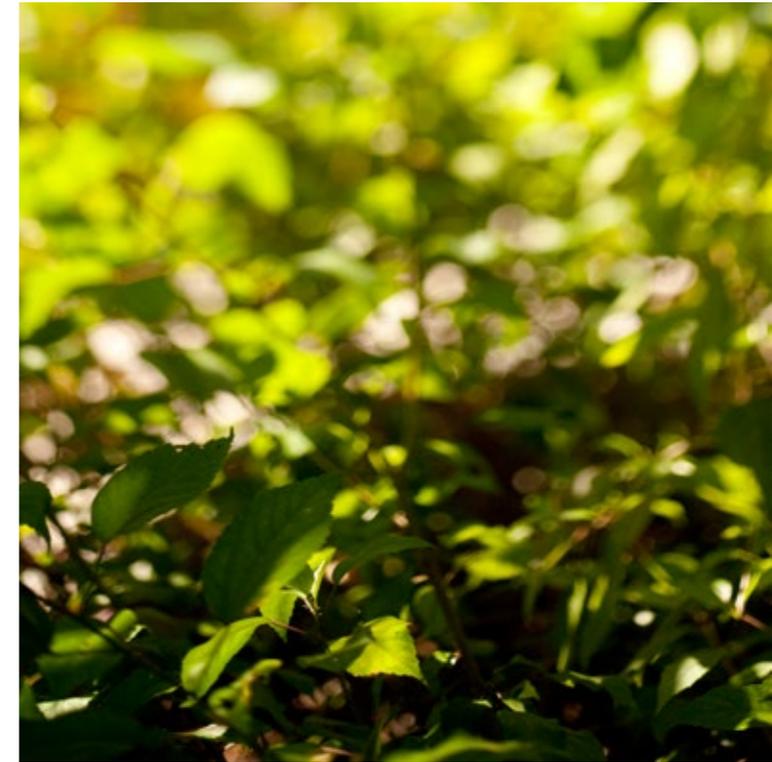




*The* SUN SIYAM  
IRU FUSHI  
MALDIVES

MALDIVIAN REJUVENATION  
THE SPA BY THALGO



## IMMERSE INTO THE OCEAN OF SENSES

Enter the world of bliss and touch your soul... Recharge, rejuvenate and re-discover yourself through the art of relaxation in the heavenly Maldivian Spa. Our spa energy is an eternal light with the promise of warmth and youthful energy that extends through these packages to harmonise the body, mind and the soul.

# UNWIND SPA PACKAGES

Ultimate journey of relaxation...

## Unwind 5 Days Package

All-inclusive Price \$ 955

<b>Day 1</b>	<b>Jetlag Relieving Ritual</b> <i>Massage/Medium Pressure</i>	<b>75 mins</b>
	Avoid that tired, lethargic feeling on your first days. The perfect way to recover from your long flight to Iru Fushi, this ritual has been designed to totally refresh your body and mind. An invigorating and revitalising massage focuses on your back, lower back, head, neck, shoulders and tired legs and feet. A relaxing hot-stone back massage boosts these effects.	
<b>Day 2</b>	<b>Choice of Marine Prelude by Thalgo or Fruit Blast</b> <i>Scrub, Wrap</i>	<b>60 mins</b>
	The ultimate combination of body exfoliation and a wrap that heals skin dryness, smoothes roughness and re-mineralises the whole body. Choose between, <b>Marine Prelude</b> which incorporates sea salts and marine mud from the Dead Sea <b>or Fruity Blast</b> that uses fresh fruits and vegetables to deliver immediate results. Natural healing is enhanced with fresh papaya, avocado, banana and carrot, which are rich in vitamins, enzymes, minerals and anti-oxidants. An included soothing scalp massage during the wrap enhances the experience in both treatments	
<b>Day 3</b>	<b>Choice of 60-minute Aromatherapy or Traditional Balinese or Classic Swedish or Japanese Shiatsu</b> <i>Massage</i>	<b>60 mins</b>
	“Cure your stress by surrendering to the nurturing hands of our aromatherapy specialists, choose from a selection of aromatherapy oils and create a unique blend that is infused with healing essences that stimulate your senses, relax your body and calm your nerves or discover the relaxation art originating in Bali, Indonesia. Experience a variety of massage techniques, which stimulate the flow of blood, oxygen and ‘qi’ energy around your body or experience the <b>Swedish</b> classic deep massage, ideal for relieving deep muscular tension and aches and pains <b>or</b> relax by <b>Shiatsu</b> , a time-honoured therapy in Asia. Our skilled therapist will work along the meridian lines of your body, creating firm pressure with their fingers, palms, knuckles and elbows, without the use of oil.	
<b>Day 4</b>	<b>Choice of</b> <b>Ultimate De-Stress</b> <i>Warm Bamboo, Deep Massage, Cleansing</i>	<b>90 mins</b>
	An innovative experience to relieve your stress. Warm bamboo is applied to the neck, shoulders, legs and back, releasing muscle tightness. Then, a very effective pre-muscle	

stretching is followed by an even deeper relaxing oil massage. The blissful session culminates in a face-cleansing ritual, which makes the perfect end to the ultimate pampering experience.

or

**Chocolate Delight (Single)** **90 mins**  
*Scrub, Bath, Massage, Moisturising*

For a truly indulgent experience, exfoliate with an invigorating body scrub before taking a dip in a chocolate bath while sipping a delicious, creamy chocolate milkshake. Continue this celebration of all things cocoa with a blissful soothing massage that rubs luscious chocolate butter into your skin. Complete this sweet temptation of a treatment with a velvety chocolate moisturiser that enriches the skin and leaves it feeling silky.

**Day 5** **Choice of**  
**Heart of the Ocean Facial by Thalgo** **60 mins**  
*Skin Dependent Facial*

The vital force of the ocean creates perfectly beautiful skin. Each personalised treatment corrects imbalances – dehydration, dryness, sensitivity and hyper-seborrhoea – to give skin its ideal quality by returning lost minerals. Active marine ingredients and natural plant products improve skin radiance and transparency, and they are the secrets behind our four tailored rituals: Beauty Revealing Ritual, Marine Softness Ritual, Intense Nutrition Ritual and Pure Freshness Ritual.

or

**Complete Spa Manicure & Pedicure** **75 mins each**

Let your hands & feet reveal their natural beauty with this deep-cleansing experience. After an exfoliation and mask, the nails are shaped and a nourishing softener is massaged into the cuticles to work away trapped dirt. This is followed by a relaxing massage and thorough nail buffing that creates a stunning shine. Nail varnish included, if desired.

or

**Recharging Head, Back, Feet Massage** **60 mins**

Slow down and unwind through this recharging experience. Calms and stills a busy mind.

### Complimentary offers worth USD 145

One 60 mins Ayurvedic Abhyanga Massage  
15% discount on Spa Retail products purchase



### Unwind 7 Days Package

All-inclusive Price \$ 1 287

<b>Day 1-4</b>	<b>Same treatments as in Unwind 5 Days Package</b>	
<b>Day 5</b>	<b>Hot &amp; Cold Stone Massage by Thalgo</b> <b>Medium Pressure</b> Feel the relaxing heat of volcanic stones followed by the stimulating thrill of marine stones, a succession of experiences that results in pure bliss. The stones and essential oils travel along your body to relieve all tension. The massage uses round, wave-like movements that put you into a state of ultimate calm. The complete immersion into a state of relaxation creates a floating sensation of wellbeing. A real invitation to sleep.	<b>60 mins</b>
<b>Day 6</b>	<b>Choice of</b> <b>Organic Oil Relaxing Massage by Thalgo</b> <b>Mild Pressure</b> The ultimate pampering experience, wherein the warm hands of our beauty therapists heal all your stresses and discomforts. A calming oil with organic lavender glides over your body to release tension and soothe your senses. Natural and organic cosmetics certified by ECOCERT Greenlife according to ECOCERT Standard, available at <a href="https://cosmetics.ecocert.com">cosmetics.ecocert.com</a>	<b>60 mins</b>

or

### **Iru Power Pack Deep Massage**

**60 mins**

#### **Deeper**

A vigorous massage crafted by our therapy experts, this treatment relieves sore and tense muscles. After an initial healing massage with pain-diminishing products, the deep muscular massage starts with a special oil renowned for its cooling and ache-relieving effects. Though this treatment is designed for those who enjoy deep pressure, we can tailor the pressure according to your comfort level.

**Day 7**

**Choice of**

### **Heart of the Ocean Facial by Thalgo**

**60 mins**

#### **Skin Dependent Facial**

The vital force of the ocean creates perfectly beautiful skin. Each personalised treatment corrects imbalances – dehydration, dryness, sensitivity and hyper-seborrhoea – to give skin its ideal quality by returning lost minerals. Active marine ingredients and natural plant products improve skin radiance and transparency, and they are the secrets behind our four tailored rituals: Beauty Revealing Ritual, Marine Softness Ritual, Intense Nutrition Ritual and Pure Freshness Ritual.

or

### **Complete Spa Manicure & Pedicure**

**75 mins each**

Let your hands & feet reveal their natural beauty with this deep-cleansing experience. After an exfoliation and mask, the nails are shaped and a nourishing softener is massaged into the cuticles to work away trapped dirt. This is followed by a relaxing massage and thorough nail buffing that creates a stunning shine. Nail varnish included, if desired.

or

### **Recharging Head, Back, Feet Massage**

**60 mins**

Slow down and unwind through this recharging experience..Calms and stills a busy mind.

#### **Complimentary offers worth USD 290**

Couple's 60 mins Ayurvedic Abhyanga Massage  
 15% discount on Spa Retail products purchase

<b>Day 1-6</b>	<b>Same treatments as in Unwind 7 Days Package</b>	
<b>Day 7</b>	<b>Bondithaan Kurun</b> <b>Maldivian Herbal Bundle Massage</b> Ancient Divehi medical practices include warm herbal bolus massages to heal body aches, muscular stiffness, arthritis and stress-related symptoms while enhancing overall wellbeing. After a regenerating warm oil massage, a bolus made of different varieties of locally sourced herbs, each with their own unique medicinal values, is dipped in warm herb-infused coconut oil and applied to your body. The ultimate Maldivian therapy experience.	<b>60 mins</b>
<b>Day 8</b>	<b>Choice of</b> <b>WISH, A Personalised Massage</b> <b>All Pressures</b> A personalised massage created especially for you. Choose from mild, medium or deep pressure, and ask our therapists to concentrate on any specific symptoms, such as back pain, headaches, stress-related issues or insomnia. Whatever your WISH, our spa experts will create a bespoke therapy that combines a range of massage techniques and blends the most suitable essential oils. Let us know your WISH.  <b>or</b> <b>Traditional Thai</b> <b>Deep with Stretching, No Oil</b> Relax as our specially trained therapist combines acupressure techniques with stretching postures to harmonise your body's internal energies, resulting in an extraordinary sense of wellbeing. We provide loose clothing for maximum comfort.	<b>60 mins</b>
<b>Day 9</b>	<b>INDOCÉANE</b> <b>Blissful dreams on a Far Eastern journey</b> Mediterranean stopover, a prelude with citrus flavours: Sweet & Savoury Scrub Egyptian stopover, relax on the Nile: Precious Milk Bath Effervescent Sugars Indian stopover, tranquillity on the sacred Ganges: Sacred Ayurvedic Massage Chinese stopover, the temple of beauty: Silky Smooth Body Wrap	<b>105 mins</b>

**Day 10****Choice of**
**Heart of the Ocean Facial by Thalgo**  
**Skin Dependent Facial**
**60 mins**

The vital force of the ocean creates perfectly beautiful skin. Each personalised treatment corrects imbalances – dehydration, dryness, sensitivity and hyper-seborrhoea – to give skin its ideal quality by returning lost minerals. Active marine ingredients and natural plant products improve skin radiance and transparency, and they are the secrets behind our four tailored rituals: Beauty Revealing Ritual, Marine Softness Ritual, Intense Nutrition Ritual and Pure Freshness Ritual.

**or****Complete Spa Manicure & Pedicure****75 mins each**

Let your hands & feet reveal their natural beauty with this deep-cleansing experience. After an exfoliation and mask, the nails are shaped and a nourishing softener is massaged into the cuticles to work away trapped dirt. This is followed by a relaxing massage and thorough nail buffing that creates a stunning shine. Nail varnish included, if desired.

**or****Recharging Head, Back, Feet Massage****60 mins**

Slow down and unwind through this recharging experience..Calms and stills a busy mind.

**Complimentary offers worth USD 380**

Couple's 60 mins Ayurvedic Abhyanga Massage  
One 30 mins Indian Head Neck Shoulder Massage  
15% discount on Spa Retail products purchase



## SLIM & SCULPT PACKAGES

Benefit from Thalgo's Integrative Slimming Expertise, well supported by way of life 'Yoga' creating balance between body and mind; float yourself...



### Slim & Sculpt 5 Days Package

All-inclusive Price \$ 1 497

<b>Day 1</b>	<b>Morning Yoga</b>	<b>60 mins</b>
	Surrender to blissful relaxation, meditation and stretching as our Yoga Guru guides you through a series of breathing techniques (Pranayama) and postures (Asanas) - all performed slowly and consciously with a focus on your inner awareness.	

<b>High Precision Shaping Treatment</b>	<b>90 mins</b>
<b><i>Integrative Slimming Treatment</i></b>	

This corrective anti-cellulite, anti-excess-fat and anti-slackening treatment combines three exclusive techniques. Our expert therapists begin the treatment by wrapping you with Body Wrap with Active Oxygen, a warming body wrap that corrects fibrosis cellulite and fat storage with a massive 'injection' of pure oxygen. Then, Refining, Resculpting Corrective Concentrate is applied. An anti-superficial-fat massage is followed by a Perfect Sculpting Massage with Body Shaping Correcting Massage Gel. The treatment is completed with the application of Intensive Correcting Cream or High Performance Firming Cream, depending on your needs. This highly effective treatment is exclusive to Thalgo.

<b>Steam Bath</b>	<b>15 - 20 mins</b>
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<b>Day 2</b>	<b>Morning Yoga</b>	<b>60 mins</b>
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<b>Frigi Anti-Cellulite by Thalgo</b>	<b>60 mins</b>
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#### ***Cold Wrap***

An excellent cold wrap used for the treatment of cellulite and eliminating excess fluid build up from the abdomen, hip and thigh area, as well as stimulating circulation. Whilst you are on the wrap, a soothing scalp massage is performed.

<b>Steam Bath</b>	<b>15 - 20 mins</b>
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<b>Day 3</b>	<b>Morning Yoga</b>	<b>60 mins</b>
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<b>High Precision Shaping Treatment</b>	<b>60 mins</b>
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<b>Steam Bath</b>	<b>15 - 20 mins</b>
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<b>Day 4</b>	<b>Morning Yoga</b>	<b>60 mins</b>
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<b>Frigi Anti-Cellulite by Thalgo</b>	<b>60 mins</b>
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<b>Steam Bath</b>	<b>15 - 20 mins</b>
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<b>Day 5</b>	<b>Morning Yoga</b>	<b>60 mins</b>
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<b>High Precision Shaping Treatment</b>	<b>60 mins</b>
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<b>Steam Bath</b>	<b>15 - 20 mins</b>
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#### **Complimentary offers worth USD 125**

One 60 mins Relaxing Aromatherapy or Balinese or Classic Swedish Massage Therapy  
15% discount on Spa Retail products purchase

**Slim & Sculpt 7 Days Package**

All-inclusive Price \$ 2 088

<b>Day 1-7</b>	<b>Same treatments as in Slim &amp; Sculpt 5 Days Package</b>	
<b>Day 6</b>	<b>Morning Yoga</b>	<b>60 mins</b>
	<b>Frigi Anti-Cellulite by Thalgo</b>	<b>60 mins</b>
	<b>Steam Bath</b>	<b>15 - 20 mins</b>
<b>Day 7</b>	<b>Morning Yoga</b>	<b>60 mins</b>
	<b>High Precision Shaping Treatment</b>	<b>60 mins</b>
	<b>Steam Bath</b>	<b>15 - 20 mins</b>

**Complimentary offers worth USD 280**

One 60 mins Relaxing Aromatherapy or Balinese or Classic Swedish Massage Therapy  
 One Heart of the Ocean Facial Ritual by Thalgo (or) Men's Ocean Facial by Thalgo  
 15% discount on Spa Retail products purchase

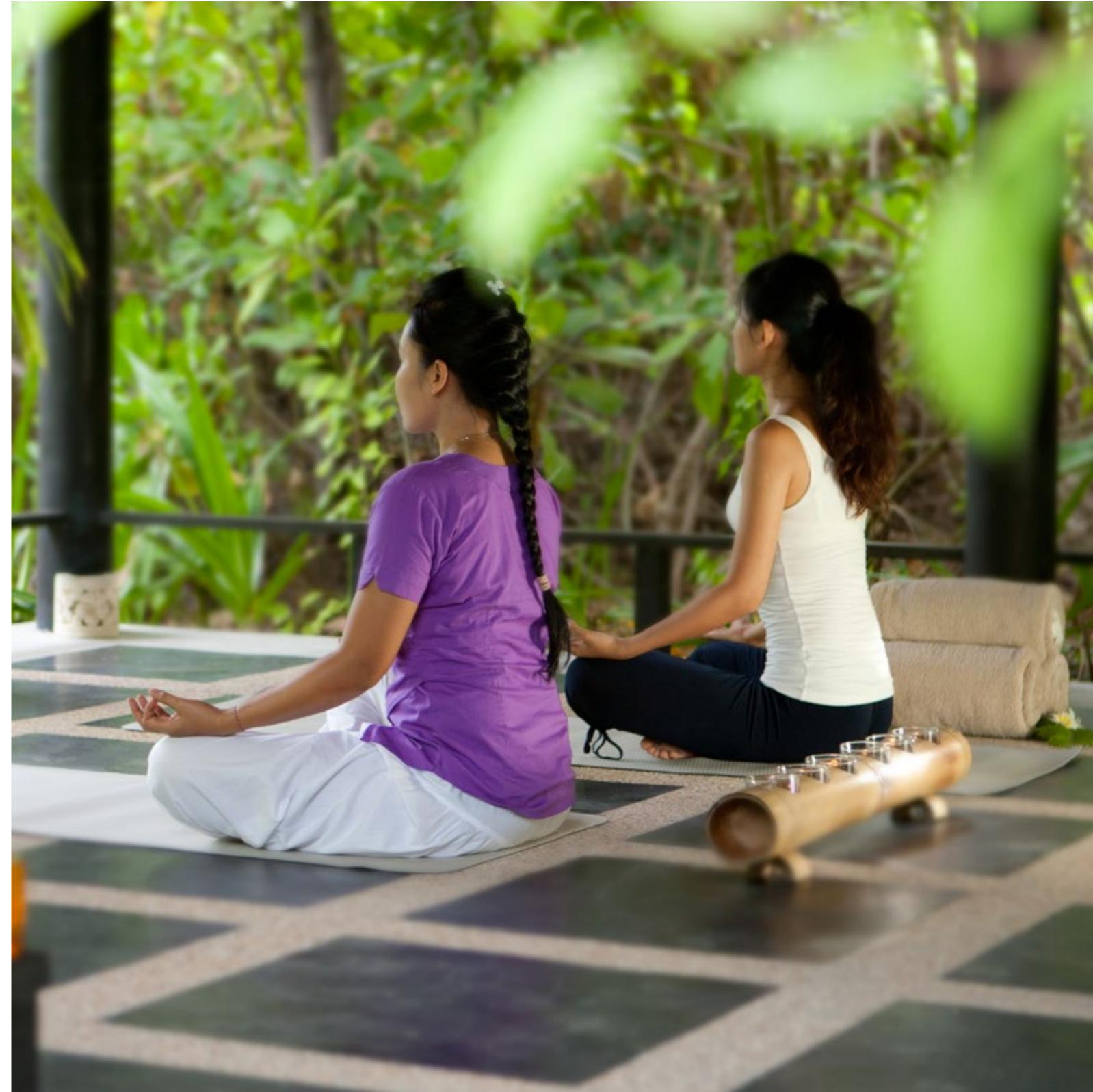
**Slim & Sculpt 10 Days Package**

All-inclusive Price \$ 2 944

<b>Day 1-9</b>	<b>Same treatments as in Slim &amp; Sculpt 7 Days Package, continued on Days 8 and 9</b>	
<b>Day 10</b>	<b>Morning Yoga</b>	<b>60 mins</b>
	<b>Perfect Sculpt Massage</b>	<b>60 mins</b>
	A true mark of Thalgo's expertise, this succession of deep and effective manoeuvres was created to dislodge both cellulite and stubborn fat while restoring skin tone.	
	<b>Steam Bath</b>	<b>15 - 20 mins</b>

**Complimentary offers worth USD 370**

One 60 mins Relaxing Massage Therapy  
 One Heart of the Ocean Facial Ritual by Thalgo (or) Men's Ocean Facial by Thalgo  
 One Express Manicure & Pedicure (or) 30 mins Healing Scalp Massage  
 15% discount on Spa Retail Products Purchase



# MUKTHI AYURVEDIC SPA PACKAGES

Melt way in the ancient wisdoms of Ayurveda and Yoga. Re-discover yourself...

## Mukthi Ayurvedic 5 Days Package

All-inclusive Price \$ 1 035

<b>Day 1</b>	<b>Consultation with Ayurvedic Doctor</b> Bring balance back to your mind and body with a consultation with our Resident Ayurvedic Doctor. In the Ayurvedic system everything on this planet, including our bodies, consists of five elements: Earth, Water, Fire, Air, Space or Ether. Ayurveda groups the five elements into three basic energies or doshas: Vata, Pitta, and Kapha. Each of us has a unique combination of these doshas and that determines our Constitution (Prakruti). Our Ayurvedic Doctor will prescribe the therapies and lifestyle recommendations according to your dosha predominance, medical conditions and needs, thereby personalising the treatments to suit you thus helping you on the path to optimal health, balance and happiness.	<b>30 mins</b>
	<b>Abhyanga Massage</b> <i>Herbal Oil Massage</i> Abhyanga is performed with herbal oils infused with relaxing Ayurvedic herbs which delivers excellent benefits for the skin. This massage therapy is soothing and gentle allowing your body to deeply relax and release all built-up stress, tensions, fatigue and body aches.	<b>60 mins</b>
	<b>Steam Bath</b>	<b>15 - 20 mins</b>
<b>Day 2</b>	<b>Choice of 60 mins Yoga Session or 30 mins Indian Head Massage</b> Surrender to blissful relaxation, meditation and stretching as our Yoga Guru guides you through a series of breathing techniques (Pranayama) and postures (Asanas) - all performed slowly and consciously with a focus on your inner awareness.	<b>60 or 30 mins</b>
	<b>Shirodhara</b> <i>Continuous Warm Oil Stream Over Third Eye and Hairline, Full-Body Herbal Oil Massage</i> Enliven your senses and awaken your spirit with an Abhyanga massage designed to balance your body's energy. Float into sublime relaxation as our signature Ayurvedic herbal oils flow gently over your forehead, also known as the 'third eye'. The flow of the warm oil creates a balancing effect in the deepest recesses of the brain and induces a blissful state of consciousness. Shirodhara helps to heal insomnia, headaches (especially migraine), mental tension and stress-related discomforts.	<b>60 mins</b>
	<b>Steam Bath</b>	<b>15 - 20 mins</b>

<b>Day 3</b>	<b>Kizhi Poultice Massage</b> <i>Bundle Massage in Herbal Oil</i> This traditional Ayurvedic fomentation massage is perfect for detoxification and pain relief. A combination of herbal powder, lemon and Ayurvedic herbs is made into a poultice. After a gentle body massage, the poultice is dipped in lukewarm medicated herbal oils and rolled and massaged all over the body. Kizhi is very effective for stress-related aches, joint pain, osteoarthritis and sports injuries.	<b>60 mins</b>
	<b>Steam Bath</b>	<b>15 - 20 mins</b>
<b>Day 4</b>	<b>Udvarthanam Detox Treatment</b> <i>Powder Rub</i> A highly effective detoxifying treatment that uses a potent herbal powder to cleanse and exfoliate your body, with particular emphases on cellulite and fluid build-up. The exfoliating friction rub stimulates blood circulation and greatly enhances the smoothness of the skin.	<b>60 mins</b>
	<b>Steam Bath</b>	<b>15 - 20 mins</b>
<b>Day 5</b>	<b>Choice of 60 mins Yoga Session or 30 mins Indian Head Massage</b>	<b>60 or 30 mins</b>
	<b>Choice of Ayurvedic Facial or Ayurvedic Foot Massage</b>	<b>30 mins</b>
	<b>Steam Bath</b>	<b>15 - 20 mins</b>

### Complimentary offers worth USD 125

Choice of one 60 mins relaxing Aromatherapy or Balinese or Classic Swedish Massage Therapy  
15% discount on Spa Retail products purchase

Day 1-3	Same treatments as in Mukthi Ayurvedic 5 Days Package	
Day 4	<b>Marma Massage</b> <i>Massage with the Feet</i> <p>A 'Marma' is a junction of ligaments, vessels, muscles, bones and joints. Our Ayurvedic specialists skillfully use their hands and feet to stimulate a series of Marma points spread over your body. The unique combination of enriching Ayurvedic massage oil and advanced massage techniques make this a truly complete experience that instills a deep sense of calm and inner health.</p>	60 mins
	<b>Steam Bath</b>	15 - 20 mins
Day 5	<b>Choice of 60 mins Yoga Session or 30 mins Indian Head Massage</b> <b>Shirodhara</b> <i>Continuous Warm Oil Stream Over Third Eye and Hairline, Full-Body Herbal Oil Massage</i> <b>Steam Bath</b>	60 or 30 mins 60 mins 15 - 20 mins
Day 6	<b>Udvarthanam Detox Treatment</b> <i>Powder Rub</i> <p>A highly effective detoxifying treatment that uses a potent herbal powder to cleanse and exfoliate your body, with particular emphases on cellulite and fluid build-up. The exfoliating friction rub stimulates blood circulation and greatly enhances the smoothness of the skin.</p>	60 mins
	<b>Steam Bath</b>	15 - 20 mins
Day 7	<b>Choice of 60 mins Yoga Session or 30 mins Indian Head Massage</b> <b>Choice of Ayurvedic Facial or Ayurvedic Foot Massage</b> <b>Steam Bath</b>	60 or 30 mins 30 mins 15 - 20 mins

**Complimentary offers worth USD 250**

Choice of couple's 60 mins relaxing Aromatherapy or Balinese or Classic Swedish Massage Therapy  
15% discount on Spa Retail products purchase





**Mukthi Ayurvedic 10 Days Package**

**All-inclusive Price \$ 2 101**

<b>Day 1-4</b>	<b>Same treatments as in Mukthi Ayurvedic 7 Days Package</b>	
<b>Day 5</b>	<b>Pizhichil <i>Oil Bath Massage</i></b> A rejuvenating treatment that enhances immunity, Pizhichil has been handed down from ancient India. The therapist pours lukewarm medicated oil over your body with one hand while simultaneously applying a soothing touch with the other. Wonderful benefits from this treatment include improved skin complexion, the nourishment of cells and the stimulation of blood circulation.	<b>60 mins</b>
	<b>Steam Bath</b>	<b>15 - 20 mins</b>
<b>Day 6</b>	<b>Choice of 60 mins Yoga Session or 30 mins Indian Head Massage</b>	<b>60 or 30 mins</b>
	<b>Shirodhara</b> <i>Continuous Warm Oil Stream Over Third Eye and Hairline, Full-Body Herbal Oil Massage</i>	<b>60 mins</b>
	<b>Steam Bath</b>	<b>15 - 20 mins</b>

<b>Day 7</b>	<b>Njavara Kizhi Poultice Massage</b> <b><i>Medicated Rice Bundle Massage in Milk Decoction</i></b> An ancient ritual from India used to purify and strengthen your body. After a gentle body massage, warm Ayurvedic Njavara rice poultices cooked in milk decoction are applied to the body to balance individual doshas. Njavara Kizhi treats joint pain, rheumatism and fatigue.	<b>60 mins</b>
	<b>Steam Bath</b>	<b>15 - 20 mins</b>
<b>Day 8</b>	<b>Abhyanga Massage</b> <b><i>Herbal Oil Massage</i></b>	<b>60 mins</b>
	<b>Steam Bath</b>	<b>15 - 20 mins</b>
<b>Day 9</b>	<b>Udvarthanam Detox Treatment</b> <b><i>Powder Rub</i></b> A highly effective detoxifying treatment that uses a potent herbal powder to cleanse and exfoliate your body, with particular emphases on cellulite and fluid build-up. The exfoliating friction rub stimulates blood circulation and greatly enhances the smoothness of the skin.	<b>60 mins</b>
	<b>Steam Bath</b>	<b>15 - 20 mins</b>
<b>Day 10</b>	<b>Choice of 60 mins Yoga Session or 30 mins Indian Head Massage</b>	<b>60 or 30 mins</b>
	<b>Choice of Ayurvedic Facial or Ayurvedic Foot Massage</b>	<b>30 mins</b>
	<b>Steam Bath</b>	<b>15 - 20 mins</b>

**Complimentary offers worth USD 370**  
Couple's 90 mins Signature Ritual Ultimate De-Stress  
15% discount on Spa Retail products purchase

## QI REVITALIZATION CHINESE MEDICINE PACKAGES

Immerse yourself in the secret wisdom of Traditional Chinese Medicine, embarking upon a journey of renewal and regeneration. Energise yourself...



### Qi Revitalization Chinese Medicine Packages include

<p><b>Consultation with Chinese Medicine Consultant</b></p> <p>Traditional Chinese medicine – which includes many different practices, including acupuncture, cupping, herbalism and dietary therapy – is rooted in the ancient philosophy of Taoism and dates back more than 500 years. At The Spa, we invite you to immerse yourself in the secret wisdom of these healing arts and embark on a journey of renewal and regeneration. After the consultation Chinese Medicine Consultant will prescribe suitable treatments from the below list according to the number of days chosen.</p>	30 mins
<p><b>Acupuncture</b></p> <p>A highly restorative, personalized treatment, helping to bring into balance the flow of vital 'qi' energy. Benefits include the reduction, or elimination of insomnia, muscular tension, weight issues and mental stress.</p>	60 mins
<p><b>Cupping Therapy</b></p> <p>Cupping is a powerful therapy that combines heat and suction to mobilise blood flow. Benefits of this technique include reduced pain and swelling, enhanced cardiovascular health and detoxification.</p>	60 mins
<p><b>Tui Na Massage</b></p> <p>A multimodal bodywork practice that combines massage acupressure and other forms of body manipulation. Pressure is applied to acupoints, meridians and groups of muscles or nerves, and blockages that prevent the free flow of 'Qi' are removed. This leads to improved health and vitality.</p>	30 mins
<p><b>Gua Sha</b></p> <p>A traditional skin scraping with anti-inflammatory effects, this treatment aids in the healing of body aches, stiffness, chills and fever. After lubricating the area, a blunt instrument is used to scrape the body's meridians or acupuncture points.</p>	30 mins
<p><b>Moxibustion</b></p> <p>The powers of heat and herbs are combined for this treatment. A herbal stick is ignited and indirectly applied to acupressure points to stimulate the flow of vital 'qi' energy. This action relieves body weakness, aches, frozen shoulders and menstrual pain, and it promotes wellbeing.</p>	60 mins



### 5 Days Package

All-inclusive Price \$ 816

#### Complimentary offers worth USD 125

Choice of one 60 mins relaxing Aromatherapy or Balinese or Classic Swedish Massage Therapy  
15% discount on Spa Retail Products Purchase

### 7 Days Package

All-inclusive Price \$ 1047

#### Complimentary offers worth USD 165

Choice of one 90 mins relaxing Aromatherapy or Balinese or Classic Swedish Massage Therapy  
15% discount on Spa Retail Products Purchase

### 10 Days Package

All-inclusive Price \$ 1 496

#### Complimentary offers worth USD 245

One 120 mins Signature Ritual Iru Fushi Dreaming  
15% discount on Spa Retail Products Purchase

