



*Wellness Your Way
Retreat Guide*

Set Your Intention

Think about how you want to feel after your time at JA Manafaru.

Revisit your purpose for your Maldives vacation and for giving yourself the gift of a Wellness Retreat.

This will help to guide you on your path to wellbeing, both at JA Manafaru and upon your return home.

Browse the [JA Manafaru](#) app and take notice of the experiences that you are drawn to. Do they reinforce the pathway you have chosen or reveal another dimension.

Personalise Your Journey

In the weeks leading up to your stay our Wellness team will send you a link to preselect the activities and treatments that will make this journey your own.

More details about spa treatments and activities can be found [here](#).

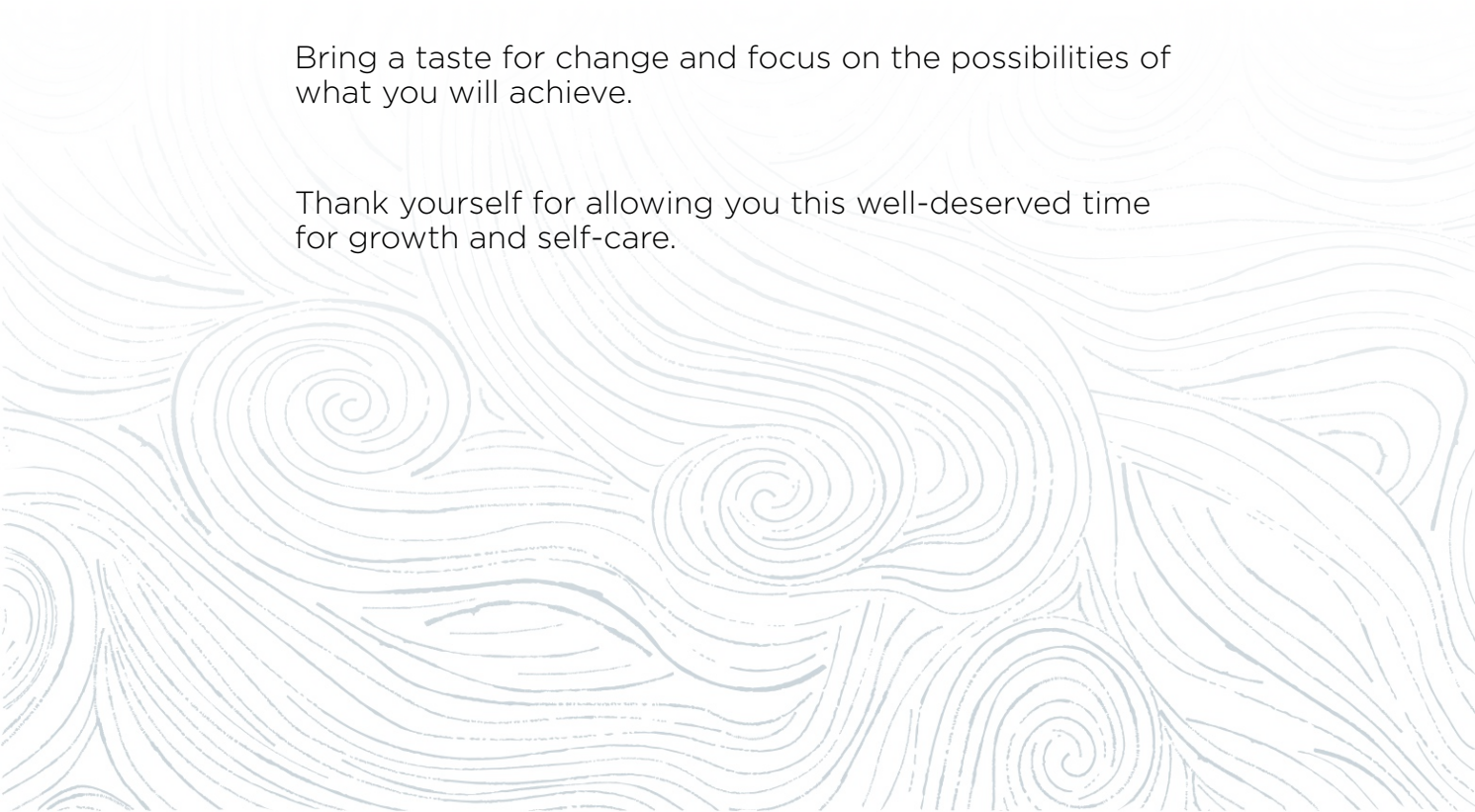
In the final two weeks before your arrival you will also receive a Health and Wellness Questionnaire. This will be used by the resort's Wellness Team to further prepare your unique retreat program.

Free Your Mind

Allow yourself to be open to your chosen experience. Release yourself from judgement and expectations so that you can enjoy each step you take on your journey.

Bring a taste for change and focus on the possibilities of what you will achieve.

Thank yourself for allowing you this well-deserved time for growth and self-care.



Free Your Body

Give your physical entity the best start for positive change by offering it the best of what you can give it before you arrive.

The best detoxification results can be obtained by reducing or refraining from caffeine, tobacco and alcohol in the weeks leading up to your stay.

Reducing sugars, processed foods and carbohydrates can prime your body for the best results.

Pack Your Bag

Do bring comfortable clothing that you can wear to your treatments and activities.

Sports and yoga attire are a must as is a bathing suit for your Sun, Sand and Vitamin Sea treatment!

As our Wellness retreats are designed with your Maldives Vacation time in mind you will need sunscreen, a hat and other sun protection accessories as well.

Your Island Presence

Be mindful and engaged with your journey.

You have given yourself this gift of wellbeing, a good way to honour that is to minimise distractions such as mobile phones.

Try new things, take time to absorb the energy of the island.

Collect moments of transformation and truth as mementos to take with you on your return home.

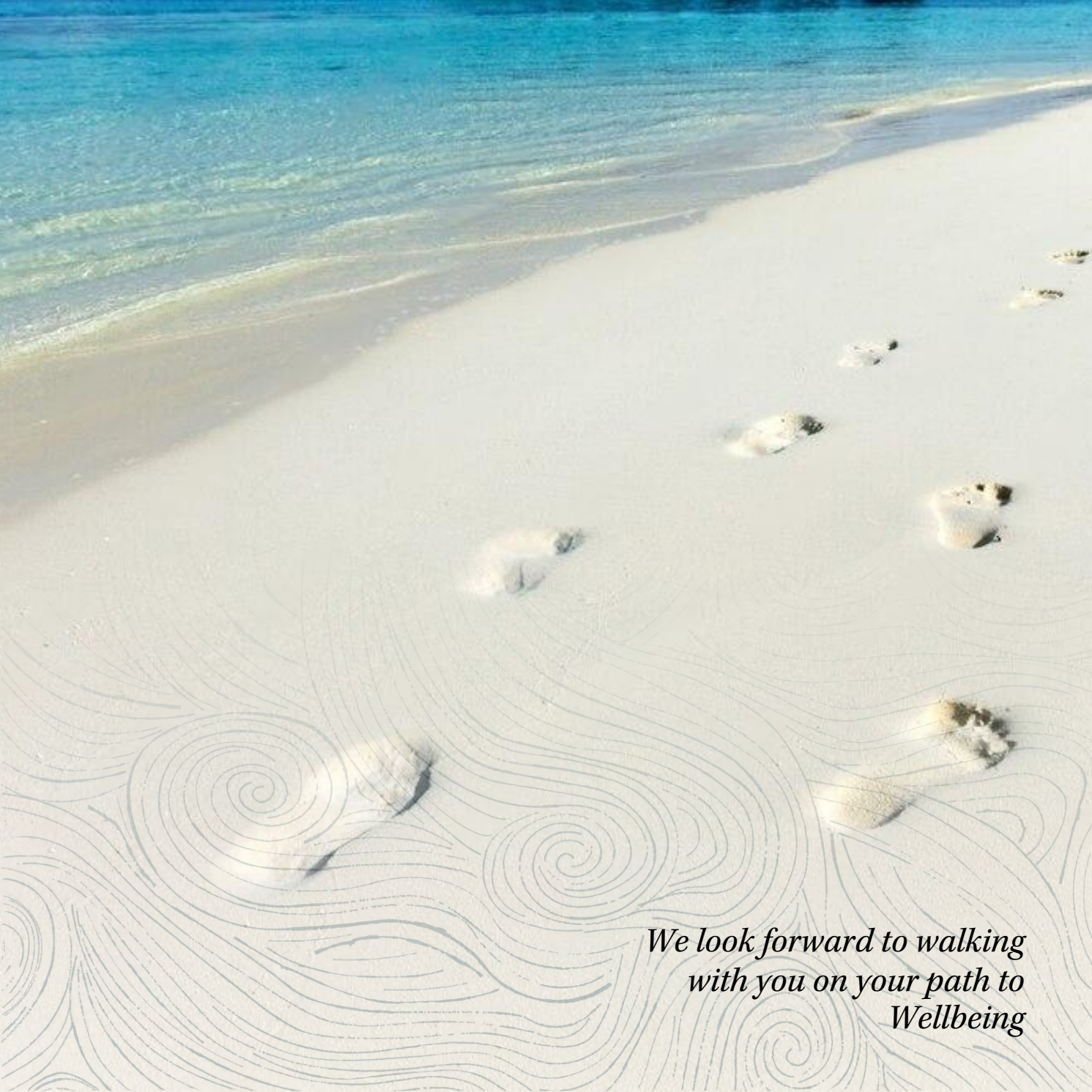
Depart With Intention

Your return home is a new beginning.

Be proud of what you have achieved.

Practise what you have learned.

Honour the treasure you have unlocked within you.



*We look forward to walking
with you on your path to
Wellbeing*