



Reconnecting mind, body and soul





Soneva Soul is a unique, transformative wellness concept from Soneva that blends thousands of years of ancient healing wisdom with the latest science and innovation. Guided by the principle of 'lifestyle evolution', it tailors multi-disciplinary care plans that help guests realise their utmost potential, achieve their long-term wellness goals and reconnect mind, body and soul.

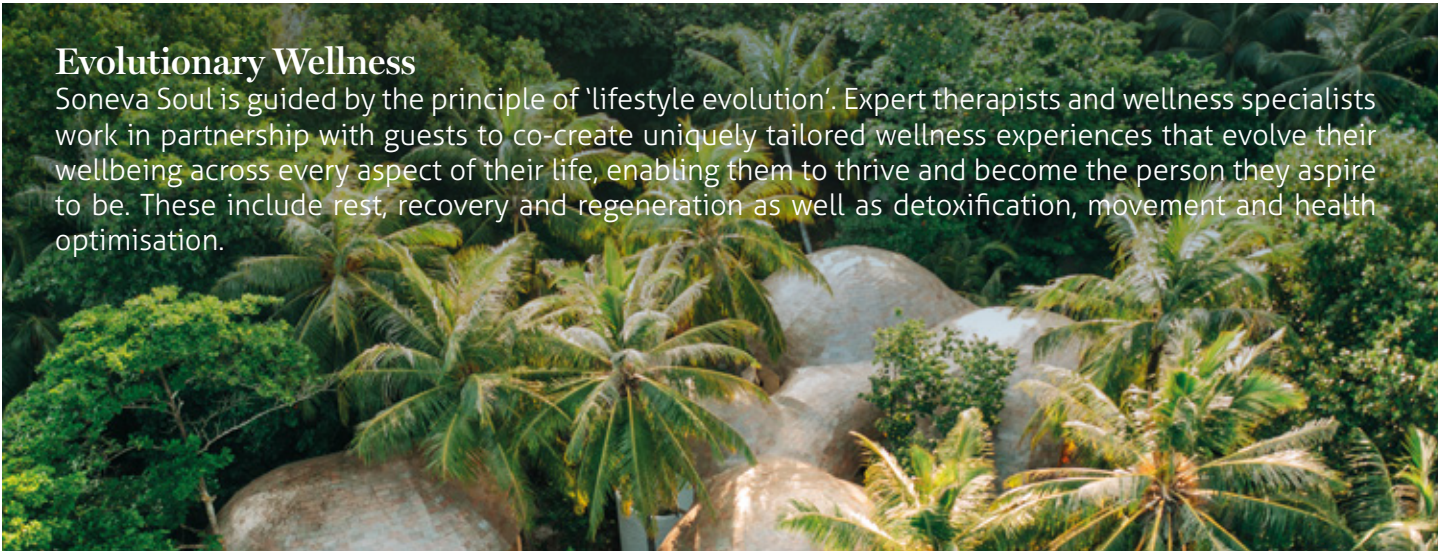


Soneva Soul builds upon Soneva's vast experience at the forefront of the hospitality and wellness industry over more than 25 years. Since launching the spa at Soneva Fushi in 1995, the first in the Maldives, Soneva has gathered knowledge and experience from the countries where it has been based – harnessing their innovations, gleaning their wisdom and learning from their traditional therapies and healing rituals.



Evolutionary Wellness

Soneva Soul is guided by the principle of 'lifestyle evolution'. Expert therapists and wellness specialists work in partnership with guests to co-create uniquely tailored wellness experiences that evolve their wellbeing across every aspect of their life, enabling them to thrive and become the person they aspire to be. These include rest, recovery and regeneration as well as detoxification, movement and health optimisation.



Soneva Soul encompasses:

- **Soneva Soul Resort Wellness Centres**

Exceptional spa and wellness facilities built in harmony with their exquisite natural locations set the scene for life-changing wellness experiences.

- **Therapies and Treatments**

From ancient healing rituals to innovative diagnostics and integrative medicine, each treatment pathway is tailored to guests' individual needs.

- **Movement Programme**

A state-of-the-art gym is complemented by free movement programmes and experiential fitness that reconnects guests with the natural world.

- **Yoga and Mindfulness Programme**

Led by highly experienced yoga masters, one-on-one or group sessions reinforce the spiritual and physical connection between mind, body and soul.

- **Sleep Programme**

Expert-developed, personalised sleep programmes are paired with a variety of take-home sleep aids, designed to create healthier long-term sleeping habits.

- **Wellness Specialists**

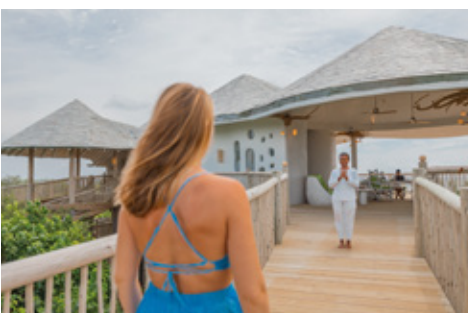
Longer-term residencies from a global network of eminent specialists from across the wellness spectrum, from healing and spirituality to bodywork and fitness.

- **Skincare and Wellness Products**

A core range of all-natural, organic and cruelty free skincare, inspired by Ayurvedic doshas, supplements, medicinal mushroom blends and wellness products.

- **Cuisine and Nutrition**

Delicious, wholesome menus that support guests' wellness goals, with an emphasis on plant-based cuisine and adaptogenic foods that rebalance and restore.





Expert Practitioners

As Soneva Soul evolves, its permanent in-house team will grow to include:

- Highly experienced therapists
- Master fitness trainers and movement specialists
- Yoga experts
- Integrative medicine doctor
- Ayurvedic doctor
- Traditional Chinese Medicine doctor

The resident team is complemented by an international network of visiting wellness specialists, chosen for their eminence across a full spectrum of wellness practices.

Soneva Soul Treatment Menu

The treatment menu at Soneva Soul unites two apparent opposites: traditional healing therapies and ancient rituals include Ayurveda, Traditional Chinese Medicine and herbalism; and innovative treatment methodologies include vitamin therapy and integrative medicine, such as hyperbaric oxygen therapy and ozone therapy.

All treatments at Soneva Soul are an ongoing dialogue, which enable guests to start their Soneva Soul wellness journey at any point they choose – whether starting a healthier lifestyle, healing after injury or illness, improving physical performance, or indulging and relaxing.

Outcome-based Therapies

The Soneva Soul treatment menu is based upon outcomes that target guests' individual needs, including:

- Sleep
- Skin
- Restore
- Energise
- Mindfulness
- Balance
- Pamper
- Experience

Healing Rituals

Soneva Soul's expert therapists draw upon their own knowledge and healing heritage to offer specialist treatments that are completely unique to them - from a Vietnamese pressure point massage to a traditional Indonesian ratu.

Ayurveda

Each Soneva Soul has a dedicated Ayurvedic Clinic, overseen by an experienced Ayurvedic doctor. Clinical treatments are recommended following a consultation, to ensure that each treatment pathway is completely personalised to each guest.



Vitamin Therapy

This procedure uses an intravenous drip to infuse essential vitamins, minerals and amino acids directly into the body. Administered by a medical professional, Soneva Soul offers a curated selection of vitamin therapies, that can boost the immune system, alleviate jet lag and aid relaxation and recovery.

Integrative Medicine

Integrative medicine brings together conventional medicine and complementary therapies to focus on treating every aspect of an individual's lifestyle to facilitate healing and promote optimal health. At Soneva Soul, integrative therapies include:

- **Major Auto-Haemotherapy (MAH)**

In MAH, a small amount of blood is drawn, then mixed with medical grade ozone. The ozone-rich, super-oxygenated blood is then intravenously returned to the body. Its benefits include supporting and activating the immune system and circulation, treating chronic ailments, detoxifying the body, and fighting viruses and bacteria.

- **Hyperbaric Oxygen Therapy**

The body is exposed to 100% oxygen in a special, pressurised chamber, which significantly increases the amount of oxygen in the blood. The treatment has a number of outcomes, including enabling the body to heal faster, decreasing swelling and inflammation, detoxifying the cells and reducing cravings.



Movement and Exercise

Soneva Soul's movement programmes are playful, fun and inspirational exercise experiences that take you into the natural environment and blend movement with daily living. This approach removes the barrier to fitness and engages with people of all ages and abilities, from informal play to guided training. Expert coaches and trainers offer sessions that are personalised to guests' needs and include guidance on exercise and nutrition.



Yoga and Mindfulness

At Soneva Soul, yoga is for everyone – old and young, a novice or an experienced yogi. Both a science and a practical system of self-culture, yoga is a discipline of the mind, the senses and the physical body.

Soneva Soul's resident and visiting yoga instructors have spent many years of their lives immersed in spiritual practices and teachings, studying yoga at numerous ancient Indian ashrams and with India's most renowned yoga masters. Sessions are tailored to each individual during their stay – whether sunrise group yoga on the beach, one-to-one mindfulness and meditation in the privacy of their villa, or inspiring sessions with unforgettable views in the yoga champa.

Soneva Soul at Soneva Resorts

Each Soneva Soul wellness centre is built in perfect harmony with its breath-taking surrounds, elevating our guests' wellness experience far beyond pampering treatments or traditional spa therapies.



Soneva Soul, Soneva Jani

Soneva Soul spans two facilities at Soneva Jani – the original Over-water Spa and a new Island Spa. Surrounded by the beauty of nature, both provide an inspiring backdrop for transformative wellness experiences. In addition, Soneva Jani has a jungle gym, functional fitness gym and beach fitness area for exercising in nature, and open-air Ayurvedic and treatment champas.

Over-water Spa

Located at The Gathering, the Over-water Spa has exceptional views over Soneva Jani's private lagoon.

- 4 treatments rooms
- Relaxation room
- Ayurvedic consultation room
- IV Vitamin Therapy Room
- Steam and sauna
- Retail Boutique
- Reception Area



Island Spa

Located on the eastern side of the island, the three-level Island Spa rises above the treeline to offer breath-taking 360-degree views.

- **Top floor:**
 - Reception
 - Gym
 - Hair salon
 - Retail boutique
 - 2 consultation and treatment rooms
 - 2 indoor treatment rooms
 - 3 outdoor treatment rooms (including 1 Ayurveda room)
- **Middle floor:**
 - Juice bar
- **Ground floor:**
 - Therapeutic biomodulation rooms
 - Pilates studio (coming soon)
- Yoga pavilion
- Meditation platform



Soneva Soul, Soneva Fushi

Encircled by the island's lush jungle, the two-storey wellness complex is inspired by its tranquil setting, inviting guests to reconnect with nature as they rejuvenate, restore and relax. Built around a central water feature, stepping stones and walkways connect the reception area and treatment rooms on the ground floor, as well as rooms for integrative medicine, an advanced beauty room, Ayurvedic consultation and treatment room, flotation tank and retail shop. Sound pods with meditative music and aroma pods offering blends of atomised essential oils invite guests to relax or re-energise before or after their treatment. Upstairs there are another three consultation and treatment rooms.

In later phases, there will be an additional indoor gym, jungle gym, Pilates and movement studios, meditation room and a glass treatment room



Soneva Kiri Spa

Hidden away within Koh Kood's pristine rainforest, the Soneva Kiri Spa is an idyllic setting infused with traditional Thai charm. With eight couples' treatment rooms, four include private steam rooms. The yoga pavilion includes aerial yoga equipment, and there are also two consultation rooms, a Watsu pool, a spa beach sala with three treatment bays, and an extensive gym. Both the men's and women's relaxation areas include steam rooms and infrared saunas. Outside, there is a tranquil organic spa garden, with four stone beds and a bamboo mist shower.