



THE SPA

S P A M E N U

THE SPA

Welcome to THE SPA, a sanctuary of tropical tranquillity and rejuvenation where the healing power of nature meets world-class aesthetic and therapeutic wellness practices.

As you step into a world of blissful indulgence and holistic wellness, your inner harmony and outer beauty will be restored through signature treatments for the face and body using natural Maldivian ingredients and ancient techniques from the East.

WELLNESS TREATMENTS

With our experienced therapists we can craft an amazing treatment that is carefully designed to help you meet your health and lifestyle goals.

Crystal Chakra Balancing Massage

60 MIN | 90 MIN • USD 150 | USD 190

For deep relaxation, balance your energy centers with holistic therapy. After a lymphatic system detox massage, your therapist will balance your chakras with crystals and a singing bowl. This will help to reduce tension and anxiety, allowing you to relax and connect with yourself.

Body Detox Massage – Crystal Healing – Singing Bowl Meditation

Spirit Of Ayurveda

90 MIN • USD 200

This blissful treatment includes a traditional Ayurvedic massage that uses warm herbal oils to nourish your skin, relax your muscles and stimulate your blood circulation. Additionally, Shirodhara, a soothing technique is included. This involves the application of warm medicinal oil on your forehead to calm your mind, relieve tension and regulate your nervous system.

Abhyanga Body Massage – Shirodhara Head Ritual

SPA PACKAGES

Our curated spa journeys offer a mix of signature treatments that complement each other perfectly to help you make the most of your quiet time alone or to connect with that special person in your life.

Couples Ritual

120 MIN • USD 450

Experience a romantic spa day to rejuvenate your relationship. Select a scrub from our organic and aromatic collection, then enjoy a 60-minute massage together. After a rejuvenating milk and coconut couples' bath enjoy passion fruit sorbet and herbal tea with our lavish garden view.

Foot Ritual – Refreshments – Body Scrub – Body Massage – Milk and Coconut Bath

Bliss Day

150 MIN • USD 260

Avoid daily stress with an afternoon of self-care. After a skin-revealing tropical fruit scrub, a 90-minute stress release massage will relieve tension and restore energy, followed by a facial wrap or derma cleanse to complete the journey.

Tropical Fruit Scrub – Stress Release Massage – Facial

Detox Day

180 MIN • USD 350

Avoid daily stress with an afternoon of self-care. Start with a skin-revealing coffee scrub, followed by a 90-minute stress release massage to relieve tension and restore energy. Complete your journey with a detox wrap or derma cleanse.

Coffee Body Scrub – Jade Stone Massage – Detox Wrap – Deep-Cleansing Mask



SIGNATURE TREATMENTS

Our distinctive Maldivian treatments use traditional local remedies to reveal healing secrets. These therapies employ natural products and traditional methods to restore your natural balance and harmony in a local way.

Maldivian Delight

90 MIN • USD 200

Coconut's various benefits are highlighted in this Maldivian-inspired spa treatment. A gentle coconut scrub exfoliates and nourishes for soft and smooth skin. After that, relax your muscles and senses with a 60-minute virgin coconut oil stress release massage. Enjoy a passionfruit sorbet and take home a coconut massage oil to extend your spa experience.

Coconut Scrub – Stress Release Massage – Coconut Treat – Virgin Coconut Oil Gift

Bamboo Massage

60 MIN | 90 MIN • USD 150 | USD 190

This ancient-modern spa treatment harnesses bamboo's healing potential. Your therapist will gently and firmly massage tight muscles with strong bamboo sticks of various lengths and diameters. The bamboo sticks are slightly warmed to relax and stimulate your body. Bamboo helps to restore energy balance.

MASSAGES

Our trademark massages tone and smooth skin by instantly hydrating it, while gentle strokes and Ayurvedic techniques relax you. Our therapists employ forceful pressure point massage to penetrate deeper muscle and connective tissue for chronic pain to enhance blood flow, reduce inflammation, and promote healing.

Stress Release Massage 60 MIN | 90 MIN • USD 120 | USD 160

Using a combination of strokes and acupressure techniques, along with the signature aromatherapy oil blend of your choice, this gentle massage offers a holistic stress release experience.

Deep Tissue Massage 60 MIN | 90 MIN • USD 125 | USD 165

Improve mobility, flexibility, and circulation with a powerful yet calming massage that profoundly stretches fibers and releases tension.

Jade Stone Massage 60 MIN | 90 MIN • USD 125 | USD 165

This peaceful massage uses heated jade stones, known for their grounding and therapeutic properties. Your massage therapist will use eastern and western methods to increase circulation and alleviate muscle tightness.

Abhyanga

60 MIN | 90 MIN • USD 125 | USD 165

This traditional Indian massage improves circulation and relaxes stiff muscles with long strokes, medium pressure, and warm herbal oils suited for your condition.

Thai Herbal Compress

60 MIN | 90 MIN • USD 130 | USD 170

Pamper yourself with warm poultices of medicinal herbs administered to your entire body through massage. It relieves joint and muscle pain, reduces inflammation, and increases blood circulation.

Foot Reflexology

30 MIN | 60 MIN • USD 70 | USD 100

A therapist will give you a warm foot soak and a light foot scrub before massaging your reflex spots, which correspond to organs. Rebalancing massages increase blood circulation, energy, and well-being.

Back Massage

30 MIN • USD 70

This express massage loosens knots and relieves stress and fatigue-related back and head tension with firm pressure and circular movements, while a stimulating scalp massage boosts blood flow.



FACIALS

Protect your skin from sun exposure and dehydration with our collection of gentle facial treatments using revitalising ingredients and powerful antioxidants to balance the skin, provide instant hydration and fight the signs of ageing.

Derma Cleanse

30 MIN • USD 80

Reconstruct your skin's protective layer and remove impurities before tanning with a gentle facial treatment that removes dead skin cells, leaving your skin smooth and radiant. Derma cleanse is recommended for congested, acne-prone skin, or anyone who needs a deep cleanse.

Hydrating Facial

60 MIN • USD 150

A nourishing treatment that replenishes moisture and restores balance to your skin, this soothing facial will boost your complexion after a long flight, and help you balance and harmonise your skin before boarding a plane.

Deep Cleansing Facial

60 MIN • USD 150

Our deep cleansing facial is highly effective for individuals with acne and excessive oil, but is also recommended for anyone in need of a deep cleanse. The multi-step process provides a thorough steaming service with facial extraction components to remove pore-clogging sebum, leaving you with a matt, radiant complexion.

Calming Facial

60 MIN • USD 150

A perfect choice for skin sensitised by sun exposure or external aggressors, this calming treatment will soothe and stabilise the skin by targeting the triggers behind unwanted redness, itching, and stinging.

Age-Defying Facial

75 MIN • USD 180

This rich, deeply moisturising wrinkle reducer helps counteract sagging by compacting the skin tissue, as well as helping mature skin maintain its elasticity and suppleness.

BODY TREATMENTS

Relax in the tropics with our luxurious body treatments that nourish, chill and pamper your skin while exotic smells soothe your soul. Choose a scrub or wrap to relax and rebalance after a stressful day.

Tropical Fruit Scrub

30 MIN • USD 70

Tropical fruits including papaya, pineapple, mango, and mandarin brighten skin with natural fruit acids to reveal younger-looking skin. With a mild charcoal scrub, this natural treatment eliminates dead skin cells and impurities for smooth, luminous skin.

Coconut Scrub

30 MIN • USD 70

A luxurious blend of virgin coconut oil and Himalayan salt, this decadent scrub nourishes, moisturises and softens the skin while exfoliating and detoxifying your pores with mineral-rich pink salt crystals.

Coffee Scrub

30 MIN • USD 70

Feel the invigorating effect of coffee as your therapist scrubs away dull surface cells. In addition to boosting blood circulation, this firming treatment will tighten your skin, while vitamin B in the coffee grounds will help reduce inflammation.

Detox Wrap

30 MIN • USD 70

A cleansing and revitalising treatment that uses natural ingredients to draw out toxins and impurities from your skin, our hero wrap promotes microcirculation and metabolism, helping your body eliminate waste and excess fluids.

Cooling Wrap

30 MIN • USD 70

This indulgent treatment helps to calm and heal your skin after sun exposure. The cooling wrap reduces inflammation and redness, while restoring moisture and balance to your skin to reverse the effects of sun damage and dehydration.

KIDS' SPA

It is never too early to learn the benefits of relaxation. With our gentle therapies for families and kids, children as young as six can benefit from fun mani-pedis and indulgent spa therapies.

Mom & Me / Dad & Me

60 MIN • USD 190

The perfect introduction to massage, this relaxing side-by-side treatment uses organic massage oil, gentle pressure and long-flowing strokes to promote relaxation and restful sleep.

Pretty Nails

30 MIN • USD 30

Deeply soothing and pampering, this express treatment for little hands and feet features a gentle scrub followed by nail polish application for a well-groomed look.

Salon Services

Manicure	45 Min	USD 70
Pedicure	60 Min	USD 90
Nail Cut & File	15 Min	USD 25
Nail Polish Change	15 Min	USD 25

Waxing

Eyebrow / Upper Lip	10 Min	USD 20
Full Arm	30 Min	USD 50
Half Arm	20 Min	USD 30
Full Legs	30 Min	USD 60
Half Legs	20 Min	USD 40
Under Arm	15 Min	USD 20

Spa Etiquette

- For a smooth experience, please arrive 15 minutes before your scheduled time.
- No need to bring cash or a credit card. All treatments are charged to your guest room and are payable upon check-out.
- Let us know if you can't make your booked treatment. We'll need at least four hours' notice for single treatments and 24 hours for packages. Otherwise, we'll need to charge you half the cost.
- Please refrain from sunbathing after aromatherapy treatments.
- Please ensure your mobile phones are in silent mode.
- Please refrain from smoking.

