



WELLBEING PROGRAMMES AT JOALI BEING

Embark on a transformative wellbeing journey, surrounded by the abundance and wisdom of nature. Curated around the Four Pillars of **JOALI BEING: Mind, Skin, Microbiome and Energy**, our Wellbeing Programmes are designed to meet a variety of objectives, including: deep relaxation, stress recovery, digestive reset, weight management, preventive skincare, anti-ageing, energy replenishment, and yoga enhancement.

Additionally, we offer specialised programmes for mothers-to-be, women, men, couples, and guests facing sleep issues. Experience the remarkable **Joy of Weightlessness** at JOALI BEING, and return home feeling renewed and inspired.

*there is joy in
weightlessness*

JOALI BEING



The Four Pillars

Whilst each recipe has been curated to nourish all of the Four Pillars, highlighted icons indicate those that contain elements to enhance specific pillars.

MIND

The Mind is responsible for thinking, feeling, and making choices, as well as directing our emotional, psychological, and social wellbeing.

Our mind is the gravitational field that determines how we express ourselves, handle stress and relate to others.

MICROBIOME

Referred to as the second brain, the gut's Microbiome plays a key role in human health by breaking down and absorbing nutrients and strengthening the immune system.

When the gut is healthy, the other pillars thrive.

SKIN

Skin is the largest body organ with its own microbiome. By focusing on the skin health, we nurture the body, restore natural beauty and reverse ageing, impacting many areas of life, including self-confidence.

ENERGY

Energy is a journey of the body, expanding through conscious movement. This pillar reflects how we sustain and renew physical energy to have the capacity to keep thriving. Regular intervals of self-care, restoration, and recovery help to re-energise ourselves, even during high-paced periods.



UNWIND & RELAX

Retreat Objectives

Reinvigorate yourself deeply through a synergistic blend of sound healing sessions, inner peace therapies, grounding and restorative practices, and balancing cuisine. Surrounded by serene lagoons and whispering palms, our island sanctuary is the ideal space to discover the Joy of Weightlessness – a feeling of lightness and freedom.

Designed to revive the healing energy within you, this Wellbeing Programme is recommended for guests who wish to ease mental and emotional stress. Emerge feeling rebalanced, renewed and ready to embark on new adventures out in the world.

Available for any adult over the age of 16 years old



PACKAGE		5N	7N	10N
Inclusions	Duration			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Integrative Lifestyle Assessment Consultation	60 mins	1	1	1
AKTAR Signature Herbal Tea and Essential Oil Roller Blend	15 mins	1	1	1
Follow-Up Consultation	15 mins	1	1	2
Departure Consultation	30 mins	1	1	1
Culinary Workshop	90 mins	0	1	1
AKTAR Herbology Workshop	60 mins	0	1	1
Flora Hair Analysis and Sensorial Experience	20 mins	0	1	1
Treatments				
Four Pillars Signature Massage	90 mins	1	1	1
Watsu Therapy or Hammam Experience	60 mins	1	1	2
AKTAR Mind Therapy or Sound Healing Remedies	60 mins	1	1	1
Hatha Yoga or Pilates or Meditation	60 mins	0	2	3
Abhyanga Shirodhara or Integrative Massage	90 mins	1	2	3
Flora Hair Lab Restorative Hair and Scalp	60 mins	0	1	1
Total		4	8	11

CONTRACTED								
Validity			11.01.2023 - 10.05.2023		11.05.2023 - 10.10.2023		11.10.2023 - 25.12.2023	
Category	Rate Based	No of Units	Package Rate Per Night	Additional Night Supplement	Package Rate Per Night	Additional Night Supplement	Package Rate Per Night	Additional Night Supplement
Ocean Pool Villa	2AD	10	3.809	3.959	2.865	3.015	3.030	3.180
Sunset Ocean Pool Villa	2AD	4	4.043	4.193	3.034	3.184	3.200	3.350
Grand Ocean Pool Villa	2AD	10	4.196	4.346	3.119	3.269	3.369	3.519
Sunset Grand Ocean Pool Villa	2AD	8	4.427	4.576	3.366	3.516	3.530	3.680
Beach Pool Villa	2AD	10	4.274	4.424	3.200	3.350	3.530	3.680
Grand Beach Pool Villa	2AD	13	4.868	5.018	3.449	3.599	3.784	3.934
Two-Bedroom Ocean Pool Villa	4AD	1	9.406	9.705	5.980	6.280	7.318	7.618
Two-Bedroom Beach Pool Villa	4AD	7	9.821	10.120	6.230	6.530	7.568	7.868
Grand Two-Bedroom Ocean Pool Villa	4AD	1	9.821	10.120	6.230	6.530	7.568	7.868
Two-Bedroom Wellbeing Beach Pool Villa	4AD	1	12.073	12.373	7.399	7.698	9.156	9.456
Two-Bedroom Wellbeing Beach Residence	4AD	1	12.243	12.543	7.648	7.948	9.486	9.786
Three-Bedroom Wellbeing Beach Residence	6AD	1	22.120	22.570	16.692	17.141	17.530	17.980
Four-Bedroom Private Wellbeing Ocean Residence	8AD	1	28.660	29.260	21.979	22.578	23.647	24.247

You may find detailed information at the end of the wellbeing programmes.

- The above rates are quoted in US Dollars per villa per night inclusive of half board basis for all Villa occupants.
- Rates are inclusive of 10% service charge & 16% TGST (Tourism Goods and Service Tax)
- Rates are subject to Green Tax of USD 6 per person per night, regardless of age and will apply for all bookings.
- Government taxes are subject to change without prior notice. Should local authorities and government increase taxes, the Resort shall be entitled to automatically apply and enforce the new taxes.
- The above rates and all terms & conditions are valid for up to a maximum of 9 villas.
- Minimum 5 nights stay or more.
- For single occupancy price, please apply 5% discount



DE-STRESS

Retreat Objectives

Cultivate inner balance, vitality and strength through a sequence of grounding and restorative practices, transformative sound therapy sessions, and energy balancing treatments. Tailormade for guests seeking to manage stress and anxiety, this Wellbeing Programme focuses on mindfulness practices that help cultivate a deeper awareness of feelings, thoughts, bodily sensations, and surroundings.

Create a reservoir of inner resilience to help you better navigate the challenges and pressures of modern life. Being present and appreciating the wonder in each moment opens a path to the Joy of Weightlessness – a feeling of lightness and freedom.

Available for any adult over the age of 16 years old



PACKAGE		5N	7N	10N
Inclusions	Duration			
Pre-Arrival Wellbeing Consultation	15 mins	I	I	I
Integrative Lifestyle Assessment Consultation	60 mins	I	I	I
AKTAR Signature Herbal Tea and Essential Oil Roller Blend	15 mins	I	I	I
Follow-Up Consultation	15 mins	I	I	2
Departure Consultation	30 mins	I	I	I
Culinary Workshop	60 mins	O	I	I
AKTAR Herbology Workshop	60 mins	O	I	I
Flora Hair Analysis and Sensorial Experience	20 mins	O	I	I
Treatments				
Four Pillars Signature Massage	90 mins	I	I	I
Watsu Therapy	60 mins	I	I	I
AKTAR Mind Therapy or Sound Healing Remedies	60 mins	I	I	2
Abhyanga Shirodhara or Mind Therapy	90 mins	I	2	3
Wellbeing Wisdom of Yoga	60 mins	O	2	3
Flora Hair Lab Anti-Ageing Hair and Scalp	60 mins	O	I	I
Total		4	8	11

CONTRACTED								
Validity			11.01.2023 - 10.05.2023		11.05.2023 - 10.10.2023		11.10.2023 - 25.12.2023	
Category	Rate Based	No of Units	Package Rate Per Night	Additional Night Supplement	Package Rate Per Night	Additional Night Supplement	Package Rate Per Night	Additional Night Supplement
Ocean Pool Villa	2AD	10	3.809	4.016	2.865	3.072	3.030	3.237
Sunset Ocean Pool Villa	2AD	4	4.043	4.250	3.034	3.241	3.200	3.406
Grand Ocean Pool Villa	2AD	10	4.196	4.403	3.119	3.326	3.369	3.575
Sunset Grand Ocean Pool Villa	2AD	8	4.427	4.633	3.366	3.572	3.530	3.737
Beach Pool Villa	2AD	10	4.538	4.744	3.200	3.406	3.530	3.737
Grand Beach Pool Villa	2AD	13	4.868	5.075	3.449	3.656	3.784	3.991
Two-Bedroom Ocean Pool Villa	4AD	1	9.406	9.819	5.980	6.393	7.318	7.731
Two-Bedroom Beach Pool Villa	4AD	7	9.821	10.234	6.230	6.643	7.568	7.981
Grand Two-Bedroom Ocean Pool Villa	4AD	1	9.821	10.234	6.230	6.643	7.568	7.981
Two-Bedroom Wellbeing Beach Pool Villa	4AD	1	12.073	12.487	7.399	7.812	9.156	9.569
Two-Bedroom Wellbeing Beach Residence	4AD	1	12.243	12.656	7.648	8.062	9.486	9.899
Three-Bedroom Wellbeing Beach Residence	6AD	1	22.120	22.740	16.692	17.311	18.622	19.241
Four-Bedroom Private Wellbeing Ocean Residence	8AD	1	28.660	29.487	21.979	22.805	25.124	25.950

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GUT RESET

Retreat Objectives

Nurture your body's micro-environments to unlock healing at multiple levels. Especially designed to address the root cause of digestive disorders, this Wellbeing Programme promotes cellular detoxification and restores the natural balance of your microbiome through a synergistic blend of gentle detoxifying treatments.

As toxins are cleared away and digestive health is optimised, feel your wellbeing improve across multiple dimensions. Discover the Joy of Weightlessness in nature's healing embrace, complemented by the pure nourishment of our Earth-to-Table cuisine.

Available for any adult over the age of 16 years old



PACKAGE		5N	7N	10N
Inclusions	Duration			
Pre-Arrival Wellbeing Consultation	15 mins	I	I	I
Nutrition Consultation + Quest4	60 mins	I	I	I
AKTAR Signature Herbal Tea and Essential Oil Roller Blend	15 mins	I	I	I
Follow-Up Consultation	15 mins	I	I	2
Departure Consultation	30 mins	I	I	I
Flora Hair Analysis and Sensorial Experience	20 mins	O	I	I
Culinary Workshop	90 mins	O	I	2
AKTAR Herbology Workshop	60 mins	O	I	I
Meal Plan - Full Board		optional	optional	optional
Treatments				
Four Pillars Signature Massage	90 mins	I	I	I
AKTAR Microbiome Therapy	60 mins	I	I	2
Immunity Booster or Udvartana	60 mins	I	I	2
3-D Fitness & Alignment Analysis	30 mins	I	I	I
Body Wrap	60 mins	O	I	I
Reflexology or Chi Nei Tsang	60 mins	I	I	I
Flora Hair Lab Deep Scalp Detox	60 mins	I	I	I
Specialist Consultation - TCM / Ayurveda / Naturopathy / Homeopathy	60 mins	O	I	2
Total		6	8	11

CONTRACTED								
Validity			11.01.2023 - 10.05.2023		11.05.2023 - 10.10.2023		11.10.2023 - 25.12.2023	
Category	Rate Based	No of Units	Package Rate Per Night	Additional Night Supplement	Package Rate Per Night	Additional Night Supplement	Package Rate Per Night	Additional Night Supplement
Ocean Pool Villa	2AD	10	4.103	4.147	2.688	2.732	3.324	3.369
Sunset Ocean Pool Villa	2AD	4	4.337	4.382	2.857	2.902	3.493	3.538
Grand Ocean Pool Villa	2AD	10	4.490	4.534	2.941	2.986	3.662	3.707
Sunset Grand Ocean Pool Villa	2AD	8	4.720	4.765	2.940	3.233	3.824	3.868
Beach Pool Villa	2AD	10	4.831	4.876	2.774	3.067	3.824	3.868
Grand Beach Pool Villa	2AD	13	5.162	5.206	3.272	3.317	4.078	4.122
Two-Bedroom Ocean Pool Villa	4AD	1	9.993	10.082	5.625	5.714	7.905	7.995
Two-Bedroom Beach Pool Villa	4AD	7	10.408	10.497	5.875	5.964	8.155	8.245
Grand Two-Bedroom Ocean Pool Villa	4AD	1	10.408	10.497	5.379	5.964	8.155	8.245
Two-Bedroom Wellbeing Beach Pool Villa	4AD	1	12.661	12.750	6.547	7.133	9.743	9.832
Two-Bedroom Wellbeing Beach Residence	4AD	1	12.830	12.919	7.293	7.383	10.073	10.163
Three-Bedroom Wellbeing Beach Residence	6AD	1	23.001	23.135	16.159	16.293	18.411	18.545
Four-Bedroom Private Wellbeing Ocean Residence	8AD	1	29.835	30.014	21.268	21.447	24.822	25.001

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- Minimum 5 nights stay or more.
- For single occupancy price, please apply 5% discount



WEIGHT REBALANCE

Retreat Objectives

The more we learn about the digestive system, the more we realise how vital a healthy gut microbiome is for overall wellbeing. Thoughtfully created to support your weight management goals, this Wellbeing Programme helps to enhance the metabolism and contour the body.

Arrive at your optimum weight through a synergistic blend of gentle detoxifying treatments that clear toxins as well as restore internal balance. As physical and mental wellbeing are elevated, let the Joy of Weightlessness become your natural state of being.
Available for any adult over the age of 16 years old



PACKAGE		5N	7N	10N
Inclusions	Duration			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Nutrition Consultation + Quest4	60 mins	1	1	1
Specialist Consultation - TCM / Ayurveda / Naturopathy	60 mins	0	1	1
AKTAR Signature Herbal Tea and Essential Oil Roller Blend	15 mins	1	1	1
Follow-Up Consultation	15 mins	1	1	2
Departure Consultation	30 mins	1	1	1
Flora Hair Analysis and Sensorial Experience	20 mins	0	1	1
AKTAR Herbology Workshop	60 mins	0	1	1
Culinary Workshop	90 mins	0	1	2
Meal Plan - Full Board		1	1	1
Treatments				
Four Pillars Signature Massage	90 mins	1	1	2
Udvertana or Chi Nei Tsang	60 mins	1	2	3
Legs, Hips and Gluteal Detox	90 mins	0	1	1
AKTAR Skin Therapy or AKTAR Microbiome Therapy	60 mins	1	2	2
3-D Fitness & Alignment Analysis	30 mins	1	1	1
Intelligent Movement Analysis	60 mins	0	1	1
Functional Training or Pilates	60 mins	2	3	4
Cryotherapy	30 mins	1	2	3
Total		7	13	17

CONTRACTED								
Validity			11.01.2023 - 10.05.2023		11.05.2023 - 10.10.2023		11.10.2023 - 25.12.2023	
Category	Rate Based	No of Units	Package Rate Per Night	Additional Night Supplement	Package Rate Per Night	Additional Night Supplement	Package Rate Per Night	Additional Night Supplement
Ocean Pool Villa	2AD	10	4.148	4.517	2.956	3.325	3.370	3.739
Sunset Ocean Pool Villa	2AD	4	4.383	4.752	3.126	3.495	3.539	3.908
Grand Ocean Pool Villa	2AD	10	4.535	4.904	3.210	3.579	3.708	4.077
Sunset Grand Ocean Pool Villa	2AD	8	4.766	5.135	3.457	3.826	3.869	4.238
Beach Pool Villa	2AD	10	4.877	5.246	3.291	3.660	3.869	4.238
Grand Beach Pool Villa	2AD	13	5.207	5.576	3.541	3.910	4.123	4.492
Two-Bedroom Ocean Pool Villa	4AD	1	10.084	10.822	6.163	6.901	7.997	8.735
Two-Bedroom Beach Pool Villa	4AD	7	10.499	11.237	6.412	7.150	8.246	8.984
Grand Two-Bedroom Ocean Pool Villa	4AD	1	10.499	11.237	6.412	7.150	8.246	8.984
Two-Bedroom Wellbeing Beach Pool Villa	4AD	1	12.752	13.490	7.581	8.319	9.834	10.572
Two-Bedroom Wellbeing Beach Residence	4AD	1	12.921	13.659	7.831	8.569	10.165	10.903
Three-Bedroom Wellbeing Beach Residence	6AD	1	23.138	24.245	16.965	18.072	18.548	19.655
Four-Bedroom Private Wellbeing Ocean Residence	8AD	1	30.017	31.494	22.344	23.820	25.004	26.480

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- Minimum 5 nights stay or more.
- For single occupancy price, please apply 5% discount



REVERSE AGEING

Retreat Objectives

Experience a deep skin transformation, guided by a potent combination of advanced science and ancient wisdom. Ideal for guests who wish to restore the natural youth of their skin and hair, this Wellbeing Programme features a series of time-reset treatments that have been proven to effectively reverse the signs of ageing.

Carefully chosen therapies help to counter the damage done by stress and environmental factors. As skin cells are rejuvenated and renewed, your skin and scalp microbiome return to their optimal state. Discover a sense of profound wellbeing, infused with the Joy of Weightlessness that is at the heart of JOALI BEING. Available for any adult over the age of 35 years old



PACKAGE		5N	7N	10N
Inclusions	Duration			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Integrative Lifestyle Assessment	60 mins	1	1	1
AKTAR Signature Herbal Tea and Essential Oil Roller Blend	15 mins	1	1	1
Follow-Up Consultation	15 mins	1	1	2
Departure Consultation	30 mins	1	1	1
Flora Hair Analysis and Sensorial Experience	20 mins	0	1	1
Culinary Workshop	90 mins	0	1	1
Comprehensive Skin Care Health Analysis	30 mins	1	1	1
AKTAR Herbology Workshop	60 mins	0	1	1
Treatments				
Four Pillars Signature Massage	90 mins	1	1	1
Charcoal Detox Facial	60 mins	0	1	1
The Medi-Luxe Facial or Age-Well Energy Lift Facial	90 mins	1	1	2
Udvardana or Chi Nei Tsang	60 mins	1	2	3
AKTAR Skin Therapy or AKTAR Microbiome Therapy	60 mins	1	1	1
Flora Hair Lab Restorative Hair and Scalp	60 mins	0	0	1
Body Wrap	60 mins	0	1	1
Cryotherapy	30 mins	1	2	3
Total		5	9	13

CONTRACTED								
Validity	11.01.2023 - 10.05.2023				11.05.2023 - 10.10.2023		11.10.2023 - 25.12.2023	
Category	Rate Based	No of Units	Package Rate Per Night	Additional Night Supplement	Package Rate Per Night	Additional Night Supplement	Package Rate Per Night	Additional Night Supplement
Ocean Pool Villa	2AD	10	3.861	4.000	2.445	2.585	3.082	3.221
Sunset Ocean Pool Villa	2AD	4	4.095	4.234	2.615	2.754	3.251	3.391
Grand Ocean Pool Villa	2AD	10	4.247	4.387	2.699	2.839	3.420	3.560
Sunset Grand Ocean Pool Villa	2AD	8	4.478	4.618	2.946	3.085	3.582	3.721
Beach Pool Villa	2AD	10	4.589	4.729	2.780	2.919	3.582	3.721
Grand Beach Pool Villa	2AD	13	4.920	5.059	3.030	3.169	3.836	3.975
Two-Bedroom Ocean Pool Villa	4AD	1	9.509	9.788	5.141	5.420	7.421	7.700
Two-Bedroom Beach Pool Villa	4AD	7	9.924	10.203	5.391	5.670	7.671	7.950
Grand Two-Bedroom Ocean Pool Villa	4AD	1	9.924	10.203	5.391	5.670	7.671	7.950
Two-Bedroom Wellbeing Beach Pool Villa	4AD	1	12.177	12.455	6.559	6.838	9.259	9.538
Two-Bedroom Wellbeing Beach Residence	4AD	1	12.346	12.625	6.809	7.088	9.589	9.868
Three-Bedroom Wellbeing Beach Residence	6AD	1	22.275	22.693	15.433	15.851	17.685	18.103
Four-Bedroom Private Wellbeing Ocean Residence	8AD	1	28.867	29.424	20.300	20.858	23.853	24.411

You may find detailed information at the end of the wellbeing programmes.

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- Minimum 5 nights stay or more.
- For single occupancy price, please apply 5% discount

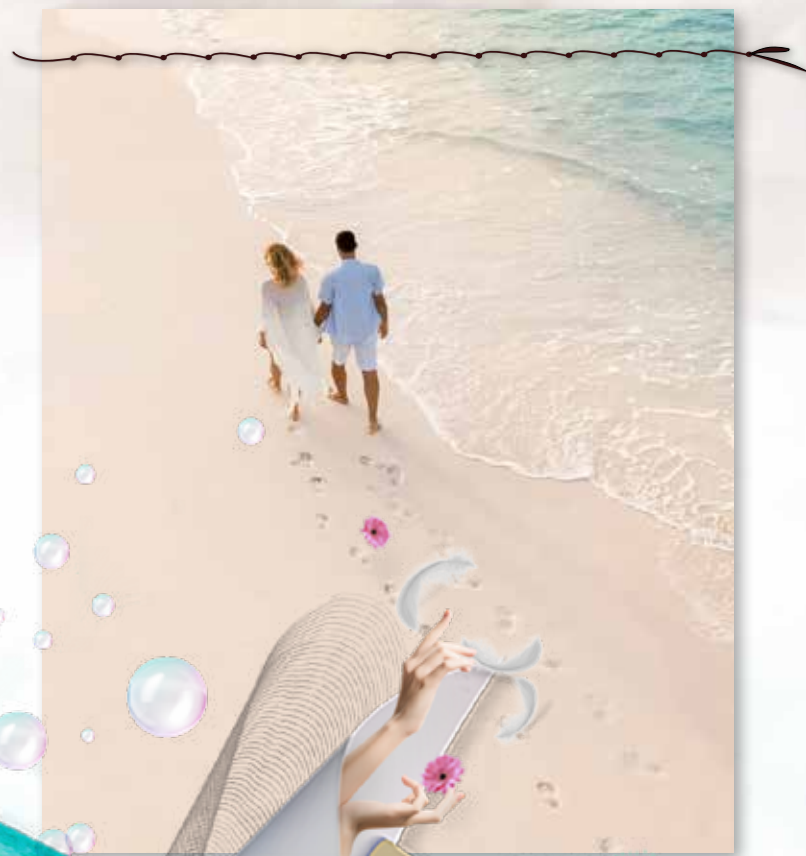


WELLBEING TOGETHER

Retreat Objectives

Embark on a joyful adventure together to nurture and deepen your precious bond. This Wellbeing Programme invites couples to explore each other's interests and share meaningful moments in our ultra-luxurious island paradise.

Rediscover the unparalleled pleasure of spending time together as you enjoy wellbeing treatments and indulgent experiences designed for two. Blissfully removed from the outside world, this unforgettable journey sparkles brightly with the Joy of Weightlessness – an exhilarating feeling of lightness and freedom.
Available for any adult over the age of 16 years old



PACKAGE		5N	7N	10N
Inclusions	Duration			
Pre-Arrival Wellbeing Consultation	15 mins	1+1	1+1	1+1
Integrative Lifestyle Assessment Consultation	60 mins	1+1	1+1	1+1
Follow-Up Consultation	15 mins	1+1	1+1	1+1
Departure Consultation	30 mins	1+1	1+1	1+1
Culinary Workshop	90 mins	1+1	1+1	1+1
AKTAR Perfume Making Workshop	90 mins	1+1	1+1	1+1
Art House Workshop	60 mins	1+1	1+1	1+1
Master Tea Tasting	60 mins	1+1	1+1	1+1
Treatments				
Four Pillars Massage/Skin Therapy/Microbiome Therapy in Couples suite (Choice of location - Ocean Sala with private sauna or immortelle with private jacuzzi with 2 drinks and healthy cake)	150 mins	1+1	2+2	2+2
Couples Watsu	60 mins	1+1	1+1	1+1
Couples Hammam	90 mins	1+1	1+1	1+1
Functional Training, Pilates or Yoga	60 mins	1+1	1+1	2+2
Sound Bath Meditation	60 mins	1+1	1+1	2+2
Total		5	6	8

CONTRACTED								
Validity			11.01.2023 - 10.05.2023		11.05.2023 - 10.10.2023		11.10.2023 - 25.12.2023	
Category	Rate Based	No of Units	Package Rate Per Night	Additional Night Supplement	Package Rate Per Night	Additional Night Supplement	Package Rate Per Night	Additional Night Supplement
Ocean Pool Villa	2AD	10	4.299	4.231	3.355	3.287	3.520	3.452
Sunset Ocean Pool Villa	2AD	4	4.533	4.465	3.524	3.456	3.690	3.622
Grand Ocean Pool Villa	2AD	10	4.686	4.618	3.609	3.541	3.859	3.791
Sunset Grand Ocean Pool Villa	2AD	8	4.917	4.849	3.856	3.788	4.020	3.952
Beach Pool Villa	2AD	10	5.028	4.960	3.690	3.622	4.020	3.952
Grand Beach Pool Villa	2AD	13	5.358	5.290	3.939	3.871	4.274	4.206
Two-Bedroom Ocean Pool Villa	4AD	1	10.386	10.250	6.960	6.824	8.298	8.162
Two-Bedroom Beach Pool Villa	4AD	7	10.801	10.665	7.210	7.074	8.548	8.412
Grand Two-Bedroom Ocean Pool Villa	4AD	1	10.801	10.665	7.210	7.074	8.548	8.412
Two-Bedroom Wellbeing Beach Pool Villa	4AD	1	13.053	12.917	8.379	8.243	10.136	10.000
Two-Bedroom Wellbeing Beach Residence	4AD	1	13.223	13.087	8.629	8.492	10.466	10.330
Three-Bedroom Wellbeing Beach Residence	6AD	1	23.590	23.386	18.162	17.958	19.000	18.796
Four-Bedroom Private Wellbeing Ocean Residence	8AD	1	30.621	30.348	23.939	23.667	25.607	25.335

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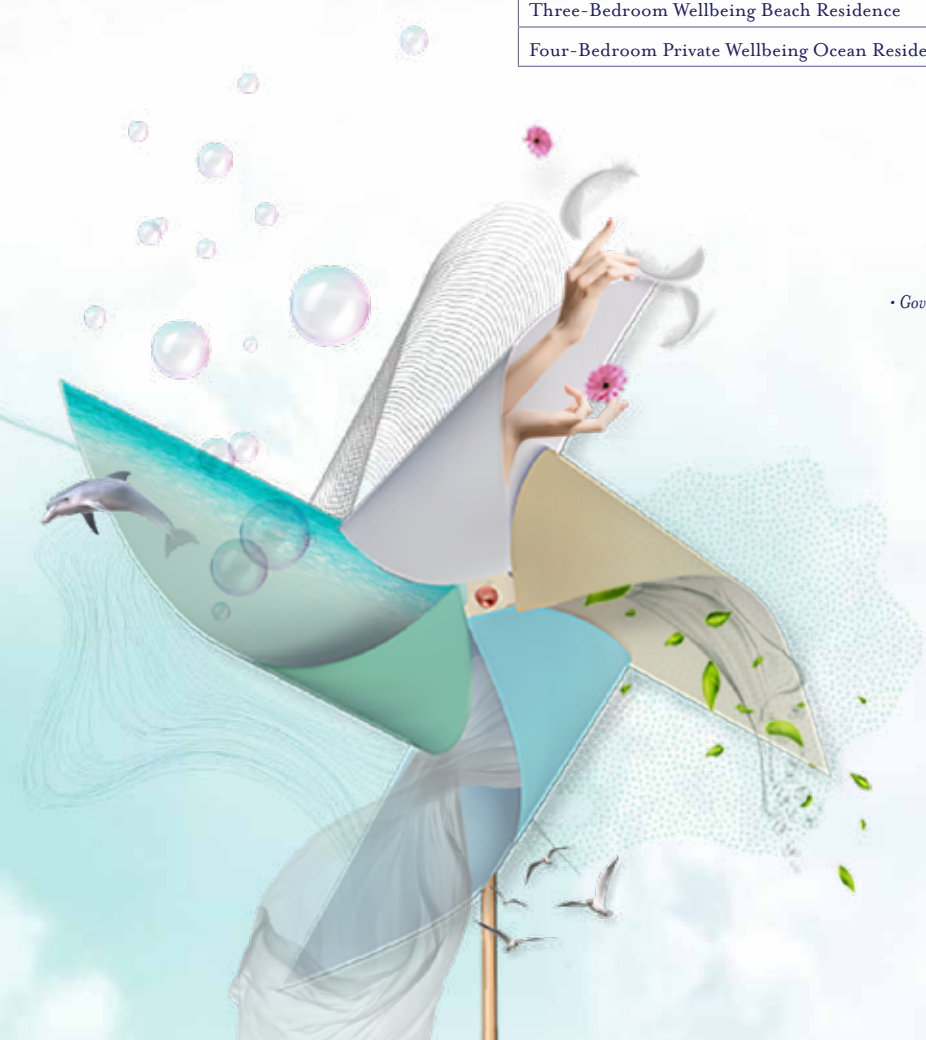
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WELLBEING COMBINATION

CONTRACTED								
Validity			11.01.2023 - 10.05.2023		11.05.2023 - 10.10.2023		11.10.2023 - 25.12.2023	
Category	Rate Based	No of Units	Package Rate Per Night	Additional Night Supplement	Package Rate Per Night	Additional Night Supplement	Package Rate Per Night	Additional Night Supplement
Ocean Pool Villa	2AD	10	4.547	4.547	3.603	3.603	3.768	3.768
Sunset Ocean Pool Villa	2AD	4	4.781	4.781	3.772	3.772	3.938	3.938
Grand Ocean Pool Villa	2AD	10	4.934	4.934	3.857	3.857	4.107	4.107
Sunset Grand Ocean Pool Villa	2AD	8	5.165	5.165	4.104	4.104	4.268	4.268
Beach Pool Villa	2AD	10	5.276	5.276	3.938	3.938	4.268	4.268
Grand Beach Pool Villa	2AD	13	5.606	5.606	4.187	4.187	4.522	4.522
Two-Bedroom Ocean Pool Villa	4AD	1	10.882	10.882	7.456	7.456	8.794	8.794
Two-Bedroom Beach Pool Villa	4AD	7	11.297	11.297	7.706	7.706	9.044	9.044
Grand Two-Bedroom Ocean Pool Villa	4AD	1	11.297	11.297	7.706	7.706	9.044	9.044
Two-Bedroom Wellbeing Beach Pool Villa	4AD	1	13.549	13.549	8.875	8.875	10.632	10.632
Two-Bedroom Wellbeing Beach Residence	4AD	1	13.719	13.719	9.125	9.125	10.962	10.962
Three-Bedroom Wellbeing Beach Residence	6AD	1	24.334	24.334	18.906	18.906	19.744	19.744
Four-Bedroom Private Wellbeing Ocean Residence	8AD	1	31.613	31.613	24.931	24.931	26.599	26.599

You may find detailed information at the end of the wellbeing programmes.

- The above rates are quoted in US Dollars per villa per night inclusive of half board basis for all Villa occupants.
 - Rates are inclusive of 10% service charge & 16% TGST (Tourism Goods and Service Tax)
 - Rates are subject to Green Tax of USD 6 per person per night, regardless of age and will apply for all bookings.
- Government taxes are subject to change without prior notice. Should local authorities and government increase taxes, the Resort shall be entitled to automatically apply and enforce the new taxes.
 - The above rates and all terms & conditions are valid for up to a maximum of 9 villas.
 - Minimum 5 nights stay or more.
 - For single occupancy price, please apply 5% discount



TREATMENTS

Four Pillars Signature Massage (90 mins)

Our signature full-body treatment with the Four Pillars essential oil blends, designed to calm the mind and stimulate the flow of vital life force in the body.

Watsu Therapy | Hamman Experience (60 mins)

A choice between Watsu, a healing hydro-treatment combining massage, acupressure, shiatsu and stretching, or Turkish Hammam, a timeless cleansing ritual for inner calm and strength.

AKTAR Mind Therapy | Sound Healing Remedies (60 mins)

A choice between our Mind Therapy massage to promote mental peace and clarity, or Sound Therapies that bring you in alignment with universal vibrations.

Hatha Yoga | Pilates | Meditation (60 mins)

A movement or breathwork session of your choice, to bring mind and body into harmony.

Massage – Abhyanga | Shirodhara | Integrative (90 mins)

A choice between relaxing Abhyanga with medicated herbal oils, therapeutic Shirodhara to awaken awareness and mental peace, or Integrative Massage to melt away tension.

Flora Restorative Hair and Scalp (60 mins)

A tailored treatment to rejuvenate scalp health and restructure hair fibres for fuller, shinier hair.

Watsu Therapy (60 mins)

A healing hydro-treatment combining massage, acupressure, shiatsu and stretching, designed to create a state of profound serenity.

Massage – Abhyanga | Shirodhara | Mind Therapy (90 mins)

A choice between relaxing Abhyanga with medicated herbal oils, therapeutic Shirodhara to treat anxiety and awaken awareness, or relaxing Mind Therapy to promote mental peace.

Wellbeing Wisdom of Yoga (60 mins)

An interactive session with our experienced Yogacharya to broaden your perspective on all aspects of life – physical, energetical, emotional and spiritual.

Flora Anti-Ageing Hair and Scalp (60 mins)

A specially formulated treatment to soothe the scalp and promote hair growth, density and elasticity.

AKTAR Microbiome Therapy (60 mins)

A serene massage that uses gentle movements and curated essential oils to strengthen microbiome health, aid digestion and support the immune system.

Massage – Immunity Booster | Udvartana (30 mins)

A choice between our Immunity Booster treatment that combines dry brushing and lymphatic drainage movements to awaken circulation and remove toxins, or a strong Udvartana massage that employs powders and pastes to stimulate lymph nodes and eliminate toxins.

3-D Fitness & Analysis (30 mins)

A comprehensive scan of various metrics, represented in a digital avatar and analysed to prepare an intelligent nutritional and fitness programme that addresses your body's specific needs and ignites metabolism.

Body Wrap (60 mins)

An ultra-exfoliating body scrub, followed by a nourishing wrap of rich minerals, trace elements and potent antioxidants.

TREATMENTS

Reflexology | Chi Nei Tsang (60 mins)

A choice between lower-leg Reflexology that activates energy points to revitalise the body's energy flow, or abdominal Chi Nei Tsang that clears blockages and rebalances your entire energy system.

Flora Deep Scalp Detox (60 mins)

A tailored treatment that unclogs the scalp, improves oxygenation and promotes a healthy microbiome to support the vigorous growth of shiny hair.

Specialist Consultation – TCM | Ayurveda Naturopathy | Homeopathy (60 mins)

A personal wellbeing consultation with one of our expert practitioners to identify imbalances and suggest appropriate treatments or lifestyle adjustments.

Massage – Udvartana | Chi Nei Tsang (60 mins)

A choice between a strong Udvartana full-body massage that employs powders and pastes to stimulate lymph nodes and eliminate toxins, or a gentle Chi Nei Tsang abdominal massage that clears blockages and rebalances your entire energy system.

Legs, Hips and Gluteal Detox (90 mins)

A detoxifying and toning treatment that combines a scrub and wrap with myofascial massage, cupping and cryotherapy. Focused on the upper legs, glutes, hips and lower back.

AKTAR Skin Therapy AKTAR Microbiome Therapy (60 mins)

A choice between a gentle Skin Therapy to contour and shape the form of the body, especially thighs and arms, or a serene Mind Therapy to strengthen microbiome health and aid digestion.

Intelligent Movement Analysis (60 mins)

An in-depth and real-time analysis of movement patterns and performance, used to create a bespoke training programme that helps you meet your fitness goals.

Functional Training | Pilates (60 mins)

Your choice of invigorating workout, guided by one of our expert fitness specialists.

Cryotherapy (30 mins)

An innovative extreme-cold therapy that boosts cellular activity to support weight management, with up to 800 calories burned in a single session. Performed in our cryo:one chamber.

Charcoal Detox Facial (60 mins)

A deeply cleansing and detoxifying facial that includes a signature triple peel and charcoal rice therapy mask to remove impurities and blackheads.

Facial – Medi-Luxe | Age-Well Energy Lift (90 mins)

A choice between a Medi-Luxe Facial that combines stem cell technology, hyaluronic acid, lifting massages and LED therapy for visibly firmer and more radiant skin, or an age-defying Energy Lift Facial that uses rare Swiss apple stem cells and breakthrough ingredient Teprenone to promote skin cell rejuvenation.

AKTAR Skin Therapy | AKTAR Mind Therapy (60 mins)

A choice between a gentle Skin Therapy to contour and shape the form of the body, especially thighs and arms, or a relaxing Mind Therapy with traditional oils to promote mental peace and clarity.

Body Wrap (60 mins)

An ultra-exfoliating body scrub, followed by a nourishing wrap of rich minerals, trace elements and potent antioxidants.

Couple's Massage – Four Pillars Signature | Mind Therapy | Microbiome Therapy (150 mins)

A choice between our signature Four Pillars Massage to stimulate the flow of vital life force, Mind Therapy to promote mental peace, or Microbiome Therapy to strengthen gut health and immunity. Performed in the privacy of your chosen Couple's Suite – Ocean Sala with private sauna, or Immortal with private Jacuzzi.

INCLUSIONS

Couple's Watsu (60 mins)

A gentle hydro-treatment for couples to relax deeply together through a blend of massage, acupressure, shiatsu and stretching.

Couple's Hammam (90 mins)

A timeless water ritual for inner calm and strength, including a purifying full-body scrub, cleansing soap bag massage, replenishing body mask, and relaxing scalp and foot treatments.

Sound Bath Meditation (60 mins)

A meditative ritual for couples to relax and expand awareness as they "bathe" in the resonant sound waves created by singing bowls and other musical instruments.

Pre-Arrival Wellbeing Consultation (15 mins)

A preliminary consultation prior to arrival, to help us craft your personalised wellbeing journey.

Integrative Lifestyle Assessment Consultation (60 mins)

A body analysis using advanced bioenergetic technology, and a comprehensive lifestyle analysis of dietary habits, movement routines, sleeping patterns and other aspects of daily life.

AKTAR Signature Herbal Tea and Essential Oil Roller Blend (15 mins)

Customised herbal tea and essential oil blend to support your wellbeing. Especially crafted by our herbologist at the AKTAR.

AKTAR Herbology Workshop (60 mins)

An interactive session with our herbologist, where you will discover the secrets of plant energetics and herbal remedies

AKTAR Perfume Making Workshop (90 mins)

An interactive session with our herbologist, where you will create unique fragrances for one another.

Follow Up Consultation (15 mins)

A second consultation, midway through your stay, to ensure that the journey so far is satisfactory and to make any adjustments, if required.

Culinary Workshop (90 mins)

A learning session for couples, focused on creating good eating habits, making healthy food choices, and living in a way that nourishes body, mind and spirit.

Master Tea Tasting (60 mins)

A reflective journey for couples to share exquisite teas from around the world, each one famed for its distinctive aroma, taste and health benefits.

Art House Workshop (60 mins)

A joyful session that invites couples to explore each other's creative side, guided by our resident Art Therapist.

Flora Hair Analysis and Sensorial Experience (20 mins)

A diagnosis of your scalp and hair wellbeing using science-backed Flora methods, followed by a blissful sensorial experience.

Nutrition Consultation + Qest4 (60 mins)

A comprehensive analysis of dietary habits and routines, including levels of stress and satisfaction, medications and supplements and micro-macro intake, along with a bio-energetic evaluation based on physiological signals.

Specialist Consultation – TCM, Ayurveda, Naturopathy / Homeopathy (60 mins)

A personal wellbeing consultation with one of our expert practitioners to identify imbalances and suggest appropriate treatments or lifestyle adjustments.

Comprehensive Skin Health Analysis (30 mins)

A facial evaluation that uses advanced algorithms to determine the current and future condition of your skin, including pore structure, dehydration, collagen loss and thinning. The foundation for your personalised reverse-ageing skincare routine.

Departure Consultation (30 mins)

A special consultation at the time of departure, with recommendations to carry and maintain your newfound sense of wellbeing back home.