

Holiday Wellness

AT MALLIOUHANA SPA

Sunrise Yoga (c)

Refocus and re-center with a morning yoga session set against iconic views.
Malliouhana Bluff

Total Body Workout (c)

Start the day feeling energized with this robust full body morning workout.
Malliouhana Spa

Mat Pilates

Strengthen your core, boost flexibility, and improve balance with this guided session.
\$35++ per person
Malliouhana Spa

Chakra, Reiki & Crystal Healing Meditation

Balance energy flow and promote healing through touch, enhancing spiritual focus.
\$75++ per person
Malliouhana Bluff

Scribble Meditation

Encouraged expression through drawing and doodling with mediation techniques.
\$25++ per person
Malliouhana Spa

Tai Chi

Discover slow, meditative movements that promote body and mind balance.
\$40++ per person
Malliouhana Spa

Sound Explore

Gentle crystal bowl sounds that release energy waves to promote inner peace.
\$50++ per person
Malliouhana Spa

Body Rejuvenation Meditation

Gentle meditation focused on deep relaxation and physical renewal.
\$75++ per person
Malliouhana Spa

Tropical Flex Mobility (c)

Recharge the body, release tension and promote mobility in this stretching class.
Malliouhana Spa

Malli Step Fusion (c)

The perfect blend of traditional step aerobics with rhythmic inspired moves to tone muscles and boost body balance.
Malliouhana Spa

Pickleball 101 (c)

A dynamic pickleball session where you'll learn essential techniques.
Pickleball Court

Blissful Brews & Mind Journaling

Indulge in a selection of calming teas while reflecting in guided mindful journaling.
\$25++ per person
Malliouhana Spa

Sunset Yoga & Mindful Mocktails

Relaxing yoga under the sunset with handcrafted mocktails designed to nourish the mind and body.
\$50++ per person
Malliouhana Spa

Meditate & Make

Unique workshop that combines the calming practice of meditation with the joy making a creative gift.
\$30++ per person
Malliouhana Spa

Thai Journey (c)

Experience the rich heritage and wellness benefits of Thai culture in this interactive session.
Malliouhana Spa

Skin Bliss (c)

Let's talk skincare with this informative session.
Malliouhana Spa

| DECEMBER 20 - JANUARY 3 | | | | | | SAT 12/20 |
|---|-----------------------------------|---|-----------------------------------|--|---|---|
| For inquiries or to reserve, call our Spa Desk at +1.264.497.6111 or email Spa@Malliouhana.com | | | | | | Total Body Workout 8:15 - 9:05 AM |
| SUN 12/21 | MON 12/22 | TUE 12/23 | WED 12/24 | THU 12/25 | FRI 12/26 | SAT 12/27 |
| Tropical Flex & Flow Class 9 - 10 AM | Sunrise Yoga 7 - 7:50 AM | Total Body Workout 8:15 - 9:05 AM | Sunrise Yoga 7 - 7:50 AM | Malli Step Fusion 8:15 - 9:05 AM | Sunrise Yoga 7 - 7:50 AM | Total Body Workout 8:15 - 9:05 AM |
| | Pickleball 101 9:30 - 10:30 AM | Scribble Meditation 11 AM | Mat Pilates 9 - 9:50 AM | Meditate & Make 11 AM | Blissful Brews & Mind Journaling 5 PM | Sound Explore 5:30 PM |
| | Tai Chi 5 PM | Sunset Yoga & Mindful Mocktails 5 PM | Pickleball 101 9:30 - 10:30 AM | | | |
| | | | Thai Journey 11 AM | | | |
| | | | Sound Explore 5 PM | | | |
| SUN 12/28 | MON 12/29 | TUE 12/30 | WED 12/31 | THU 1/1 | FRI 1/2 | SAT 1/3 |
| Tropical Flex & Flow Class 9 - 10 AM | Sunrise Yoga 7 - 7:50 AM | Total Body Workout 8:15 - 9:05 AM | Sunrise Yoga 7 - 7:50 AM | Malli Step Fusion 8:15 - 9:05 AM | Sunrise Yoga 7 - 7:50 AM | Total Body Workout 8:15 - 9:05 AM |
| Chakra, Reiki & Crystal Healing Meditation 11 AM | Pickleball 101 9:30 - 10:30 AM | Meditate & Make 11 AM | Mat Pilates 9 - 9:50 AM | | Pickleball 101 9:30 - 10:30 AM | |
| Body Rejuvenation Meditation 3 PM | Tai Chi 5 PM | Sunset Renewal Tea Escape 5 PM | | | | |
| | Skin Bliss 11 AM | | | | | |

(c) Complimentary for Malliouhana guests.

All prices are in USD & subject to 13% GST + 17% service charge.