



A WELLNESS EXPERIENCE IN PARADISE

INTEGRATE YOUR BODY AND RELAX YOUR MIND

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EVEYLAA WELLBEING – PROGRAMMES –

Eveylaa Wellbeing programmes provide you with an integrated wellness experience, combining traditional healing wisdom with modern healthcare technologies.

Our holistic approach gives you an in-depth understanding of your present wellbeing and the comprehensive wellbeing programmes will bring back the harmony in your life.

The programmes include wellbeing diagnostics, holistic consultation, Ayurveda body treatments, osteopathy, wellness activities, personalised nutrition, emotional wellbeing sessions, herbal supplements and medicines, and body treatments.

Eveylaa wellbeing programmes are carefully designed to address your health concerns while you enjoy your vacation.

Sleep and Stress Management Programme

Our sleep and stress management programme focuses on reversing stress induced metabolic changes. The programme includes body treatments, emotional well-being sessions, yoga, physical activities and breathing practices that will armour you to face inevitable daily stress in a better way.

You will be investing 120 - 180 minutes on your health per day. This programme is particularly suitable for chronic fatigue, sleep disorders, anxiety, unexplained muscle tension, neck pain, lack of enthusiasm, and other stress-induced conditions.

INCLUSIONS	3 DAYS	5 DAYS	7 DAYS	10 DAYS
Wellbeing diagnostics - Food sensitivity test, food allergy test and haematology test - blood routine, glucose, cholesterol, liver and kidney function tests		1	1	1
Nutrition consultation - 45 minutes		1	1	1
Inner balance introduction consultation Cardio coherence breathing exercise device to restore inner balance	1	1	1	1
Cloud 9 experience	1	1	1	1
Wellness consultation - 60 minutes - Non-invasive wellness screening and Ayurveda body type analysis	1	1	2	2
Mind Therapy - 90 minutes - Interactive meditation session to reconnect and address the deep rooted emotional factors of a disease		1	1	2
Herbal Supplements and Amenities Ayurvedic medicines and supplements to support stress and sleep issues Pillow menu to enhance sleep comfort	1	1	1	1
Activities (combination based on consultation) - Yoga, Meditation, Pranayama	1	2	3	5
Manual Therapy	1	2	3	4
Dream Pod Experience	1	1	2	2

PROGRAMME DURATION OPTIONS:

3 DAYS

5 DAYS

7 DAYS

10 DAYS

Rejuvenation Programme

Experience time-tested Ayurvedic treatments that slow down the ageing process. Healthy ageing preserves productivity, mental clarity, and physical performance. The rejuvenation programme includes selected ayurveda treatments, yoga, a nutrition plan and herbal supplements to help repair the cell damage associated with ageing.

You will be investing 120 - 180 minutes every day to rejuvenate your body. This programme is particularly suitable for everyone who wants to address and reverse age-related changes, to improve productivity and to give a fresh start to your lifestyle.

INCLUSIONS	3 DAYS	5 DAYS	7 DAYS	10 DAYS
Wellbeing diagnostics - Food sensitivity test and haematology test - blood routine, glucose, cholesterol, liver and kidney function tests		1	1	1
Nutritional consultation - 45 minutes		1	1	1
Wellness consultation - 60 minutes - Non-invasive wellness screening and Ayurveda body type analysis	1	1	2	2
Rejuvenation Therapy - 90 minutes - Rejuvenation therapies recommended by doctor		1	2	2
Herbal supplements - Ayurvedic medicines and supplements to rejuvenate and reset metabolism	1	1	1	1
Activities (combination based on consultation) - Yoga, Pilates	1	2	3	5
Manual Therapy	1	2	3	4
Dream Pod Experience		1	2	2

PROGRAMME DURATION OPTIONS:

3 DAYS

5 DAYS

7 DAYS

10 DAYS

Detoxification Programme

The detoxification programme includes a traditional Ayurvedic or Yogic detox experience, a specific diet, emotional detox, yoga kriyas and physical activities. It helps to cleanse your body and reset your metabolism.

You will be investing 120 - 180 minutes on your health per day. This programme is particularly suitable for tiredness, water retention, skin conditions, respiratory and digestive system issues.

INCLUSIONS	5 DAYS	7 DAYS	10 DAYS
Wellbeing diagnostics - Food sensitivity test and haematology test - blood routine, glucose, cholesterol, liver and kidney function tests	1	1	1
Nutritional consultation - 45 minutes	1	1	1
Lifestyle assessment and Wellness Consultation - 60 minutes - Non-invasive wellness screening and Ayurveda body type analysis	1	2	2
Detox Therapy recommended by doctor - 90 minutes - Physical and mind therapies to enhance detox process	1	2	2
Detox procedure - 90 minutes - Virechanam (therapeutic purgation) and Yogic detox (Intestinal cleanse)	1	1	2
Herbal supplements - Ayurvedic medicines and supplements to support detox	1	1	1
Activities (combination based on consultation) - Yoga and Pranayama, Pilates and Personal training	2	3	4
Manual Therapy	2	3	4

PROGRAMME DURATION OPTIONS:

5 DAYS

7 DAYS

10 DAYS

Weight Management Programme

Achieve your weight goal while enjoying a break from your busy life. Our weight management programme addresses all possible causes of stubborn, excess weight and provides you with a tailor-made programme with realistic targets.

You will be investing 120 - 210 minutes every day while you stay with us.

INCLUSIONS	7 DAYS	10 DAYS	14 DAYS
Wellbeing diagnostics – Food sensitivity test	1	1	1
Nutrition consultation - 45 minutes	1	1	1
InBody analysis	1	1	1
Wellness consultation - 60 minutes – Non-invasive wellness screening	1	2	2
Treatments – 60-90 minutes (combination based on consultation) – Abhyangam (Ayurvedic oil massage), Podikizhi (Ayurvedic poultice treatment), Detox massage	4	6	9
Herbal supplements – Ayurvedic medicines and supplements to help in weight reduction	1	1	1
HIFU Treatment		1	1
Personal Training	4	6	7
Yoga / Pilates	2	3	4
Manual Therapy	4	6	8

PROGRAMME DURATION OPTIONS:

7 DAYS

10 DAYS

14 DAYS

Fitness Programme

A fitness programme assists you in achieving an objective that will make you feel joyful, body-confident, and proud. Our highly qualified trainers will guide you in challenging yourself, or if you simply wish to maintain a wholesome way of life. It enhances muscle tone and stamina, while increasing strength and endurance. Facilitates coordination, agility, and adaptability.

You will be investing 120 - 210 minutes every day while you stay with us.

INCLUSIONS	5 DAYS	7 DAYS	10 DAYS
Wellbeing diagnostics – Food sensitivity test	1	1	1
Nutrition consultation - 45 minutes	1	1	1
Fitness Consultation and Assessment - 60 minutes – InBody analysis, Fitness and Mobility analysis, Wellness screening	1	2	2
Treatments – 60-90 minutes (combination based on consultation) – Abhyangam (Ayurvedic oil massage), Podikizhi (Ayurvedic poultice treatment) Detox massage, Thai massage, Bespoke massage	2	3	5
HIFU Treatment	2	3	4
Personal Training	5	7	10
Manual Therapy	1	2	3

PROGRAMME DURATION OPTIONS:

5 DAYS

7 DAYS

10 DAYS



Panchakarma Bio Purification Programmes

Ayurveda is the traditional Indian system of medicine that originated more than 3000 years ago. The holistic healing principle of Ayurveda is based on the five elements theory, and balancing a set of qualities derived from the five elements, known as Doshas. Ayurveda treatments aim to balance the three Doshas in the body by personalising diet, activities, herbal medicines and body treatments.

Panchakarma are the five detoxification methods that ensures complete cellular level purification. The cleansing effect boosts the healing process of the body and revitalises all organs. Panchakarma involves the controlled practice of therapeutic emesis, therapeutic purgation, decoction enema, medicated oil enema and nasal medication.

Suitable panchakarma procedures will be selected after the consultation. Two detox methods will be done in a 14 day programme and three or more detox procedures will be done in a 21 day programme.

The programme requires your commitment to follow a specific diet plan and specific pattern of treatments.

Panchakarma is recommended if you experience any of the following:

Indigestion, anorexia, obesity
 Weak reproductive system, foggy brain
 Heaviness, exhaustion, sluggishness, laziness, weakness
 Sleeplessness or excessive drowsiness, frequent unpleasant dreams
 Skin disorders, itching
 Body odour, weakness or sallow complexion

INCLUSIONS	14 DAYS	21 DAYS
Wellbeing diagnostics - Food sensitivity test, food allergy test and haematology test - blood routine, glucose, cholesterol, liver and kidney function tests	1	1
Ayurveda consultation – 60 minutes	2	2
Follow up consultation – daily 5 minutes	12	19
Ayurveda treatments – 90 minutes (combination based on consultation) - Udwartanam (Ayurvedic powder massage), Abhyanga (Ayurvedic oil massage), Podikizhi (powder poultice treatment), Elakizhi (leaf poultice treatment), Navarakizhi (rice poultice treatment), Shirodhara (third eye treatment), Pizhichil (Ayurvedic oil bath), Karnapooranan (Ayurvedic ear treatment), Lepanam (herbal body mask)	11	17
Bio purification sessions (combination based on consultation) - Vamanam (therapeutic emesis), Virechanam (therapeutic purgation), Vasti (therapeutic enema), Nasyam (nasal Medication)	2	3
Ayurvedic medicines	1	1
Mind Therapy – 90 minutes - Interactive meditation session to reconnect and address the deep rooted emotional factors of a disease	3	5
Activities (combination based on consultation) - Gentle Yoga, Pranayama, Pilates	6	10

All herbal supplements and Ayurvedic medicines for this programme are included.

PROGRAMME DURATION OPTIONS:

14 DAYS

21 DAYS



Personalised Healing Programme

Let our resident wellness Practitioner assist you to create a personalised programme, that will suit your wellbeing requirements.

Duration of the programme and inclusions are decided during the consultation.

