Amilla
MALDIVES

DR. SHREEJIT

20 DECEMBER 2025 – 20 JANUARY 2026

Originally from India, Dr. Shreejit is an Ayurveda doctor and yoga expert with over a decade of experience in holistic healing. His academic path includes a Bachelor's in Ayurveda, advanced yoga studies in Rishikesh, and a Master's in Yoga from the United States, blending traditional wisdom with modern insight. Skilled in Panchakarma, Ashtanga Yoga, and pulse diagnosis, he integrates the five elements of nature with his "magic hands," restoring balance and vitality through transformative, lasting experiences.

1:1 SESSIONS

	MINUTES	USD
AYURVEDA CONSULTATION WITH PULSE DIAGNOSIS Step into the ancient science of Ayurveda with a personalized 45-minute consultation that goes beyond symptoms to discover the root cause of imbalance. This session includes Nadi Pariksha, the traditional art of Ayurvedic pulse diagnosis, where our experienced Ayurvedic doctor assesses your physical, mental, and emotional state through the subtle rhythms of your pulse.	60	360
DE-STRESS AYURVEDA MASSAGE A deeply relaxing back-body massage using warm herbal oils to melt away stress, ease muscle tension, and calm the nervous system. Perfect for mental and physical rejuvenation.	60	360

Prices are in US Dollars per person and are subject to a 10% service charge and 17% TGST.
Please book with your Katheeb(a) or contact Javvu Spa reception.

	MINUTES	USD
ABHYANGA – AYURVEDIC OIL MASSAGE A traditional full-body massage with warm herbal oils to balance doshas, enhance circulation, detoxify tissues, and deeply nourish the body and mind. Promotes vitality, relaxation, and overall well-being	90	400
AYURVEDA PAIN MANAGEMENT A therapeutic treatment using herbal oils, heat therapy, and localized techniques like Herbal Bolus Massage, Kati Basti, or Lepam(to relieve joint, muscle, or nerve pain. Personalized as per the pain condition and body type.	60	360
SHIRO ABHYANGA – HEAD MASSAGE A relaxing head, neck, and shoulder massage with warm herbal oils to calm the mind, relieve tension, improve sleep, and nourish hair roots.	30	180
CUPPING + AYURVEDIC BACK MASSAGE A powerful blend of warm herbal oil massage and cupping therapy focused on the back. Relieves deep-seated tension, boosts circulation, removes toxins, and promotes muscular recovery and relaxation.	60	360
DRY NEEDLING + CUPPING + AYURVEDIC BACK MASSAGE A powerful fusion of modern and Ayurvedic therapies to relieve pain, ease tension, and restore mobility. This session combines dry needling to release trigger points, cupping to detox and enhance circulation, and a warm herbal oil massage to soothe the nervous system.	75	400
CUPPING + MOXIBUSTION THERAPY A therapeutic blend of vacuum cupping and warming moxa to relieve deep muscle tension, improve circulation, and dispel cold and stagnation from the body.	60	360
NASYA (NASAL DETOX THERAPY) A traditional treatment involving herbal nasal drops to clear sinuses, enhance breathing, and balance the mind.	30	180
AGNI KARMA THERAPY A traditional heat-based technique for pain relief, ideal for chronic joint or muscular conditions.	30	150
MARMA THERAPY Gentle stimulation of vital energy points (Marmas) to restore balance, reduce pain, and support deep healing.	90	400
SHIRODHARA A deeply calming Ayurvedic therapy where a gentle stream of warm herbal oil is poured over the forehead, soothing the mind, releasing stress, and promoting profound relaxation. Perfect for restoring inner balance amidst the serenity of the Maldives.	60	360

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COMPLIMENTARY CLASSES

MANAGING STRESS NATURALLY WITH AYURVEDA
Restore calm and balance through ancient Ayurvedic wisdom. Learn how herbs, daily routines, breathing practices, and mindful diet choices can help release stress, enhance focus, and promote emotional resilience, naturally

AYURVEDA SLEEP RITUALS FOR HOLISTIC WELLNESS
Reclaim deep, rejuvenating sleep with soothing Ayurvedic rituals. Discover calming evening routines, herbal oils, and teas that harmonize body and mind, allowing you to drift into restful slumber and awaken refreshed.

DISCOVER YOUR BODY TYPE: AN AYURVEDIC GUIDE TO WELLBEING
Understand your unique dosha — Vata, Pitta, or Kapha — and unlock the key to personalized health. This guide helps you tailor food, lifestyle, and habits that align with your natural constitution for lasting balance and vitality.

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