



THE RESIDENCE
MALDIVES

by *Cenizaro*

A JINGGLE OF JUBILATIONS

FESTIVE BROCHURE
2023 - 2024



Let the flickering waters of the Indian Ocean dance in your mind as you slip into an intensely mellow, exciting and joyful moment while you celebrate the festive season with us at ***THE RESIDENCE MALDIVES.***



FESTIVE GREETINGS!

A very warm welcome to The Residence Maldives at this special time of the year.

A delightful parade of celebrations awaits.

Spread across both Dhigurah and Falhumaafushi islands; a multitude of dining extravaganzas and numerous activities have been designed for you and your loved ones to enjoy and relish in.

We wish you a memorable holiday with us and to making memories which you will cherish for years to come.

Kindly take a moment to familiarise yourself with the programme so that you can make the most out of our festive season.

On behalf of all the team, our warmest Seasons' Greetings and a Happy New Year!



M Sundaram
General Manager

THE SCENTS OF THE OCEAN

23 DECEMBER 2023

Welcome to the exquisite world of aromatic dining, where culinary artistry meets the captivating allure of scents. Embark on a gastronomic journey like no other where every dish is crafted to harmonise flavours and aromas of the Indian Ocean, creating an unforgettable sensory symphony that delights both the palate and the soul.

INDIAN OCEAN THEMED BUFFET

(Maldives, Sri Lanka, India, Seychelles & Mauritius)

The Dining Room, Dhigurah

From 7 pm onwards

The Dining Room, Falhumaafushi

From 7 pm onwards

SPA & WELLNESS

SUNRISE YOGA | COMPLIMENTARY

From 6 am - 7 am

Spa by Clarins, Dhigurah & Falhumaafushi

AQUA FITNESS WITH FLOAT

From 7.30 am - 8 am

Complimented by healthy juice treat

45++USD per person

At the Main Pool, Dhigurah

SUNSET HATHA YOGA | COMPLIMENTARY

From 6 pm to 7 pm

At the Spa Deck Dhigurah & Falhumaafushi

EXCURSIONS

BOTTOM LINE FISHING

From 5.30 pm - 7 pm

The Dive Centre, Dhigurah

THE MALDIVIAN CULTURAL SHOW

Enjoy the traditional Maldivian "Bodu Beru" tunes and the dancing performances while indulging in your favourite culinary delights.

So cultural!

The Dining Room, Dhigurah

From 8.30 pm onwards

The Dining Room, Falhumaafushi

From 7 pm onwards

KIDS FUN EVENTS

MAKE YOUR OWN CHRISTMAS CARD

From 10 am - 11 am

COLOURFUL PANCAKE MAKING

From 11 am - 12 noon

BALLOON POPPING

From 12 noon - 1 pm

MUSICAL CHAIR

From 2 pm - 3 pm

SENSORY BIN

From 3 pm - 4 pm

KITE FLYING

From 4 pm - 5 pm

At the Turtle Kids Club, Dhigurah

THE FESTIVE PARADE

24 DECEMBER 2023

Join the festive parade of colours and rhythms a feast for the eyes and palate! Our skilled chefs artfully combine a spectrum of vibrant colours, inspired by nature's bounty, to create a Christmas gala smorgasbord of visually stunning dishes from the tantalising hues of fresh vegetables to the rich tones of succulent meats, each plate is a canvas of artistic expression.

MANAGEMENT COCKTAIL

The Castaway Island
From 6.30 pm to 7.30pm

DJ PARTY

The Castaway Island
From 9.30 pm onwards

SPA & WELLNESS

SUNRISE YOGA | COMPLIMENTARY

From 6 am - 7 am
Spa by Clarins, Dhigurah & Falhumaafushi

AQUA FITNESS WITH FLOAT

From 7.30 am - 8 am
Complimented by healthy juice treat
45++USD per person
At the Main Pool, Dhigurah

SUNSET HATHA YOGA | COMPLIMENTARY

From 6 pm to 7 pm
At the Spa Deck Dhigurah & Falhumaafushi

EXCURSIONS

DIVE WITH SANTA

From 9.45 am - 11.30 am
The Dive Centre, Dhigurah

CHRISTMAS GALA DINNER

The Dining Room, Dhigurah
From 7.30 pm onwards

KIDS FUN EVENTS

COLOUR MIXING FUN

From 10 am - 11 am

RAINBOW CRAFTS

From 11 pm - 12 noon

HOLLY JOLLY KARAOKE

From 12 noon - 1 pm

LEARN TO PLAY 'BODUBERU'

TRADITIONAL MALDIVIAN DRUMS

From 2 pm - 3 pm

KIDS CHRISTMAS PARTY

From 3 pm - 5 pm
Turtle Kids Club, Dhigurah

THE SECRET GRILL 25 DECEMBER 2023

Welcome to an island dining experience inspired by the iconic secret agent, James Bond "007" in the movie; The Man with the Golden Gun. At "The Secret Grill," we invite you to immerse yourself in the intrigue of culinary delights reminiscent of "007" himself. Embark on a thrilling culinary adventure where robust tastes, bold flavours of grilled meats and seafood, spiced and smoked to perfection meet, truly James Bond-worthy!

SUNSET GRILL AT FALHUMAAFUSHI

From 7 pm onwards

BB guests - \$110++ per person

Supplement Charges - \$50++ per person*

[*Supplement charge for SAI, PAI, FB & HB meal plans]

SPA & WELLNESS

SUNRISE YOGA | COMPLIMENTARY

From 6 am - 7 am

Spa by Clarins , Dhigurah & Falhumaafushi

AQUA FITNESS WITH FLOAT

From 7:30 am - 8 am

Complimented by healthy juice treat

45++USD per person

At the Main Pool, Dhigurah

SUNSET HATHA YOGA | COMPLIMENTARY

From 6 pm to 7 pm

At the Spa Deck Dhigurah & Falhumaafushi

EXCURSIONS

DESERT ISLAND EXCURSION

From 9 am - 12 noon

The Dive Centre, Dhigurah

THE NIGHT MARKET

The Dining Room, Dhigurah & Falhumaafushi

From 7 pm onwards

LIVE BAND | "007" ARRIVAL

At the Sunset Grill , Falhumaafushi

From 7 pm onwards

&

The Dining Room, Dhigurah

From 8.30 pm onwards

KIDS FUN EVENTS

DESIGN YOUR MASTER APRON

From 10 am -11 am

BURGER STATION

From 11 am -12 noon

COCONUT PAINTING

From 12 noon - 1 pm

LOOM BANDS BRAIDING

From 2 pm- 3 pm

TABLE TENNIS

From 3 pm - 4 pm

ISLAND TREASURE HUNTING

From 4 pm - 5:30 pm

Turtle Kids Club, Dhigurah

THE ORIENTAL J A D E 26 DECEMBER 2023

Step into the tranquil world of the Orient; a dining experience inspired by the beauty and symbolism of the jade gemstone. Just as jade exudes serenity and elegance ; our culinary artisans have meticulously crafted an Oriental menu that celebrates the essence of this precious stone. Join us on a journey of taste and aesthetics, where each dish is a work of art infused with the spirit of jade.

ORIENTAL BUFFET

(Thai, Indonesian, Japanese)
The Dining Room, Falhumaafushi
From 7 pm onwards

LIVE BAND

The Dining Room, Dhigurah
From 8.30 pm onwards
&
The Dining Room, Falhumaafushi
From 7 pm onwards

ORIENTAL BUFFET

(Chinese, Malaysian, Korean)
The Dining Room, Dhigurah
From 7 pm onwards

SPA & WELLNESS

SUNRISE YOGA | COMPLIMENTARY

From 6 am - 7 am
Spa by Clarins , Dhigurah & Falhumaafushi

AQUA FITNESS WITH FLOAT

From 7.30 am - 8 am
Complimented by healthy juice treat
45++USD per person
At the Main Pool, Dhigurah

SUNSET HATHA YOGA | COMPLIMENTARY

From 6 pm to 7 pm
At the Spa Deck Dhigurah & Falhumaafushi

MARIKO NAKAKI SPECIAL

GUIDED RELAXING MEDITATION

From 5.30 pm – 5.55 pm
Spa by Clarins, Dhigurah

EXCURSIONS

ROMANTIC SUNSET DOLPHIN CRUISE

From 5 pm – 6.30 pm
The Dive Centre, Dhigurah

KIDS FUN EVENTS

PALM LEAF FOLDING

From 10 am – 11 am

TIE DYE | T-SHIRT

From 11 am – 1 pm

BEADS JEWELRY MAKING

From 2 pm – 3 pm

PAPER ORIGAMI

From 3 pm – 4 pm

LITTLE GARDENERS ; GARDEN ADVENTURE

From 4 pm – 5 pm
Turtle Kids Club, Dhigurah

THE ROYAL FEAST 27 DECEMBER 2023

Feast like a royalty where culinary craftsmanship meets indulgence on an opulent Middle Eastern dining experience. Join us on a gastronomical journey where every dish is a testament to the bountiful treasures of the earth crafted by our skillful chefs.

WINE & DINE SET MENU

The Falhumaa

From 7 pm onwards

BB guests - \$130++ per person

Supplement Charges - \$80++ per person*

[*Supplement charge for SAI, PAI, FB & HB meal plans]

SPA & WELLNESS

SUNRISE YOGA | COMPLIMENTARY

From 6 am - 7 am

Spa by Clarins ,Dhigurah & Falhumaafushi

AQUA FITNESS WITH FLOAT

From 7.30 am - 8 am

Complimented by healthy juice treat

45++USD per person

At the Main Pool, Dhigurah

SUNSET HATHA YOGA | COMPLIMENTARY

From 6 pm to 7 pm

At the Spa Deck Dhigurah & Falhumaafushi

EXCURSIONS

STARRY NIGHT

From 8 pm - 9 pm

The Water Sports Centre,Dhigurah

ARABIC FEAST

The Dining Room,Dhigurah & Falhumaafushi

From 7 pm onwards

LIVE BAND

The Falhumaa ,Falhumaafushi

From 7 pm onwards

&

The Dining Room, Dhigurah

From 8.30 pm onwards

KIDS FUN EVENTS

GAMING TIME | BUILDING LEGO

From 10 am - 11 am

LITTLE CHEF | PIZZA MAKING

From 11 am - 12 noon

CROSSWORD | MAZE PUZZLE CHALLENGE

From 12 noon - 1 pm

SAND ART IN A BOTTLE

From 2 pm - 3 pm

MOCKTAIL CLASS

From 3 pm - 4 pm

PICNIC AT THE CASTAWAY ISLAND

From 4 pm - 5.30 pm

Turtle Kids Club, Dhigurah

THE CLASSICS

28 DECEMBER 2023

Journey back in time to savour the cherished culinary tastes of old-time classics. Our dining experience is a tribute to the timeless allure of well-loved traditional favourites, where each dish, carefully curated and crafted, celebrates the favourite fare of global culinary heritages. Step into a world of comforting nostalgia and indulge in a dining experience that is both refined and unforgettable.

INTERNATIONAL BUFFET

The Dining Room, Falhumaafushi & Dhigurah
From 7 pm onwards

LIVE BAND

The Long Island, Dhigurah
From 7 pm onwards
The Dining Room, Falhumaafushi
From 8.30 pm onwards

SPA & WELLNESS

SUNRISE YOGA | COMPLIMENTARY

From 6 am - 7 am
Spa by Clarins, Dhigurah & Falhumaafushi

AQUA FITNESS WITH FLOAT

From 7.30 am - 8 am
Complimented by healthy juice treat
45++USD per person
At the Main Pool, Dhigurah

SUNSET HATHA YOGA | COMPLIMENTARY

From 6 pm to 7 pm
At the Spa Deck Dhigurah & Falhumaafushi

EXCURSIONS

SNORKELLING BY DHONI

From 2 pm - 3.30 pm
The Dive Centre, Dhigurah

CLASSIC WINE DINNER

Long Island
From 7 pm onwards
BB guests - \$130++ person
Supplement Charges - \$80++ person*
[Supplement charge for SAI, PAI, FB & HB meal plans]

MOVIE NIGHT

The Castaway Island
From 6.30 pm onwards

KIDS FUN EVENTS

TRADITIONAL HIDE & SEEK

From 10 am - 11 am

HENNA ART

From 11 am - 1 pm

COCONUT TREE CLIMBING LESSON

From 2 pm - 3 pm

BOARD GAMES & PUZZLES

From 3 pm - 4 pm

NATURE SCAVENGER HUNT

From 4 pm - 5 pm
Turtle Kids Club, Dhigurah

THE MEDITERRANEAN MAGIC

29 DECEMBER 2023

Embark on a magical dining affair that transports you to the enchanting Mediterranean shores. Delight in the bounty of the sea as you savour a culinary odyssey of flavoursome dishes perfumed with special blends of Mediterranean spices and fresh herbs. Immerse yourself in a world of coastal charm, leaving with cherished memories of an exquisite seaside escape.

MEDITERRANEAN NIGHT

The Dining Room, Falhumaafushi
From 7 pm onwards

LIVE BAND

Café Del Sol, Dhigurah
From 7 pm onwards
The Dining Room, Falhumaafushi
From 8.30 pm onwards

SPA & WELLNESS

SUNRISE YOGA | COMPLIMENTARY

From 6 am - 7 am
Spa by Clarins, Dhigurah & Falhumaafushi

AQUA FITNESS WITH FLOAT

From 7.30 am - 8 am
Complimented by healthy juice treat
45++USD per person
At the Main Pool, Dhigurah

SUNSET HATHA YOGA | COMPLIMENTARY

From 6 pm to 7 pm
At the Spa Deck Dhigurah & Falhumaafushi

MARIKO NAKAKI SPECIAL GUIDED RELAXING MEDITATION

From 5.30 pm - 5.55 pm
Spa by Clarins, Dhigurah

EXCURSIONS

ROMANTIC SUNSET DOLPHIN CRUISE

From 5 pm - 6.30 pm
The Dive Centre, Dhigurah

MEDITERRANEAN NIGHT

The Dining Room, Dhigurah
From 7 pm onwards

FLAMES BBQ

Café Del Sol
From 7 pm onwards
BB guests - \$110++ per person
Supplement Charges - \$50++ per person*
[*Supplement charge for SAI, PAI, FB & HB meal plans]

KIDS FUN EVENTS

KIDS FITNESS

From 10 am - 11 am

OCEAN CRAFT

From 11 am - 1 pm

FLOWERS & LEAF CRAFT

From 2 pm - 3 pm

WATER BALLOON TOSS GAME

From 3 pm - 4 pm

BEACH SOCCER | SANDCASTLE BUILDING

From 4 pm - 5.30 pm
Turtle Kids Club, Dhigurah

THE GASTRONOMY GALORE

30 DECEMBER 2023

Welcome to our global kitchen on a dining voyage that transcends cultures, where the culinary arts meet the mystique of diverse cultural essences. Weaving together distinct tastes and aromas, prepare yourselves for an extraordinary feast that tantalises not just your taste buds, but your very essence.

BEACH SPLASH PARTY

The Castaway Island
From 4 pm onwards

SPA & WELLNESS

SUNRISE YOGA | COMPLIMENTARY

From 6 am - 7 am
Spa by Clarins, Dhigurah & Falhumaafushi

AQUA FITNESS WITH FLOAT

From 7.30 am - 8 am
Complimented by healthy juice treat
45++USD per person
At the Main Pool, Dhigurah

SUNSET HATHA YOGA | COMPLIMENTARY

From 6 pm to 7 pm
At the Spa Deck Dhigurah & Falhumaafushi

EXCURSIONS

DIVING TREASURE HUNT FOR CERTIFIED DIVERS

From 1.45 pm - 4 pm
The Dive Centre, Dhigurah

INTERNATIONAL BUFFET

The Dining Room, Falhumaafushi & Dhigurah
From 7 pm onwards

KIDS FUN EVENTS

PETAL SUNCATCHER

From 10 am - 11 am

T-SHIRT PAINTING

From 11 am - 1 pm

WISHING TREES

From 2 pm - 3 pm

PAPER COLLAGE

From 3 pm - 4 pm

KIDS YOGA

From 4 pm - 5 pm
Turtle Kids Club, Dhigurah

THE GLITTERING GALA

31 DECEMBER 2023

Come revel in a gala evening of glitz, glam and gourmet delights. Embrace the enchantment as you dine in a twinkling ambiance of opulence and splendour. Delight in dazzling gourmet creations and enjoy the shimmering entertainment that awaits you. A luminous dining extravaganza awaits ushering a sparkling new year of good tidings ahead.

Have a blessed 2024!

MANAGEMENT COCKTAIL

The Castaway Island
From 6 pm – 7.30 pm

NEW YEAR'S EVE GALA DINNER

The Dining Room, Dhigurah & Falhumaafushi
From 7.30 pm onwards

DJ PARTY & COUNT DOWN

The Castaway Island
From 10 pm onwards

SPA & WELLNESS

SUNRISE YOGA | COMPLIMENTARY

From 6 am - 7 am
Spa by Clarins ,Dhigurah & Falhumaafushi

AQUA FITNESS WITH FLOAT

From 7.30 am - 8 am
Complimented by healthy juice treat
45++USD per person
At the Main Pool, Dhigurah

SUNSET HATHA YOGA | COMPLIMENTARY

From 6 pm to 7 pm
At the Spa Deck Dhigurah & Falhumaafushi

EXCURSIONS

SNORKELING TREASURE HUNT IN THE LAGOON

From 10 am - 11.30 am
The Dive Centre,Dhigurah

KIDS FUN EVENTS

FAIRY WANDS

From 10 am – 11 am

LEAF PRINTING

From 11 am – 1 pm

FACE PAINTING

From 2 pm – 3 pm

KID'S NEW YEAR PARTY

From 3 pm – 5 pm
Turtle Kids Club, Dhigurah

A NEW YEAR'S ABUNDANCE

01 JANUARY 2024

Join us for this unforgettable evening and let the magic of the Indian Ocean elevate your New Year's celebration to new heights.

May this coming year be filled with endless moments of joy, tranquillity, and exciting adventures.

It's a culinary journey that embodies the spirit of abundance, inviting you to savour the richness of life and the promise of a new year filled with endless possibilities.

INDIAN OCEAN THEMED BUFFET

(Maldives, Sri Lanka, India, Seychelles & Mauritius)

The Dining Room, Dhigurah & Falhumaafushi

From 7 pm onwards

SPA & WELLNESS

SUNRISE YOGA | COMPLIMENTARY

From 6 am - 7 am

Spa by Clarins, Dhigurah & Falhumaafushi

AQUA FITNESS WITH FLOAT

From 7.30 am - 8 am

Complimented by healthy juice treat

45++USD per person

At the Main Pool, Dhigurah

SUNSET HATHA YOGA | COMPLIMENTARY

From 6 pm to 7 pm

At the Spa Deck Dhigurah & Falhumaafushi

EXCURSIONS

NEW YEAR'S DIVE

From 2 pm - 4 pm

The Dive Centre, Dhigurah

THE MALDIVIAN CULTURAL SHOW

Enjoy the traditional Maldivian "Bodu Beru" tunes and the dancing performances while indulging in your favourite culinary delights.

So cultural!

The Dining Room, Dhigurah

From 8.30 pm onwards

The Dining Room, Falhumaafushi

From 7 pm onwards

KIDS FUN EVENTS

BLINDFOLDED SENSE OF SMELL

From 10 am - 11 am

RECYCLED CRAFTS

From 11 am - 1 pm

TOWEL FOLDING

From 2 pm - 3 pm

FRISBEE

From 3 pm to 4 pm

HERB GARDEN EXPLORATION

From 4 pm - 5 pm

Turtle Kids Club, Dhigurah

THE SIZZLING GRILL

02 JANUARY 2024

As the celebration continues, join us for this unforgettable evening and let the flavours of the grill set the tone for a new year filled with delectable experiences and cherished moments. Here's to a sizzling start and a year ahead filled with delicious surprises and good health!

SUNSET GRILL AT FALHUMAAFUSHI

From 7 pm onwards

BB guests - \$110++ per person

Supplement Charges - \$50++ per person*

* [Supplement charge for SAI, PAI, FB & HB meal plans]

SPA & WELLNESS

SUNRISE YOGA | COMPLIMENTARY

From 6 am - 7 am

Spa by Clarins ,Dhigurah & Falhumaafushi

AQUA FITNESS WITH FLOAT

From 7.30 am - 8 am

Complimented by healthy juice treat

45++USD per person

At the Main Pool, Dhigurah

SUNSET HATHA YOGA | COMPLIMENTARY

From 6 pm to 7 pm

At the Spa Deck Dhigurah & Falhumaafushi

MARIKO NAKAKI SPECIAL

GUIDED RELAXING MEDITATION

From 5.30 pm - 5.55 pm

Spa by Clarins, Dhigurah

EXCURSIONS

ROMANTIC SUNSET DOLPHIN CRUISE

From 5 pm - 6.30 pm

The Dive Centre,Dhigurah

THE NIGHT MARKET

The Dining Room, Dhigurah & Falhumaafushi

From 7 pm onwards

LIVE BAND SHOW

The Sunset Grill, Falhumaafushi

From 7 pm onwards

&

The Dining Room, Dhigurah

From 8.30 pm onwards

KIDS FUN EVENTS

OBSTACLE COURSE

From 10 am - 11 am

PASTRY DECORATING

From 11 am - 12 noon

SEED ART

From 12 noon -1 pm

FOOD PLATING WORKSHOP

From 2 pm - 3 pm

HAND PRINT ART

From 3 pm - 4 pm

KIDS SNORKELING

From 4 pm - 5 pm

Turtle Kids Club, Dhigurah



THE TRANQUIL ESCAPE, SPA BY CLARINS

Embrace the enchanting spirit of the holiday season with our exclusive Festive Spa Tranquil Escape. Nestled amidst the serene embrace of nature, our spa sanctuary awaits, promising you a haven of relaxation and rejuvenation. Step into a world where time stands still, and worries fade away, allowing yourself the luxury of unwinding in the lap of tranquility.

Begin your journey with coconut scrub that revitalised & refreshes the skin. Next, experience the soothing and rejuvenating Bamboo massage, designed to target areas of tension and provide deep relaxation to your aching muscles. To complete your spa experience, we offer a refreshing and delightful cup of freshly prepared herbal tea from our Herbal Garden. This herbal tea will complement your treatment, helping you to further relax and savor the blissful moment.

USD 199 PER PERSON

**90 minute treatment includes:
Foot Ritual | Scrub | Balance | Refreshment**

Terms & Conditions:

- Prices are subject to 10% service charge & 16% government taxes
- Not valid with any other promotions and/or discounts. For reservations or enquiries, please contact the Spa by Clarins at Ext. 7981503
- Alternatively, you may contact the reception

CENIZARO WELLNESS EDIT WITH MARIKO NAKAKI

A month of wellness celebration!

Surrounded by the vivid blues of the Indian ocean, The Residence Maldives is the perfect location to refresh and rewind. Start each day with a complimentary yoga class for all guests on the overwater deck at Falhumaafushi or on the yoga pavilion at Dhigurah. After improving your physical strength and flexibility, unwind with renowned Japanese practitioner Mariko Nakaki. Visiting from 15th December 2023 until 15th January 2024, Nakaki will be sharing her holistic Chi Neng Tsai treatments and energising meditations. If it's relaxation you're after, indulge your senses in the first and only Spa by Clarins in The Maldives. Offering blissful spa treatments, the luxurious experience will leave you feeling completely renewed. Signature facial treatments including the 'Moisture quencher' restore comfort, softness and radiance. Packages such as The 'Beauty Sleep' treatment is a full body and face experience that is designed to have you looking like you've had 8 hours of restful sleep...What could be better than that!





CENIZARO WELLNESS EDIT WITH MARIKO NAKAKI

Treatment Menu

CHI NEI TSANG & BODY WORKS

Chi Nei Tsang (CNT) is an ancient Chinese Taoist therapy that focuses on the trunk and the internal organs. These organs are deeply affected by our diets, environment, and stresses of daily life, relationships, emotion and even thoughts. These organs function on physical levels as well as spiritual and emotional levels.

Due to our energy centre ("Tan Tien") and internal organs being located in the center of our body, working on the trunk effects all of the bodies systems including digestive, respiratory, endocrine, lymphatic, cardiovascular, nervous, urinary, muscular-skeletal, and reproductive systems.

By combining CNT with physical bodywork, we can achieve total body healing, starting from our core and working our way out to the extremities. Physical treatment techniques include cranio-sacral therapy, myofascial release and energy healing. The combination of these therapeutic techniques allows us to narrow or broaden our treatment focus for optimal results.

After a CNT & Bodywork treatment you should feel clear, recharged grounded and energized.
Both inside and out.

Recommended to have 2 sessions for healing deep and maintain **good condition**.

120 MINUTES | USD 299 PER PERSON

90 MINUTES | USD 239 PER PERSON



CENIZARO WELLNESS EDIT WITH MARIKO NAKAKI

Treatment Menu

REFLEXOLOGY

We have specific points in our feet that connect with our bodies. These points connect to our muscles, skeletons and internal organs. By manipulating these points we can influence our whole body. Reflexology can help improve circulation, lymphatic flow, enhance energy flow and achieve deeper relaxation.

DURATION: 60 MINUTES | USD 170 PER PERSON

LYMPHATIC DRAINAGE

Our lymphatic system pulses and lymph fluids move through us like waves in the ocean, coming in and out. When we have blockages our lymph flow becomes greatly affected. Lymphatic Drainage aims to restore the proper lymph flow.

This treatment is ideal for anyone with visible or noticeable swelling. Lymphatic Drainage is also wonderful for anyone who is currently or planning on doing a detox.

60 MINUTES | USD 170 PER PERSON



CENIZARO WELLNESS EDIT WITH MARIKO NAKAKI

Treatment Menu

UNIVERSAL ENERGY HEALING

By connecting with universal healing energy through hands, healing energy flows inside of your energy field where it is needed on the physical, emotional, or spiritual layer.

It can clear negative emotions, physical tension and limitations, stress, thoughts and memories.

After the session, you should feel safe, and delighted, and a profound connection with yourself deeply, receiving love and light from the universe and yourself within.

60 MINUTES | USD 170 PER PERSON

LYMPHATIC DRAINAGE

This is personalized guided meditation. With a guide, you'll clear chakra one by one. This meditation brings you to a deeper healing state and supports you to feel and clear your chakra, the energy centre of your body system.

60 MINUTES | USD 170 PER PERSON


CHAKRA CLEARING MEDITATION

This is personalized guided meditation. With a guide, you'll clear chakra one by one. This meditation brings you to a deeper healing state and supports you to feel and clear your chakra, the energy centre of your body system.

60 MINUTES | USD 89 PER PERSON

Terms & Conditions:

- Prices are subject to 10% service charge & 16% government taxes
- Not valid with any other promotions and/or discounts For reservations or enquiries, please contact the Spa by Clarins at Ext. 798|503
- Alternatively, you may contact the reception



FOR RESERVATIONS OR MORE INFORMATION;
PLEASE CONTACT THE RESIDENCE MALDIVES

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