

Get fit in paradise

Energise your body

Relax your mind...

...Enjoy it!



VELAA

PRIVATE ISLAND
MALDIVES

Private Moments



VELAA
ENERGISING
PROGRAM

Velaa Private Island launches a comprehensive and personalised programme that includes medical consultations with state of the art body analysis along with targeted treatments and skilled advice



Experience a combination of:

- Medical consultation using the latest high tech equipment to analyse your body and tailor a programme to achieve your goals
- Healthy meal plan based on your body type and goals by well-known nutritionist Amelia Freer
- Exercise routines, sports, meditation, yoga to relax your mind and improve your physical condition
- Spa treatments
- Lipo HIFU - high tech equipment to improve your body shape
- Fun activities – cruises, water sports, all to enjoy the best of Maldives

The programme consists of 3 parts:

Consultation

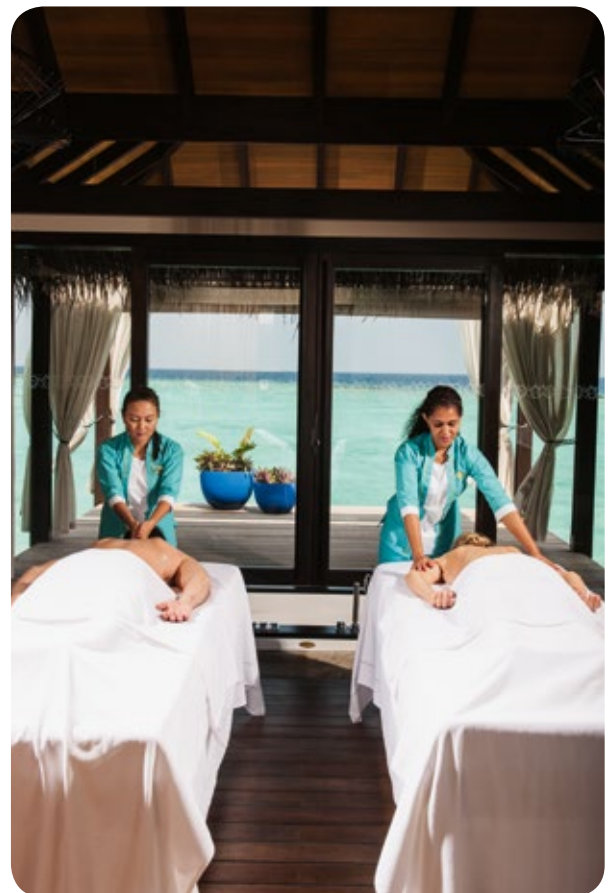
where we will create an individual, comprehensive and effective tailor-made wellness and energizing programme with expert body analysis by a professional Doctor, Nutritionist and Multi-skilled instructor

Active

achieving measurable goals and targets for the selected length of the programme – may it be weight management, power building, flexibility, mind and body balance, etc.

Post-stay

review of the achieved goals and creation of post-stay programme followed by active communication with the guest once at home



Velaa Energising Programme can be tailored to guest length of stay starting with a 7 day programme:

Consultation with Doctor & Instructor
with Advanced Analysis InBody 770

Fitness & Nutrition consultation
including follow ups

Meal Plan
according to your programme in Athiri Restaurant

Wellness Activities
Dynamic, Hatha Yoga, Meditation

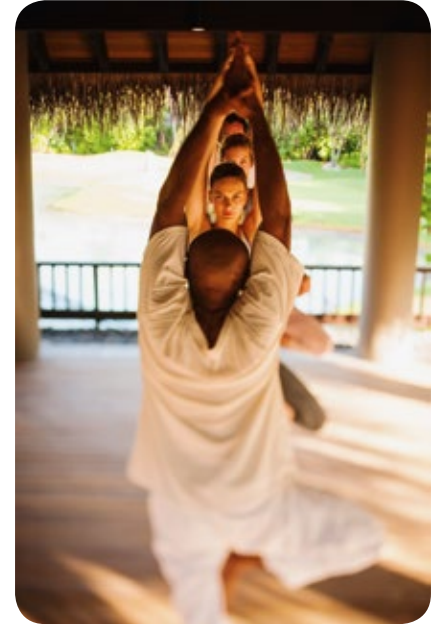
Gym Activities
Cardio Exercise, Weight & Strength Training, HIIT,
Core, Circuit Training, TRX

Spa Treatments
Sports, Thai, Oriental massage, Facial & Ayurveda and HIFU

Recreational Activities
Tennis, Squash, Swimming, Stand up paddling,
Kayaking, Sunset Cruise & Golf

Nutritional Supplements
(Optional)
Whey Protein powder, Energy Drinks,
Muesli Energy Bar

Spa Gift Hamper
Thai Pyjama Set & Yoga Mat



USD 6,405 for a 7 day programme
all applicable taxes are included in the price



Facilities & Services

Medical-Vita Check-up and Fitness / Wellness Consultation

Yoga & Meditation – Dynamic, Astanga, Hatha Yoga, Meditation

Cardio Exercise – Running, Spinning, Rowing, Brisk Walking, Island Jog

Strength Training – Weights, TRX

Skipping Ropes/Rubber Straps/Weight Wraps/Dips Bar

High Intensity Training – Tabata, Circuit

Core Training

Circuit Training

Shadow Kick Boxing

Spa Treatments, Steam / Sauna, snow rom & Cloud 9



Recreational Activities

Tennis, Squash, Badminton

Volleyball

Swimming

Stand up paddling

Kayaking

Golf

Sunset Cruise



Special Features

HIFU Machine

Advanced Analysis InBody 770

Multi-skilled Personal Trainers (Male and Female)

Culinary - personalized healthy menus prepared by our expert chefs

Nutritional Supplements – Whey Protein powder, Energy Drinks, Muesli Energy Bar



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Please do not hesitate to contact us for any question or additional information on this transformational body reset experience!

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