



balance

WELLNESS BY ANANTARA



Jet to the Maldives to pause, unwind, and balance body and mind. At our wellness sanctuaries, you will find comprehensive wellness programmes and experiences tailored to individual lifestyle and wellness goals.

We offer wellness solutions for everyday challenges and help you on your journey for pursuing bigger lifestyle changes. We help you build foundations for change and support you through the initial hurdles.

Specialties include Ayurveda, IV therapy, movement therapy and the latest medi-spa treatments from around the world.



BALANCE PROGRAMMES

Balance by Anantara offers personalised packages and programmes designed around promoting your ultimate wellbeing. All packages are supported by optimised nutrition programmes.

Well-Balanced

A programme designed for weight management

We aim to address obtaining and sustaining a healthy lifestyle, being active and maintaining ourselves mentally and physically. We want to provide you with solid foundations to address the hurdles which commonly prevent achieving ideal weight goals: diet, water retention, inflammation, nutrient assimilation, hormone imbalance and exercise.

5 Days

- Wellness Consultation and Fitness Assessment
- One Colonic Hydrotherapy Cleanse
- Three Personalised Spa Treatments (*select spa services*)
- Five Personalised Movement Activities (*Fitness or Yoga*)

7 Days

- Nutrition and Lifestyle Consultation as well as Fitness Assessment
- One Colonic Hydrotherapy Cleanse
- Five Personalised Spa Treatments (*select spa services*)
- Seven Personalised Movement Activities (*Fitness or Yoga*)
- Program Follow Up
- Complimentary -30minute Consultation with Visiting Master of Wellness

Program Goals

- How to achieve your desired weight with the correct diet
- Improve vitality
- Create new habits
- Increase confidence and decrease stress
- Improve strength, endurance and balance

Working With

- Wellness Consultant, Nutritionist and Naturopath
- Personal Fitness Trainer
- Yoga Guru
- Medi-Spa Nurse
- Spa Therapists
- Visiting Master of Wellness



Well-Cleansed

A program designed for Cleansing and Detoxification

We aim to address the damaging effects of modern life, unhealthy lifestyle choices and built-up stress and anxiety. Our programme offers a variety of therapies and treatments to naturally stimulate the detoxification pathways of the body and mind, offering you a sense of renewal and vitality.

5 Days:

- Wellness Consultation
- One Colonic Hydrotherapy Cleanse
- Four Personalised Spa Treatments (*select spa services*)
- Four Personalised Movement Activities (*Fitness or Yoga*)

7 Days:

- Nutrition and Lifestyle Consultation
- Two Colonic Hydrotherapy Cleanse
- Six Personalised Spa Treatments (*select spa services*)
- Six Personalised Movement Activities (*Fitness or Yoga*)
- Program Follow Up
- Complimentary 30-minute Consultation with Visiting Master of Wellness

Program Goals

- Support the organs of elimination
- Improve energy levels and increase metabolism
- Immune reset and reboot

Working With

- Wellness Consultant, Nutritionist and Naturopath
- Personal Fitness Trainer
- Yoga Guru
- Medi-Spa Nurse
- Spa Therapists
- Visiting Master of Wellness



Well-Being

A program designed for better sleep and stress management.

For those seeking balance, a pathway to a more refined focus and will to achieve an overall peace of mind. This programme is ideal if you need to improve your sleep and offers an opportunity to explore dietary and lifestyle behaviours which may be inhibiting your ability to have a deep and restful sleep. Explore a variety of therapies and treatments that help improve sleep patterns, improve energy levels and open you up for growth and longevity.

5 Days:

- Wellness Consultation
- One Vitamin IV Therapy
- Four Personalised Spa Treatments (*select spa services*)
- Four Personalised Movement Activities (*Fitness or Yoga*)

7 Days:

- Nutrition and Lifestyle Consultation
- One Vitamin IV Therapy
- One Oxygen therapy
- Six Personalised Spa Treatments (*select spa services*)
- Six Personalised Movement Activities (*Fitness or Yoga*)
- Program Follow Up
- Complimentary 30-minute Consultation with Visiting Master of Wellness

Program Goals

- Create optimal conditions for sleep
- Relaxation and Restoration
- Balance emotions and establish routines

Working With

- Wellness Consultant, Nutritionist and Naturopath
- Personal Fitness Trainer
- Yoga Guru
- Medi-Spa Nurse
- Spa Therapists
- Visiting Master of Wellness



BALANCE AND HEALING

AYURVEDA

The world's oldest system of holistic healing, designed to heal the body and create a balance between mind, body and spirit. The philosophy holds that there are three basic constitutions, or doshas—vata, pitta, and kapha—that make up our physical, mental and emotional selves - our Ayurvedic journeys seek to balance the three principle energies.

ABHYANGA

Warm oils are blended with medicinal herbs for healing and detoxifying the body. Rhythmic massage techniques are applied to work along the meridian lines and restore the flow of vital energy. (60/90 minutes)

PINA SWEDA

Warm herbal pouches are applied to the body to open the energy channels. Medicinal herbs are absorbed into the underlying tissues, improving blood circulation and repairing neuromuscular conditions to ease joint pain and leave the body feeling revitalised. (90 minutes)

SHIRODHARA

Restore natural balance and calm the mind and spirit with this gentle Ayurvedic treatment. After a gentle massage on the neck and shoulder area, warm oils are poured over the forehead and a head massage is performed. This therapy enhances blood circulation, improves concentration and further promotes relaxation. (45 minutes)

KATI BASTI HEALING RITUAL

A localised Ayurvedic treatment that relieves ailments associated with the lower back through the application of specially prepared warm medicinal herbs and oils. The oils are poured into a small reservoir made of herbal paste on the lower back area and absorbed directly by the body. This unique treatment helps strengthen the bones, muscles, and soft tissue in the area, providing relief from back pain, spinal disorders, sciatica, and other ailments. Your treatment includes a healing back massage. (60 minutes)

LOTUS INDULGENCE

Abhyanga rhythmic massage techniques combined with a focal Shirodhara head massage. A stunning blend of warm oils and medicinal herbs to help enhance the body's immunity while inducing a state of deep relaxation and emotional wellbeing. (90 minutes)

SUNDARI HEALING RITUAL

Sundari, meaning beautiful, is a delicate and thoughtful healing ritual that is designed to achieve harmony and balance in mind and body; creating an inner calm and outer radiance. Your ritual begins with a breathing exercise (pranayama), helping to align your five pranas (life force). Open up any blocked channels with Abhyanga massage techniques, aiming to balance your core chakra. Your therapist will use a combination of massage techniques best suited for you to achieve this. Further stimulating the body's natural healing process; reflexology will be performed on your feet with the application of pressure to specific points and areas. These points correspond to different organs and systems helping to increase energy levels and circulation, eliminate toxins, and promote general wellbeing. (90 minutes)



BALANCE AND MOVEMENT

PERSONALISED TRAINING

Offering a vast array of individualised training programmes that focus on problem areas and optimise overall wellbeing and movement performance levels. Your programme will be suitable for your stay at the resort and beyond for your return home. Sessions can be held in the Fitness Centre or outdoors.

HIIT

High-intensity interval training (HIIT) is a revolutionary approach to weight loss and fitness that alternates rest and exercise intervals to maximize fat burn in a short amount of time. HIIT creates a powerful body-mind balance to strengthen the heart, burn calories, build muscle and boost stamina levels, helping you to achieve a better balance.
(45 minutes)

BEACH CIRCUIT

Some workouts are better on the beach! The beach is a great place to work out because the sand makes it harder for your feet and legs to easily stabilise, meaning your entire body has to work harder while you run or perform different strength moves. Enjoy explosive circuits helping to tone arms, legs and abs with conditioning squats, planks and lunges during this total body workout.
(45 minutes)

ASSISTED STRETCHING

A one-to-one session to help you stretch and relax. Your dedicated trainer can focus on any area of tension. Assisted stretching rids your body of tightness, improves your overall flexibility and leaves you feeling balanced.
(45 minutes)

YOGA & MEDITATION

Our resident yoga instructor will guide you through gentle stretches to more advanced poses, combining consultations and one-to-one sessions that teach bespoke breathing techniques and postures.

Select your preferred time and location.
(60 minutes)

FAMILY YOGA

A family class incorporating yoga for adults and children (*over the age of 6*). Yoga can help improve concentration, improve flexibility, stimulate the imagination and release energy in a fun environment.



BALANCE CONSULTATIONS

Providing you with a personalised road map to wellbeing by inviting you to share your wellness goals and health concerns through assessment of your current diet, lifestyle and medical history. Each consultation includes a personalised Nutrition & Lifestyle report and the option to add a full analysis of your body composition.

Each consultation provides scientifically researched guidance based on naturopathic wellness principles and precepts. (60 minutes)

DETOX AND RECHARGE

A variety of health concerns arise due to an accumulation of toxicity in our system. Explore new lifestyle & diet strategies to cleanse and reduce the toxic burden on the liver and support detoxification pathways. Learn how to take care of your gut to optimise digestion and improve long-term energy.

SLEEP AND RESTORATION

Suffering from sleep deprivation? Jet lag, daytime sleepiness, unable to fall asleep, stay asleep or wake up too early? This consultation helps identify common sleep hurdles caused by our everyday habits and guides you on ways to restore your natural circadian rhythm, support your nervous system and balance important sleep hormones and neurotransmitters.

GUT HEALTH AND IMMUNE BALANCE

Did you know 70% of your immune system is in your gut? Do you suffer from bloating, heartburn and sluggishness? Learn about all the contributing factors that affect your gut and ways to protect your digestive system, which may sound surprising because they are not just about what you eat. Sleep, movement and stress are a few contributing factors. Learn how to take care of your gut microbiome and choose foods that can improve its integrity.

BEAUTY REDEFINED

Notice your hair is weak or brittle? Your skin is dry? Nourishing your body from the inside out is what is necessary to achieve radiant, youthful and healthy skin! Discover what may be the causal factors and learn what you can do in your everyday life to promote the growth and quality of your hair, skin and nails.



COCOOON
— MEDICAL SPA —

MEDICAL WELLNESS by Cocoon Medi Spa

Cocoon's philosophy is simple – we are results orientated to give noticeable differences in your skin, health, and beauty.

There are no gizmos, no fads, just the most experienced doctors administering the highest quality, proven aesthetic treatments, and technologies. Rejuvenate your body from the inside out with innovative new therapies that detoxify and cleanse. Experience total relaxation in our beautiful spa sanctuary whilst your body is transformed using holistic treatments by our qualified team. Our cutting-edge therapies can help with weight loss and skin problems to reveal a happier, healthier you.

AESTHETIC FACIAL TREATMENTS

DIAMOND MICRODERMABRASION

Slough away dead skin cells, reduce the size of pores, improve the appearance of sun damage, wrinkles, fine lines, age spots, acne scarring, and other skin-related concerns. The advanced Diamond Microdermabrasion system renews overall skin tone and texture and is strong enough to clear and exfoliate but gentle enough for the most sensitive of skins. This minimally invasive procedure increases blood flow and helps to produce collagen.

(30 minutes)

COCOON SIGNATURE FACIAL

Deep Clean • Facial Massage • Steam Extraction • High Frequency • Algae Peel-Off Mask • Sunscreen • LED Light Therapy • Gold Hyaluronic Acid Moisturizer

Cocoon's signature marine brightening facial rejuvenates skin and visibly reduces imperfections. This facial is perfect for congested skin with blackheads and whiteheads caused by pollution or stress. After a deep cleanse and a facial massage, clogged pores are manually extracted under a steamer. The high frequency and LED light therapy calms skin and has antibacterial properties to prevent future breakouts. An algae peel-off mask further extracts any remaining impurities. Once the skin is thoroughly cleansed, hydrating serum and moisturizer are applied to stimulate the growth of new skin cells promoting a smoother, tighter, and brighter complexion.

(90 minutes)

DEEP CLEANSING AND PURIFYING FACIAL

Professional deep-acting treatment that gives a complete deep cleanse and hydration. This is a safe, gentle, and effective way to facilitate the removal of dead cells from the superficial layers of the epidermis. This treatment activates natural cell renewal and collagen production and oxygenation to awaken tired, sallow, dull skin.

Silver package: Facial massage, deep cleanse, gold collagen hyaluronic acid mask, oxygen therapy

(60 minutes)

Gold package: with added Diamond Microdermabrasion and LED red light therapy

(90 minutes)

CLEOPATRA 24 CARAT GOLD FACIAL

Diamond Microdermabrasion • LED Light therapy • 24-Carat Gold-Leaf Mask • Gold Hyaluronic Acid Serum • Gold Collagen Moisturizer

Described as the 'queen' of luxury facials, this experience combines three results-driven treatments to improve skin elasticity, reverse cell damage, increase blood circulation, and regenerate natural collagen. The diamond microdermabrasion prepares the skin by exfoliating dead skin cells and increasing blood flow to support collagen production. The LED Light Therapy delivers deep stimulation to the skin and improves natural collagen levels. The nourishing 24-Carat Gold-Leaf Mask and Gold Collagen Moisturizer coupled with the application of Gold Hyaluronic Acid stimulates the skin's natural collagen production. The result is a reduction in the appearance of wrinkles and fine lines, revealing luminous glowing skin.

(90 minutes)

PLATINUM NON-SURGICAL LIFT & FIRM

Diamond Microdermabrasion • Galvanic Iontophoresis Facial • LED Red Light Therapy • Gold Collagen Mask • Hyaluronic Acid Serum • Gold Collagen Moisturiser

An advanced non-surgical lifting facial offering anti-aging, prevention and skin tightening benefits. This treatment effectively treats loose, sagging skin and wrinkles on the face, neck and chest. It is an effective treatment to delay the natural aging process and maintain younger-looking skin. The Galvanic Iontophoresis energy stimulates the formation of new collagen and improves skin elasticity, while the LED Red Light Therapy, Gold Collagen Mask and Moisturiser will leave skin glowing, hydrated and radiant.

ACNE CLARIFYING FACIAL

Facial Massage • Face Steam • Manual Extraction • Glycolic Facial Wash • LED Blue Light

This facial is designed especially for active acne or congested skin and will help to reduce these breakouts and control future breakouts. The facial starts with a deep cleansing with a glycolic facial wash that balances oil production, 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

(1 hour)

PACKAGES

Packaged with your ultimate wellbeing in mind.

SLIM & SHAPE

Cocoon's comprehensive fat loss package is a combination of the latest non-invasive scientific technology for fat loss. After 2 appointments of slimming massage and Velashape, the fat cells will break off into your waste system, so colon hydrotherapy will cleanse and purge the body of these fat cells. This is an excellent package to reduce cellulite, shape and firm skin and for spot fat reduction in problem areas like the abdomen, hips and thighs.

Day 1: Slimming Massage

Day 2: Velashape Fat Blast (3 areas)

Day 3: Colon Hydrotherapy

DETOX & GLOW

Feel cleansed and glow from the inside out! Treat yourself to a few days of pure wellness, and go home with that special «holiday glow». The colon cleansing purges your body of toxins, Vitamin IV boosts your immune system and restores all the essential vitamins and minerals and detoxes your organs. Finally, the purifying facial deeply hydrates to give a deep cleanse. Hyaluronic acid and collagen are infused with a luxurious gold mask. This package will leave behind all bloating and tiredness and you will feel cleansed, energetic and healthy.

Day 1: Colon Hydrotherapy

Day 2: Vitamin IV Detox and Recharge

Day 3: Silver Package Purifying Facial

WELLNESS THERAPY

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

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



WELLNESS, DETOX AND BODY CONTOURING

OXYGEN THERAPY

Overcome jet lag, boost energy levels, increase concentration, mental function, and overall health. Oxygen is a source of life and this therapy delivers pure oxygen to the blood cells to counter fatigue, dissolve headaches, ease hangovers, and alleviate sinusitis. Additional benefits include alertness, relief from stress, and a sense of renewed relaxation. Practicing oxygen therapy energizes all muscles, calms the heart rate, lowers blood pressure, boosts disease resistance, lifts mood, and improves sleep. Long-term use of oxygen therapy helps detoxify the body and boost the immune system. This therapy is a perfect add-on while having Vitamin IV infusion. (30 minutes)

COLON HYDROTHERAPY

Do you suffer from bloating, constipation, 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 aging.

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 motility 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. (60 minutes)

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.

Add

Apple Cider Vinegar

Apple cider vinegar is a powerful addition to the Colon flush: its antioxidants cleanse the colon more thoroughly, by removing the bad bacteria, increasing water absorption by the body. It also promotes PH balance in the body, increases enzymes and potassium intake.



WELLNESS, DETOX AND BODY CONTOURING

VELASHAPE FAT BLAST

3 areas

Eliminate stubborn fat • Reshape “problem” areas - perfect for those last pockets of fat that diet and exercise simply cannot move. No downtime - the fat blaster is a walk-in walk-out procedure and you may resume your normal routines the same day.

The Cocoon Fat Blast Package is a fast, safe and effective weight loss solution. Cocoon’s Slimming Package offers a harmonious blend of the latest scientific technologies to remove the stubborn fat that diet and exercise have been unable to shift. This treatment will reduce cellulite, shape, and firm the skin, and reduce body fat in the areas of abdomen, hips, thighs, and arms. The advanced treatment works by using a combination of technologies, including cavitation and radiofrequency, to target and destroy fat cells, while normal body tissue remains unaffected. Once the fat cells are broken down, the body naturally removes them through its normal elimination process. Expect to see results in just one appointment!

VITAMIN IV INFUSIONS

A mixture of vitamins and minerals is administered intravenously while you relax. This treatment boosts the immune system, improves energy, and alleviates hormonal problems and hangovers.

Saline – for rehydration • Vitamin B Complex – to increase energy • Vitamin C – 5000mg – for skin brightening and improving immune system • Tationil – for detoxification • Neurobion – for anemia

JET LAG HYDRATION

Do not let a long flight ruin your holiday with tiredness and sleepless nights. A therapeutic cocktail of high-dose Vitamin C and saline will reboot your system.
(60 minutes)

DETOX AND RECHARGE

Similar to the famous Myers Cocktail from Johns Hopkins, Vitamins C and B Complex, Neurobion and Glutathione detoxify the liver, improve your immune system, and provide a much-needed energy boost.
(60 minutes)

COMPLETE ANTI-AGING

The ultimate combination of vitamins and minerals bring back youthful skin: Vitamin B Complex, Glutathione, Selenium and the miracle skin ingredient Alpha-Lipoic Acid with collagen and Vitamin C.
(60 minutes)

BEAUTY BOOSTER FOR SKIN, HAIR AND NAILS

This powerful nutrient and mineral cocktail will hydrate, brighten and strengthen hair, skin and nails. It provides anti-inflammatory benefits to reduce breakouts while providing moisture retention and improved skin elasticity. This formula will also detoxify and cleanse vital organs, beautifying from the inside out.
(60 minutes)

SUPER IMMUNE BOOST

Give your body the ultimate protection boost against cold, flu, and viral infections- the natural way. This formula has extra immune-boosting minerals along with a strong dose of the body’s most powerful antioxidant – Glutathione. If you are feeling tired and run down, or have a compromised immune system, this cocktail of vitamins will help to supercharge your immune system.
(60 minutes)



BALANCE WELLNESS

BALANCE PROGRAMS

(5 days / 7 days)	USD 1500/USD 2,100
Well Balanced	
Well Being	
Well Cleansed	

BALANCE AND HEALING

Abhyanga (60/90 minutes)	USD 210/260
Pina Sweda (90 minutes)	USD 270
Shirodhara (45 minutes)	USD 170
Kati Basti Healing Ritual (60 minutes)	USD 190
Lotus Indulgence (90 minutes)	USD 270
Sundari Healing Ritual (90 minutes)	USD 270

BALANCE AND MOVEMENT

Personalised Training	USD 100
HIIT (45 minutes)	USD 90
Beach Circuit (45 minutes)	USD 90
Assisted Stretching (45 minutes)	USD 90
Yoga & Meditation (60 minutes)	USD 95
Family Yoga (60 minutes) 4 people	USD 185
6 people	USD 245

BALANCE CONSULTATIONS

(60 minutes)	USD 225
Detox and Recharge	
Sleep and Restoration	
Gut Health and Immune Balance	
Beauty Redefined	

MEDICAL WELLNESS

COCOON MEDICAL SPA

Diamond Microdermabrasion (30 minutes)	USD 150
Cocoon Signature Facial (90 minutes)	USD 305
Silver Package Deep Cleanse (60 minutes)	USD 220
Gold Package Deep Cleanse (90 minutes)	USD 305
Cleopatra 24 Carat Gold Facial (90 minutes)	USD 245
Platinum Non-Surgical Lift & Firm (90 minutes)	USD 340
Acne Clarifying Facial (1 hour)	USD 220
Oxygen Therapy (30 minutes)	USD 100
Colon Hydrotherapy (60 minutes)	USD 220
Velashape Fat Blast 1 session	USD 245
3 sessions	USD 700
5 sessions	USD 1,160
Jet Lag Hydration (60 minutes)	USD 195
Detox and Recharge (45 minutes)	USD 245
Complete Anti-Ageing (60 minutes)	USD 345
Beauty Booster for Skin, Hair and Nails (60 minutes)	USD 295
Super Immune Boost (60 minutes)	USD 295
Slim & Shape	USD 610
Detox & Glow	USD 610
Wellness Therapy	USD 400

All prices are in US dollars and inclusive of 10% service charge and 12% GST.

Anantara Dhigu Resort & Anantara Veli Resort
PO Box 2098, Dhigufinolhu, South Male Atoll, Male, Republic of Maldives
T +960 664 4100 F + 960 664 0009 E reservations.maldives@anantara.com
anantara.com