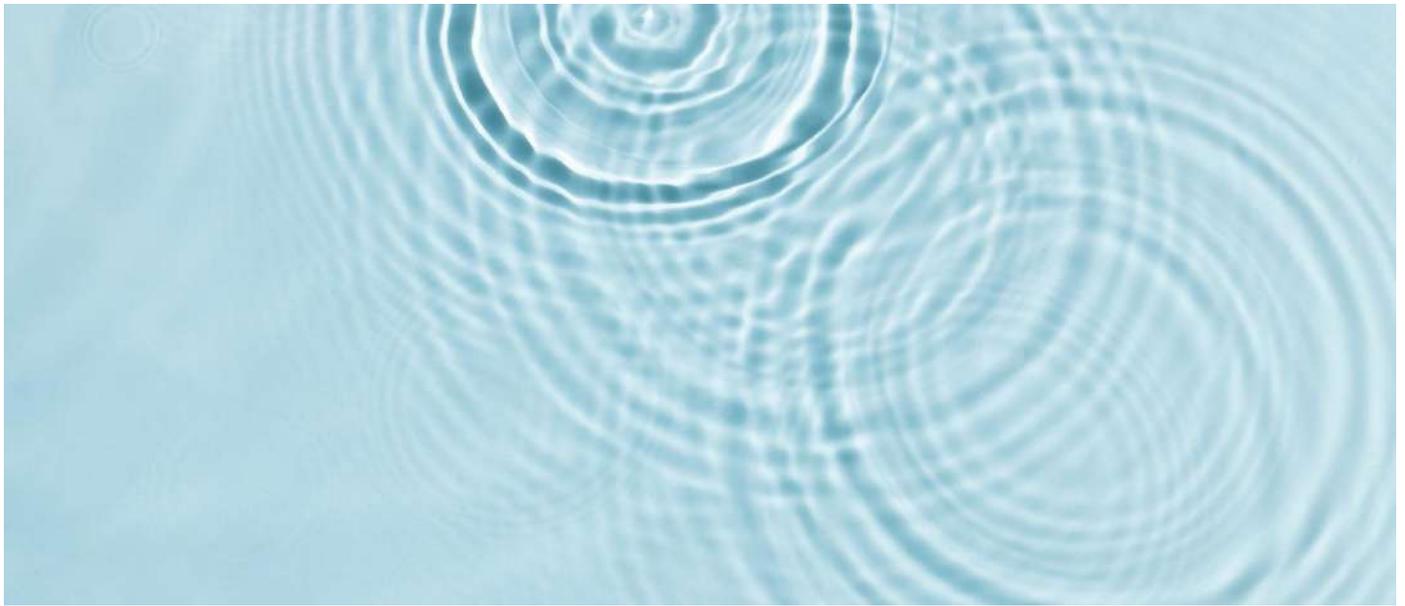




MANAFARU
MALDIVES

*Wellness Your Way
Retreat Programs*



*Welcome to a paradise with
wellbeing in the every day.*

Earth while walking on sandy beaches. Meditate on colourful fish as you snorkel. Channel energy through majestic banyan trees. Discover your best life, connected with natural sources of wellbeing, on our Private Island Resort.

Our Wellness Your Way retreat programs add to your Maldives vacation with carefully curated treatment programs to maximise your rejuvenation through activity, spa therapies, culinary experiences and time out of mind.

We offer a place where your journey to wellbeing is tailored with your unique intentions in mind. Accessible for those who are delving in for the first time yet complete for more experienced wellbeing aficionados.

Our retreat programs offer space to delight in the power of the sun's first rays alongside Maldives vacation essentials of sun, sand and Vitamin Sea

JA's Signature Wellness... nourishing from the inside out.

All Wellbeing Journeys include;

- ❖ Wellness Consultation
- ❖ Personalised Choice of Wellness Treatments and Therapies.
- ❖ Meal Planning
- ❖ Three Wellness Your Way Meals Daily.*
- ❖ Daily Vitamin and Mineral Check and Personalised Juice
- ❖ Scheduled Fitness and Leisure Activities.
- ❖ Laundry For Six Pieces Of Wellness Attire Daily.
- ❖ Personal Journal to Record Your Wellbeing Journey
- ❖ Ocean Bound Plastic Fitness Bag
- ❖ Hydration Flask
- ❖ Access To Our Wellbeing Library During Your Stay.

*For guests on FB or DAI meal plans, guests residing on HB include breakfast and dinner and guests on BB includes breakfast.



Detox and Reset

This retreat is designed for people ready to improve their well-being through detoxifying and resetting their body for a clean start. This program will guide you to internal balance, with a happier microbiome as well as increased energy and vitality. All while secluded in a space where nature transports you away from the everyday.

Treatments and activities included the a la carte choices for this program target gentle detoxification through treatments such as lymphatic drainage, abdominal massage and scrubs while you revel in the sanctuary of nature's abundance.

Bespoke meal plans can be designed to support your body during this process using Epi Genetic testing to pinpoint your bodies specific needs. Our culinary team will provide complete nurturing meals, cooked from scratch, as well as probiotic rich fermented foods.

Detox and Reset

Included Treatments and Activities	5-day	7-day	10-day
Detox Modalities	3	3	4
Body Treatment	1	1	2
Holistic Classic	-	1	2
Sunrise Yoga	2	3	3
Mindful Deluxe	1	2	2
Beauty Classic	1	1	2
Aesthetic Deluxe	-	1	1
Culinary Wellness Classes	1	2	3
Guided Banyan Tree journey	1	1	1
Alchemy Bar Workshop	1	2	2

Customise Your Journey

Detox Modalities	Body Treatment	Holistic Classic	Mindful Deluxe
Abdominal Massage 40 Min	Scalp Massage 40 Min	Moksha Massage 90 Min	Hatha Yoga 60 Min
Lymphatic Drainage 60 Min	Relaxing Balinese Massage 60 Min	Chakra Balancing Massage 60 Min	Sun Salutation Yoga 30 Min
Herbal Poultice Massage 90 Min	Head, Neck & Shoulder Massage 30 Min	Detox Body Scrub 60 Min	Stress Relief Meditation 30 Min
Slimming Massage 60 Min	Assisted Stretching 30 Min	Foot Reflexology 30 Min	Pranayama Breathing 45 Min
Detox Body Wrap 60 Min	Shiro Dhara 20 Min		Full Moon Yoga* 60 Min
			Yog Nidra
Beauty Classic	Aesthetics Deluxe	Alchemy Bar Workshops	Culinary Wellness Classes*
Eminence Mini Facial 45 Min	Eminence Hydrating Facial 60 Min	Bathtub Tea Making 30 Min	Healing Broths
Lymphatic Face Massage 30 Min	Eminence Body Scrub 60min	Face Lift Massage 30 Min	Food Fermentation
Hand Scrub & Wrap 30 Min	Eminence Body Wrap 60 Min	Coffee Scrub 30 Min	Probiotics Drinks
Hair Oil Treatment 30 Min	Spa Pedicure 70 Min	Papaya Face Mask 20 Min	Grain Free Goodness
Hair Wash & Blow Dry 60 Min		Bathtub Tea Making 30 Min	Sugar Free "Sweets"
			Botanicals Tea & Infusions
			Super Salads

*As per schedule



Mindful Journey

Our world is filled with sound, movement and visual stimulus, not to mention electronic interference. The Maldives is resplendent with opportunities to be at one with yourself and with nature. This retreat will add to this journey, with activities to calm your mind and nurture your soul. It is a chance to discover your best life, reconnected with natural sources of wellbeing.

Designed for people in search of time and space to step back from their life and recover balance. Your chosen combination of treatments will rejuvenate the mind, body and spirit. It will also de-stress, replenish and boost your immune system through a diverse range of healing traditions and holistic activities.



Mindful Journey

Treatment/Activity	5-day	7-day	10-day
Body Treatment	3	3	4
Mindful Classic	1	2	3
Sunrise Yoga	2	3	3
Mindful Deluxe	1	2	3
Beauty Classic	1	1	1
Aesthetic Deluxe	-	1	1
Culinary Wellness Classes	1	2	3
Guided Banyan Tree journey	1	1	1
Floating Breakfast	1	-	1
Alchemy Bar Workshop	-	2	2

Customise Your Journey

Body Treatment	Mindful Classic	Mindful Deluxe	Alchemy Bar Workshops
Intuitive Aroma Massage 60 Min	Pranayama Breathing 45 Min	Herbal Poultice Massage 90 Min	Bathtub Tea Making 30 Min
Head, Neck & Shoulder Massage 30 Min	Stress Relief Meditation 30 Min	Halo Of Light Meditation 30 Min	Face Lift Massage 30 Min
Moksha Massage 60 Min	Foot Reflexology 50 Min	Sun Salutation Yoga 30 Min	Coffee Scrub 30 Min
Balinese Massage 60 Min	Hatha Yoga 60 Min	Yog Nidra 60 Min	Mosquito Repellent 20 Min
Scalp Massage 40 Min	Beach Yoga 45min	Full Moon Yoga* 60 Min	Papaya Face Mask 20 Min
Lymphatic Drainage 60 Min	Shiro Dhara 20 Min		Organic Deodorant 20 Min
Beauty Classic	Aesthetics Deluxe	Culinary Wellness Classes*	
Eminence Mini Facial 45 Min	Eminence Hydrating Facial 60 Min	Low Carb "Breads"	Vegan Pasta Sauces
Hand Scrub & Wrap 30 Min	Eminence Body Scrub 60min	Vegan Cheeses	Cocotella & Jam
Hair Oil Treatment 30 Min	Eminence Body Wrap 60 Min	Healing Broths	Sugar Free "Sweets"
	Lymphatic Face Massage 30 Min	Probiotics Drinks	Gluten Free Flours & Bread
		Grain Free Goodness	Botanicals Tea & Infusions
		Food Fermentation	Super Salads
		Recipe Conversion Class	WYW Dressings & Sauces

*As per schedule



Wellness Your Way Meals

JA Manafaru offers menus to cater for a variety of eating lifestyles as a standard in all five restaurants. This allows you to choose dishes from any menu, at no extra cost, so whether you are following a vegan/vegetarian, dairy free, gluten free, low carb or keto lifestyle there are many choices available.

We can design a menu plan to suit you and support your chosen wellbeing journey with three delicious meals included every day.

While our resort does serve alcohol and coffee, we do encourage guests to avoid stimulants during their self-discovery program. All of our bars and restaurants have extensive alcohol-free options as well as homemade probiotic sodas, mineralised water and botanical teas.

Breakfast at JA Manafaru offers a plethora of wellness options, from homemade coconut yoghurt to wellness bowls and herbal teas to immune boosting tonics.

KEY OPTIMIZATION OVERVIEW



Systems Support Summary

Gut & Intestinal

Microbial Balance

Immune System

Sleep

For full indicators see page 4.

Foods Restrictions Summary

Blueberry

Brazil Nuts

Kiwi

Pistachios

Crab

Garbanzo Beans

Cherry, red

Spinach

Eggplant

Lemon

For full food restrictions indicators see table on page 26 and food additive avoidance indicators on page 27.

Category	Indicator	Information
Environmental challenges	Chemicals and Hydrocarbons	For full results see the chart on page 22. For food sources refer to page 30.
Fatty Acids	Docosahexaenoic Acid - 3 (DHA)	For full results see the chart on page 16. For food sources refer to page 29.
Amino Acids	Methionine, Taurine, Threonine, Carnosine	For full results see the chart on page 20. For food sources refer to page 29.
Interference	LFR (Low Frequency Radiation), TV screen, Traction current 16 2/3 Hz - Geopathic Stress, Mobile telephone, GSM (0.9 GHz)	For full results see the chart on page 10. For food sources refer to page 30.
Resistance	Virus, Bacteria, Fungus	For full results see the chart on page 24. For food sources refer to page 30.
Foods	Please refer to the foods tables on page 26 of the plan.	For full results see the chart on page 26.
Additives to Avoid	Please refer to the food additives table and link on page 27.	For full results see the chart on page 27.

The Key Indicators Chart

The larger the segment in the chart, the higher the epigenetic relevancy indicator, which means the item is more of a **Priority** for you to address. Lesser items are marked **Advisory** or **Consider** and no indication means low relevance. These are indicators of underlying issues which you should consider addressing using the suggested nutritional food intake programs.

Epi Genetic Testing

The science of hair follicle testing has long been used to gain a snapshot of the body's nutritional state. We partner with Cell-Wellbeing to bring this technology to JA Manafaru as an enhancement to your wellbeing retreat package.

A sample of 3-4 live hairs will be harvested by our trained team and placed into the testing equipment. The data is sent to the lab in Germany after which a 36-page report is generated offering insights into the best nutritional options for you as well as foods to avoid. The report also covers details about levels of vitamins, minerals, amino acids and fatty acids, environmental challenges, interference and resistance factors.

We will then facilitate an online meeting with a qualified nutritionist to interpret the results and provide you further details of lifestyle changes that can be made and any supplements that are recommended. From your results our wellness team can further clarify your meal plans for the best nutritional effects.

This is included in Detox and Reset retreats but available to all guests at 250++ per test and consultation.

Daily Vitamin and Mineral Checking

The Vitastiq PRO is an advanced professional electronic device that uses the non-invasive EAV (Electroacupuncture According to Voll) method to track and analyse trends in 10 essential vitamins and minerals.

The pain free test device is used on acupuncture points in your fingers. It determines in real time your levels of vitamins and minerals.

Your bodies requirements change on a daily basis, so we have included this service in all packages every day. Our team will then prescribe a bespoke juice that will restore your nutrient balance.

Price List

	5 days	7 days	10 days
Detox & Reset*	1999	2399	2799
Mindful Journey	1499	1999	2299

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

*Inclusive of Epigenetic Testing with 24 hours reporting turn around.

FAQ

- ❖ What is included in the wellness package?

Please refer to the inclusions section on page ___ and the treatments and activities under your chosen package.

- ❖ How long does the wellness package last?

You can choose packages starting from 5 days and up to 10 days. If you would like us to design a longer package please contact us by email, spa.manafaru@jaresorts.com.

- ❖ When does the wellness retreat start?

It can start on any day of your vacation that suits you. Our wellness retreats are designed to fit into your vacation, so you will still have time to enjoy all the Maldives has to offer.

- ❖ Who can benefit from the wellness package?

Anyone can benefit from a wellness retreat. Everyday lives can be busy and stressful and often people do not have time to invest in themselves. A wellness retreat can assist you to unwind and deepen the relaxation of your vacation. Our programs are flexible and can be enjoyed by those who are just starting out in a wellness journey, those who would like to test the waters and for those who are experienced wellbeing seekers.

- ❖ Are the services customisable?

Our a la carte options mean you can tailor make your program to suit you from the choices available. Alternatively our wellness team can suggest the best complete program to suit you after your initial consultation.

- ❖ Can I purchase the wellness package as a gift for someone else?

Yes you can do this, please contact us by email on spa.manafaru@jaresorts.com.

- ❖ Do I need to book in advance?

You do not need to book in advance, however, if you wish to start your program as soon as you arrive to the resort it can be helpful to prebook so that all health and wellbeing details completed and your program can be pre planned .

- ❖ Are there any age restrictions for the wellness package?

These programs are designed for adults over the age of 18, if you wish to discuss a program for people younger than this please contact us by email on spa.manafaru@jaresorts.com.

FAQ

- ❖ Can I combine the wellness package with other offers or promotions?

Wellness programs are not combinable with offers or promotions

- ❖ What if I have a preferred eating lifestyle, dietary restriction or allergy?

Our culinary team are on hand to cater for the majority of dining requirements. All of our restaurants offer Wellness Your Way menus that cater to vegan/vegetarian, dairy free, gluten free and low carbohydrates lifestyles. While our chefs are very conscious of allergies, cross contamination can occur so we do recommend that EpiPens or similar are carried for severe allergies.

- ❖ What attire should I bring for the activities included in the wellness package?

Please refer to our pre arrival guide for full details of what to pack.

- ❖ Are there any medical conditions or considerations I should disclose before participating?

Yes. A full health questionnaire will be provided via email, or on site if you are booking while at the resort. Any areas of concern will be discussed during your initial wellness consultation and our team will refer you to our on-site medical professionals if there are medical conditions that require checking.

- ❖ Can I extend or customise my stay beyond the offerings in the wellness package?

Yes. Our team are on hand to assist you with any other bookings. The JA Manafaru app is a good source of information on activities, excursions and private dining options that may enhance your wellness journey.

- ❖ What payment methods are accepted for the wellness package?

Wellness programs can be pre paid via bank transfer or credit/debit card. Alternatively credit/debit cards and cash can be accepted at the resort.

- ❖ Can I cancel or reschedule my wellness package booking?

Wellness packages that have not yet begun can be cancelled or rescheduled with more than 24 hours notice. If you cancel a wellness package with 24 hours, a 50% cancellation fee will be charged.

FAQ

- ❖ Are there any specific instructions or guidelines I should follow before arriving for my wellness package?

Please refer to our pre arrival guide for full details. If you are choosing a Detox and Reset program, we do recommend reducing consumption of alcohol and caffeine in the weeks prior to arriving.

- ❖ What if my travel companions are not participating in the wellness package?

Our retreat programs are designed with a Maldives vacation in mind so you will have plenty of time to spend with your travel companions even while on your wellbeing journey.



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For reservations, please contact JA Manafaru Private Island:
Reservations: +960 650 0456 or +971 4814 5500 reservations.manafaru@jaresorts.com

If you would like more information to discover the best path for your wellbeing journey, please
contact spa.manafaru@jaresorts.com info.manafaru@jaresorts.com T: +960 650 0400
www.jaresortshotels.com