

MAR 2019 - FEB 2020



drift
BY NIYAMA

NIYAMA PRIVATE ISLANDS MALDIVES

**VISITING WELLNESS
PRACTITIONERS**



DRIFT SPA AT NIYAMA A HAVEN OF PEACE & TRANQUILITY

Our sanctuary at sea, Drift Spa, offers a blissful array of extraordinary experiences to relax, revitalize and rejuvenate, a haven where you may immerse your body and submit to the soothing essential oils as you soak in blissful luxury.

This year, we are delighted to invite, for your pleasure and well-being, several masterful practitioners, globally recognized and admired in their fields of expertise, and we offer you their world, a chance to explore alternative healing and holistic beauty treatments...

drift
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IV THERAPY

By NIYAMA'S IN-RESIDENCE DOCTOR



DR. SHARON PONCE RN. MD.

Without a doubt, Dr Sharon is one of our favorite doctors, with the uncanny ability of making everyone feel at home.

With a medical and nursing degree from the University of Santo Tomas, she is a licensed medical practitioner both in her native Philippines and in the Maldives where she's been Senior Resort Doctor with us here at Niyama Private Islands Maldives for seven years. As well as extensive experience in a number of hospitals, she boasts certificates in Hyperbaric and Underwater Medicine.

Sharon has worked with Deborah Alessi, CEO of Beverly Hills IV Therapy, to create Drift Spa's unique menu of IV therapy formulations and is fully trained to administer them to guests looking to optimize their adventure at Niyama. This season, there are a completely new additional set of IV Therapies to support optimal health and wellness, including Hair Treatments, Sunburn Healers and Energy Boosts.

Whether you're here to chill or play, Dr Sharon is here to take care of you.



IV THERAPIES

HANGOVER CURE

USD 315

Don't let late night fun ruin your holiday - our proprietary blend of B vitamins with hydration and electrolytes will help remove those hangover blues.

SKIN WHITENING MAX

USD 315

Our unique blend of glutathione and ascorbic acid is the most advanced IV Therapy for skin whitening. Ask about using it with Starblaster Cream and Starblaster Whitening Capsules.

BEAUTY SOLUTION

USD 330

The IV Facial is a mainstay of our celebrity clientele. Rehydrate, replenish and restore with the Beverly Hills solution - antioxidants, vitamins and electrolytes shown to inhibit aging of the skin and high dose vitamin C and glutathione to brighten your skin.

FITNESS RECOVERY

USD 330

Ideal for the weekend warrior, the pro athlete, or the active one on Niyama's beautiful beaches. Hydration is combined with electrolytes, vitamins, amino acids (protein building blocks) and more to assist in recovery and muscle building.

ANTI-AGING ELIXIR

USD 355

Fight off the signs of aging with our proprietary anti-aging infusion. Along with antioxidants, glutathione, and skin nutrients, this solution is ideal for hydrating the skin and restoring collagen and elastin which becomes deficient as skin ages. Counter the deleterious effects of sunbathing and go home looking younger and fresher after your stay at Nature's Playground..

JETLAG BUSTER

USD 275

Kick your jetlag after a flight to Niyama from Dubai, Moscow, Beijing or New York. Everyone needs to recover and this solution of vitamins, minerals, and energy boosters is the perfect agent.



NEW... VITAMIN IV DRIPS

HEAVENLY HAIR

USD 420

Our Hair Maximizer IV has all the building blocks for healthy, shiny hair and can help prevent hair loss. The formulation of hair-specific amino acids, selenium, and biotin will leave your hair follicles giddy with nutrition. Also, inquire about combining the IV with PRP scalp injections.

WOUND WIZARD

USD 395

If you are nursing a cut, bruise, or other recent injury, your body needs all the help it can get with our healing blend of minerals, collagen, elastic building blocks and anti-oxidants. Also, ask about combining with growth factor injections.

METABOLISM BURNER

USD 439

Need some help burning holiday calories? Our metabolism booster is just the answer. The combination of vitamins and taurine booster will ramp up your basic metabolic rate and keep fat from being deposited.

SUNBURN HEALER

USD 355

Wanting a wee bit of extra time in the sun? Don't be red - be happy. The hydration and anti-oxidants in our sunburn IV will keep your skin and attitude healthy!

SWEET DREAMS

USD 355

Did you bring life's stress with you on holiday? Having trouble sleeping under a Maldivian moon? Our special sleep formula IV is the complete answer. Relax, hydrate and sleep - sweet dreams!

GET UP AND GO GO

USD 355

Hey Honeymooners- feeling a bit slow and need some extra energy? Our energy booster will give you the get-up and go go that will make your holiday truly memorable. The amino acids, minerals, vitamins and an extra shot of taurine is just what your body is screaming for.

ALTERNATIVE THERAPIES

NUTRITIONAL MICROSCOPY

USD 395

60 MINUTES

As a purely preventive medicine, Nutritional Microscopy observes the blood live to check the state of the cells and the environment in which they live. Through this cellular breakdown, inflammation, congestion, the presence of parasites, bacteria and fungus, as well as specific organ imbalances can be observed.

Includes: *Personalized Report (pdf)
*Personalized Protocol (Superfoods & Superherbs)
*Cooking Course (Alkaline Diet; pdf)
*3 month follow up

LYMPHATIC DETOX WITH VOODER METHOD

USD 200

60 MINUTES

A Manual Lymphatic Massage (MLM) uses pumping, circular and spiral movements to allow lymph fluid to flow more freely around the body. It works to renew, nourish, remove waste products, relax the nervous system and improve the immune system. State-of-the-art medical cavitation therapy is used to eliminate cellulite and break up fat accumulation.

STUBBORN MUSCLE PAIN & TENSION MELT AWAY

90 MINUTES

USD 250

The rolling and kneading of bamboo sticks stimulates and heats the body, dissipating accumulated toxins. For sufferers from neck, shoulder or lower / upper back pain or stiffness, the effect of the bamboo's rolling, gliding and intensive kneading creates a new lease on life, with increased flexibility and reduced soreness. Bamboo massage can accelerate rehabilitation for many injuries and the release of endorphins provides the body with a natural pain killing boost.





PILATES AND YOGA WITH GRACE HURRY

**IN-RESIDENCE
AT NIYAMA PRIVATE ISLANDS**
7th APRIL - 25th APRIL 2019

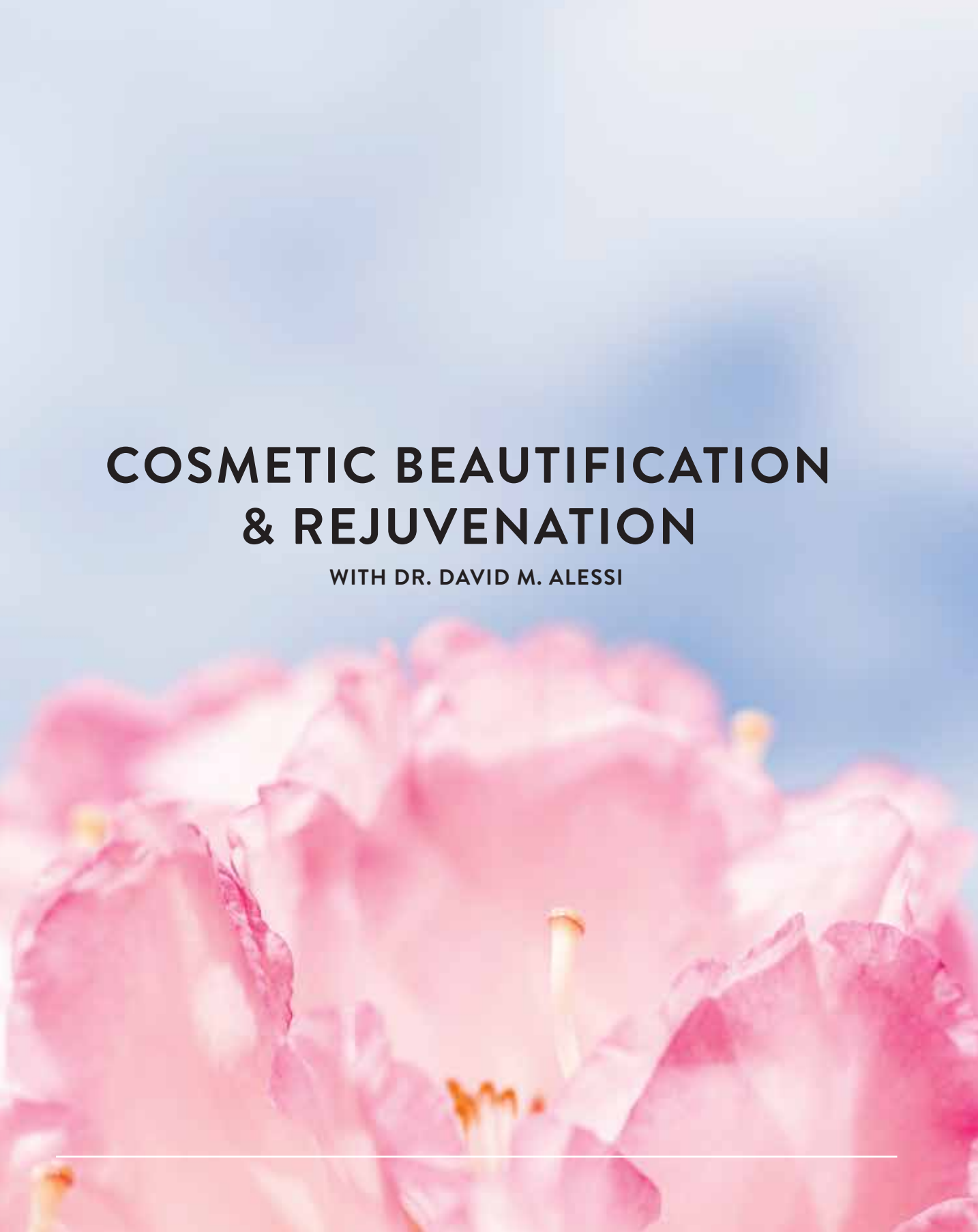
ABOUT GRACE

A former professional ballet dancer, Grace fell in love with the art at a young age and was selected to train at the Royal Ballet School. After she graduated, Grace was introduced to Pilates and made the transition from dance to Pilates, becoming a certified Body Arts and Science International (BASI) instructor. Grace now owns and runs a Pilates Academy in Jersey and hosts retreats in top destinations across the globe, including Costa Rica and Thailand.

PILATES & YOGA RETREAT WITH GRACE

Grace's Pilates and Yoga Retreat at Niyama Private Islands offers guests the chance to participate in Pilates and Yoga Group Classes with sessions geared to different parts of the body. Guests can enjoy stretching and meditation to close the classes in the sanctuary of the resort's bespoke Yoga Pavilion to the sound of calming waves.

Grace will also be offering exclusive one-on-one sessions for those seeking to fine tune their Pilates and Yoga practice; Mother and Daughter Classes to encourage families to stay healthy and exercise together; Pilates Play Workshops for kids, highlighting how these practices are beneficial for all ages.



COSMETIC BEAUTIFICATION & REJUVENATION

WITH DR. DAVID M. ALESSI



IN-RESIDENCE AT NIYAMA PRIVATE ISLANDS

19th - 29th APRIL 2019

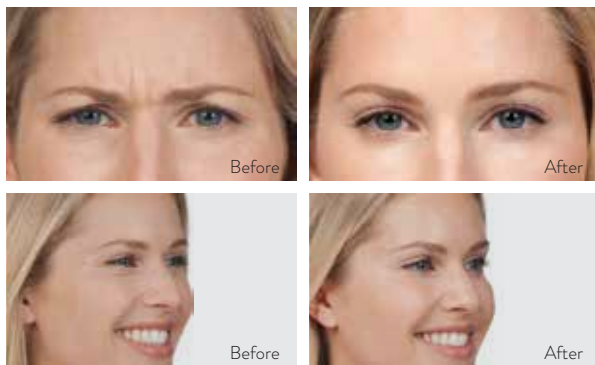
22nd DECEMBER 2019 - 8th JANUARY 2020

ABOUT DR. ALESSI

The founder and medical director of the Alessi Institute for Facial Plastic Surgery, Dr. Alessi's unique skills have made him the favorite of professional artists and celebrities over the past 18 years.

Board certified by both the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology – Head and Neck Surgery, he has featured on a wide array of TV programs, including Larry King Live, ABC News, CBS News, CNN, Entertainment Tonight, Montell Williams Show, The Doctors Show and Steve Harley Show.

ENHANCE YOUR FEATURES & SMOOTH THE SKIN.



Dr. Alessi strives to make each one of his clients feel and look their best, with a range of non-surgical cosmetic procedures that include Botox and dermal fillers to fortify the skin against aging. Remove wrinkles and folds, contour and shape the planes of your face or correct asymmetrically aligned features with a facelift - without the invasiveness of surgery - under Dr. Alessi's artistic hands.

Join Dr. Alessi for a complimentary cosmetic information session, on HA Fillers and Botox procedures on Wednesday's and Friday's at 10:00 a.m. at Drift by Niyama. Bookings are essential, dial 2 from your Villa or contact your Thakuru.



COSMETIC TREATMENTS

BOTOX® COSMETIC

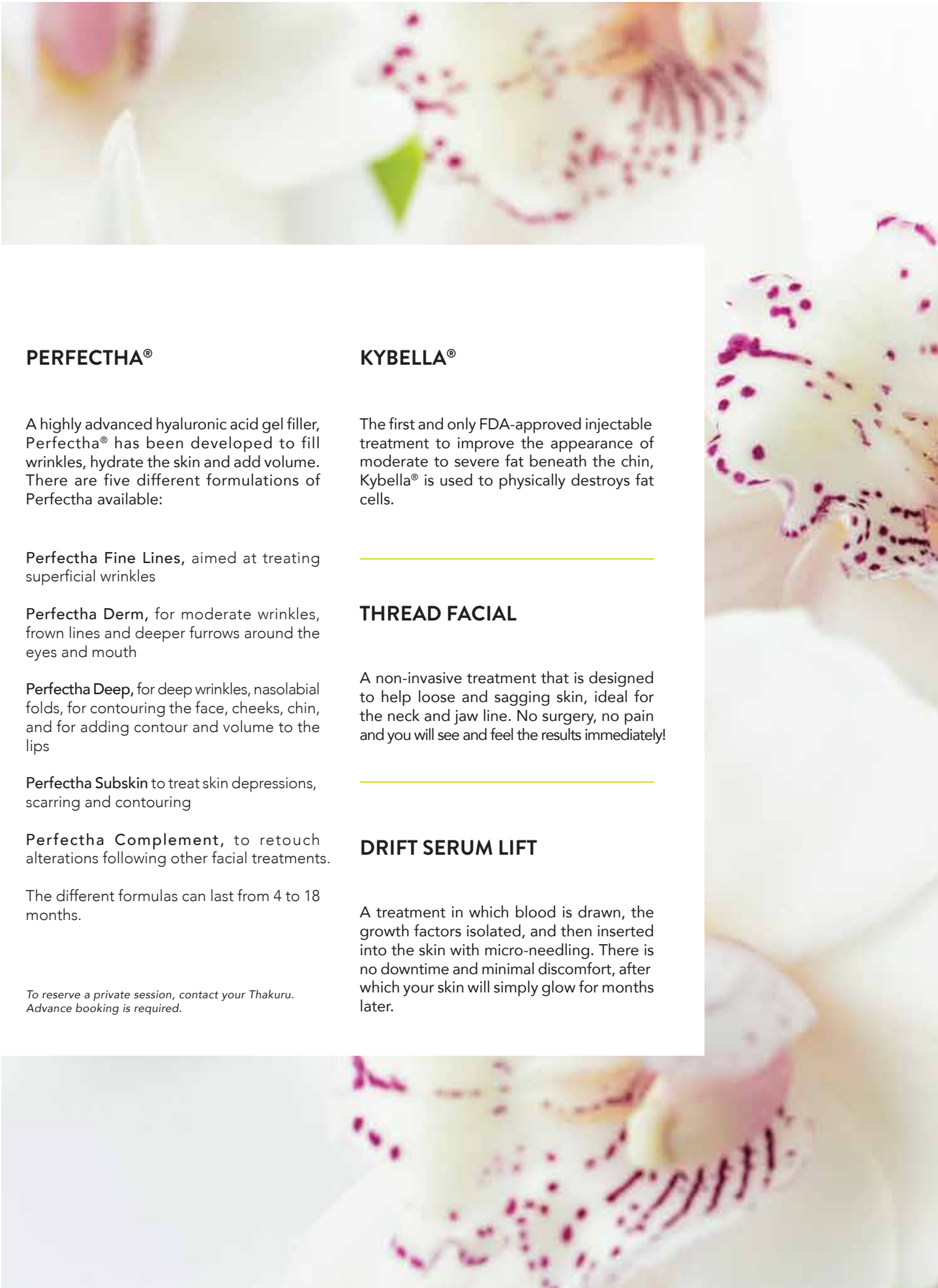
Botox is injected into the muscles to temporarily improve the look of both moderate and severe crow's feet and frown lines between the eyebrows. Each treatment is tailored to your specific needs and it is recommended to use a combination of Botox and other facial fillers for the best result.

JUVEDERM VOLUMA XC

A multidimensional energy moving treatment that addresses every major joint in the body, utilizing the right pressure at just the right angle. Each of the vertebrae is worked to realign them and release stiff ligaments, making you feel younger, lighter and straighter.

JUVEDERM XC

This injectable gel, is used to temporarily smooth out moderate to severe wrinkles and folds around the mouth and nose. This treatment is particularly effective at diminishing "smile line" nasolabial folds.



PERFECTHA®

A highly advanced hyaluronic acid gel filler, Perfectha® has been developed to fill wrinkles, hydrate the skin and add volume. There are five different formulations of Perfectha available:

Perfectha Fine Lines, aimed at treating superficial wrinkles

Perfectha Derm, for moderate wrinkles, frown lines and deeper furrows around the eyes and mouth

Perfectha Deep, for deep wrinkles, nasolabial folds, for contouring the face, cheeks, chin, and for adding contour and volume to the lips

Perfectha Subskin to treat skin depressions, scarring and contouring

Perfectha Complement, to retouch alterations following other facial treatments.

The different formulas can last from 4 to 18 months.

To reserve a private session, contact your Thakuru. Advance booking is required.

KYBELLA®

The first and only FDA-approved injectable treatment to improve the appearance of moderate to severe fat beneath the chin, Kybella® is used to physically destroys fat cells.

THREAD FACIAL

A non-invasive treatment that is designed to help loose and sagging skin, ideal for the neck and jaw line. No surgery, no pain and you will see and feel the results immediately!

DRIFT SERUM LIFT

A treatment in which blood is drawn, the growth factors isolated, and then inserted into the skin with micro-needling. There is no downtime and minimal discomfort, after which your skin will simply glow for months later.

PROFESSIONAL SPORTS MASSAGE & CLINICAL SOFT TISSUE THERAPY WITH **RICHIE INSKIP**

IN-RESIDENCE
AT NIYAMA PRIVATE ISLANDS
1st JULY - 31st AUGUST 2019

ABOUT RICHIE INSKIP

Movement guru Richie includes Sports Therapy, Professional Sports Massage, Clinical Soft Tissue Therapy, Injury Rehabilitation and Prevention, Functional Movement and Mobility amongst his many outstanding skills. Through his knowledge and experience he ably assists people in improving their physical health, their ability to relax and how they move day to day. Richie also offers surfer mobility assessments to help surfers improve their experiences!



PROFESSIONAL SPORTS MASSAGE FOR EVERYONE

Although the treatment is labeled as 'professional sports massage', it does not mean the therapy is exclusive to athletes or participants in sport and fitness. Rather, the term "sports'" refers more to a higher understanding and education of the physiology and anatomy of the body and how it functions through movement. The treatments are appropriate for anybody suffering from pain and discomfort from day to day activities as well as those of athletic activities.

SPORTS & SOFT TISSUE THERAPY TECHNIQUES



INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION (IASTM)

USD 200 / 250
60 / 90 MINUTES

Instrument Assisted Soft Tissue Mobilization (IASTM), often referred to as Graston technique, is a non invasive process in which a set of hand held pharmaceutical grade instruments are used on the skin surface to break down and manipulate dysfunctional tissue such as fascia, scar tissue and cellulite. Specific nerve receptors located just under the surface of the skin are stimulated by the tools which encourages the functional improvements to the body. Through the use of these hand held tools, tissue is remobilized, re-hydrated and restored to a more relaxed, smoother and happier state.

GINASTICA NATURAL (GN)

USD 100 per person
USD 150 per couple
60 MINUTES

GN is a complete full body weight training method with influences from Hatha Yoga, Capoeira, BJJ and animal flow. It benefits the entire body, offering physical strength, endurance, mobility, core stability, balance, flexibility and coordination. Adopted by the professional surfing community and endorsed by the World Surf League (WSL), GN is seen used by renowned surfers across the world.



STICK MOBILITY

USD 100 per person
USD 150 per couple
60 MINUTES

Stick Mobility is a revolutionary new training system, that benefits everyone through a progressive approach to fitness, mobility and muscle activation, regardless of age or level of performance. Simple, fun and effective, it unlocks inhibited movements that prevent optimal function and health. The sticks are used in conjunction with classes and exercises that utilize the flexibility and strength of the stick to propel your body into peak fitness.

SPORTS THERAPY

USD 200 / 250
60 / 90 MINUTES

Sports Therapy concentrates on the prevention of injury or on the rehabilitation from injury back to optimum levels of functional performance in sports performance, recreational fitness and occupation. Richie applies muscle and movement assessments to determine potential issues before applying several advanced techniques of soft tissue therapy and manipulation to aid recovery and wellbeing.



PROFESSIONAL SPORTS MASSAGE & CLINICAL SOFT TISSUE THERAPY

USD 200 / 250
60 / 90 MINUTES

Sports Massage and Soft Tissue Therapy is similar to a deep tissue massage but with a greater knowledge of how the body works. The aim is to treat minor and chronic pain and muscle soreness whether is is caused through sport or any other lifestyle or occupational factor. Using massage and other more advanced techniques it aims to identify the underlying causes of injury and offer a more long term improvement in physical health and well being.



HOLISTIC THERAPY WITH JADE WOOD

**IN-RESIDENCE
AT NIYAMA PRIVATE ISLANDS**
15th OCTOBER - 22nd NOVEMBER 2019

ABOUT JADE

Jade is an embodied anatomy expert, alignment therapist and yoga teacher from England, specializing in offering tailor made treatments that help to re-establish body-brain connections, restoring our sense of self. She has extensive training in Thai massage, Shiatsu, abdominal massage, Biodynamic Craniosacral Therapy, Neurological Anatomy, Feldenkrais and Functional Integration, and her style is gentle and encouraging with a good dash of humor.

Jade excels in working with touch and movement therapy to help people liberate themselves from pain, tension or limiting habits by restoring a feeling of wholeness and trust which is firmly grounded in the physical body - when the nervous system is aligned, the ability to reconnect to personal reserves of health, joy and vitality are restored.



HOLISTIC THERAPIES

YOGA – GENTLE FLOW & YIN

*USD 150 / 200 per person
USD 180 / 240 per couple
60/90 MINUTES*

Connects you to your body, breath and life-force, optimizing your physical and mental wellbeing. These personalized yoga sessions combine gentle movements to improve flexibility, myofascial release techniques to release tension and long-held Yin postures to passively stretch offering deep relaxation. This is combined with breathing and somatic awareness techniques for improving embodied awareness. Suitable for all - no experience necessary. Please wear clothing you can move easily in.

QI GONG MOVING MEDITATION

*USD 100 per person
USD 140 per couple
60 MINUTES*

A practice to connect with our life force energy and a peaceful way to start your day. By moving slowly and mindfully through standing forms we gather and transform the energy in the space around us as if moving through water, dancing with energy. This practice increases self-awareness and improves the health of our vital systems.



FELDENKRAIS - SOMATIC MOVEMENT

*USD 150 / 200 per person
USD 180 / 240 per couple
60/90 MINUTES*

This guided awareness class helps you to de-stress and improve the way you move and sense your body. Feldenkrais practice is slow and methodical and works by showing you your habitual patterns and then finding new ways to invite enjoyable movements that take less effort and help you feel free again. By increasing the availability of fluidity in your body you can start to reduce patterns of tension and pain, improve your posture and breathing and learn more about the way you interact with your body. Particularly good for neck and back pain. Suitable for adults - no experience necessary. Please wear clothing you can move easily in.

ABDOMINAL CHI MASSAGE

*USD 170 / 230
60/90 MINUTES*

This specialist treatment brings in Jade's skills of Craniosacral therapy combined with Traditional Chinese Medicine and her extensive understanding of internal anatomy blended into a very gentle yet deep belly massage with warm coconut oil.

A nurturing and very personal experience - receiving abdominal massage can encourage proper peristalsis of the gut, improve muscular tone, respiratory and hormonal function, aid in organ detoxification, improve elimination and also help to release trapped emotions.

As this is an area rarely given proper attention it is recommended to take a few sessions to receive the full benefits and to do this at a pace that fully supports your process.

GUIDED MEDITATION & YOGA NIDRA

*USD 100 per person
USD 140 per couple
60 MINUTES*

Indulge in the ancient tradition of Yogic Sleep as Jade's soothing voice guides you through a meditative practice of awareness. This physically relaxing and imaginative journey connects you with the deep power of the subconscious and is the equivalent of four hours of deep sleep!

BIODYNAMIC CRANIOSACRAL THERAPY

*USD 170 / 230
60/90 MINUTES*

Using a light touch to encourage the release of any trapped forces and bring about a reintegration of wholeness to your system, Jade works with your central nervous system to initiate healing from within. Helpful for treating a broad spectrum of pain, tension, headaches, inflammation, stress, sleep disorders and emotional imbalances, it is incredibly relaxing to receive.

CRANIOFACIAL MASSAGE WITH ORGANIC ESSENTIALS OILS

*USD 170 / 230
60/90 MINUTES*

A unique treatment that combines uplifting facial and head massage, acupressure and lymphatic drainage, ear reflexology and craniosacral therapy to promote deep relaxation. A powerful blend of healing oils promotes skin regeneration, leaving you with a radiant and youthful glow. Going deeper than the skin, the connection with your central nervous system brings a feeling of deep peace and relaxation.

MUAY THAI KICKBOXING WITH RUTH ASHDOWN

**IN-RESIDENCE
AT NIYAMA PRIVATE ISLANDS**
15th DEC 2019 - 15th JAN 2020

KICKING THINGS UP A NOTCH

Embark on a new adventure. Get fighting fit and toned. Defend yourself with confidence. Master the art of eight limbs. Nature's Playground brings one-of-a-kind experiences to the Indian Ocean, and this year is no exception, with world champion Muay Thai fighter Ruth Ashdown flying in to host exclusive training sessions.

ABOUT RUTH

Ruth has been training as a Muay Thai fighter for 14 years and has become one of the most successful female Thai boxers in the world. She has travelled the globe with Muay Thai, and is a multiple World Champion, including WBC Diamond Belt Champion at 57kg (the first woman to ever fight for and win a Diamond Belt); WBC World Champion at both 52kg and 55kg; ISKA World Champion at 53.5kg; ICO World Champion at 53.5kg. Ruth is also chairperson of the WBC Muay Thai Female Committee for Europe.

TRAINING WITH RUTH

Ruth is a UK-qualified trainer, leading workshops all over the world for over a decade. She is also a practitioner of yoga and mindfulness. Weaving together discipline, core strength, flexibility and concentration, Ruth's Muay Thai sessions are an all-round workout for body and mind that, through intensive one-on-one conditioning, will help you take your techniques to the next level.





NATUROPATHY WITH DR. GOPAL GOVINDASAMY

15th DEC 2019 - 15th JAN 2020

ABOUT DR. GOPAL

A naturopathic doctor and yoga expert from India, Dr. Gopal specializes in Ayurveda, Wellness, and Nutrition and Lifestyle. For over 16 years he has been a renowned wellness expert, having trained at the world famous Sivananda Yoga Institute. His record for relieving and correcting persistent physical problems has resulted in an international reputation as "Dr. Magic Hands".



NATUROPATHY THERAPIES

NATUROPATHIC OR AYURVEDIC CONSULTATION

USD 120
40 MINUTES

Naturopathy focuses on treating the whole person, not just a specific symptom. The consultancy will identify your health status, energy, level of body functions and overall vitality. The Ayurvedic Consultation is an analysis of your body's constitution according to the three 'Doshas' - Vata, Pitta and Kapha - in order to determine your current state of health.

YOGIC DETOX

USD 320
120 MINUTES

Cleanses the body and mind through an ancient yet effective practice which boosts the immune system, increases energy levels and improve clarity of thought. Yogic Detox combines aspects of asana (Hatha yogic postures), pranayama, meditation and a balanced diet to offer a profound experience.

ROYAL INDIAN AYURVEDIC JOURNEY

USD 195 / 250
60 / 90 MINUTES

This Journey combines abhyanga and marma techniques in a full body massage with essential oils that focuses on the vital points of the body. The main purpose of this Indian Balance massage is to keep the doshas aligned, providing increased stamina, deeper sleep, and enhances the complexion and the luster of the skin.

ROYAL INDIAN HEAD MASSAGE

USD 175
60 MINUTES

Using medicated oil, the soothing Ayurvedic massage is applied to Marma Points on the head and neck to regulate the systems of mind and body.

It coordinates and calms the mind, body and spirit, enhancing blood circulation to the brain, improving memory, nourishing the hair and scalp and generally aiding in release of stress and tension.

BREATHE EASY (SINUS CARE)

USD 195
60 MINUTES

Medicated herbal preparations, decoctions, oils and ghee are applied through the nose, followed by a vigorous massage of the area around the nose, the chest, palms and feet. This removes mucous clogs, stimulates the brain cells, and clears the nasal passage and sinus cavity, alleviating neck problems and migraine. It is also highly effective in treating sinusitis and chronic cold.

BACK PAIN CARE

USD 220 / 260
60 / 90 MINUTES

Kati Vasti is one of the therapies of panchakarma in which medicated herbal oil is used to carry out the process and is recommended for lower back ache and sciatica. In this process, specially prepared warm medicated oil is kept over the lower back with a herbal paste boundary followed by back massage.

CHAVITI THIRUMBU (FOOT MASSAGE)

USD 220 / 275
60 / 90 MINUTES

This traditional Kerala ayurvedic massage uses herb-infused ayurvedic oils and applies appropriate pressure to specific vital points / parts of the body. It not only relieves back pain, stiffness and sports injuries but also stimulates various bodily organs and systems.



SHIRO DHARA (3RD EYE TREATMENT)

*USD 250
60 MINUTES*

Shirodhara involves a continuous stream of oil that is gently swayed on the forehead, which completely relaxes the nervous system and calms the mind. It is very beneficial for hypertension, anxiety, insomnia and psychiatric problems.

REIKI HEALING WITH MAGNETS

*USD 155
45 MINUTES*

Magnets are used to balance energy centers or chakras in your body in a gentle non-invasive form of alternative healing that works holistically to harmonize the body, mind, emotions and spirit. Reiki is a deeply relaxing treatment where the body's natural healing ability can become more fully activated.

CHINESE ACUPUNCTURE

*USD 220
60 MINUTES*

A consultation is followed by the insertion of extremely thin needles through your skin at strategic points on your body to balance the energy flow or life force known as Qi or Chi, believed to flow through pathways in your body. It is beneficial for a variety of health conditions including back pain, migraine, arthritis and stress.

CHI FACE LIFT ACUPUNCTURE (COSMETIC)

*USD 250
60 MINUTES*

Facial Acupuncture brings out beauty and radiance from within, and increases blood and lymph circulation to the face. Stress in the face will be reduced as the treatment helps eliminate fine lines and softens deeper lines. The acupuncture helps to stimulate the body's natural processes of cell reproduction and growth.

THERAPEUTIC YOGA

*USD 135
60 MINUTES*

A bespoke yoga specially designed for you, it concentrates on what will be the most beneficial elements for your body, your mind and your health conditions.

CASTOR OIL PACK (ABDOMINAL DETOX MASSAGE)

*USD 155
45 MINUTES*

Castor oil is applied externally to the abdominal area with various motions followed by local steam application, which helps to stimulate peristaltic movements to relieve chronic constipation and other abdominal discomfort.





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