



Wellness Seeker Journey



Wellness your way



Introduction

The Wellness Seeker journey allows you to get acquainted with wellness, where you will simply experience the wellness treatments from our bespoke wellness a la carte therapy menu.



Ayurvedic Consultation with Resident Doctor
\$120

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 Signature Therapies



Bolifushi Fusion

\$220++ / 90 minutes

\$180++ / 60 minutes

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.

Neuro-Linguistic Programming (NLP)

(Virtual sessions)

\$200++ / 60 minutes

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!



Sound Healing Therapy
\$150++ / 45 minutes

Step into the unique world of Sound Healing Therapy for safe and restorative sound bath experiences, encouraging relaxation and mindfulness through sound and vibration..

Energy Healing Therapy
\$150++ / 30 minutes

This is a form of healing therapy based on cosmic and natural energy. As we know there is immense healing energy around us. This therapy channels the healing by streamlining the cosmic energy into our body. This method of healing identifies the weaker parts of our body and strengthens the same by passing the cosmic power. Reiki, Acupressure, and Meditation all are forms of energy healing. As we are made up of five elements via earth, water, fire, wind and ether, energy healers heal the body by balancing the elements through the cosmic healing method. This therapy will take you to your childhood days and resolve all your energy deficiencies.

Wellness Spa Therapies



Intuitive Therapy

\$180++ / 60 minutes

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 tranquillity.

Deep Tissue

\$185++ / 60 minutes

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.

Cupping Therapy

\$160++ / 60 minutes

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

Foot Acupressure

\$180++ / 90 minutes

\$150++ / 60 minutes

By knowing how the organs of the body react to light pressure on the foot, our therapists may 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.

Scalp Acupressure

\$90++ / 30 minutes

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

Trigger Point Therapy

\$90++ / 30 minutes

A trigger point is a sort of therapy that can only be administered by a certified massage therapist. The primary goals of this type of therapy are to detect and release trigger points in the body, particularly in muscles that contract and spasm, which can be quite painful. These knots or trigger points do not dissolve on their own, and this therapy aids in the release of tension from these areas and promotes healing by applying pressure to injured or damaged areas of the body. Both, manual and mechanical techniques are used to perform this non-invasive, safe, and efficient treatment.

Traditional Ayurvedic Treatments



Abhyangam - Full body massage

\$250++ / 90 minutes

\$210++ / 60 minutes

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

Udhwarthanam - For Weight Loss

\$210++ / 60 minutes

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, promotes the excellence of skin and leads to a sense of lightness in the body.

Podikizhi - Warm Poultice Massage

\$200++ / 45 minutes

A bolus of heated powder and medicated herbs are 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 increases blood circulation in the skin.



Kati Vashti - For Lower Back Pain
\$200++ / 45 minutes

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 , chronic backaches, improves blood circulation in the affected area, lubricate joints and strengthens bones especially in the affected area.

Janu Vashti - For Knee Pain
\$200++ / 45 minutes

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 sinovial fluid and prevents degeneration of the knee joint.



Padabhyangam - Foot Massage with Reflexology
\$100++ / 30 minutes

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.

Shiroabhyangam - Head Massage
\$100++ / 30 minutes

This Ayurvedic head massage uses light, circular strokes using special herbal oil applied to the scalp. Head massages are one of the most important techniques in Ayurveda, they stimulate nerve centers, and relieve stress and tension throughout the body.

Hair & Facial Therapies



Navara Face Lepam - Anti-Ageing for Face **\$150++ / 30 minutes**

A wonderful relaxation process in which the scalp is massaged with a special blend of herbs. 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 the Face **\$150++ / 30 minutes**

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.

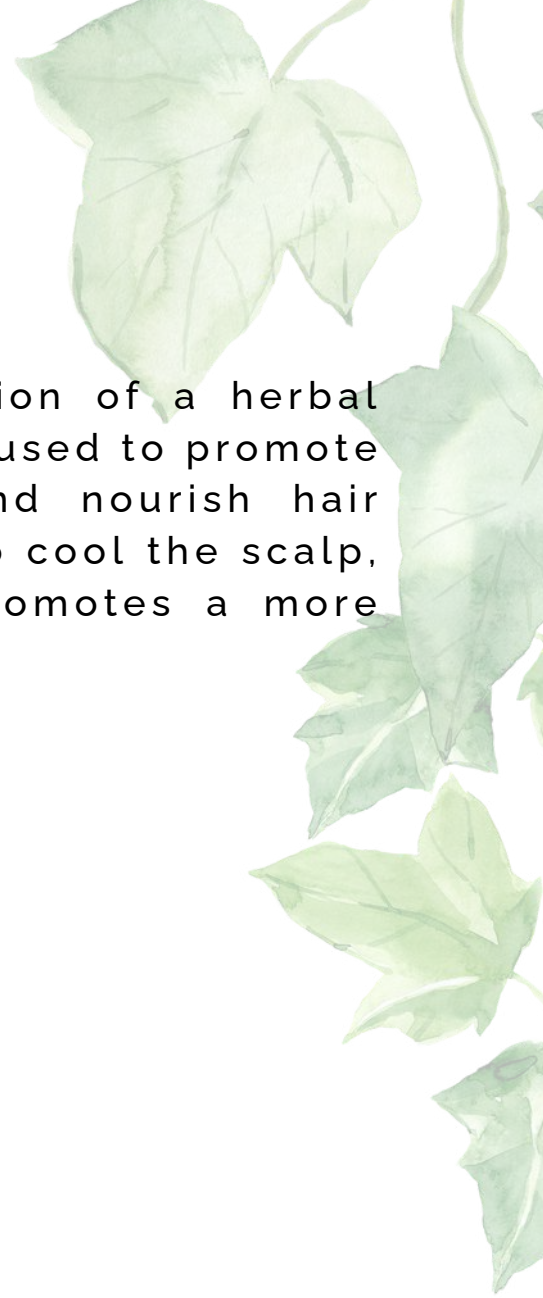
Navara Mukhalepam - Fruit Mask for Face **\$150++ / 30 minutes**

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

\$150++ / 30 minutes

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.



One-to-One Fitness

Functional Training

\$100++ / 45 minutes

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

\$100++ / 45 minutes

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

Cross training

\$100++ / 45 minutes

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

\$100++ / 45 minutes

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

\$100++ / 45 minutes

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

\$100++ / 45 minutes

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.

Private Wellness Activities



Private Yoga

\$100++ / 45 minutes

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

\$100++ / 45 minutes

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.

Floating Meditation

\$100++ / 45 minutes

The effects of floating on your brain are also quite remarkable. Sensory deprivation slows your brain waves until they reach the theta state. This state is most common during deep meditation or just before falling asleep and is usually combined with vivid imagery, and very clear and creative thought.