



MANAFARU
MALDIVES



Vandana

7th to 28th February 2025

Holistic and Energy Specialist, Vandana invites you to explore your intention with a simplified procedure of Pause, Reflect and Align. She believes in the “Power of Pause” for inner reflection and to re-align with your true inspirational self. Connect with Vandana to understand which therapy will best suit your needs.

REGENERATIVE CHI AND SPINAL HEALTH

A non-invasive and de-stressing holistic therapy that helps tap into the natural ability of the body to reach a state of balance, restoring the flow of life force energy through the spine. It is an ‘internal massage for the body’ that helps alleviate various conditions, such as, but not limited to body pains, headaches, sinus congestion, digestive issues, hormonal imbalances, compromised immunity and more.

HORMONAL BALANCE AND RESTORATION

A unique holistic therapy combining ancient Chinese and South American traditional healing techniques with modern neurology science. This treatment enjoys an efficient and quick access to the central nervous system to address hormonal health, contributing to a glowing complexion and release of tension in the facial muscles. It is effective in treating anxiety, stress, migraine, insomnia, fertility issues, hormonal imbalances and more.

CHAKRA AND ENERGY BALANCING WITH REIKI

Reiki is a wonderful ‘higher life force energy’ channelled under divine guidance for positive change. A smooth flow of Reiki energy through the Chakras, extends to much more than elevated consciousness, inspiration, intuition, love, peace, understanding, and health. Reiki teaches us to open our hearts to our inner guidance, to recognise it, and to actively communicate with our higher self.

ADD-ON ORACLE CARD READING

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Oracle Card Reading offers a life perspective from the Higher Realms in concurrence with our own personal vibration, encouraging and showing the way to change. Insights from the past guide us towards an understanding of self and events to connecting the dots for clarity of purpose, self-empowerment, and a positive shift in energy. Oracle Card Reading is effective as an independent session as well as an ideal complement to various energy therapies.

NATURAL FACELIFT

All the benefits of the facial reflexology are enhanced by specialized non-invasive natural lifting techniques that manipulate specific pressure points to uplift and tone facial muscles, to visibly improve skin texture, stimulate elastin and collagen production, and eliminate toxins.

GRACEFUL REFLECTIONS MEDITATION

“Finding Spirituality in Everyday Experiences” - this meditation is about entering into a convergence of our higher consciousness and our earthly journey. It is where rush hour and the sound of silence coexist in perfect harmony and become one with each other. It is here that the emotional, the intellectual, the physical and the spiritual reaches out, intertwines and rises to a level of blissful awareness.