



**BEVERLY HILLS**  
Wellness and Aesthetics

THE GLOBAL  
LEADERS IN  
AESTHETICS &  
VITAMIN DRIPS



BEVERLY HILLS DUBAI MALDIVES LONDON



ABOUT OUR

# Booster shots

- + Anti-inflammatory
- + Anti-inflammatory  
Wonder Drug Glutathione
- + Anti-nausea
- + Headache-Buster
- + MICC
- + Slimming Boost
- + Vitamin B12 7

*Note: All procedures are plant-based, organic, FDA approved and made in the US by a compounding pharmacy.*



ABOUT OUR

# Vitamin Drips

## Hangover Cure

Late night fun should not ruin your trip. Get your groove back while at beautiful Niyama!

Our proprietary blend of B5, Zinc, Mineral Blend, Vita-Complex, Selenium, Ascorbic Acid, Magnesium + Toradol will help remove your hangover blues

## Happy Hydration

Get your glow back after a fun day at the beach. Hydration Therapy can alleviate fatigue, stress, hunger, flush out toxins, moisturize the skin and support the immune system.

Get hydrated with our B12 cocktail, Electrolytes, and Ascorbic Acid.

## Immunity Boost

Boost your immune system to help whatever life throws at you. A high dose of Vitamin C has been shown to fight off the effects of infection.

B12, Zinc, Mineral Blend, Ascorbic Acid, Glutathione, Selenium and Magnesium will get your immune system up and running. Also great if you have a cold or flu.

## Get Up and Go

Hey Honeymooners! Need some extra energy? Feeling a bit slow on vacation? Our energy booster will give you the get up and go that will make your holiday truly memorable.

The Vitamin B12, Hydroxocobalamin, Vita-Complex and Amino Blend are what your cell's power plants are screaming for, and it even enhances male stamina. Love is in the air!

## Beverly Hills Beauty

Start your vacation feeling beautiful inside and out. Rehydrate, replenish and restore with Beverly Hills Vitamin Therapy's famous solution that includes Antioxidants, which have been shown to prevent skin from aging. This solution containing Biotin, Glutathione, Zinc, Ascorbic Acid and Vita-Complex is ideal for hydrating the skin, and restoring collagen & elastin.

High doses of Ascorbic Acid and Glutathione will brighten your skin leaving you feeling younger, beautiful and more confident than ever. This vitamin is a mainstay of our celebrity clientele in Beverly Hills. NAD+ (Coenzyme needed in all the cells) can help you think sharper, look sexier, and feel younger.

## Surfer Paradise

Looking to jump from the beach and enjoy a couple of waves at your leisure with warm turquoise waters lapping up against your body? Niyama is a Surfer's Paradise and be sure to try out our combined energy and dehydration drip after a vigorous day under the hot sun.

It enhances energy and focus levels by infusing the body with a specially formulated combination of electrolytes, fluids, vitamins and antioxidants and also provides you faster, more effective dehydration and fatigue relief.



## Weight Loss Magic

Don't want to be seen on the beach with extra weight on the love handles? Come get a weight loss infusion. Vita-Complex, Taurine, MICC and Ascorbic Acid will help to reduce toxins and give your cells good nutrients.

Taurine helps improve digestion, as fats are broken down. Along with Diet Boost capsules, this is the perfect start to a diet that works. Proper hydration helps to alleviate hunger.

## Jet Lag Buster

Kick your jet lag after a long flight to Niyama. This vitamin therapy will help you recover faster with a solution of Vitamin B12, Magnesium Chloride, Vita-Complex, Ascorbic Acid, Selenium and Taurine. Say goodbye to jet lag upon your arrival or departure and enjoy your trip to the fullest.

## Nad+ Youth Builder

NAD+ (a coenzyme needed in all of our cells) can help you think sharper, look sexier, and feel younger. It has also been known to aid in reducing loss of muscle mass, hypertension, abdominal obesity, poor liver function, metabolic disease, hearing loss, and chronic fatigue. NAD+ and other vital mitochondrial components decrease with age.

By combining our NAD+ with beauty boosters, amino acids, and brain phospholipids, it will help establish brain and muscle youthfulness again.

## Sunburn Healer

A wee bit of extra time in the sun? Don't be red-be happy! Glutathione, Vitamin C, B Complex and Magnesium in our Sunburn vitamin Drip will keep your skin and attitude healthy!

## 2 Fit 2 Quit

Need some extra energy? Are you feeling a bit slow on vacation after a long day on Niyama's beautiful beaches? This is ideal for the weekend warrior, the pro athlete, or the active ones that just need a boost.

Our vitamin Drip hydration combined with Taurine, Mineral Blend, Amino Acids and B12 will assist in recovery and muscle building and will give you the get up and go that will make your holiday truly memorable. (\*If aches or pains – add Decadron with physician's permission).

## Mastered Myers Cocktail

An updated formulation of the Johns Hopkins pioneer in Vitamin therapy, Dr. Myers. Great for boosting the immune system, allergies, fatigue, and other acute and chronic illnesses and conditions.



ABOUT OUR

## PRP Treatments

A PRP procedure harnesses the power of your own body's growth factors to rejuvenate tissues. PRP has been around since the 1970s. PRP is a **truly remarkable and natural treatment that has many benefits for the skin**. During a facial treatment with PRP, your very own concentrated platelets are injected into the skin with tiny painless needles, and this creates an improvement in the quality of the skin-in particular with fine lines and wrinkles, but also with color, texture and tone.

It also stimulates the growth Of new collagen and improves blood supply, therefore helping your skin to carry a more youthful appearance and glow. The procedure is **short and the downtime minimal**, meaning patients can return to their normal daily activities almost immediately.

This procedure can be used as a sole treatment to improve skin quality and can focus on particular areas, such as the face, hands, neck, decollete, or under eyes (also known as the tear troughs). Some patients will also opt to use PRP in conjunction with other treatments.



ABOUT OUR

# PRX Treatments



PRX-T33 is a non-invasive, **needle-free biorevitalizer that rejuvenates the skin**, providing noticeable improvements in firmness, tightness, and hydration. Its unique formulation ensures quick dermal penetration for effective skin regeneration without damaging the outer layer. With PRX-T33, you can achieve impressive results without the downtime typically associated with other treatments.

PRX stands out for being a needle-free, painless treatment that doesn't cause peeling, allowing for easy aftercare and minimal impact on your social life. It is non-photosensitizing, making it suitable for use even during the summer, and provides **immediate noticeable firming effects** on the skin.

## OUR FOUNDER

# Deborah Alessi

Deborah Alessi, a Scottish businesswoman, and CEO to several international brands has always had a keen interest in health and beauty her entire life. Living a very active lifestyle and having worked with numerous global enterprises and Fortune 500 businesses throughout the years, Deborah has searched **the world for the best innovative concepts and treatments** when it comes to health, wellness and beauty.

Along with her team of doctors and experts in the wellness and aesthetics industry, they have developed a **unique combination of bespoke formulas for vitamin drips** infusions that help to rejuvenate, revive and beautify.

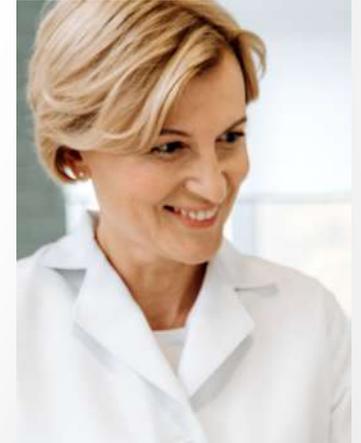
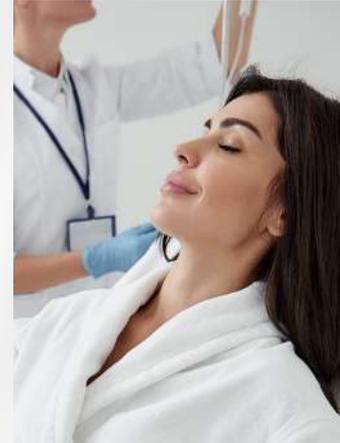
Deborah also founded Face Forward – a non-profit organisation registered in California in 2007. Face Forward provides emotional support and reconstructive surgery for women, children and men who have been victims of domestic violence, abuse and human-trafficking around the globe.

 [THEDEBORHALESSI](https://www.instagram.com/theborahalessi)



ABOUT

# Beverly Hills Wellness & Aesthetics



Beverly Hills Wellness and Aesthetics was founded in the cosmetic capital of the world, Beverly Hills, USA. The now global brand provides **expert treatments tailored to client's individual needs and goals**. We pride ourselves on our bespoke approach to wellness and aesthetics, enabling clients to achieve world-class optimal results tailored to them. No matter the location, excellent customer service and satisfaction is at the heart of all of our clinics worldwide.

With only the best cosmetic doctors and highly-experienced nurses, whether it's anti-wrinkle injections, dermal fillers, or advanced skin tightening treatments, we provide nothing less than a five-star service when it comes to our clients' skin.

[WWW.BHWAA.COM](http://WWW.BHWAA.COM)

## Our Partners:



ABOUT OUR

## Doctors & Surgeons

Our top-rated doctors and surgeons are specialists in aesthetics, wellness and plastic surgery, and all have a proven track record of providing exceptional care and achieving outstanding results.



### Dr Edris Farahbod

AESTHETIC PHYSICIAN

- ◆ Dr. Edris Farahbod: Board certified aesthetic physician.
- ◆ Experienced in cosmetic dermatology, member of American Academy of Anti-Aging Medicine.
- ◆ Top cosmetic doctor for celebrities and influencers.



### Dr Alex Bader

COSMETIC GYNAECOLOGIST

- ◆ Dr Alexander Bader: OB/GYN, cosmetic gynaecologist.
- ◆ Member of prestigious cosmetic surgery organizations.
- ◆ President of The European Society of Aesthetic Gynaecology.



### Dr Maria Karakoulaki

AESTHETIC GYNAECOLOGY

- ◆ One of the most famous aesthetic gynaecologists in the Middle East.
- ◆ Her expertise is unrivalled having been trained in California USA, London England, and Germany.
- ◆ Her signature Labiaplasty surgeries and unique Vaginismus treatment, have set her apart from the competition.



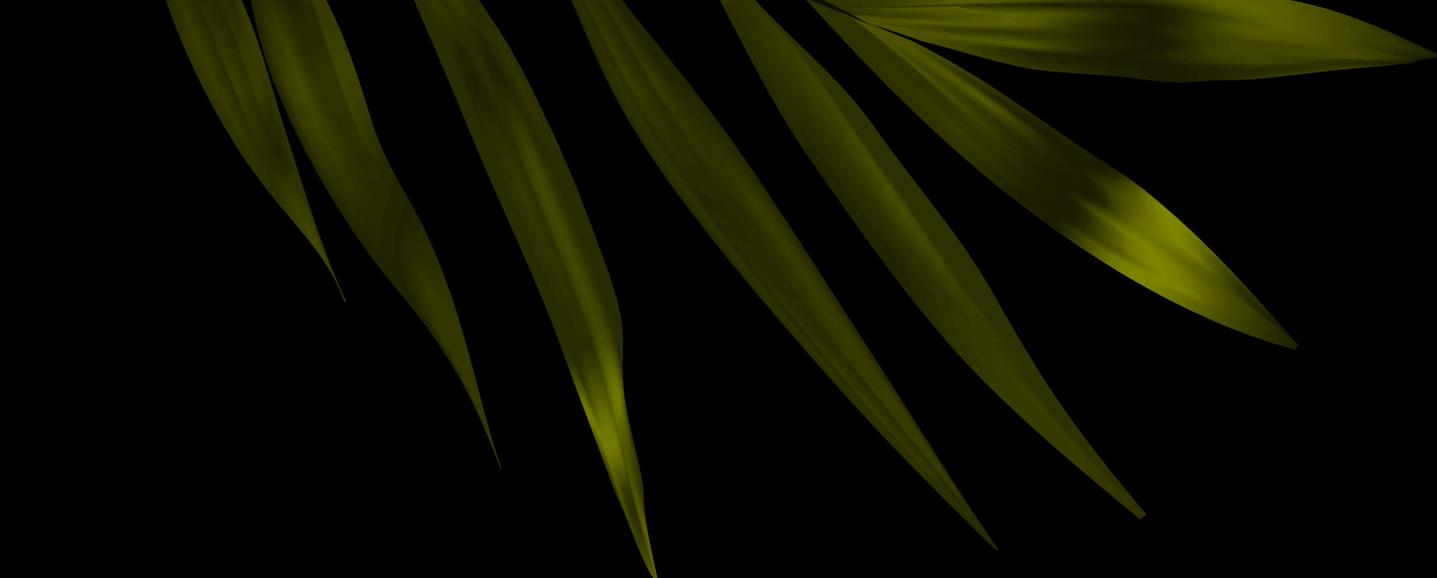
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drift  
BY NIYAMA



DRIFT BY NIYAMA

Slow down, exhale...and drift into deep relaxation. Let your body and your soul float on waters of tranquility. Drift by Niyama is your sanctuary at sea, a haven of pure indulgence and healing that combines the calming rhythm of ocean waves with the comforting harmony of nature.

drift  
BY NIYAMA



At Drift by Niyama, wellness and science collide – in the best way possible. Explore relaxing facials that pack powerful serums, Ayurvedic treatments based on 5,000 years of wisdom, and multi-day retreats guided by professionals in multiple disciplines. Our team of wellness therapists and healers will consciously massage, stretch and lead you towards optimal wellbeing while you drift effortlessly in our oasis of calm.

Savour and live in each moment.







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## SIGNATURE TREATMENTS

### ■ **Niyama Signature Ritual**

120 mins

Raw sea salt fragranced with the zing of lime and ginger invigorates and exfoliates. Our signature oil massage using lomilomi, shiatsu and Thai techniques then induces deep relaxation. Perfect pre- or post-travel.

**Enhancer:** Nourishing body wrap and facial acupressure 30 mins

### ■ **Couple's Romance**

120 mins

Foster a deeper connection with guided meditation. Lie side by side and enjoy our signature ritual of body scrub and massage, and emerge glowing.

**Enhancer:** Pampering Milky Bath 30 mins

### ■ **Voyage of Wellness**

120 mins

A combination of abhyanga massage, singing bowl vibrations, and shirodhara using warm, herb-infused oils induces the ultimate state of calm, all whilst relieving tiredness and releasing stress.

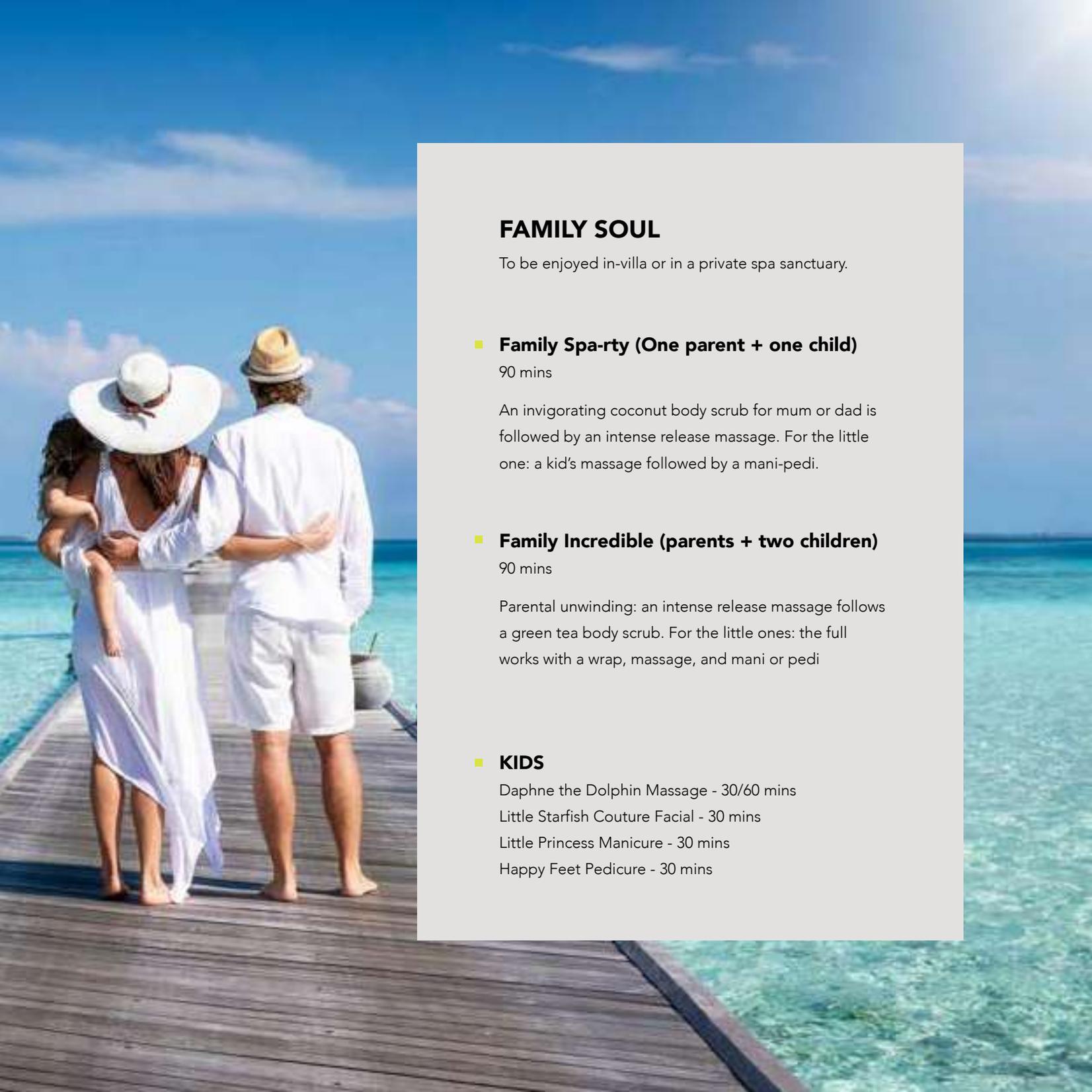
**Enhancer:** Healing Herbal Bath 30 mins

### ■ **Drift Into Slumber**

120 mins

Head-to-toe relaxation with foot reflexology, a relaxing back massage and scalp acupressure with your choice of slumber-inducing essential oils, finally concluding with a calming facial.

**Enhancer:** Relaxing Hot Stones 30 mins



## **FAMILY SOUL**

To be enjoyed in-villa or in a private spa sanctuary.

- **Family Spa-rty (One parent + one child)**

90 mins

An invigorating coconut body scrub for mum or dad is followed by an intense release massage. For the little one: a kid's massage followed by a mani-pedi.

- **Family Incredible (parents + two children)**

90 mins

Parental unwinding: an intense release massage follows a green tea body scrub. For the little ones: the full works with a wrap, massage, and mani or pedi

- **KIDS**

Daphne the Dolphin Massage - 30/60 mins

Little Starfish Couture Facial - 30 mins

Little Princess Manicure - 30 mins

Happy Feet Pedicure - 30 mins





## DIVE/SURF & DRIFT

- **Pre-Dive/Surf**

60 mins

Get ready to tan and shine. A coconut and salt body scrub is followed by a moisturising aroma back massage.

- **Post-Dive/Surf**

60 mins

The ultimate recovery: a therapeutic back massage followed by a cool aloe vera body wrap.

- **Beverly Hills Vitamin Therapy for Surfers**

Our NAD+ & Hydration restorative treatment improves athletic endurance while increasing mental clarity. Leave chronic fatigue in the sand with our energy powerhouse formulas and hit Vodi Point again.

## MASSAGES

- **Niyama**

60 mins | 90 mins

A unique combination of Hawaiian lomilomi, Japanese shiatsu and Thai traditional massage with aroma oil to induce deep relaxation.

- **Balinese**

60 mins | 90 mins

Aromatherapy, acupressure, skin rolling and firm, smooth strokes stimulate energy flow & circulation.

- **Deep Tissue**

60 mins | 90 mins

For those who massage frequently, or suffer from deep-seated muscle pain, this powerful treatment is sure to relieve all lingering tension in the body.

- **Chakra Balancing**

90 mins

A relaxing massage with warm herbal oils is combined with the calming vibrations of Tibetan Singing Bowls to induce the deepest levels of relaxation.

- **Classic Swedish**

60 mins | 90 mins

This energising technique employs long strokes, kneading, friction, tapping and shaking motions to apply pressure between muscles and bones, guiding the flow of blood to the heart.

- **Thai**

60 mins | 90 mins

Famous the world over, pressure-point massage and yoga-style stretches release locked energy and tension.

- **Peaceful Pregnancy**

60 mins | 90 mins

Performed on a pear-shaped beanbag that molds to every bump, a gentle massage hydrates skin that is expanding to accommodate your growing baby.

- **Jet Lag Reviver**

90 mins

Tailored to the time of the day. In the morning, a full body scrub is followed by a stimulating massage to rejuvenate and release tiredness. In the evening, relaxing warm herbal bundles comfort tired muscles, lymphatic drainage therapy relieves water retention, and a detox colon massage restores your bio-rhythm and metabolism.



## BREATHE AROMATHERAPY

We have partnered with Breathe Aromatherapy to create an exclusive range of aromatic oil blends for your massages, each with different properties but all with the same resolve – to drift into deep relaxation. Created to offer you the goodness of tropical flora, the ingredients have been specifically selected for their health benefits and medicinal properties.

- **Calm Body Oil**

Jasmine, vetiver and frankincense to soothe your muscles, improve sleep quality and relieve the mind from stress.

- **Cool Body Oil**

Sandalwood, jasmine, rose and geranium are designed to cool the body and temperament and encourage inspiration to flow.

- **Energise Body Oil**

Cinnamon, clove, eucalyptus and tea tree promote zing and vitality, renew the spirit and instil lightness of being.

- **Virgin Coconut Oil**

Pure coconut milk extract to moisturise and soothe, repair sensitive and allergy-prone skin.







## AYURVEDA

Ayurveda offers highly personalised journeys of healing backed by 5,000 years of science. Restore balance to your life, beginning with a consultation with our resident doctor, and treatments tailored to your doshas.

- **Abhyanga**

60 mins | 90 mins

Abhyanga massage is recommended daily, relieving aches and pains, nourishing the body and energy levels, and inducing restful sleep at night.

- **Shirodhara**

60 mins

Warm herbal oil is gently and steadily poured on the forehead, inducing a deep state of relaxation. This is accompanied by a scalp, neck and shoulder massage that calms and restores energy at the same time.

- **Abhyanga & Shirodhara**

90 mins

An invigorating abhyanga treatment is followed by flowing shirodhara for complete mind-body relaxation.

- **Udvardhana**

90 mins

Udvardhana means to elevate, signifying the upward strokes used in this massage. The body is rubbed using specially prepared herbal powder to burn fat and boost strength.

- **Sarvangadhara**

90 mins

Warm medicated oil is poured continually and uniformly over the body together with a gentle massage to lubricate the joints, and nourish muscles and nerves. The oil simultaneously restores elasticity and lustre to the skin, making it an integral part of post-natal and anti-ageing programmes.

- **Churna Sweda**

90 mins

A unique mix of herbal and medicated powders are wrapped in a muslin cloth, warmed and used to massage the entire body. Gentle kneading promotes the elimination of toxins, increases mobility of the joints, and relieves muscular aches and joint pains.

- **Shashtika Sweda**

90 mins

This sweat-inducing treatment utilises unique compresses of rice, milk and herbs that are gently kneaded over the body. Pain, swelling and stiffness are relieved, and the resultant cleansing and cooling leave the skin supple.

- **Jambira Sweda**

90 mins

A warm compress filled with lime, grated coconut, herbs and spices cooked in herbal oil helps with frozen shoulder, pain and swelling associated with sports and physical injuries.

- **Avagaha Sweda**

30 mins

A detoxifying bath that induces perspiration, relieves stress and inflammation, and improves digestion. A cooling version can also be prepared.

## AYURVEDIC IMMERSIONS

Explore multi-day Ayurvedic immersions that combine exercise and treatments to restore body and mind. Our resident Ayurvedic doctor will recommend a series of treatments for you based on your specific needs and constitution.

### All programmes include:

- 1 x Ayurvedic lifestyle consultation
- Daily group yoga (refer to Active calendar)
- Group meditation (refer to Active calendar)
- Daily 90-minute wellness treatment
- Access to steam and sauna

## MULTI-DAY PROGRAMMES

### ■ DISCOVER – 3 DAYS IMMERSION

- Abhyanga & Shirodhara – 90 mins
- Udvartana – 90 mins
- Churna Sweda – 90 mins
- Private Yoga Session – 60 mins

### ■ ENGAGE – 5 DAYS IMMERSION

- Abhyanga & Shirodhara – 90 mins
- Udvartana – 90 mins
- Churna Sweda – 90 mins
- Shashtika Sweda – 90 mins
- Sarvangadhara – 90 mins
- Private Yoga Session – 60 mins

### ■ INDULGE – 7 DAYS IMMERSION

- Abhyanga & Shirodhara – 90 mins
- Udvartana – 90 mins
- Churna Sweda – 90 mins
- Jambira Sweda – 90 mins
- Shashtika Sweda – 90 mins
- Sarvangadhara – 90 mins
- Chakra Balancing Massage – 90 mins
- Private Yoga Session – 60 mins



## **CUSTOMISED RECOVERY PACKAGE**

(3 or 5 days)

Restore vital energy, relieve tension and achieve deep relaxation for your body and mind with our customisable programs. Enjoy the freedom of flexibility in selecting treatments and scheduling session times. Program may be used for combined experiences or individual massage therapy, body treatment, facials or quick fix treatments in 60-minute or 90-minute sessions in any one day. Visit our Spa and allow our Wellness experts to tailor make a personalised treatment journey according to your needs.

*\*Tailor-made Recovery Packages for Divers and Surfers.*

## CODAGE PARIS FACIALS

From Paris to the Maldives, CODAGE offers custom serums for a diverse array of complexions that are 100% natural, vegan and sustainable.

- **La Consultation CODAGE**

15 mins

A complimentary consultation prior to a treatment or purchase of product to decode your skin's unique needs.

Please arrive 15 minutes prior to your treatment time

- **Soin Couture Visage**

60 mins | 90 mins

A double cleansing and complete exfoliation of the skin is followed by the signature CODAGE Cellular Workout using personalised serum mixology and massage techniques.

- **Soin Purifiant Avancé**

60 mins

Ideal for combination and oily skin, this advanced facial utilises alpha and beta hydroxy acids to remove dead cells, deep clean, intensely detoxify and fade blemishes.

- **Soin Expert Pro-Âge**

60 mins

Anti-ageing haute cosmetology to stimulate the synthesis of collagen and elastin, with manual lifting techniques to reduce wrinkles and expression lines.

- **Soin Coup D'éclat**

60 mins

Erase the signs of fatigue and restore your skin's vitality with an immediate boost of radiance

## CODAGE ADD-ONS

Applicable to all treatments on offer at Drift.

- **Gymnastique Cellulaire**

30 mins

The CODAGE Cellular Workout infusion of concentrated serums with pressure-point techniques to tone muscles, tighten skin, improve circulation and boost lymphatic drainage.

- **Hydration Express**

30 mins

This recovery treatment is an envelope of intense nutrition for your skin, resulting in luminosity and softness. Highly recommended to complement your tan.

- **Eye Pro-Âge**

30 mins

A powerful and relaxing treatment dedicated to the eye contour to restore youth and luminosity to the eyes, while reducing dark circles, puffiness and signs of ageing.



## CODAGE PARIS AMENITIES

Codage Paris amenities offers a luxurious design and features pipette-esque bottles containing formulas enriched with almond oil and shea butter. The products are all formulated with Codage Signature fragrance\* and feature aloe vera, making them perfect enhancements for the Maldivian tropics!

Sustainability remains a critical goal for our resort and a sincere commitment within our partnerships. Codage's "Care About Earth" commitment ensures that the packaging is ECO-DESIGNED and SUSTAINABLE. All products are manufactured in France in the Codage Laboratory with 100% CLEAN and VEGAN formulas containing NO ALLERGENS for the respect of all skin types.

### **Codage Signature fragrance\***

- Top Note: Bergamot collage and aromatic aldehydes for soapy-waxy-lemony-floral touch
- Heart Note: Jasmine, Lilac, Peach, Coconut
- Base Note: White Cedar, Vanilla, Musk



## ELEMIS BIOTEC FACIALS

Britain's number one skincare brand combines the power of natural ingredients with technological innovation. All our treatments use galvanic micro-currents to deliver nutrients deeper into the skin.

- **BIOTEC Radiance Renew**

60 mins | 90 mins

For dull and tired skin. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and remove impurities, while the galvanic current harnesses the power of elderberry and orange flower to restore moisture.

- **BIOTEC Skin Resurfacer**

60 mins | 90 mins

Addresses uneven tone, blemishes and fine lines. The ultrasonic peel reveals a noticeably smoother complexion using a combination of lactic and hyaluronic acids. Steam and extraction deeply cleanse, before massage and light therapy restore equilibrium.

- **BIOTEC 24/7 Skin Sync**

60 mins | 90 mins

For a well-rested glow. LED light therapy helps reset the clock for optimum skin wellness, while galvanic technology stimulates the skin for an illuminated, wide-awake feel.

- **BIOTEC Line Eraser**

60 mins | 90 mins

Circulation is improved, increasing the production of collagen and elastin, while the dermis is flooded with hyaluronic hydrating activators. Red and blue light therapy de-stress the skin while a blast of oxygen irons out wrinkles and fills in lines.

- **BIOTEC Firm-a-Lift**

60 mins | 90 mins

A blend of massage and sculpting technology to strengthen, restore elasticity and contour. Circulation-stimulating gardenia stem cells are activated by micro-current pulses to tighten slackening skin.

- **BIOTEC Blemish Control**

60 mins | 90 mins

Detoxifies the skin and repairs damaged tissue. Ultrasonic vibration, massage, steam and galvanic currents thoroughly decongest and exfoliate. A powerfully antioxidant, anti-bacterial activator of salicylic acid soothes, while light therapy clears the complexion.

- **BIOTEC Sensitive Skin Soother**

60 mins | 90 mins

Calms red skin. Using natural anti-inflammatory willowherb, the skin is infused with oxygen to encourage cellular restoration. Red light therapy with calming antioxidants improve the skin's natural ability to repair itself.

- **BIOTEC Super-Charger for Men**

60 mins | 90 mins

De-stresses, de-ages and de-fatigues the male complexion. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep cleanse, simultaneously exfoliating and powering kalpariane's anti-wrinkle properties.



## BODY TREATMENTS

- **Intensely Cleansing Scrub**

45 mins

Choose your aroma, lime and ginger or frangipani, as sea salt invigorates and sloughs away dead skin, encouraging the regeneration of new cells.

- **Nourishing Body Wrap**

45 mins

A velvety concoction of monoi oil, frangipani and pink clay offers super hydration, your body cocooned in warm nutrients.

- **Aloe Vera Cooling Body Wrap**

45 mins

Ideal for overexposed and sensitive skin, this treatment simultaneously heals and cools.





## EXPRESS

- **Back, Neck & Shoulder Massage**

30 mins

A quick pick me up to relieve any tension in the upper body.

- **Foot Acupressure**

30 mins

Targeting trigger points in the soles of your feet to promote relaxation and rebalance.

- **Hot Oil Acupressure Scalp Massage**

30 mins

Coconut oil deeply nourishes and hydrates the scalp while calming the mind.

## NAILS

The world-renowned brand that fuses together the best of medical science with the best of beauty providing results-driven, luxurious treatments and products for hands, feet and legs.

- **Margaret Dabbs London Supreme Pedicure®**

60 mins

Professionally formulated products combine with expert techniques, including exfoliation, a reviving soak and hydrating foot massage, for exceptionally effective results.

- **Margaret Dabbs London Supreme Manicure®**

60 mins

Our anti-ageing manicure gives long-lasting results and deep hydration using the full range of Margaret Dabbs London Fabulous Hands products.

- **Gentlemen's Pedicure**

45 mins

- **Gentlemen's Manicure**

30 mins

- **Margaret Dabbs London Express Pedicure**

45 mins

A quick, no-nonsense pedicure which is performed on dry skin, with flawless filing, buffing and cuticle care.

- **Margaret Dabbs London Express Manicure**

45 mins

A quick file, buff and cuticle trimming to leave your hands looking smart.

- **The Luxurious Foot & Lower Leg Massage**

30 mins

A pampering massage using the Margaret Dabbs London Firming Leg Serum and Intensive Hydrating Foot Lotion, instantly cooling and ideal after a long-haul flight.





- **HAIR & MAKE - UP**

Drift Spa offers the latest styles, cuts and treatments to match individual personalities. Expert make-up services are also available to help you prep for every occasion, including weddings, birthday celebrations or simply everyday pampering. Pop into Drift and visit our senior stylist and make-up artist for more information.

- **Signature Treatments:**

- Hair Cut & Styling
- Wedding Hair & Make-Up

## **Beverly Hills Vitamin Therapy**

Whether you're dragging from a summer of jet-setting, feeling dehydrated and queasy from one too many cocktails, strategically hiding from cold and flu germs, longing to improve your performance, or simply seeking a way to support long-term wellness, Beverly Hills Vitamin Therapy has a solution for you.

Beverly Hills offers a comprehensive menu of customised vitamin drips to boost the immune system and aid in the recovery of a wide range of illnesses and ailments. Upon request, vitamin therapy can also be provided in the privacy of your villa.

### ■ **Cell Wellbeing Epigenetic Analysis**

Single 30 mins | Couple 60 mins

A single strand of your hair will reveal your body's levels of nutrients, vitamins, amino acids, antioxidants and contaminants. Based on your results, a consultant will guide you through diet and lifestyle changes you can make to improve your health.





## **YOGA & MEDITATION**

No matter your experience level, our private and group sessions will help calm your mind and tone your body. Join one of our group sessions or discover the multiple benefits of a personalized session with one of our inspirational yogis: strengthen your body, rebalance your nervous system and restore inner calm.

## **HOW TO YOGA**

Practice on an empty or nearly empty stomach. Wear loose, comfortable clothing. Take time to breathe, and pay attention to your body. Adjust your practice to your schedule and biorhythms. Be aware of the effect of the poses on your mood and energy.

Please contact The Drift Spa to confirm the venue and the timing. We are pleased to accommodate a maximum of 8 guests per session.

## COMPLIMENTARY YOGA GROUP CLASS

- **Evening Yoga Flow**

60 mins at Pump

- **Kids' Yoga**

30 mins at Explorers' Kids' Club

Please refer to the Active weekly programme for timings

## SPECIALISED YOGA

- **Group Sunrise Yoga**

60 mins

Designed for beginners and intermediates, with stretches to improve flexibility and a flowing series of dynamic postures to give a powerful start to your day.

- **Prenatal Yoga**

60 mins

If you're pregnant and looking for ways to relax or stay fit, you might consider a tailored class.

- **Tibetan Singing Bowl Meditation**

60 mins

Enter a deep meditative state as the vibrations of the singing bowl create calming theta brain waves.

*Private yoga sessions are available upon request*

## ELEMENTAL YOGA

### ■ **Bhoomi Yoga**

60 mins

A 'grounding' practice for stabilising the Root chakra - foundation of body's spiritual energy. Encourages a sense of calmness and safety in the body and mind.

### ■ **Varee Yoga**

60 mins

Establish your true self and harmonise the whole system by unblocking the Sacral chakra. Boost creativity, sensuality, sexuality and confidence.

### ■ **Agnee Yoga**

60 mins

Transform your inner being and reflect the radiance of a resplendent gem! Enhance strength, power, self-esteem, digestion and metabolism.

### ■ **Jeeva Yoga**

60 mins

Purify your Prana, the body's vital life force energy and elevate to your physical and emotional higher self. Reinvigorate your heart, airways and vital glands; refine communication and focus.



## HOW TO DRIFT

### **The Setting**

Enjoy your treatment, whether individually, as a couple or family, in a private ocean suite or a garden sanctuary with al fresco soaking tub at the spa, or within the privacy of your villa.

The sauna, steam and plunge pools at Drift by Niyama are subject to advance reservations and can be booked for one hour. Use is limited to one villa at a time.

A 25% additional charge applies to in-villa and after dark treatments at the spa (9.00 pm – 9.00 am).

Please help us to maintain serenity at the spa by refraining from smoking and turning off your mobile phone.

### **Reservations**

We highly recommend that you reserve your experience in advance. The spa receptionist can advise what times are available during your stay.

### **Arrival**

To ensure you receive the full benefits of your spa experience, we ask you to arrive at least 15 minutes ahead of your scheduled appointment. You can arrive even earlier to make full use of the relaxation area, with wet facilities and a juice bar within a garden setting. If you arrive late for a scheduled appointment, you will receive the best experience possible within the remaining time. Full costs will still apply.

### **Cancellations**

We understand you may need to change your schedule. Should you wish to cancel or reschedule an appointment, we ask that you give us a minimum of four operating hours' notice or else a 50% cancellation fee will apply. No-shows will incur full payment.

### **Attire**

You will be provided with disposable underwear, a robe, slippers and towels. Your bathing suit is necessary for the sauna, steam and pools.

### **Valuables**

We recommend that you leave your valuables in your in-villa safe before heading to the spa. Drift by Niyama cannot accept responsibility for any loss or damages of any kind.

### **Health**

Please inform the spa receptionist as well as your therapist of any known medical conditions, allergies or medications you take.

### **Minors**

For children below the age of 13, a parent or guardian must be present for the spa session. Therapists providing massages are gender specific.

drift  
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