



Amilla
MALDIVES

DR TRIDENDRA SHAKYA

1 OCTOBER—5 DECEMBER 2024

Experienced Medical Doctor Tridendra Shakya has over 18 years experience with holistic medicine such as manipulative massage therapies, acupuncture, reflexology, cupping, therapeutic yoga and stress management through breathing techniques.

ACUPUNCTURE (PAIN MANAGEMENT)

A Traditional Chinese medicine, having a history of thousand years in practice. Thin needles are inserted into the body to correct the flow of energy (Chi/Qi), through the meridians. Ideal for both physical and mental ailments like chronic back pain, arthritis, migraines, sinusitis, libido and general stress and enhancement of well-being.

60 minutes \$249++ | Includes Wellness Assessment

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>ACUPUNCTURE FOR WEIGHT LOSS</p> <p>Imbalance in your body's Qi can lead to decreased metabolism function and unnatural weight gain. Inserting fine needles into specific hidden meridian lines suppress your appetite ,boost your body's natural metabolism and detoxification process, and help maintain optimum body weight.</p>	60	289
<p>FACIAL REJUVENATING ACUPUNCTURE</p> <p>An effective ,non-surgical ,traditional treatment to reduce the signs of ageing, and stimulates collagen production. Tiny needles are inserted along meridian lines and acupuncture points to increase blood circulation and create micro trauma to sub dermal layer of skin, helping to nourish and oxygenate the skin from the inside out.</p>	60	289
<p>ACU—MASSAGE</p> <p>Deeply remedial two-step treatment of acupuncture, Marma point massage and the 3000—year old practice of TCM improves the flow of Qi to release pain and tension from the back and neck area.</p>	90	389
<p>SINUS CLEANSING (FOR SINUSITIS ,MIGRAINE ,CLAIRVOYANCE & IMMUNE ENHANCING)</p> <p>Combination of three detoxifying yogic kriyas jala Neti (Nasal Irrigation) ,Sutra Neti (Nasal de-sensitization) ,Kapalabhati Kriya (inner & Outer peace) followed by acupuncture and deep relaxation technique to release blockages, to support eliminating toxins that build up. Through the courses of everyday life in the body's digestive , endocrine and lymphatic system. The natural way of purify and boost immune system.</p>	120	389
<p>YOGIC CLEANSING DETOX</p> <p>Ancient yogic technique to clean the body internally, cleaning the toxins from the alimentary canal tones the internal organs like the liver ,kidneys ,digestive organs and glands. This technique is beneficial in the purification of blood by the reduction of excessive mucus.</p>	120	389
<p>YOGA NIDRA (SLEEP MEDITATION)</p> <p>A guided meditation known as " Psychic Sleep" ,in which different visualization techniques are used to awaken awareness and relax the conscious mind.</p>	45	169
<p>SLEEP WELL PACKAGE (ANTI- SNORING /STRESS, INSOMNIA)</p> <p>Superb gift to your loved one, Sequence of three -step treatment of acupunc- ture ,conscious breath restraint and effervescent foot bathing enhances the flow of Qi that widens the airways, increase lung function and improves blood circulation , put together proved more effective than a CPAP machine when it came to breathing and oxygen levels.</p>	120	389
<p>HEAD TO TOE REVIVER</p> <p>Switch on the body and mind. Relaxation combined with the energizing and invigorating effects of head , and palms and foots help you feel mentally and physically restored, Reflexology points on the feet corresponds to organs in the body ,works on energy pathways similar to acupuncture to relax you, ease stress and tension and help with general well being.</p>	90	289
<p>MOTION MEDITATION</p> <p>Ancient Chinese healing art, with a focus of cultivating the body's vital energy, or Qi. Tai Chi and Qi Gong mind/body meditative state of mind, by combined mindful, slow, deliberate postural movement, reflection, visualization and breathing observation. Energy flowing through the meridians emerges vibrant, balancing ,sympathetic and parasympathetic nervous system .</p>	90	289

ADD-ONS TO ENHANCE THE EFFECT OF TREATMENTS

Extra Electrical Stimulation	\$60++
Extra Cupping Therapy	\$50++
Extra Auricular Seed Acupuncture	\$45++
Extra Facial Lymphatic Marma Massage to face and neck	\$60++

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