

Amilla
MALDIVES

SMALL
LUXURY
HOTELS
OF THE WORLD

Considerate Collection



PAUSE *Retreat*

SEP 2023

A close-up portrait of a woman with blonde hair, smiling warmly at the camera. She is wearing a light-colored sleeveless top and has her hand resting under her chin. The background is a soft-focus green plant.

INTRODUCING

Claire O'Sullivan

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.

Claire will be leading Amilla's 'Pause Retreat' with personalized wellbeing programmes designed to boost female hormones while empowering women to manage their symptoms through movement, nutrition and mindful activities.





PAUSE

Retreat

Programme dates: 7-10, 11-14 & 15-18 September 2023

Despite being a natural stage in life, it can be daunting to navigate the changing of hormones from a certain age, and all that comes with it. Hot flushes, mood swings, lack of sleep, brain fog, weight gain, anxiety and dwindling confidence.

Our women's only menopause and perimenopause retreat, led by visiting practitioner, naturopath and wellness coach Claire will allow you to take back control of your life and help you feel good about yourself.

Starting on 7th, 11th and 15th of September, each four (4) day journey will educate, empower and inspire new ways of living.

The programme is designed to give you the tools you need to adapt to changes in a healthy and positive way, allowing you to tune into yourself rather than fight nature.

With these tools, you will address physical, emotional and lifestyle issues, improving your lifestyle and renewing your energy. Knowing what is happening with your own body leads to a deeper understanding of what works, and what doesn't work for you. It allows you to find ways to adapt to natural biological process with ease and balance.

Programme



DAY ONE - **BALANCE**

Explore natural ways to boost female hormones and manage menopausal symptoms, through movement, nutrition and mindful activities.

- Traditional yoga and meditation – 60 minutes
- Health talk with Claire - Balance your hormones – 60 minutes
- Balinese Massage – 60 minutes

DAY TWO - **MOVE**

Practice intuitive movements to keep the body strong and healthy and the mind free and creative.

- Hatha Yoga – 60 minutes
- Health talk with Claire – Intuitive movement - 60 minutes
- Thai Massage – 60 minutes

DAY THREE - **RELAX**

Learn about living a life with less stress and practices to stay grounded.

- Meditation and Yoga Nidra – 60 minutes
- Health talk with Claire – De-stress your life - 60 minutes
- Aroma Intuitive Massage – 60 minutes

DAY FOUR - **EVOLVE**

Learn about embracing the next phase of life, feeling empowered, confident and comfortable with the changes.

- Power Yoga - 60 minutes
- Health talk with Claire - The time for change - 60 minutes
- Aroma Intuitive Massage

(Daily Schedule is subject to change due to operational requirements)



Inclusions

AND PRICE

- Return transfers to Amilla by seaplane from Velana International Airport
- 5 nights' accommodation in a Lagoon Pool Water Villa
- Daily breakfast at Fresh
- Lunch and Dinner each day at one of our 5 restaurants including Wellness Your Way menus, our signature lifestyle dietary menus
- All beverages during meals and selected mini bar
- 4 day Pause Retreat
- Daily wellness drink during the group sessions
- 4 x personalized sensora light therapy sessions
- Personal Katheeb(a) - your personal butler
- Non-motorized water sport activities, including a guided house reef snorkelling tour, paddle boards, kayaks and bicycles
- Weekly activities—art lessons, mixology class, cooking class, Kombucha, nut milks and home-made tonic workshop
- Live entertainment, karaoke and DJ nights
- Marine information center, white tailed tropic bird nesting tours

AVAILABLE at an additional charge

- One on one consultation with Claire
- Additional spa treatments

TOTAL PACKAGE:

\$8,610 Single

\$5,915 Per person - twin share

All prices are in US Dollars and inclusive of 10% service charge, 16% TGST and \$6 per person, per night mandatory government green tax.



JAVVU SPA AT *Amilla*

Javvu Spa offers a holistic approach to wellness journeys, tailoring each and every experience.

Our programs include cuisine, spa, movement, and mindfulness.

The ancient healing knowledge are combined with innovative technologies to achieve maximum wellness.

Authentic. Tailor-made. Contemporary.



Steam & Sauna
Movement Pavilion
Meditation Path
Sensora Light Therapy Room
Indoor Gym
Jungle Gym
Alchemy Bar

Please email stay@amilla.com or call +960 660 6444 for more details or to book your retreat