World Wellness Weekend

15, 16 & 17 September 2023
(Friday, Saturday, & Sunday)
There is no nobler mission in life than to encourage each & everyone to become the best version of themselves, (physically, mentally, and emotionally)

Jean-Guy de Gabriac
Founder of World Wellness Weekend
Three Day Wellness Program

Celebrate the World Wellness Weekend at Lily Beach Resort & Spa Maldives. The aim is to “inspire and empower” people to make a healthier choices and enjoy an active lifestyle with family and friends.

The program includes inspiring workouts for the body and soul, combining interactive wellness workshops, Yoga and other activities to improve your physical and mental wellbeing.
DAY 1

Friday

07:00 - 08:00  Guided Meditation
@Spa Lounge (8 pax)

10:00 - 11:00  Workshop "The 50 Rules for a Healthy Life", with our Wellness Practitioner, Jelena Sokovic
@Vibes Pavilion (10 pax - Bottled Detox juice is available during the session)

10:30 - 11:30  Healthy Juicing Class for health, Beauty, and Wellness
@Vibes (10 pax)

15:30 - 16:15  Egg & Spoon Race for kids *
@Vibes Beach (10 pax)

16:30 - 17:30  Beach Volleyball (Guests & Staff) *
@Vibes Beach

19:00 - 21:30  Healthy Dinner Counter
@Lily Maa

All activities need prior booking. Surprises await every winning team participants on any group games marked *

BOOK!  Book a Balinese Aromatherapy Massage on this day and get a 30% discount
DAY 2

Saturday

07:00 - 08:00 Yin Yoga
@Spa Lounge (8 pax)

10:00 - 11:00 Workshop “7 Ways to Balance Chakras”, with our Wellness Practitioner, Jelena Sokovic
@Vibes Pavilion (10 pax - Bottled Detox juice is available during the session)

14:00 - 15:00 Kayak Race Competition
@Water Sports (5 pax)

16:30 - 17:30 Water Polo (Guests & Staff) ★
@Vibes Pool (7 pax)

19:00 - 21:30 Healthy Dinner Counter
@Lily Maa

All activities need prior booking. Surprises await every winning team participants on any group games marked ★

BOOK! Book a Tamara Signature Massage on this day and get a 30% discount
DAY 3

Sunday

07:00 - 08:00  Hatha Yoga
              @Spa Lounge ( 8 pax )

10:00 - 11:00 Workshop “The Basics of Holistic Therapy”, with our Wellness Practitioner, Jelena Sokovic
              @Vibes Pavilion ( 10 pax - Bottled Detox juice is available during the session )

15:30 - 16:15 Tug of War ( Guests & Staff )
              @Vibes Beach

16:30 - 17:30 Beach Volleyball ( Guests & Staff )
              @Vibes Beach

19:00 - 21:30 Healthy Dinner Counter
              @Lily Maa

All activities need prior booking. Surprises await every winning team participants on any group games marked ✱

BOOK! Book a Tamara Couple Rituals Package on this day and get a 30% discount
Spa Package

Embark on wellness journey, rejuvenate, and recharge. The goal is to relax your mind and connect with your senses and soul.

### 3-Day Tamara Package
$359++ for one | $559++ for two

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Choice Body Scrub - 45 Mins</th>
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<tbody>
<tr>
<td>Day 2</td>
<td>Abhyanga Massage - 60 mins</td>
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<td>Day 3</td>
<td>Cleanformance - Healthy Glow Facial</td>
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### 4-Day Tamara Package
$479++ for one | $659++ for two

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<tr>
<td>Day 4</td>
<td>Cleanformance - Healthy Glow Facial</td>
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### 5-Day Tamara Package
$619++ for one | $759++ for two

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<tr>
<td>Day 2</td>
<td>Balinese Massage - 60 mins</td>
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<tr>
<td>Day 3</td>
<td>Head / Foot Massage - 60 Mins</td>
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<tr>
<td>Day 4</td>
<td>Abhyanga Massage - 60 mins</td>
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<td>Day 5</td>
<td>Cleanformance - Healthy Glow Facial</td>
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Prices are on promotion, cannot be combined by any other discount or Voucher credit.
Complimentary Wellness Discounts

for stays all throughout September*

*Only one offer can be used at one time and multiple offers cannot be combined

25% Discount
on any Spa Treatment 60 min and above duration including packages

25% Discount
on Premium Paid Group & Private Yoga Classes