



Ayurveda

Consultations

Comprehensive Consultation

Duration: 60 minutes

Components: Verbal consultation

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

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

Therapeutic Customised Package

Duration: 60 / 90 minutes

Components: Combination of two or more Ayurvedic treatments following a comprehensive consultation with the Ayurvedic Doctor.

This package is available between three and fourteen days and must be followed under the guidance of the doctor.

Abhyanga Classical

Duration: 60 / 90 minutes

Components: Full body massage with medicated oil

Abhyanga is an Ayurvedic massage, where medicated oils are applied over the body with customised 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 has prana energy. This massage improves lymph flow and stimulates the immune system. It is deeply relaxing, detoxifying, strengthening and revitalises both mind and body.



Shirodhara

Duration: 30 / 60 minutes

A 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 the pineal gland, which produces serotonin and melatonin. These hormones play an important role in emotional balance reducing stress and aiding in restful sleep.

Udwarthanam

Duration: 60 / 90 minutes

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

Njavara Kizhi

Duration: 60 / 90 minutes

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

Shiroabhyanga

Duration: 30 / 60 minutes

This Ayurvedic 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, as they stimulate nerve centres, and relieve stress and tension throughout the body.

Padaabhyanga

Duration: 30 / 60 minutes

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.

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 and treatment plan

An in-depth consultation with our naturopathic doctor, covering every aspect of your health from mental and physical to spiritual and emotional. At the end of the consultation, you will receive a customised treatment plan including the appropriate lifestyle, supplement and regenerative therapy recommendations.

Follow-Up Consultation

Duration: 30 / 60 minutes

Components: Verbal consultation

Following up from a treatment, this consultation will discuss your treatment progress and assess whether further treatment is needed.

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

Regenerative Treatments

Cryotherapy

Duration: 3 minutes

Components: Treating the body to extremely cold temperatures (-60' to -110') in a specialised chamber

Cryotherapy enhances performance and recovery, improves mobility, reduces pain in the joints and muscles, reduces migraine symptoms and nerve irritation. Aids in the treatment of mood disorders, reduction in age-related cognitive decline and treatment of atopic dermatitis and other skin conditions.

Major Autohemotherapy

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.

Biophotonic Blood Therapy

Duration: 45 / 60 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 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.

Whole Body Hyperthermia

Duration: 180 minutes

Components: Controlled heat application

Whole Body Hyperthermia involves elevating the body's temperature in a controlled setting to induce therapeutic effects. By carefully applying heat to the entire body, this method stimulates circulation, enhances immune responses, and aids in detoxification, fostering comprehensive healing at a cellular level.

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.

Flotation Pod Therapy

Duration: 30 / 60 minutes

Components: Sensory deprivation

This therapy involves 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.

BEMER Therapy

Duration: 30 minutes

Components: 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 wellbeing by improving sleep and reducing stress levels.

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 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 a trigger point, and can cause 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 allows 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.

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.



Aesthetic Treatments

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: 75 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 faster, 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, PRP 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: Subcutaneous 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 for reducing cellulite.



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.

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 with ingredients such as glutathione and high-dose vitamin C.

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 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

High-Dose Vitamin C

Boost your immune system, reduce inflammation, reduce fatigue and improve overall health with this action-packed antioxidant treatment.



Stem Cell Treatments

Soneva Soul is 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, our dedicated team of on-site doctors have international experience and expertise in stem cell treatments. They work closely with each guest to create an entirely bespoke pathway to true health and wellness.

All the stem cells used in Soneva Soul treatments are supplied by Sweden-based Cellcolabs, a biotech company that is dedicated to increasing global access to stem cell treatments. Built on two decades of extensive, unparalleled research at the Karolinska Institute, they specialise in high-quality production of bone marrow-derived mesenchymal stem cells (MSCs) with proven efficacy.

To ensure eligibility for any stem cell treatment, a complimentary consultation with our Integrative Medical team is required.

Vitality by Soneva Soul

Soneva Soul specialises in personalised regenerative regimens designed around healthy ageing and vitality. These usually involve one targeted stem cell treatment, administered every few years, to enhance the potential for a longer, healthier life.

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 (Minutes)** **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
Therapeutic Customised Package	60/90	250/360
Abhyanga Classical	60/90	240/340
Abhyangamardanam	60/90	240/340
Marmaabhyanga	60/90	240/340
Shirodhara	60	250
Udwartanam	60/90	250/360
Najvara Kizhi	60/90	250/360
Shiroabhyanga	30/60	110/175
Padaabhyanga	30/60	110/175
Panchakarma	3day	900
	5day	1,375
	7day	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
Follow-Up Consultation	30/60	325

Regenerative Treatments

Cryotherapy	3	90
<i>Course of 5</i>		300
<i>Course of 10</i>		500
Major Autohemotherapy	45	375
Biophotonic Blood Therapy	45	475
Hyperbaric Oxygen therapy	60/90	200/230
Whole Body Hyperthermia	180	750
Medicinal Herb Bath	60	225
Flotation Pod	30/60	100/185
BEMER Therapy	30	100
BodyStream	60	475



Price List

Treatment Name	Duration (Minutes)	Price (USD)
Regenerative Injections		
Prolotherapy	30	450
Trigger Point Injections	30	250
Prolozone Injections	30	600
Platelet-Rich-Plasma (PRP) Injections	50	1,500
<i>Per additional joint (PRP)</i>		1,000
Vitamin Therapy		
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
Aesthetic Procedures		
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
Localised Fat Reduction	60	500
Course of 3		1,350
Course of 6		2,550
Lip Enhancement	30	425
Stem Cell Treatments		
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



Price List

Treatment Name	Duration (Minutes)	Price (USD)
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Traditional Chinese 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
Follow-Up Acupuncture	60	350
Electro-Acupuncture	60	350
Auricular Acupuncture	30	175
Facial Rejuvenation with Acupuncture	60	375
Cupping	30	175