



SUNDĀRI

AYURVEDIC
SPA





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“The goddess Sundāri is the personification of beauty.
She is honored in Indian culture for her symmetry, strength and grace.
This reverence for Sundāri is a regard for the light in each of us.
By honoring her, we honor ourselves.”

*Find your own personal balance
at **SUNDĀRI Ayurvedic Spa**
on Veli Island*

In the world's greatest paradise, the Maldivian elements of lush tropical nature, soft powdery white sands and translucent ocean provide vivid and sensual inspiration. At a resort where our focus is on individual attention to cultivate the ultimate escape, our **SUNDĀRI Ayurvedic Spa** extends a welcoming invitation to discover the beauty of personal well-being.

Believing that what we achieve inwardly changes our outer reality, **SUNDĀRI Ayurvedic Spa** offers a holistic approach that views physical beauty as an expression of internal balance. On a pathway towards harmonizing body, mind and spirit on our journey through life, we help you discover and nurture your own inherent balance through wellness treatments that use natural, traditional ingredients, blended with modern science and our skilful touch to achieve results.





The Essence of SUNDĀRI

Ayurveda, a 5,000 year old traditional system native to the Indian subcontinent, is defined as “**the science of life**”, in which health, happiness and longevity is derived from harmonious well-being of body, mind and soul.

Such a lifestyle is based on an individual's constitution, diet, lifestyle and habits. **SUNDĀRI** is an essential part of that lifestyle.

The Sanskrit word sundāri defines beauty as an experience and an endeavor, not an object to attain. Beauty is about being well, a natural vitality inspired by balance, and a radiance that shines from the inside out.

At **SUNDĀRI Ayurvedic Spa**, a wonderful collection of Ayurvedic inspired luxury skin care products and treatments will help you find your individual sense of beauty and well-being.

Come into our world, leave yours behind, and find the essential balance that you need.





THE TRI-DOSHA THEORY

In Ayurveda it is emphasized that every individual is formed by three elemental substances. It is the harmony and balance of these elements that keeps us healthy, while an imbalance invites disease.

The three elemental substances, better known as *Doshas*, are *Vata*, *Pitta* and *Kapha*.

Everyone has a unique combination of Doshas which define a person's temperament and characteristics. Each person has a natural state comprising a combination of these three elements, and should seek balance by modulating their behavior or environment.

VATA

Vata is the force of propulsion. It governs all movement, including muscles, nerve impulses and thoughts. Vata literally means 'wind'. Vata is a subtle Doshas that goes out of balance easily. Vata people often suffer from depletion of nutrients. Their behavior is creative when balanced, or erratic and dispersed when imbalanced. Vata is the element of Ether and Air in the body. Ether has a spacey quality, and Air has movement. Vata senses are hearing and touch.

PITTA

Pitta is the principle of heat, digestion and all transformation in the body. Pitta is the acid secretion from the stomach, bile from the liver, and inflammation. Pitta people dream in color. Pitta can also color the skin and create freckles and red hair. In the body, the element of Fire always comes with Water. Pitta is both. Pitta's sense is vision but Pitta also has a strong sense of smell.

KAPHA

Kapha is growth of tissue, production of mucous and fat, and retention of fluids. Kapha is the stable, relaxed Doshas. It is the force of consolidation, solidity and denseness. Kapha people are great homemakers. Kapha is Water and Earth. Kapha senses are taste and smell.





Consultation

At SUNDĀRI Ayurvedic Spa, your journey starts with an in-depth consultation with our Ayurvedic Doctor.

Using various techniques (pulse, iridology, tongue and a health interview) our Ayurvedic Doctor will identify your dosha type or combination of doshas that determine your current imbalances. According to this assessment, a personalized treatment experience, exercise program and diet will be designed for you by the Ayurvedic Doctor to ensure the balancing of your energetic constitution for good health.

At the end of your journey, our Ayurvedic Doctor will provide you with take-home information to continue an Ayurvedic lifestyle once you return to your daily routine. This practical advice will encourage your commitment to living a lifestyle that brings more balance and vitality.

Ayurvedic Programs & Experiences

For those needing to detox, de-stress or are in great need of rejuvenation from a draining lifestyle, we offer specific programmes that focus on improving your mental, physical and emotional state through Ayurvedic treatments, diet and mind-body practices. We offer 1 day and 3 day sampler programs, however if you would like to extend your program please let us know and we will happily customise this for you.

Each programme includes:

- Consultation with resident doctor
- Daily yoga or pranayama class
 - Treatments
- 3 Ayurveda-inspired meals

Please request if you would like to see a sample program. The program will be tailored to your personal Dosha constitution as advised by our Ayurvedic Doctor.





Traditional Ayurvedic Treatments

Abyhanga (60 / 90 minutes)

Abhyanga is a massage of the body with large amounts of warm oil that have been blended with medicinal herbs. Its benefits are far reaching; relieving stress, toxins and fatigue, improving circulation, enhancing mental alertness, softening skin, strengthening stamina and calming the nerves.

Shirodhara (45 Minutes)

With its relation to the constant flow of life, this massage coordinates and calms mind, body and spirit. It enhances blood circulation to the brain, improves memory, nourishes the hair and scalp, and generally aids the release of tension.

Pizhichil (90 Minutes)

A gentle flow of warm oil all over the body is aimed to keep you fit and healthy, and also to prevent premature ageing, providing a fresh surge of energy that leaves you feeling relaxed and refreshed.

Udwarthanam (60 Minutes)

This dry massage using herbal powder acts as a natural scrub, which increases overall circulation to the skin and removes dead cells, resulting in a renewed appearance.

Lotus Indulgence Massage (90 Minutes)

Melt into a harmonious massage to balance body and mind. A unique combination of Shirodhara and Abhyanga massage has a positive effect on emotional wellbeing. Float out of this soothing treatment, feeling at one with yourself and carefree.

Pinda Swedana (60 / 90 Minutes)

Pinda Swedana is a comforting therapy in which hot herbal pouches filled with medicinal herbs are applied to the entire body to open channels, whereby the herbs can easily enter underlying tissues. This leaves the body with improved blood circulation and neuromuscular conditions, soothed pain in the joints and a feeling of restored vitality throughout the whole body.

Siro Abhyangam (60 Minutes)

This deep pressure massage, using medicated oils, focuses on the head, neck, shoulders and back, effectively releasing knots and tightness in the muscles where we tend to store the most stress and tension.





Tanlepa (30 Minutes)

Relax as we envelop your entire body in a therapeutic mask of herbal root powder that cools, refreshes and rejuvenates, while relieving muscular tension. An ideal treatment to combine with Abhyanga.

Pada Soundharym (60 Minutes)

Rejuvenate your legs with a natural coconut scrub and coconut oil massage, benefiting from coconut's moisturising, antioxidant and healing abilities, for skin that is healthy, silky smooth and exotically fragrant.

Doctor's Specialty Remedies for Specific Ailments

Ayurvedic treatments help to balance the energetic constitution of the entire body as a preventative measure. If you are experiencing specific areas of discomfort or symptoms that you would like to address, our resident doctor offers Ayurvedic treatments that provide swift relief from a range of ailments. Treatment times range from 3 to 7 days, depending on the severity of your condition.

Weight Loss (3 – 5 Days)

A specialist Ayurvedic scrub, massage techniques and yoga help to detoxify the body, increase circulation and reduce cellulite, whilst removing energy blockages, encouraging metabolism of fat and actually breaking down fat in the body to combat weight issues.

Abhyanga • Udwartanam • Pinda Swedana • Yoga

Joint Mobility, Muscular Tension & Strains (3 – 7 Days)

Specific Ayurvedic treatments work to improve flexibility, tone the muscles, increase circulation, loosen blocked joints and reduce muscle tension.

Abhyanga • Pinda Swedana • Shirodhara • Pizhichil • Yoga

High Blood Pressure (3 – 5 Days)

High blood pressure can be caused by stress and over work. This series of specialist Ayurvedic treatments alleviate high blood pressure by working directly on the brain to reduce abnormal hyper actives of the brain and body, and to relax the blood circulation.

Abhyanga Massage • Shirodhara • Yoga

Headaches (3 – 5 Days)

Stress and over use of sensory organs can cause headaches, and Ayurveda helps to relieve symptoms by removing the strain and improving the circulation, resulting in a better oxygen supply to the brain and removal of impurities.

Abhyanga • Shirodhara • Nasyam • Jalneti



SUNDĀRI Ayurvedic Treatments

Facials

The SUNDĀRI Facial (60 Minutes)

Organic active ingredients are custom blended, based on a personal Dosha assessment, for intensive exfoliation, nutrient infusion and a renewed moisture balance. Pressure point stimulation for the face and scalp, along with lymphatic stimulation, completes the experience, creating healthy, radiant skin.

Age Defying Firming Facial (90 Minutes)

Reclaim your skin's youth. This advanced treatment, featuring the regenerative properties of Gotu Kola, feels luxurious but acts powerfully, instantly exfoliating, firming and improving the skin's tone and texture. Combining focused massage therapies with our potent skin-tightening mask, this facial defies gravity and restores radiance.

Intensive Healing Facial (90 Minutes)

This facial purifies even the most delicate skin by sharing the benefits of Neem, known in India as the "*pharmacy tree*". Organic plant extracts combined with soothing oils work to heal, hydrate and firm - restoring balance to sensitive or irritated skin, to regain strength and a youthful glow.

Beautiful Eyes (30 Minutes)

Hydrate and firm the delicate eye area with this luxurious treatment. Signature massage techniques gently apply our proprietary anti-ageing formula to soothe, hydrate and release stress.

Firming Neck Treatment (30 Minutes)

Reclaim a firm, healthy appearance for the neck and décolletage. Intensive exfoliation with enzymes and Bamboo extract reduces roughness, uneven pigment and loose skin. An energizing mask and massage, calling on the rejuvenating effects of Gotu Kola and deep penetrating peptides, leaves skin firm, smooth and restored.



Body Envelopments

Firming Body Envelopment (90 Minutes)

True indulgence to beautify your whole being. The spa experience begins with an aromatic warm oil back massage with Triphala or Lotus Oils, followed by full body exfoliation with our Gotu Kola and Walnut scrub, finishing with our unique skin-firming body mask. You're left rejuvenated, refreshed and toned, all over.

Omega 3 Body Envelopment (90 Minutes)

Layer upon layer of body nourishing ingredients are combined in the most luxurious of treatments. The journey unfolds in a welcoming back massage, full body exfoliation with organic sugar and Flaxseed Oil, a nourishing Soy and Mango Seed Butter massage, an aromatic mask of Vetiver, Mimosa and Babassu, finished lightly with our Loquat Body Milk, to leave the skin richly hydrated, smooth and soft.

Neem Body Envelopment (90 Minutes)

A complete detoxifying experience for mind and body. This Ayurvedic-inspired therapy layers healing and cleansing ingredients to purify skin in stages. The sequence commences with our welcoming back massage, leading into full body exfoliation with our Neem and Date Seed body scrub, followed by an aromatic oil massage and a nourishing therapeutic mask.



Signature Experiences

Firming Experience (120 Minutes)

Firm and contour, and let your senses play. Our active ingredients of Cardamom, Rose Hips and Gotu Kola energize and revitalize as they improve the elasticity of skin. The ritual begins with a signature foot scrub, followed by full body exfoliation, then a massage with a stimulating aromatic oil, after which an envelopment and bath concludes the experience.

Healing Experience (120 Minutes)

Restore and find balance, in both body and mind. Created around the benefits of Neem, India's "pharmacy tree", this ritual blends therapeutic and aromatic herbs to harmonize and comfort the spirit, as it treats the body first with a signature foot scrub, then full body exfoliation, a massage with restorative oil to release negative energy, and to finish an envelopment and bath.

Supplifying Experience (120 Minutes)

Awaken your senses in full as you nourish your body. Infused with herbs and aromas that feed the body, this holistic ritual encompasses a signature foot scrub, full body exfoliation, a massage with lush balm to open the Marmas (*the body's energy channels*), and finally an envelopment and bath.

Sundari Make Over (170 Minutes)

Spoil yourself with a pampering head to toe experience to bring out the beautiful princess within you. Begin with mini pedicure and manicure treatments, leading into a Sundari body envelopment that is personally prescribed to your needs and dosha type. Then soak in a relaxing floral bath infused with Indian herbs and a dosha specific Sundari essential oil blend.



Ayurvedic Enhancements

Yoga

The practice of Yoga, which incorporates flowing movement, deep stretching and rhythmic breath work, can promote the results of your Ayurvedic experience. Its benefits impact both the body and mind by toning muscles, stimulating vitality, encouraging us to be mindful about the way we live our lives, and fostering a sense of peace.

A variety of Yoga classes are available at Anantara Veli Maldives.



Surya Namaskar (60 Minutes)

Formerly known as Sun Salutation, this toning exercise has been designed to warm up your whole body and integrate the body, mind and breath. This spiritual exercise stretches, compresses, arches and reinforces all the major muscles of the body, as well as the digestive and respiratory organs.

Chandra Namaskar (60 Minutes)

Formerly known as Moon Salutation, this exercise helps you to channel lunar energy; which has cool, relaxing and creative qualities. Chandra Namaskar also stretches the spine and all major muscle groups in the body.

Pranayam & Meditation (60 Minutes)

Combat daily stresses through Pranayam Yoga - the highest form of purification and self-discipline, covering both mind and body. Meditate and effortlessly let your mind become calm and peaceful. These two methods combined will increase your concentration, boost your productivity and relieve you from stress.

Weight Reduction (60 Minutes)

Target unwanted fat pockets in the body. For centuries Yoga has been used as a way to gain and maintain a healthy body; it influences the metabolism by acting upon several hormonal secretions. In addition to weight reduction, this ancient Indian mediation art also helps achieving better muscle tone and vitality.

Pregnancy Yoga - Available on request

Enhance your ability to relax and enjoy your pregnancy by preparing physically, mentally & emotionally for childbirth.

Through gentle poses, breath work and meditation techniques learn to adjust to the physical changes to your body and manage discomforts. You'll gain strength, flexibility and self confidence and learn to consciously focus on and spiritually experience your pregnancy.

Ayurvedic Cooking Class

The SUNDĀRI Ayurvedic Spa is an experience that we hope will have a deep and long lasting beneficial impact in your lifestyle, long after you leave us. With this in mind we invite you to take home the skills and techniques to maintain a delicious, nutritious diet.

Learn about the intrinsic connection between Ayurveda and healthy living. Master the art of planning well balanced vegetarian meals made from grains, beans, vegetables, fruits, seeds, dairy products, fat, spices and herbs, based on fundamental Ayurvedic principles. Leave us with flavorful inspiration to help you maintain nutritional balance, which plays a vital role in overall well-being.

Spa Etiquette

- Please arrive 15 minutes prior to your consultation in order to take time to relax in our tranquil surroundings.
- We ask that you reserve “time” for yourself rather than booking specific therapies when visiting the spa. Your Ayurvedic experience will be determined by our Ayurvedic Doctor who assesses the right treatments for your body and mind through a thorough consultation. A 2 hour reservation time is recommended.
- Please note that the spa is unsuitable for small children and babies, as we try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend that you leave all jewellery in your room before coming to the spa.
- All treatments are charged to your room and will appear on your account at check-out.
- Please give four hours’ cancellation notice on individual treatments and 24 hours’ notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after an Ayurvedic treatment.
- Men – please shave prior to all treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Arriving late will decrease the time of your experience.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications, are requested to notify the Ayurvedic Doctor who will make recommendations accordingly.
- All prices are in USD and are subject to 10% service charge and applicable Goods and Services Tax.



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Abyhanga

(60 / 90 minutes) | USD

Shirodhara

(45 Minutes) | USD

Pizhichil

(90 Minutes) | USD

Udwarthanam

(60 Minutes) | USD

Mukha...



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