

Detox and Reset Retreat

5 Day Program for JA Manafaru

Welcome to your Detox and Reset schedule, we are thrilled that you have given yourself this time and, your body this gift. We encourage you to leave the outside world aside by leaving your phone in your villa. This will allow your mind some space and deepen the positive affects you will gain from your experience. Your journal is a great tool to records your thoughts, feelings and sensations during this journey

Each day you will find your Lime Ritual placed in your villa, we encourage you to squeeze the lime into lukewarm water and drink this when you wake. For the best affects try to avoid any coffee intake for 90 minutes after waking.

Prior to retiring for the night enjoy a moment of thankfulness for what you have given to yourself on this day and enjoy the charcoal tonic provided.

We have drafted the following schedule for you based on the treatments you selected. We would also welcome you to the Spa each morning for your vitamin and mineral check, so that your personalised juice can be prepared at Kakuni restaurant between 10am and 12pm.

Time	Activity	Duration	Notes/Location
Wednesday 1st May			
10.00am	Initial Consultation	45 min	
10.45am	Vitamin Check	15 min	
4.00pm	Slimming Massage	60 min	
<i>Suggested Activity - Stand Up Paddle Board</i>			
Thursday 2nd May			
10.00am	Scalp Massage	40 min	
10.45am	Vitamin Check	15 min	
7.00pm	Stress Relief Meditation	30 min	Wear comfortable clothing
<i>Suggested Activity - Coconut Palm Bird Weaving</i>			
Friday 3rd May			
6.30am	Hatha Yoga	60 min	Wear comfortable clothing
10.00am	Vitamin Check	15 min	
4.00pm	Cocotella And Jam	30 min	Meet at Kakuni
<i>Suggested Activity - Traditional Sunset Fishing</i>			
Saturday 4th May			
10.00am	Face Lift Massage DIY	30 min	
10.30am	Vitamin Check	15 min	
4.00pm	Detox Body Wrap	60 min	Do not eat for 90 min prior
<i>Suggested Activity - Experience Scuba Dive</i>			
Sunday 5th May			
10.00am	Lymphatic Drainage	60 min	No caffeine prior
11.00am	Vitamin Check	15 min	
11.15am	Wellness Program Review	15 min	
<i>Suggested Activity - Magey Hiya Tour</i>			

We know how important it is to make time for sunbathing, snorkelling and doing nothing so this schedule will be reviewed during your Initial Consultation to ensure you have plenty of time for these all important activities.

Active De-Stress Retreat

5 Day Program for JA Manafaru

Welcome to your Active De-Stress schedule, we are thrilled that you have given yourself this time and, your body this gift. We encourage you to leave the outside world aside by leaving your phone in your villa. This will allow your mind some space and deepen the positive affects you will gain from your experience. Your journal is a great tool to records your thoughts, feelings and sensations during this journey

Each day you will find your Lime Ritual placed in your villa, we encourage you to squeeze the lime into lukewarm water and drink this when you wake. For the best affects try to avoid any coffee intake for 90 minutes after waking.

Prior to retiring for the night enjoy a moment of thankfulness for what you have given to yourself on this day and enjoy the charcoal tonic provided.

We have drafted the following schedule for you based on the treatments you selected. We would also welcome you to the Spa each morning for your vitamin and mineral check, so that your personalised juice can be prepared at Kakuni restaurant between 10am and 12pm.

Time	Activity	Duration	Notes/Location
Wednesday 1st May			
10.00am	Initial Consultation	45 min	
11.00am	Foot Reflexology	50 min	
7.00pm	Pranayama Breathing	45 min	
<i>Suggested Activity - Nature Trail Walk</i>			
Thursday 2nd May			
6.30am	Sun Salutation Yoga	30 min	
10.00am	Thai Massage	60 min	
11.00am	Vitamin Check	15 min	
<i>Suggested Activity - Heart of House Tour</i>			
Friday 3rd May			
6.30am	Hatha Yoga	45 min	
11.45am	Vitamin Check	15 min	
12.00pm	Recipe Conversion Class	30 min	
<i>Suggested Activity - Traditional Sunset Fishing</i>			
Saturday 4th May			
6.30am	Guided Banyan Tree Journey	45 min	
4.00pm	Chakra Balancing Massage	90 min	
5.30pm	Lymphatic Face Massage	30 min	
<i>Suggested Activity - Experience Scuba Dive</i>			
Sunday 5th May			
6.30am	Assisted Stretching	30 min	Wear comfortable clothing
1.45am	Wellness Program Review	15 min	
2.00pm	Probiotics Drinks	30 min	
<i>Suggested Activity - Guided House Reef Snorkelling</i>			

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Taste of Wellness Retreat

3 Day Program for JA Manafaru

Welcome to your Taste of Wellness schedule, we are thrilled that you have given yourself this time and, your body this gift. We encourage you to leave the outside world aside by leaving your phone in your villa. This will allow your mind some space and deepen the positive affects you will gain from your experience. Your journal is a great tool to records your thoughts, feelings and sensations during this journey

Each day you will find your Lime Ritual placed in your villa, we encourage you to squeeze the lime into lukewarm water and drink this when you wake. For the best affects try to avoid any coffee intake for 90 minutes after waking.

Prior to retiring for the night enjoy a moment of thankfulness for what you have given to yourself on this day and enjoy the charcoal tonic provided.

We have drafted the following schedule for you based on the treatments you selected. We would also welcome you to the Spa each morning for your vitamin and mineral check, so that your personalised juice can be prepared at Kakuni restaurant between 10am and 12pm.

Time	Activity	Duration	Notes/Location
Friday 3rd May			
10.00am	Initial Consultation	45 min	
10.45am	Detox Body Scrub	60 min	
12.00pm	Cocotella And Jam	30 min	Meet at Kakuni
<i>Suggested Activity - Traditional Sunset Fishing</i>			
Saturday 4th May			
6.30am	Guided Banyan Tree Journey	60 min	
10.00am	Vitamin Check	15 min	
5.00pm	Eminence Mini Facial	45 min	
5.45pm	Pranayama Breathing	45 min	
<i>Suggested Activity - Experience Scuba Dive</i>			
Sunday 5th May			
6.30am	Hatha Yoga	45 min	
9.45am	Vitamin Check	15 min	
10.00am	Eminence Mini Facial	45 min	
10.40am	Abdominal massage	40 min	Do not eat for 90 min prior
<i>Suggested Activity - Magey Hiya Tour</i>			

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Mindful Journey Retreat

10 Day Program for JA Manafaru

Welcome to your Mindful Journey schedule, we are thrilled that you have given yourself this time and, your body this gift. We encourage you to leave the outside world aside by leaving your phone in your villa. This will allow your mind some space and deepen the positive affects you will gain from your experience. Your journal is a great tool to records your thoughts, feelings and sensations during this journey

Each day you will find your Lime Ritual placed in your villa, we encourage you to squeeze the lime into lukewarm water and drink this when you wake. For the best affects try to avoid any coffee intake for 90 minutes after waking.

Prior to retiring for the night enjoy a moment of thankfulness for what you have given to yourself on this day and enjoy the charcoal tonic provided.

We have drafted the following schedule for you based on the treatments you selected. We would also welcome you to the Spa each morning for your vitamin and mineral check, so that your personalised juice can be prepared at Kakuni restaurant between 10am and 12pm.

Time	Activity	Duration	Notes/Location
Wednesday 1st May			
10.00am	Initial Consultation	45 min	
10.45am	Intuitive Aroma Massage	60 min	
<i>Suggested Activity - Stand Up Paddle Board</i>			
Thursday 2nd May			
8.00am	Floating Breakfast		
10.00am	Vitamin Check	15 min	
7.00pm	Pranayama Breathing	60 min	Wear comfortable clothing
<i>Suggested Activity - Coconut Palm Bird Weaving</i>			
Friday 3rd May			
6.30am	Hatha Yoga	45 min	
10.00am	Moksha Massage	60 min	
11.00am	Vitamin Check	15 min	
<i>Suggested Activity - Traditional Sunset Fishing</i>			
Saturday 4th May			
6.30am	Guided Banyan Tree Journey	60 min	
11.45am	Vitamin Check	15 min	
12.00pm	Sugar Free "Sweets"	30 min	Meet at Kakuni
<i>Suggested Activity - Experience Scuba Dive</i>			
Sunday 5th May			
10.00am	Vitamin Check	15 min	
6.30pm	Hair Oil Treatment	30 min	
7.00pm	Halo Of Light Meditation	30 min	
<i>Suggested Activity - Magey Hiya Tour</i>			
Monday 6th May			
6.30am	Hatha Yoga	45 min	
11.45am	Vitamin Check	15 min	
12.00pm	Healing Broths	30 min	Meet at Kakuni
<i>Suggested Activity - Sunset and Dolphin Experience</i>			
Tuesday 7th May			
10.00am	Bathtub Tea Making	30 min	
10.30am	Vitamin Check	15 min	
<i>Suggested Activity - Snorkelling Adventure Excursion</i>			
Wednesday 8th May			
6.30am	Beach Yoga	45 min	Meet at Kakuni
11.45am	Vitamin Check	15 min	

12.00pm Food Fermentation 30 min Meet at Kakuni

Suggested Activity - Nature Trail Walk

Thursday 9th May

10.00am Lymphatic Drainage

60 min

No caffeine prior

11.00am Shiro Dhara

30 min

7.00pm Yog Nidra

60 min

Wear comfortable clothing

Suggested Activity - Heart of House Tour

Friday 10th May

6.30am Hatha Yoga

45 min

10.00am Eminence Hydrating Facial

60 min

11.00am Wellness Program Review

15 min

Suggested Activity - Subterranean Wine Cellar Tour

We know how important it is to make time for sunbathing, snorkelling and doing nothing so this schedule will be reviewed during your Initial Consultation to ensure you have plenty of time for these all important activities.



Culinary Journey Retreat

7 Day Program for JA Manafaru

Welcome to your Culinary Journey schedule, we are thrilled that you have given yourself this time and, your body this gift. We encourage you to leave the outside world aside by leaving your phone in your villa. This will allow your mind some space and deepen the positive affects you will gain from your experience. Your journal is a great tool to records your thoughts, feelings and sensations during this journey

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Time	Activity	Duration	Notes/Location
Wednesday 1st May			
12.00pm	Initial Consultation	45 min	
5.00pm	Stress Relief Meditation	45 min	
5.45pm	Shiro Dhara	20 min	
<i>Suggested Activity - Stand Up Paddle Board</i>			
Thursday 2nd May			
11.45am	Vitamin Check	15 min	
12.00pm	Super Salads	30 min	Meet at Kakuni
4.00pm	Moksha Massage	90 min	
<i>Suggested Activity - Coconut Palm Bird Weaving</i>			
Friday 3rd May			
9.00am	Floating Breakfast		
10.00am	Vitamin Check	15 min	
10.15am	Spa Pedicure	70 min	
4.00pm	Recipe Conversion Class	30 min	Meet at Kakuni
<i>Suggested Activity - Subterranean Wine Cellar Tour</i>			
Saturday 4th May			
6.30am	Guided Banyan Tree Journey	60 min	
9.45am	Vitamin Check	15 min	
12.00pm	Banyan Tree Picnic		
<i>Suggested Activity - Movie Night</i>			
Sunday 5th May			
10.00am	Face Lift Massage DIY	30 min	
10.30am	Vitamin Check	30 min	
10.45am	Relaxing Balinese Massage	60 min	
12.00pm	WYW Dressings And Sauces	30 min	Meet at Kakuni
<i>Suggested Activity - Magey Hiya Tour</i>			
Monday 6th May			
11.45am	Vitamin Check	15 min	
12.00pm	Foraging Lunch	60 min	Meet at Kakuni
7.00pm	Scalp Massage	40 min	
<i>Suggested Activity - Mocktail Master Class</i>			
Tuesday 7th May			
10.45am	Vitamin Check	15 min	
11.00am	Lymphatic Drainage	60 min	
12.00pm	Maldivian Cooking Class	60 min	Meet at Kakuni
2.00pm	Botanicals Tea And Infusions	30 min	
<i>Suggested Activity - Sustainable Garden Tour</i>			

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