

AYURVEDA & WELLNESS

DR. SHREEJIT GHADIGAONKAR

15 NOVEMBER - 19 DECEMBER 2026

Discover the world's oldest natural system of medicine, Ayurveda, with Dr. Shreejit Ghadigaonkar. An expert in Ayurvedic medicine with over 500 hours of teacher training from the US Yoga Alliance from Rishikesh, a Bachelor's degree in Ayurveda, Medicine and Surgery and a Master's in Yoga and Life Sciences, Dr. Shreejit can offer Ayurveda's holistic approach in using practical treatments, medicines, and herbs.

Whether you require joint care or desire Abhyanga techniques to tackle imbalances in your five senses, visit Dr. Shreejit for a personalised health consultation and ancient healing during your stay at One&Only Reethi Rah.

For reservations, please contact your Host or One&Only Spa.



One&Only

REETHI RAH

Maldives

AYURVEDA CONSULTATION WITH PULSE DIAGNOSIS

60 MINUTES CONSULTATION | \$360 PER PERSON

Step into the timeless wisdom of Ayurveda with a personalised consultation that looks beyond symptoms to uncover the true root of imbalance. This immersive session includes Nadi Pariksha, the ancient art of Ayurvedic pulse diagnosis, where our experienced Ayurvedic doctor reads the subtle rhythms of your pulse to assess your physical, mental, and emotional well-being.

DE-STRESS AYURVEDA MASSAGE

60 MINUTES | \$360 PER PERSON

A deeply relaxing back massage using warm herbal oils to dissolve stress, release muscle tension, and soothe the nervous system. Ideal for both mental and physical rejuvenation.

MARMA THERAPY

90 MINUTES | \$400 PER PERSON

Ideal for those seeking relief from chronic pain, old injuries, fractures, or joint and muscle discomfort. This targeted treatment combines medicated oils with techniques such as cupping, potli (herbal bundles), lepas (herbal masks), and dry needling to help reduce pain and inflammation.

AYURVEDA PAIN MANAGEMENT

60 MINUTES | \$360 PER PERSON

A therapeutic treatment using herbal oils, heat therapy, and targeted techniques such as Herbal Bolus Massage, Kati Basti, or Lepam to relieve joint, muscle, or nerve pain. Personalised according to your body type and specific pain condition.

SHIRO ABHYANGA – HEAD MASSAGE

30 MINUTES | \$180 PER PERSON

A soothing head, neck, and shoulder massage with warm herbal oils to calm the mind, ease tension, improve sleep, and nourish the scalp.

DRY NEEDLING + CUPPING + AYURVEDIC BACK MASSAGE

75 MINUTES | \$400 PER PERSON

A powerful blend of modern and Ayurvedic therapies designed to relieve pain, release tension, and restore mobility. This session combines dry needling to target trigger points, cupping to detoxify and boost circulation, and a warm herbal oil massage to calm the nervous system.

Customised packages are available upon request.

All prices are in US Dollars and subject to 10% service charge and applicable GST.