



MANAFARU
MALDIVES

MINDFUL JOURNEY

Your Personalized
Wellness Journey



Choose from 5, 7, or 10-day programs at our serene sanctuary

Included Treatments & Activities	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



Body Treatment

1. Intuitive Aroma Massage – 60 Min
2. Head, Neck & Shoulder Massage – 30 Min
3. Moksha Massage – 60 Min
4. Balinese Massage – 60 Min
5. Scalp Massage – 40 Min
6. Lymphatic Drainage – 60 Min



Mindful Classic

1. Pranayama Breathing – 45 Min
2. Stress Relief Meditation – 30 Min
3. Foot Reflexology – 50 Min
4. Hatha Yoga – 60 Min
5. Beach Yoga – 45 Min
6. Shiro Dhara – 20 Min



Mindful Deluxe

1. Herbal Poultice Massage – 90 Min
2. Halo Of Light Meditation – 30 Min
3. Sun Salutation Yoga – 30 Min
4. Yog Nidra – 60 Min
5. Full Moon Yoga* – 60 Min



Alchemy Bar Workshops

1. Bathtub Tea Making – 30 Min
2. Face Lift Massage – 30 Min
3. Coffee Scrub – 30 Min
4. Mosquito Repellent – 20 Min
5. Papaya Face Mask – 20 Min
6. Organic Deodorant – 20 Min



Beauty Classic

1. Eminence Mini Facial – 45 Min
2. Hand Scrub & Wrap – 30 Min
3. Hair Oil Treatment – 30 Min



Aesthetics Deluxe

1. Eminence Hydrating Facial – 60 Min
2. Eminence Body Scrub – 60 Min
3. Eminence Body Wrap – 60 Min
4. Lymphatic Face Massage – 30 Min



Culinary Wellness Classes*

1. Low Carb “Breads”
2. Vegan Cheeses
3. Healing Broths
4. Probiotics Drinks
5. Grain Free Goodness
6. Food Fermentation
7. Recipe Conversion Class
8. Vegan Pasta Sauces
9. Cocotella & Jam
10. Sugar Free “Sweets”
11. Gluten Free Flours & Bread
12. Botanicals Tea & Infusions
13. Super Salads
14. WYW Dressings & Sauces

*As per schedule