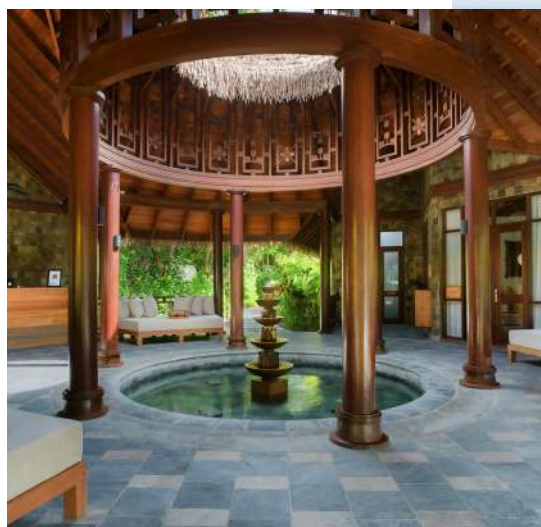




MANAFARU
MALDIVES



Kelly Manning

Nutritional Therapist, Naturopath and Wellness Consultant

Kelly Manning is our resident naturopath and nutritional therapist, bringing over a decade of experience in wellness and hospitality. With a background that includes key roles at renowned wellness destinations across Asia, Kelly specializes in digestive wellbeing, stress management, and sleep improvement.

Blending evidence-based nutrition with naturopathic principles, Kelly offers personalized guidance to empower guests in making conscious, therapeutic food choices that aim to enhance energy, support hormonal balance, and encourage holistic well-being as part of a healthy lifestyle. Through one-on-one virtual consultations, Kelly provides practical strategies to support guests in making lasting, sustainable changes.

Stress & Burnout

Feeling constantly drained, overwhelmed, or struggling to focus? Experiencing tension headaches, poor sleep, or slow recovery after exercise? Chronic stress can take a toll on both mind and body.

This session identifies the root causes of your stress and provides personalized nutrition and lifestyle guidance to begin the path towards restored energy, balanced hormones, and resilience for long-term wellbeing.

Digestion/ Gut Health

Do you experience bloating, acid reflux, or sluggishness after eating? Are you looking for support with your digestion? This 60-minute nutrition and lifestyle session will help uncover potential root causes and provide practical nutrition strategies to improve your digestive wellbeing.

Sleep

Struggling to fall asleep, stay asleep, or waking too early? This comprehensive sleep consultation will explore how diet and lifestyle habits impact your sleep, offering a personalized natural approach to help you achieve deeper, more restorative rest.

Wellbeing and Fitness

Whether you're training for endurance, building strength, or simply looking to optimize your workouts, proper nutrition plays a key role in performance and recovery. This session will help you tailor your diet to fuel your body, enhance muscle recovery, and improve energy levels so you can train smarter, not harder.

Weight Management

Struggling with weight loss, weight gain, or maintaining a healthy balance? This session focuses on sustainable nutrition and lifestyle habits tailored to your body's needs, helping you achieve long-term results without restrictive dieting. Learn how to support metabolism, manage cravings, and build a positive relationship with food.

If there are any other aspects of your wellbeing where you need support or guidance, Kelly is here to help. Please connect with the spa reception for more details or to arrange a consultation.

All prices are in USD and subject to Government Taxes (TGST) and Service Charge