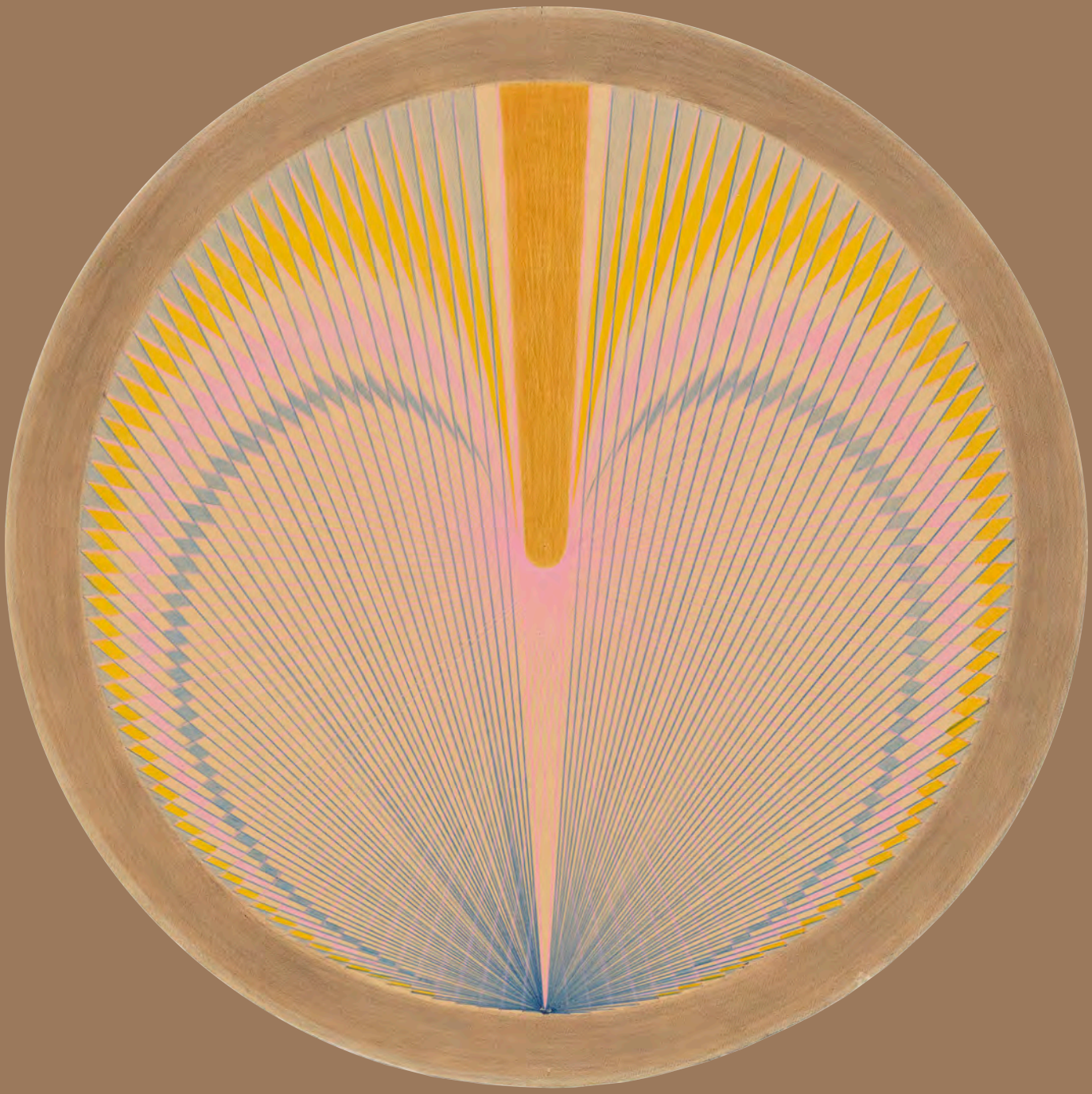


ŪRJĀ

NATUROPATHY ISLAND

ŪRJĀ

NATUROPATHY ISLAND

Named after the Sanskrit word for vitality, ŪRJĀ Naturopathy Island invites you to pause, rebalance, and attune to nature.

In modern life, we often forget the body's innate power to heal, the wisdom of nature, and the value of stillness.

Our expert team helps restore this connection — educating, treating, and guiding you with practices that unify self and surroundings.

By resting, cleansing, nourishing, and reconnecting, learn how to awaken *ūrjā* and sustain lasting health.

At ŪRJĀ, we are guided by the principles of naturopathy:

- Harness the healing power of nature to support the body's ability to self-heal
- Identify and treat the root causes, not just symptoms
- Use safe, non-invasive therapies
- Treat the whole person: body, mind, emotions, and intellect
- Empower through education
- Promote healing through conscious awareness and self-responsibility

Discover Your Health Profile

All guests of ŪRJĀ Naturopathy Island are offered a complimentary 45-minute **Naturopathy Consultation**.

Each consultation guides the way for a personalised program of therapeutic care.

Our expert team may also prescribe uniquely tailored off-menu treatments for deeper healing and lasting longevity.

A complimentary 45-minute **Yogic Guna Assessment** is also offered to guests interested in Yoga Therapy courses.

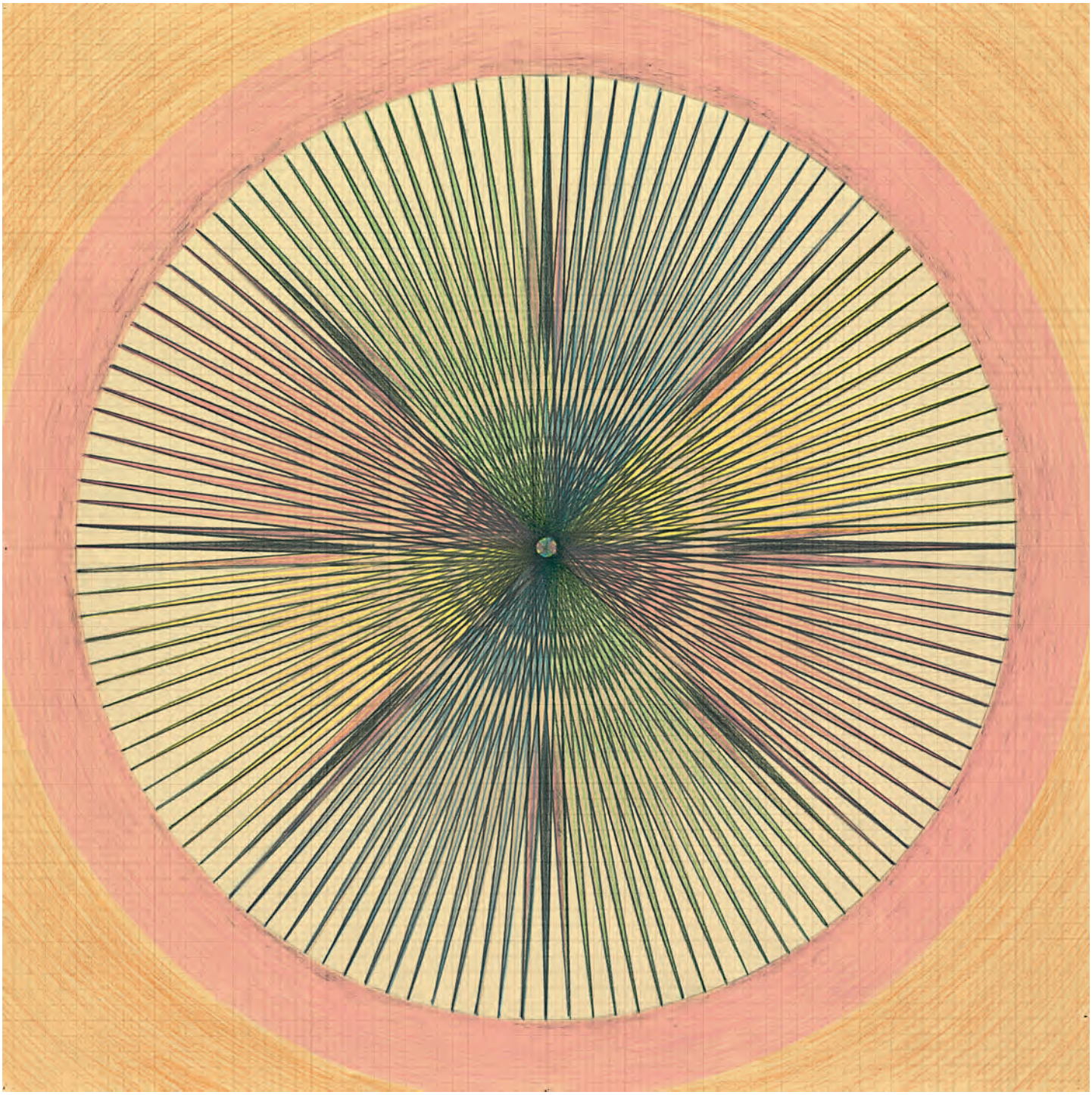
For further in-depth analysis, the following 30-minute assessments are available at an additional fee:

Oligoscan – Micronutrient Analysis

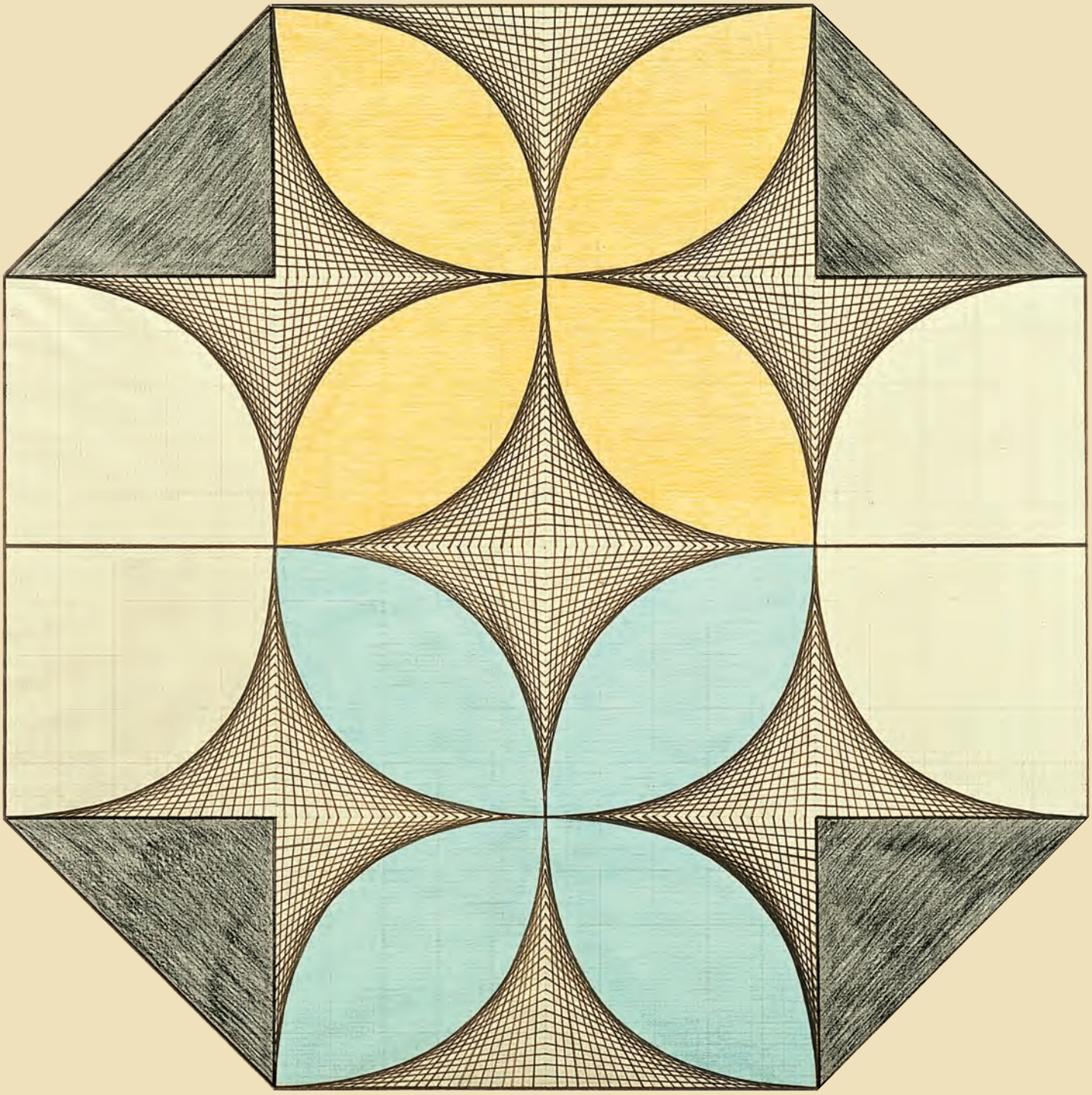
Visbody – 3D Body Composition and Postural Scanning

Iris Diagnosis – Analysis of Organ Function and Overall Health

FRONT COVER
Emma Kunz Work No. 172 "Life after Life"
© Emma Kunz Foundation



Emma Kunz Work No. 392
© Emma Kunz Foundation



Emma Kunz Work No. 095
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Emma Kunz, 1912

ABOUT THE ARTIST

Emma Kunz

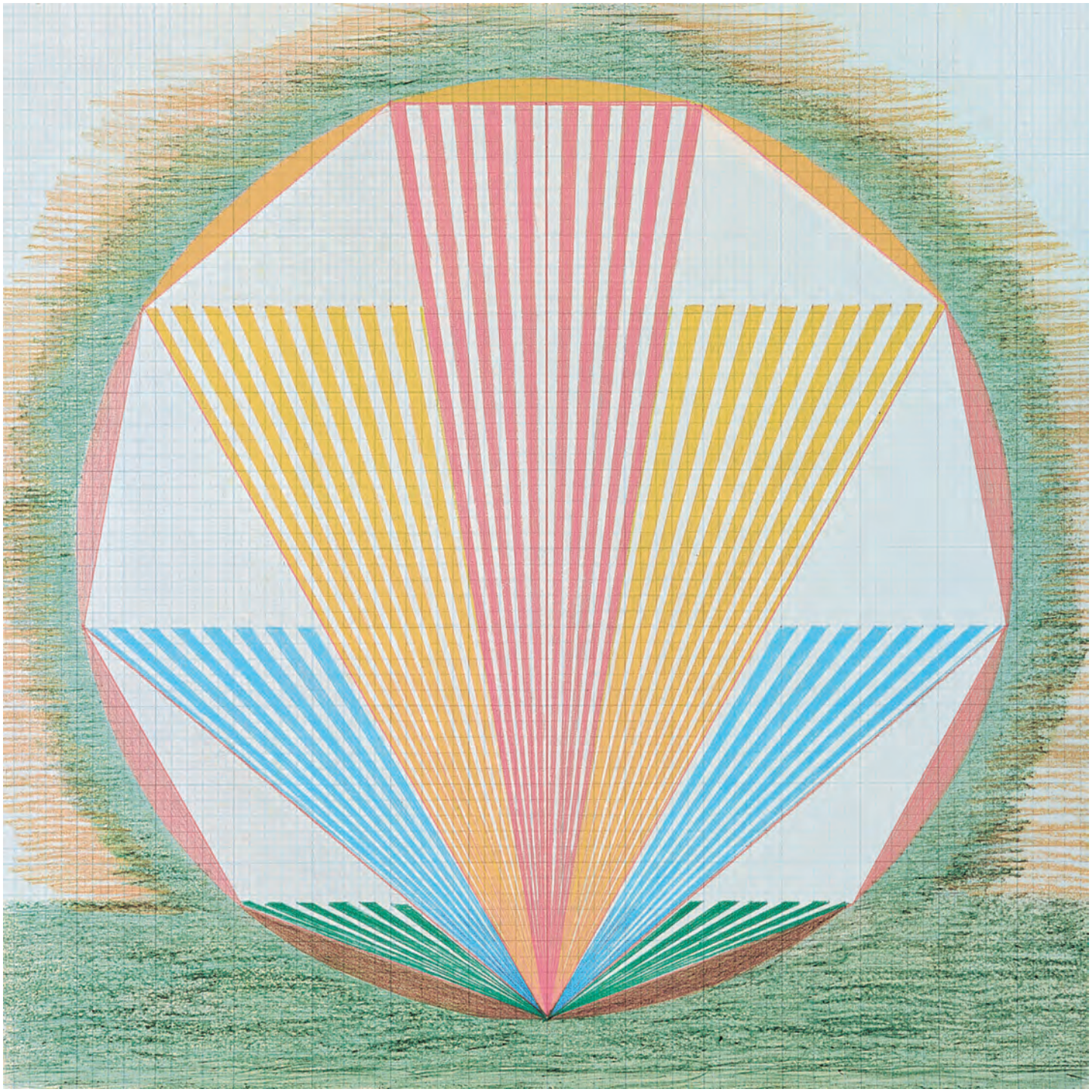
(1892–1963)

Emma Kunz was a pioneering Swiss naturopath and researcher whose sensitivity to natural forces shaped a lifetime of inquiry.

As a child she developed the intuitive abilities she later used to treat people on a physical, emotional, and spiritual level. Her treatments often produced near-miraculous results, which she attributed to healing capacities dormant in everyone.

Using radiesthesia (dowsing), Kunz created over 500 large geometric drawings as precise records of her investigations. Tireless in her work, she often drew for more than 48 hours without rest, driven by an inner compulsion to reveal “the profound laws of nature”.

Kunz believed her insights were intended for the 21st century, when people would again learn to listen to nature’s intelligence. Her discovery of the healing stone AION A® supports this vision, and its restorative properties are used in treatments at ŪRJĀ Naturopathy Island.



Emma Kunz Work No. 168 “AION A”
© Emma Kunz Foundation

Traditional Naturopathy

AION A® Mineral Therapy

Reap the benefits of the mineral-rich healing stone discovered by Emma Kunz, used to support detoxification, soothe inflammation, and encourage healing via positively charged ion exchange.

Applications are personalised according to needs and might include poultices, compresses, baths, wraps, dry applications, and hot-cold treatments.

Mud Therapy

Mud therapy involves applying thick, natural mud to specific parts or the entire body for a set duration.

Minerals including magnesium, calcium, silica, iron and potassium help to reduce tissue inflammation, eliminate toxins and metabolic waste, and promote a sense of calm.

Hydrotherapy

Hydrotherapy uses the different thermal and mechanical properties of water — hot, cold, steam, or ice — to promote circulation, detoxification, pain relief, and relaxation.

It helps balance the nervous system, reduce inflammation and speed up healing.

"Crystal, plant, animal and man... ...the formative forces of Nature"

Emma Kunz

Acupuncture and Moxibustion

Acupuncture is the practice of inserting fine needles at specific points to relieve pain, improve circulation, and support organ function.

Moxibustion uses the warmth of burning herbal moxa (mugwort) to stimulate these points, dispel cold, and boost vitality.

Together, they promote healing, reduce stress, and enhance overall wellbeing.

Heliotherapy

Heliotherapy involves wrapping the body in fresh banana leaves and exposing it to gentle sunlight for a limited duration.

It promotes sweating to eliminate toxins, improves blood circulation, relieves muscle and joint stiffness, and nourishes the skin.

Life-Force Healing

During this gentle energy healing, light touch or hands are placed just above the body to channel universal life force and bring balance to the mind, body, and emotions.

It helps reduce stress, promote relaxation, and support the body's natural healing process.

Fasting Therapy

Fasting is a natural healing method that involves voluntarily abstaining from food to enhance metabolic function, reduce inflammation and stimulate cellular repair.

Magneto Therapy

This natural, non-invasive therapy applies gentle magnetic fields to the body to improve circulation, ease pain and inflammation, and encourage self-healing processes.

Sound Healing Therapy

Sound Healing Therapy harnesses soothing tones and vibrations to ease stress, slow brain waves, and guide the mind into deep, meditative states for emotional and physical restoration.

Complete Body Alignment

A holistic combination of rotations, stretches, and cranial osteopathic techniques to stimulate lymph flow, ease tension, and enhance body awareness.

The flowing, inside-out approach mirrors the body's self-healing response to restore balance, deepen relaxation, and reconnect to natural healing rhythms.

... AND A MODERN NATUROPATHIC EVOLUTION

Integrative Nutrition

Integrative Nutrition blends modern science with naturopathic wisdom, focusing on whole foods, balance, and mindful living.

It nourishes body, mind, and emotions to support vitality, longevity, and harmony with nature.



In 1942, Emma Kunz discovered a powerful healing mineral in an ancient Roman quarry in Würenlos, Switzerland. She named it after the Greek for "without limitation" and used it (raw and powdered) to treat her patients. The AION A® Grotto is now the heart of The Emma Kunz Centre.

Yoga Therapy

Yoga therapy is a holistic healing approach that uses the principles and practices of yoga – including postures (Asanas), breathing practices (Pranayama), emotional balance (Pratyahara), awareness (Dhyana) and yogic cleansing – to promote physical, mental, and emotional wellbeing.

Tailored to specific health conditions or ailments, it supports healing, emotional balance, and self-awareness, thereby improving overall quality of life.

Whether you are a beginner or a daily practitioner, meet with our experts to create a module personalised to your unique needs.

Each three- or five-day module consists of an initial assessment (Guna Assessment) followed by a customised program in areas such as sleep management, digestive health or joint care.

Pilates

Mat-based exercises based on six principles: centring, concentration, control, precision, breath and flow.

Private Yoga

A session devised uniquely for you, from bespoke postures to guided meditation and breathing techniques.

For group sessions please see the Resort Activity Guide

AntiGravity® Yoga

A liberating 'flying' practice that uses suspended hammocks to enhance flexibility and release 'happy hormones'.

Available as a private or group session

Stand-Up Paddleboard Yoga

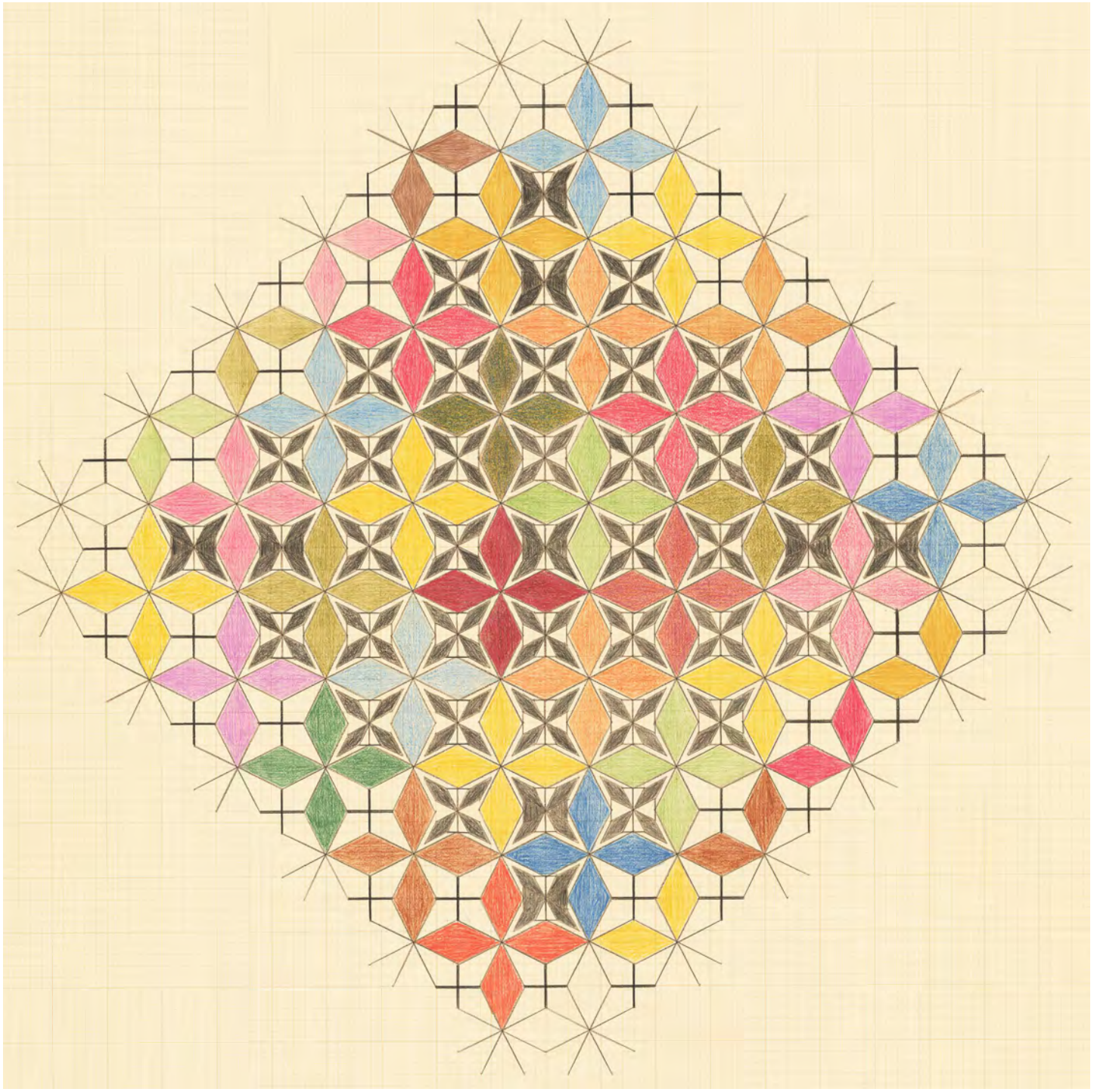
A fun and challenging workout performed afloat in the ocean to build core strength and boost focus.

Pregnancy Yoga

Individually tailored, pregnancy-adapted postures, gentle stretching, and relaxing breathing techniques to help you stay safe, supple and active.

“All therapy must be based on a holistic vision”

Emma Kunz



Emma Kunz Work No. 409
© Emma Kunz Foundation

ŪRJĀ Naturopathy Rituals

Our unique rituals honour the naturopathic principle of unity via four sequential pathways to wholeness, designed to:

- **Rest and Rebalance** the nervous system and manage fatigue
- **Cleanse** through elimination and detoxification
- **Nourish** through deep nurturing and cellular renewal
- **Reconnect** to self and surroundings

REST AND REBALANCE RITUALS

Emma Kunz Harmoniser

Duration: 120 mins

Restore and rebalance. A full-body experience inspired by the natural remedies of naturopath and healer Emma Kunz.

- AION A® warm mineral body wrap to gently detoxify, stimulate microcirculation, and restore balance within
- A soothing massage with Emma Kunz herbal oil releases muscular tension and encourages deep relaxation
- A nourishing facial rejuvenates with the properties of powdered Swiss healing stone AION A®

Vagus Reset

Duration: 120 mins

Unlock tranquillity. A centring ritual that activates the vagus nerve — the gut-brain messenger — helping to regulate and reset the body.

- Rhythmic breathwork gently stimulates the vagus nerve, the body's centre of 'rest and digest'
- A foot ritual and full body massage with Serenity Elixir releases muscular tension, aiding restful sleep
- A cooling facial gua sha massage and a revitalising polypeptide cryo-infusion sculpts the eye area
- Realigns subtle energies through the healing resonance of a handmade singing bowl

Ground & Restore

Duration: 60 mins

Anchor and align. A grounding ritual to restore the connection between heart and feet — reawakening energy flow and inner calm.

- Warm herbal foot soak with a blend of four therapeutic herbs detoxifies and boosts circulation
- Neuro-aromatic breathing awakens the senses, soothing mind and body
- Targeted acupoint massage on the legs stimulates key reflex and meridian points, clearing tension and enhancing vitality

CLEANSE RITUALS

Detoxifying

Duration: 120 mins

Illuminate and awaken. A detoxifying ritual that refreshes the body, clears the mind, and restores natural vitality from within.

- Exfoliates and purifies skin with a tropical blossom body polish to reveal a radiant glow
- Detoxifies and nurtures the body through a healing clay wrap and revitalising mustard liver pack
- Awakens lymphatic flow and infuses skin with moisture during a calming hyaluronic facial
- Harmonises digestion and internal cleansing with soothing abdominal massage and golden curcumin tea

Magnetic Meridian Sculpt

Duration: 90 mins

Sculpt, detox and de-stress. A full-body massage, foot treatment and vagus nerve toning for a top-to-toe reset.

- Drains and sculpts with specialised cupping and neuro-aromatic massage blend
- Boosts immunity and circulation with foot soak and strategic acupressure and cooling Relax Acu-Patch
- Promotes deep inner harmony with unique vagus toning exercises and magnetic healing forks

Myofascial Renewal

Duration: 90 mins

Create space for renewal. A full flow ritual that releases myofascial blocks for inner transformation.

- Promotes blood circulation and oxygenation through dry brushing, glide cupping and MicroSculpt® gua sha
- Uplifts and energises through stimulation of energy meridians and blood oxygenation
- Soothes and centres with a fascia massage easing tension in the body's connective tissue

NOURISH RITUALS

Women's Vitality

Duration: 90 mins

Regulate and balance. A highly attuned, nourishing experience to promote optimal reproductive wellness for women.

- Balances hormones through four herbs foot soak, neuro-aromatics breathing ritual and warming acu-hormonal patches
- Moves energy throughout the body via warm gua sha and magnetic massage
- Stimulates abdominal health through deep acupoint massage

Men's Vitality

Duration: 90 mins

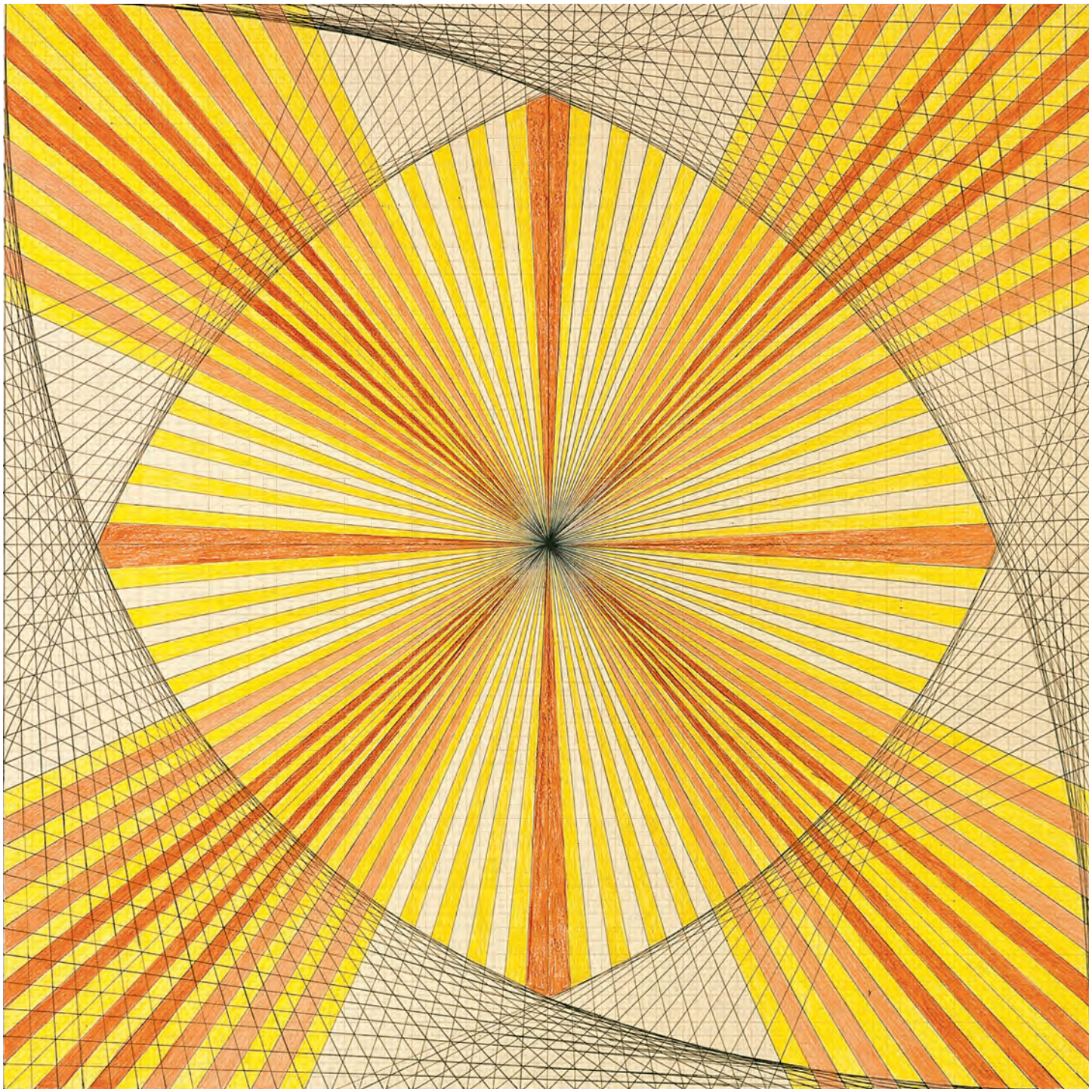
Revitalise and fortify. A mobilising and grounding experience to restore energy, clear stagnation, and build resilience.

- Awakens circulation and life force through dynamic tapping, deep-tissue massage, and bladder meridian acupoint stimulation
- Strengthens kidney energy with lower-back therapy, microsculptor strokes, and thermal patch infusion
- Releases deep tension in shoulders, spine, and hips with cupping, fork techniques, and vigorous pressing
- Boosts clarity and focus with scalp pressure, brow activation, and ear stretches

“This world is a prelude to
our spiritual life.
Try to weave the brightest
note into the musical image”

Emma Kunz





Emma Kunz Work No. 013
© Emma Kunz Foundation

"Healing powers and abilities lie dormant in everyone"

Emma Kunz

RECONNECT RITUAL

The Night Spa Ritual – Reconnect to Self & Universe

Duration: 150 mins

Align inner and outer harmony and reconnect to a greater whole with a ritual that transcends the physical. A flowing sequence of therapies still the mind, balance the emotions and awaken a deep inner peace in sync with the cosmic consciousness that connects us all. Muscles melt, the spirit soars, and the universe breathes as one.

- A powerful open-air ritual, reserved exclusively for one individual or couple each night
- Promotes profound calm and interconnectedness through vagus nerve healing, vibrations and cranial holds
- Encourages inner alignment, from a full-body lunar oil massage to a repairing rose-infused facial
- Explores universal interconnectedness through crystal singing bowls and neuro-aromatic breathing

Massages

Choose from three plant essence blends*:

Uplift: Bright and restorative, with organic neroli, sweet orange and ylang ylang

Clarify: Revitalising and detoxifying, with organic grapefruit, rosemary and basil

Calm: Soothing and sleep-enhancing, with organic lavender, frankincense and marjoram

**Available for all massages apart from Ūrjā, Grounding and Pregnancy*

Ūrjā

Duration: 90 mins

Signature soothing. Emma Kunz formulations restore inner balance through the healing power of natural herbs.

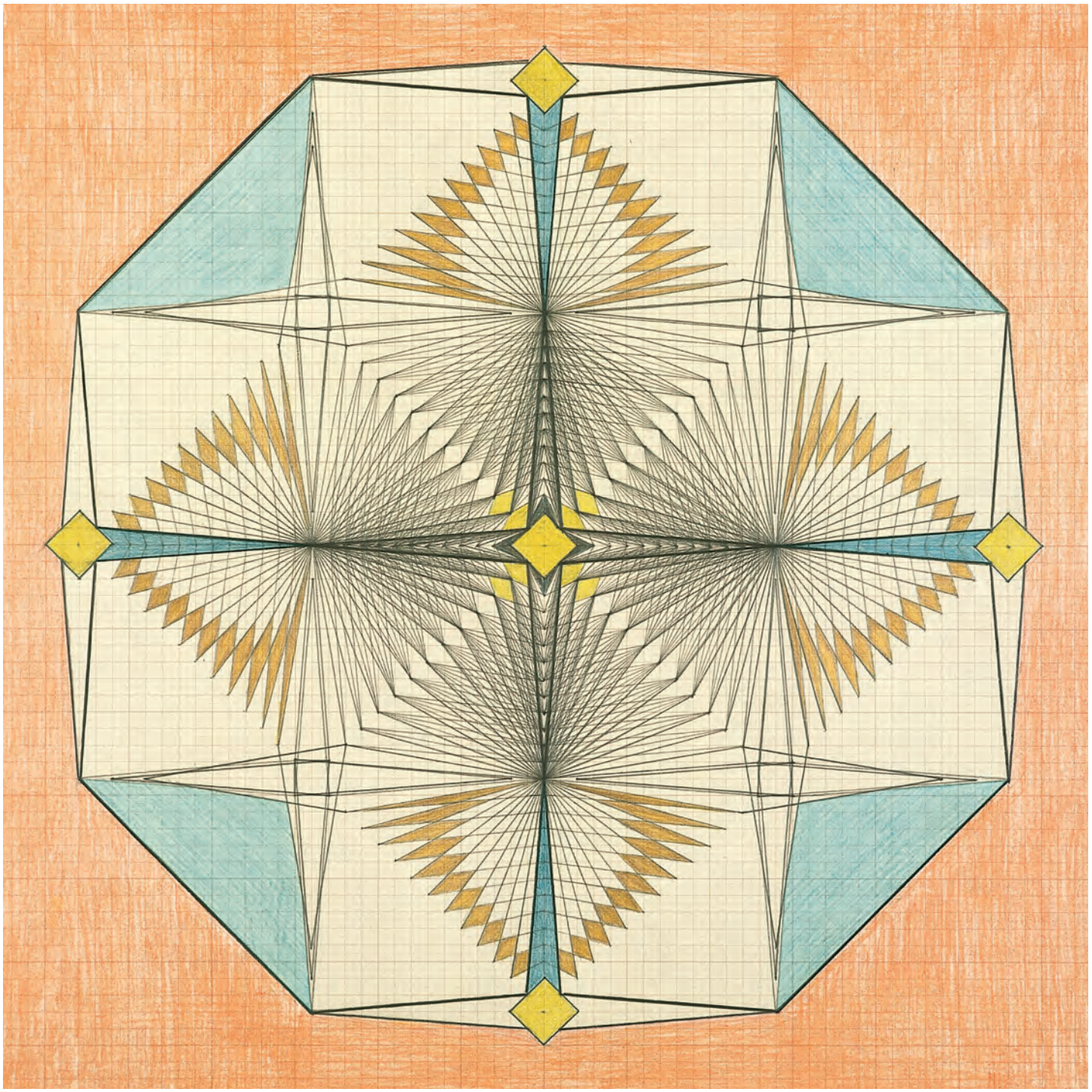
- Relaxes muscular tension and calms the mind through long, flowing strokes and pressure-point massage
- Calming herbal essence enriched with juniper, thyme, and lemon balm
- Warming, strengthening and invigorating benefits for skin, joints and muscles

Grounding

Duration: 60 | 90 | 120 mins

Restore your natural rhythm. A grounding massage to harmonise energy, for deep relaxation and enhanced sleep.

- Targeted acupressure aligns key meridian channels to reset your body's emotional balance
- Gentle tui-na techniques release deep tissue, soothe muscle tension, and enhance fascia elasticity
- Soothing feet and scalp massage stimulates circulation and oxygenation



Emma Kunz Work No. 008
© Emma Kunz Foundation

Lymphatic Drainage

Duration: 60 | 90 mins

Reveal your inner radiance. A gentle, rhythmic massage to stimulate lymphatic drainage, leaving you clear and calm.

- Helps to remove waste, toxins and excess fluids from the body's tissues
- Nourishes skin and senses with age-defying bio-retinol massage oil and soothing natural essences
- Naturally boosts immune function and promotes optimal wellbeing from within

Healing Water

Duration: 60 | 90 mins

Float into tranquillity. A pioneering full-body massage treatment, performed on cushions of warm water to leave your spirit soaring.

- Unwinds muscular tension and supports deep mental relaxation
- Soothes nervous system with gentle, wave-like movements and calming strokes
- Replenishes skin moisture using richly hydrating massage oil and aromatic essences

Deep Release

Duration: 60 | 90 | 120 mins

Release tension. Renew vitality. A deep-tissue massage bringing profound peace and alignment from within.

- Relieves deep muscle tension, soothes strains and supports mental and physical relaxation
- Boosts circulation to promote toxin drainage
- Reduces inflammation and supports injury healing and recovery

Anti-Cellulite

Duration: 90 mins

Clarify from within. A rhythmic sculpting ritual to awaken flow, smooth skin, and redefine your body's natural contours.

- Helps break down cellulite and shape the physique using kneading, tapping and suction-cup techniques
- Boosts circulation, eliminates stagnation and encourages lymphatic drainage
- Enhances skin elasticity using age-defying bio-retinol massage oil and aromatic essences

Warm Shell

Duration: 90 mins

Surrender to serenity. Restorative full-body massage techniques meet the soothing warmth of Indian Ocean seashells.

- Eases tension and relaxes muscles with heat from lava shells held in the palm of the therapist's hands
- Boosts flow of blood and lymph, reducing swelling and water retention
- Calms the nervous system and promotes a feeling of deep inner peace

Pregnancy

Duration: 90 mins

Soften into pure nurture. A gentle, restorative massage to ease the physical strains of pregnancy and cradle you in calm.

- Safely and effectively relieves pregnancy-related back pain, cramps and postural tension
- Enhances circulation and reduces swelling in legs, feet and hands
- Nourishes skin and senses with replenishing rosehip oil and supports deep relaxation for mother and baby

Head and Neck

Duration: 60 mins

Melt tension. Clear the mind. A therapeutic massage that soothes and rejuvenates the scalp, neck and shoulders.

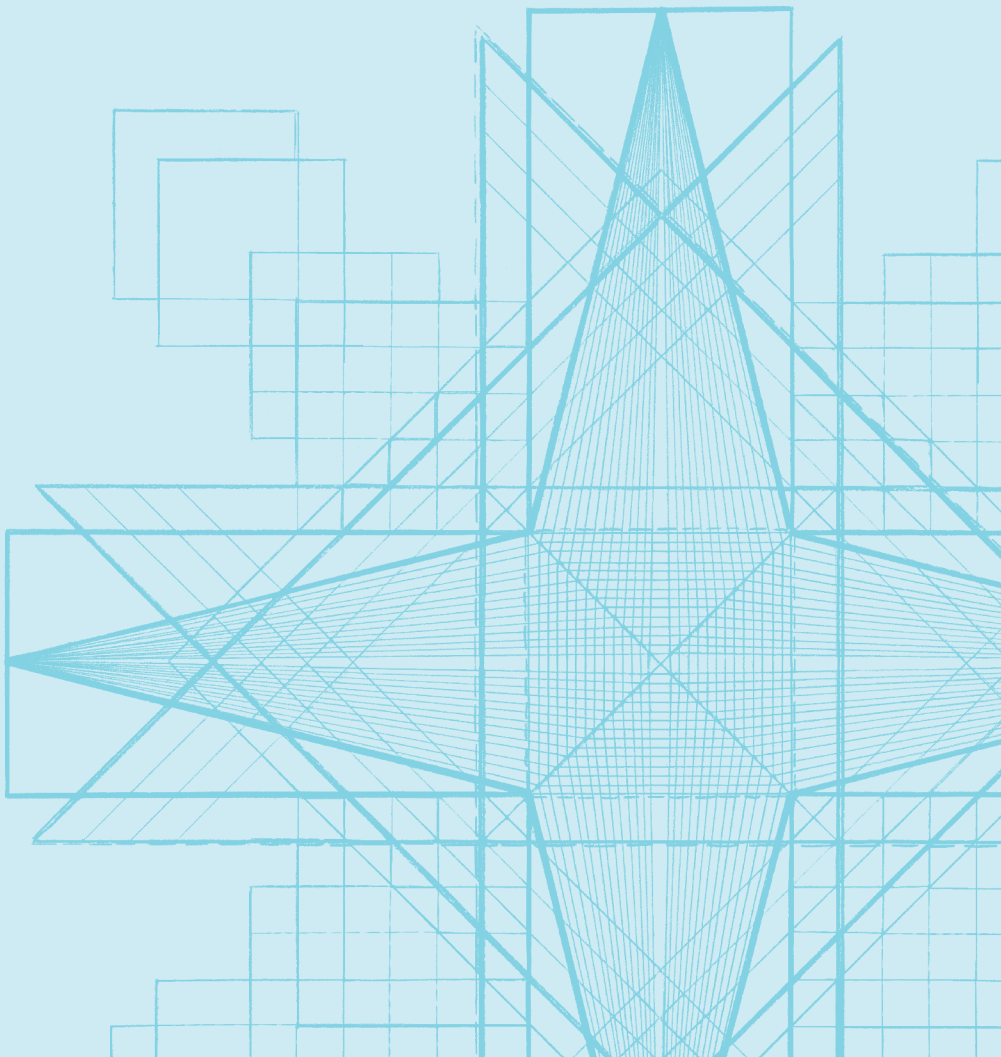
- Releases stiffness and eases stress using targeted massage techniques
- Improves blood circulation and promotes scalp health and hair vitality
- Encourages mental clarity and calms the nervous system for lasting relaxation

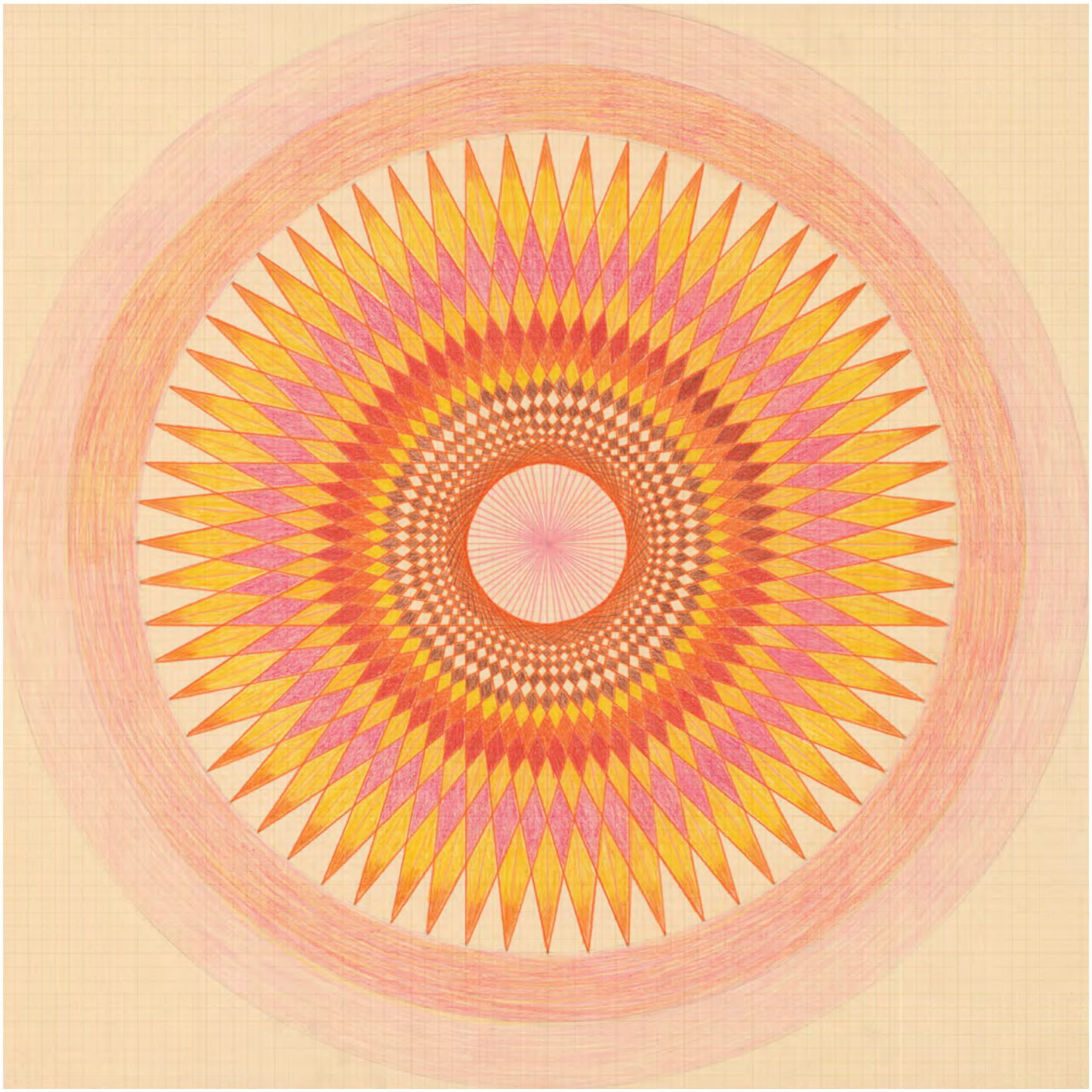
Reflexology

Duration: 60 mins

Root to rise. Grounding reflexology and pressure-point massage to unblock energy pathways and rebalance your whole being.

- Releases blockages and rebalances energy flow by stimulating key reflex points
- Supports nervous system health and naturally boosts immune function
- Reduces stress, eases tension and promotes whole-body wellbeing





Emma Kunz Work No. 380
© Emma Kunz Foundation

Body & Face Therapies

Magnesium Melt Scrub

Duration: 60 mins

Restore inner balance. A therapeutic magnesium-infused scrub to ease sore muscles, reduce tension, and support overall skin health.

- Gently exfoliates to smooth the skin while promoting relaxation
- Naturally rebalances the nervous system with magnesium-rich salts
- Hydrating and smoothing with nourishing base oil and calming plant essences

Tropical Island Scrub

Duration: 60 mins

Reveal skin that shines with health and vitality. A full-body treat with organic Tropical Blossom scrub and softening body butter.

- Reveals skin's natural radiance with a gentle scrub crafted from fine organic sugar particles
- Uplifts with aromatic Tahitian Gardenia Monoi Oil: natural blossoms macerated in rich coconut oil
- Transforms into a nourishing creamy, milky texture that leaves skin silky soft and beautifully fragranced

After Sun Recovery

Duration: 60 mins

Soothe and hydrate. A naturally restorative treatment using home-grown healers to tend sun-damaged skin.

- Hydrates and heals with freshly blended aloe vera, cucumber, asparagus and coconut oil
- Seals in moisture with banana leaf wrap followed by organic aloe vera gel
- Boosts and plumps dry facial skin with a polypeptide cryo infusion

Facials

AION A® Face Therapy

Duration: 60 mins

Harness the earth's power. Enriched with moisture-binding Swiss powdered stone, originally formulated by Emma Kunz.

- Healing AION A® cleanses away surface impurities, imparts energy and counters oxidative stress
- Concentrated AION A® serum intensively moisturises, with a fast-absorbed nutrient-rich formulation
- Suitable for all skin types and particularly beneficial for sensitive and irritated skin

Integrative Face Sculpt

Duration: 60 mins

Reset your radiance. An advanced tightening, sculpting and lifting facial treatment for deep rejuvenation and transformation.

- Restores clarity with Pure Active AHA & Enzyme Peel for deep cleansing
- Signature MicroSculpt® technique stimulates muscles for improved tone and a natural lift
- Specialised buccal massage targets internal facial structures for enhanced contouring
- AcuGlymph protocol using cryo press and gua sha promotes glymphatic drainage

Dermal Alchemy for Face

Duration: 90 mins

Pure skin alchemy. A deep treatment boosting dermal density and volume for multi-level regeneration, firmness and sculpting.

- Targeted skin renewal with signature consultation and customised 001 London products
- Double-cleanse ritual with bio-identical acids and enzymes gently resurfaces the skin
- MicroSculpt® technique stimulates meridians while AcuGlymph protocol uses magnetic forks for glymphatic drainage
- Molecular infusion delivers multi-level regeneration with bioengineered peptides and exosomes to regenerate cells, strengthen the dermal epidermal junction and boost collagen

Age-Defying Face Renewal

Duration: 90 mins

Reveal velvety radiance. A restorative age-defying treatment to lift, firm and plump – for skin that glows with renewed youthfulness.

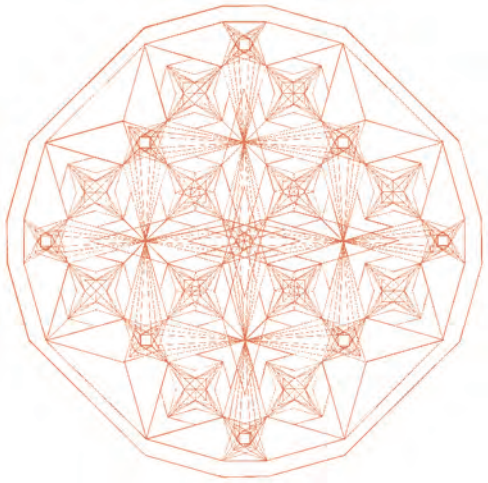
- Lifts and re-contours with lymphatic drainage techniques and pure rose quartz gua sha
- Renews skin clarity with gentle Rose Quartz Facial Polish exfoliation and Bio-Retinol Gold Mask
- Boosts collagen with Age Defying Lifting Serum

Hydra Facial

Duration: 60 mins | 90 mins

Refresh and refine. A gentle, personalised facial uniquely crafted to hydrate and reveal your skin's natural luminosity.

- Tailored products and techniques target your unique skin concerns
- Deeply hydrates and replenishes moisture
- Reveals smoother texture and refined skin tone
- Leaves body and mind refreshed and revitalised



"Although the opposites flee from one another, they nevertheless strive for balance"

Emma Kunz

Naturopathy For Kids

Specialised treatments to nurture wellbeing for all ages.

All treatments can be tailored to suit children as young as 12 years, up to 17.

Explore Your Iris

Duration: 30 mins

A simple non-invasive assessment that reads the iris as a window into the body to reveal incredible wellbeing insights.

Dreamweaver Massage

Duration: 30 | 60 mins

Create your own personalised blend of aromatic essential oils, then drift off with relaxing strokes from top to toe.

Waves of Wellness

Duration: 60 mins

A massage on a water mattress, followed by a beautiful floral bath for a balance-boosting, tension-relieving treat.

Side by Side

Duration: 90 mins

Explore naturopathy together with a 60-minute mud therapy for parent and child followed by nail care or foot massage.

Family Harmony

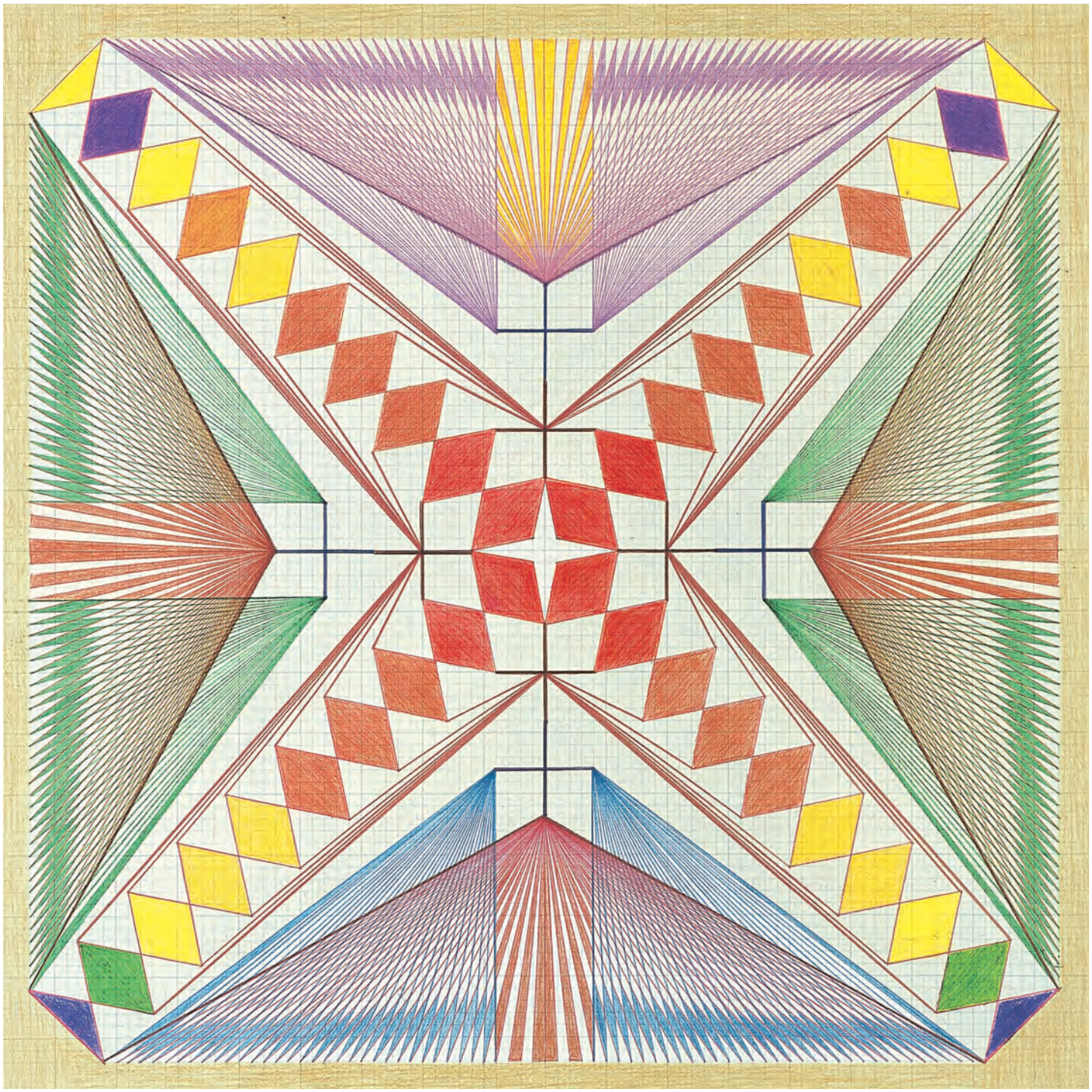
Duration: 45 mins

Reconnect on a wave of sound with a soothing crystal and singing bowl experience for up to four people (two adults and two children).

Ūrjā Kids Yoga

Duration: 30 mins

Special poses, inspired by the natural world, to strengthen little muscles, calm young minds and instil a sense of peace.



Emma Kunz Work No. 160
© Emma Kunz Foundation

ŪRJĀ Naturopathy Programs

We offer three programs, each personalised and guided by our Naturopathic Doctors, to address the root cause of illness through treatments, coaching and diet:

- **Sleep Enhancement**
- **Liver Detox**
- **Joint Care**

Please book a complimentary Naturopathy Consultation to gain an insight into your health profile prior to planning a program.

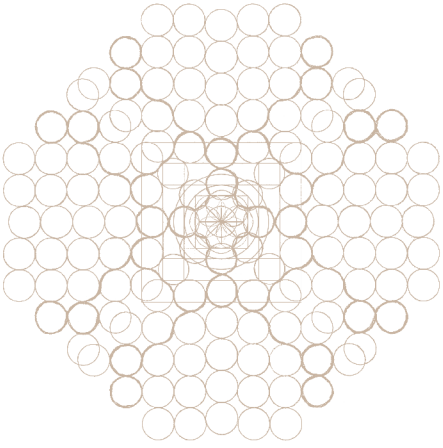
ŪRJĀ Tariff

DISCOVER YOUR HEALTH PROFILE

	Duration	Price
Naturopathy Consultation		Complimentary
Yogic Guna Assessment		Complimentary
Oligoscan - Micronutrient Analysis		250
Visbody - Postural Assessment		250
Iris Diagnosis		250

TRADITIONAL NATUROPATHY

	Duration	Price
AION A® Mineral Therapy	*30 - 120 mins*	120 - 430
Mud Therapy	*30 - 60 mins*	120 - 180
Hydrotherapy	*30 - 60 mins*	120 - 180
Acupuncture and Moxibustion	*90 mins*	320
Heliotherapy	*30 - 60 mins*	120 - 180
Life-force Healing	*60 mins*	180
Fasting Therapy	*One day*	300
Magneto Therapy	*30 - 45 mins*	120 - 150
Sound Healing Therapy	*60 mins*	180
- Additional person		40
Complete Body Alignment	*90 mins*	320
Integrative Nutrition	*60 mins*	180



YOGA THERAPY

	Duration	Price
Yoga Therapy	*3 days*	520
Yoga Therapy	*5 days*	820
AntiGravity® Yoga		
Private Individual	*75 mins*	200
- Additional Person		50
Scheduled Group Class (per person)	*75 mins*	60
Stand Up Paddleboard Yoga		
Private Individual	*60 mins*	140
- Additional Person		50
Scheduled Group Class (per person)	*60 mins*	60
Other Yoga		
Mat Pilates	*60 mins*	140
- Additional Person		40
Private Yoga	*60 mins*	140
- Additional Person		40
Private Yoga	*90 mins*	200
- Additional Person		60
Pregnancy Yoga	*60 mins*	140

ŪRJĀ NATUROPATHY RITUALS

REST AND REBALANCE RITUALS

Emma Kunz Harmoniser	*120 mins*	430
Vagus Reset	*120 mins*	430
Ground & Restore	*60 mins*	290

CLEANSE RITUALS

Detoxifying	*120 mins*	430
Magnetic Meridian Sculpt	*90 mins*	360
Myofascial Renewal	*90 mins*	360

NOURISH RITUALS

Women's Vitality	*90 mins*	360
Men's Vitality	*90 mins*	360

RECONNECT RITUAL

The Night Spa Ritual – Reconnect to Self & Universe		
- Individual	*150 mins*	850
- Couple	*150 mins*	1400

MASSAGES

	Duration	Price
Ūrjā	*90 mins*	320
Grounding	*60 mins*	220
	90 mins	320
	120 mins	390
Lymphatic Drainage	*60 mins*	220
	90 mins	320
Healing Water	*60 mins*	220
	90 mins	320
Deep Release	*60 mins*	220
	90 mins	320
	120 mins	390
Anti-Cellulite	*90 mins*	320
Warm Shell	*90 mins*	320
Pregnancy Massage	*90 mins*	320
Head and Neck	*60 mins*	220
Reflexology	*60 mins*	220

BODY & FACE THERAPIES

SCRUBS & WRAPS

Magnesium Melt Scrub	*60 mins*	220
Tropical Island Scrub	*60 mins*	220
After Sun Recovery	*60 mins*	220

FACIALS

AION A® Face Therapy	*60 mins*	220
Integrative Face Sculpt	*60 mins*	220
Dermal Alchemy for Face	*90 mins*	320
Age-Defying Face Renewal	*90 mins*	320
Hydra Facial		
- Complete Hydrafacial	*60 mins*	370
- Ultra Hydrafacial	*90 mins*	420

ŪRJĀ NATUROPATHY PROGRAMS

Sleep Enhancement | Liver Detox Joint Care	*5 days*	2200
- Additional Days	*per day*	400

NATUROPATHY FOR KIDS

	Duration	Price
Explore Your Iris	*30 mins*	130
Dreamweaver Massage	*30 mins*	130
	60 mins	170
Waves of Wellness	*60 mins*	170
Side by Side	*90 mins*	450
Family Harmony	*45 mins*	260
Ūrjā Kids Yoga	*30 mins*	80

ŪRJĀ BEAUTY

NAIL SERVICES

Manicure	*75mins*	120
Pedicure	*75 mins*	140
Gel Nail Manicure	*75 mins*	195
Gel Nail Pedicure	*90 mins*	230
Gel Nail Polish	*45 mins*	95
Gel Nail Polish Removal	*45 mins*	60
Hand File and Polish	*30 mins*	80
Foot File and Polish	*45 mins*	95

WAXING

Full Arm/Leg	*60 mins*	120
Half Arm/Leg	*30 mins*	70
Underarm	*15mins*	50
Bikini	*30 mins*	90
Brazilian	*60 mins*	110
Back	*60 mins*	110
Eyebrows	*15 mins*	30
Upper lips	*15 mins*	30

HAIR

Hair Nourishing Treatment	*30 mins*	110
Women's Cut and Style		160
Men's Cut and Style		110
Children's Cut		From 50
Shampoo and Blow Dry		90-160

Prices are in US Dollars.
Prices and treatments are subject to change without notice and will be subject to service charge and taxes.

ŪRJĀ

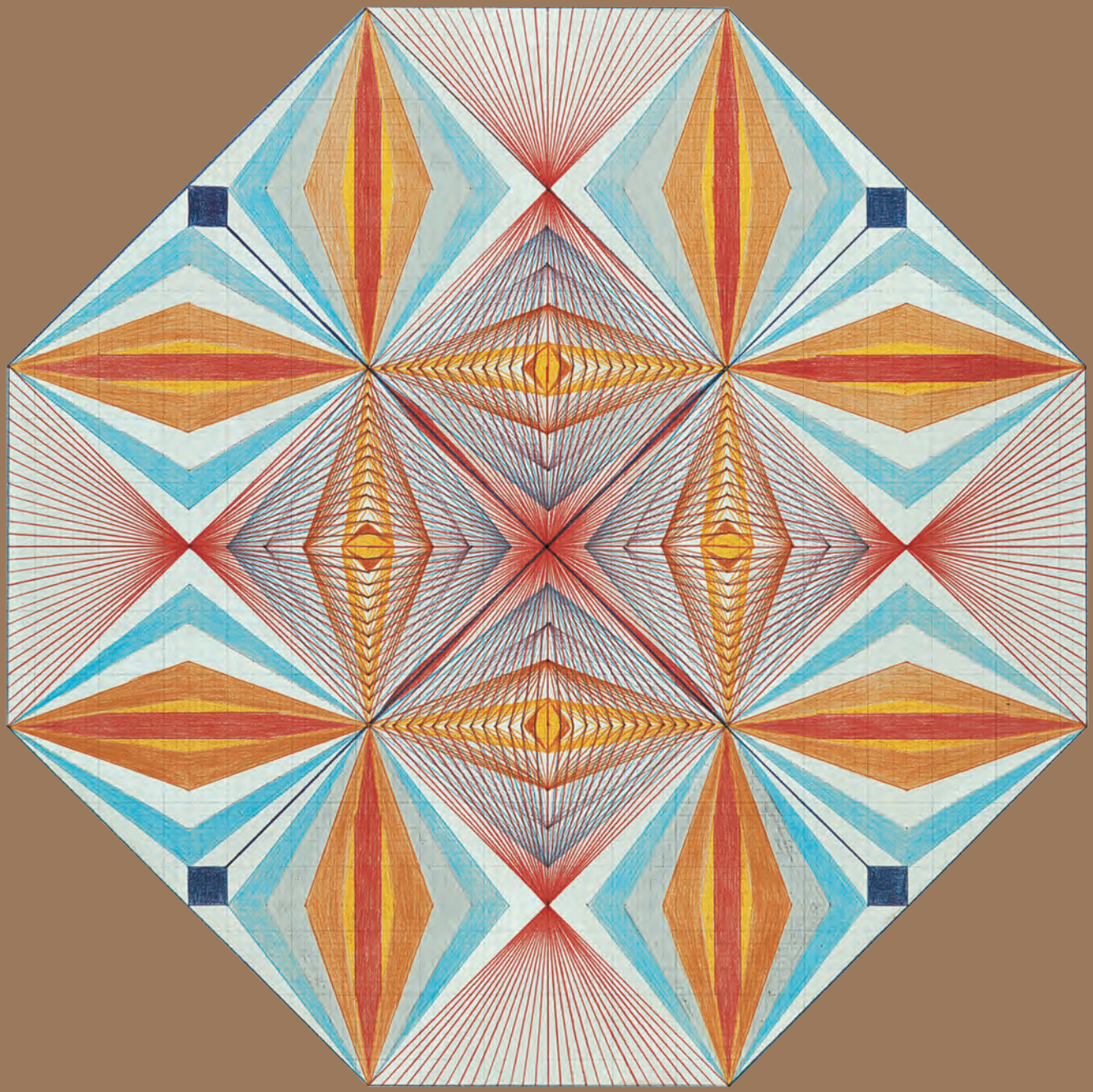
NATUROPATHY ISLAND

FOUR SEASONS

RESORT

MALDIVES AT KUDA HURAA

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