



## Consultations

### **Comprehensive Consultation**

An in-depth consultation with our Ayurvedic doctor offers professional guidance on specific detoxifying and rejuvenating therapies, nutritional advice and energising 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 / 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 / 90 minutes

**Components:** Full body massage with medicated oil

Abhyanga is an Ayurvedic massage in which medicated oils are applied over body with customised light to medium pressure in seven positions, working in a chronological order.

### **Marmaabhyanga**

**Duration:** 60 / 90 minutes

**Components:** Full body massage with medicated oil

Marma are the vital points on the body that hold prana energy. This massage improves lymphatic flow to stimulate and detox the immune system all while deeply relaxing you and revitalising the mind and body.

### **Shirodhara**

**Duration:** 30 / 60 minutes

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

A flow of warm medicated oil, milk, buttermilk or decoction is poured continuously on the forehead to encourage emotional balance by targeting the pineal gland which produces serotonin and melatonin.

### **Udwarthanam**

**Duration:** 60 / 90 minutes

**Components:** Full body massage with herbal powder

A warm herbal powder massage using upward strokes, which can either be a general scrub for exfoliation or a part of a weight loss programme assisting with lymphatic drainage.



### **Njavara Kizhi**

**Duration:** 60/90 minutes

**Components:** Full body massage with medicated oil

This massage uses a poultice of heated, medicated herbs and powders dipped in oil and warmed to body temperature to improve skin complexion, strengthen muscles, remove toxins and relieve stress.

### **Shiroabhyanga**

**Duration:** 30 / 60 minutes

**Components:** Head massage with medicated oil

This head massage uses light to medium circular strokes with special medicated oil applied to the scalp to stimulate nerve centres to relieve stress and tension throughout the body.

### **Padaabhyanga**

**Duration:** 30 / 60 minutes

**Components:** Foot massage with medicated oil

This foot massage aims to heal the vital body points known as marma to soothe the body's nerves and activate the immune system to prevent early onset of any kind of physical and mental degeneration.

### **Vedic Facial**

**Duration:** 60 minutes

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

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

### **Agnikarma**

**Duration:** 30 minutes

**Components:** Traditional thermal micro cautery

A traditional treatment which is highly effective treatment for both acute and chronic pain conditions such as knee pain, osteoarthritis of knee, lower back pain and sciatica.

### **Netra Tarpana**

**Duration:** 45 minutes

**Components:** Medicated oil or ghee poured on eyes with a special reservoir made of dough

Focusing on the eye area to rehydrate the eyes relieve tiredness, improve eyesight, as well as prevent cataract, dark circles and migraines.



### **Panchakarma**

**Duration:** 3/5/7 days

**Components:** Snehana, Swedana, Virechana and Vamana therapies

A traditional detoxifying treatment to cleanse the body and mind that uses mild purgation with ayurvedic herbs. Guests must undergo a consultation with the Ayurvedic Doctor before booking this programme, which will involve a personalised course of treatment, duration and aftercare.

### **Nasyam**

**Duration:** 30 minutes

**Components:** Nasal treatment with medicated oils or powders

This mild panchakarma treatment uses warm medicated oils or powders through the nasal cavity to relieve headaches, migraines and sinus-related conditions.

### **Basti**

**Duration:** 30 minutes

**Components:** Colon enema with herbal decoction and medicated oils

A beneficial treatment for lower back pain and arthritis, relieving constipation, boosting the immune system, and toxin removal for total body rejuvenation by introducing an herbal decoction and medicated oils into the colon via an enema.

### **Kati Basti**

**Duration:** 45 minutes

**Components:** Warm medicated oils are poured and retained on the lower back

A soothing treatment to relieve pain, stiffness and inflammation that targets the lower back.

### **Janu Basti**

**Duration:** 45 minutes

**Components:** Warm medicated oils are poured and retained on the knee

Effective treatment to relieve joint pain, stiffness and inflammation that targets the knees.



## Naturopathic Medicine

### Consultations

#### **Comprehensive Consultation**

**Duration:** 60 / 90 minutes

**Components:** Verbal consultation

An in-depth consultation with our naturopathic doctor covers every aspect of your health from your physical, mental and emotional wellbeing. At the end of the consultation you will receive a customised treatment plan including appropriate diet, lifestyle, nutraceutical, botanical, homeopathic and regenerative therapy recommendations based on your health goals.

#### **Follow-Up Consultation**

**Duration:** 30 / 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.*

### Regenerative Treatments

#### **Major Autohemotherapy**

**Duration:** 60 / 90 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.

#### **Biophotonic Blood Therapy**

**Duration:** 60 / 90 minutes

**Components:** A small amount of blood is taken, infused with ozone and reinjected 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 reinjected into the body, leaving you feeling energised, with increased mental clarity.

#### **Hyperbaric Oxygen Therapy**

**Duration:** 60 / 90 minutes

**Components:** Increases the amount of O<sub>2</sub> 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

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 regenerative treatments, facials or head and foot treatments.

### **Nebulised Glutathione**

**Duration:** 60 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 vaporised and inhaled over the period of an hour, to help restore healthy lung function.

### **Craniosacral Therapy**

**Duration:** 60 / 90 minutes

**Components:** Hands-on therapy

Craniosacral Therapy is a gentle, hands-on treatment that only uses five grams of pressure to release 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.

### **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.

### **BodyStream**

**Duration:** 60 minutes

**Components:** Relaxation whilst wearing CO2 suit

The BodyStream system is designed to help bathe the entire body (up to the neck) in carbon dioxide gas. This system offers a wide range of benefits including an increase in energy, reduction in stress and anxiety, reduction in cellulite, increased metabolic rate, reduction in body pain, increased circulation, rapid healing of wounds and skin sensitivities, aiding in better sleep, weight loss and enhanced performance.



## Regenerative Injections

### **Prolotherapy**

**Duration:** 30 minutes

**Components:** Injection

Prolotherapy is a non-surgical treatment for chronic musculoskeletal pain from previous injuries or wear and tear. It is used to repair damaged ligaments, tendons or joints by stimulating your body's own healing response to repair damaged tissue.

### **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.

### **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.

### **Platelet-Rich Plasma (PRP) Injections**

**Duration:** 60 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.



## Aesthetic Treatments

### 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:** 75 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.

**Add Ons:** Intradermal Injection for 15 minutes / Ozone Injections for 15 minutes

### Hair Restoration with PRP

**Duration:** 60 minutes

**Components:** Intradermal injections 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.

### Lip Enhancement

**Duration:** 30 minutes

**Components:** Nano needling and injections

Microneedling 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.

### Localised Fat Reduction

**Duration:** 60 minutes

**Components:** Injection

Medical ozone can be used to reduce localised 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.



## Vitamin Therapy

Feel rejuvenated with our specially curated selection of vitamin therapies that can enhance your mind, body and soul from the inside out. All infusions require a consultation prior to administration.

### **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.

### **Vitamin Injection**

**Duration:** 5 minutes

**Components:** Injection

Choose from pre-made formulas or have one custom designed by our naturopathic doctor for a quick boost such as Glutathione Push, B12 and folic acid.





## Stem Cell Treatments

Soneva Soul is officially the first and only stem cell centre in the Maldives. Operating with relevant permissions from the Maldives Food and Drug Authority and employing world-class standards, we're able to offer targeted treatments and protocols using the power and potential of stem cells.

The stem cells used in our treatments are supplied by Sweden-based Cellcolabs, a biotech company that's dedicated to increasing global access to stem cell treatments. Built on two decades of research at the Karolinska Institute in Sweden, they specialise in high-quality production of bone marrow-derived mesenchymal stem cells (MSCs).

### **Intra-Articular Orthopedic Injections**

This treatment sees stem cells injected into a target area, stimulating the body to repair damaged tissue and accelerate recovery.

### **Topical (with Microneedling)**

Safely creating micro-channels to the skin's surface helps deliver stem cells deeper into the skin layers to help regenerate and reveal smooth, refreshed skin with long-lasting results.

### **IV Systemic Stem Cells**

Stem cell infusions via an intravenous (IV) drip helps reduce inflammation, promote tissue regeneration and improve immune function.

### **Intradermal Injections**

Stem cells can be used for various aesthetic purposes including skin rejuvenation, reduction in scarring, improved collagen production and hair restoration.



## Traditional Chinese Medicine

### Consultations

#### Comprehensive Consultation

**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. Treatments may include acupuncture, electro-acupuncture, cupping, herbal remedies and or moxibustion.

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

### Treatments

#### Follow-Up Acupuncture

**Duration:** 75 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.

#### 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.

#### 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.



## **Facial Rejuvenation with Acupuncture**

**Duration:** 60 minutes

**Components:** Insertion of fine needles into the facial muscles

Fine needles are expertly inserted into facial muscles, fine lines and wrinkles to improve facial muscle tone, boost collagen production and enhance circulation and elasticity. The outcome is a more youthful, radiant complexion with a refreshed and plump appearance.

## **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.



## Price List

Treatment Name	Duration (Mins)	Price (USD)
----------------	-----------------	-------------

### Ayurveda

*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*

Comprehensive Consultation	60	500
Follow-Up Consultation	30/60	325
Abhyanga Classical	60/90	240/340
Marmaabhyanga	60/90	240/340
Shirodhara	60	250
Udwartanam	60/90	250/360
Njavara Kizhi	60/90	250/360
Shiroabhyanga	30/60	110/175
Padaabhyanga	30/60	110/175
Vedic Facial	60	210
Agnikarma	30	175
Panchakarma		
3 days		900
5 days		1,375
7 days		1,750
Nasyam	30	175
Basti	30	175
Kati Basti	45	210
Janu Basti	45	210

### Naturopathic Medicine

*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*

Comprehensive Consultation	60	500
----------------------------	----	-----

### Regenerative Treatments

Major Autohemotherapy	45	375
Biophotonic Blood Therapy	45	475
Hyperbaric Oxygen therapy	60/90	200/230
BEMER Therapy	30	100
Nebulised Glutathione	60	200
Craniosacral Therapy	60/90	350/450
Bach Flower Remedy Reading	45	200
Medicinal Herb Bath	60	225
Bodystream	60	475

### Regenerative Injections

Prolotherapy	30	450
Trigger Point Injections	30	250
Prolozone injections	30	600



## Price List

Treatment Name	Duration (Mins)	Price (USD)
Perineural Therapy	30	250
Platelet-Rich-Plasma (PRP) injections	50	1,500
<i>Additional joints (PRP)</i>		1,000
<b>Aesthetic Treatments</b>		
Microneedling with hyaluronic acid	60	600
<i>Per additional body area (face, neck, chest)</i>		300
Microneedling with PRP	75	1,500
<i>Per additional body area (face, neck, chest)</i>		300
<i>Intradermal Injections</i>	15	250
<i>Ozone Injections</i>	15	175
Hair restoration with PRP	60	1,500
Lip Enhancement	30	425
Localised Fat Reduction	60	500
Course of 3		1,350
Course of 6		2,550
<b>Vitamin Therapies</b>		
Bespoke Vitamin Therapy	60	375
Immunity Booster	60	375
Fatigue Eraser	60	375
Beauty Elixir	60	375
Slimming Lift	60	375
Sommelier's Secret	60	375
NAD+	120	700
High dose Vitamin C	120	450
Vitamin Injection	5	80
<b>Stem Cell Treatments</b>		
Intra-Articular Orthopedic Injections		16,500
Topical (with Microneedling) <i>(depending on the area to be treated)</i>		6,500
IV Systemic Stem Cells		25,000
Intradermal Injections		6,000
Hair Restoration <i>(depending on the area to be treated)</i>		6,000 - 18,000
<b>Traditional Chinese Medicine</b>		
<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 Acupuncture	60	350
Electro-Acupuncture	60	350
Auricular Acupuncture	30	175
Facial Rejuvenation with Acupuncture	60	375
Cupping	30	175