



# VELAA WELLBEING VILLAGE



A WELLNESS EXPERIENCE  
PERSONALISED FOR YOU

## MENU



# CONTENTS

|                                  |        |
|----------------------------------|--------|
| PHILOSOPHY                       | PAGE 1 |
| WELLNESS CONSULTATION            | PAGE 2 |
| AYURVEDIC EXPERIENCE             | PAGE 3 |
| MANUAL MEDICINE                  | PAGE 4 |
| CONTEMPORARY WELLNESS EXPERIENCE | PAGE 5 |
| YOGA AND MEDITATION              | PAGE 6 |
| WELLBEING PRICE LIST             | PAGE 7 |
| EVEYLAA WELLBEING ETIQUETTE      | PAGE 8 |



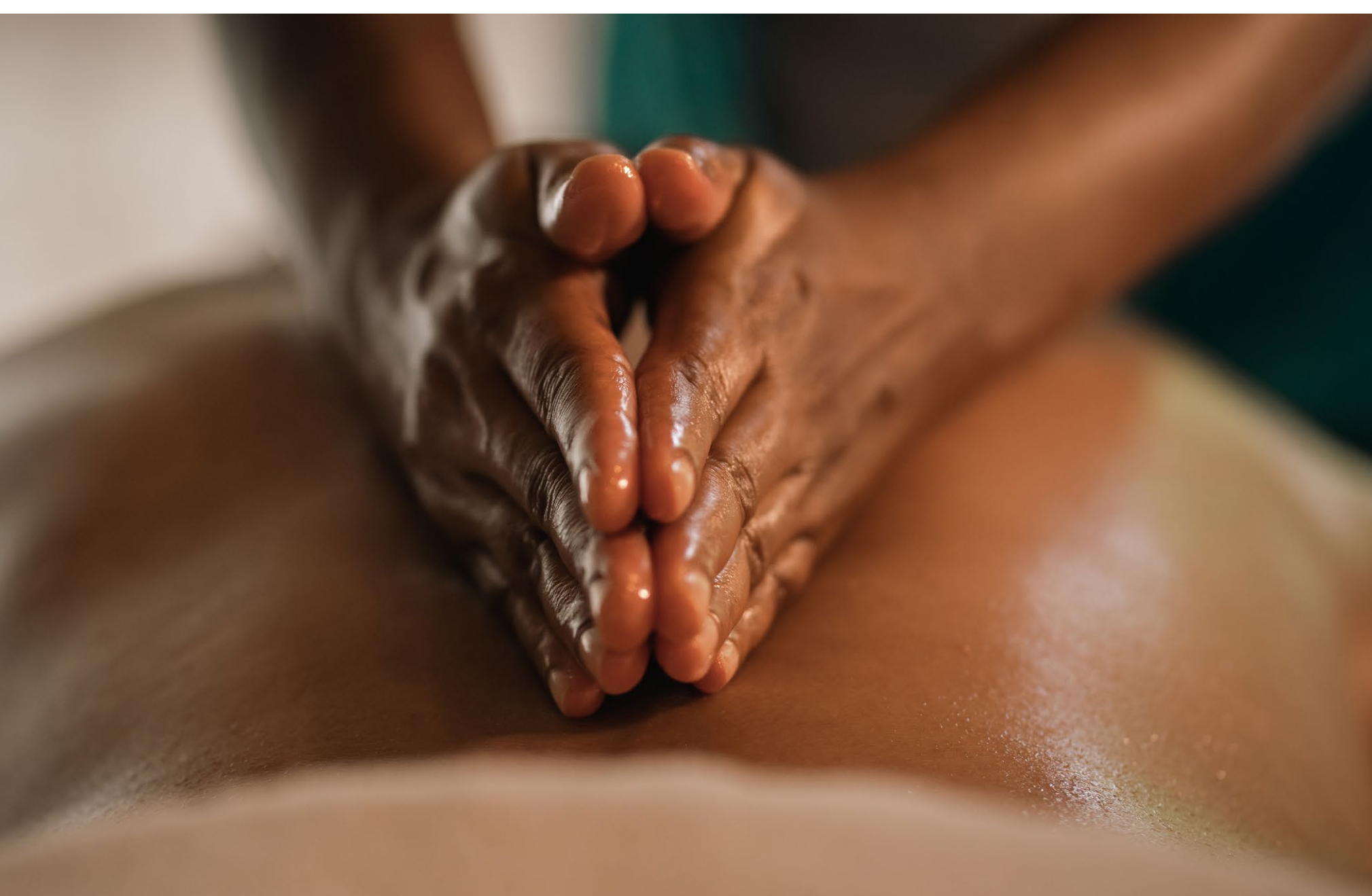
## PHILOSOPHY

Welcome to Eveylaa Wellbeing, a sanctuary of serenity nestled in paradise.

Step into a realm where ancient healing traditions are seamlessly integrated with advanced diagnostic techniques, offering an unparalleled experience of care and rejuvenation.

We combine timeless wisdom with modern innovations to create personalised programmes that nurture your entire being. Our holistic approach balances physical treatments, mindful practices, fitness, and nutrition, tailored to meet your unique needs.

In the serene beauty of our sanctuary, you can reconnect with nature, refresh your body, and calm your mind. Using the finest natural and organic ingredients, we offer a renewed perspective on healing therapies, helping you restore harmony and rediscover your true self.



## WELLNESS CONSULTATION

Embark on your wellness journey with a personalised consultation from our expert Wellness Professionals. During this session, you'll have the opportunity to explore our diverse wellness offerings and begin crafting a tailored plan that suits your individual needs.

For those ready to delve deeper into their well-being, we also offer comprehensive consultations designed to provide a more detailed exploration of your health and wellness goals. Let us guide you toward lasting balance and rejuvenation.



## AYURVEDIC EXPERIENCE

Ayurveda is a traditional Indian system of medicine, which has been practiced for millennia, tracing its roots back over beyond 5,000 years. The healing principle of Ayurveda is based on the five elements theory and managing a set of qualities derived from the five elements, known as Doshas. Ayurveda treatments aim to balance three Doshas in the body by personalising diet, activities, herbal medicines, and body treatments. Ayurveda experience programmes are designed for you to address your health concerns while you enjoy your vacation.

### **Ayurveda Consultation** | 60 minutes

Our resident Ayurveda doctor will assist you in finding your Ayurvedic body type, also known as your Prakruti or Dosha combination. Understanding your Dosha's status helps to fine-tune your lifestyle, diet, and activities and decide the best treatments to bring harmony in your body.

### **Abhyanga** | 90 minutes

Abhyanga is the classical Ayurvedic full-body massage using herbal oil. This soft to medium pressure massage with long palm strokes makes you feel rejuvenated and strengthens muscles. The procedure is continued with sweating therapy in a traditional wooden steam chamber. The combination of oil massage and steam helps to detox and revitalise all organs by cleansing channels in the body.

### **Udwartanam** | 90 minutes

A de-toxifying full-body treatment using herbal powder reduces cellulite, tones the skin, and improves sluggish circulation. Continued with a traditional steam bath accelerates the body's metabolism.

### **Podi Kizhi** | 90 minutes

Warm dry/oil herbal poultices are applied to the body in a rhythmic tapping style. Podi Kizhi is an invigorating treatment that helps in conditions such as arthritis, muscle ache, joint stiffness, and sports injuries. Podi Kizhi also helps to tone up the skin and make the body supple and prepared for all physical activities.

### **Shirodhara** | 60 minutes

Shirodhara is the ultimate therapy for stress and sleep issues. Warm herbal oil/decoction is continuously streamed onto the third eye. The herbal oil/decoction is selected according to your ayurvedic body type and wellness goals. The proven calming effect of Shirodhara help the mind and body to achieve equilibrium.

### **Kaya Seka (Pizhichil)** | 90 minutes

Pizhichil is a luxurious treatment where two therapists pour warm oil and simultaneously massage the body. This ultimate rejuvenating treatment optimises the function of all organ systems and cleanses the body by accelerating lymph drainage. It speeds up recovery and improves immunity.

### **Navara Kizhi** | 90 minutes

A warm poultice of Navara rice and herbs are applied to the body in rapid rhythmic tapping and sliding strokes by two therapists. This highly nourishing treatment helps skin, to recover from burnout and fatigue due to constant stress.

## MANUAL MEDICINE

Manual medicine is a specialised medical discipline focused on diagnosing, treating, and preventing reversible functional disorders of the musculoskeletal system and related organ systems. It employs a combination of hands-on techniques, such as physical manipulation, stretching, and massage, alongside advanced physiotherapy machines to restore the body's natural balance and functionality.

By enhancing joint mobility, relieving muscle tension, reducing pain, and improving blood circulation, manual medicine, complemented by physiotherapy equipment, supports the body's natural healing processes. Whether alleviating discomfort or promoting long-term well-being, this comprehensive and non-invasive approach is designed to restore health, vitality, and physical harmony.

**Manual Medicine Initial Visit** | 30 / 60 minutes

**Follow up Manual Medicine Visit** | 30 / 60 minutes

**Osteopathic Therapeutic Massage** | 60 minutes

An opportunity to further improve mobility, flexibility and reduce physical restrictions supported with a specialised therapeutic massage to support the muscles post osteopathy treatment and to help promote realignment throughout the body.

**Dream pod Experience** | 30 / 60 minutes

Experience weightlessness as the distractions of the outside world are shut off, allowing you to focus on your breath and calming your mind. The saturated magnesium sulfate helps to relax muscles, calm the nervous system and reduce soreness.



# CONTEMPORARY WELLNESS EXPERIENCE

## EVEYLAA MEETS ZAMAANEE

### **Wellness Screening** | 60 minutes

The wellness screening is a non-invasive and completely evidence-based digital health screening technology. It is a biometric system that provides the status of 32 important biomarkers that are not routinely measured. The results provide insight into what is occurring within your body.

The assessment will help you identify areas for improvement in your health.

### **InBody Analysis** | 15 minutes

The InBody test provides easy-to-understand, accurate, and objective measurements to evaluate your body composition. The result helps to assess muscle distribution and target areas weakened by injury, identify muscle and fat imbalances in each segment of the body, and monitor changes to determine the efficacy of an exercise programme and diet plans to ensure long-term success.

The results will be shared in the consultation.

### **Haematology Test** | 15 minutes

Analysis of the blood can diagnose underlying conditions and precursors.

The results will be discussed in a consultation with the Ayurveda doctor, the treatments and food will be planned depending on the results.

### **Food Sensitivity Analysis** | 30 minutes

A food sensitivity test is a blood test to identify whether your body is hypersensitive towards certain foods such as dairy or gluten, which could cause an adverse reaction to your system. These types of adverse reactions can cause symptoms such as sinus problems, headaches, skin disorders, digestive issues, bloating and even disturbances to mood such as anxiety, mood swings and brain fog. A food sensitivity analysis will help to identify or rule out specific foods being behind your discomfort, which may be overlooked during a routine check-up.

### **Food Allergy Test** | 30 minutes

The food allergy test determines whether your immune system reacts to a particular food.

A food allergy test can help you avoid foods that cause symptoms such as hives, itching, and swelling, as well as treat these symptoms if they occur.

### **Nutrition Consultation** | 60 minutes

Our resident wellness practitioner can explore your current eating patterns and behaviours at a deeper level than just the food you eat. Working with you, your health goals will be established and a realistic, tailored plan will be created for you to begin a new journey of healthier eating. This can include, but not limited to, diet plans that fit into your lifestyle, to improve your general health, increase energy, encourage weight loss and assist with disease management.



# YOGA AND MEDITATION

Yoga is divided into eight limbs, which helps to achieve the union of mind and body. Asana, (the physical postures) is the third limb which helps to gain mastery over the body. Asana practice helps to move on to the next levels of yoga practice which leads to freedom.

## **Hatha Yoga** | 60 minutes

Hatha yoga sessions can be personalised by regulating speed of practice and it is usually practiced in a medium to low pace. Movements in Hatha yoga are synchronised with breathing patterns. Holding a posture with complete awareness is the key in Hatha yoga practice. This session is suitable for practitioners of all levels and we focus on achieving awareness, balance, flexibility, tone, endurance, and better breathing habits.

## **Yin Yoga** | 60 minutes

Yin Yoga is slow-paced style of yoga as exercise, incorporating principles of traditional Chinese medicine, with asanas that are held for longer periods of time than in other styles. Yin yoga is a quiet contemplative practice. It targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, the deep fascia networks of the body and the meridians.

## **Vinyasa** | 60 minutes

Vinyasa is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit “to place in a special way,” vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow.

## **Pranayama (Breath regulation)** | 30 minutes

Pranayama is a conscious prolongation of inhalation, retention, and exhalation. It comes from the ancient Sanskrit words: “Prana” means life force, and “ayama” means to control, implies a set of breathing techniques where the breath is intentionally altered to produce specific results. It improves concentration, will power, and optimises cardiac and respiratory system. Pranayama prepares the mind to practice intense concentration, to achieve meditation or the state of bliss.

## **Dhyana (Meditation)** | 60 minutes

Dhyana denotes the various focusing techniques practiced in yoga. Our experienced yoga teachers will guide you to create your meditation practice. Meditation practices helps in self realisation and greatly improve productivity.

## **Emotional Wellbeing Consultation (Smriti Meditation)** | 60 minutes

Smriti meditation is a guided therapeutic meditation that reaches deep consciousness to reveal the cause of one’s illness. Smriti meditation assists to overcome all the obstacles that prevent the path of progress to ‘Self Realisation.’ With repeated meditation practices, negative emotions settle down, the mind becomes tranquil, and the person transcends to a more subtle layer of existence.



# PRICE LIST

## AYURVEDIC EXPERIENCE

|                                           |         |
|-------------------------------------------|---------|
| <b>Ayurveda Consultation</b>   60 minutes | USD 300 |
| <b>Abhyanga</b>   90 minutes              | USD 340 |
| <b>Udwartanam</b>   90 minutes            | USD 360 |
| <b>Podi Kizhi</b>   90 minutes            | USD 360 |
| <b>Shirodhara</b>   60 minutes            | USD 360 |
| <b>Kaya Seka (Pizhichil)</b>   90 minutes | USD 540 |
| <b>Navara Kizhi</b>   90 minutes          | USD 440 |

## MANUAL MEDICINE

|                                                     |         |
|-----------------------------------------------------|---------|
| <b>Manual Medicine Initial Visit</b>   30 minutes   | USD 300 |
| <b>Follow up Manual Medicine Visit</b>   15 minutes | USD 200 |
| <b>Osteopathic Therapeutic Massage</b>   60 minutes | USD 300 |
| <b>Dream Pod Experience</b>   30 minutes            | USD 120 |
| <b>Dream Pod Experience</b>   60 minutes            | USD 170 |

## CONTEMPORARY WELLNESS EXPERIENCE

|                                               |               |
|-----------------------------------------------|---------------|
| <b>Wellness Screening</b>   60 minutes        | USD 300       |
| <b>InBody Analysis</b>   15 minutes           | Complimentary |
| <b>Haematology Test</b>   15 minutes          | USD 150       |
| <b>Food Sensitivity Analysis</b>   30 minutes | USD 400       |
| <b>Food Allergy Test</b>   30 minutes         | USD 300       |
| <b>Nutrition Consultation</b>   60 minutes    | USD 200       |

## YOGA AND MEDITATION

|                                                                          |         |
|--------------------------------------------------------------------------|---------|
| <b>Hatha Yoga</b>   60 minutes                                           | USD 200 |
| <b>Yin Yoga</b>   60 minutes                                             | USD 200 |
| <b>Vinyasa Yoga</b>   60 minutes                                         | USD 200 |
| <b>Pranayama (Breath regulation)</b>   30 minutes                        | USD 100 |
| <b>Dhyana (Meditation)</b>   60 minutes                                  | USD 200 |
| <b>Emotional Wellbeing Consultation (Smriti Meditation)</b>   90 minutes | USD 300 |

# EVEYLAA WELLBEING ETIQUETTE

## OPENING HOURS

Eveylaa Wellbeing is open daily from 11 AM - 8 PM.

## RESERVATIONS

To make a reservation or for further information, please inquire with your personal butler or the Eveylaa Wellbeing Team.

## CANCELLATION OF A RESERVATION

A booking cancellation fee of 100% will be charged on all services cancelled within 4 hours or less of the appointment time.

## WHEN TO ARRIVE

We invite you to arrive at Eveylaa Wellbeing 10 minutes before your scheduled reservation. This will allow time to familiarise yourself with the facilities, complete your consultation and relax with your welcome Ayurvedic tea prior to your treatment. We advise allowing for an additional 30 minutes to enjoy the steam and relaxation area post-treatment.

## LATE ARRIVAL

As a courtesy to all our guests, Eveylaa Wellbeing adheres to a prompt appointment schedule. While we will do everything to accommodate late arrivals, a booking may not be honoured if it will affect subsequent guests. In this case a cancellation fee will apply.

## WHAT TO WEAR

Eveylaa Wellbeing is a mixed area, and we request appropriate bathing attire at all times. Towels, robes, and slippers will be provided to ensure that your visit is comfortable and enjoyable.

## HEALTH CONCERNS

Guests arriving for the first time will be invited to complete a health questionnaire so we can ensure the best possible wellbeing experience and assure maximum safety and comfort. We must advise that nuts are served at Eveylaa Wellbeing. Please inform us of any allergies you have when making an appointment.

## MOTHER TO BE

Our priority is your comfort and safety. For this reason, we recommend avoiding full body massages and heat treatments if you are within your first trimester. Our Wellbeing team will be available to advise you.

## YOUNG GUESTS

Eveylaa Wellbeing is a sanctuary for adults and guests aged 16-18 years will only be allowed with a guardians permission.

## IN-VILLA WELLBEING

A selection of treatments can be experienced in the comfort of your villa with an applicable surcharge. Please contact your personal butler or Eveylaa Wellbeing for more information.

## PAYMENT

All treatments will be charged to your villa to be settled at check-out.

## SPECIAL CONSIDERATIONS

We recommend that all male guests shave prior to a facial. Avoid shaving or waxing one day prior to a body scrub treatment. Please shower off any oils or sun creams prior to allow better absorption of products. We suggest removing your hearing aids, spectacles and contact lenses prior to treatment. Avoid bringing valuables to the facility, store them safely in your villa. Rest and avoid direct sun or vigorous activity at least one hour after a treatment. Drink water before and after each treatment. To ensure your safety and comfort please wear appropriate footwear in the gym.

## YOUR COMFORT

Please let our team know if there is anything, we can do to further improve your experience. To maintain an environment of peace and privacy, Eveylaa Wellbeing is a mobile phone and smoke free area.

## DISCLAIMER

Guests are kindly requested to ensure that they take care of all personal belongings. Eveylaa Wellbeing does not accept responsibility for any loss or damage to property suffered because of any cause whatsoever.

All prices are quoted in USD and are subject to 10% service charge and 17% government tax.  
Please note that all services and prices are subject to change without prior notification.