



*Amilla*  
MALDIVES

## SHYAM K.C

08 AUGUST TO 20 SEPTEMBER 2025

Shyam comes from the serene Himalayas in Nepal, where healing traditions run deep within his family through Ayurveda, Yoga, and Sound Healing. Guided from a young age by his grandfather, he embraced these ancient practices, enriching them with extensive training in Ayurveda, massage therapies, acupuncture, and more. By blending time-honoured Eastern wisdom with modern Western knowledge, Shyam offers a deeply holistic and nurturing approach that supports balance, restoration, and lasting wellbeing.

	MINUTES	USD
<b>MASSAGE ALCHEMY</b>		
A transformative therapeutic massage that blends Reiki, Acupressure, Deep Tissue, Shiatsu, Myofascial Release, Tui Na, and Neurovascular Release. Tailored to individual needs, it relieves stress, chronic pain, and emotional tension. Warm Himalayan healing stones with CBD oil can be added, with pressure from gentle to deep.	90	275
	120	325
<b>AYURVEDIC REBALANCING MASSAGE AND SOUND HEALING</b>		
Personalized full-body massage balances Tri-Dosha energies with Himalayan Ayurvedic oils for stress relief and improved sleep. Treatment concludes with Vedic Singing Bowl and Shirodhara flow.	90	275
	120	325

Prices are in US Dollars per person and are subject to a 10% service charge and 17% TGST.  
Please book with your Katheeb(a) or contact Javvu Spa reception.

	MINUTES	USD
<b>CUPPING THERAPY MASSAGE</b>		
Combines Shyam's signature massage techniques with dry cupping from Traditional Chinese Medicine to enhance circulation, aid sports injury recovery, and support men's and women's health.	90	275
	120	325
<b>REIKI HEALING</b>		
An energy healing practice using gentle hand movements to balance and clear the body's energy pathways, promoting deep calm and natural healing.	60	225
<b>HIMALAYAN SOUND HEALING (PRIVATE / COUPLES / GROUP)</b>		
Clear stagnant energy and uplift the aura with a session that begins with breathwork and immerses you in the therapeutic sounds and vibrations of the Himalayas, ideal for anxiety, lethargy, or emotional blocks.	60	225
<b>CLASSICAL HATHA YOGA, MANTRA, AND MEDITATION</b>		
Traditional yoga practice combined with mantra chanting and meditation to balance body and mind.	60	125
<b>AERIAL YOGA</b>		
Experience yoga poses suspended in a silk hammock, deepening stretches and building strength in a playful and unique way.	45	100
	DAYS	USD
<b>BESPOKE HOLISTIC WELLNESS RETREAT</b>		
Healing Harmony	3 days	1000
Detox and Rejuvenate	5 days	1500
Longevity and Stress management	7 days	2000
<b>COMPLIMENTARY SESSIONS/CLASSES</b>		
Yoga Stretch	30	
Yoga stretches offer a wide range of poses that improve flexibility, mobility, and overall body awareness.		
Breath Work and Guided Meditation	30	
Breath work/guided meditation supports a mind body connection and drops us into a relaxed and calm mentality.		
Ayurvedic Holistic Wellness Consultation	30	
A personalised session to explore balance and wellbeing using Ayurvedic principles.		

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