



VELAA  
WELLBEING  
VILLAGE





# Velaa Wellbeing Village

Velaa Wellbeing Village is a holistic health destination that encompasses Eveylaa Wellbeing Centre, Faiy restaurant, and a Yoga and Pilates studio. Eveylaa Wellbeing provides an integrated approach to health, blending modern techniques with ancient healing traditions.

The journey begins with a consultation with the health experts (Ayurvedic Doctors, Manual Therapy Specialists, Personal Trainers, and Yogis) to identify opportunities for enhancing overall wellbeing. After the consultation, they will create a tailored plan to help you achieve your health and lifestyle goals based on the findings and your expectations.

This plan may include manual therapy, health screenings, Ayurveda treatments, herbal supplements, movement practices like yoga, Pilates, and fitness, as well as mindfulness therapies such as meditation and breathwork. Additional offerings include Dream Pod sessions, emotional support, personalised diet plans, and lifestyle guidance.

# MEET THE EXPERTS

Experience exceptional service from the health experts at Velaa Wellbeing Village, providing personalised wellness solutions and holistic treatments to enhance your health and wellbeing.



**DR SHYLESH SUBRAMANYA**

Dr Shylesh is a highly experienced professional with over 20 years in the spa and wellness industry, renowned for his dedication to health retreats. A qualified Ayurvedic doctor, trained Osteopath, and physiotherapist, he specialises in fascia work and promotes the concept of “food as medicine” for optimal well-being. As a visionary leader, he leads a team of experts, crafting personalised therapeutic programmes that blend Modern Medicine, Ayurveda, Osteopathy, Manual Medicine, yoga, and holistic wellness practices.



**DR PEEYUSH PRASANNA KUMAR**

Dr Peeyush Kumar, an Ayurveda specialist from a traditional “Vaidya” family in Trivandrum, has built an esteemed career in holistic healing. After earning his BAMS from Kannur University in 2007, he specialised in Panchakarma therapy and expanded his expertise internationally, establishing Ayurveda centres in Georgia, the Maldives, and Oman. With a passion for healthcare, he integrates Ayurveda, yoga, and Smriti Meditation into his practice, promoting both physical and emotional well-being through detoxification and holistic therapy.



**DR EJAZ AHMAD**

Dr Ejaz Ahmad is a dedicated medical expert with significant experience in healthcare systems across Bangladesh, Nepal, and the Maldives. After earning his MBBS from Dhaka University, he specialised in medical ultrasonography, advanced life support, emergency medicine, and anaesthesiology. Currently, he serves as a Resort Doctor at Velaa Private Island where he provides medical care, manages emergencies, and contributes to the Velaa Wellbeing Village’s healthcare initiatives.

# VISITING SPECIALISTS

Throughout the year, Velaa Wellbeing Village welcomes specialists in various wellness disciplines who bring their expertise to offer exclusive treatments and personalised therapies, enhancing your health and wellbeing in a truly transformative setting.



DR SERGEY

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Dr Sergey visits Velaa three times a year, bringing his expertise in osteopathy to guests seeking personalised care.

He began his medical journey in 1989, studying Tibetan medicine before focusing on traumatology and manual therapy.

He later discovered osteopathy, which led him to train in the United States and further his education with over 20 specialised courses.

In 2000, he founded his own clinic in Moscow, where he has been practising osteopathy for over 25 years, treating a wide range of conditions for patients of all ages, including pregnant women and those recovering from injuries.



# A WELLNESS EXPERIENCE PERSONALISED FOR YOU

Offering you the ultimate treatment experience, these programmes are uniquely designed for your personal needs creating the Balance of Life between Body Treatments, Mindfulness, Fitness and Nutrition, and Technology.



## BODY TREATMENTS

- Holistic Treatments
- Ayurvedic Treatments
- Manual Therapies
- Physiotherapy with latest technology
- High Technology Diagnosis with Wellness Screening Machine
- Blood Testing
- Food Sensitivity
- Food Allergy



## NUTRITION

- Healthy food options to compliment the treatments
- Tailored food plan
- Healthy juices and teas
- Probiotic Drinks
- Personalised nutrition guidance by our wellness consultants



## MINDFULNESS

- Yoga
- Meditation
- Cloud 9
- Breath work
- Sound Healing
- Mind Therapy
- Inner Balance
- Dream Pod



## FITNESS

- Personal training, Circuits, Boxing fitness, Aqua, Spinning, TRX, Functional exercises
- Latest Technogym equipment.
- Group classes:
  - Fitness classes
  - Pilates
  - Tabata
  - HIIT
- In Body:
  - Body Composition analysis

# Eveylaa Wellbeing



The word “Eveylaa”, meaning “Ancient” in the local language, refers to the traditional healing methods of Ayurveda, as well as Eastern medicine and holistic treatments available at the facility.

The facility includes two couples' treatment rooms with one of them hosting Ayurveda beds, Shirodhara stands and a traditional steam box.

The second part of Eveylaa Wellbeing gears toward Manual Medicine treatments, with a European style steam room, modern treatment beds and a floatation Dream Pod. Eveylaa Wellbeing also has a dedicated Ayurvedic doctor as well as international manual medicine experts representing the full spectrum of ancient holistic healing.





# EVEYLAA WELLBEING TREATMENTS

Covering all three components - Medical, Manual and Functional Medicine, and Ayurvedic



## MEDICAL DIAGNOSTICS

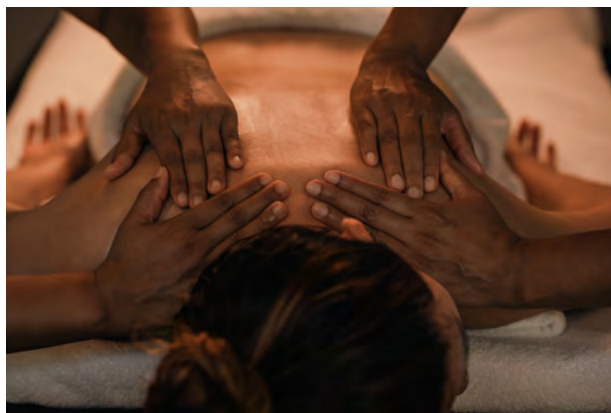
Offering an integrated medical approach to wellness with a trained GP.

BLOOD ANALYSIS  
(Samsung Labgeo HC10, PT10)

FOOD INTOLERANCE PROFILE  
(Dynablot automatic / Euroimmun)

WELLNESS SCREENING  
(Bio marker analysis)

IN BODY COMPOSITION ANALYSIS



## MANUAL MEDICINE TREATMENTS

Using physical manipulation, physiotherapy equipment, stretching and massage with the aim of increasing the mobility of joints, relieving muscle tension, reducing pain, enhancing the blood supply to tissues and helping the body to heal.

FOUR HANDS MASSAGE

FLOATING POD

OSTEOPATHY



## AYURVEDA TREATMENTS

The traditional healing system of medicine is based on the idea of balancing the bodily systems using diet, herbal treatment, and yogic breathing techniques.

ABHYANGA (4 HANDS)  
UDWARTHANAM (4 HANDS)  
PODI KIZHI (4 HANDS)  
PIZHICHIL (4 HANDS)  
ELA KIZHI (4 HANDS)  
NAVARA KIZHI (4 HANDS)  
SHIRODHARA/ THAKRADHARA  
THARPANAM / NASYAM  
INDIAN HEAD MASSAGE  
HERBAL FACIAL  
SWEDANAM  
KATI VASTI

# EVEYLAA WELLBEING TECHNOLOGY

The Wellbeing Village integrates advanced technologies to support recovery, pain management, and overall wellbeing. These personalised treatments promote healing, improve circulation, and reduce stress for a holistic approach to health.



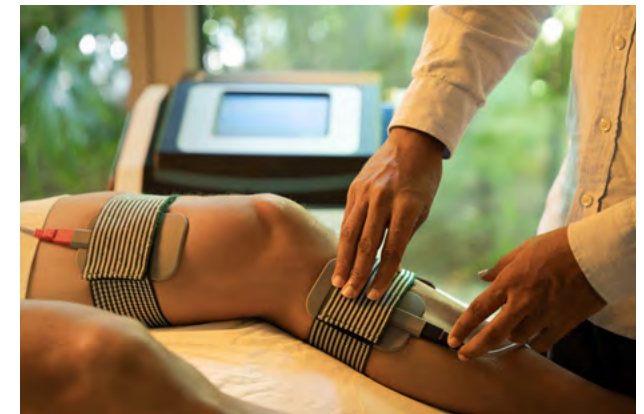
## PNEUMATIC SHOCKWAVE THERAPY

A type of regenerative medicine that is used to treat tendinopathy as well as difficult-to-heal ligament injuries. Some degenerative tendinopathies are associated with a buildup of calcium in the tendon. Focused shock waves can break down these deposits.



## CLASS 4 LASER THERAPY

A non-invasive, FDA-approved treatment that uses a high-intensity laser to treat various musculoskeletal conditions. It emits a specific wavelength of light that penetrates deep into the body's tissues, stimulating cellular activity and the body's natural healing processes.



## ELECTRICAL MUSCLE STIMULATION (EMS)

A physical therapy treatment that uses electrical impulses to stimulate muscles and nerves. It can help with various conditions, including muscle weakness, nerve damage, chronic pain, accident-related injuries, muscular dystrophy, and ALS (amyotrophic lateral sclerosis).



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## THE INNER BALANCE™

Inner Balance™ is a technology that uses devices to measure heart rhythms and improve emotional wellbeing. It provides real-time heart rhythm coherence biofeedback to help reduce stress and anxiety, regulate breathing, and enhance mental focus.



## DREAM POD

Dream pod floatation tanks use Epsom salts to create a buoyant, sensory deprivation experience that promotes relaxation and wellbeing. The magnesium-rich solution supports stress relief, muscle recovery, detoxification, and overall benefits, including improved sleep, circulation, and clarity.

# Yoga Pavilion and Pilates Studio



The Wellbeing Village includes a Yoga Pavilion and an air-conditioned Pilates Studio. A dedicated Pilates instructor is available throughout the year as well as various visiting wellness practitioners which completes this world class holistic wellbeing experience.

## PILATES CLASSES

PRIVATE AND GROUP CLASSES

CLASSICAL PILATES  
MAT PILATES  
CONTEMPORARY PILATES  
REFORMER PILATES

## YOGA CLASSES

PRIVATE CLASSES

HATHA YOGA  
RELAXING YIN YOGA  
VINYASA POWER YOGA  
MINDFULNESS MEDITATION  
SOUND HEALING  
BREATH WORK

## FITNESS CLASSES

GROUP CLASSES

OUTSIDE STRETCH  
BODYWEIGHT HIIT  
COMPENSATORY EXERCISES  
DYNAMIC YOGA





The culinary aspect of the Velaa Wellbeing Village is the wellness restaurant named Faiy. Sitting as a green oasis in the tropical garden of the island, Faiy serves healthy, light and colourful dishes to guests overlooking the greens of Velaa Golf Academy by Olazabal.

Faiy means “Leaf” in the local language, referring to both the lush setting of the restaurant and the natural healthy menu. The highest quality ingredients take this wellness inspired menu to the next level. Formulated by a holistic and healthy approach to living, Faiy offers real, clean, unprocessed and whole foods that are as close to their natural state as possible.







Faiy Restaurant is where fine dining meets wellness, offering a thoughtfully crafted menu of well-balanced, nutritious meals inspired by the bounty of nature.

Guests can explore three distinctive categories: raw, plant-based, and spa-inspired dishes. While plant-based options take centre stage, Faiy also features select shellfish, fish, and meat dishes to cater to a variety of tastes.