



Integrative Medicine Menu

Consultations

Initial Consultation

Duration: 30 minutes

Components: Verbal consultation

A short consultation with our Integrative Medicine Doctor, offering an overview of the treatments and services at Soneva Soul.

Comprehensive Consultation

Duration: 60 minutes

Components: Verbal consultation

A consultation with our Integrative Medicine Doctor ensures that you follow the correct treatment pathway to achieve the best possible results for your wellness goals. The consultation will cover every aspect of your health, with the doctor offering advice on nutrition and possible lifestyle changes, as well as recommending supplementation and appropriate regenerative procedural interventions.

Regenerative Treatments

Major Auto Haemotherapy

Duration: 45 minutes

Components: A small amount of blood is taken, infused with ozone and reinjected into the body

This powerful therapy is used to address and heal many chronic health conditions. A small amount of blood is taken, infused with ozone and reinjected into the body, leaving you feeling energised, with increased mental clarity.

Hyperbaric Oxygen Therapy

Duration: 60 to 90 minutes

Components: Increases the amount of O₂ in the body while under pressure

This treatment takes place in a pressurised environment as you breathe 100 percent oxygen. During the process, the tissues are flooded with beneficial oxygen, promoting cellular tissue healing, regeneration and detoxification

BEMER Therapy

Duration: 30 minutes

Components: This therapy uses a pulsed electromagnetic field to stimulate an increase in blood circulation in the whole body or in targeted areas. This increase in circulation can improve oxygen delivery to tissues for healing, muscular conditioning, performance and recovery, endurance and energy, reduce stress, support relaxation, and increase vitality and well-being. It can be combined with many of our treatments such as integrative medicine or Traditional Chinese Medicine.



Regenerative Medicine

Connective Tissue Injections

Prolotherapy

Duration: 30 minutes

Components: Injection

Prolotherapy is an injection-based treatment for chronic musculoskeletal pain. A relatively small volume of an irritant or other sterile solution is injected at specific sites on and near painful ligaments and tendons. This draws immune cells and blood flow to the region, flushing out toxins, bringing in new nutrients and healing the tissues.

Trigger Point Injections

Duration: 30 minutes

Components: Injection

When a muscle becomes tight, torn, or bruised, the point of origin for the injury is known as the trigger point. Trigger points are caused when a muscle becomes tight, torn or bruised, and can lead to headaches, migraines and other bodily pain. Treating the pain at the trigger point is highly effective, helping the muscle relax and reducing inflammation. After a trigger point injection, blood flow to the area improves, flushing toxins, lactic acid and debris from the area, and allowing nourishing and oxygenated fresh blood to perfuse.

Prolozone Injections

Duration: 30 minutes

Components: Injection

Prolozone combines the principles of neural therapy, Prolotherapy and ozone therapy, injecting a combination of procaine, anti-inflammatory medications, homeopathics, vitamins, minerals, proliferatives and ozone/oxygen gas into degenerated or injured joints and painful areas. Prolozone injection therapy effectively treats arthritic joints, spinal and joint pain, trigger points and a number of other ailments.

Joint Injections

Platelet-Rich Plasma (PRP) Injections

Duration: 50 minutes

Components: Injection using treated blood

This treatment takes a small sample of your blood, which is placed in a centrifuge to create platelet-rich plasma. When injected into a target area, this can trigger tissue regeneration and stimulate the healing process, speeding up the recovery time for injuries and decreasing pain.

Prolozone Injections

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Components: Injection

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Microneedling

Microneedling with Hyaluronic Acid

Duration: 60 minutes

Components: Skin needling

This non-invasive procedure uses tiny needles to create micro channels in the skin. This activates the body's natural immune, sending blood and growth factors to the area, increasing collagen production, reducing fine lines and wrinkles and tightening skin. This treatment is effective at reducing of acne scarring, sun damage and stretch marks.

Microneedling with PRP

Duration: 80 minutes

Components: Skin needling with PRP

Combining microneedling with platelet-rich plasma introduces growth hormone and growth factors to significantly increase the rate of tissue regeneration. PRP also helps to speed up the healing process while stimulating the skin to repair and renew itself at a faster rate, increasing the skin's elasticity, improving signs of ageing and addressing sun damage.

Hair Restoration with PRP

Duration: 80 minutes

Components: Skin needling with PRP

A non-surgical procedure, platelet-rich plasma is effective in treating thinning hair and slowing or stopping the progression of hair loss. The treatment can tackle both male and female pattern baldness and alopecia as it encourages the growth of existing hair follicles, making your hair appear fuller and healthier without resorting to surgery.



Vitamin IV Therapy

Feel rejuvenated during your stay and beyond with our specially curated selection of intravenous (IV) therapies that can enhance your mind, body and soul from the inside out!

Bespoke Vitamin Therapy

One of our most popular and best-selling vitamin therapies. Work with your wellness provider to build a customised nutrient formulation that targets your exact wellness needs.

Immunity Booster

Boost your immune system to combat whatever life might throw at you. IV vitamin C has been shown to fight infections. Used in combination with immune-supporting minerals and antioxidants, your immune system will be running better than ever.

Fatigue Eraser

Fight stress and fatigue head-on. This targeted therapy is packed full of potent amino acids, minerals and B vitamins to help you alleviate the effects of daily life and jet lag.

Beauty Elixir

Feel beautiful inside and out with this antioxidant, vitamin C and mineral-rich formula that gives your cells the tools needed to fight signs of ageing, restore collagen and brighten your skin, leaving you feeling younger and more confident than ever.

Slimming Lift

Give your metabolism a kick start to break down fats and eliminate toxins with this specially formulated infusion of carnitine, minerals, magnesium and B vitamins.

Sommelier's Secret

Indulging should never put a damper on your stay. Feel revitalised and ready to take on a new day with a blend of B vitamins, minerals and amino acids to erase your hangover blues.

NAD+

Do you wish you had the energy of your younger self? Give your cells a boost while also improving mood, athletic performance and overall brain health with this naturally occurring molecule.

** This infusion requires a consultation with our wellness provider prior to booking an appointment for administration.*



Ayurveda

Introduction to Ayurveda

This consultation with our doctor will serve as an introduction to the treatment options available within Ayurvedic medicine

Comprehensive Consultation with Ayurvedic Doctor

The Ayurvedic consultation offers professional guidance on specific detoxifying and rejuvenating therapies, nutritional advice and energizing fitness and Yoga movements to create a lifestyle programme which will restore individual balance in both the body and mind.

Abhyanga Classical

Abhyanga is an Ayurvedic massage in which medicated oils are applied over body with customized light to medium pressure in 7 positions i.e. sitting, supine, right lateral, prone, left lateral again supine and sitting chronologically.

Abhyangamardanam

In this massage, muscles are targeted to tone and remove fatigue. Movements are done with customized medium to deep pressure, force and reinforced is resorted.

Marmaabhyanga

Marma are the vital points on the body that has prana energy. This massage Improves Lymph flow, stimulate Immune system. it is deeply relaxing, detoxifying, strengthen and revitalizes mind & body.

Shirodhara

Flow of warm medicated oil, milk, butter milk or decoction is poured continuously on the forehead. This process stimulates the part of the brain known as Pineal gland which produces serotonin and melatonin. These hormones play an important role in emotional balance.

Kizhi

Massage is done with a bolus (Poultice) of medicated heated powder, fresh leaves and herbs is dipped in oil warmed to body temperature or bolus of Navara rice cooked in herbal decoctions and milk, dipped in a warm medicated mixture of decoction and milk.

Shiroabhyanga

This Ayurveda head massage uses light to medium, circular strokes using special medicated oil applied to the scalp. Head massages are one of the most important techniques in Ayurveda; they stimulate nerve centers, and relieve stress and tension throughout the body.

Padaabhyanga

foot massage that aims to heal the vital body points known as marma, which include soothing the nerves. it also helps activate the immune system which leads to enhanced hearing, promotes a healthy sleep cycle, reduces anxiety, cures migraines and prevents the early onset of any kind of physical and mental degeneration.

Vedic Facial

Discover a glowing, refined skin through the ancient secrets of natural Ayurveda recipes. A complete therapy, this facial helps to promote relaxation, while also addressing skin care concerns. Using ancient Ayurveda recipes made with lentils, herbs, flowers, powders, barks, oil and naturally occurring minerals.

Hair Ritual

This treatment consists of harnessing the regenerative powers of natural oils by working them into the scalp and hair for moisture and nourishment. It reduces dryness and gives hair strength, Shine, thickness and softness effects. Marma massage will improve circulation in the scalp to address hair health at the root. It activates the seventh chakra, the crown chakra, which is connected to the pineal gland and works to calm the mind. For enhanced benefits, Ayurvedic herbs mask - such as thickening hibiscus, growth-stimulating Amalaki, antimicrobial Bhringraj or protective Brahmi.

Dahshaman

Dahshaamak Chikitsa

Ayurvedic Sleep ritual

Ayurveda Therapeutic treatment



Price List

Treatment Name	Duration (Mins)	Price (USD)
Initial Consultation	30	-
Comprehensive Consultation with Integrative Medicine Doctor	60	500
Follow up appointments with Doctor	30	200
Regenerative Treatments		
Major Autohemotherapy	45	250
Hyperbaric Oxygen therapy	60/90	200/230
Hyperbaric Oxygen therapy (Course of 3 x 60 minutes)		480
Hyperbaric Oxygen therapy (Course of 5 x 60 minutes)		750
Hyperbaric Oxygen therapy (Course of 10 x 60 minutes)		1,400
Bemer	30	100
Regenerative Medicine		
Connective tissue injections		
Prolotherapy	30	450
Prolotherapy (course of 3)		1,080
Prolotherapy (course of 5)		1,650
Trigger point injections	30	225
Trigger point injections (course of 3)		540
Trigger point injections (course of 5)		845
Prolozone injections	30	600
Prolozone injections (course of 3)		1,440
Prolozone Injections (course of 5)		2,250
Joint Injections		
Platelet-Rich-Plasma (PRP) injections	50	1,500
<i>Additional joints (PRP)</i>	-	1,000
Prolozone injections	30	600
<i>Additional joints</i>	-	400
Microneedling		
Microneedling with hyaluronic acid	60	600
<i>Per additional body area (face, neck, chest)</i>		300
Microneedling with PRP	60	1,500
<i>Per additional body area (face, neck, chest)</i>		300
Hair restoration with PRP	60	1,500
Vitamin IV Therapy		
Bespoke Vitamin Therapy		375
Immunity Booster		325
Fatigue Eraser		325
Beauty Elixir		350
Slimming Lift		330
Sommelier's Secret		325
NAD+		400
Ayurveda		
Introduction to Ayurveda	30	-
Comprehensive Consultation with Ayurvedic Doctor	60	500