


VELAA
PRIVATE ISLAND
MALDIVES

ENERGISE YOURSELF
IN PARADISE



ENERGISE YOUR BODY AND RELAX YOUR MIND

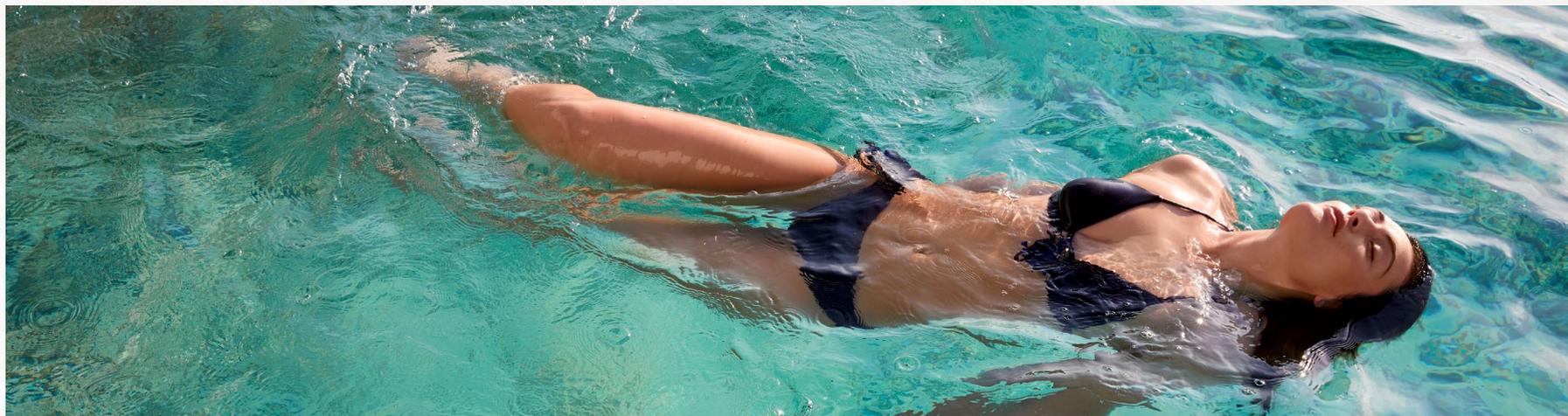
THE ULTIMATE WELLNESS EXPERIENCE

Velaa Private Island has developed a comprehensive and personalised wellness programme starting with a health consultation including InBody analysis and skilled advice, followed by targeted treatments. Offering you the ultimate energising experience, our programme is uniquely designed for your personal needs, creating a harmonious balance between spa treatments, mindfulness, fitness and nutrition. Guided by our expert therapists and fitness trainers, this holistic approach aims to energise your body and relax your mind.

Based on the consultation and your body type, a healthy meal plan will be created by a wellness expert and a personal fitness programme will be suggested by a trainer. The programme will combine exercise to improve your physical condition as well as meditation and yoga. Massage will be combined and coincide with your goals and fun activities such as water sports and boat cruises will be included to further enhance this energising experience in beautiful Maldives.

THE PROGRAMME CONSISTS OF THREE PARTS:

The Consultation	an individual, comprehensive and effective tailor-made wellness and energising programme based on InBody analysis, created by a wellness expert.
The Experience	a programme to achieve measurable goals and targets – whether it be weight management, power building, flexibility, or mind and body balance.
Post-stay	an extensive review of the achieved goals followed by a post-stay programme including active communication with the wellness expert.



A PROGRAMME JUST FOR YOU



FITNESS

FUNCTIONAL TRAINING
HIIT TRAINING
SPINNING
CIRCUITS
RESISTANCE TRAINING
CARDIO WORKOUTS
JOGGING/WALKING
TRX/SWISS BALL/BOSU
STAND UP PADDLING/
KAYAKING
TENNIS/BADMINTON/
SQUASH
SNORKELLING/DIVING/
GOLF



NUTRITION

PERSONALISED MEAL PLAN
HEALTHY JUICES
PROTEIN SHAKES
PROTEIN BARS/
NUT SNACKS
GREEN TEA/
INFUSED WATER



MIND

HATHA YOGA
DYNAMIC YOGA
MEDITATION
CLOUD 9



SPA

MASSAGE
BODY WRAPS
BODY SCRUBS
SAUNA/STEAM ROOM/
SNOW ROOM
HIFU
INBODY ANALYSIS

PROGRAMME DURATION OPTIONS:

5 DAYS

USD 950* per day

7 DAYS

USD 890* per day

10 DAYS

USD 850* per day

**Subject to 10% service charge and 12% government tax.*