



Amilla
MALDIVES

UMANA NOORDEEN

1 DECEMBER TO 15 DECEMBER 2024

Welcoming Umana Noordeen: physiotherapist, trauma-informed holistic life coach, and healer. With over 20 years of experience, Umana merges her deep knowledge of sports physiotherapy and holistic healing, inviting you to embark on a journey of renewal.

	MINUTES	USD
MUSCULOSKELETAL & SPORTS PHYSIOTHERAPY (WITH OR WITHOUT ACUPUNCTURE AND DRY NEEDLING)		
	60	269
	90	299
Musculoskeletal & Sports Physiotherapy helps restore movement and function after injury, targeting bones, joints, and soft tissues. This approach effectively treats back, neck, shoulder pain, and sports injuries. Umana Noordeen conducts biomechanical assessments to identify injury causes and offers tailored treatments, including sports massage, acupuncture, fascial mobilization, and ultrasound therapy, to support your health and wellness goals during your stay.		

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
<p>SOMATIC INTELLIGENCE SESSION</p> <p>Somatic Intelligence™ is a therapeutic dialogue with the body, similar to guided hypnotherapy. It addresses imbalances in physical, mental, emotional, and spiritual energy, releasing tension and stress. Experience deep healing and discover harmony within as discomforts fade away.</p>	60	269
<p>INTEGRATED SOMATIC THERAPY WITH BIODYNAMIC CRANIOSACRAL THERAPY (BCT)</p> <p>This gentle therapy addresses lifestyle stress, trauma, physical injuries, anxiety, grief, and emotional overwhelm. By recognizing the body as a whole, it enhances self-regulation and healing. Through light touch on the head, spine, and body, the practitioner tunes into rhythmic fluctuations, supporting the nervous system and restoring balance. You'll leave feeling calm and light.</p> <p><i>Note: This is not a massage; the touch is feather-light and safe, with no manipulation or adjustments.</i></p>	60	269
<p>NON-INVASIVE FACE LIFT</p> <p>Experience a rejuvenating facial treatment that uses high-frequency oils and Biodynamic Craniosacral Therapy principles to enhance fascial flexibility and facial structure. Enjoy an instant youthful glow and lift.</p>	60	269
<p>SPINAL ENERGETICS</p> <p>Developed by Dr. Sarah Jane, Spinal Energetics helps release tension, resistance, and pain stored in the body. This gentle practice blends Eastern and Western approaches, interacting with the spine and energetic field to access the body's innate healing wisdom. Through light or no touch, natural movements and sounds shift energy and release emotions, harmonising the spine and chakras for enhanced well-being. Clients often report pain relief, improved flexibility, and a sense of lightness and vitality after sessions.</p>	60	269
<p>HOLISTIC LIFE COACHING WITH HEALING CARDS READING</p> <p>Feeling stuck? Umana offers holistic life coaching to help you progress and attain greater fulfillment in health, relationships, careers, and daily life. This session is perfect for anyone seeking direction on their healing journey or the next step in life.</p>	60 90	269 299
<p>UMANA'S BESPOKE HEALING PACKAGE</p> <p>Combining her coaching and healing skills, Umana curates a personalised treatment session tailored to your needs. This bespoke package offers numerous benefits, including pain relief, improved flexibility, better posture, and enhanced health. Emotionally and mentally, it fosters resilience, reduces stress and anxiety, promotes self-awareness, and facilitates personal growth and transformation.</p>	90 120	299 399

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