

drift

BY NIYAMA

DRIFT WELLNESS BY NIYAMA

Explore new worlds of wellness, from 5,000-year-old Ayurveda to the latest treatments from Beverly Hills. At Drift by Niyama, time is your own to rebalance and reconnect.

THE SPIRIT OF DRIFT

EPIGENETIC TESTING 30 MIN - 250 USD

Sequence your epigenome using only a strand of hair. The results show how your lifestyle is affecting your body, and what vitamins and minerals you can take to rebalance.

IV THERAPY 30 - 45 MIN - XXX USD

Based on your results, recharge with the latest trend from Beverly Hills, an intravenous drip filled with hydration and a tailored vitamin cocktail.

AYURVEDA

SHIRODHARA + ABHYANGA 90 MINS - 230 USD

Unwind as warm sesame oil is poured on your third eye, followed by a traditional Ayurvedic massage with herb-infused oil.

CHAKRA BALANCING 90 MINS - 230 USD

A powerful and energising massage using deep tissue movements and energy release.

TANE 90 MINS - 230 USD

Remove built up lactic acid from overexertion, with deep tissue massage leaving you feeling light.

MOVEMENT & MEDITATION

HATHA YOGA 60 MINS - 90/150 PER COUPLE

Stretch, tone and strengthen with a series of asanas and pranayama breathing.

ASHTANGA YOGA 75 MINS - 100/160 PER COUPLE

Take your practice to the next level with a more fast-paced and vigorous series of asanas.

AERIAL YOGA 60 MINS - 90/160 PER COUPLE

Strengthen your core suspended from a silk hammock, while improving flexibility and balance.

PRENATAL YOGA 60 MINS - 90 USD

Recommended for the second and third trimester to gently stretch and tone.

POSTURAL ASSESSMENT 30 MINS COMPLIMENTARY

Work on your posture for both beauty and health, correctly aligning the spine.

PERSONAL TRAINING 60 MINS - 85 USD

Lose weight, tone muscle, and increase your fitness level with a certified professional trainer.

EPIGENETICS + PERSONAL TRAINING XX MINS - 280 USD

Learn what makes your body tick, then adapt your exercise regimen accordingly with a personal trainer.

STICK MOBILITY 60 MINS - 100 USD

Combining joint mobilisation, strength training, and deep fascial stretching to increase athletic performance, reduce risk of injury, and speed recovery.

TIBETAN SINGING BOWL MEDITATION

60 MINS - 90/150 PER COUPLE

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

CANDLELIGHT MEDITATION 75 MINS - 100/160 PER COUPLE

Clear the mind and move through a series of gentle sequences to ready the body for sleep.

*Group classes can also be requested.