

Wellness Packages

Our wellness packages are designed to fit in with your holiday. While some group activities are scheduled private activities can be booked to fit around sun bathing, snorkelling and family time.

Maximum wellness will be reached with a 7 day package however shorter packages can be accommodated.

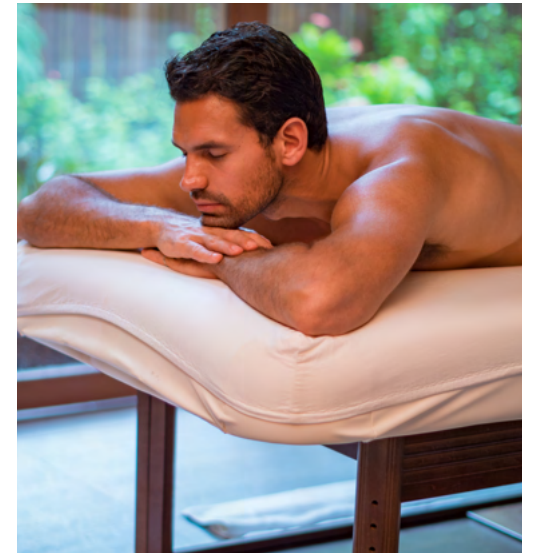
You will receive a detox bath ceremony set up on your first and last nights in your room.

For more information contact stay@amilla.com

We offer 5 different packages;

Detox
Movement
Mindfulness
Acrobatic*
Active De-Stress

•*15th June to 15th August only



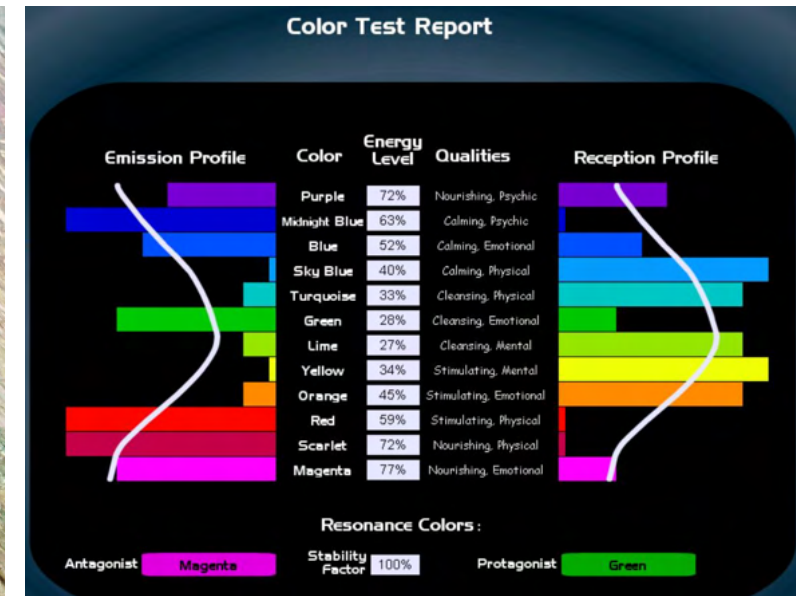
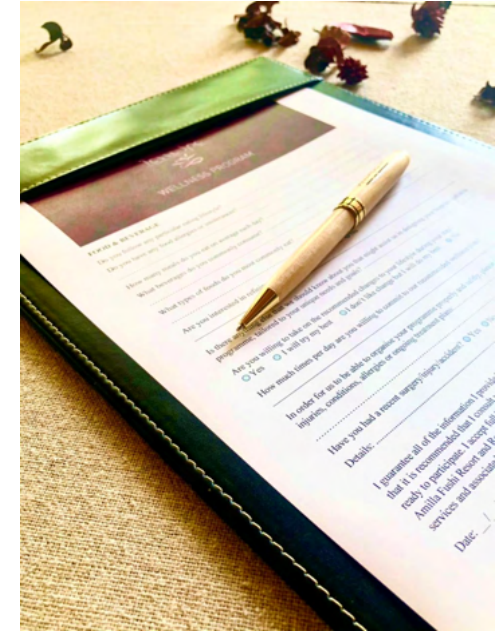
Inclusions

Initial Consultation

- Nutrition
- Chromotest
- Experiences

Inclusions

- Meal plan guidance
- In room bath set up on first night and last nights
- Items with * are group/scheduled events
- Steam and Sauna (upon request)
- Complimentary Sensora sessions on request
- Tailored timetable





Movement

Monday

Stretching 30 min*
Jungle Gym Training 45min*
Amilla Dreams Smoothie
Sensora Fibonacci
Night Snorkelling*

Wednesday

Stretching 30 min*
Kung Fu 45min*
Matcha Bliss Smoothie
Maldivian Cooking Class*
Thai Massage 90min

Friday

Stretching 30 min*
Power Yoga 45min*
Cacao Lion Smoothie
Masgulha Filuva Beys Treatment 90min

Sunday

Stretching 30 min*
Hapkido 45min*
Camu Here Smoothie
Sensora Chakra Journey
Pasta Making Class*

Tuesday

Stretching 30 min*
Kick Boxing 45 min*
Macacao Smoothie
Bodu Beru Lesson

Thursday

Stretching 30 min*
PT Power Training 45min*
Green Bee Smoothie
Sensora Rainbow Body
Tennis Lesson

Saturday

Stretching 30 min*
PT Power Training 45min*
Hemp Love Smoothie
Snokelling Safari*

Amilla
RESORT AND RESIDENCES
BAA ATOLL | MALDIVES

Monday

Personalised Chromo Sensora
Traditional Yoga 60min
Meditation 15 min
Night Snorkelling*
Calendula Turn down Tea

Wednesday

Gamma and Lateral Lights Sensora
Quantic Dreams Sensora
Meditation 15 min
Soap Making Class
Coconut Painting*
Lemongrass Turn Down Tea

Friday

Cabaret Mistique And Chromo Sensora
Tai Chi and Qi Gong 60min
Meditation 15 min
Paper Making Class*
Damiana Tea Turn Down

Amilla
RESORT AND RESIDENCES
BAA ATOLL | MALDIVES

Tuesday

Sensora Night Lights
Meditation 15 min
Local Island Plant Tour*
Yoga Nidra
Astragalus Tea Turn Down

Thursday

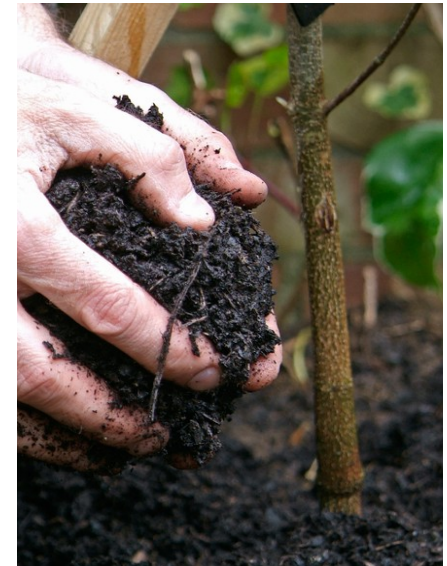
Sensora Chakra Journey
Chakra Wellbeing Journey 120min
Garden Therapy*
Mint Tea Turn Down

Saturday

Rainbow Body Sensora
Walking Meditation 30 min
Singing Bowl Healing
Sunset and Dolphin Discovery*
Hibiscus Tea Turn Down

Sunday

Gamma and Lateral Lights Sensora
Quantic Dream Sensora
Pranayama and Pranic Healing
Immunity Boosting Yoga*
Butterfly Pea Turn Down Tea



Mindfulness



Detox

Monday

Detox Yoga 60 min*
Sauna and Steam Room
Lymphatic Drainage Massage 60 min
Foraging Lunch
Kombucha of the Day

Wednesday

Detox Yoga 60 min*
Sauna and Steam Room
Thamburu and Mirihi Treatment 60min
Quantic Dream Sensora
Kombucha of the Day

Friday

Detox Yoga 60 min*
Detox Bath
Foot Reflexology 30min
Kombucha and More Workshop
Kombucha of the Day

Sunday

Detox Yoga 60min*
Sauna and Steam Room
DIY Organic Face Masque*
Sensora Rainbow Body
Kombucha of the Day

Tuesday

Hammock Yoga 60 min
Detox Bath
Body Scrub and Wrap 60 min
DIY Organic Deodorant Making*
Kombucha of the Day

Thursday

Traditional Yoga 60 min*
Sauna and Steam Room
Pure Massage 60min
Bath Tea Making workshop
Kombucha of the Day

Saturday

Hammock Yoga 60 min
Sauna and Steam Room
Foot Reflexology Lesson*
Detox Facial 60min
Plant Based Milk Workshop*
Kombucha of the Day

Amilla
RESORT AND RESIDENCES
BAA ATOLL | MALDIVES

Monday

Sunrise Fishing*
Energising Yoga 30 min*
Kick boxing 45min
Amilla Dreams Smoothie
Night Snorkelling*

Wednesday

Energising Yoga*
Matcha Bliss Smoothie
Tai Chi and Chi Gong 45min
Pole Fitness Lesson*
Ocean Discovery Excursion*

Friday

Walking Meditation 30min
Power Yoga 45min
Cacao Lion Smoothie
Aerial Hoop Lesson*
Blue Hole Snorkelling*

Amilla
RESORT AND RESIDENCES
BAA ATOLL | MALDIVES

Tuesday

Masgula Filuva Beys Massage 90 min
Sensora Fibonacci
Immunity Boosting Yoga 30min*
Peppermint Tea Turndown

Thursday

Traditional Yoga
Intuitive Massage 60min
Sunset Painting*
Herbal Detox Bath

Saturday

Energising Yoga 30min
Kung Fu 60min
Pole Fitness Lesson*
Snorkelling Safari*
Turn Down Tea

Sunday

Traditional Yoga 30min
Sauna & Steam Room
Hot Stone Therapy 60min
Sensora Light Waves
Sunset Fishing



Active De-Stress



Acrobatics

Monday

Stretching 30min*
Conditioning Training 45min*
Amilla Dreams Smoothie
Intuitive Massage 60min

Wednesday

Stretching 30min*
Aerial Silks Lesson 45min*
Matcha Bliss Smoothie
Sauna & Steam Room
SUP Lesson

Friday

Stretching 30min*
Aerial Hoop Lesson 45min*
Cacao Lion Smoothie
Sauna & Steam Room
SUP Lesson

Sunday

Stretching 30min*
Fire Dancing Class 45min*
Camu Here Smoothie
intuitive Massage 60min

Tuesday

Stretching 30min*
Aerial Hoop Lesson 45min*
Macacao Smoothie
Relaxing yoga 45min

Thursday

Stretching 30min*
Fire Dancing Class 45min*
Green Bee Smoothie
Thai Massage 60min

Saturday

Stretching 30min*
Aerial Silks Lesson 45min*
Hemp Love Smoothie
Relaxing yoga 45min
Sensora Rainbow Body

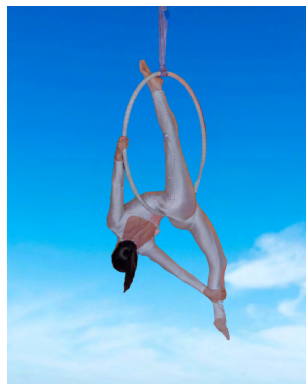
Amilla
RESORT AND RESIDENCES
BAA ATOLL | MALDIVES

Package Pricing



Movement

7 day	1600
5 day	1150
Extra days	240



Acrobatics

7 day	1400
5 day	1000
Extra days	210



Detox

7 day	1650
5 day	1250
Extra days	260



Mindfulness

7 day	1200
5 day	850
Extra days	180

All prices are in USD and subject to 23.2% Government taxes and service charge.
For bookings and enquires please contact stay@amilla.com or +960 660 6444
*The Acrobatics package will be available from 15th June until 14th August



Active De-Stress

7 day	1800
5 day	1300
Extra days	270