



Amilla
MALDIVES

ELLE LENKA FERNANDES

2-31 MARCH 2024

Elle, a seasoned health and wellness expert with global experiences, combines scientific methods, biohacking, and holistic approaches. Prioritizing root-cause healing, she offers simple, daily fixes for overall health improvement, addressing physical, emotional, and spiritual well-being.

BODY TREATMENTS	MINUTES	USD
GO WITH THE FLOW-LYMPHATIC DRAINAGE MASSAGE Promotes lymphatic flow with tools like tuning forks, bowls, and crystals to reduce swelling and enhance circulation.	60	330
VAGUS NERVE THERAPY Calming the nervous system, promoting a natural healing mode through relaxation, fluid movement, and reconnection.	60	330
INTUITIVE BODY SCAN WITH TIBETAN SINGING BOWLS The Vibroacoustic Scan identifies and addresses individual imbalances, using sound frequencies to promote deep comfort and improve sleep, mood, and mental clarity.	45 60	210 250

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.

FACIALS

MINUTES USD

LET GO-TMJ THERAPY

45 210

Alleviates jaw discomfort and facial pain through gentle techniques like manual methods, facial suction cup, gua sha, and soft balls, promoting tension release, improved hydration, and enhanced fascial glide.

Easy homework is suggested for ongoing relief.

NATURAL FACELIFT- HOLISTIC FACIAL REJUVENATION

45 210

Gua sha, crystals, and soft techniques are used on the face and scalp to eliminate toxins, relieve pain, and promote relaxation. The blend of fascial release and Cranio Sacral techniques reduces wrinkles, resulting in hydrated, plump skin and softer contours.

HOLISTIC THERAPIES

BRAZILIAN BODY-BARRE FITNESS

30 150

Shaping exercise for a lean body, firm arms, flat belly, and perky buttocks, combining dance, light resistance, and cardiovascular fitness for a long and lean physique without added bulk.

45 180

60 210

COUPLE OR PARTNER YOGA WITH SOUND HEALING

60 210

Enhance flexibility, range of motion, and deepen connection in this partner friendly yoga class. Suitable for all abilities, the session concludes with a relaxing experience, immersing in healing sounds together.

75 250

MOVEMENT THERAPY WORKOUT

60 210

Experience a fusion of fitness and mindfulness, incorporating cardio, strength training, and emotional release through breath work, meditation, or visualization. This workout aims for a journey of self-discovery, helping you feel more connected and in tune with your body and mind afterward.

ROLL2RELEASE

45 180

Learn self-therapy techniques using therapy balls and movement sequences to release tension, relax muscles, improve posture, flexibility, and overall wellbeing. The session may include breath work, realignment, visual instruction, mental awareness, and conscious movement, focusing on specific areas for deep relaxation, hydration, and fascial glide. Ideal for easing aches, enhancing sports performance, improving posture, and building emotional resilience.

60 210

SPECIALY CRAFTED EXPERIENCES

NEW MOON YOGA ON 10 MARCH AND FULL MOON YOGA ON 25 MARCH WITH SOUND BATH

60 55

Harness the energy of the Moon for deep healing and self-renewal. Be guided through Moon salutation, gentle breath work and meditation to reconnect with yourself and the world around you.

6:30pm — 7:30pm