

Ashish Tripathi



10th Nov 2023 to 15th Dec 2023

Registered Naturopath & Acupuncturist

Experienced Medical Doctor in Natural Medicine with over fourteen years experience in the International Wellness and Spa Industries. Experienced in creating a variety of Wellness programs as per recent market trends while working with recognized resorts.

Acupuncture Treatments

Five Element Acupuncture

A traditional Chinese medicine practice dating back thousands of years - Thin needles are inserted into the skin to correct the flow of Chi, or energy, through the meridians. Ideal for chronic back pain, migraines, arthritis, sinusitis, and general stress and enhancement of well-being.

45mins USD 225++

Acupuncture for Appetite Suppression

Imbalances in your body's Qi can lead to decreased metabolism function and unnatural weight gain. Suppress your appetite and boost your body's natural metabolism and detoxification process by tapping hidden meridian lines.

45mins USD 225++ Includes Nutritional Plan.

Acu-Massage

A three-step treatment of acupuncture, Marma Point Massage, and the 3000 year old practice of cupping to remove tension and pain from the back and neck area. Deeply remedial and improves the flow of Qi.

90mins USD 350++

Prices are in USD and are subject to 27.6% government taxes and service.
Please book with your Katheeb/a or contact Jawu Spa reception.

Amilla
MALDIVES RESORT AND RESIDENCES
BAA ATOLL

Acu-Deep Relax

Combining the healing powers of the East - from Acupuncture to Yogic relaxation techniques - to remove energy blockages, recenter the mind and promote a deep sense of well-being. 60 mins USD 250++

Facial Rejuvenation Acupuncture

An effective, non-surgical, traditional treatment to reduce the signs of aging and stimulate collagen production. Tiny needles are inserted along meridian lines and acupuncture points to increase blood circulation and create micro-trauma to sub-dermal layers of skin, helping to nourish and oxygenate the skin from the inside out. 60 mins USD 250++

Naturopathic or Ayurvedic Consultation

Naturopathy focuses on treating the whole person - not only a specific symptom. The consultation will identify your health status, energy, level of body functions, and overall vitality. The Ayurvedic consultation is an analysis of your body constitution according to the three Doshas - Vatta, pitta, and Kappa - in order to determine your current state of health. 40 mins USD 200++

Yogic Detox

Cleanses the body and mind through an ancient and effective practice which boosts the immune system, increases energy levels, and improves clarity of thoughts. Yogic detox combines aspects of Asana (Hatha yoga postures), Pranayama, and Meditation to offer a profound experience of healing. 120 mins USD 300++

Yoga Nidra | Sleep Meditation

A guided meditation known as "Psychic Sleep", this treatment uses different visualization techniques to awaken awareness and relax the conscious mind. 45 mins 150++

Royal Indian Head Massage

Using medicated oil, the soothing Ayurvedic massage is applied to Marma points on the head and neck to regulate the systems of mind and body. Enhancing blood circulation to the brain, improving memory, nourishing the hair and scalp, and generally aiding in the release of stress and tension. 60 mins USD 200++

NASYA | Ayurvedic Sinus Care

Medicated Herbal preparations and oils are applied through the nose, followed by a vigorous massage of the area around the nose, the chest, palms, and feet. This removes mucous clogs, stimulates the brain cells, and clears the nasal passage and sinus cavity - alleviating neck problems and migraines. It is also highly effective in treating sinusitis and the chronic cold. 60 mins USD 250++

Prices are in USD and are subject to 27.6% government taxes and service.

Please book with your Katheeb/a or contact Javvu Spa reception.