



Amilla
MALDIVES

SHYAM K.C

1-31 MAY 2024

Originally from the Himalayas, Shyam has deep roots in Ayurveda, Yoga, and Sound Healing, passed down through generations. Trained by his grandfather in Himalayan sound healing, he holds diplomas in Ayurveda Panchakarma, Yoga, Massage, and Reflexology, and certifications in Acupuncture and Oncology Massage. With over 16 years of experience, Shyam offers a unique blend of Eastern and Western healing techniques, tailored to individual needs, across luxury hotels and wellness centers in Nepal, Dubai, and the Maldives.

	MINUTES	USD
SIGNATURE CHI HEALING MASSAGE	60	250
Intensive full-body massage stimulates deep tissues, promotes energy flow, and induces relaxation with acupuncture points. Shyam offers personalized treatments with options like warm Himalayan stones or acupressure for holistic healing.	90	290
AYURVEDIC REBALANCING MASSAGE AND SOUND HEALING	90	290
Personalized full-body massage balances Tri-Dosha energies with Himalayan Ayurvedic oils for stress relief and improved sleep. Treatment concludes with Vedic Singing Bowl and Shirodhara flow.	120	340

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.

	MINUTES	USD
GRACE OF HIMALAYA	90	290
Head-to-toe treatment with Himalayan remedies eliminates toxins, relieves muscles, and promotes relaxation. Includes massage and Himalayan Salt polish, inspired by ancient traditions for detoxification and circulation.	120	340
MOXIBUSTION-CUPPING THERAPY MASSAGE	90	290
Cupping Therapy: Reduces pain and inflammation, improves blood and lymph circulation.	120	340
Moxibustion: a heat therapy in Traditional Chinese Medicine, ignites healing mechanisms and improves circulation, benefiting men's and women's health.		
ACUPRESSURE-NATURAL LIFITNG FACIAL MASSAGE	30	200
Facial pressure point massage and craniosacral technique relax muscles, fascia, and connective tissue, followed by destressing head, neck, and décolletage massage. Healing crystals promote overall balance.	60	250
SIGNATURE REFLEXOLOGY	60	250
Reflexology applies gentle pressure to specific points on the feet to alleviate stress and improve overall body function.	90	290
PERSONALIZED BODY ALIGNMENT AND SOUND HEALING	60	250
This session utilizes Himalayan sound healing and singing bowls to balance energy, promote relaxation, release blockages, and stabilize blood pressure, addressing mental and emotional concerns.	90	290
SINGING BOWL BACK ACHE THERAPY	60	250
This session combines traditional singing bowl placement on the body to relieve pain and muscle tension, ideal for office syndrome and back, neck, and shoulder pain.	90	290
HIMALAYAN SOUND HEALING		
Session begins with breathwork to address lethargy, anxiety, and blockages, followed by Himalayan sounds to cleanse aura and release negative energy.		
Private	45	200
Couple	45	300
Group classes (minimum 2, maximum 6 people) priced per person.	45	80
	DAYS	USD
BESPOKE HOLISTIC WELLNESS RETERAT		
Healing Harmony	3 days	750
Detox and Rejuvenate	5 days	1200
Longevity and Stress management	7 days	1650

COMPLIMENTARY AYURVEDIC HOLISTIC WELLNESS CONSULTATION

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