



VELAA WELLBEING VILLAGE



A WELLNESS EXPERIENCE
PERSONALISED FOR YOU

MENU



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PHILOSOPHY

Welcome to Eveylaa Wellbeing, a paradise within paradise at Velaa Private Island Maldives. Enter a world of expertise and excellence, pleasure and performance, where cutting-edge technology meets the ancestral art of touch.

Offering you the ultimate treatment experience, our programmes are uniquely designed for your personal needs, creating a balance of life between body treatments, mindfulness, fitness and nutrition.

Eveylaa Wellbeing is a sanctuary of peace where you can reconnect with nature, rejuvenate your body and relax your mind.

Using natural and organic ingredients, we provide a fresh take on healing therapies within a location of resounding beauty.



WELLNESS CONSULTATION

To start your wellbeing journey, we invite you to a complimentary 20-minute consultation with our Osteopath and Ayurveda doctor to explore our wellness offerings and plan your wellbeing journey.

If you already know that you would like to explore your wellbeing journey in detail, we offer the below in-depth consultation.

Ayurveda Consultation | 60 minutes

Our resident Ayurveda doctor will assist you in finding your Ayurvedic body type, also known as your Prakruti. This analysis helps to identify your predominant body constitution, known as a Dosha. 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.



AYURVEDIC EXPERIENCE

Ayurveda is a traditional Indian system of medicine, which has been practiced for more than 3000 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.

Podi Kizhi | 90 minutes

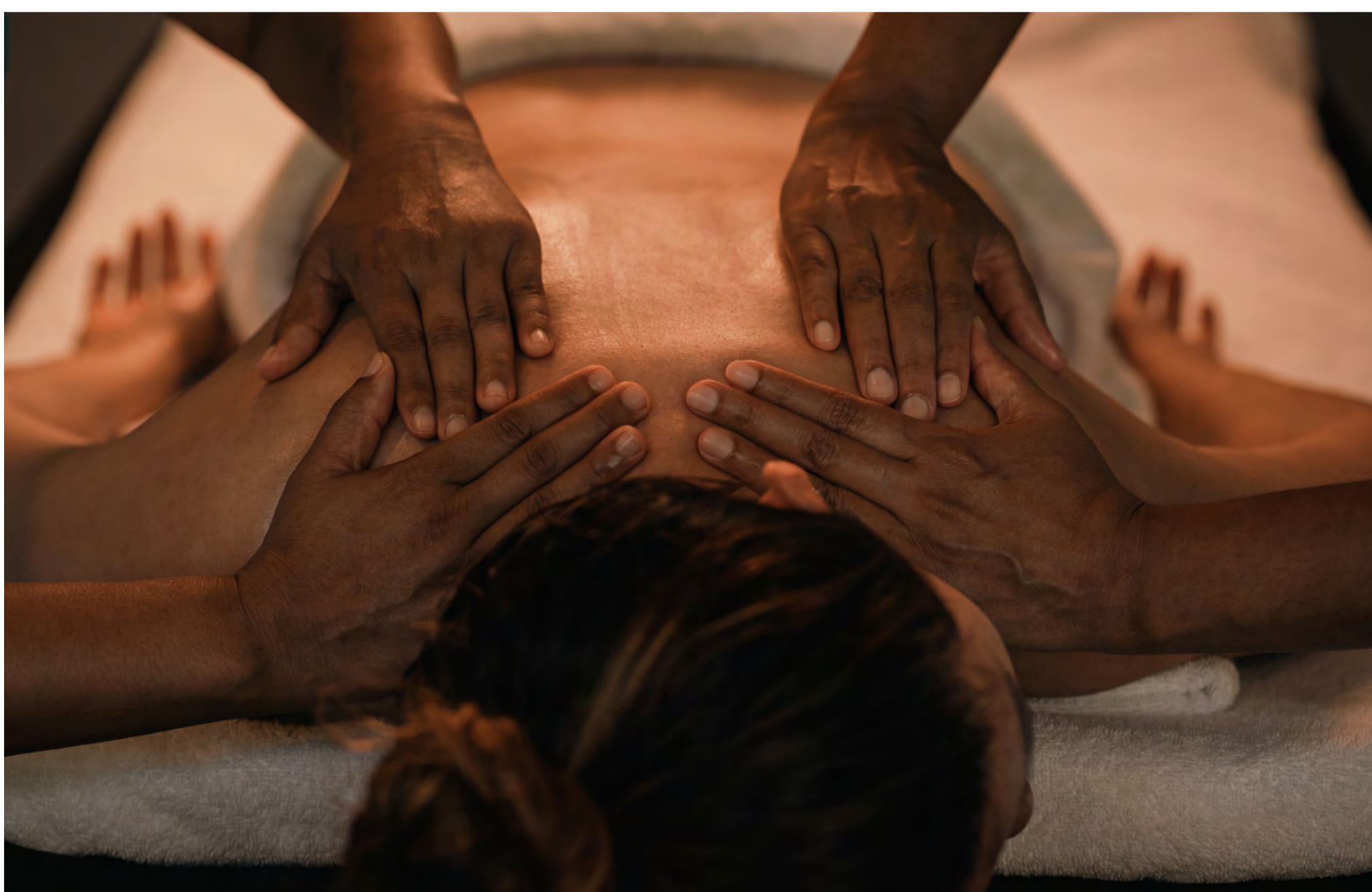
Warm herbal poultices are applied to the body in a rhythmic tapping style. Podi kizhi is an invigorating treatment that helps in conditions such as arthritis, muscle ache, joint stiffness, and sports injuries. Podi kizhi also helps to tone up the skin and make the body supple and prepared for all physical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

Shirodhara | 60 minutes

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

Abhyanga Massage | 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 Sweda or 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.



AYURVEDIC EXPERIENCE

(Continued)

Eveylaa Ayurvedic Experience | 90 minutes

Discover the Ayurvedic healing therapies, personalised to suit your body type and health status. A sought-after combination of Ayurvedic body massage (Abhyanga) and Third eye treatment (Shirodhara). This powerful combination ensures complete physical and mental restoration. It relieves fatigue, boosts the immune system, treats insomnia, and enhances emotional balance.

Kaya Seka (Pizhichil) | 90 minutes

Pizhichil is a unique 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.

Udwartanam | 90 minutes

An energising full-body treatment using herbal powder reduces cellulite, tones the skin, and improves sluggish circulation. A herbal oil massage and a traditional steam bath accelerates the body's metabolism.

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 to recover from burnout and fatigue due to constant stress.

Eveylaa Wellbeing Ritual | 180 minutes

Eveylaa wellbeing ritual enriches your spiritual awareness and prepares your body and sensory organs to experience clarity and bliss. Yogic breathing and healing vibrations of singing bowls cleanses the energy channels, followed by Smriti meditation that fills your body with healing energy. Traditional Ayurvedic oil massage, a third eye treatment and a steam room experience concludes the ritual.

Emotional Wellbeing Consultation (Smriti Meditation) | 90 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.



OSTEOPATHIC EXPERIENCE

Using physical manipulation, stretching and massage with the aim of increasing the mobility of joints, relieving muscle tension, reducing pain, enhancing the blood supply to tissues and helping the body to heal.

Osteopathy Initial Visit | 30 minutes

Osteopathy is a system of medical practice that emphasises a holistic and comprehensive approach to patient care and utilises the manipulation of musculoskeletal tissues along with other therapeutic measures to prevent and treat diseases. Osteopathy works on the principle that the wellbeing of an individual depends on their bones, muscles, ligaments, and connective tissue functioning smoothly together.

Our Resident Osteopath will assess your posture and release restrictive holding patterns in your body which could involve small joints, muscles and fascia.

Follow up Osteopathy Visit | 15 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 (Ancient meets modern)

Food Sensitivity Analysis | 30 minutes

A food sensitivity test is a diagnostic tool 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. The results will be discussed in a consultation with our resident Nutritionist, as well as a *myfoodprofile* report indicating if you have sensitivities to over 300 food types. It will also show to what degree your sensitivity is affecting you and how you can begin to eliminate or rotate foods to improve your long term health. The Nutritionist will create a personalised plan for you for the next 3-6 months. Please note it is required for our Resident Doctor or Nurse to take a blood sample 12-24 hrs before your consultation

Nutrition Consultation | 90 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.

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.

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.

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.

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.

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.

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.

Yoga Nidra | 45 minutes

Yoga Nidra or “Yogic Sleep” is a state of consciousness which leads to revelations and connects one with their individual consciousness. Yoga Nidra is among the deepest states of relaxation while still maintaining full consciousness.

Praanayama (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.



PRICE LIST

WELLNESS CONSULTATION

Ayurveda Consultation | 60 minutes USD 300

AYURVEDIC EXPERIENCE

Podi Kizhi | 90 minutes USD 360

Shirodhara | 60 minutes USD 360

Abhyanga Massage | 90 minutes USD 340

Eveylaa Ayurvedic Experience | 90 minutes USD 475

Kaya Seka (Pizhichil) | 90 minutes USD 540

Udwartanam | 90 minutes USD 360

Navara Kizhi | 90 minutes USD 440

Eveylaa Wellbeing Ritual | 180 minutes USD 650

**Emotional Wellbeing Consultation
(Smriti Meditation)** | 90 minutes USD 300

OSTEOPATHIC EXPERIENCE

Osteopathy Initial Visit | 30 minutes USD 300

Follow up Osteopathy Visit | 15 minutes USD 200

Osteopathic Therapeutic Massage | 60 minutes USD 300

Dream Pod Experience | 30 minutes USD 120

Dream Pod Experience | 60 minutes USD 170

CONTEMPORARY WELLNESS EXPERIENCE

Food Sensitivity Analysis | 30 minutes USD 400

Nutrition Consultation | 60 minutes USD 200

Haematology Test | 15 minutes USD 150

Wellness Screening | 60 minutes USD 300

Food Allergy Test | 30 minutes USD 300

InBody Analysis | 15 minutes Complimentary

YOGA AND MEDITATION

Hatha Yoga | 60 minutes USD 170

Yin Yoga | 60 minutes USD 170

Vinyasa Yoga | 60 minutes USD 170

Dhyana (Meditation) | 60 minutes USD 170

Yoga Nidra | 45 minutes USD 170

Praanayama (Breath regulation) | 30 minutes USD 100

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 16% government tax.
Please note that all services and prices are subject to change without prior notification.