



Amilla
MALDIVES

CLAIRE O'SULLIVAN

1 JUNE — 30 JUNE 2024

Claire is a women's Health & Nutrition Coach, specializing in perimenopause and menopause, passionate about what she does and championing the right for every woman to have access to menopause support. She has extensive knowledge of health, lifestyle and nutritional information to transform the lives of menopausal women, both physically and emotionally.

	MINUTES	USD
PRIVATE WELLNESS CONSULTATION	60	225
During this 1-hour session you'll have the opportunity to discuss areas of your health and wellbeing that you would like to make changes to, but you may not know how to get started or what steps to take to get you there. Claire will help you identify exactly what it is you would like to achieve, and how this would contribute to you living your best life. Together with Claire, you will plan your first-step actions to get you on track to reaching your health and wellness goals.		

Prices are in US Dollars per person and are subject to a 10% service charge and 16% TGST. Please book with your Katheeb(a) or contact Javvu Spa reception.

WELLNESS WORKSHOPS

MINUTES USD

WORKSHOP 1 FOOD IS NATURE'S MEDICINE:

This workshop empowers participants to harness the healing power of food for holistic well-being. Learn mindful eating practices and use food for prevention and longevity, with practical tips for easy, healthy living.

45 165

WORKSHOP 2 MINDFUL MOVEMENT:

This 'Mindful Movement' workshop explores the profound connection between body and mind through intentional movement and mindfulness practices, fostering inner harmony and self-discovery. Unlock your full potential and embark on a transformative journey.

45 165

45 165

WORKSHOP 3 RESILIENCE BUILDING:

The "Resilience Building" workshop offers a comprehensive framework for thriving in adversity. Cultivate resilience, practice coping strategies, build social support, and foster adaptability to bounce back from setbacks and embrace life's challenges with courage.

45 165

WELLNESS COACHING FOR SELF EMPOWERMENT

Discover the power of a daily routine focusing on the 3 M's: Meditation, Mindset, and Movement. Start each day with these practices to enhance energy and resilience for a fulfilling life. Private wellness coaching empowers guests to initiate positive changes and take control of their well-being through personalized support and guidance. Gain the knowledge, skills, and motivation needed to thrive and achieve lasting results.

60 225