



*Amilla*  
MALDIVES

# CLAIRE O'SULLIVAN

1 JULY — 31 JULY 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
<b>PRIVATE WELLNESS CONSULTATION</b>	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
<b>WORKSHOP 1 – FOOD IS NATURE’S MEDICINE</b> This workshop empowers with mindful eating practices for holistic well-being. Gain practical tips for healthy living and longevity.	45	165
<b>WORKSHOP 2 – MINDFUL MOVEMENT</b> Explore the mind-body connection with our 'Mindful Movement' workshop. Unlock your potential and embark on a transformative journey of self-discovery.	45	165
<b>WORKSHOP 3 – RESILIENCE BUILDING</b> Join our "Resilience Building" workshop to thrive in adversity. Learn coping strategies, build social support, and embrace life's challenges with courage.	45	165
<b>WELLNESS COACHING FOR SELF EMPOWERMENT</b> Embrace the 3 M's: Meditation, Mindset, and Movement for daily vitality. Our wellness coaching offers personalized support for lasting change. Thrive with expert guidance.	60	225

# WELLNESS RETREATS

'Reconnect with your mind, body and soul' with two retreat options.

## 1 DAY WELLNESS RETREAT (APPROX. 6 HOURS)

Start your retreat with a 1-2-1 consultation the evening before, followed by Sunrise yoga and breakfast with Claire.

Price per person

570

Price per couple

1,140

### Inclusions:

Daily self-care, spa workshop, meditation, nature walk, reflexology, wellness suite, yoga, healthy lunch, and coaching with Claire.

## 3 DAY WELLNESS RETREAT (APPROX. 17 HOURS)

The retreat starts with a 1-2-1 consultation the evening before, followed by daily Sunrise yoga and breakfast with Claire.

*(Available for individuals, couples or group of maximum 6 persons)*

Price per person

1,470

Price per couple

2,940

### Day one: Nourish your body & mind

Starting with Sunrise yoga, breakfast, self-care routines, a spa product workshop, a holistic food workshop, a garden tour, mindful movement sessions, relaxation time, and a signature spa treatment.

### Day two: Mindful movement for body & mind

Start with Sunrise yoga, breakfast, daily briefing, self-care, Organic Spa workshop, mindful walk and meditation, mindful movement workshop, A'la Carte Spa Lunch, and a private spa experience with steam, sauna, plunge pool, and a choice of Balinese or Thai dry stretch massage.

### Day one: Finding your calm

Start with early morning yoga, followed by breakfast and a daily briefing with Claire, a self-care routine, Organic Spa Workshop, resilience-building workshop, A'la carte Spa Lunch, breathwork class, and afternoon relaxation with steam, sauna, plunge pool, and an Intuitive Aromatherapy Massage.

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