



WELLNESS YOUR WAY

There are many paths to wellness . At JA Manafaru we believe in offering choices for our guests to incorporate as much or as little as fits their vacation. You may choose to work out and eat salad today, while tomorrow enjoy a special 7-course degustation menu in our subterranean wine cellar.

'Wellness Your Way' is our approach to catering for the individual needs of guests.

EAT WELL YOUR WAY

Great food is a vital part of an unforgettable holiday. At JA Manafaru we are proud of our extensive culinary offering, which has now expanded to cater to a variety of eating lifestyles.

We offer Wellness Your Way menus in every one of our six restaurants. Alongside the standard menu you will find a dedicated menus for;

- Vegan/Vegetarian
- Dairy Free
- Gluten Free
- Low Carbohydrate – suitable for Keto and Paleo

This means anyone can dine effortlessly regardless of their choice of eating lifestyle. Our culinary team are also adept at catering for guests with allergies and other dietary requirements such as Kosher, please contact a member of staff to find our more.

Coming October 2023

IMBIBE WELL YOUR WAY

We have incorporated wellness into beverage menus with sugar free cocktails, wellness smoothies and one of the most extensive alcohol-free beverage lists in the Maldives.

Our Homemade @ JA Manafaru program supports this with our Drinks Lab where we create a variety of probiotic sodas, including four flavours of Kombucha, as well as natural tonic waters, drinking shrubs and even our own bitters. We host weekly workshops for guests to learn to make Kombucha at home.





WELLNESS YOUR WAY

CALM SPA SANCTUARY

A holiday in the Maldives is not complete without indulging in a spa treatment. Calm Spa is nestled in a jungle sanctuary and is complete with a full spa and salon offering mindfulness options.

Spa facilities include:

- 7 double treatment rooms
- Hair salon
- Nail salon (with 2 massage chairs)
- Separate men's and women's steam, sauna and plunge pools
- Retail for beauty products
- Post treatment relaxation room

Take full advantage of your time away and enjoy a variety of different massage treatments, body therapies, salon services and more.

ALCHEMY BAR

Join us to conjure up a variety of organic remedies and spa products to take home with you. We gather a bounty of natural ingredients found on the island and combine them following centuries-old knowledge of Dhivehi Beys, the traditional medicine of the Maldives. Take home your personalised concocted treat as a memento of your holistic experience on JA Manafaru. Join in the complimentary scheduled workshops or schedule a private class.

Coming September 2023

DHIVEHI BEYS

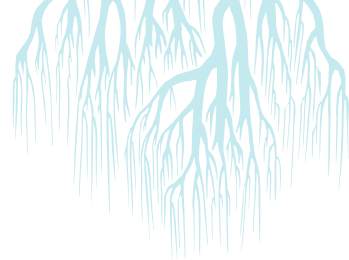
Maldives has a rich cultural heritage including its very own medicine. This knowledge was passed down for centuries and has recently seen a resurgence in popularity. Healing therapies are derived the native plants of the islands and the salt of the surrounding waters. We integrate this ancient knowledge into our spa therapies and our in-room amenities.

MINDFUL YOUR WAY

JA Manafaru is blessed with an established natural jungle, including many ancient banyan trees. These trees are revered for their energy and spirituality in many cultures. Our private island is the perfect place to centre and recharge energy with a yoga, mediation, breathwork and more.

Calm Spa offers weekly scheduled classes as well as tailored private workshops to help you detox and release tensions. Take a walk along our mediation labyrinth or join in a tree hugging meditation event.

WELLNESS YOUR WAY



FITNESS YOUR WAY

Working out on holiday doesn't just mean running on a treadmill at JA Manafaru. Alongside our extensive indoor gym, we offer an outdoor fitness trail that takes you along shaded roads to discover workout stations.

Working out in paradise can include taking advantage of our complimentary non-motorised water sports equipment including stand-up paddle board and kayak. Or simply slip into some fins and put on your mask spending an hour snorkelling our house reef.

WELLNESS PROGRAMS YOUR WAY

At JA Manafaru you can integrate wellbeing into your island vacation with our flexible wellness programs. We tailor a program to suit you, making sure you have time to work on your tan and enjoy all that a Maldives vacation has to offer. Whether you want to detox, improve movement or develop mindfulness, we have the solution for you.

Coming November 2023

MORE WAYS TO WELLNESS

To compliment our Calm Spa treatments, we have a robust program of visiting wellbeing practitioners. Our experts are on the island by invite only and hand-picked due to their particular specialisms and unique approaches to alternative therapy. Contact a member of staff to find out more.



For Reservations And Further Information,
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