



MUAYAD NAJEMEDDIN WELLNESS PRACTITIONER

22nd January to 21st February

Muayad will share his compassionate practices and holistic approach to healing through sound therapy, reiki, and massage therapy.

During this month-long residency, he will provide chakra sound therapy, holistic deep tissue massages, reiki healing, and other holistic practices to help achieve inner peace.

WELLNESS MENU

HOLISTIC DEEP TISSUE MASSAGE

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

Muayad will be stretching and deeply massaging your body while guiding your breath and energy throughout the massage to ease away your tensions on multiple levels. A holistic treatment that leaves you with a sense of lightness and comfort.

CHAKRAS SOUND THERAPY

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

Experience a sound healing treatment that is made just for you. Surrounding your body with powerful Tibetan Full Moon Singing Bowls, Muayad will place these singing bowls to bring out any energetic impurities and plant in deep comfort.

THE ULTIMATE MASSAGE & ENERGY THERAPY

120 MINUTES **US\$475 NET PER PERSON**

With accumulated emotional and energetic tension comes a strong need to find a safe space to let go. This Journey involves counseling, Kundalini Movement Meditation, Reiki, Massage, and Singing Bowls. A powerful healing process that will leave you feeling clear and rejuvenated with a sense of pure self-connection.

CHAKRAS SOUND BATH FOR COUPLES

90 MINUTES **US\$575 NET PER COUPLE**

Discover a new feeling of total relaxation while laying down together, allowing your bodies to shower with healing sounds, using 7 Full Moon Tibetan Singing Bowls. An experience that helps to enhance your sleep and purify your energy from day-to-day negative influences.

THE POWER OF THE UNIVERSE "REIKI"

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

Surrender your body to a healing shower of the Universe's energies. A journey of deep connection to your true nature of an energetic being.

CONRAD SPA

MALDIVES
RANGALI ISLAND