



Soneva Fushi

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Integrative Medicine

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.

Signature

Spa Menu

Sleep For those who wish to improve sleep quality and duration

Revived
Switch off Slumber
Renewed Sleep Recover
Rest Recharge Relax

Nidraasana Sleep Ritual

By: Soneva and Roger Moore

Duration: 90 / 120 minutes

Components: Foot soak and scrub, aromatic sand poultice, Reiki, body massage and facial pressure point massage

Outcome: Relaxes the body and mind for improved quality of sleep

Sleep Remedy

By: Zents

Duration: 90 minutes

Components: Body scan, pranayama and full body massage

Outcome: Releases tension from the body and mind, aiding in restful sleep

Sudtana Scalp Ritual

By: Sudtana

Duration: 60 minutes

Components: Scalp and facial massage with oil and gua sha

Outcome: Traditional Thai therapies soothe and calm the mind

Shirodhara

By: Soneva

Duration: 60 minutes

Components: Oil pour with medicated blends

Outcome: Rejuvenates and enhances the function of the central nervous system for deep relaxation

Meditation

By: *Soneva*

Duration: *45 minutes*

Components: *Breathwork and mindful techniques*

Outcome: *Regulates the nervous system for a deep sense of relaxation and peace within the body and mind*

Meditation and Sound Therapy

By: *Soneva*

Duration: *60 minutes*

Components: *Breathwork, mindful techniques and sound therapy, using gongs and crystal and Tibetan singing bowls*

Outcome: *Induces a deep state of calm and overall wellbeing*

Skin For those who wish to maintain skin health or address specific concerns

Youthful
Hydrate Refresh
Exfoliate **Brighten** Cleanse
Rejuvenate

Soneva NeoLift Deluxe Facial

By: Soneva

Duration: 120 minutes

Components: Comprehensive facial with sculpting massage techniques

Outcome: Radiant skin and firmed muscles

Soneva NeoLift Facial with Buccal Massage

By: Soneva

Duration: 90 minutes

Components: Facial cleanse and buccal massage

Outcome: Relaxed, lifted and sculpted facial muscles

Soneva NeoLift Facial without Buccal Massage

By: Soneva

Duration: 75 minutes

Components: Cleansing and lifting facial massage

Outcome: Muscle manipulations and lymphatic drainage techniques for a brightened complexion

Deluxe HydraFacial

By: HydraFacial

Duration: 60 minutes

Components: Lymphatic drainage, cleanse, exfoliation, extraction and hydration, booster and LED therapy

Outcome: Anti-ageing treatment, leaving the skin feeling firmer, brighter and nourished

Signature HydraFacial

By: HydraFacial

Duration: 30 minutes

Components: Cleanse, exfoliation, extraction and hydration

Outcome: Hydrated and invigorated skin

Celluma Light Therapy

By: Soneva

Duration: 30 minutes

Components: Phototherapy using LED light therapy

Outcome: Red and near-infrared wavelengths used to brighten and restore the skin, as well as facial rejuvenation, hair loss, acne, wound healing and general pain reduction for muscles, joints and arthritis.

24k Gold Age-Defying Facial

By: *Subtle Energies*

Duration: *90 minutes*

Components: *Combines collagen and elastin boosting actives, with ingredients such as Mogra, Queen of Jasmine and 24k Gold*

Outcome: *Brings a radiant glow to the skin and reduces fine lines and wrinkles*

Living Beauty Signature Facial

By: *Amala*

Duration: *90 minutes*

Components: *Cleanse, exfoliation, mask, massage and hydration*

Outcome: *Visibly radiant skin*

Advanced Firming Facial

By: *Amala*

Duration: *60 minutes*

Components: *Cleanse, exfoliation, mask, massage and hydration*

Outcome: *Immediate firming effect, with smoother, more radiant skin*

Personalised Facial

By: *Amala*

Duration: *60 minutes*

Components: *Cleanse, exfoliation, mask, massage and hydration*

Outcome: *A bespoke treatment to address specific skin concerns*

Soneva Natural Body Scrub & Natural Body Wrap

Choice of Body Scrub: Coconut, Orange Yoghurt, Almond, Brown Sugar, Green Tea, Coffee and Oat

Choice of Body Wrap: Milk, Avocado, Papaya, Honey, Coffee & Oat

By: *Soneva*

Duration: *60 minutes*

Components: *Body exfoliation and body wrap using locally-grown ingredients*

Outcome: *Softer, smoother and brighter skin*

Soneva Skin Saviour

By: *Soneva*

Duration: *60 minutes*

Components: *Aloe, cucumber and iced compresses are applied to areas with sunburn, followed by a facial massage using cold rose quartz crystals*

Outcome: *Calmed and balanced skin*

Cleanse and Clarify Rhassoul Clay Body Wrap

By: *Amala*

Duration: *60 minutes*

Components: *Body exfoliation, wrap and moisturisation*

Outcome: *Detoxifying treatment, improving skin texture and visible signs of cellulite*

Energise For those who need an energy boost

Recharge
Motivate Stimulate
Awake Invigorate
Revitalise

Soneva Intuitive Therapy

By: Soneva

Duration: 60 / 90 / 120 minutes

Components: Full body massage

Outcome: A tailored treatment that uses a combination of massage movements to energise the body and revive the mind

Jet Lag Reviver

By: Amala

Duration: 60 minutes

Components: Body brush, full body massage and scalp massage

Outcome: Energises and refreshes body and mind

Energise and Revive

By: Zents

Duration: 60 / 90 minutes

Components: Back, neck and shoulder massage, scalp massage, foot reflexology and acupressure

Outcome: Restores and revitalises the body

Foot and Leg Therapy

By: Legology

Duration: 60 minutes

Components: Exfoliation, dry brushing, leg and foot massage and cupping

Outcome: Revives tired legs and feet, with instant contouring and lightening effects from the first treatment

Balance For those who wish to restore their equilibrium

Release
Comfort Rest
Calm Peace

So Soul

By: Soneva

Duration: 90 minutes

Components: Integrative treatment combining Ayurvedic and traditional massage movements, Craniosacral holds and Auricular Acupressure

Outcome: A deeply relaxing and therapeutic treatment to ease pain, improve wellbeing and reduce stress

So Fusion

By: Soneva

Duration: 90 minutes

Components: Full body treatment starting with dry massage techniques, followed by a herbal poultice and oil massage

Outcome: Improvement in blood circulation, muscle tension is eased and flexibility is increased

Reiki

By: Soneva

Duration: 60 minutes

Components: Full body energy work treatment

Outcome: Restore holistic balance, experience deep relaxation, reduced stress and enhanced wellbeing

Back Reviver

By: Soneva

Duration: 60 / 90 minutes for full body

Components: Back exfoliation, warming back mask, back, neck and shoulder massage incorporating warm poultice

Outcome: Back, neck and shoulder tension will be relieved and stress reduced

Blissful Marma Massage

By: Subtle Energies

Duration: 60/90 minutes

Components: Long, firm, flowing movements along with marma therapy and chakra balancing techniques to align vital energy centres

Outcome: Enhances overall wellbeing while relieving stress related tension

Quench Body Massage

By: Zents

Duration: 60 / 90 minutes

Components: Full body massage

Outcome: Biodynamic flower essences calm the nervous system and detoxify the body, while shea butter deeply nourishes the skin

Sacred Body Rituals Signature Treatment

By: Sacred Body Rituals

Duration: 90 / 120 minutes

Components: Intention setting, cleanse with Palo Santo & California White Sage, body scan, full body massage and facial with botanical extracts and mushrooms

Outcome: Reduce stress and anxiety, promote physical and emotional wellbeing as well as reduce pain.

Abhyangam Classical

By: Soneva

Duration: 60 / 90 minutes

Components: Full body traditional massage using medicinal oils provided by one therapist

Outcome: Deeply relaxes the body

Pamper For those wanting a little indulgence

Spoil Relax Luxury
Refreshed Treat
Rejuvenated Indulge
Pampered

Four Hand Massage

By: *Soneva*

Duration: *90 minutes*

Components: *Full body massage provided by two therapists*

Outcome: *Body and mind feel relaxed, and tension is removed*

Balinese Massage

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Full body massage using long palm strokes and soft to medium pressure*

Outcome: *Body and mind feel relaxed, and tension is removed*

Thai Massage

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Dry, full body massage using a combination of pressure points and stretching techniques*

Outcome: *Body feels energised and reduction in muscle tension*

Swedish Massage

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Traditional massage involving long, kneading movements combined with rhythmical percussion*

Outcome: *Body feels energised yet relaxed*

Atlas Massage

By: *Soneva*

Duration: *90 minutes*

Components: *Full body massage using massage techniques inspired from around the world*

Outcome: *Body feels energised as well as relaxed and destressed*

Deep Tissue Massage

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Full body massage using oil and deep pressure using arms and elbows*

Outcome: *Muscle tension is removed from the body*

Hot Stone Massage

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Full body massage using hot volcanic basalt stones*

Outcome: *Muscle tension is removed from the body; circulation is stimulated, and flexibility is increased*

Pre & Post Pregnancy Massage

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Full body massage involving light, soothing movements*

Outcome: *Tension from key areas is reduced and the body will feel relaxed*

Quench Body Polish

By: *Zents*

Duration: *60 minutes*

Components: *Body exfoliation and moisturisation*

Outcome: *Smoother, deeply hydrated skin*

Manicure

By: *Soneva*

Duration: *60 minutes*

Components: *File, cuticle work, scrub, massage and polish*

Outcome: *Hydrated hands and well-groomed nails*

Pedicure

By: *Soneva*

Duration: *60 minutes*

Components: *File, cuticle work, scrub, massage and polish*

Outcome: *Hydrated feet and well-groomed nails*

File & Polish

By: *Soneva*

Duration: *30 minutes*

Components: *Nail file and polish application*

Outcome: *Well-groomed nails*

Mindful Movement

From yoga and meditation classes with ashram-trained yogis, to high-performance athletic training with experienced coaches in state-of-the-art fitness centres, our programmes and practices are playful, inspirational and effective. Utilising the natural environment to blend movement with daily living, our coaches offer services to help you on your wellbeing journey.

Yoga

By: *Soneva*

Duration: *60 minutes*

Components: *Gentle stretches, breathwork and movement*

Outcome: *Improved flexibility and a restored sense of balance within the body and mind*

Aerial Yoga

By: *Soneva*

Duration: *60 minutes*

Components: *Gentle yoga asanas in an aerial hammock*

Outcome: *Further enhances flexibility while flying in the air*

Meditation

By: *Soneva*

Duration: *45 minutes*

Components: *Breathwork and mindful techniques*

Outcome: *Regulates the nervous system for a deep sense of relaxation and peace*

Meditation & Sound Therapy

By: *Soneva*

Duration: *60 minutes*

Components: *Breathwork, mindful techniques and sound therapy, using gongs and crystal and Tibetan singing bowls*

Outcome: *Induces a deep state of calm and overall wellbeing*

Personal Training

By: *Soneva*

Duration: *60 minutes*

Components: *Consultation, fitness assessment and training*

Outcome: *Tailored sessions that address your individual concerns or goals*

Natural Movement

By: *Soneva*

Duration: *60 minutes*

Components: *Open-air training at the island Jungle Gym*

Outcome: *Learning to move as nature intended for enhanced physical and mental health*

Jungle CrossFit

By: *Soneva*

Duration: *60 minutes*

Components: *Individual or group high intensity training to develop strength and endurance*

Outcome: *Tailored sessions that address your individual concerns or goals*

Private Bootcamp

By: *Soneva*

Duration: *60 minutes*

Components: *Private high intensity fitness session at various locations around the island*

Outcome: *Increased strength and cardiovascular fitness*

MetCon

By: *Soneva*

Duration: *60 minutes*

Components: *Metabolic conditioning through high intensity interval training*

Outcome: *Increased strength and cardiovascular fitness*

Specialist Treatments

Javanese Indulgence

By: *Suwiyah*

Duration: *90 minutes*

Components: *Herbal steam with a neck and shoulder massage*

Outcome: *A unique experience with steam to soothe and restore*

Kunye

By: *Dorji*

Duration: *60 / 90 minutes*

Components: *Traditional Bhutanese treatment involving the application of oil, working on muscle joints, meridian lines and tendons*

Outcome: *Body and mind is relaxed, and tension is soothed*

Sorig Meditation

By: *Dorji*

Duration: *30 minutes*

Components: *Back, neck and shoulder massage using sound therapy and chanting*

Outcome: *Physical and mental tension is removed from the body and mind*

Restorative Rose

By: *Dorji*

Duration: *30 minutes*

Components: *Facial cleanse and massage using rose quartz*

Outcome: *Relaxing treatment where the skin is brightened and rejuvenated*

Cooling Eye Treatment

By: *Tshering*

Duration: *30 minutes*

Components: *A soothing accupressure eye massage is followed by a cooling eye poultice for those who have 'tech eyes' or eye strain*

Outcome: *Tension is removed and eyes are refreshed*

Phochoka Treatment

By: *Tshering*

Duration: *45 minutes*

Components: *Warm packs, poultices, accupressure and reflexology to treat hormonal areas*

Outcome: *To relieve the effects of hormonal and menstrual cramps, restoring balance to the body*

Your Wellness Experience at Soneva Fushi

- Soneva Soul is open daily from 10:00 to 20:00.
- We kindly request that you arrive at the spa at least 15 minutes before your treatment to complete our Lifestyle Consultation.
- Bookings and cancellations can be made through your Barefoot Guardian or directly with the Spa. If you need to cancel or modify a session, please advise the Spa or your Barefoot Guardian at least four hours in advance to avoid a full charge being applied to your account.
- We suggest that you leave all valuables in the safe in your villa.
- Please note that In-Villa Therapies have a 20% surcharge on our listed prices.

Children's Menu

From soothing scrubs and oils of local coconuts to meditation and movement classes, we invite young guests to enjoy a selection of wellness experiences. Enter the peaceful enclave of Soneva Soul and choose from a variety of full body treatments and movement programmes.

Pamper Treatments

Children's Massage

Pamper your little princes and princesses with a gentle and relaxing full body massage with pure virgin coconut oil.

Duration: 30/60 minutes

Price: USD 60/120++

Mini Abhyangam

Warm oil is gently applied to the entire body, from the scalp to the soles of their little feet.

Duration: 30 minutes

Price: USD 100++

Yummy Coconut

A gentle all over body scrub using fresh coconut which will leave their skin soft and exfoliated.

Duration: 30 minutes

Price: USD 50++

Pretty Me

Begin with a soak followed by a hand scrub. Finish with a gentle massage with home-made coconut oil, and choice of nail polish.

Duration: 30 minutes

Price: USD 40++

Fancy Feet

A warm soak is followed by an exfoliating foot scrub. Finish with a gentle massage with home-made coconut oil, and choice of nail polish.

Duration: 30 minutes

Price: USD 40++

Spoil Me

Begin with a gentle head massage with warm coconut oil followed by a relaxing foot massage.

Duration: 30 minutes

Price: USD 60++

Hair Salon for Children

Hair Cut

Duration: 45 minutes

Price: USD 60

Girls' package

Includes wash, cut, dry, style

Duration: 150 minutes

Price: USD 60

Movement for Children

Meditation

Breathwork and mindfulness techniques that help children learn to regulate their nervous system and feel a deep sense of relaxation and peace within the body and mind.

Duration: 45 minutes

Private Training: USD 70

Group class, 2 to 8 guests maximum: USD 50 per person

Jungle Gym

A fun exercise session that helps children build muscle, enhance their gross motor and sensory skills and practice their balance. A more challenging program is conducted for older children and teens.

Duration: 1 hour

Private: USD 190

Terms & Conditions

While the menu is designed for children 14 years and younger, children under 6 are also welcome to join if accompanied by a parent or a babysitter. We also ask for parents to sign our health assessment and consultation form before each treatment or programme.

Cancellation policy

Bookings and cancellations can be made through your Barefoot Guardian or directly with the Soneva Soul reception. If you need to cancel or modify a session, please advise the Spa or your Barefoot Butler at least 4 hours in advance to avoid a full charge being applied to your account.

Price List

Integrative Medicine

Treatment Name	Duration (Minutes)	Price (USD)
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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

* All prices are quoted in USD (\$), and are subject to an additional 16% government tax and 10% service charge.

Price List

Integrative Medicine

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

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Price List

Integrative Medicine

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

** All prices are quoted in USD (\$), and are subject to an additional 16% government tax and 10% service charge.*

Price List

Signature

Treatment Name	Duration (Minutes)	Price (USD)
Sleep		
Nidraasana Sleep Ritual	90/120	290/390
Sleep Remedy	90	340
Sudtana Scalp Ritual	60	240
Shirodhara	60	250
Meditation	45	150
Meditation and Sound Therapy	60	190
Skin		
Soneva NeoLift Deluxe Facial	120	350
Soneva NeoLift Facial with Buccal Massage	90	260
Soneva NeoLift Facial without Buccal Massage	75	230
Deluxe HydraFacial	60	275
Signature HydraFacial	30	200
Celluma Light Therapy	15/30	40/75
24k Gold Age-Defying Facial	90	320
Living Beauty Signature Facial	90	320
Advanced Firming Facial	60	230
Personalised Facial	60	230
Soneva Natural Body Scrub & Natural Body Wrap	60	240
Cleanse and Clarify Rhassoul Clay Body Wrap	60	240
Soneva Skin Saviour	60	240
Energise		
Soneva Intuitive Therapy	60/90/120	240/340/420
Jet Lag Reviver	60	230
Energise and Revive	60/90	240/340
Foot & Leg Therapy	60	220
Balance		
So Soul	90	340
So Fusion	90	340
Reiki	60	230
Back Reviver	60/90	240/340
Blissful Marma Massage	60/90	240/340
Quench Body Massage	60/90	240/340
Sacred Body Rituals Signature Treatment	90/120	340/450
Abhyangam Classical	60/90	240/340

* All prices are quoted in USD (\$), and are subject to an additional 16% government tax and 10% service charge.

Price List

Signature

Treatment Name	Duration (Minutes)	Price (USD)
Pamper		
Four Hand Massage	90	540
Balinese Massage	60/90	240/340
Thai Massage	60/90	240/340
Swedish Massage	60/90	240/340
Atlas Massage	90	340
Deep Tissue Massage	60/90	240/340
Hot Stone Massage	60/90	240/340
Pre & Post Natal Massage	60/90	240/340
Quench Body Polish	60	155
Manicure	60	110
Pedicure	60	130
File & Polish	30	70
Mindful Movement		
Yoga	60	190
Aerial Yoga	60	210
Meditation	45	150
Meditation and Sound Therapy	60	190
Personal Training	60	190
Natural Movement	60	190
Jungle CrossFit	60	190
Private Bootcamp	60	190
MetCon	60	190
Specialist Treatments		
Javanese Indulgence	90	390
Kunye	60/90	285/390
Sorig Meditation	30	155
Restorative Rose	30	155
Cooling Eye Treatment	30	155
Phochoka Treatment	45	235

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