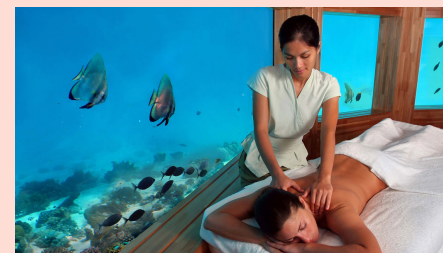


# Spiritual Side of Life

In fact, some resorts offer locally inspired massages that are based on traditional 'Dhivehi Beys' techniques, that we guarantee will dissolve all your stress and worries away. In addition to this, alluring purification rituals with milk and flower petals are also offered at various resorts, so that you can wash the dirt and grime of your journey away. You can then pamper yourself with the enticing aromatherapy packages available at our resorts. Some of our more romantic resorts offer Spa packages for you and your spouse, indulging both of you in a journey of peace and tranquility together helping you reconnect with one another.



## Any Special Activities (Unique Selling Points)

With the ocean so close, it makes sense that our resorts will take advantage of the healing benefits of the sea-water. Thus our resorts uses the continuous lullaby of the ocean in their daily massage and meditation routines in order to help you connect with the nature on a spiritual level. In order to fully utilize the healing power of the ocean, salt scrubs and waves massages are also available in our resorts. In addition to this, Aqua Yoga, performed in salt water pools, incorporates asanas and postures based on Hatha Yoga, which helps to increase the circulation of blood to the muscles tissues.

While the ocean provides a beautiful rhythm to focus on, some of our resorts have taken it one step further and developed beautiful music inspired by the local surroundings which are incorporated in daily yoga and meditation sessions. The spectacularly synchronized tracks are specially designed to enhance the natural sounds of the environment, ensuring that you connect easily with the surroundings, relaxing and opening your senses to the richness of the beauty around you.

Yet, the ocean is not the only natural resource available in breathtaking Maldives, and one of our most beautiful resorts that focus on offering delectable Ayurvedic packages also offers the unique opportunity of learning how to make fresh herbal poultices at the Ayurvedic Pharmacy. Thus steep yourself not only in the recuperative massages and healing meditation, but actually gain the knowledge to practice Ayurveda for the rest of your lives.

Our resorts also holds various promotions, including the buy-one, get-one-free package where you can experience the gentle ministrations of experts under the glow of the mysterious moon. Conducted in the open air, with the soft glow of the moonlight surrounding you, you can experiences the ephemeral bliss of the shimmering moon, with your partner.

In order to help you experience true rejuvenation, some Spas are located in isolated uninhabited islands connected to the main resort by shallow lagoons. This provides a truly fulfilling experience in solitude, ensuring that any disturbance to your meditations are kept to a minimum.

The surroundings set the ambience for your relaxation at the Spa. The Bird's Nest Spa room is sure to awe you with its exquisite splendor. Within such beautiful surroundings, we also provide

many unique packages that include detoxes, purifications, and aromatherapy. So why not book your stay with us and enjoy the full benefits of our quality healing packages and imbue yourselves with peace, happiness, tranquility, positive thoughts, flexibility, and general well-being.

## Underwater Spa

The first underwater Spa, the Lime Spa in Maldives offers numerous packages and treatments. With 2 treatment rooms for couples situated underwater, you can enjoy the colorful view of the beautiful marine life with your significant other. In addition to this, the Spa contains 4 single and 2 couples' overwater treatment rooms. The Spa is also equipped with hot and cold water therapy rooms, a boutique, manicure and pedicure rooms, and a special pool designed to collect saltwater, known as the Lonu Veyo. Subsequently, the Spa contains an over-water gym and yoga pavilion.

The signature treatment offered at the Spa, Lime Light Ritual is a 180-minute relaxation process which includes a massage and the enjoyment of delicious fresh fruits while indulging yourself in the rainbow view of various reef fishes. Lime Spa also has the honor of being the first Spa in Maldives to offer hyaluronic oxygen treatments which induces your skin to become firm and immaculate. Lime Spa also entertains various visiting experts who practice the art of Reiki, which focuses on the strengthening of your aura by releasing the flow of Qi.

Some of the rituals available at Lime Spa include LIME light, Lime Dream, Marine Waves, and Evolve Hot stone, which are all underwater rituals. Facials are another area that is covered most extensively under packages such as Skin Renewal, Miracle Ice Facial, Island Teaser, and the more rejuvenating Intracutaneous Oxygen Treatments such as Opulence Facial, Clarity Facial, and Rejuvenate Facial. In addition this, anti-aging treatments such as Rejuvenate Anti-Aging, Opulence Anti-Aging, and Clarity Anti-Aging is also offered at Lime Spa.

Lime Spa Wellness Packages incorporate alternative medicine such as Reflexology, Reiki, Ayurveda, Yoga, and Meditation. Subsequently, cleansing treatments such as Detoxifying Spirulina, Sculpt, and Pampering Poultice are packages that will purify your body inside out. All conducted in the view of the kaleidoscopic vision of the miraculous marine beauty of Maldives, the Underwater Spa is an experience you will never forget.



## Introduction about Spa Vacations in Maldives

Spa vacations in Maldives promise tranquility, peace, wellness, and healing. Based on numerous exotic and oriental healing methods, the Spa packages available in the resorts are designed to inculcate all your rejuvenation needs, deriving their treatments from traditional and holistic approaches to restorative therapy. Melt the stress of working day in and out, by relaxing at our Spas and experiencing firsthand, the spiritual journeys and serene ambiances available at one of the world's leading Spa destinations. In addition to this, take part in Yoga classes and reinvigorate yourselves by undergoing Ayurvedic healing processes administered by experts from the land Ayurveda. Indulge yourselves under our expert masseuses, or overwhelm your senses with our marvelous array of wraps, scrubs, baths, rituals, and specially designed retreats and journeys.

## Yoga Journeys in Maldives



Withstanding the tests of time, Yoga is considered as one of the most effective holistic treatments that imparts harmony, tranquility, physical and mental well-being. For thousands of years, yoga has been practiced to achieve awareness of one's body as well as one's surroundings. Yoga journeys offered in Maldives are designed to melt away the stress of working day in and day out under the instructions of experts. Yoga retreats also offer special meals that complement the journey of achieving enlightenment. Read on, to discover more about the various yoga packages offered at Maldivian yoga retreats.

While the vacations are relaxing and fun, travelling to arrive at the destination may be stressful, especially if you are coming from very far away. In anticipation of your biological clock being erratic, our resorts offer Jet Lag Yoga to bring your bio rhythm back into balance and invigorate you, so that you can enjoy the rest of your vacation immensely.

Why not start your day with Sun Salutations, which would help you stay energized for the rest of your day? You can also participate in Dynamic Yoga sessions to help you throw off the feeling of lethargy. By incorporating movements which stimulate the

sympathetic nervous system, dynamic energy is released from within your body ensuring that you remain active throughout the day.

Yoga focuses on the belief that to achieve physical fitness, the pranic energy (life-force) should be free to move through your body. Parnayama with Mudhras and Bandhas assist the body to remove any barriers from the Nadis (energy channels), thus balancing the prana within the body, ensuring that you are infused with robustness and vigor. You may also opt to practice Yoga Asana which combines different postures which emphasizes on the flexibility and the posture of the body. Suryamaskaram also centers on the physical health of the body and incorporates 12 unique postures designed to use all the muscles of the body. In addition to this, it also triggers the endocrine system consequently balancing the seven chakras and improving blood circulation with the body.

Specifically designed to help patients with digestive disorders such as diabetes and hyperacidity, Lagoo Shankha Prakshalan can be used to mitigate toxins from the digestive system and subsequently purify the blood system. Kunjal Kriya also emphasizes the cleansing of psychosomatic toxins from the intestinal area, enhancing your digestion which in turn helps you feel more elegant and poised. Kunjal Kriya has the added benefit of purifying the respiratory system and is quite effective for asthma patients or people who experience breathing difficulties.

During the day to day struggles of your lives, your face is exposed to pollution and dust making it unclean and impure. Jalandhri Yoga emphasizes on activating the energy centers around the facial region, which results in the release of tension from the face. Consequently, this helps to alleviate sinus infections, allergies, and headaches, while imparting a luminous afterglow that lights up your entire face.

While physical well-being is important to enjoy a state of good health and vigor, mental health is also equally prominent. Yoga Nidra, Dharna, Dhyana, and Samadi, are techniques that concentrate on the relaxation of the mind, enhancing your connection with the beautiful and vibrant surroundings you will experience here in Maldives. Both Yoga Nidra and another yoga package, Samthava also deals with the achievement of balance between mental and physical health, by controlling emotional stress and imbuing the sub-conscious with positive thoughts. Subsequently, you can wind down for the day by taking part in a 60-minute Gentle Yoga routine, which helps you to soothe your central nervous system and thus attain a state of tranquil meditation.

In addition to this, yoga retreats in Maldives offer various packages that are specifically aimed at pregnant women as well. So if you are looking for a way to maintain physical fitness and mental balance at the same time, you should join us for an authentic Yoga retreat. Even if you are only looking to enjoy yoga as a complement to your vacation, our resorts offer everyday yoga for you to experience without immersing yourself completely.

## Practice of Ayurveda

Ayurveda is an ancient art of healing that has started to assert itself as an effective alternative treatment for many diseases. Just like yoga, Ayurveda was born in the land of elephants, and the resorts of Maldives has gone to great lengths to procure experts in Ayurveda. Ayurveda is based on the 3 different facets of health; sleep, exercise, and diet. While some resorts offer Ayurvedic treatments as complementary services or separate packages, at other resorts, you can choose to immerse yourself in Ayurveda programs that are tailor-made to suite your particular desires. Such resorts offer Ayurveda packages from a minimum of 7 days to a maximum of 21 days. So come and luxuriate in the feeling of being pampered and healed thoroughly in your mind, body, and soul.

The most common Ayurvedic treatments available in Maldives is the Shirodhara. This constitutes of a warm herbal massage after which oil is poured over the forehead followed by a tender scalp massage. One of the most effective techniques used in Ayurvedic massage is the utilization of 2 massage therapists who work in perfect co-ordination. Thus, both Udvartana and Elakkizhi use this method to effectively dispense the treatments. While Udvartana is a massage focused on upward strokes, in conjugation with exfoliation and steaming of the body, Elakkizhi is the application of heated herbal bundles after a gentle herbal massage.

Another treatment that involves the application of bundles to the body is Navarakkizhi. The bundle used in Navarakkizhi is made out of Navara rice which is first cooked in milk, and then, in a blend of herbs. This treatment is also initiated by a warm herbal massage, followed by the application of the rice bundles. Sarvangadhara is when tepid therapeutic oil is poured over the body during the course of massaging it, in order to enhance the flow of blood with the body, ease the tension between the joints, and nurture the muscles and nerves.

In addition to the deep treatment techniques mentioned above, short scale, yet, effective cures such as Nasya and Karna Pooran are also available in Maldives. Nasya focuses on cleansing the airways, and small amounts of antiseptic oils are introduced into the nostrils, consequently relieving migraine headaches, sinusitis, and chronic colds. Karna Pooran on the other hand assuages



earaches, tinnitus, and various other forms of headaches by massaging the head, neck, and shoulder, followed by filling the ear with herbal Ayurvedic oils.

A common complaint of almost every woman is the lower back pain. Kati Vasti is the utilization of Ayurvedic techniques and special herbal oils to induce strength in the lower back muscles, ligaments, and the spine, promoting lubrication of the joints and mitigating lower back pain. In addition to this Tarpana is the treatment of the eye, one of the most strained organs in our body, by pouring sterile herbal infused ghee (clarified butter) over them. This effectively relieves tension in the eyes and rejuvenates sore eyes. Experience the miracles of holistic healing firsthand by taking part in our Ayurvedic immersion sessions, or enjoy a session of restoration in isolation by choosing one of the exclusive treatments available in Maldives. Starting as low as US\$80, Ayurvedic treatments at Maldives are the most resourceful ways to rejuvenate and restore yourself.

## Special Features of the Spa in Maldives

One of the most unique features on Maldivians Spas are the fact that a lot of them are located over the water. Therefore, you can unwind and get a restorative massage while being lulled into a state of deep relaxation by the gentle sounds of the waves dancing all around you. In addition to stunning seaside views, Spas in Maldives are located in isolated and scenic spots that are connected to the main resort via charming little pathways.

With the beautiful and lush greenery available, the Spas in Maldives strive to incorporate local produce such as coconut and local flowers in their routine massages and poultices. Each resort has its own signature massage which integrates unique techniques inspired by alternative medicine techniques from all over the world. While some resorts offer legitimate Hawaiian massages, others choose to incorporate authentic Asian techniques of healing, such as Thai, Balinese, and Indians massages flavored with a local touch.