VISITING PRACTITIONER
DR. ANIL SINGH



With over 24 years of experience in holistic wellness, Dr. Anil Singh combines naturopathy, yoga, trigger point therapy, hypnotherapy, and Ayurvedic-inspired healing practices to support a balanced and healthy lifestyle. His holistic approach focuses on detoxification, pain relief, stress management, improved mobility, nervous system restoration, and overall wellbeing.

Through a range of personalised therapies and wellness experiences, Dr. Anil helps you restore balance, release physical and mental tension, and reconnect with a greater sense of vitality. Whether you are seeking deep relaxation, support for better sleep, enhanced mobility, or a renewed sense of wellbeing, each treatment is thoughtfully tailored to your individual needs and goals.

SPECIALISED THERAPIES

- Trigger Point Therapy
- Lymphoflow Revive Massage
- Nasyam (Sleep & Sinus Treatment)
- Hypnotherapy
- Dry Needling (Modern Acupuncture)
- Ayurvedic Marma Massage
- Shankha-Prakshalana (Digestive Detox)
- Dr. Anil's Curated Nervous System Reset

Experience Dr. Anil's complimentary group wellness session

Hatha Yoga

Core and Hip Stability

A guided yoga practice designed to strengthen your foundation, improve mobility and flexibility, and enhance overall balance through mindful movement and breath.

07:30 to 08:15 am | Yoga Champa

GILI LANKANFUSHI
MALDIVES

HOLISTIC WELLNESS WITH DR. ANIL

Trigger Point Therapy
60 | 90 minutes — USD 250 | 320

Targeted therapy using deep pressure and stretching techniques to help relieve muscular tension, chronic pain, and improve mobility.

Dry Needling (Modern Acupuncture)
60 minutes — USD 250

An evidence-based treatment designed to release muscle knots, reduce pain, improve range of motion, and support recovery.

Lymphoflow Revive Massage
90 minutes — USD 320

A restorative treatment combining specialised techniques to encourage lymphatic drainage, reduce fluid retention, and promote deep relaxation.

Ayurvedic Marma Massage
90 minutes — USD 320

An Ayurvedic-inspired bodywork experience using warm oils and gentle stimulation of Marma points to restore balance and encourage deep relaxation.

Nasyam (Sleep & Sinus Treatment)
45 minutes — USD 225

A traditional Ayurvedic therapy designed to support respiratory health, relieve sinus congestion, and promote restful sleep.

Shankha-Prakshalana (Digestive Detox)
90 minutes per person | per couple — USD 320 | 500

A guided yogic cleansing practice designed to support digestive health, improve gut function, and promote overall wellbeing.

Hypnotherapy
60 minutes — USD 225

A guided therapeutic practice that promotes positive behavioural change, emotional wellbeing, stress relief, and mental clarity.

Dr. Anil's Curated Nervous System Reset
120 minutes — USD 380

A deeply calming experience combining therapeutic bodywork and breath-guided techniques to release stress, restore balance, and nurture overall wellbeing.

Advance reservation is recommended. Please contact your Mr./Ms. Friday or Meera Spa at extension 5457

Prices are subject to service charge and applicable Goods and Services Tax (GST).