SPA
Cenvaree

The Essence of Island Wellness

Centara Mirage Lagoon Maldives × Dr. Shekhar Choudhary



CENTARA
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Personalised Wellness Experiences

Discover a thoughtful approach to wellbeing, bringing together naturopathy, traditional healing practices and contemporary mind–body techniques. Through specialist consultations, tailored therapies and personalised wellness programmes, each experience is designed to support individual needs, encourage balance and nurture a greater sense of vitality.



Consultative Experiences

Personalised consultations offer an opportunity to explore individual wellbeing, daily habits and lifestyle needs. From introductory guidance to more detailed assessments, each session provides practical insights and recommendations to help guests make informed choices about their wellness journey.

Root & Rise

Foundations for Everyday Wellbeing

A complimentary introductory consultation offering practical guidance on daily routines, immune health and foundational wellbeing. Guests can explore simple, achievable ways to support their wellbeing throughout their stay.

30 minutes | Complimentary

The Wellness Blueprint

An Integrative Wellbeing Consultation

An integrative consultation drawing on naturopathy, Ayurveda and Traditional Chinese Medicine (TCM). Depending on the consultation scope, the session may include Nadi Pariksha, a general physical examination and TCM assessment, alongside a review of sleep, digestion, stress, energy and lifestyle. The consultation concludes with personalised wellness guidance and recommendations for suitable treatments.

60 minutes | USD 120++

Complimentary introductory conversation: *30 minutes, without assessment or examination. Please confirm whether this is offered separately from the paid consultation.*

Nourish & Balance

Personalised Nutrition Guidance

A personalised nutrition consultation exploring dietary habits, hydration, meal timing and lifestyle. Where available, the session may also include a BMI and body composition review, followed by practical recommendations tailored to individual needs.

60 minutes | USD 110++

The experience includes: *Nutrition assessment, dietary analysis, BMI and body composition review where available, hydration and meal timing guidance, and personalised nutrition recommendations.*

Acupuncture & Moxibustion

Acupuncture Therapy

Traditional Chinese Medicine Based

A personalised acupuncture session using carefully selected points according to individual needs. The experience may support relaxation and wellbeing, with a focus on physical discomfort, digestive health, stress management and vitality.

Fine needles are applied with precision as part of an individualised Traditional Chinese Medicine experience.

60 minutes | USD 250++

Acupuncture & Moxibustion Therapy

Needle and warmth, two traditional pathways working together.

This extended Traditional Chinese Medicine experience combines personalised acupuncture with gentle moxibustion, introducing therapeutic warmth to selected areas according to individual needs.

A deeply grounding treatment designed for guests seeking a more immersive therapeutic experience.

90 minutes | USD 310++

The Complete Meridian Reset

A comprehensive Traditional Chinese Medicine experience combining acupuncture, cupping and moxibustion, with each technique individually selected according to the guest's needs and wellness goals.

Designed for guests seeking a more immersive therapeutic experience, bringing together traditional practices to address physical tension and encourage a greater sense of balance.

120 minutes | USD 340++

Signature & Traditional Body Rituals - Serenity Ayurvedic Oil Ritual

A deeply calming full-body oil ritual inspired by classical Ayurvedic traditions and refined through modern therapeutic bodywork.

Warm oil, rhythmic touch and mindful techniques come together to ease muscular and joint tension, encourage relaxation and create a sense of deep restoration.

60 minutes | USD 250++ and 90 minutes | USD 310++

Stress to Stillness - Somatic Release Massage

A slow, mindful bodywork experience combining somatic awareness, myofascial techniques, therapeutic touch and breath awareness to help release accumulated physical tension and guide the body towards stillness.

60 minutes | USD 250++ (Back of body and head only)
and 90 minutes | USD 310++

Asian Healing Arts

Chi Nei Tsang - Abdominal Renewal

A traditional abdominal bodywork experience inspired by Traditional Chinese Medicine, using focused therapeutic touch and specialised techniques around the abdominal area to encourage relaxation, body awareness and digestive wellbeing.

60 minutes | USD 250++ and 90 minutes | USD 310++

Physio Flow - Integrated Physiotherapy

Movement becomes easier when the body is understood.

An integrative physiotherapy-based experience combining assessment, therapeutic movement, soft-tissue techniques and personalised exercises to support mobility, functional movement and physical recovery.

90 minutes | USD 310++

Pain to Peace

From holding tension to finding ease.

A personalised therapeutic session combining targeted bodywork, movement-based techniques and relaxation practices to address persistent muscular tension and physical discomfort, encouraging greater ease of movement.

90 minutes | USD 310++

Psychosomatic Awareness - Mind-Body Awareness Ritual

The body often speaks through sensations before the mind finds the words.

A guided therapeutic experience exploring the relationship between thoughts, emotions, body sensations and physical tension. Guests are gently guided to recognise personal stress patterns and develop greater awareness of the body's signals.

60 minutes | USD 250++

Chiro Alignment - Spine & Posture Reset

When alignment changes, movement can feel different.

A focused hands-on experience supporting spinal alignment, posture and mobility while addressing muscular tension and movement patterns. Designed to encourage greater ease, balance and freedom of movement.

60 minutes | USD 250++

Tok Sen - Ancient Thai Deep Release

An ancient Thai bodywork experience using rhythmic tapping techniques along areas of muscular and fascial tension. The distinctive rhythm creates a deeply grounding experience while encouraging a greater sense of physical ease.

60 minutes | USD 250++ and 90 minutes | USD 310++

Madero Therapy | Sculpt, Tone & Flow

Rhythm, movement and touch come together to awaken the body's flow.

A dynamic body-sculpting massage using specialised wooden tools and rhythmic techniques to stimulate circulation, support lymphatic flow and work on areas prone to cellulite. The experience leaves the body feeling energised and revitalised, with a focus on body contouring and skin appearance.

60 minutes | USD 250++ (Back of body or targeted areas)
and 120 minutes | USD 340++ (Full body)

Chakra Balance & Energy Alignment

A deeply relaxing energy-wellness experience exploring the traditional chakra system through guided meditation, sound vibration and focused energy-balancing practices. The experience includes chakra awareness assessment, guided chakra meditation, sound and vibrational healing, and individual energy-balancing practices.

60 minutes | USD 250++

Energy & Consciousness Healing

A guided mind–body practice combining breathwork, awareness and gentle movement to explore vitality, self-awareness and a deeper connection between body, mind and inner energy.

60 minutes | USD 220++

Sound Bath | Vibrational Reset

Sometimes the mind does not need another thought. It needs space.

A therapeutic sound experience using vibration, sound frequencies and guided relaxation to create a deeply calming sensory environment, encouraging stillness and mental rest.

60 minutes | USD 220++

Pranic & Sound Harmonisation

A subtle-energy wellness experience combining guided energy practices, breath awareness and focused intention to encourage grounding, emotional clarity and a greater sense of inner balance.

60 minutes | USD 220++

Usui Reiki Deep Flow

A quiet space to pause, soften and reconnect with yourself.

A restorative Usui Reiki experience combining gentle energy work, guided awareness and stillness to create space for relaxation, emotional reflection and a greater sense of inner calm.

60 minutes | USD 220++

Crystal Healing Therapy

Stillness becomes the starting point for inner balance.

A calming crystal-based wellness experience combining selected crystals, guided relaxation and focused awareness to create a grounding, reflective and deeply peaceful experience.

60 minutes | USD 220++ and 90 minutes | USD 250++

Tarot Insight Reading

A personalised and reflective tarot experience using symbolism as a tool for introspection, awareness and self-reflection.The experience includes a personalised tarot spread, detailed card interpretation, exploration of current life themes, intuitive insights and guided reflection.

60 minutes | USD 210++

Hypnotherapy | Inner Reset

Quiet the noise. Create space for a different inner experience.

A guided therapeutic relaxation session using focused attention and subconscious-oriented techniques to encourage relaxation, explore thought patterns and support greater self-awareness.

60 minutes | USD 220++

Craniosacral Balance

When everything becomes still, the body has space to soften.

A gentle, light-touch experience focused on the head, spine and sacral regions, creating a quiet environment for deep relaxation, body awareness and stillness.

60 minutes | USD 220++

Tantra Awareness | Conscious Connection

A guided mind–body experience for couples exploring breath, body awareness and conscious connection, helping guests reconnect with themselves and each other.

Through guided practices, couples are invited to explore emotional patterns, relational awareness and physical connection, creating space for greater trust, intimacy, mutual understanding and self-awareness.

60 minutes | USD 220++ per couple

Wellness Immersion Packages

Structured wellness programmes combining an initial consultation, personalised therapeutic treatments and selected spa experiences. Each programme offers a different level of engagement, from a short restorative reset to a more comprehensive multi day immersion.

VITA

Detox • Reset • Renew

A 03-Day Retreat

A restorative introduction to personalised wellness, designed to encourage relaxation, support everyday wellbeing and establish a considered foundation for a healthier routine.

Includes:

01 × Naturopathy Wellness Blueprint Consultation | 60 minutes
03 × Personalised Therapeutic Wellness Treatments | 60 minutes each
01 × Spa Wellness Treatment | 60 minutes

The programme combines individualised therapies and restorative spa care to support relaxation, body awareness and mind–body balance.

Across 03 days | USD 850++

INNER

Balance • Heal • Energise

5 Day Retreat

A more in-depth wellness programme combining personalised therapeutic experiences and follow up guidance to support physical comfort, relaxation and sustained wellbeing.

Includes:

01 × Naturopathy Wellness Blueprint Consultation | 60 minutes
05 × Personalised Therapeutic Wellness Treatments | 60 minutes each
01 × Spa Wellness Treatment | 60 minutes
01 × Post Programme Consultation | 45 minutes

A considered combination of therapeutic practices focused on digestion, mobility, nervous system regulation and overall vitality.

Across 05 days | USD 1,350++

REVANA

Transform • Revitalise • Thrive

A 07 Day Retreat

An extended wellness immersion offering more time to explore individual needs through personalised consultations, therapeutic treatments and restorative spa care.

Includes:

1 × Naturopathy Wellness Blueprint Consultation | 60 minutes

7 × Personalised Therapeutic Wellness Treatments | 60 minutes each

1 × Spa Wellness Treatment | 60 minutes

1 × Post Programme Consultation | 45 minutes

The programme brings together a tailored sequence of wellness experiences designed to support relaxation, digestive wellbeing, mobility and a deeper connection between body and mind.

Across 07 days | USD 1,850++

All consultations and treatments are tailored to individual needs. Experiences and recommendations are subject to practitioner assessment and suitability.

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