



Consultations

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.

Follow-Up Consultation

Duration: 30 to 60 minutes

Components: Verbal consultation

Following a treatment, this consultation will discuss your progress and advise on additional treatments and recommendations, if necessary.

Telemedicine consultations are also available. Please contact the Soneva Soul team for more information.

Treatments

Abhyanga Classical

Duration: 60 to 90 minutes

Components: Full body massage with medicated oil

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

Duration: 60 to 90 minutes

Components: Full body massage with medicated oil

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

Duration: 60 to 90 minutes

Components: Full body massage with medicated oil

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

Duration: 30 to 60 minutes

Components: Full body, scalp and head massage with medicated oil

Flow of warm medicated oil, milk, buttermilk 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 to 90 minutes

A warm herbal powder massage, which can either be a general scrub, or a part of a weight loss programme.

Kizhi

Duration: 60 to 90 minutes

Components: Full body massage with medicated oil

This massage is conducted with a bolus (poultice) of heated medicated powder, fresh leaves and herbs, which are dipped in oil and warmed to body temperature.

Shiroabhyanga

Duration: 30 to 60 minutes

Components: Head massage with medicated oil

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

Duration: 30 to 60 minutes

Components: Foot massage with medicated oil

This foot massage aims to heal the vital body points known as marma, which include soothing the nerves. It also helps to activate the immune system, and can prevent the early onset of any kind of physical and mental degeneration

Vedic Facial

Duration: 60 minutes

Components: Facial using lentils, herbs, powders and oils.

This complete facial helps to promote relaxation while improving the texture of your skin. Using ancient Ayurveda recipes made with lentils, herbs, flowers, powders, barks, oil and naturally occurring minerals, this facial gives your skin a flawless, radiant glow.



Naturopathic Medicine

Consultations

Comprehensive Consultation

Duration: 60 to 90 minutes

Components: Verbal consultation

A consultation with our naturopathic doctors 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.

Follow-Up Consultation

Duration: 30 to 60 minutes

Components: Verbal consultation

Following a treatment, this consultation will discuss your progress and advise on additional treatments and recommendations, if necessary.

Nutritional Consultation with Private Tasting

Components: Verbal consultation and medicinal meal

After your consultation with the doctor, you will receive a therapeutic nutrition plan tailored to your specific health-related concerns, along with a four-week meal plan to help jumpstart your journey. Our Executive Chef will then prepare a tasting menu in accordance with the prescribed diet, which will be served in our garden.

Telemedicine consultations are also available. Please contact the Soneva Soul team for more information.

Regenerative Treatments

Major Auto Haemotherapy

Duration: 45 to 60 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



Biophotonic Blood Therapy

Duration: 45 to 60 minutes

Components: A small amount of blood is taken, infused with ozone and re injected into the body, with the use of ultraviolet light

This powerful therapy is used to address and heal many chronic health conditions, stimulating cytokines and activating the mitochondria in each cell to strengthen immune systems. A small amount of blood is taken, infused with ozone, exposed to ultraviolet light, and re injected into the body, leaving you feeling energised, with increased mental clarity.

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

The 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.

Craniosacral Therapy

Duration: 60 to 90 minutes

Components: Hands-on massage therapy

Craniosacral Therapy is a gentle, hands on treatment that works on releasing myofascial restrictions in the body to relieve pain, balance the body's nervous system and improve overall health and immunity.

Bach Flower Remedy Reading

Duration: 45 minutes

Components: A Bach Flower reading with a personalised take home remedy

Bach flower remedies are made from the essences of various flowers and plants and are believed to have the ability to restore emotional balance and promote overall well-being. These remedies are often used to address various emotional states, such as anxiety, fear, stress and depression.

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.

Localised Fat Reduction Injections

Duration: 45 minutes

Components: Injection

Medical ozone can be used to reduce localized pockets of fatty tissue, including the chin, abdomen, flanks, thighs, and upper arms. This treatment is also effective at reducing cellulite and tightening areas of skin laxity. Optimal results typically achieved after 6 to 12 treatments, depending on the area treated and individual response.

Perineural Therapy

Duration: 30 minutes

Components: Buffered 5% dextrose

Perineural therapy is conducted with a small injection of dextrose into the skin to help regenerate the nerve, and reduce pain in the body. This treatment is best in a series of three, as each treatment has compounding effects on the other, allowing the nerve to heal and alleviate pain in that area.

Vitamin Therapy Injection

Duration: 5 to 10 minutes

Components: Intravenous injection

Choose from pre-made formulas, or have one custom designed by our Integrative Medicine doctor for a quick boost.

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

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.



Acute Treatments

Nebulized Glutathione

Duration: 60 to 90 minutes

Glutathione is a potent antioxidant in the body, which can help with a persistent cough, and clear congestion in the lungs. This antioxidant is vaporized and inhaled over the period of an hour, to help restore healthy lung function.

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: 60 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.

Skin Rejuvenation

Duration: 60 minutes

Components: Microneedling and intradermal injections

PRP, along with medical ozone, is used to improve overall skin texture, decrease the appearance of fine lines and wrinkles around the mouth and eyes, and plump hollowing areas such as tear trough grooves, cheeks, and temples. This treatment can also help to heal acne and smooth both acne and surgical scars.

Lip Enhancement

Duration: 30 minutes

Components: Nano Needling and injections

Nano Needling with PRP is used to provide a gentle exfoliation, while reducing lip lines and Fordyce spots. Injections can also be used to stimulate collagen leaving lips looking plump and hydrated.



Hydrotherapy

Constitutional Hydrotherapy

Duration: 60 minutes

Components: Hot and cold compresses

Constitutional hydrotherapy is a special technique that utilizes the healing power of water. With an intentional series of alternating hot and cold compress applications to the chest, abdomen, and back, the digestive tract is stimulated.

Medicinal Herb Bath (In Villa)

Duration: 60 minutes

Components: Herbal bath

Immerse yourself into a ritualistic herbal bath, layered with both fresh and dry elements, including a variety of medicinal herbs and flowers, essential oils, plant milks, and Epsom salts. This treatment is designed to boost mood, calm the mind, soothe sore muscles and joints, open pores, soften skin, and promote a more restful sleep.



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.*

Ozone IV

Bio-Oxidative therapy involves purposefully stimulating a low level of oxidative stress, by introducing active oxygen (typically from H₂O₂ or O₃) to the body. This results in increased immune function and cellular renewal.



Traditional Chinese Medicine

Consultations

Comprehensive Consultation with Traditional Chinese Medicine Doctor

Duration: 60 minutes

Components: Verbal consultation followed by a recommended treatment plan

A consultation with our Traditional Chinese Medicine (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 as interconnected structures that work together to keep the body functioning. Your doctor will consult on every aspect of your health, explain appropriate nutritional recommendations, introduce effective supplements, lifestyle changes and sleep hygiene, and recommend the appropriate course of treatment, with integrated interventions of regenerative procedures.

Follow-Up Consultation

Duration: 30 to 60 minutes

Components: Verbal consultation

Following a treatment, this consultation will discuss your progress and advise on additional treatments and recommendations, if necessary.

Telemedicine consultations are also available. Please contact the Soneva Soul team for more information.

Treatments

Cupping

Duration: 30 minutes

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

Traditional Chinese cupping is widely used to treat pain and musculoskeletal injuries, relax muscles, enhance detoxification, stimulate the immune system and relieve inflammation. Negative pressure is created in the cup to encourage blood flow and increase circulation. Benefits can often be felt immediately during and after cupping. Due to the vacuum effect of the cups, marks may appear on the skin which typically heal within two to five days.

Acupuncture

Duration: 60 minutes

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

From tension headaches and chronic lower back pain to allergies, digestive issues and stress and anxiety, a customised treatment will be tailored to your individual needs. Each acupuncture treatment activates the body's innate healing capabilities to restore optimal function to the body. While many find relief after a single session, a series of treatments is often recommended to achieve optimal results and sustained relief.

Auricular Acupuncture

Duration: 30 minutes

Components: Application of needles, magnets, tiny seeds or crystals

A specialised practice focusing on the rich network of acupuncture points on the ear. This unique approach offers a range of benefits in managing anxiety, stress, depression, pain relief, post-traumatic stress disorder, internal organ balance and much more. This treatment is well-suited for children and anyone who feels nervous about having a traditional acupuncture treatment.



Electro-Acupuncture

Duration: 60 minutes

Components: Electrodes of microcurrent applied to specific acupuncture points

An advanced technique that amplifies traditional acupuncture's effects. A gentle electrical current invigorates acupuncture points to minimise pain, calm nerves, boost circulation and reduce swelling. Electro-acupuncture is particularly advantageous for acute and chronic sports injuries, effectively addressing issues affecting joints and tendons.

Moxibustion

Duration: 30 minutes

Components: Sticks or cones of wormwood are ignited and placed on or close to the skin or used to heat acupuncture needles

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. It can be combined with traditional acupuncture to treat all kinds of conditions, such as nerve pain, tight muscles, fertility, and even boost immunity.



Price List

Treatment Name	Duration (Mins)	Price (USD)
Integrative Medicine		
<i>The initial visit for any treatment will include a 30-minute consultation to ensure safety and efficacy of the treatment and will cost an additional USD 150++ above the cost of the treatment</i>		
Comprehensive Consultation with Integrative Medicine Doctor	60	600
Follow-Up Consultation	30	200
Nutritional Consultation with Private Tasting	90	800
Follow-Up Consultation	30	325
Regenerative Treatments		
Major Autohemotherapy	45	300
Hyperbaric Oxygen therapy	60/90	200/230
Course of 3	60	480
Course of 5	60	750
Course of 10	60	1,400
BEMER Therapy	30	100
Craniosacral Therapy	60/90	250/330
Bach Flower Remedy Reading	45	200
Regenerative Medicine		
Connective Tissue Injections		
Prolotherapy	30	450
Course of 3		1,080
Course of 5		1,650
Trigger Point Injections	30	250
Course of 3		540
Course of 5		845
Prolozone injections	30	600
Course of 3		1,440
Course of 5		2,250
Biophotonic Blood Therapy	45	450
Localised Fat Reduction Injections	45	500
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
Vitamin Therapy Injection	5	80
Acute Treatments		
Nebulized Glutathione	60	200
Intranasal Ozone	30	75



Price List

Treatment Name	Duration (Mins)	Price (USD)
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
Lip Enhancement	30	425
Skin Rejuvenation	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+		450
Ozone IV	60	500
Hydrotherapy		
Constitutional Hydrotherapy	60	230
Medicinal Herb Bath	60	150
Perineural Therapy	30	250
Ayurveda		
<i>The initial visit for any treatment will include a 30-minute consultation to ensure safety and efficacy of the treatment and will cost an additional USD 150++ above the cost of the treatment</i>		
Comprehensive Consultation with Ayurvedic Doctor	60	500
Follow-Up Consultation	30/60	325
Traditional Chinese Medicine		
<i>The initial visit for any treatment will include a 30-minute consultation to ensure safety and efficacy of the treatment and will cost an additional USD 150++ above the cost of the treatment</i>		
Comprehensive Consultation	60	500
Follow-Up Consultation	30/60	325
Cupping	30	175
Acupuncture	60	350
Auricular Acupuncture	30	175
Electro-Acupuncture	60	350
Moxibustion	30	175