

Soneva Launches Four New Wellness Programmes at Soneva Soul in the Maldives

Experience transformative wellness with bespoke journeys that range from three to 14 days



June 28, 2023. Soneva, the award-winning sustainable luxury resorts operator, has unveiled four new transformative health and wellness programmes at [Soneva Soul](#) in the Maldives. Guests at Soneva Fushi in the Baa Atoll or Soneva Jani in Noonu Atoll can now supplement restorative stays with three-, seven- or 14-day bespoke wellness journeys centred around the themes of Foundation, Sleep, Detox and Time Rewind that combine ancient healing wisdom with innovative therapies.

Uniquely designed to promote healing and health, each programme is personalised to include Soneva Soul's holistic blend of naturopathy, Ayurveda and Traditional Chinese Medicine alongside rejuvenating spa treatments and regenerative therapies, such as hyperbaric oxygen therapy and ozone therapy. Yoga, meditation and movement classes also complement this uniquely integrated wellness experience.

Those looking for a short yet invigorating wellness retreat can reset and recharge in the serenity of Soneva Soul's island sanctuaries with the three-day [Foundation](#)



Programme at USD 3,105++. Itineraries are tailored to each guest and include daily treatments such as traditional Ayurvedic abhyanga and shirodhara, acupuncture and cupping, hyperbaric oxygen therapy and flotation pod sessions, among others, for a holistic, healing journey like no other.

Guests can enjoy the best rest yet with the **Sleep Programme** at USD 4,650++ for seven days and USD 11,295++ for 14 days. Expertly designed to optimise sleep health, this programme incorporates a range of targeted treatments and cutting-edge solutions, including Ayurvedic Nidrasana sleep rituals, bespoke IV vitamin therapies and BEMER electromagnetic sessions to help maintain healthy habits.

A revitalising journey to heal and restore optimal metabolic function, the **Detox Programme** offers expert guidance for nourishing menus that eliminate dairy, gluten and refined carbohydrates to bring you closer to your wellness aspirations. Available at USD 5,505++ for seven days and USD 13,170++ for 14 days, this curated cleanse includes a blend of treatments such as constitutional hydrotherapy, lymphatic drainage massages, acupuncture, medicinal herbal baths and hyperbaric oxygen therapy.

To reclaim youthful vitality, the **Time Rewind Programme** offers a harmonious blend of tailored naturopathic treatments for healthy ageing and rejuvenating meditation and movement practices. Starting at USD 6,533++ for seven days and USD 15,821++ for 14 days, the comprehensive itinerary includes specialist facials and bespoke massages, vitamin IV therapies, microneedling Platelet-Rich Plasma (PRP), prolozone injections and more.

All Soneva Soul wellness programmes include pre-and post-treatment consultations to address key concerns and provide further guidance so guests can continue to enjoy health and wellness benefits long after their stay.

For more information about Soneva Soul, visit www.soneva.com/soneva-soul

For more information on the Foundation Programme, [click here](#)

For more information on the Sleep Programme, [click here](#)

For more information on the Detox Programme, [click here](#)



For more information on the Time Rewind Programme, [click here](#)

To download images, [click here](#)

About Soneva

Founded in 1995, Soneva is an award-winning sustainable luxury resorts operator. At Soneva Fushi, Soneva Jani and the Soneva in Aqua yacht in the Maldives, and Soneva Kiri in Thailand, true 'luxury' is defined by peace, time and space. Guests discover the SLOW LIFE, reconnecting with themselves and the natural world through rare, unforgettable experiences.

Soneva is a pioneer for responsible tourism, combining sustainability with exquisite luxury and intuitive, personalised service. Carbon neutral since 2012, Soneva launched its Total Impact Assessment to measure its social and environmental impact in 2016 – a first for the hospitality industry. A 2% environmental levy is added to every Soneva stay, with proceeds going towards the not-for-profit Soneva Foundation to offset carbon emissions and fund purposeful international projects.

For more information, please contact:

Ciara O'Shea

Head of PR and Events

Soneva

ciara@soneva.com | www.soneva.com