

## Visiting Wellness Practitioner

Devendra Pokhriyal is a seasoned practitioner and Ayurveda therapist from the Himalayan foothills of India. Since beginning his transformative journey, he has explored and integrated a wide range of wellness practices, including yoga, meditation, and Reiki healing, bringing a holistic and deeply rooted approach to his work. After years of dedicated study, Dev has become an expert in Yoga and Ayurveda therapy. He is passionate in stress management, insomnia, and physical pain related.

Dev blends Eastern and Western techniques to ease body aches and discomfort, supported by holistic energy healing and traditional Ayurveda therapies.

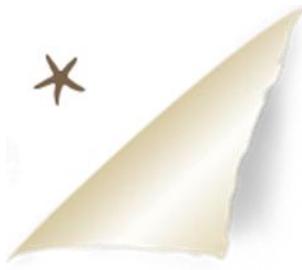


- **Renewal Detox Massage**
- **Remedial Massage**
- **Dry Needling**
- **Ayurveda Marma Therapy**

Start your day mindfully by joining Dev for  
**“Self-Awareness Meditation”**

**Time: 07:00 -07:45 a.m.**

**Venue: Yoga Champa**  
**(Complimentary)**



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### Renewal Detox Massage

A therapeutic full-body treatment that supports the body's natural detox process. Gentle lymphatic drainage helps release toxins and reduce fluid retention, while focused work on cellulite-prone areas improves circulation and skin texture. Targeted abdominal massage aids digestion and relieves bloating, and flowing massage movements restore balance, lightness, and renewed energy. Ideal for purification, improved circulation, body-contouring support, and overall wellness.

### Remedial Massage

Immerse yourself in a bespoke full-body experience that combines deep tissue massage and traditional Thai stretching. This treatment relieves stiffness, pain, and tension while enhancing energy flow and leaving you feeling relaxed and restored.

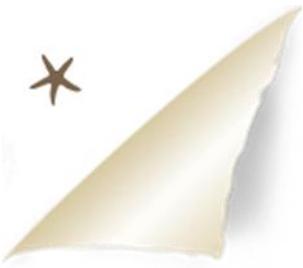
### Dry Needling

Dry needling is a therapeutic technique specific muscle trigger points to relieve pain and improve mobility. Unlike acupuncture, it focuses on treating muscular tension, knots, stiffness, and chronic pain. The technique stimulates the tissue to promote healing, reduce inflammation, and improve blood circulation.

### Ayurveda Marma Therapy

Marma Therapy is an Ayurvedic treatment that focuses on stimulating and balancing vital energy (Prana). Using gentle pressure, massage, or specialized Ayurvedic oils, this therapy helps release blockages, improve circulation, reduce stress, and restore overall balance and vitality. It promotes relaxation, supports healing, and enhances the body's natural ability to maintain health and well-being.





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Renewal Detox Massage	
60   90 minutes	250   320
Remedial Massage	
60 minutes	250
Dry Needling	
60   90 minutes	250   320
Ayurveda Marma Therapy	
60   90 minutes	250   320

Advance reservation is essential please contact your Friday or spa at 5457  
Price are quoted in USD dollar are subject to service charge and goods and service tax



GILI LANKANFUSHI  
MALDIVES