



# Wellness Rejuvenation Journey



*Wellness your way*



## **Introduction**

The Wellness Rejuvenation journey is a fully immersive wellness retreat. Each journey is designed by our resident Ayurvedic Doctor with a fully prescribed healing program, including a delicious, personalised wellness food plan, wellness therapies, and wellness activities.

Your villa will be transformed into a wellness villa as a part of this program, complete with organic, sustainable wellness amenities, a wellness mini-bar with conscious nutritional options of delicious handcrafted healthy snacks and drinks, comfortable wellness attire, handheld fitness equipment for self-practice, nightly turn-down shots, luxurious bath rituals, and ambience to boost the perfect night's sleep.

## **Journey Options**

Chronic Pain Management | Anti-Anxiety / Stress Program | Gut Health (inc. detox) | Sleep Therapy | Ageing Defying | Wellness for Cancer | Weight Loss



## **Ayurvedic Consultation with Resident Doctor**

Start your wellness journey with a personalised consultation with our resident Ayurvedic Doctor or choose your own treatment options from the below a la carte menu.

A detailed Ayurvedic consultation will have the following components:

- Pulse examination
- Constitution analysis
- Diet chart and correction
- Supplements
- Dietary corrections
- Ayurveda therapy recommendation
- Ayurveda medicine

# Wellness Journey Options



## Chronic Pain Management

Instances of chronic pain can be felt everywhere on the body and might linger for months or even years. It's a serious problem that gets in the way of living and even contributes to mental health issues like despair and anxiety. Finding and fixing the root cause of the problem is a priority one in any treatment plan. Medication, therapy, and changes in lifestyle all work together to get the best possible outcome.

## Anti-Anxiety / Stress Program

To put it simply, stress is when you feel mentally or emotionally strained due to external factors. Most people experience stress at some point in their lives. Moreover, one survey indicated that 33% of respondents felt stressed out more than they would want.

Anxiety disorders are a group of mental illnesses in which the sufferer experiences excessive worry and fear to the point that their daily life and ability to work and interact with others is severely disrupted. Anxiety can manifest in a wide range of physical and mental symptoms, including agitation, irritation, fatigue, poor concentration, a racing heart, chest discomfort, stomach pain, and possibly other symptoms as well.

## **Gut Health (inc. detox)**

A robust immune system, healthy heart and brain, improved mood, decent sleep, and effective digestion are all benefits that come from having a healthy gut. Additionally, a healthy gut may help avoid some types of cancer and autoimmune illnesses.

## **Sleep Therapy**

Fatigue, difficulties focusing, remembering, mood swings, slowed decision-making, reaction times and sluggish motor skills are just some of the side effects of not getting enough sleep. As a result, it can increase the likelihood of injuries and accidents. Inadequate sleep over an extended period of time has been linked to an increased risk of diabetes and obesity.

## **Holistic Age Defying**

Ageing is an unavoidable fact of life. From the Philosopher's Stone to Ponce de Leon's quest for the Fountain of Youth, thousands of years we spent trying to discover the secret to eternal life. A variety of factors influence healthy ageing, some of these like genetics are beyond our control. Others, such as exercise, a healthy diet, regular doctor visits, and mental health care, are within our reach to take care well in advance.

## **Wellness for Cancer**

Our Wellness Practitioners are trained and certified to adapt and tailor their services to individuals touched by cancer at any stage of their journey, whether they are in treatment, out of treatment, living with cancer, in survivorship, or at the end of life.

## **Weight Loss**

It may seem complicated, but maintaining a healthy weight comes down to a simple equation: If you consume more calories than you burn, you will put on weight. You can reduce your body weight by eating fewer calories and increasing the number of calories you burn through physical activity.

# Specialist Treatments

*All treatments are prescribed by our resident Ayurvedic doctor*

## **Abhyangam - Full Body Massage**

This full body Ayurvedic massage uses light, rhythmic strokes to gently knead a special herbal oil into the skin. When practiced often, Abhyangam will detox your tissues, restore your complexion, and relax muscles.

## **Shirodhara - Hot Oil Pour**

A wonderful relaxation process in which the scalp and forehead is caressed with a gentle stream of lukewarm, medicated oil. It calms, rejuvenates, and enhances the functioning of the central nervous system.

## **Padabhyangam - Foot Massage with Reflexology**

An Ayurvedic foot massage which uses light rhythmic strokes and a special herbal oil to stimulate different points on the feet that foster mental relaxation and stress reduction.

## **Udhwarthanam - For Weight Loss**

Udhwarthanam is an effective Ayurvedic treatment for obesity and weight loss that involves deep dry massage using herbal powders. It reduces the fat patches from the body known as cellulites, toning of muscles, improves blood circulation, eases joint pain, promote the excellence of skin and leads to a sense of lightness in the body.

## **Dhara - Full Body Hot Oil Pour**

Sarvanga Dhara, also known as Kayaseka or Pizhichil, is a unique healing modality in which therapeutic oil is poured over the patient's body in steady streams while they receive a gentle massage. The treatment is very calming and rejuvenating, aiding in anti-aging efforts, the recovery from bone injuries, the strengthening of the immune system, and the extension of life expectancy, as well as the normalization of growth in muscle mass, the enhancement of skin tone, and the enhancement of blood flow.

## **Nabhi Pooranam - Abdominal Treatment**

Nabhi Pooranam refers to a technique used in Ayurvedic medicine. Here, Luke warm medicinal oils are inserted into the navel. Vata and Pitta imbalances are the primary conditions for which it is recommended. Nabhi Pooranam is extremely useful for treating abdominal pain, such as that caused by colic, uterine pain or spasms owing to dysmenorrhea (painful menstruation), urinary bladder pain and dysuria (painful urination), gaseous distension and bloating, etc.

## **Podikizhi - Warm Poultice Massage**

A bolus of heated powder and medicated herbs is dipped in oil warmed to body temperature. The bolus is then used to lightly massage the whole body to reduce swelling and pain. Podikizhi helps remove toxins from the body and increase blood circulation in the skin.



## **Nasyam - Sinus Cleansing**

Nasyam, part of the purification ritual known as panchakarma in Ayurveda, is performed to cleanse the sinuses and the upper respiratory tract. Because the nostrils are said to be the gateway to the brain, they are the delivery system of choice for nasyam medications. By purging the body's passageways and cavities of harmful substances, acupuncture helps to restore health to the central nervous system, enhances sensory function, reduces tension and headaches, and even heals cases of nasal congestion, sinusitis, and asthma.

## **Janu Vashti - For Knee Pain**

Janu Vasthi is a treatment in which medicated oils are poured and pooled for a fixed duration of time in a compartment or a cabin constructed around the knee joint / joints using herbal and dough paste. The Ayurvedic oil and the herbs will be chosen depending on the bodily constitution, doshas and the health disorder of the person. It helps in strengthening the tendons and ligaments of the knee, increases synovial fluid and prevents degeneration of the knee joint.

## **Navara Face Lepam - Anti-Ageing for Face**

A wonderful relaxation process in which the scalp This is a herbal face lift that leaves skin looking visibly younger and more radiant. The herbal face mask helps reduce the appearance of fine lines and wrinkles, hyper pigmentation, and improves the skin tone, and imparts a special glow to the face.

## **Fruit Mukhalepam - Rejuvenate and Improve Skin Tone on Face**

Combat the signs of aging, even out the skin tone and reduce pigmentation with this facial that uses a mask made from freshly blended fruits.

## **Navara Mukhalepam - Fruit Mask for Face**

A special blend of rice and medicinal herbs is used to make this face mask that helps to reduce the occurrence of acne and remove dead skin. This treatment will leave the skin feeling supple, plump, and rejuvenated with a natural radiance

## **Kesha Lepam - Hair Mask**

Kesha Lepam involves the application of a herbal paste to the scalp. This technique is used to promote hair growth, and to strengthen and nourish hair follicles. The treatment also helps to cool the scalp, which has a calming effect and promotes a more restful sleep.

## **Kati Vashti - For Lower Back Pain**

Kati Vasthi is a simple and unique Ayurvedic therapy which involves retaining warm Ayurvedic oil over the lower back or lumbar affected area bordered with herbal and dough paste, followed by a gentle massage. The Ayurvedic oil and the herbs will be chosen depending on the bodily constitution, doshas and the health disorder of the person. It cures vertebra disorders, and chronic backaches improve blood circulation in the affected area, lubricates joints and strengthens bones, especially in the affected area.

## **Neuro-Linguistic Programming (NLP)**

### *Virtual Session*

The Quantum Release is an ideal solution if you are carrying emotional baggage that you would like to leave behind. Once we correct the inside, the outside will fall into place. Neuro-Linguistic Programming is a technique that basically helps us to find out and understand the truth of what is happening internally so that you can make the appropriate changes to live the life you want and deserve. NLP is for you if you want to stop holding yourself back, learn how to be stress-free, be healthier, have great relationships and just enjoy your life!

# Wellness Spa Therapies



## **Intuitive Therapy**

Enjoy a custom-tailored full-body massage with moderate to firm pressure. An energizing treatment for muscle tightness based on age-old Indian customs. This therapeutic massage facilitates recovery from any sports-related muscle release and weariness. This intense massage will soothe your nervous system, allowing you to unwind and attain complete tranquility.

## **Bolifushi Fusion**

The Signature Massage of Elena's spa at the Ozen Reserve Bolifushi is a fusion of Western and Asian treatments that allows you to design your own message. Thai massage, reflexology, heated poultices, and a unique blend of essential oils are just some of the options available for personalised treatment.

## **Prana Vitality**

This calming and revitalizing ritual soothes the body and mind while nourishing the skin. This exquisite massage combines specialized techniques with Marma therapy, using rose for emotional balance, sandalwood for healing, and jasmine for rejuvenation. There is a great sensation of inner serenity and the skin is nourished and the spirit is nurtured.

## **Under the Stars Healing**

This one-of-a-kind blend of Pranic Healing and Sound Healing takes place on the beach under the stars embracing the sounds of the ocean. This therapy assists in channeling and transmuting the energies in and around your body through the power of vibration. This technique helps you let go of negative feelings and thoughts while amplifying the good ones. The objective of playing the Himalayan Singing Bowls at a certain frequency is to increase the vibration or energy frequency of the listener. There is a constant empowerment and support for your healing process on all levels of your body, mind, and soul with this method. This therapeutic massage aids in the reduction of muscle soreness and tiredness associated with athletic activity. Your nervous system will be soothed by this therapeutic massage, allowing you to unwind and find inner peace.

## **Scalp Acupressure**

Acupressure is an ancient form of treatment that has long been used to treat a wide range of ailments and conditions. A scalp massage works on the chakras, which aids in the removal of brain congestion, the promotion of blood flow, and the reduction of stress.

## **Foot Acupressure**

By knowing how the organs of the body react to light pressure on the foot, our therapists utilize thumb acupressure and massage to stimulate the body's natural recuperation. In turn, this induces profound relaxation, making it an exceptionally soothing treatment after a day of travel or walking.

## **Cupping Therapy**

Cupping is a Vietnamese traditional massage which involves the practitioner applying suction to affected areas using special cups. It's will reduce stagnation, promotes Qi- blood circulation. Cupping is commonly used to treat pain disorders, muscle aches and release stress and anxiety.

## **Lymphatic Drainage**

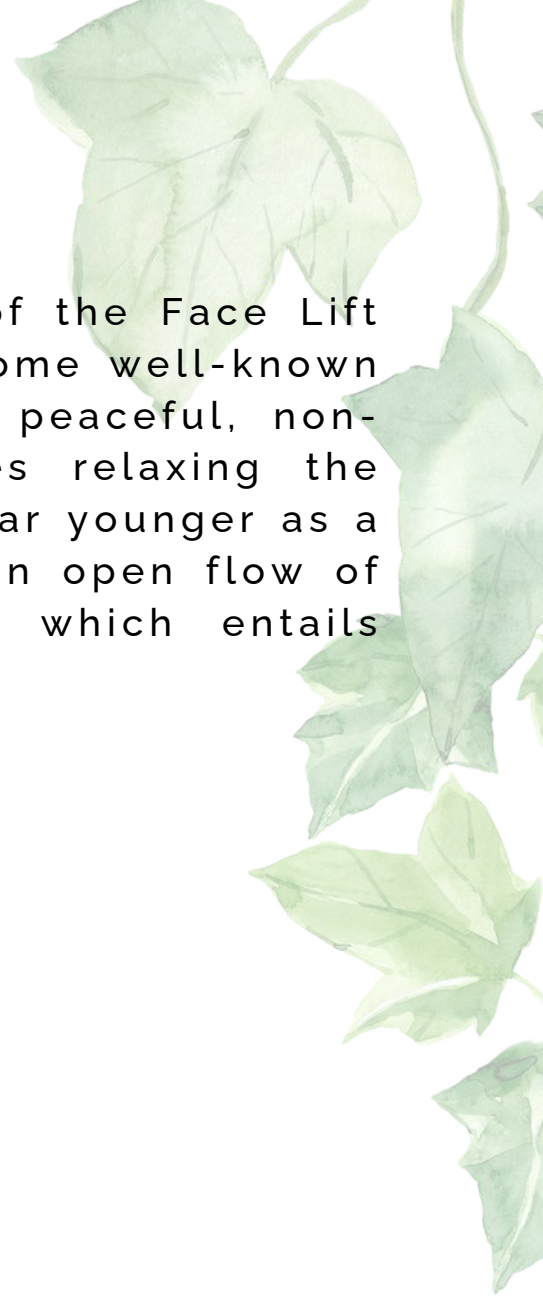
Manual lymphatic drainage, often called lymphatic drainage massage, reduces fluid retention caused by surgery, radiation therapy, or prolonged illness. The goal of lymphatic drainage massage is to encourage the flow of lymph from the places of the body where it is trapped to those with functional lymphatic channels.

## **Detox Facial with Lymphatic Drainage**

An intensive skin-repair routine that uses Ila's Gold cellular age restoration products. Your skin can be healed and protected from the effects of ageing with the help of natural gold and the purest of frankincense from the Gardens of Ethiopia. Classic opening massage techniques, lymphatic drainage, and warm herbal poultices follow a cleansing, exfoliating, and toning regimen to complete the treatment. Repairing damaged, inflamed, or rosacea-prone skin is a breeze with the Ila BosTriWell and hyaluronic extract paired with sonic wave treatment.

## **Face Lift Massage**

Ayurvedic medicine is the source of the Face Lift Massage, a procedure that has become well-known worldwide. It is a gentle, entirely peaceful, non-invasive technique that emphasizes relaxing the entire body. You may feel and appear younger as a result. In order to help you keep an open flow of energy, marma massage is used, which entails stimulating key places.



# **One-to-One Fitness**

## **Functional Training**

This is a form of physical activity where the exercises mimic normal, everyday actions. It's useful for improving sports performance, avoiding injuries, and maintaining general fitness. Functional motions involve the coordinated employment of vast sets of muscles from all throughout the body.

## **Rehabilitation/Mobilisation/Full Stretching**

A tailor-made program to improve the range of motion and reduce muscular tension based specifically for chronic pain conditions.

## **Bespoke Music Zumba / Cardio Kickboxing**

Zumba is an aerobic workout program that is centered on dancing and involves dance techniques that are influenced by Latin culture. Achieve and maintain your desired level of fitness by burning calories while also having fun in the best workout class that has ever been designed to get you in shape or keep you in shape.

## **Wellness Walk or Run in Nature**

Walking in nature is good for both healthy people and people with mental health problems with Just moving around and stretching legs is a great cardio itself. A less well-known fact is that walking in nature can change our brains and how we think. One example of a cognitive process is paying attention.



## **Cross training**

Combining several kinds of physical activity into one workout is what's known as "cross training," and it's a great way to spice up fitness routine. It is essential to incorporate a range of different workouts into daily workout routine. Overuse and repetitive strain injuries are more likely to occur in routine or monotonous workouts.

## **Pilates**

Pilates is a form of exercise that works to strengthen the body by focusing on the abdominal and back muscles. The approach encourages the cultivation of a body-awareness that assists in the execution of ordinary motions in an elegant and effective manner. Strength, stability, and flexibility are all promoted via the practice of Pilates.

## **Aerobics**

Aerobic exercise, also known as "cardio," consists of a variety of intensive physical activities that improve cardiovascular efficiency by increasing blood oxygen levels and strengthening the heart, lungs, and muscles.

## **Weight Training**

Working out with weights can aid in the toning of muscles, improvement in looks, and prevention of age-related muscle loss. It also improve overall physical appearance.

# One-to-One Wellness



## Private Yoga

Yoga is an ancient practice involving a variety of physical, mental, and spiritual exercises. These exercises have been passed down through the generations from instructor to students. Activities like breathing techniques, postures, relaxation, chanting, and other forms of meditation are few key learnings on this journey.

## Private Meditation / Yogic Nidra

As a relaxation technique, it can quiet the mind and body while enhancing inner peace. When done before bedtime, meditation may help reduce insomnia and sleep troubles by promoting overall calmness.

## Bonfire Meditation

This calming mindfulness meditation helps to let go of your day and drift off to a peaceful sleep. It has a simple body scan, easy breathing exercises, and visualizations that will help you have a peaceful night sleep.

## **Floating Meditation**

The impact floating has on your brain is extremely astounding. Your brain waves slow as a result of the sensory deprivation and eventually enter the theta stage. This condition is most frequently experienced during extended periods of profound meditation or right before sleep, and it is frequently accompanied by vivid images, crystal-clear, original thoughts, unexpected insights and inspirations, or positive emotions.

