



Iaso Medispa provide personalized service to heal mind and body:

## Wellness



Complementary 30 min Wellness consultation  
with

**Master Kamal, Sri Lanka**

Reiki healer, Ayurvedic specialist, Spa therapist, 20+ years of spiritual healing experience

Specialty: Therapy, Holistic wellness practices

Master Kamal can recommend how to harmonize life using spiritual practices for mental and physical wellbeing.

Concerns: anxiety, stress, low energy, sleep disorders, spiritual growth, physical wellness

Treatments: Sunrise, Sunset yoga, meditation, reiki

## Reiki



Reiki is a Japanese form of energy healing, a type of alternative medicine.

Wellness practitioner uses a palm healing technique through which a "universal energy" is transferred from practitioner to the guest, to encourage emotional or physical healing.

During a 60 min session, guests will lie on a massage table fully clothed.

Guests may experience the energy in the form of sensations like heat, tingling or pulsing where Wellness practitioner has placed his hands. Sometimes, people feel sensations moving throughout the body or can see colors and different images.

## Yoga and Taichi Classes



45 min complementary Sunrise yoga and Taichi classes on Ranba restaurant beach every Monday, Wednesday, Friday, Saturday at 7:00hrs.

## Medispa

### Facial treatments with **Aesthetic Dr. Stella, Indonesia**



Graduated as Medical Doctor from Faculty of Medicine Universitas Airlangga, Indonesia.

2018 The 2nd KALDAT Asia Aesthetic Medicine Web Symposium from Korean Association for Laser, Dermatology, and Trichology.

2021 Neuramis Botox, Filler, Thread, and Skin booster knowledge and basic hands-on training (with dr. Jonathan Anindita – Haju Medical).

4 years experience in Global Aesthetic clinic (Indonesia, Maldives).

Treatments: spa facial, lymphatic buccal face massage, microneedling, LED Light therapy, Vitamin IV -infusion, Anti-aging peeling, Depigmentation peeling, Acne peeling, Face and body Hi-Fu sculpting, Laser hair removal, hairfall mesotherapy.

## Face scanner



### Complementary 30 min face scanner - skin analysis

Face scanner is Artificial Intelligence, Professional Smart 3D Skin Analyzer with automatic detailed report including skin wrinkle analysis, pigmentation analysis, acne analysis, and detection of skin moisturizing level.

After consultation guests will receive their own personalized corrective plan with prescribed therapies, a daily care regime for use at home.

Guests can enhance their face skin condition during their vacation.

## Spa – Tibetan Medicine and Ayurveda

### Ku Nye massage



We offer unique healing treatment from Tibet:  
**Ku Nye massage**

**with Bhutanese therapist Sangay**  
more than 6 years of healing practices

Tibetan massage has been practiced for thousands of years in Tibet and the Himalayan region of Asia as an integral part of Tibetan Medicine.

Concern areas: psychological and emotional imbalances including agitation, anxiety, depression, moodiness and insomnia, migraine, back pain, constipation, tight muscles, joints and ligaments, neck and shoulder rigidity, poor circulation.

Women's health issues,  
including irregular menstruation and PMS.

90 – 120 min massage with mantra chanting, head oil compression and hot oil back compression

### Moxibustion



Moxibustion is a traditional Chinese medicine therapy which consists of burning dried mugwort (moxa) on particular points on the body. It aims to stimulate the body's flow of vital energy or "qi" and remove toxins. Moxa sticks are available in spa boutique.

30-60 min on spa deck

### Thai yoga massage with compression



### Thai yoga massage in kimono

Highly therapeutic treatment practiced for centuries throughout Thailand focuses on pressure points, energy lines, and stretching. Unique dry massage with hot compressions 90 min.

## Shirodhara



Ancient authentic technique **by Indian therapists**

Shirodhara – Third Eye opening Ayurvedic treatment

It helps to reduce stress and soothe the nervous system. It can treat insomnia, bring relief from migraines, lowers high blood pressure, decreases hair loss, reduces stress and even help to increase mental focus and concentration.

75 min body massage, 15 – 30 min oil pouring on the forehead.

## 4 hands massage

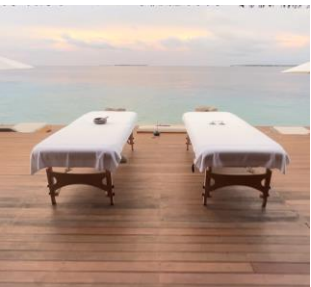


4 hands technique combines two therapists who work in tandem to provide a deeply relaxing and therapeutic massage experience. Both therapists use synchronized movements.

Benefits – deep relaxation.

60 min massage

## Outdoor couple massage during sunset



Most romantic experience in the Maldives is outdoor couple massage during sunset starting with steam bath and tropical shower, following by 60 min classic massage and 10 min sound therapy.

## Mehndi – henna tattoo



Trendy Mehndi henna tattoo – form of temporary skin decoration using original henna paste from India.

In South Asia, mehndi is applied on the body during both Hindu and Muslim weddings and during festivals.

Henna cones are available in spa boutique.

15 – 30 min treatment