



## BANU ALAGOZ NAJEMEDDIN WELLNESS PRACTITIONER

22nd January to 21st February

Banu will help create a deeply holistic well-being for the body and the soul using methods such as counseling, bodywork, meditation, and energy healing.

She offers emotional detox massages, intuitive tarot counseling, Kundalini yoga and meditation, deep trance light therapy, connection ritual for couples, and Watsu.

## WELLNESS MENU

### INTUITIVE TAROT COUNSELLING

**60/90 MINUTES      US\$300/US\$370 NET PER PERSON**

Access your inner power and bring clarity and understanding into the evolution of your life by having an Intuitive Tarot Counselling session with Banu.

### CONNECTION RITUAL FOR COUPLES

**60 MINUTES      US\$480 NET PER COUPLE**

Connection Ritual is a chance to connect with yourself and your partner, to soften, to be present, and energetically strengthen the connection with each other, through guided meditations, counseling, and energy work.

### EMOTIONAL DETOX MASSAGE

**90 MINUTES      US\$370 NET PER PERSON**

Bodywork focusing on opening energy pathways, releasing unprocessed emotions and stagnant energy that is being held in the body's cellular memory.

### KUNDALINI YOGA AND MEDITATION

**60 MINUTES      US\$270 NET PER PERSON**

An ancient yoga and meditation technique to create relief and expansion by awakening the spine, quieting the mind, and taking you to a restorative meditative space.

### DEEP TRANCE LIGHT THERAPY

**60 MINUTES      US\$270 NET PER PERSON | US\$450 NET PER COUPLE**

A hypnotic meditative experience to create relief in many functions of the body, from sleep to hormonal regulation, boosting metabolism, happiness, and creativity.

### WATSU

**60 MINUTES      US\$320 NET PER PERSON**

Watsu uses energy healing, massage, and stretching techniques while being floated weightlessly on the surface of the water. Swimsuit required.

CONRAD SPA

MALDIVES  
RANGALI ISLAND

