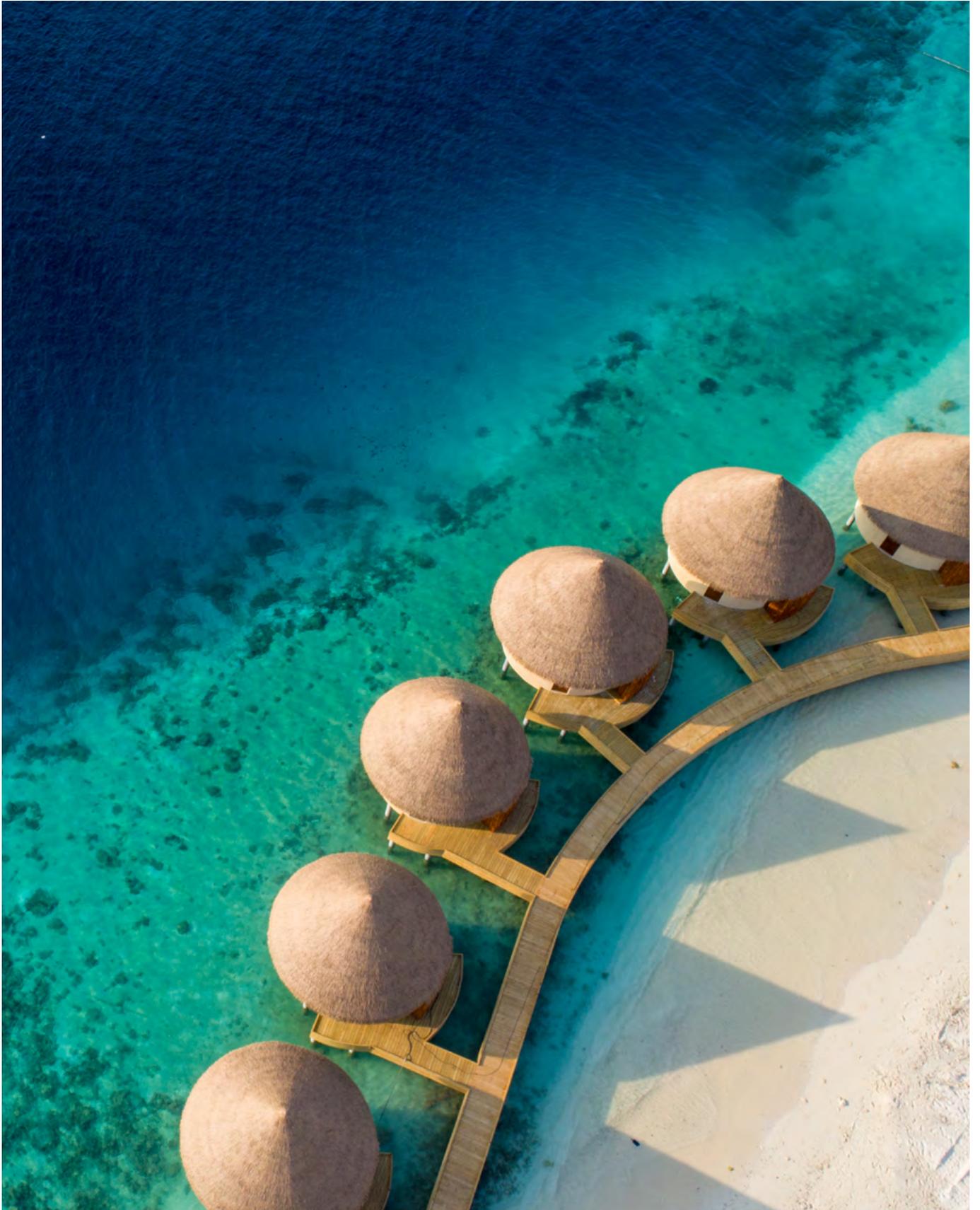




INTERCONTINENTAL®
MALDIVES MAAMUNAGAU RESORT



VISITING PRACTITIONERS

Ways to wellness

The wellness visiting practitioners programme at InterContinental Maldives Maamunagau Resort aims to provide our guests with an opportunity to discover new ways of wellness for an enriched life. A rare opportunity to benefit from private sessions with dynamic and diverse wellness practitioners awaits you, all therapies are created to allow guests to immerse themselves in the world of wellness.

“Health is a state of complete harmony of the body, mind and spirit”

— *Indah Megayani, Director of Spa*



AVISPA



RESIDENT PERSONAL TRAINER by ROHIT VIJAY TANDEL

1st – 14th JULY 2022

Rohit is a certified Yoga Teacher and Personal Fitness Instructor from Rishikes, India and Gold Coast, Australia. He has worked in leading hospitality and spa brands in India and the Maldives. Rohit offers various yoga sessions from Hatha and Ashtanga Yoga to Aerial Yoga at our dedicated ocean-facing yoga pavilion and several tranquil outdoor spaces; all designed to allow you to stretch, tone, strengthen, or meditate to unify the mind, body and spirit. Allow us to introduce you this gentle yet effective wellness practice at any one of our scheduled sessions or continue your yoga journey through tailored private sessions.

MENU

Asian Wellness Journey

<i>90 minutes</i>	\$195++ per person
<i>120 minutes</i>	\$225++ per person

Each session with Rohit will be personalized to suit the needs of each guest, using tailored traditional teaching techniques of Yoga to improve the flexibility, tone muscle, strengthen or meditate to unify the mind, body and spirit.

ADVANCE RESERVATION IS REQUIRED.

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SELF-HEALING JOURNEY by RESIDENT YOGI YEN HOANG THI
 1ST – 31ST AUGUST 2022

Yen journey began in 2015, She is a certified Yoga and Mindfulness Teacher with more than 5 years of experience. With a believe that everyone can help themselves by learning a combination of practice yoga with mindfulness meditation and positive thinking it will break down our own ego opens one' heart and enables one to reach a higher level of consciousness and inner peace.

Her mission is to help students nurture their body, mind and spirit by clearly and compassionately guiding them through a yoga practice that is skillful, intelligent and enjoyable

MENU

Self Healing Therapy	<i>75 minutes</i>	\$175++ per person
	<i>90 minutes</i>	\$195++ per person

In this unique healing system with combination of Thai Yoga Massage, the client will be guided through a series of yoga postures, while palming and thumbing along the body's energy ('Sen') lines and pressure points and ending with mindfulness mediation. Together these actions result in a comprehensive full body treatment that relieves muscular tension, improves circulation, boosts the immune system and balances the body energetically.

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NATUROPATH by DOCTOR VIHÁS UNNI
1st SEPTEMBER 2022 – 28th FEBRUARY 2023

With a Span of more than 13 years in the field of Naturopathy, Yoga and Acupuncture, he has developed unique styles of treatment and different approaches towards Wellness and Stress Management. With his vast exposure towards the realm of yoga and Meditation, he has developed strategies through which one can enhance the body energy, vitality and inner peace.

Doctor Vihás has associated with leading brands of wellness and has rendered his services with top IT brands across world. His acupuncture techniques incorporates with certain massage practices, will add the efficacy to his session. He strongly believes that body itself is the greatest healer’ and “healing happens within ourselves.”

MENU

Lifestyle and Wellness Consultation *30 minutes* \$75++ per person
 A detailed questionnaire program together with pulse diagnosis that determines one’s body constitution. Based on that Yoga, dietary advice and Naturopathy treatments are prescribed.

Facial Acupuncture *60 minutes* \$200++ per person
90 minutes \$275++ per person
3 Days \$475++ per person
5 Days \$750++ per person

Facial acupuncture is use as an anti-aging treatment that involves specialized needle insertion in certain acu points over the face. This session involves a face lifting massage followed by the practice of insertion that improves the skin tone and facial circulation.

Pain Relief Acupuncture *60 minutes* \$200++ per person
90 minutes \$275++ per person
3 Days \$475++ per person
5 Days \$750++ per person

Acupuncture is a proven remedy to enhance one’s wellbeing there by act as an excellent painkiller. The session focusses on alleviating the pain related to muscles, joints. Session starts with a consultation followed by an energy enhancing technique to unclog the blocked energy. Needle insertion/techniques are carried out as per the pain severity.

De-stress Acupuncture *60 minutes* \$200++ per person
90 minutes \$275++ per person
3 Days \$475++ per person
5 Days \$750++ per person

Acupuncture can naturally raise the level of endorphins. This session helps to alleviate the mood, and de-stress yourselves. Energy enhancing techniques along with needle insertion is carried that releases the blocked energy flow. A deep sense of relaxation is attained by the incorporation of breathing practices along with session.

Chakra Balancing Massage *60 minutes* \$200++ per person
75 minutes \$225++ per person

A holistic approach to wellbeing and peace of mind. This massage incorporates with visualization that awakes the deficient energy channel through the power of attention and awareness. Healing massage along with the true power of touch awakens the hidden energy within you.

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Acu Massage

75 minutes

\$250++ per person

This massage alleviates the stress and tension, which builds up in the body's soft tissue during physical activity. Deficient Acupressure areas over the body is identified and stimulated by the pressure over thumb. This de-stressing massage alleviates the pain and soreness over the body, thereby improving the circulation of blood and lymphatic system.

Private Yoga Session

60 minutes

\$125++ up to 2 persons

90 minutes

\$175++ up to 2 persons

Total resistance exercise or TRX is a workout that delivers a fast, effective total body workout. Forget heavy weights or high intensity reps, this simple piece of equipment pits you against your own body weight and helps to build a rock-solid core. TRX benefits people of all fitness level and is easily adjusted to suit a pro athlete to a senior.

Prana Correction

60 minutes

\$125++ per person

At times, we often feel tired and lethargic in spite of an active life and dietary habits. This session identifies the energy (prana) deficient in various wheels in your body. Specific Meditation along with proper breathing technique are taught that unclogs your system and opens your perception and the energy level.

Moving Meditation

60 minutes

\$125++ per person

Body postures along with breathing, when performed in a specified speed and direction will deepen the sense of inner wellbeing. The session starts with few yogic postures and end with the practice of guided meditation that one will reap the result as soon as the session completes.

Wellness Redefined

3 Days

\$675++ per person

A customized signature package designed specifically for you.

Day 1 – 120 minutes for Lifestyle Consultation and Chakra Balancing Massage

Day 2 – 120 minutes for Hatha Yoga, Indian Head Massage and Acu Massage

Day 3 – 120 minutes for Meridian Massage and Foot Reflexology.

Receive a personalized home health program.

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DRY MASSAGE by JOAO SANTOS
18th DECEMBER 2022 – 31th JANUARY 2023

Joao is a highly regarded international wellness consultant and professional masseur who performs integrated therapies and specializes in deep tissue/sports massage and foot reflexology. He travels the world as a visiting therapist and collaborates with leading spa brands. Joao has trained both at the prestigious Chiva-Som Academy in Bangkok and the Steiner Academy in London.

MENU

Dry Massage *60 minutes* \$225++ per person
90 minutes \$275++ per person

A fusion of East and West methods including energy balancing, Tui Na and Thai stretching techniques. All sessions are carefully tailored to meet individual's goals and needs.

Indian Head Massage with Foot Reflexology *75 minutes* \$245++ per person

An exquisite foot reflexology that encompasses lines of energy including the traditional body chart. The invigorating Indian head massage ends with a soothing and enlightening face massage - a chart of holistic pressure points across the face and forehead. This treatment includes a dry back massage.

Foot Reflexology *45 minutes* \$185++ per person

A foot reflexology that explores the traditional body chart across the top and plantar areas of the foot, mixed with some meridians/energy lines.

Express Back Massage *30 minutes* \$150++ per person

A well-balanced deep and invigorating back dry massage with Tui Na techniques combined with Thai stretching movements.

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ART OF HEALING by RAJESHWARI AMOL NERUKAR
1st DECEMBER 2022 – 28th FEBRUARY 2023

Rajeshwari Amol Nerukar has been a Physical Therapy practitioner since 2004 and she became an energy healer since 2009. Her interest in the various healing energy work led her to become a Reiki master and Advance healing practitioner.

She learned to deeply understand herself and felt calm and at peace with herself. In practice, if clients recognize their emotions or trauma, and it has not yet taken root in the physical body then she feels Energy work is the best form of treatment. If emotions have taken root in the physical body and there is physical suffering, then she can work on the physical aspect first.

MENU

Chakra Healing and Balancing

90 minutes

\$250++ per person

When there is some ailment, imbalance, ache or discomfort, it could be that one or more of your energy centers “Chakras” are either blocked or out of harmony with the other – they can happen due to negative patterns and energies. This blocks the energy flow and could lead to health problems, hold you back in your psychic development, as well as relationships and finances. Cleansing and balancing Chakras can bring you back to harmony. It can heal many problems, and cleanse negative emotions as well.

When you receive a Psychic Chakra healing & balancing session, you will get complete Chakra cleansing within all seven energy centers. After your session is complete, you can experience what many other clients have best experienced: Feeling lighter, less physical pressure, a positive shift in energy, mental and emotional clarity, and better spiritual connection to your higher self.

Reiki

60 minutes

\$200++ per person

The ancient healing system of Reiki is a natural, safe and effective way to heal the mind, body and spirit. Reiki is good for everyone and its many benefits include deep relaxation, reduced stress, increased energy and enhanced health and wellbeing.

Reiki reduces aches and pains while energizing and balancing the person. Where there is imbalance Reiki finds balance, directing the flow of energy to exactly where it is needed. The imbalances concerned may be physical, psychological, emotional, or spiritual.

Abhyanga

60 minutes

\$190++ per person

90 minutes

\$250++ per person

A traditional Indian massage using a combination of soothing and symmetrical long strokes to regulate the circulatory and nervous system of the body. This detoxifying uses warm herbal curative oil to leave you feeling refreshed, balance and rejuvenated. This Indian massage detoxifies your body and revitalise your spirit.

Marma Point Massage

90 minutes

\$250++ per person

Marma point are energy pathways where the body and mind communicate. Working on 107 energy points throughout your body release toxins and relieve stress and tension, a marma point massage leave you in a state of complete harmony and bliss. A cleaning and harmonising therapy, it is a combination of energy balancing along with a subtle and circular stimulation of the marma points.

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Asian Sound Healing Therapy

60 minutes

\$200++ per person

Sound therapy with Tibetan singing bowls is an ancient form of regeneration. The first bowls were made from an alloy of various metals and were used already 6000 years ago in the Far East.

The sound of Tibetan singing bowls and the gong harmonizes and allows deep relaxation of both sides of the brain. It stimulates stress relief on all levels and the elimination of toxins from the body. After sound therapy emotions are calm and the mind clearer, and the sound vibrations have effect on the body after the singing bowls have been played on it.

Asian Bodywork Therapy

60 minutes

\$200++ per person

90 minutes

\$250++ per person

Body work is a massage technique that's mainly used to treat musculoskeletal issues, such as strains and sports injuries. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. This helps to break up scar tissue that forms following an injury and reduce tension in muscle and tissue. It may also promote faster healing by increasing blood flow and reducing inflammation.

Acupressure has its foundation in traditional Chinese medicine (TCM), where it has been in use for over 2,000 years. It's a method of activating the body's self-healing mechanisms to treat illness and alleviate pain. A pressure point massage can benefit trigger-point-based pain because it's designed to find the actual cause (the trigger points) and apply pressure to help these areas relax; in turn, healing the area that's experiencing pain.

Kati Vasti

60 minutes

\$250++ per person

Kati refers to the lower back in Sanskrit. This treatment focuses specially on treating discomfort relating to the back, such as chronic tension, a prolapsed disk or sciatic. Kati Vasti also benefits hypertension, cardiac related conditions and fertility. Psychological imbalances relating to fear, shock and the feeling of lack of support in life correlate to this area of the body in Traditional Chinese Medicine. A medical paste is applied in a ring around the affected area, and warm ayurvedic oil is poured in its center. The oil is kept within the ring for 30 minutes. This application is followed by back massage and steam with hot towels for a deeply nourishing and supportive experience. It is highly recommended that you avoid sun for several hours after your treatment.

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Sound Bath Meditation

45 minutes

\$125++ up to 2 persons

45 minutes

\$250++ up to 4 persons

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Enhance Your Energy

3 Days

\$550++ per person

Connect to your inner source of vibrancy and life force. Embark on a journey with our Resident Practitioner as she guides you through this pleasant yet powerful therapy. Challenges caused by personal or professional environments can interrupt our energy flow. Reset your energy with our 3-day programme for better health and well-being.

Package Includes:

Personalised Wellness Consultation, Chakra Healing & Balancing, Asian Sound Healing, Reiki

Muscle Relief

3 Days

\$675++ per person

Gentle manual techniques relieve symptoms of various physical, emotional and mental health conditions such as migraines, depression and dyslexia. This targeted muscle therapy programme also helps break down scar tissue, reduce muscle tension, increase blood flow and reduces inflammation.

Packages Includes:

Personalised Wellness Consultation, Marma Point Massage, Asian Body Work, Kati Vasti

Sleep Regulator

3 Days

\$675++ per person

Experience the ancient healing practice of Ayurveda. Relieve stress and pent-up tension through our 3-day programme to treat sleeplessness, insomnia, sleep apnea and other related issues resulting in visible improvement to your quality of sleep.

Packages Includes:

Personalised Wellness Consultation, Marma Point Massage, Abhyanga, Kati Vasti

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EMOTIONAL RELEASE (Chi Nei Tsang)
by KANLAYANEE MARTTHUEAN (JANG)
1st MARCH – 30th APRIL 2023

A native from Thailand, a background of Health Science, has been experiences in the spa & wellness and hospitality working industry for 20 years. Jang is Passionate about teaching and training wellness and yoga therapies, where she hopes to share her knowledge in aligning the body and mind back into balance. She believes when the physical body is healthy, everything will glow.

Private Body Alignment Yoga

60 minutes

\$175++ up to 2 persons

Jang is trained in various yoga modalities and is an avid yoga practitioner herself. Whether you prefer a more meditative or dynamic class, she will customize the class based on your needs and experience

Crystal Sound Healing with Singing Bowls

60 minutes

\$125++ per person

Deep relaxing and meditation session with sound and vibration. A singing bowl can help you focus and dive deeper into a meditative state. The sound finds a more relaxed and focused, reach a powerful, reflective state that will ease your stress, improve your focus relax your mind body.

Vinyasa Flow Yoga

60 minutes

\$125++ per person

A sequence of yoga asana focusing on breath and targeting specific area self-energy while of the body. Each movement is coordinated with breathing to flow from one pose to the next.

Tai Chi /Qi Gong

60 minutes

\$125++ per person

Tai Chi is the Chinese healing art emphasizing mindful movement, focusing on physical posture and harmonizing chi flow in the body.

Singing Bowl Meditation

60 minutes

\$125++ per person

Start off strength muscle by technique to feel of tension and relives by letting go to meditation with crystal singing bowl use the sound heling mind and body.

Body Balance

60 minutes

\$125++ per person

Balance both your mind and body with a flowing mixture of Tai Chi, Yoga and Pilates movements to help build your strength, flexibility and balance to the same time.

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AVISPA

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