rejuvenated appearance without compromising your natural facial expressions. There is no unnatural plumping, you will look naturally refreshed. Results are long lasting, from 3 to 4 months.

Book a free consultation with Dr Maria to discuss your personal concerns and aesthetic goals.

Allegan Botox

Crows feet, frown lines, horizontal lines

REVOK50 SKIN BOOSTER

2ml sprinkled over the cheeks, nasolabial lines, wrinkles and scars

Including free Hydrafacial for preparation of skin *(valued at USD 170)*

USD 800

AESTHETIC FACIAL EXPERIENCES

HYDRAFACIAL

40 mins / USD 160

Discover the world's finest and high-calibre facial to transform your skin. A 7-step system with a cocktail of technologies to improve skin hydration, firmness, texture and tone, and reduce the appearance of wrinkles and fine lines. Relaxing and pain free.

- High frequency peel for deep exfoliation
- Oxygen infusion with atomising spray
- Skin tightening with radio frequency
- LED Red light for collagen remodelling
- Deep cleanse with hydradermabrasion
- Nourishing the skin with nutrients and ultrasound technology
- Collagen remodelling with multi polar microcurrent

Finish with dewy, hydrated skin!

LED RED LIGHT THERAPY

30 mins / USD 120

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

GALVANIC IONTOPHORESIS

30 mins / USD 140

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

PLATELET RICH PLASMA

1.5 hours / USD 380

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

DERMAPEN MICRONEEDLING

1 hour / USD 280

Erase your skin's history and try one of the most popular ANTI-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 that increases collagen production and skin regeneration. It also increases product absorption x 1000. Dermapen increases collagen production up to 400% and leads to reorganisation of old collagen fibres and laying down of new collagen, elastin, and capillaries. It can also reduce the appearance of scars, wrinkles and lines.

All prices are subject to 10% service charge and 16% government taxes.

AESTHETIC FACIAL EXPERIENCES

CLEOPATRA 24 CARAT GOLD AND COLLAGEN FACIAL

1 hours / USD 250

Hydrafacial: Exfoliation, high frequency, Radio Frequency, Oxygen Infusion, LED Enlightment Facial. The most luxury mask of all: 24 Carat Gold Brightening Peel off Mask. Finish active anti-aging skin care (*made in Spain*): selected for your skin type and needs, including: Skin Superfood, EGF Serum, Xtreme Cream Moisturiser, or DNA Peptide Collagen Serum.

PLATINUM NON-SURGICAL LIFT AND FIRM

1.5 hours / USD 370

Hydrafacial • Galvanic Iontophoresis Facial • LED Red Light Therapy • Gold Collagen Mask • Active Anti-aging serum and moisturiser

An advanced non-surgical lifting facial offering anti-aging, prevention, and skin firming benefits. The Hydrafacial includes deep exfoliation and cleansing together with infusion of nutrients using oxygen nano spray and ultrasound. Radio Frequency technology remodels the skin and reduces the effect of aging skin like wrinkles, fine lines and saggy skin. The Galvanic Iontophoresis energy stimulates the formation of new collagen and improves skin elasticity, while the LED Red Light Therapy, Gold Collagen Mask will leave skin glowing, hydrated and radiant. Finish with anti-aging skincare made in Spain, that is personalised to your skin concerns, with active ingredients including collagen, peptides, retinol, hyaluronic acid and epidermal growth factors.

MESO-NEEDLING FACIAL

2 hours / USD 480

Diamond Microdermabrasion • Dermapen Microneedling • LED Red Light Therapy • Gold Collagen Mask • Active anti-aging serum and moisturiser

Achieve smoother and younger-looking skin with this rejuvenating facial treatment that penetrates deep into the skin, treating fine lines and wrinkles, improving texture and colour, and stimulating collagen growth. The Dermapen's multiple, vibrating needles pierce the skin several hundred times per minute to enhance results. The deeply hydrating Gold Collagen Mask and LED Red Light Therapy promotes additional collagen production. Finish with Cocoon's active anti-aging skin care (*made in Spain*): selected for your skin type and needs, including: Skin Superfood, EGF Serum, Xtreme Cream Moisturiser, or DNA Peptide Collagen Serum.

BIO CELL FACIAL

1.5 hours / USD 610

Hydrafacial • PRP Cell Rejuvenation • Galvanic Infusion • LED Red Light Therapy • Active anti-aging serum and moisturiser

The powerful PRP (*active stem cells cultured from your own blood*) repairs cells and encourages the growth of new ones. The treatment also includes a 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, revealing firmer, fresher and more youthful skin.

Level-up your facials or massage therapies:

CHAKRA CRYSTAL AMETHYST PEMF BIOMAT

USD 50

(*in combination with any therapy*)

Combine with your massage or facial for a transformative wellness experience. Surrender into deep relaxation, calm and ease.

Benefits include:

- Enhances the body's natural recovery process.
- Stimulates and exercises cells to recharge cells.
- Reduces inflammation and pain.
- Corrects cellular dysfunction throughout the body.
- Increases energy naturally.
- Helps you recover from an injury faster.
- Improves athletic performance.
- Improves sleep.

All prices are subject to 10% service charge and 16% government taxes.

ANTI-AGING FACIAL EXPERIENCES

NAKED SKIN

2 hours / USD 860

Winner of the 'Best Anti-Aging Treatment' at the Asia Spa awards, and our most popular treatment much loved by clients, this facial is designed to reveal your best skin ever. Naked Skin clears and brightens the skin naturally so you can go makeup-free every day.

Hydrafacial • Dermapen • PRP Cell Rejuvenation • LED Red Light Therapy • Anti-aging serum and moisturiser

The experience includes four treatments that target different levels and resolves different problems including reducing pigmentation, fine lines and wrinkles, large pores and acne scarring. It renews the skin and promotes the growth of collagen naturally, in a process called 'collagenisation'. Finish with Cocoon's active anti-aging skin care (*made in Spain*): selected for your skin type and needs, including: Skin Superfood, EGF Serum, Xtreme Cream Moisturiser, or DNA Peptide Collagen Serum.

MARINE PEPTIDE BRIGHTENING FACIAL

1.5 hours / USD 270

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

Deep Clean + Toner • Facial Massage • Steam Extraction • High Frequency • LED Red Light Therapy • Algae Peel-Off Mask • Active anti-aging serum and moisturiser

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

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

WELLNESS, DETOX AND BODY CONTOURING

COLON HYDROTHERAPY

1 hour / USD 195

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

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

VELASHAPE FAT BLAST

1 AREA / USD 250 | 2 AREAS / USD 480 | 3 AREAS / USD 600

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

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

WELLNESS, DETOX AND BODY CONTOURING

VITAMIN IV NUTRIENT THERAPIES GLOW FROM THE INSIDE

ABOUT IV DRIP: If you're looking to boost your immune health, vitamin IV infusions are a great way to start, especially for people who don't respond well to oral supplementation. Vitamin IVs have been around for decades but have recently procured fame after celebrities starting using these to boost their "get up and go" lifestyles. The treatment can treat several conditions such as fatigue, depression, alcohol hangovers, and migraines.

HOW VITAMIN IV WORKS: Packed of vitamins, amino acids, minerals, and other vital nutrients are administered intravenously while you relax to optimize your overall well-being. The advantage of this is that higher levels of nutrients can often be introduced into the body (at 100% absorption rate) than would be possible if taken orally (which is usually 10% - 30%)

WHAT TO EXPECT: The IV Drips have two options between 30 minutes or 60 minutes during which time the guest may combine another treatment or just relax in the comfort of your own villa. The benefits are immense and very noticeable, most people report better appetites, glowing skin, increased energy, sleep improvement and even help with pain management.

VITAMIN IV PACKAGES

MYER'S COCKTAIL

USD 190

Hydration + Energizing + Strengthening

One of the most popular formula in IV vitamin therapy. Consist of high doses of vitamin C mixed with saline solution to effectively boost the immune system, increased energy, and cells regeneration.

ADD-ON NUTRIENTS

Enhance your Vitamin IV therapies with the following powerful add-on nutrients. Pick and choose your supplements to create a cocktail perfectly calibrated to meet your individual needs.

ALPHA LIPOIC ACID + COLLAGEN

USD 65

Has strong antioxidant properties, to reduce inflammation and skin aging, promote healthy nerve function, lower heart disease risk factors, and slow the progression of memory loss disorders.

SELENIUM

USD 50

Is an essential mineral that vital to your health as its acts as powerful antioxidant to maintain the health of thyroid hormone metabolism and DNA synthesis and protecting the body from oxidative damage and infection. It also improves the sleeping quality.

ZINC

USD 50

Zinc is a mineral that is essential for many of the body's normal functions and systems, including the immune system, increase energy level, skin repair, wound healing, blood clotting, thyroid function, and the senses of taste and smell. Zinc also supports normal growth and development during pregnancy, childhood, and adolescence.

VITAMIN B COMPLEX (B1, B6, B12)

USD 50

One of the most important play roles for cellular energy production and excellent support of the healthy functioning of the nervous system, kidneys, liver & heart. It highly contains antioxidant and improve the blood circulation and increase red blood cells.

MAGNESIUM

USD 50

Is a mineral that's crucial to the body's function. Magnesium helps keep blood pressure normal, support nerves and muscle functions, bones strong, and the heart rhythm steady.

GLUTATHIONE

USD 50

An antioxidant that plays several important roles in the body such as tissue building and repair, skin glowing, detoxification, and the production of enzymes and hormones. It also plays a key role in the immune system.

SALINE 500ML

USD 50

Replenish lost fluids, flush wounds, deliver medications, electrolyte balancing and hangover.

WELLNESS AND AESTHETIC PROGRAMMES

COMPLETE DEEP CLEANSING AND PURIFYING FACIAL

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

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

* SILVER PACKAGE

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

60 mins / USD 180

* GOLD PACKAGE

Silver package with Diamond Microdermabrasion and LED Red Light Therapy

90 mins / USD 250

ACNE CLARIFYING FACIAL

60 mins / USD 250

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

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

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

WELLNESS AND AESTHETIC PROGRAMMES

WELLNESS THERAPY

90 mins / USD 405

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

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

SLIM & SHAPE

USD 895

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

Day 1: 90 min slimming massage

Day 2: Velashape Fat Blast in three areas

Day 3: Colon Hydrotherapy

DETOX & GLOW

USD 700

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

Day 1: Colon Hydrotherapy

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

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



ANANTARA

SPA

Wellness Sanctuary

Wellness Sanctuary Philosophy

Our Wellness Sanctuary is founded on the fusion of ancient wisdom and modern practices, with the purpose of balance and reconnection encompassing four key pillars:

YOGA AND AYURVEDA

Yoga: Balancing mind, body, and spirit through postures and meditation.

Ayurveda: Tailoring well-being with personalised treatments and lifestyle practices.

AESTHETIC WELLNESS AND HOLISTIC HEALING

Integrating rejuvenating aesthetic treatments and holistic modalities for comprehensive well-being.

SOUND FREQUENCY AND ENERGY HEALING

Utilising sound vibrations for relaxation, energy balance, and overall healing.

NUTRITIONAL THERAPY AND WELLNESS CONSULTING

Offering personalised nutritional plans and counseling for holistic wellbeing.

The Wellness Sanctuary provides a transformative space, harmonising ancient traditions with contemporary expertise for sustained personalised well-being.





About

Step into a world of serenity and rejuvenation with our exclusive private overwater healing sanctuary between 9.00 am and 9.00 pm everyday. Immerse yourself in an oasis designed to nurture peace and tranquility, surrounded by facilities that elevate your well-being—picture a yoga deck with ocean access, an energy healing room, a treatment haven, a private pool, a comforting changing room, and a dedicated consultation space.

In our heartfelt commitment to your well-being, every first-time guest with a booked treatment or package is warmly welcomed to indulge in a complimentary Wellness Discovery Consultation and an optional WellScan Elite screening.

Your Wellness Path

Begin with a sip of our welcome beverage, and a heartfelt consultation with our wellness specialist.

Let your senses unwind with a gentle foot ritual preceding a meticulously tailored treatment, finely crafted to elevate your well-being.



Experience a profound wellness assessment through our cutting-edge WellScan Elite technology.

Finally, surrender to the moment as you relish a wellness tea on our tranquil overwater terrace, where serenity meets the sea.

EXCLUSIVE USE OF OUR WELLNESS SANCTUARY

For those yearning for an extraordinary experience, the opportunity awaits to arrange exclusive use of our sanctuary—choose from half-day and full-day programmes designed to immerse you in a world of well-being. Find out more details in these pages, and let the journey to your inner sanctuary begin.



Consultations and Screening

Receive personalised consultations and screenings at the Wellness Sanctuary. Our expert team provides comprehensive assessments, guiding you towards tailored wellness solutions. Embrace a holistic approach to health and well-being through our thorough consultations, laying the foundation for your transformative journey at the sanctuary.

Consultations

WELLNESS DISCOVERY CONSULTATION

30 mins *Complimentary

The focus of the Wellness Discovery Consultation, is on empowering you to define your wellness goals and treatment preferences. Through detailed discussion with our wellness expert, we'll gain insights into your unique needs. Our aim is to collaboratively design a personalised wellness programme that aligns with your aspirations, ensuring a tailored approach to your well-being journey. This consultation serves as a compass, guiding you towards a customised wellness plan that resonates with your individual preferences and objectives.

AYURVEDIC DOSHA ANALYSIS- CONSULTATION

30 mins *Complimentary

Discover your Ayurvedic body type through assessment based on traditional Ayurvedic principals to establish your personalised ayurvedic and wellness programme.

MEDI-SPA CONSULTATION

15 mins *Complimentary

A medi-spa consultation typically involves discussing your skincare and wellbeing goals, medical history and any specific concerns and treatment preferences with our Aesthetic Nurse. This is a personalised session to tailor a plan that aligns with your needs.

NUTRITION AND LIFESTYLE CONSULTATION

60 mins USD 200

Dive deep into your well-being with our 60-Minute Nutrition and Lifestyle Consultation. Our resident Nutritionist will conduct a comprehensive session, crafting a personalised plan to enhance your health and vitality. Explore dietary insights, lifestyle adjustments, and actionable steps tailored to your unique needs. Invest in a healthier you with this hour dedicated to unlocking the path to sustainable well-being.

FLOWER ESSENCE THERAPY

60 mins USD 180

Flower essence therapy involves using liquid extracts from various flowers to address emotional and spiritual well-being. These essences are believed to have vibrational qualities that can positively impact emotions, thoughts, and energy patterns. During a session, a practitioner may assess your emotional state and recommend specific flower essences to promote balance and harmony. It's a holistic approach aiming to support emotional wellness.

Testing and Analysis

EPIGENETIC TEST

20 mins + 30 mins Individual USD 195 / Couple USD 350

The Epigenetic test involves analysing the roots of your hair for detailed wellbeing analysis. This can provide insights into how your lifestyle, environment, and choices may impact your health. The analysis can cover factors like diet, exercise, and stress and provides a 60-90 day plan. Interpretation of the results often involves personalised recommendations for optimising health based on your unique genetic and epigenetic profile.

WELLSCAN ELITE

30 mins USD 150

Experience the future of wellbeing with precise measurements and insightful data, providing a holistic view of your health. From comprehensive body composition analysis (BIA), hormonal screening, and nutritional insights useful for choosing the best suited fitness and wellbeing programmes for you. Discover a new level of health awareness with this state-of-the-art screening device and consultation with our wellness expert.

Wellness Express Treatments

Elevate your day and find tranquility in our 30-Minute Express Wellness Treatments. Begin with a standalone session, accompanied by a complimentary wellness consult and WellSan Elite. Choose to extend for a more profound healing experience or mix and match for a fully immersive and comprehensive wellness journey. Embrace revitalisation and create your custom-made path to well-being.

USD 120 per person per 30 minute express treatment.

BESPOKE HEALING MASSAGE **30 mins**

Personalised therapeutic session tailored to your specific needs to promote gentle muscle relief and emotional balance.

HEAD, NECK and SHOULDER MASSAGE **30 mins**

Embark on 30 minutes of bliss with our head, neck and shoulder massage. Relieve tension, unwind and emerge refreshed for the day ahead.

COLLAGEN GOLD FACIAL **30 mins**

A combination of cleansing facial massage with Collagen Gold Mask to nourish your skin and promote relaxation.

MINDFUL REFLEXOLOGY **30 mins**

Targeted foot reflexology to enhance overall well-being.

FLOWER ESSENCE THERAPY **30 mins**

Promote your emotional and spiritual wellbeing through explorative conversation and card reading.

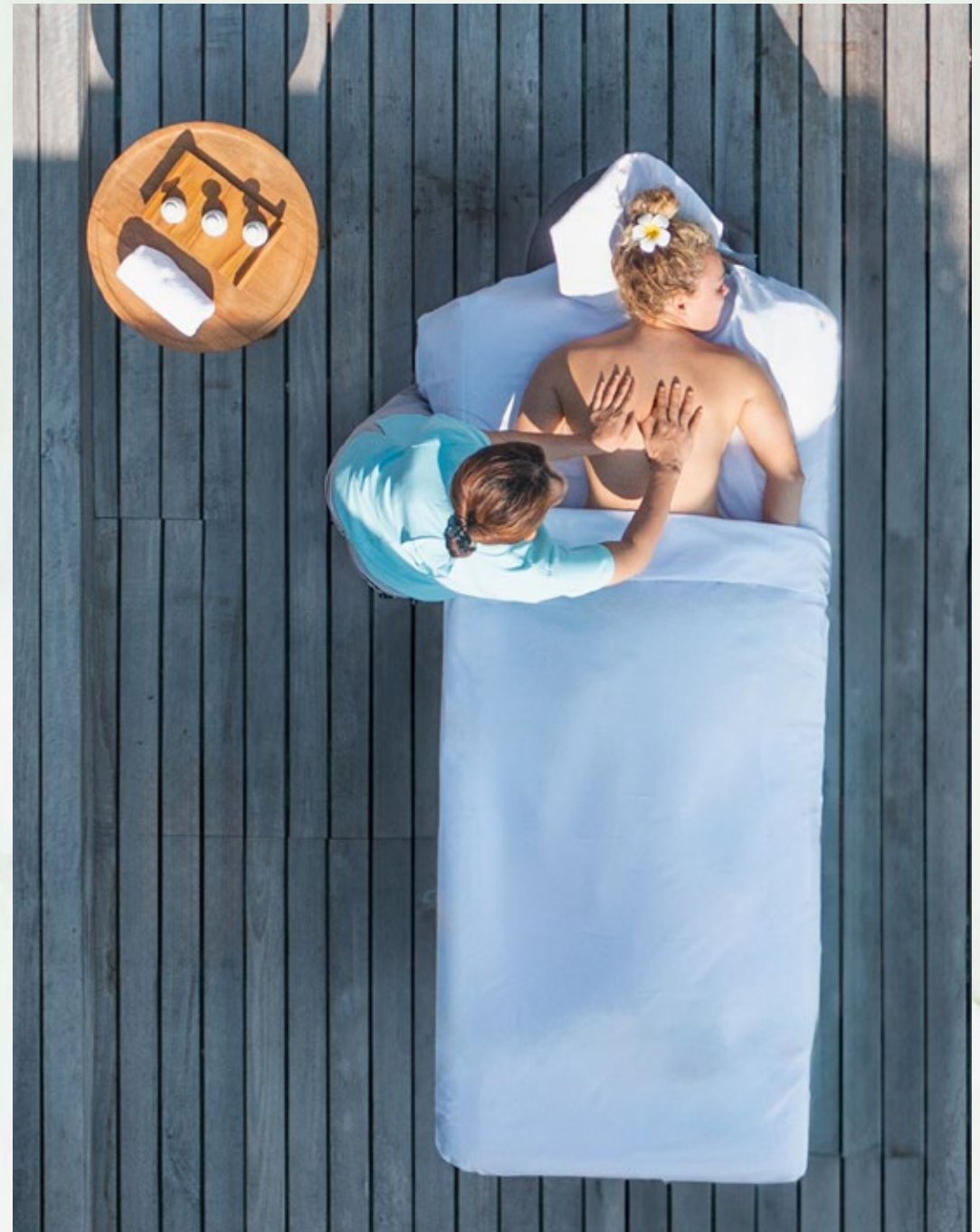
Express Enhancements USD 50 per add-on:

PERSONALISED FLOWER ESSENCE REMEDY **One 30ml Bottle**

Enhance your therapy session with a personalised flower remedy to take home and support balance and deepen healing.

CHAKRA CRYSTAL AMETHYST PEMF BIOMAT **30 mins**

Combine with your massage or facial for a transformative wellness experience. Surrender into deep relaxation, calm and ease.



Advanced booking is advised. All prices are subject to 10% service charge and 16% government taxes.



Ayurveda and Healing Treatments

Healing Massage

BESPOKE HEALING MASSAGE

60 min USD 250 / 90 mins USD 300

A custom-made healing massage therapeutically tailored to your specific needs and preferences. It aims to address physical discomfort, promote relaxation, and enhance overall well-being through a customised approach.

KIHAVAH SIGNATURE HEALING

90 mins USD 250

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

Traditional Ayurveda Treatments

ABHYANGA MASSAGE

60 mins USD 200 / 90 mins USD 250

Ancient herbal oil massage therapy using Ayurveda techniques releases toxins and restores vital energy flow.

ABHYANGA AND SHIRODHARA

90 mins USD 300

A blend of Ayurvedic massage and Shirodhara induces calmness. Starting with full body massage, followed by a continuous stream of warm, herb-infused oil poured onto the forehead. This therapeutic treatment restores sensations, revitalises the nervous system and relieves mental tension.

PODIKIZHI

90 mins USD 320

Podikizhi is a potent detoxification treatment for the body, alleviating muscle aches and pain. It involves bundling various herbal and medicated powders in muslin cloth, warming them and massaging the entire body for relief.

UDWARTANA

90 mins USD 300

Udwartana, meaning “to elevate” or “to promote”, is a stimulating exfoliation therapy. It involves rubbing a specially prepared herbal powder over the body to remove dead skin cells and reduce subcutaneous fat, improving blood circulation and promoting detoxification.

NJAVARAKIZHI (PINDA SWEDA)

90 mins USD 350

Pinda Sweda is a rejuvenating treatment that relieves stress and strain, enhances physical consistency, strengthens the nervous system and improves skin appearance. It involves massaging the body with small linen bags filled with cooked rice and herbal decoction after applying herbal oil.

MARMAKIZHI MASSAGE

60 mins USD 250 / 90 mins USD 300

Marma energy zones are vital areas of the body. Marmakizhi a traditional Ayurvedic massage utilises herbal oil and precise pressure to stimulate these points. A small linen bundle filled with medicated powder from 12 herbal plants is heated and applied to the body to relieve pain and stiffness.

Traditional Ayurveda Localised Treatments

NASYA

60 mins USD 180

Nasya therapy combats inhaled pollution and treats headaches, sinusitis, migraines, hormonal and physiological issues. It involves placing herbal oil or powder drops in the nose and massaging the face, shoulders and chest with specific oils to induce perspiration.

KATIVASTI

60 mins USD 200

Kativasti is a distinctive spinal massage where a reservoir of herbal paste is made on the lower back, warm medicated oil is then poured into it and left for 15 minutes. This treatment directly absorbs medicinal properties, highly effective for chronic or acute back pain, Lumbar Spondylosis, Sciatica and Osteoporosis.

**Bespoke Vasti available on request subject to availability. Advanced bookings only.*

PICHU

60 mins USD 200

Pichu, a miraculous palliative treatment in Ayurveda, utilises warm medicated oil to cure degenerative ailments. It can be applied to the head, neck, spine, hip, chest, knee and shoulders based on the illness. Pichu can be the primary treatment or used alongside other Ayurvedic therapies.

POST-TREATMENT SLEEP ENHANCEMENT

30 mins USD 75

At special request we can allocate additional time for deep relaxation or sleep after your treatments, allowing your body to fully benefit from the therapeutic affects and promoting a more profound sense of rejuvenation.

Nutrient IV Therapy

ABOUT IV DRIP: If you're looking to boost your immune health, vitamin IV infusions are a great way to start, especially for people who don't respond well to oral supplementation. Vitamin IVs have been around for decades but have recently procured fame after celebrities starting using these to boost their "get up and go" lifestyles. The treatment can treat several conditions such as fatigue, depression, alcohol hangovers, and migraines.

HOW VITAMIN IV WORKS: Packed of vitamins, amino acids, minerals, and other vital nutrients they are administered intravenously while you relax to optimise your overall well-being. The advantage of this is that higher levels of nutrients can often be introduced into the body (*at 100% absorption rate*) than would be possible if taken orally (*which is usually 10% - 30%*)

Vitamin IV Packages:

MYER'S COCKTAIL: Saline + Vit C **USD 190**

One of the most popular formulas in IV vitamin therapy. Consists of high doses of vitamin C mixed with saline solution to effectively boost the immune system, increased energy, and cellular regeneration

HANGOVER AND REDEMPTION: Saline + Vit C + Vit B Complex **USD 220**

Designed to replenish essential vitamins and nutrients, providing a quick and effective recovery. Say goodbye to the aftermath of a night of indulgence and hello to renewed energy and well-being.

SLEEP SUPPORT: Saline + Vit C + Vit B Complex + Magnesium **USD 250**

Crafted to promote relaxation and enhance sleep quality, this infusion delivers a blend of essential nutrients and calming agents. Drift into a deeper, more rejuvenating sleep, waking up refreshed and ready to embrace the day.

DETOX AND RECHARGE: Saline + Vit C + Vit B Complex + Glutathione **USD 250**

Potent detoxifying blend, replenishes essential nutrients for refreshed and energising results. Embrace the revitalising power of IV therapy for a renewed sense of well-being.

BEAUTY BOOSTER: Saline + Vit C + Vit B Complex + Glutathione + ALA **USD 300**

This specialised infusion is designed to nourish your skin from within, delivering a blend of essential vitamins and antioxidants for a revitalised, radiant complexion. Rediscover your natural glow with this beauty-enhancing treatment.

COMPLETE YOUTHFUL CELL: Saline + Vit C + Vit B Complex + ALA + Glutathione + Selenium **USD 350**

Specially formulated to promote cellular rejuvenation, this infusion combines potent elements to support your body's natural renewal processes. Unlock the secret to youthful vitality and embrace a renewed sense of well-being.

Holistic Wellness Activities

Find tranquility in our holistic wellness offerings, including meditation, invigorating yoga, and rejuvenating Sound Healing guided by experts. Customised for balance and well-being, each session offers a haven to relax and adopt a healthier lifestyle.

Holistic Movement and Breathwork

INTUITIVE DANCE MOVEMENT

Rejuvenate your mind and body in an explorative dance and movement session. Intuitive dance provides a tool for raising self esteem, inviting freedom of expression and boosting body confidence.

MEDITATION

Through soothing meditation classes, we invite you to find that balance that has drifted too far from your core center. Delve deep into the self and let go of your worries and stored negative energy.

PRANAYAMA

Pranayama, an ancient yogic practice, involves controlled breath for holistic well-being. By focusing on intentional breathing techniques, it enhances respiratory function, reduces stress, and fosters mindfulness. Regular pranayama cultivates a harmonious union between breath, body, and mind, providing a transformative journey toward inner balance and vitality.

Yoga

YOGA

Yoga is a vital element of our Ayurveda journey on our paradise island. Immerse yourself in personalised sessions against the backdrop of the boundless ocean and rhythmic waves. Stretch away stress and blockages, allowing your energy to flow, guided by our highly qualified instructors for a uniquely tailored experience.

AERIAL YOGA

Indulge in the exclusive experience of private aerial yoga, where personalised sessions elevate your practice to new heights. Guided by skilled instructors, explore the fusion of traditional yoga and aerial techniques in a dedicated and serene setting.

SUP YOGA

SUP Yoga is an exhilarating fusion of stand-up paddleboarding and yoga. Balance on the water adds a dynamic challenge to traditional poses, creating a unique and rejuvenating experience that harmonises body and nature.

** Sup Yoga is held at Manzaru Swimming Pool between 6.30 am – 8.30 am only and advanced booking is advised.*

Maximum of 2 guests.

Energy and Sound Healing

HIMALAYAN SOUND HEALING

Allow the harmonious resonance of Himalayan singing bowls and therapeutic sounds wash over you, promoting deep relaxation and inner balance. Experience a journey of serenity as the healing vibrations guide you towards a state of profound calm and well-being

AQUATIC SOUND BATH *

Dive into serenity with our Aquatic Sound Bath. Immerse yourself in the soothing melodies and calming vibrations, creating a unique and tranquil experience. Let the gentle sounds resonate in the water, providing a therapeutic escape for relaxation and rejuvenation.

**Swim wear is essential attire for aquatic activity and only individual sessions are available.*



Exclusive booking of Wellness Sanctuary

For personalised Half-day and Full-day retreats

Experience exclusive access to the wellness sanctuary facilities and treatment offerings and enjoy the utmost privacy as you immerse yourselves in tailored well-being experiences, from rejuvenating treatments to serene relaxation. This intimate setting ensures a tranquil retreat, providing a sanctuary for self-care and re-connection. Indulge in a half-day or full-day escape designed exclusively for you or your cherished couple moments.

HALF DAY EXCLUSIVE RETREAT

(4 hours)

USD 700 per individual or USD 950 per couple

Foot Ritual and Welcome Beverage

Wellness Discovery Consult and WellScan Elite (30 mins)

Private Yoga Class (60 mins)

Sound Healing Session (30 mins)

Wellness Massage recommended by consultant (60 mins)

Wellness Beverage and Energy Snack

Refreshments included: Water, Herbal Teas, Mixed Nuts

Exclusive use of the sanctuary facilities and ocean access during allotted hours

Working with: Head of Wellness (*Nutritionist*), Yoga and Ayurveda Specialist.

FULL DAY EXCLUSIVE RETREAT

(8 hours from 9.00 am to 5.00 pm)

USD 1,055 per individual or USD 1,945 per couple

Foot Ritual and Welcome Beverage

Wellness Discovery Consult and WellScan Elite (30 mins)

Private Yoga Class (60 mins)

Choice of Meditation or Sound Healing Session (60 mins)

Wellness Massage recommended by consultant (90 mins)

Choice of Myers IV Therapy or Flower Essence Therapy (60 mins)

Wellness Cuisine Meal + Wellness beverage

Wellness Beverage and Energy Snack

Refreshments included: Water, Herbal Teas, Mixed Nuts

Exclusive use of the Sanctuary facilities and ocean access during allotted hours

Working with: Head of Wellness (*Nutritionist*), Yoga and Ayurveda Specialist and Aesthetic Nurse.

Exclusive bookings per hour without instructor can be arranged at special request and additional charge.

USD 250++ per hour maximum 4 guests from the same villa.

Sanctuary Retreats

Embark on a transformative journey with our Personalised Sanctuary Retreats, available for 3, 5, or 7 days. Immerse yourself in a tailored programme crafted to address your unique well-being goals. From rejuvenating treatments to personalised holistic and mindful activities, each day is curated to enhance your physical and mental vitality. Rediscover balance, serenity, and a renewed sense of self in the luxurious seclusion of our exclusive sanctuary. Your path to holistic wellness begins with a personalised retreat designed just for you.

THREE DAYS

USD 1,295 per individual

USD 2,125 per couple

One Wellness Discovery Consult and WellScan Assessment (45 mins)

One Medi Spa treatment (60 mins)

One customised wellness treatment (60 mins)

Three Private yoga classes or holistic wellness activities (60 mins)

One Subtle Energies Kit

Plant Based Cuisine meal plans available on request

FIVE DAYS

USD 2,330 per individual

USD 3,785 per couple

One Wellness Discovery Consult and WellScan Assessment (45 mins)

One Epigenetic Test and Analysis (20 mins + 30 mins)

One Medi Spa treatment (60 mins)

Three customised wellness treatments (60 mins)

Four Private yoga classes or holistic wellness activities (60 mins)

One Retreat Exit and Review

One Nutritional Supplement – recommended by consultant

Three Personalised beverages

One Subtle Energies Kit

Plant Based Cuisine meal plans available on request

SEVEN DAYS

USD 3,465 per individual

USD 6,245 per couple

One Wellness Discovery Consult and WellScan Assessment (45 mins)

One Epigenetic Test and Analysis (20 mins + 30 mins)

One Epigenetic Dining Experience

One Nutrition and Lifestyle Consultation or One Flower Essence Therapy (60 mins)

Two Medi Spa treatments (60 mins)

One customised wellness treatment (90 mins)

Three customised wellness treatments (60 mins)

Six Private yoga classes or holistic wellness activities (60 mins)

One retreat Exit and Review (15 mins)

One Nutritional Supplement – recommended by consultant

One Subtle Energies Kit

Plant Based Cuisine meal plans available on request

EXAMPLES OF RETREAT PREFERENCES AND GOALS YOGA AND AYURVEDA, SLEEP ENRICHMENT, DETOX, BLISS AND CONTENTMENT, WEIGHT BALANCE, GUT HEALTH AND IMMUNE BALANCE.

Couples retreats include all individual treatments, consultations, nutritional supplements and beverages when applicable, for each person. The epigenetic dining experience and private yoga or holistic activities will be led together. Additionally, the Subtle Energies kit is provided per couple.

Advanced booking is advised. All prices are subject to 10% service charge and 16% government taxes.



Wellness Sanctuary Etiquette

- Please arrive 30 minutes before your treatment to complete your wellness consultation. Arriving late will decrease the time of your treatment.
- Please give 4 hours' cancellation notice on individual treatments, and 24 hours' notice on packages. Without this notification, 50% of the price will be charged to your account, and 100% of the price will be charged for no-shows.
- We recommend that you lock all valuables in your villa safe before coming to the Sanctuary.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant, or have any other medical complications, are advised to consult the doctor before signing up for any treatments. Please notify our spa receptionists or your wellness consultant if you have any existing medical conditions.
- For gentlemen – please shave before all facial treatments to ensure that maximal results are achieved.
- Smoking and use of mobile phones are not permitted in the wellness sanctuary.
- Please note that the sanctuary is unsuitable for young children and babies, as we try to ensure that all our guests benefit from the tranquility of our surroundings.
- We recommend that you do not sunbathe after oil treatments.
- Take time to relax in our tranquil surroundings before and after your session, and enjoy a wonderful tea after your treatment.



WELLNESS
SANCTUARY

ANANTARA
SPA

SEA.
FIRE.
SPICE.
SKY.

PLATES

MANZARU

Book your wellness experience now by contacting your Villa Host or
Anantara Spa Reception +960 660 6355 Email: spa.kihavah@anantara.com

