

drift

BY NIYAMA



**SPA VISITING PRACTITIONERS
SEPTEMBER 2018 - FEBRUARY 2019**



REIKI & ENERGY HEALING, YOGA AND TIBETAN BOWL THERAPY WITH MUAYAD NAJEMEDDIN

IN RESIDENCE AT NIYAMA PRIVATE ISLANDS
29 SEPTEMBER 2018 - 26 OCTOBER 2018

ABOUT MUAYAD

From Thailand to India, to Oman and Nepal, he discovered the power of healing vibrations as he trained with masters and practised his art. Seeking wisdom at the source, he studied yoga at its most ancient institute in India and Bowl Singing with a third-generation Tibetan shaman. A certified yoga teacher, massage therapist and Reiki practitioner, Muayad Najemeddin will be creating bespoke signature experiences for Niyama's guests based on their daily lifestyle, areas of stress within their body and energy blockage.

TUNE YOURSELF TO THE SOUND OF HEALING

With a healing soundscape perfectly attuned to your needs, Muayad's Tibetan Singing Bowls will transport you to a state of complete relaxation and energy purification. Acting as your personal guide, Muayad helps you let go and drift in a mix of uplifting sensations.

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Join Muayad for a complimentary Singing Bowl workshop every Monday and Friday at 11:00 am at Drift Spa. Ready to strike a pose? Meet Muayad at the Yoga pavilion next to the Surf Shack every Wednesday and Thursday at 8:30 am.



HOLISTIC THERAPIES OFFERED:

MEDITATIVE YOGA CLASS

USD 95 or USD 150 per couple

75 MINUTES

Create a deep connection between your body, mind and breath. This class focuses on empowering your sense of wellbeing and mindfulness. The session ends in Shavasana with holistic singing bowl sounds of relaxation. This class is designed for students from all levels.

SINGING BOWLS (FOR COUPLES)

USD 230

75 MINUTES

Experience a feeling of absolute relaxation while laying down and allowing your body to be showered with healing sounds from the 7 Full Moon Singing Bowls from Nepal. Each note of the singing bowl corresponds to one of the seven chakras in your body. Leave the room purified and overwhelmed with positive energy.

THE POWER OF THE UNIVERSE "REIKI"

USD 195

90 MINUTES

Allow yourself to be immersed in the universal power of Reiki. Your holistic therapist, Muayad, will place his hands on different parts of the body to activate your own inner process of healing. A journey of deep connection with the true nature of your energetic being.

PURIFYING VIBRATIONS

USD 215

90 MINUTES

With the Full Moon Singing Bowls on different parts of your body, feel the sound frequency and vibrations sink deep within to cleanse and empower each chakra in your body.

THE ULTIMATE THERAPY

USD 295

120 MINUTES

This customised two-hour journey combines the healing elements of Meditation, Reiki, Massage, and Singing Bowls. The treatment will work on your muscles, chakras, and mind. The immense amount of energy generated will leave you floating in an abundance of joy and serenity.

All prices are in USD and subject to 10% Service Charge and 12% Government Tax.

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





HOLISTIC THERAPIST WITH JADE WOOD

IN-RESIDENCE AT NIYAMA PRIVATE ISLANDS
22 OCTOBER 2018 – 22 NOVEMBER 2018

ABOUT JADE

Jade combines gentle movements and a healing touch to offer supreme wellbeing. A certified craniosacral therapist – a form of nurturing and non-invasive bodywork that centres the self as the catalyst for healing – Jade has also mastered the skills of shiatsu and Thai massage. Jade's bespoke, multidisciplinary treatments honour each individual's soulful connection with their body.

Herself a practitioner of meditation, qi gong and yoga, Jade trained at the School of Sacred Arts in Bali and leads yoga teacher trainings globally, with a focus on integrating anatomy with subtle body energetics to promote profound experiences of embodiment and healing. Join Jade for one-on-one or couples' sessions of Yin or Nidra Yoga and moving meditation.

HOLISTIC THERAPIES OFFERED:

YOGA - GENTLE FLOW AND YIN **60-90 MINUTES**
USD 150-200, Couple's session 60-90 mins / USD 180-240

Connect to your body, breath and qi, optimising your physical and mental wellbeing. A combination of Hatha Yoga for flexibility, balance and posture, and Yin Yoga with longer held poses for tension release and deep relaxation.

GUIDED MEDITATION AND YOGA NIDRA **60 MINUTES**
USD 100, Couple's session 60 mins / USD 140

Indulge in the ancient tradition of Yogic Sleep. Jade will guide you with her soothing voice through a meditative practice of awareness. This is a physically relaxing and imaginative journey to connect you with the deep power of the subconscious.

QI GONG MOVING MEDITATION **60 MINUTES**
USD 100, Couple's session 60 mins / USD 140

Move slowly and mindfully through standing forms, gathering and transforming the energy in the space around you as if moving through water, dancing with energy. By moving in this way we increase our self-awareness and improve the health of our vital systems.

CRANIOFACIAL MASSAGE WITH ORGANIC ESSENTIALS OILS **60-90 MINUTES**
USD 170-230

This unique treatment combines acupuncture facial and head massage, lymphatic drainage, ear reflexology and craniosacral holds to promote deep relaxation. A powerful blend of healing oils promotes skin regeneration, leaving you with a radiant and youthful glow.

BIODYNAMIC CRANIOSACRAL THERAPY **60-90 MINUTES**
USD 170-230

Initiate healing from within. Using a light touch to encourage the release of any trapped forces, Jade guides your felt sense of awareness. Helpful for pain, tension, headache, inflammation, stress, sleep disorders and emotional imbalances.

SIGNATURE HOLISTIC THERAPY **60-90 MINUTES**
USD 160-220

A combination of Thai massage, shiatsu and craniosacral therapy, Jade gently moves, holds and massages your body to improve qi flow, restore mobility, and replenish your reserves of energy. Helpful for pain, tired limbs, stress, and any physical or emotional blockages.

ABDOMINAL CHI MASSAGE **60-90 MINUTES**
USD 160-220

A gentle yet deep massage with warm coconut oil that works with your essential reserves of energy held in your belly, or hara. Encourages proper peristalsis of the gut, improved muscular tone, respiratory and hormonal function, and organ detoxification.

All prices are in USD and subject to 10% Service Charge and 12% Government Tax.

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



CHINESE MEDICINE WITH DR. RUI PEDRO LOUREIRO

IN RESIDENCE AT NIYAMA PRIVATE ISLANDS
20 DECEMBER 2018 – 15 JANUARY 2019

ABOUT DR. RUI

Ancient wisdom and contemporary diagnostics meet. Explore alternative healing therapies from acupuncture to epigenetics. Rui Pedro Loureiro is a Traditional Chinese Medicine Doctor and licensed acupuncturist. With over 17 years of research and practice in his field, Dr. Rui Pedro invites you to harness the power of acupuncture to treat a host of ailments, from joint pain, backache and arthritis to chronic headaches and migraines.

ALTERNATIVE THERAPIES OFFERED:

ACUPUNCTURE TREATMENT
USD 215

60 MINUTES

During your consultation, a full history of your general health and details of your current symptoms and lifestyle are taken into account - this helps to establish a clear picture and understanding of the underlying causes of disease and formulate an appropriate treatment plan. Acupuncture diagnosis focuses on the individual and not just his/her illness - all symptoms are seen in relation to each other, so two people with the same Western diagnosis may be treated differently.

QUIT SMOKING FOR LIFE
USD 275

30 MINUTES

You may have tried to quit smoking before but the withdrawal symptoms caused anxiety and the fight became too difficult. There is a more natural, painless and effective solution - with Auricular Therapy - a proven, effective tool to help you quit smoking by minimising cravings and calming the nervous system. Dr. Rui's treatment uses mild electrical stimulation on the outside of both ears. It is similar to ear acupuncture but without the use of needles. His average success rate is 85% percent and there is no need for patches, gum or pills afterwards.

HOLISTIC FACIAL REJUVENATION PROGRAMME
USD 295

60 MINUTES

The "natural facelift" - cosmetic acupuncture for wrinkles and sagging. 24-carat gold needles will be applied to specific acupressure points on your face and body to help nourish the skin. The gold-plated composition of the acupuncture needles is singularly significant as it produces measurable results by visibly enhancing the volume and tone of facial muscles, so improving the skin's circulation, collagen, and elastic fibre network which activates the fibroblastic cells and increases hyaluronic acid production. Experience sleeker, plumper, more youthful skin.

ANTI-CELLULITE TREATMENT
USD 250

60 MINUTES

This method gives excellent results in modulation of different parts of the body- abdomen, buttocks, lower and upper limbs - for conditions such as cellulite, sagging, localized fat deposits and excessive weight. Anti-cellulite acupuncture helps the whole body both look and feel younger, rejuvenating and revitalising.

FULL EPIGENETIC TEST
USD 295

Dig deeper into your genetic data. Undergo an epigenetic hair test, through a bio profiler, which gives information about your the levels of nutrients, vitamins, minerals, essential amino acids, fatty acids, antioxidants and contaminants. Analysing the 15 most common vitamins, 23 major groups of antioxidants, 16 everyday minerals, 115 food restrictions and food additives, immune stressors, all 23 amino acids, and omega 3, 6 and 9, the epigenetic test gives you lifestyle and diet recommendations to optimise your health.

All prices are in USD and subject to 10% Service Charge and 12% Government Tax.

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



COSMETIC BEAUTIFICATION AND REJUVENATION WITH DR. DAVID M. ALESSI

IN-RESIDENCE AT NIYAMA PRIVATE ISLANDS
21 DECEMBER 2018 – 2 JANUARY 2019

ABOUT DR. ALESSI

As the founder and medical director of the Alessi Institute for Facial Plastic Surgery, Beverly Hills. Dr. Alessi is board certified by both the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology - Head and Neck Surgery. His unique skills have made him the favourite of professional artists, celebrities and high profile clients over the past 18 years. Dr. Alessi has been featured on Larry King Live, ABC News, CBS News, NBC News, CNN, Good Morning Arabs, Entertainment Tonight, Montell Williams Show, The Doctors Show, Steve Harley Show, Radar Online, ABC On The Red Carpet, Elle, Cosmopolitan, Marie Claire Magazine, Independent (UK), Daily Record (UK) and LA Times for his expertise in facial plastic surgery.



Before



After



Before



After

ENHANCE YOUR FEATURES AND SMOOTH THE SKIN.

Dr. Alessi strives to make each one of his clients feel and look their best with non-surgical cosmetic procedures that include Botox and a range of 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. Treat yourself to a facelift without the invasiveness of surgery, all under Dr. Alessi's artistic hands.

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



COSMETIC TREATMENTS OFFERED:

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 will be tailored to your specific needs. It is recommended to use a combination of Botox and other facial fillers for the best result.

JUVEDERM VOLUMA XC

This multidimensional energy moving treatment addresses every major joint in the body, utilising just the right pressure at all the right angles. Each of the vertebrae will be worked to realign them and release stiff ligaments, making you feel younger, lighter and straighter.

JUVEDERM XC

Juvederm XC, also an 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 nasolabial folds.

PERFECTHA®

Perfectha is a highly advanced hyaluronic acid gel filler, it was 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 furrow around the eyes and mouth; Perfectha Deep, for deep wrinkles, nasolabial folds and for contouring the face, cheeks, chin, and adding contour and volume to the lips; Perfectha Subskin to treat skin depressions, scarring and contouring; and Perfectha Complement, used to retouch alterations following other facial treatments. The different formulas can last from 4 to 18 months.

KYBELLA®

Kybella is the first and only FDA-approved injectable treatment to improve the appearance of moderate to severe fat beneath the chin by physically destroying fat cells.

THREAD FACE LIFT

A thread lift is a minimally invasive, rejuvenating treatment that uses specialised surgical threads to lift sagging skin, giving a tighter, more youthful appearance.

Thread Lifts are recommended for people who are looking to combat signs of ageing caused by reduced collagen production. A Thread Lift is a great alternative to surgery but gives long lasting results, from 12 to 18 months, and can be combined with anti-ageing injections too.

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





IV THERAPY By NIYAMA'S IN-RESIDENCE DOCTOR

ABOUT DR. SHARON

Meet Dr Sharon Ponce RN. MD., one of the island's favourite doctors. Whatever the reason for your visit, she'll make you feel at home.

With a medical and nursing degree from University of Santo Tomas, she's 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 for six years. As well as experience in a number of hospitals, emergency and intensive care units, she boasts certificates in Hyperbaric and Underwater Medicine.

Sharon 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 optimise their adventure at Niyama. These original IV treatments support optimal health and wellness and formulations include Detox, Fat Burn, Hydrate, Jet Lag, Anti-Aging, and Vacation Booster.

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

IV THERAPIES OFFERED:

HANGOVER CURE USD 315

Late night fun should not ruin your trip. There is no need to suffer with the effects of a hangover. Our proprietary blend of B vitamins with hydration and electrolytes will help remove the hangover blues.

BEAUTY SOLUTION USD 330

The IV Facial is a mainstay of our celebrity clientele. Rehydrate, replenish and restore with the Beverly Hills solution that includes antioxidants which have been shown to inhibit aging of the skin. Also, the vitamins and electrolytes aid in the anti-aging process. Lastly, high dose vitamin C and glutathione will brighten your skin.

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 is deficient in aging skin. This is a great solution to do daily to counter the deleterious effects of sunbathing. Go home looking younger after your stay at Niyama.

SKIN WHITENING MAX USD 315

Our formulation includes the best whitening agents available. 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.

FITNESS RECOVERY USD 330

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

JETLAG BUSTER USD 275

Kick your jetlag after a flight to Niyama from Dubai, Moscow, Beijing or New York. Everyone will need to recover with this solution of vitamins, minerals, and energy boosters. Either arrival or departure, enjoy your trip to the fullest.

All prices are in USD and subject to 10% Service Charge and 12% Government Tax.

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



HEALTHY AGING AND LONGEVITY, WITH NUTRITIONAL MICROSCOPY.

Using Nutritional Microscopy, Manual Lymphatic Massage, the Max Pulse Cardiovascular Test and Bemer Therapy, Paulo will assess your internal health, measure blood flow and improve the lymphatic system. The results include the reduction of cellulite and stress, nervous system relaxation, removal of toxins, and an increase physical fitness, concentration and sleep quality.

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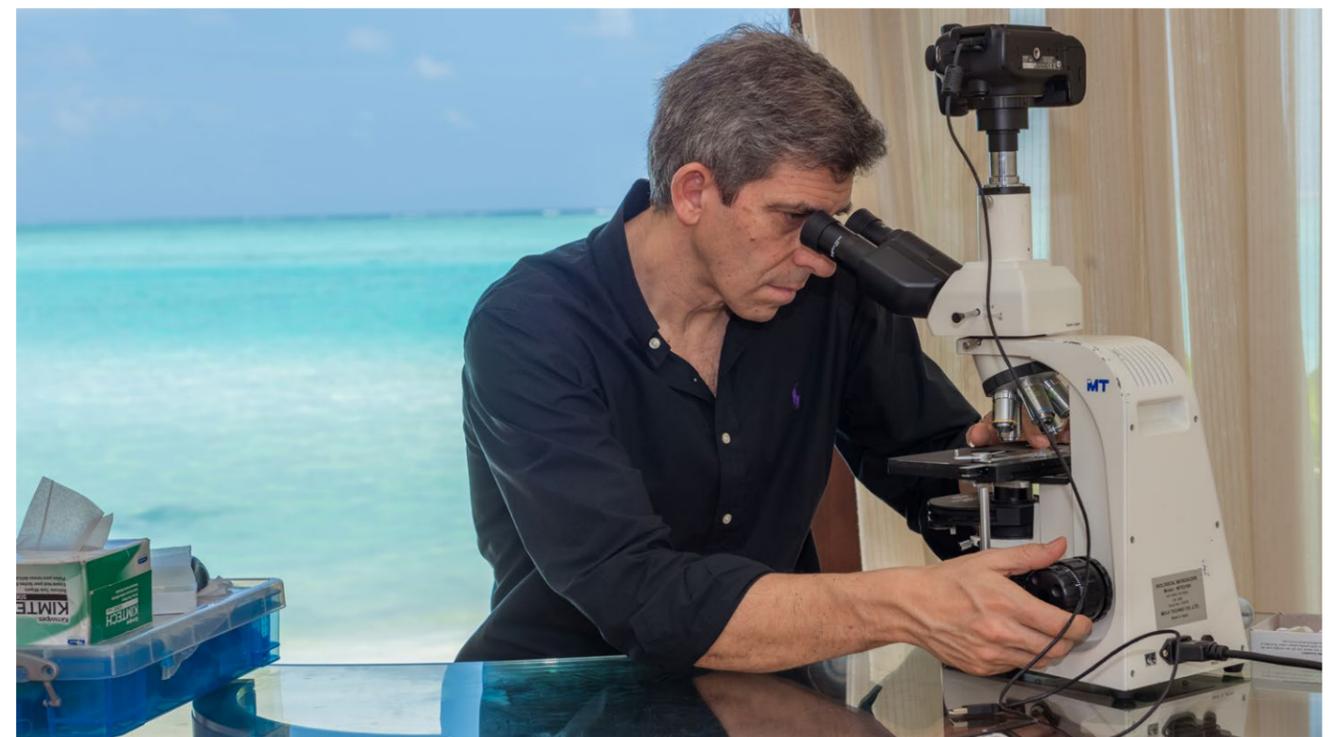
Join Paulo for "The 10 Steps for Perfect Health", a complimentary workshop every Monday, Wednesday and Friday at 11:00 am at Drift by Niyama. The session will include information on how to improve your health and increase longevity through the use of Nutritional Microscopy. Learn about which super herbs and foods to add to your diet for increased energy and calmness.

TOTAL HEALTH TRANSFORMATION PROTOCOL 10 STEPS TO ACHIEVE PERFECT HEALTH

IN-RESIDENCE AT NIYAMA PRIVATE ISLANDS
15 JANUARY 2019 till 15 FEBRUARY 2019

ABOUT PAULO

As a Health Coach, certified by the Institute of Integrative Nutrition of New York and a specialist in Nutritional Microscopy and a certified therapist from Dr. Daniel Amen clinics, Paulo brings a wealth of knowledge about the inner workings of the body. He is also the CEO of Total Health Transformation and an international speaker and corporate consultant. His clients include Hollywood stars and people with complicated health challenges.



ALTERNATIVE THERAPIES OFFERED:

NUTRITIONAL MICROSCOPY USD 380

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 you can observe cellular breakdown, inflammation, congestion, the presence of parasites, bacteria and fungus, as well as specific organ imbalances.

*Includes a 3 month protocol and follow up

LYMPHATIC DETOX WITH CAVITATION USD 155-250

60-90 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.

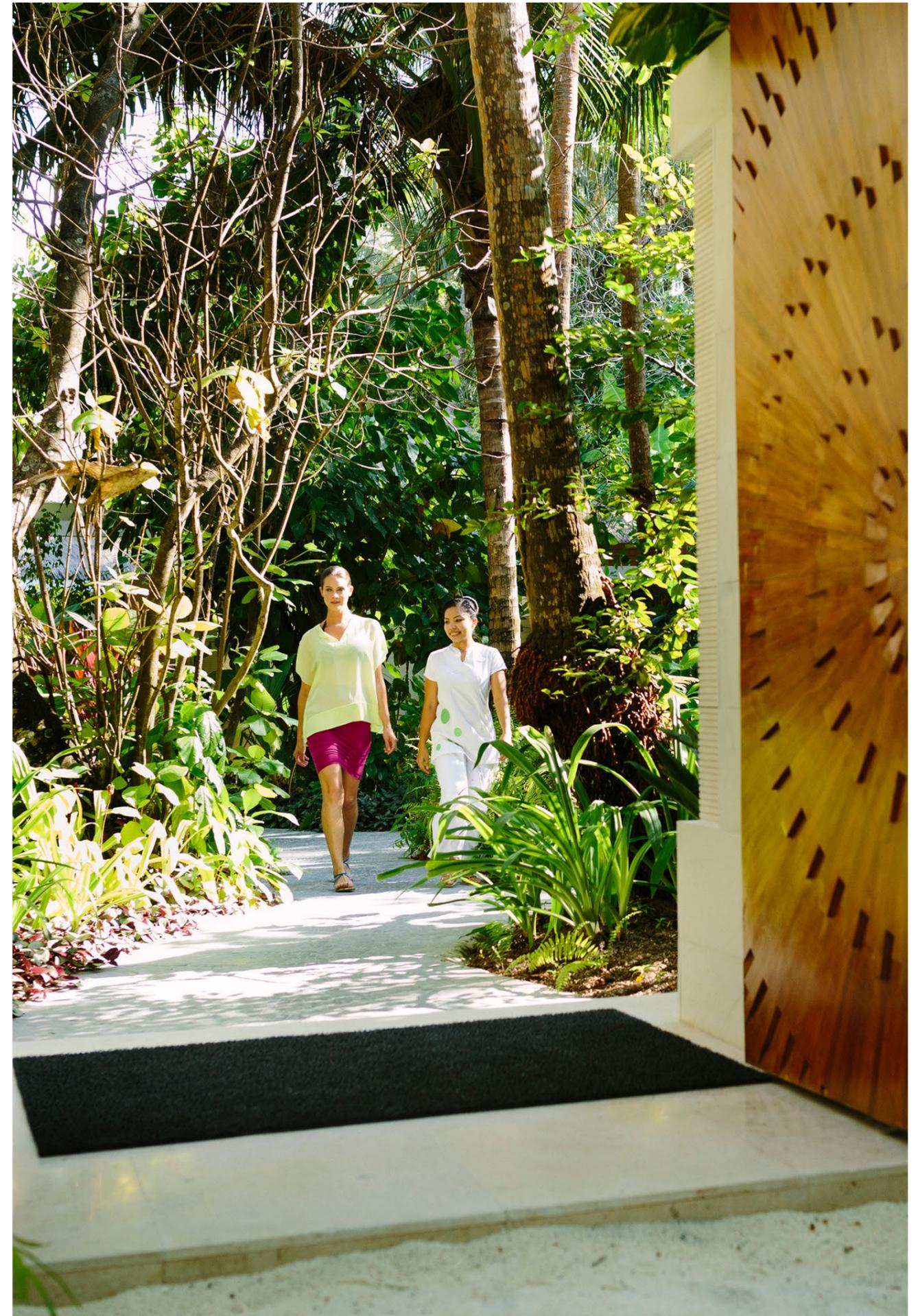
STUBBORN MUSCLE PAIN AND TENSION MELT AWAY USD 175

60 MINUTES

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

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





NIYAMA

PRIVATE ISLANDS
MALDIVES

Dhaalu Atoll, PO Box 2002, Republic of Maldives

T +960 676 2828 | M +960 792 5465

niyama.com