

DISCOVER AYURVEDIC HEALING

WITH SINDHU RAJEEV

Hailing from India, our resident healer Sindhu Rajeev has over 5 years of experience in treating guests with her expertise in traditional Ayurveda. Sindhu's in-depth knowledge of Ayurvedic treatments allows her to help guests manage and relieve body aches and pains, boost their immunity, and improve blood circulation.



FAIRMONT SPA

MENU AT A GLANCE

Discover authentic Ayurvedic healing in our wellness oasis and reconnect with your natural state of health and well-being through tailored wellness journeys to rejuvenate and harmonize the mind, body, and spirit, offering long-lasting results.

Ayurveda, one of the most ancient systems of medicine, aims to help balance the substances in your body, promote inner harmony and contribute to overall well-being, and make your body and mind strong enough to fight off illnesses.

Begin your Ayurvedic healing journey with a complimentary consultation to identify your unique body and mind constitution and discover simple adjustments to create more harmony in your daily life.



ABHYANGA

90 minutes | \$289

Abhyanga reduces stress and anxiety, it rejuvenates the body and the mind, and it eliminates deep-seated toxins in the skin, joints, and tissues, keeping the joints nourished and lubricated. You will experience, among others, an increase in the vital energy (prana), a calm and focused mind and a state of emotional balance.

SHIRODHARA

30 minutes | \$109

90 minutes | \$289

Deep relaxation and destress with herb-infused oil is poured onto the 'third eye' promotes inner calm followed by a gentle head massage and head marma stimulation. It is an ideal treatment for reducing high levels of mental stress. It induces calmness, promotes tranquility, skin conditions, relieves insomnia, and nourishes the hair and scalp whilst also enhancing emotional balance.



SARYANGADHARA

120 minutes | \$389

Highly rejuvenating streams of warm medicated oil to nourish muscles and restore elasticity and lustre to mature or post-pregnancy skin.

ELAKKIZHI

120 minutes | \$389

A 'poultice of leaves' massage that uses warm herbs, spice and oil bundles to tone skin and ease issues like arthritis and sciatica.

KATI VASTI

60 minutes | \$209

A nurturing Ayurvedic treatment in which warm medicated oils are pooled on the lower back to promote muscle and ligament strength to support the spine. Relieving lower backache and spinal conditions, it lubricates joints and is ideal for sports injuries and overall health.

NASYA

30 minutes | \$90

The introduction of small amounts of medicated oil into the nostrils. Brings relief from sinusitis, migraines, headaches, colds and nasal blockages.

All prices are in United States Dollars and exclusive of 10% service charge and prevailing government taxes.

Experience Ayurvedic healing at Fairmont Spa. For more info, please contact your Villa Host or our Communication Centre on the Staytus App.

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Hours of Operations
9:00 AM to 9:00 PM

Reservations:
call +960 654 8888
email reservations.maldives@fairmont.com
or book online at www.fairmont-maldives.com

Fairmont
MALDIVES
SIRRU FEN FUSHI