



Ayurveda

Introduction to Ayurveda

Duration: 30 minutes

Components: Introduction

Outcome: A brief overview of Ayurveda and its offerings

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

Comprehensive Consultation with Ayurvedic Doctor

Duration: 60 minutes

Components: Verbal consultation

Outcome: In-depth consultation, receiving recommendations to live a healthier, happier lifestyle

An 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.

Treatments

Abhyanga Classical

Duration: 60/90 minutes

Components: Full body massage with medicated oil

Abhyanga is an Ayurvedic massage during which medicated oils are applied over the body with customized light to medium pressure in seven positions.

Abhyangamardanam

Duration: 60/90 minutes

Components: Full body massage with medicated oil

In this massage, muscles are targeted to tone and remove fatigue. Movements are done with customised medium to deep pressure.

Marmaabhyanga

Duration: 60/90 minutes

Components: Full body massage with medicated oil

Marma are the vital points on the body that have prana energy. This massage improves lymph flow, stimulates the immune system. It is deeply relaxing, detoxifying, strengthening and revitalizes mind & body.



Ayurveda

Shirodhara

Duration: 30/60 minutes

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.

Udwarthanam

Duration: 60/90 minutes

Warm herbal powder massage, can either be a general scrub or a part of a weight loss program

Kizhi

Duration: 60/90 minutes

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

Duration: 30/60 minutes

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 centres, and relieve stress and tension throughout the body.

Padaabhyanga

Duration: 30/60 minutes

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

Duration: 60 minutes

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.

Ayurveda Therapeutic Treatment

Duration: Various

An entirely customisable treatment plan based on your consultation with our Ayurvedic doctor.



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

An in-depth consultation with our Integrative Medicine Doctor to ensure the correct treatment pathway, in order to achieve the best 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.

Floataion Pod Therapy

Duration: 30/60 minutes

Components: This therapy uses sensory deprivation and a pool of water rich in magnesium salt

The concentration of salt allows you to float freely reducing stress and anxiety, relaxing muscles, decreasing pain, and improving sleep.



Cranial Electrotherapy Stimulation (CES)

Duration: 20 minutes

Components: Small probes are attached to the earlobes to deliver a very mild current to the body

Cranial Electrotherapy Stimulation is the application of gentle microcurrent, often via gelled electrode pads, to stimulate tissue in the hypothalamic area of the brain with a well-studied, healing frequency.

The hypothalamus controls many important functions of the body, including temperature regulation, appetite and weight control, emotions, sleep cycles, blood pressure and heart rate.

This gentle stimulation prompts the brain to return to a state of homeostasis and normal production of neurotransmitters, which restores proper chemical rhythm and balance. CES promotes healthy serotonin, melatonin and B-Endorphin levels while decreasing cortisol, the "stress" hormone that can throw your body out of balance.

Blood Electrification

Duration: 30/60/90 minutes

Components: Use of the Silver Pulser device to emit a gentle current on the pulse points of the wrist.

Blood electrification is a non-invasive, simple and painless method used to increase energy levels as well as elevating general health and well being.

Celluma Light Therapy

Duration: 30 minutes

Components: Phototherapy using LED light therapy

Red and near-infrared wavelengths are utilised in the Celluma LED light therapy devices to brighten and restore the skin. These specific wavelengths of light energy are clinically verified to enhance your body's natural ability to generate collagen and elastin by activating the fibroblast cells. Light Therapy with Celluma can be used for facial rejuvenation, hair loss, acne, wound healing, general pain reduction for muscles, joint and arthritis.

BEMER Therapy

Duration: 30 minutes

Components: Phototherapy using LED light therapy

Experience a variety of benefits whilst laying on a PEF device. BEMER can stimulate healthy muscles in order to improve and facilitate muscle performance and temporarily improve local circulation in healthy muscles. Bemer can enhance nutrient and oxygen delivery; improve blood flow; help with muscle conditioning; and physical performance, fitness and muscular strength; endurance and energy; vitality and well-being by improving sleep and reducing stress levels.



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 by injecting 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.

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Microneedling

Microneedling with Hyaluronic Acid

Duration: 60 minutes

Components: Skin microneedling

This non-invasive procedure uses tiny needles to create micro channels in the skin. This activates the body's natural immunity response, sending blood and growth factors to the area, increasing collagen production, and therefore 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 microneedling 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 microneedling 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.

Microneedling with Chinese Herbal Medicine

Duration: 90 minutes

Components: Skin microneedling followed by the use of herbal remedies

Microneedling with Chinese Herbal Medicine creates microtrauma in the skin, which triggers the skin's own natural repair response to start producing collagen and elastin. It is used to improve the appearance of the skin, acne scars and stretch marks as well as reducing the signs of lines and wrinkles. This curated treatment includes the use of healing traditional Chinese herbal remedies, facial cupping, sculpting facial massage and celluma lamp to amplify results.

Nano Needling

Duration: 60 minutes

Components: Small tool to create nano channels in the skin

Nano Needling treats the epidermis of the skin, focusing on areas where microneedling cannot target. Using Chinese herbal serums, facial cupping and sculpting massage, that treatment reduces pigmentation, increases the cell turnover, improves the condition of the skin and offers an immediate glow with no downtime. This treatment can be done weekly to exfoliate and boost the skin.



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, by using IV Vitamin C, which 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.*



Traditional Chinese Medicine

Introduction to Traditional Chinese Medicine

Duration: 30 minutes

Components: Introduction

This consultation with our doctor will serve as an introduction to the treatment options available within Traditional Chinese Medicine.

Comprehensive Consultation with Traditional Chinese Medicine Doctor

Duration: 60 minutes

Components: Verbal Consultation followed by recommended treatment plan

A consultation with our TCM doctor is required to ensure the correct treatment path is followed, and to ensure the best results. In TCM the mind, body and spirit are not viewed as separate, but rather as interconnected structures that work together to keep the body functioning. Your doctor will consult on every aspect of your health explaining appropriate nutritional recommendations, introduction of effective supplements, lifestyle changes, sleep hygiene and recommending the appropriate course of treatment with integrated interventions of regenerative procedures.

Traditional Chinese Medicine Treatments

Acupuncture

Duration: 60 minutes

Components: Insertion of fine needles into strategic points of the body

After the initial conversation, Dr. Fabio will formulate a tailored treatment plan, where subsequent acupuncture treatments will increasingly benefit your health and well-being in a cumulative way. Treatment may include possible gua sha, moxibustion, Celluma, Cupping, Bemer Technology, Auricular Treatments, Tui Na, and Theragun to enhance its benefits and success.

Auricular Acupuncture

Duration: 30 minutes

Components: Application of needles, magnets, tiny seeds or crystals, treating the outer ear

Points exist on the ear just like in the body acupuncture system. These points appear as soon as pain or functional disorder appear in our body. They can be detected either by the pain sensitivity, or with equipment for differential electrical detection. Auricular acupuncture is useful for stress management, post-traumatic stress, pain management, internal organ balance, mental and emotional balance plus more. Treatment will begin following an indepth consultation with Dr. Fabio to create a treatment plan for your needs.

Facial Rejuvenation with Acupuncture

Duration: 105 minutes

Components: Insertion of fine needles into the facial muscles

A 'natural facelift' using acupuncture. This treatment visibly enhances facial muscle tone, improves circulation and elasticity, resulting in plumper, more youthful skin. Treatment may include the use of gua sha or cupping to enhance the effects.



Gua Sha

Duration: 30 minutes

Components: Use of a smooth-edged tool to gently target areas of your body

Using gua sha, your TCM Doctor will promote the flow of qi through the body, while helping to ensure a better blood supply and proper nerve conduction, so that everything moves through your body as it should. If you don't have a smooth flow of blood and energy throughout the body, it can manifest as muscle knots, soreness, weakness or pain. Acupuncture along with gua sha helps to promote blood supply through the tissues in a healthy way to support homeostasis

Gua sha is used where there is inflammation, or stagnant energy (qi), to help improve

Gua sha has many benefits, and is a simple technique that can help to relieve several health conditions. Gua sha is good for musculoskeletal problems, especially major ones like tightness in the shoulders, legs and back. It can also help alleviate tension headaches, migraines, neck pain or swellings. Gua sha can even help with anxiety, fatigue, insomnia and perimenopausal symptoms, when used with acupuncture.

Cupping

Duration: Fire Cupping - 45 mins, Stationary Cupping - 30 min

Components: Application of cupping tools on strategic points and meridian pathways of the body

Outcome: Originally used for lung conditions like bronchitis and pneumonia, now widely used for pain relief and musculoskeletal injuries, such as strains, sprains, back injuries, promote muscle relaxation, detox, immune system stimulation and to relieve inflammation.

Traditional Chinese Cupping improves the blood flow through the tissues to promote healing within the body. It involves creating suction on the skin using a glass, ceramic, bamboo, or plastic cup. Negative pressure is created in the cup either by applying a flame to the cup to remove oxygen before placing it on the skin or by attaching a suction device to the cup after it is placed on the skin. The suction created encourages blood flow and this increased circulation promotes healing and reduce pain. Immediate benefits can be felt immediately after cupping.

Due to the vacuum action of the cups, marks may appear on the skin, this is beneficial and does not produce irritation. The mark typically heal within 3-7 days.

Moxibustion

Duration: 30 minutes

Components: TCM therapy that uses wormwood (*Artemisia Chinensis*), in forms of sticks or cones, which are ignited and placed on or close to the skin or used to heat acupuncture needles

Outcome: It can be combined with traditional acupuncture to treat all kinds of conditions, such as nerve pain, tight muscles, fertility and boost immunity. Recent research has found that the burning point of this wormwood actually creates infrared energy, that can be channelled by the practitioner into key points of the body

Moxibustion means 'burning herb', and is a traditional Chinese medicine therapy using moxa made from dried mugwort (*Artemisia argyi*). It is commonly used to enhance the effect of traditional acupuncture by warming and moving qi and increasing circulation.

Reiki

Duration: 90 minutes

Components: Energy work administered by "laying on hands"

Outcome: A gentle technique that treats the person as a whole, bringing about a balance and harmony between the body, mind, emotions and spirit, balancing the Chakras

Reiki may be used for stress reduction and relaxation and to promote the body own healing abilities. It is administered by "laying on hands" and is based on the concept of a "life force energy" flowing through us and allowing us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. Reiki is an extremely gentle, but remarkably powerful, form of healing. The energy transferred in a reiki session can be felt in many different ways, and can have a number of profound benefits; physically, emotionally and psychologically.



Emotional Freedom Technique

Duration: 60 minutes

Components: An emotional form of acupuncture therapy without the use of needles

Outcome: Freedom of pain, anxiety and emotional distress

Emotional Freedom Technique (EFT) is a treatment method which offers healing from physical and emotional pain and disease. It is a simple method of tapping on various body points (top of your head, forehead, under your eyes, chin, etc.) while repeating certain phrases. By tapping, you are in essence, getting your body to pay attention to you. The best thing to do is to discover the possibilities EFT may have for you. It has the potential to become your favorite tool for a lifetime.

EFT, a.k.a. tapping, allows your limiting beliefs that are causing ill-health to leave and let new and positive beliefs into your body, creating energy, wholeness, vitality, and new discovered health. It is the ideal treatment for physical pain, emotional distress and much more, EFT is effective on its own, but may be used to support other treatment modalities.

Transformational Breath

Duration: 60 minutes

Components: Intentionally changing the breathing pattern

Outcome: Benefits include improved physical health, cleared emotional wounds and enhanced mental capabilities

Qi Gong

Duration: 60 minutes

Components: literally means "life-energy cultivation", is a system of synchronized body-posture with movement, breathing, and meditation. Qi Gong can be applied to so many different aspects of life. used for the purpose of improving health with a curative and preventing action. Beneficial for developing co-ordination, balance, flexibility, and cardiovascular and neurological health, amongst other things. Qi Gong knowledge and skills can be also applied for one's own spiritual development, and its pursuit of internal power is applied in all forms of martial-arts training

Outcome: Promotes good mental, physical and spiritual health

Qi gong is an ancient Chinese healing practice which cultivates the energy and strength of nature into one's body to promote better mental, physical, and spiritual health.

A gentle form of exercise with a strong therapeutic effect using breathwork, movement and meditation to bring balance to the mind and body. Both group and private classes are available.

Electro-Acupuncture

Duration: 60 minutes

Components: Electrodes of microcurrent applied to specific acupuncture points

Outcome: Returns optimal balance to the body

Electro acupuncture is a modern version of acupuncture, blending the usage of gentle current and fine needles to enhance the benefits of this traditional therapeutic treatment.

Facial Acu-Stimulation Massage

Duration: 60 minutes

Components: Facial, head and neck massage using cupping tools, celluma and facial acupressure points

Outcome: Lifting, tonifying and firming massage that brightens and relaxes the face

Acutonics

Duration: 60 minutes

Components: Sound and vibrational therapy using the Acutonics® tool

Outcome: Creates a profound sense of well-being



Price List

Treatment Name	Duration (Minutes)	Price (USD)
Ayurveda		
Introduction to Ayurveda	30	-
Comprehensive Consultation with Ayurvedic Doctor	60	500
Abhyanga Classical	60 / 90	210/250
Abhyangamardanam	60 / 90	210/250
Marmaabhyanga	60 / 90	210/250
Shirodhara	30/60	150/200
Udwartanam	60/90	250/360
Kizhi	60 / 90	250/360
Abhyangam & Shirodhara	90	360
Shiroabhyanga	30 / 60	175/210
Padaabhyanga	30 / 60	175/210
Vedic Facial	60	250
Ayurveda Therapeutic Treatment	Various	
Integrative Medicine		
Initial Consultation	30	-
Comprehensive Consultation with Integrative Medicine Doctor	60	500
Follow up appointments with Doctor	30	200
Regenerative Treatments		
Major Auto-Hemotherapy	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
Floatation Pod	30/60	100/185
Cranial Electrotherapy Stimulation (CES)	20	100
Blood Electrification	30	135
Celluma Light Therapy	30	175
Bemer Therapy	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



Price List

Treatment Name	Duration (Minutes)	Price (USD)
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
Microneedling with Traditional Chinese Herbs	90	750
Nano Needling	60	425
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
Traditional Chinese Medicine		
Introduction to Traditional Chinese Medicine	30	-
Comprehensive Consultation	60	500
Acupuncture	60	350
Auricular acupuncture	30	175
Facial Rejuvenation with Acupuncture	105	375
Gua Sha	30	175
Cupping	30	175
Moxibustion	30	175
Reiki	90	375
Emotional Freedom Technique	60	275
Transformational Breath	60	250
Qi Gong	60	250
Electro-Acupuncture	60	350
Facial Acu-Stimulation Massage	60	275
Acutonics	60	275