

VISITING PRACTITIONER

SARA POTI



Sara is a highly experienced wellness practitioner with a background in luxury hospitality and holistic healing. With years of experience in therapeutic bodywork and wellness treatments, she is dedicated to helping guests achieve greater balance, relaxation, and overall wellbeing.

Guided by a deep passion for healing, Sara studied Sarika and is proud to be the first practitioner to introduce this unique modality to the Maldives. Her practice combines traditional healing principles with a thoughtful, holistic approach that supports both physical and emotional wellbeing.

Known for her gentle presence and intuitive approach, Sara provides personalised care tailored to each guest's individual needs. Through mindful touch, attentive listening, and therapeutic techniques, she helps ease tension, restore balance, and create a deeper sense of harmony between body and mind.

SPECIALISED THERAPIES

- ✦ Sarika Healing Therapy
- ✦ Crystal Glow Gua Sha Ritual

- ✦ Emotional Release Massage
- ✦ Qi Gong for Energy Flow

Begin your day with mindfulness and balance by joining Sara for a complimentary rejuvenating:

“QI GONG EXPERIENCE”
07:30 -08:15 AM | Yoga Champa
Every Monday & Friday

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★ Sarika Healing Therapy (Signature Treatment)

90 | 120 minutes

USD 300 | 385

Sarika Healing Therapy is an innovative method inspired by ancient Thai traditional medicine, featuring the renowned Sarika Stick Massage. This treatment blends specialized stick massage techniques with Thai stretching and targeted pressure point work along the body's meridian lines. This unique combination helps ease muscle aches and stiffness, release blockages, improve mobility, and support natural muscle recovery.

★ Emotional Release Massage

60 | 90 minutes

USD 250 | 300

A gentle yet deep abdominal massage designed to promote the flow of energy (chi) and release tension in the internal organs. This holistic practice enhances digestion and supports physical and emotional detoxification by addressing energetic imbalances in the abdominal region.

★ Crystal Glow Gua Sha Ritual

60 minutes

USD 220

An ancient Chinese healing art of Gua Sha using clear crystal quartz and Moringa face oil to gently sculpt and lift facial muscles, reduce puffiness, smooth fine lines, and promote a radiant complexion. It also helps release facial tension. Moringa oil is well known as a nourishing "miracle oil" for face and body.

★ Qi Gong for Energy Flow

45 minutes

USD 150

An ancient discipline designed to promote overall well-being, combining intentional movement, breathwork, and meditation to cultivate and balance the body's vital energy, known as Qi. This practice enhances energy flow and fosters harmony between mind, body, and spirit.

Advance reservation is essential. Please contact your Mr./s. Friday or Meera spa at 5457

Prices quoted are subject to Service Charge and Goods and Service Tax