



drift
BY NIYAMA



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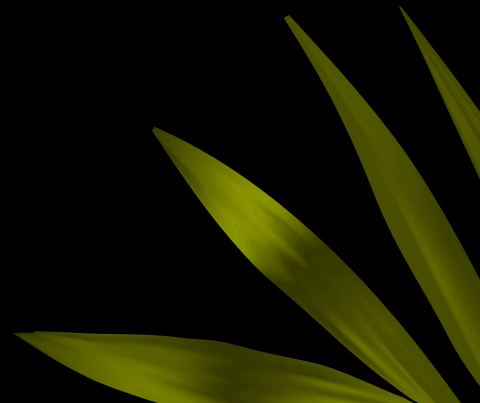
Slow down, exhale...and drift into deep relaxation. Let your body and your soul float on waters of tranquility. Drift by Niyama is your sanctuary at sea, a haven of pure indulgence and healing that combines the calming rhythm of ocean waves with the comforting harmony of nature.

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At Drift by Niyama, wellness and science collide – in the best way possible. Explore relaxing facials that pack powerful serums, Ayurvedic treatments based on 5,000 years of wisdom, and multi-day retreats guided by professionals in multiple disciplines. Our team of wellness therapists and healers will consciously massage, stretch and lead you towards optimal wellbeing while you drift effortlessly in our oasis of calm.

Savour and live in each moment.







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SIGNATURE TREATMENTS

■ **Niyama Signature Ritual**

120 mins

Raw sea salt fragranced with the zing of lime and ginger invigorates and exfoliates. Our signature oil massage using lomilomi, shiatsu and Thai techniques then induces deep relaxation. Perfect pre- or post-travel.

Enhancer: Nourishing body wrap and facial acupressure 30 mins

■ **Couple's Romance**

120 mins

Foster a deeper connection with guided meditation. Lie side by side and enjoy our signature ritual of body scrub and massage, and emerge glowing.

Enhancer: Pampering Milky Bath 30 mins

■ **Voyage of Wellness**

120 mins

A combination of abhyanga massage, singing bowl vibrations, and shirodhara using warm, herb-infused oils induces the ultimate state of calm, all whilst relieving tiredness and releasing stress.

Enhancer: Healing Herbal Bath 30 mins

■ **Drift Into Slumber**

120 mins

Head-to-toe relaxation with foot reflexology, a relaxing back massage and scalp acupressure with your choice of slumber-inducing essential oils, finally concluding with a calming facial.

Enhancer: Relaxing Hot Stones 30 mins



FAMILY SOUL

To be enjoyed in-villa or in a private spa sanctuary.

- **Family Spa-rty (One parent + one child)**

90 mins

An invigorating coconut body scrub for mum or dad is followed by an intense release massage. For the little one: a kid's massage followed by a mani-pedi.

- **Family Incredible (parents + two children)**

90 mins

Parental unwinding: an intense release massage follows a green tea body scrub. For the little ones: the full works with a wrap, massage, and mani or pedi

- **KIDS**

Daphne the Dolphin Massage - 30/60 mins

Little Starfish Couture Facial - 30 mins

Little Princess Manicure - 30 mins

Happy Feet Pedicure - 30 mins





DIVE/SURF & DRIFT

- **Pre-Dive/Surf**

60 mins

Get ready to tan and shine. A coconut and salt body scrub is followed by a moisturising aroma back massage.

- **Post-Dive/Surf**

60 mins

The ultimate recovery: a therapeutic back massage followed by a cool aloe vera body wrap.

- **Beverly Hills Vitamin Therapy for Surfers**

Our NAD+ & Hydration restorative treatment improves athletic endurance while increasing mental clarity. Leave chronic fatigue in the sand with our energy powerhouse formulas and hit Vodi Point again.

MASSAGES

- **Niyama**

60 mins | 90 mins

A unique combination of Hawaiian lomilomi, Japanese shiatsu and Thai traditional massage with aroma oil to induce deep relaxation.

- **Balinese**

60 mins | 90 mins

Aromatherapy, acupressure, skin rolling and firm, smooth strokes stimulate energy flow & circulation.

- **Deep Tissue**

60 mins | 90 mins

For those who massage frequently, or suffer from deep-seated muscle pain, this powerful treatment is sure to relieve all lingering tension in the body.

- **Chakra Balancing**

90 mins

A relaxing massage with warm herbal oils is combined with the calming vibrations of Tibetan Singing Bowls to induce the deepest levels of relaxation.

- **Classic Swedish**

60 mins | 90 mins

This energising technique employs long strokes, kneading, friction, tapping and shaking motions to apply pressure between muscles and bones, guiding the flow of blood to the heart.

- **Thai**

60 mins | 90 mins

Famous the world over, pressure-point massage and yoga-style stretches release locked energy and tension.

- **Peaceful Pregnancy**

60 mins | 90 mins

Performed on a pear-shaped beanbag that molds to every bump, a gentle massage hydrates skin that is expanding to accommodate your growing baby.

- **Jet Lag Reviver**

90 mins

Tailored to the time of the day. In the morning, a full body scrub is followed by a stimulating massage to rejuvenate and release tiredness. In the evening, relaxing warm herbal bundles comfort tired muscles, lymphatic drainage therapy relieves water retention, and a detox colon massage restores your bio-rhythm and metabolism.



BREATHE AROMATHERAPY

We have partnered with Breathe Aromatherapy to create an exclusive range of aromatic oil blends for your massages, each with different properties but all with the same resolve – to drift into deep relaxation. Created to offer you the goodness of tropical flora, the ingredients have been specifically selected for their health benefits and medicinal properties.

- **Calm Body Oil**

Jasmine, vetiver and frankincense to soothe your muscles, improve sleep quality and relieve the mind from stress.

- **Cool Body Oil**

Sandalwood, jasmine, rose and geranium are designed to cool the body and temperament and encourage inspiration to flow.

- **Energise Body Oil**

Cinnamon, clove, eucalyptus and tea tree promote zing and vitality, renew the spirit and instil lightness of being.

- **Virgin Coconut Oil**

Pure coconut milk extract to moisturise and soothe, repair sensitive and allergy-prone skin.







AYURVEDA

Ayurveda offers highly personalised journeys of healing backed by 5,000 years of science. Restore balance to your life, beginning with a consultation with our resident doctor, and treatments tailored to your doshas.

- **Abhyanga**

60 mins | 90 mins

Abhyanga massage is recommended daily, relieving aches and pains, nourishing the body and energy levels, and inducing restful sleep at night.

- **Shirodhara**

60 mins

Warm herbal oil is gently and steadily poured on the forehead, inducing a deep state of relaxation. This is accompanied by a scalp, neck and shoulder massage that calms and restores energy at the same time.

- **Abhyanga & Shirodhara**

90 mins

An invigorating abhyanga treatment is followed by flowing shirodhara for complete mind-body relaxation.

- **Udvardhana**

90 mins

Udvardhana means to elevate, signifying the upward strokes used in this massage. The body is rubbed using specially prepared herbal powder to burn fat and boost strength.

- **Sarvangadhara**

90 mins

Warm medicated oil is poured continually and uniformly over the body together with a gentle massage to lubricate the joints, and nourish muscles and nerves. The oil simultaneously restores elasticity and lustre to the skin, making it an integral part of post-natal and anti-ageing programmes.

- **Churna Sweda**

90 mins

A unique mix of herbal and medicated powders are wrapped in a muslin cloth, warmed and used to massage the entire body. Gentle kneading promotes the elimination of toxins, increases mobility of the joints, and relieves muscular aches and joint pains.

- **Shashtika Sweda**

90 mins

This sweat-inducing treatment utilises unique compresses of rice, milk and herbs that are gently kneaded over the body. Pain, swelling and stiffness are relieved, and the resultant cleansing and cooling leave the skin supple.

- **Jambira Sweda**

90 mins

A warm compress filled with lime, grated coconut, herbs and spices cooked in herbal oil helps with frozen shoulder, pain and swelling associated with sports and physical injuries.

- **Avagaha Sweda**

30 mins

A detoxifying bath that induces perspiration, relieves stress and inflammation, and improves digestion. A cooling version can also be prepared.

AYURVEDIC IMMERSIONS

Explore multi-day Ayurvedic immersions that combine exercise and treatments to restore body and mind. Our resident Ayurvedic doctor will recommend a series of treatments for you based on your specific needs and constitution.

All programmes include:

- 1 x Ayurvedic lifestyle consultation
- Daily group yoga (refer to Active calendar)
- Group meditation (refer to Active calendar)
- Daily 90-minute wellness treatment
- Access to steam and sauna

MULTI-DAY PROGRAMMES

■ DISCOVER – 3 DAYS IMMERSION

- Abhyanga & Shirodhara – 90 mins
- Udvartana – 90 mins
- Churna Sweda – 90 mins
- Private Yoga Session – 60 mins

■ ENGAGE – 5 DAYS IMMERSION

- Abhyanga & Shirodhara – 90 mins
- Udvartana – 90 mins
- Churna Sweda – 90 mins
- Shashtika Sweda – 90 mins
- Sarvangadhara – 90 mins
- Private Yoga Session – 60 mins

■ INDULGE – 7 DAYS IMMERSION

- Abhyanga & Shirodhara – 90 mins
- Udvartana – 90 mins
- Churna Sweda – 90 mins
- Jambira Sweda – 90 mins
- Shashtika Sweda – 90 mins
- Sarvangadhara – 90 mins
- Chakra Balancing Massage – 90 mins
- Private Yoga Session – 60 mins



CUSTOMISED RECOVERY PACKAGE

(3 or 5 days)

Restore vital energy, relieve tension and achieve deep relaxation for your body and mind with our customisable programs. Enjoy the freedom of flexibility in selecting treatments and scheduling session times. Program may be used for combined experiences or individual massage therapy, body treatment, facials or quick fix treatments in 60-minute or 90-minute sessions in any one day. Visit our Spa and allow our Wellness experts to tailor make a personalised treatment journey according to your needs.

**Tailor-made Recovery Packages for Divers and Surfers.*

CODAGE PARIS FACIALS

From Paris to the Maldives, CODAGE offers custom serums for a diverse array of complexions that are 100% natural, vegan and sustainable.

- **La Consultation CODAGE**

15 mins

A complimentary consultation prior to a treatment or purchase of product to decode your skin's unique needs.

Please arrive 15 minutes prior to your treatment time

- **Soin Couture Visage**

60 mins | 90 mins

A double cleansing and complete exfoliation of the skin is followed by the signature CODAGE Cellular Workout using personalised serum mixology and massage techniques.

- **Soin Purifiant Avancé**

60 mins

Ideal for combination and oily skin, this advanced facial utilises alpha and beta hydroxy acids to remove dead cells, deep clean, intensely detoxify and fade blemishes.

- **Soin Expert Pro-Âge**

60 mins

Anti-ageing haute cosmetology to stimulate the synthesis of collagen and elastin, with manual lifting techniques to reduce wrinkles and expression lines.

- **Soin Coup D'éclat**

60 mins

Erase the signs of fatigue and restore your skin's vitality with an immediate boost of radiance

CODAGE ADD-ONS

Applicable to all treatments on offer at Drift.

- **Gymnastique Cellulaire**

30 mins

The CODAGE Cellular Workout infusion of concentrated serums with pressure-point techniques to tone muscles, tighten skin, improve circulation and boost lymphatic drainage.

- **Hydration Express**

30 mins

This recovery treatment is an envelope of intense nutrition for your skin, resulting in luminosity and softness. Highly recommended to complement your tan.

- **Eye Pro-Âge**

30 mins

A powerful and relaxing treatment dedicated to the eye contour to restore youth and luminosity to the eyes, while reducing dark circles, puffiness and signs of ageing.



CODAGE PARIS AMENITIES AT DRIFT SPA

Codage Paris amenities offers a luxurious design and features pipette-esque bottles containing formulas enriched with almond oil and shea butter. The products are all formulated with Codage Signature fragrance* and feature aloe vera, making them perfect enhancements for the Maldivian tropics!

Sustainability remains a critical goal for our resort and a sincere commitment within our partnerships. Codage's "Care About Earth" commitment ensures that the packaging is ECO-DESIGNED and SUSTAINABLE. All products are manufactured in France in the Codage Laboratory with 100% CLEAN and VEGAN formulas containing NO ALLERGENS for the respect of all skin types.

Codage Signature fragrance*

- Top Note: Bergamot collage and aromatic aldehydes for soapy-waxy-lemony-floral touch
- Heart Note: Jasmine, Lilac, Peach, Coconut
- Base Note: White Cedar, Vanilla, Musk



ELEMIS BIOTEC FACIALS

Britain's number one skincare brand combines the power of natural ingredients with technological innovation. All our treatments use galvanic micro-currents to deliver nutrients deeper into the skin.

- **BIOTEC Radiance Renew**

60 mins | 90 mins

For dull and tired skin. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and remove impurities, while the galvanic current harnesses the power of elderberry and orange flower to restore moisture.

- **BIOTEC Skin Resurfacer**

60 mins | 90 mins

Addresses uneven tone, blemishes and fine lines. The ultrasonic peel reveals a noticeably smoother complexion using a combination of lactic and hyaluronic acids. Steam and extraction deeply cleanse, before massage and light therapy restore equilibrium.

- **BIOTEC 24/7 Skin Sync**

60 mins | 90 mins

For a well-rested glow. LED light therapy helps reset the clock for optimum skin wellness, while galvanic technology stimulates the skin for an illuminated, wide-awake feel.

- **BIOTEC Line Eraser**

60 mins | 90 mins

Circulation is improved, increasing the production of collagen and elastin, while the dermis is flooded with hyaluronic hydrating activators. Red and blue light therapy de-stress the skin while a blast of oxygen irons out wrinkles and fills in lines.

- **BIOTEC Firm-a-Lift**

60 mins | 90 mins

A blend of massage and sculpting technology to strengthen, restore elasticity and contour. Circulation-stimulating gardenia stem cells are activated by micro-current pulses to tighten slackening skin.

- **BIOTEC Blemish Control**

60 mins | 90 mins

Detoxifies the skin and repairs damaged tissue. Ultrasonic vibration, massage, steam and galvanic currents thoroughly decongest and exfoliate. A powerfully antioxidant, anti-bacterial activator of salicylic acid soothes, while light therapy clears the complexion.

- **BIOTEC Sensitive Skin Soother**

60 mins | 90 mins

Calms red skin. Using natural anti-inflammatory willowherb, the skin is infused with oxygen to encourage cellular restoration. Red light therapy with calming antioxidants improve the skin's natural ability to repair itself.

- **BIOTEC Super-Charger for Men**

60 mins | 90 mins

De-stresses, de-ages and de-fatigues the male complexion. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep cleanse, simultaneously exfoliating and powering kalpariane's anti-wrinkle properties.



BODY TREATMENTS

- **Intensely Cleansing Scrub**

45 mins

Choose your aroma, lime and ginger or frangipani, as sea salt invigorates and sloughs away dead skin, encouraging the regeneration of new cells.

- **Nourishing Body Wrap**

45 mins

A velvety concoction of monoi oil, frangipani and pink clay offers super hydration, your body cocooned in warm nutrients.

- **Aloe Vera Cooling Body Wrap**

45 mins

Ideal for overexposed and sensitive skin, this treatment simultaneously heals and cools.





EXPRESS

- **Back, Neck & Shoulder Massage**

30 mins

A quick pick me up to relieve any tension in the upper body.

- **Foot Acupressure**

30 mins

Targeting trigger points in the soles of your feet to promote relaxation and rebalance.

- **Hot Oil Acupressure Scalp Massage**

30 mins

Coconut oil deeply nourishes and hydrates the scalp while calming the mind.

NAILS

The world-renowned brand that fuses together the best of medical science with the best of beauty providing results-driven, luxurious treatments and products for hands, feet and legs.

- **Margaret Dabbs London Supreme Pedicure®**

60 mins

Professionally formulated products combine with expert techniques, including exfoliation, a reviving soak and hydrating foot massage, for exceptionally effective results.

- **Margaret Dabbs London Supreme Manicure®**

60 mins

Our anti-ageing manicure gives long-lasting results and deep hydration using the full range of Margaret Dabbs London Fabulous Hands products.

- **Gentlemen's Pedicure**

45 mins

- **Gentlemen's Manicure**

30 mins

- **Margaret Dabbs London Express Pedicure**

45 mins

A quick, no-nonsense pedicure which is performed on dry skin, with flawless filing, buffing and cuticle care.

- **Margaret Dabbs London Express Manicure**

45 mins

A quick file, buff and cuticle trimming to leave your hands looking smart.

- **The Luxurious Foot & Lower Leg Massage**

30 mins

A pampering massage using the Margaret Dabbs London Firming Leg Serum and Intensive Hydrating Foot Lotion, instantly cooling and ideal after a long-haul flight.





- **HAIR & MAKE - UP**

Drift Spa offers the latest styles, cuts and treatments to match individual personalities. Expert make-up services are also available to help you prep for every occasion, including weddings, birthday celebrations or simply everyday pampering. Pop into Drift and visit our senior stylist and make-up artist for more information.

- **Signature Treatments:**

- Hair Cut & Styling
- Wedding Hair & Make-Up

Beverly Hills Vitamin Therapy

Whether you're dragging from a summer of jet-setting, feeling dehydrated and queasy from one too many cocktails, strategically hiding from cold and flu germs, longing to improve your performance, or simply seeking a way to support long-term wellness, Beverly Hills Vitamin Therapy has a solution for you.

Beverly Hills offers a comprehensive menu of customised vitamin drips to boost the immune system and aid in the recovery of a wide range of illnesses and ailments. Upon request, vitamin therapy can also be provided in the privacy of your villa.

■ **Cell Wellbeing Epigenetic Analysis**

Single 30 mins | Couple 60 mins

A single strand of your hair will reveal your body's levels of nutrients, vitamins, amino acids, antioxidants and contaminants. Based on your results, a consultant will guide you through diet and lifestyle changes you can make to improve your health.





YOGA & MEDITATION

No matter your experience level, our private and group sessions will help calm your mind and tone your body. Join one of our group sessions or discover the multiple benefits of a personalized session with one of our inspirational yogis: strengthen your body, rebalance your nervous system and restore inner calm.

HOW TO YOGA

Practice on an empty or nearly empty stomach. Wear loose, comfortable clothing. Take time to breathe, and pay attention to your body. Adjust your practice to your schedule and biorhythms. Be aware of the effect of the poses on your mood and energy.

Please contact The Drift Spa to confirm the venue and the timing. We are pleased to accommodate a maximum of 8 guests per session.

COMPLIMENTARY YOGA GROUP CLASS

- **Evening Yoga Flow**

60 mins at Pump

- **Kids' Yoga**

30 mins at Explorers' Kids' Club

Please refer to the Active weekly programme for timings

SPECIALISED YOGA

- **Group Sunrise Yoga**

60 mins

Designed for beginners and intermediates, with stretches to improve flexibility and a flowing series of dynamic postures to give a powerful start to your day.

- **Prenatal Yoga**

60 mins

If you're pregnant and looking for ways to relax or stay fit, you might consider a tailored class.

- **Tibetan Singing Bowl Meditation**

60 mins

Enter a deep meditative state as the vibrations of the singing bowl create calming theta brain waves.

Private yoga sessions are available upon request

ELEMENTAL YOGA

■ **Bhoomi Yoga**

60 mins

A 'grounding' practice for stabilising the Root chakra - foundation of body's spiritual energy. Encourages a sense of calmness and safety in the body and mind.

■ **Varee Yoga**

60 mins

Establish your true self and harmonise the whole system by unblocking the Sacral chakra. Boost creativity, sensuality, sexuality and confidence.

■ **Agnee Yoga**

60 mins

Transform your inner being and reflect the radiance of a resplendent gem! Enhance strength, power, self-esteem, digestion and metabolism.

■ **Jeeva Yoga**

60 mins

Purify your Prana, the body's vital life force energy and elevate to your physical and emotional higher self. Reinvigorate your heart, airways and vital glands; refine communication and focus.



HOW TO DRIFT

The Setting

Enjoy your treatment, whether individually, as a couple or family, in a private ocean suite or a garden sanctuary with al fresco soaking tub at the spa, or within the privacy of your villa.

The sauna, steam and plunge pools at Drift by Niyama are subject to advance reservations and can be booked for one hour. Use is limited to one villa at a time.

A 25% additional charge applies to in-villa and after dark treatments at the spa (9.00 pm – 9.00 am).

Please help us to maintain serenity at the spa by refraining from smoking and turning off your mobile phone.

Reservations

We highly recommend that you reserve your experience in advance. The spa receptionist can advise what times are available during your stay.

Arrival

To ensure you receive the full benefits of your spa experience, we ask you to arrive at least 15 minutes ahead of your scheduled appointment. You can arrive even earlier to make full use of the relaxation area, with wet facilities and a juice bar within a garden setting. If you arrive late for a scheduled appointment, you will receive the best experience possible within the remaining time. Full costs will still apply.

Cancellations

We understand you may need to change your schedule. Should you wish to cancel or reschedule an appointment, we ask that you give us a minimum of four operating hours' notice or else a 50% cancellation fee will apply. No-shows will incur full payment.

Attire

You will be provided with disposable underwear, a robe, slippers and towels. Your bathing suit is necessary for the sauna, steam and pools.

Valuables

We recommend that you leave your valuables in your in-villa safe before heading to the spa. Drift by Niyama cannot accept responsibility for any loss or damages of any kind.

Health

Please inform the spa receptionist as well as your therapist of any known medical conditions, allergies or medications you take.

Minors

For children below the age of 13, a parent or guardian must be present for the spa session. Therapists providing massages are gender specific.

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BY NIYAMA

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