



... a feeling of youthful energy



SUN SPA TREATMENT MENU

Experience the ultimate pampering of your senses with our range of exotic massages while you relax and soothe your soul in our private luxurious Sun Spa Pavilions.

SUN SPA SIGNATURE TREATMENTS

SUN SPA SIGNATURE

60 min

This signature massage is a must for tense muscles, employing a combination of Swedish, Hawaiian Lomi-Lomi, Balinese, Japanese Shiatsu, Thai and Aromatherapy massages performed simultaneously by two therapists, so not only two, but four hands will transfer your body to a state of overall harmony.

The most relaxing experience ever...

VEYO MODUN

60 min

The beneficial qualities of the Velamboli and the Thamburu Veyo plant have been known amongst the indigenous population of the Maldivian islands for hundreds of years.

If you feel stressed out and your back or joints are aching, let us nurture you back to health with a concoction of leafs and roots of this tropical bush. Your therapist will apply the warm green paste, concentrating on joints and tense zones followed by a warm oil full body massage, bringing you welcome relieve from everyday ailments while transcribing a piece of true Maldivian history into your skin.



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BALANCING FACIALS

Your skin is a true reflection of internal wellness.

Based on the Five Elements & Ayurvedic Dosha theories, our Balancing Facials aim to minimize the adverse effects of our modern lifestyle to help make a better connection between your body, mind and emotions.

All our facials include a facial steam to cleanse deep into the pores; an exfoliation to boost circulation to the face; a relaxing face massage to relieve tense muscles and restore vitality; a nourishing mask to provide useful vitamins and minerals for the skin. This is completed with an application of a hydrating moisturizer to grant a vibrant and youthful appearance.

REJUVENATING ALOE VERA FACIAL

60 min

This soothing facial is utilizing the natural healing qualities of Aloe Vera, combined with specific massage techniques to tone your facial muscles. Head, neck and shoulder massage included. Recommended especially for tired skin and after exposure to sun to help regain your skin's youthful glow.

AYURVEDIC DOSHA FACIAL

60 min

Ayurveda teaches that each individual has its own unique balance of three subtle energies or doshas: wind (vata), bile (pitta), and mucus (kapha) that are responsible for regulating the functions in the mind-body system.

Drawn from ancient cultures and complimented by modern techniques, this rejuvenating Dosha Facial will not only bring vitality to your skin but also balance your individual doshas to reveal the inner radiance of your skin.

EARTHESSENTIAL FACIALS

All EARTHESSENTIAL Products have been "custom formulated" for numerous corrective skin concerns, employing only purely natural ingredients – chemical free skincare for everyone!

(Every facial will be customized to your specific skin type and can treat different skin conditions with remarkable results.)

RADIANT RENEWAL FACIAL

60 min

A facial enhancing your skin's own luminescence – recommended especially for Brides.

FRESH EARTH BLEND FACIAL

60 min

Recommended especially for normal to combination skin types.

REVITALIZING EARTH BLEND FACIAL

60 min

Recommended especially for dull, sallow complexions.

CALMING EARTH BLEND FACIAL

60 min

Recommended especially for sensitive skin types.

REPLENISHING EARTH BLEND FACIAL

60 min

Recommended especially for dry, mature skin types.

PURIFYING EARTH BLEND FACIAL

60 min

Recommended especially for problematic and acne skin types.

REBALANCING EARTH BLEND FACIAL

60 min

Recommended especially for combination, oily and acne skin types.



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MASSAGES

SLIMMING THERAPY

60 min

Cellulite is a normal skin condition caused by a build up of toxins in the body that usually collects in the abdomen, thighs and arms. Our slimming full body therapy uses essential oils with special properties to break down fat and tone the body.

TRADITIONAL JAPANESE SHIATSU

60 min

A time-honored therapy known for over 2,000 years in Asia as a healing art – considered one of the best restoring therapies. Our skill full therapist will work along the meridian lines of your body using gentle finger, palms, knuckles and elbow pressure to give you a personalized massage. Therapeutic benefits include relief from back pain, migraine, and menstrual discomforts.

HOT STONE MASSAGE

90 min

A must-try for everyone! This deeply relaxing massage is performed using warmed stones. The Stones are bathed in specially blended oil and are placed on key energy points using soothing massage techniques. Perfect for those suffering physical or mental exhaustion to relax and find inner harmony.

This massage brings out the beneficial qualities of the Fire Element.

STIMULATING THAI YOGA

90 min

Our specially trained therapist will use acupressure, stretching and yoga postures to harmonize your body's internal energies resulting in an extraordinary sense of well-being. For maximum benefit, this therapy is performed on a floor mattress, in loose comfortable clothing.

This massage brings out the beneficial qualities of the Wood Element.

BALINESE MASSAGE

60 min

This Traditional Balinese massage passed down through many generations is a restoring and calming experience combining Swedish massage with acupressure, stretching, long strokes, skin rolling, palm and thumb pressure technique; guaranteed to relieve tension, improve blood circulation and calm the mind.

This massage brings out the beneficial qualities of the Water Element.

NOURISHING AROMATHERAPY MASSAGE

60 min

Let our specially blended oil with its exotic aroma nurture your senses. The massage combines slow rhythmic movements to relax and bring harmony to your body, mind and spirit.

This massage brings out the beneficial qualities of the Earth Element.

PURIFYING SWEDISH MASSAGE

60 min

This traditional Swedish massage also commonly known as deep "therapeutic massage" is a perfect way to detoxify your body and ease sore and tense muscles.

This massage brings out the beneficial qualities of the Metal Element.

JET LAG RECOVERY

60 min

Shrug off fatigue from travel induced jet lag with this vigorous body massage concentrating mainly on the back, neck, shoulder and feet. Make our spa your first stop when you arrive and we promise to leave you thoroughly refreshed.



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MASSAGES – continued

HEAD, NECK & SHOULDER THERAPY

45 min

A highly effective massage to alleviate discomfort in the neck and shoulder, performed while you are seated in a special massage chair. This intensive therapy will give you instant relief from tense and overworked muscles.

ANTI STRESS BACK MASSAGE

45 min

When all you need is a quick dose of tension-relief, this is the remedy. Deep thumb pressure and smooth massage movements on the back will help relieve muscle tension and encourage relaxation.

FOOT MASSAGE

45 min

This ancient Chinese practice is famous for its beneficial effects. Focusing entirely on your feet, our therapist will identify and stimulate points that correspond to specific parts of the body, helping to relieve stress.



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AFTER SUN BODY TREATMENTS

ALOE VERA AFTER SUN RELIEVE

60 min

Specifically recommended after Sun Bathing, this rejuvenating and hyper-hydrating combination of pure Aloe Vera Gel and Rose Oil together with a gentle full body massage will assist the repair of damaged skin cells to stop premature aging, while nourishing and softening the skin's epidermis and providing a soothing relieve for sun-stressed skin.

Including choice of foot or head massage.

AFTER SUN CUCUMBER BODY HEAL

45 min

The amazing properties of fresh cucumber and pure chamomile eliminate excess heat from your body, providing an instant relief to sun burnt or dehydrated skin. While the natural ingredients hydrate your thirsty skin, a tender head massage will soothe your senses. We will finish this healing treatment with a calming lotion.

BODY WRAPS

Our select choice of body wraps encourage elimination of toxins and stimulate circulation to bring vitality to your skin.

NOURISHING CLAY MASK

60 min

This aromatic face & body mask absorbs excess oil and extracts impurities from the skin. The unique blend of Clay – having absorbed the rays of the life-giving sun and the minerals hidden in the earth – has a rejuvenating and deeply cleansing effect on the skin.

Brightens and enlivens skin tone and color. This mask brings out the beneficial qualities of the Metal Element.

REVITALIZING MARINE WRAP

60 min

The riches of the ocean are perfectly combined in this deep cleansing Marine Body Wrap. A perfect body retreat to stimulate your lymphatic system and flush out impurities from your skin's surface.

This revitalizing body mask brings out the beneficial qualities of the Water Element.

INVIGORATING TROPICAL WRAP

60 min

This exotic body wrap with a wonderful aroma gently exfoliates your skin leaving it soft and fresh.

This vitality body mask brings out the beneficial qualities of the Wood Element.

PURIFYING MINERAL WRAP

60 min

This is a chlorophyll rich purifying wrap fortified with natural plant minerals that has a rejuvenating, anti-ageing effect on the skin. It improves circulation and tightens the skin leaving it firm and visibly toned.

DETOXIFYING SEAWEED WRAP

60 min

A cooling Seaweed body treatment full of natural minerals, essential oils, vitamins and amino acids is applied to your body, which is then wrapped in natural cotton sheets. The treatment provides a gentle and therapeutic detoxification and improves body complexion as well as reduces cellulite.

Enjoy this delightful treatment while your therapist gives you a soothing scalp massage to enhance deep relaxation.

This wrap brings out the beneficial qualities of the Earth Element.



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BODY SCRUBS

Our Body Scrubs – rich in mineral salts and essential oil blends – gently remove the dead layers of skin, revealing the soft, supple skin below.

ROYAL JAVANESE LULUR

100 min

This is a traditional Javanese body work known as the 'queen' of body treatments that was used by Javanese brides as a purifying ritual before marriage in the palaces of central Java since the 17th century. This luxurious treatment starts with a gentle Lulur scrub – the golden color reflecting its main ingredient: turmeric, which has unique cleansing properties that will bring a beautiful glow to your skin. A Balinese massage to improve energy flow follows. A cool milky concoction is then applied lavishly all over your body to detoxify and nourish the skin. You will feel completely refreshed and radiant at the end of this pure pampering experience.

RE-HYDRATING COCONUT SCRUB

45 min

This fine paste, made from freshly grated coconut, is perfect for sensitive skin. The coconut will gently exfoliate without pulling out your tan and provide deep nourishment for skin cells.

RICH COFFEE SCRUB

45 min

Enjoy a powerful blast of caffeine, a potent free radical scavenger and cell detoxifier. Its brisk, scrumptious aroma refreshes tired muscles and invigorates the spirit.

Delicious ground coffee provides deep skin exfoliation that leaves the skin fragrant and incredibly soft.

BALINESE BOREH (Spice Scrub)

45 min

Sandalwood, nutmeg, cinnamon, cloves and ginger are ground together in a traditional pestle and mortar. The finished spicy blend will induce a comfortable heat in your body, increasing blood circulation, while gently exfoliating the skin.

This warming body scrub brings out the beneficial qualities of the Fire Element.

MARINE BODY SCRUB

45 min

This is an excellent body scrub to give a mineral blast to the skin. The marine ingredients will stimulate the lymphatic system and flush out impurities leaving your body refreshed from top to toe.



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BODY & SOUL

YOGA & MEDITATION SESSIONS (upon request)

per Group Session / 60 min
Private Classes (Single or Couple) / 60 min

This ancient form of specific breathing techniques coupled with prescribed body postures is one of the most remarkable spiritual sciences discovered by man and one of the few spiritual traditions that has maintained an unbroken development throughout history. Its beginnings date from about 10,000 years ago, with structured yoga techniques passed down from generation to generation for more than 5,000 years.

Yogic methods aim at uniting mind, body and spirit, covering every area of our existence, from the physical, sensory, emotional, mental and spiritual to the ultimate Self-realization. It teaches us how to move from our physical and ego-bound identity to our immortal Self that dwells deep within. The methods are physical postures, ethical disciplines, breath control, sensory methods, affirmations and visualizations, mantras and simple to complex meditation disciplines.

Yoga is not a religion nor were yoga and meditation originally part of any religious system. It respects all cultures, faiths, and nations. It is possible to live harmoniously whatever our differences. It cultivates the higher instincts of humanity – compassion, co-operation, and peace.

Our Yoga Guru will also arrange private yoga classes upon request. Elevate your inner self to a higher plane of consciousness, inner peace and freedom, at the same time battling such complaints as high blood pressure, sleep deprivation or extreme overall stress levels while toning your body from head to toe.



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SPA PACKAGES

HONEYMOON IN HEAVEN

Couples 155 min

Enjoy new found love or revitalize your relationship with this enchanting package especially created for the lovebirds amongst our guests! Get prepared for your luxurious extravagance with a relaxing flower footbath, followed by a full body massage according to your specific Doshas. After having been smothered all over with your favorite body wrap, just lay back with your partner, splashing in the flower bath whilst savoring delicious fresh fruit and a glass of wine.

- Hydrotherapy
- Aromatherapy Flower Footbath
- Romantic Couple's Dosha Massage
- Choice of Body Wrap
- Aromatherapy Flower Bath
- Fruit Platter
- 2 Glasses of Wine

CHOCOLATE DELIGHT

Couples / Singles 135 min

This Bon-Bon of a treatment can be consumed even for those on the strictest diet! The active ingredients in this sweet temptation will open the endorphins in your brain, making you not just a transmitter of love, but a receiver, too. Enjoy an invigorating Chocolate Scrub, before being wrapped entirely in a delicious blend made of Chocolate, Ginger and Cinnamon. During the ensuing full-body Chocolate massage, you will forget any worries you've ever felt. Then take a quick dip into a Chocolate bath before finishing this luscious experience with a tasty Chocolate moisturizer.

- Hydrotherapy
- Chocolate Almond Scrub
- Chocolate, Ginger&Cinnamon Mask
- Chocolate Butter Massage
- Chocolate Effervescent Bath
- White Chocolate Moisturizer
- Hot/Cold Chocolate & Chocolate Bar

ROMANCE AT OLUVELI

Couples 120 min

The ultimate indulgence to share with your most loved one. Begin the 'Romance' with a purifying steam to cleanse the body. Then lay back and savor the pleasures of our Romantic Couple's Massage using our specially blended oil with the most exotic aromas. Our skilled therapists will work harmoniously to take you on a journey that you will treasure forever. To complete this whole body ceremony, you will be treated to a gentle, yet deeply cleansing refresher facial. A Romantic Flower Bath surrounded by candle lights and topped off with a glass of wine to tingle your emotions ends this heavenly opulence.

- Hydrotherapy
- Romantic Couple's Massage
- Refresher Aloe Vera Facial
- Romantic Flower Bath
- Wine & Candle-lit Decoration



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FIVE ELEMENT PACKAGES

EARTH

(All Birth Years, ending with the number 8 or 9)

NOURISHMENT PACKAGE

170 min

The season for the Earth Element is Late Summer. This is harvest time when food is plentiful and the warmth and golden light of the Late Summer days create a sense of relaxation and contentment. The organ systems of Earth are the stomach, spleen, pancreas and all digestive processes. In the individual, Earth corresponds to nourishment, contentment, harvesting what is needed for self and others, stability, security, empathy and caring. Earth corresponds to the biological mother, as well as Mother Earth.

Begin this journey with Hydrotherapy; a skin purifying ritual to open pores and eliminate toxic build up, followed by a Footbath Ritual with essential oils & flowers combined with a sampler Foot Massage will soothe your senses. A cool Seaweed Wrap enriched with natural minerals, vitamins and amino acids is then applied to your body to gently detoxify and improve skin complexion. Nourishing Aromatherapy oil with its unique properties nurtures your senses while your therapist uses gentle massage movements to connect your senses and harmonize your body system. Refresh under the outdoor shower and then soak up the beneficial properties of the refreshing Lavender flower bath.

**Hydrotherapy – Footbath Ritual combined with sampler Foot Massage –
Detoxifying Seaweed Body Wrap – Nourishing Aromatherapy Massage – Refreshing Lavender Bath**

WOOD

(All Birth Years, ending with the number 4 or 5)

STIMULATING PACKAGE

170 min

The Wood Element corresponds to Spring, which is a time of new growth, increasing activity and longer days. In the individual, Wood corresponds to having a vision of the future, having the ability to organize, plan and initiate action, and to express emotions, including anger, in a healthy manner.

Start with a 30 minutes Hydrotherapy session to remove toxins and improve blood circulation, followed by a Footbath Ritual with essential oils & flowers to soothe your senses. An invigorating Tropical Wrap is then applied over your body to clear away ingrained impurities and toxins. While the mask is drying, enjoy a soothing head massage. Thai Yoga; this unique healing art is a powerful therapy, with acupressure and gentle yoga stretching to stimulate energy flow. The therapy is performed on a floor mattress for maximum benefit and we recommend wearing loose comfortable clothing. Refresh under the outdoor shower and complete this pampering session with a flower bath blended with Sandalwood and essential oils.

**Hydrotherapy – Footbath Ritual – Invigorating Tropical Wrap – Stimulating Thai Yoga –
Sandalwood Bath**



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FIVE ELEMENT PACKAGES

METAL

(All Birth Years, ending with the number 0 or 1)

PURIFICATION PACKAGE

170 min

The season of the Metal Element is Autumn. This is a time of decreasing light, increasing cold and shorter days. Trees lose their leaves as they withdraw their energy internally. In the individual, the Metal Element represents internal resolve and strength, self worth, self esteem, vitality and endurance, as well as the ability to let go of emotional upsets and grudges. Metal also represents the biological and spiritual Father.

Start with a 30 minutes Hydrotherapy to cleanse deep ingrained impurities from the pores and prepare the body for the following treatments, followed by a Footbath Ritual with essential oils & flowers combined with a sampler Foot Massage will soothe your senses. Then pamper your body with a nourishing body mask to remove dead skin and eliminate negative energy. The earthy aroma will deepen the relaxation process. The uplifting properties of our purifying massage oil combined with an invigorating massage will cleanse and promote deep relaxation. Tea is served while a detoxifying bath is prepared for you to soak in.

Hydrotherapy – Footbath Ritual combined with sampler Foot Massage – Nourishing Clay Mask – Purifying Swedish Massage – Detoxifying Bath

WATER

(All Birth Years, ending with the number 2 or 3)

REVITALIZING PACKAGE

170 min

The Water Element correlates with Winter. This is the darkest and coldest time of the year, when activity in the plant kingdom occurs only deep in the roots. In the individual, the Water Element represents energetic reserves, the will to survive, courage, our ability to procreate, movement and flow, self actualization, willpower, trust and faith.

Start with a 30 minutes Hydrotherapy session to eliminate toxins and stimulate the body's immune system – to restore balance and harmony of the Water Element, followed by a Footbath Ritual with essential oils & flowers combined with a sampler Foot Massage will soothe your senses. A Marine Wrap is then applied to your body to draw out impurities while its natural blend of minerals, vitamins and amino acids provides a gentle and therapeutic detoxification. This is followed with a gentle Balinese Massage, revitalizing the lymphatic system and relieving muscle tension, stress and fluid congestion. After a refreshing shower, enjoy a floral bath to soothe and improve your skin tone.

Hydrotherapy – Footbath Ritual combined with sampler Foot Massage – Marine Wrap – Revitalizing Balinese Massage – Revitalizing Bath



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FIVE ELEMENT PACKAGES

FIRE

(All Birth Years, ending with the number 6 or 7)

VITALITY PACKAGE

170 min

The Fire Element corresponds to Summer. This is the time of greatest warmth and light, the longest days, the greatest activity and luxuriant growth. In the individual Fire correspondences include the ability to establish relationships, express love and sexuality, expansiveness, enthusiasm, passion, playfulness, joyfulness, warmth and relaxation.

Your body is prepared for this journey with a Hydrotherapy Session to reduce excess heat, followed by a sampler Foot Massage that will soothe your senses. A warm spice body scrub will absorb impurities from the deep skin pores and leave your skin baby soft. The inner part of your journey starts with our Hot Stone Massage using soothing massage techniques. Both body and mind begin to respond instantly to the sensations resulting in a level of relaxation that exceeds anyone's expectations. Gather your senses together while you dip in the flower bath with an exceptional herbal blend.

**Hydrotherapy – sampler Foot Massage – Balinese Boreh – Soothing Hot Stone Massage –
Herbal Flower Bath**



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SUN SPA SAMPLERS

Make the most of your precious holidays.
Plunge into the deep bliss of a Sun Spa treatment every day and return home refreshed, energized and glowing with health and vitality...

All Sun Spa Samplers include complimentary Fresh Juice and free use of Hydrotherapy

07 Days – SUN SPA SAMPLER

Day 1 Relaxing & Soothing:	Sun Spa Signature
Day 2 Cooling & After Sun Remedies:	After Sun Cucumber Body Heal & Flower Bath
Day 3 Relaxing & Soothing:	Head, Neck & Shoulder Therapy
Day 4 Cleansing & Rejuvenating:	Rejuvenating Aloe Vera Facial
Day 5 Healing:	Traditional Japanese Shiatsu
Day 6 Well-Groomed:	Manicure & Pedicure
Day 7 Relaxing & Soothing:	Choice of Purifying Swedish or Nourishing Aromatherapy or Balinese Massage



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SUN SPA SAMPLERS – continued

05 Days – SUN SPA SAMPLER

Day 1 Relaxing & Soothing:	Hot Stone Massage
Day 2 Cooling & After Sun Remedies:	After Sun Cucumber Body Heal & Flower Bath
Day 3 Healing:	Traditional Japanese Shiatsu
Day 4 Cleansing & Rejuvenating:	Rejuvenating Aloe Vera Facial
Day 5 Healing:	Foot Massage

03 Days – SUN SPA SAMPLER

Day 1 Healing:	Traditional Japanese Shiatsu
Day 2 Cooling & After Sun Remedies:	After Sun Cucumber Body Heal & Flower Bath & Head, Neck & Shoulder Therapy
Day 3 Cleansing & Rejuvenating:	Rejuvenating Aloe Vera Facial



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WATER / BATH THERAPIES

- AROMATHERAPY BATH** 20 min
Immerse yourself in our deliciously sensuous Aromatherapy flower bath and nourish your mind and spirit.
- LAVENDER BATH** 20 min
Soak up the beneficial properties of our refreshing Lavender flower bath.
- SANDALWOOD BATH** 20 min
Float away in our flower bath blended with Sandalwood and essential oils.
- MILK BATH** 20 min
Soak in this beneficial blend of milk and honey and let go of any worries troubling you. The milk and its derivatives contain lactic acid, which will also help to exfoliate and soften your skin.
- HERBAL BLEND FLOWER BATH** 20 min
Gather your senses together while you dip in our flower bath enriched with an exceptional herbal blend.
- HYDROTHERAPY** 30 min
Our Hydrotherapy Area includes Jacuzzi, Steam Room, Sauna and Chilled Pools.
Enjoy the beneficial qualities of the dry or of the moist heat or relax in our beautiful Jacuzzi, letting go of all your everyday worries and tuning into the Maldivian Island Spirit.
Hydrotherapy is provided complimentary with any spa treatment booking. Please pre-book its use at the time of scheduling your spa treatment.
We recommend an average time of 30 minutes prior to your treatment in our hydrotherapy area.



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AYURVEDA SPECIALTIES

Ayurveda teaches that each individual has its own unique balance of three subtle energies or doshas: wind (vata), bile (pitta), and mucus (kapha) which are responsible for regulating the functions in the mind-body system. These doshas are created by interaction of the Ayurvedic Five Elements: Air and Space forming the Vata nature, Fire and Water forming Pitta nature, and Water and Earth forming Kapha nature. All these energies need to be in harmony to promote physical, emotional, and spiritual well being.

UDVARTHANAM DETOX TREATMENT

60 min

A highly effective detoxifying treatment using a special herbal powder to thoroughly exfoliate your whole body – particularly areas with cellulite build up. This exfoliating massage encourages break up of excess deposits and improves blood circulation to enhance the skin's structure and appearance. This treatment is followed by a traditional steam bath with Ayurvedic herbs to detoxify and nourish the body.

MARMA MASSAGE

60 min

A 'Marma' is a junction of ligaments, vessels, muscles, bones, and joints. The Therapist uses his/her hands and feet to apply a special oil enriched with Ayurvedic herbs and roots to stimulate the Marma points on your body through skill full massage techniques with the help of an extended rope for support. A mind, body and spirit experience with the power to induce an amazing sense of inner well being.

KATIVASTHI LOWER BACK OIL BATH

60 min

Kativasthi is an excellent Ayurvedic treatment to ease lower back pain. Warm oil is poured on the lower back area and retained inside molded flour dough. The ingredients of the oil, especially enriched with Ayurvedic herbs and roots, concentrate their properties to reduce lower back and spinal ache.

This treatment is highly effective if continued for 3 sessions.

NJAVARAKIZHI

60 min

An ancient ritual from India used to purify and strengthen your body. Warm Ayurvedic Njavara rice poultices cooked in milk decoction is applied over your body to balance individual Doshas after a gentle body massage. Njavarakizhi can help alleviate joint pain, rheumatism, high blood pressure, and high cholesterol.

SIRODHARA

60 min

Sirodhara is considered one of the most powerful Ayurvedic treatments available. This treatment starts with an invigorating full body massage to balance the energies using warm Ayurvedic herbal oil. The specially enriched oil is continuously poured on the forehead area also known as the third-eye. It has a reflex balancing effect on the deepest recesses of the brain and induces a blissful state of mind and expanded awareness.

This treatment is highly effective if continued for 3 sessions.

DOSHA MASSAGE

60 min

Just as Western medicine believes that there are three body types, so do Ayurvedic practitioners: wind (vata), bile (pitta), and mucus (kapha) that are responsible for regulating the functions in the mind-body system. Dosha massage also known as 'Abhyanga' in India is performed with warm herbal oils infused with Ayurvedic herbs suited to the respective body constitution. This is a soothing, gentle massage that reaches the deeper tissues and bones.



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AYURVEDA SPECIALTIES – continued

INDIAN HEAD, NECK & SHOULDER MASSAGE

35 min

An invigorating massage which directly affects your muscles, nerves, and mind. Marma points located on the head, neck, and shoulder are stimulated while you are comfortably seated. Two different herbal oil blends are used for this treatment with distinct healing properties to relieve tense muscles, increase blood circulation around the head and reduce hair loss.

AYURVEDIC HERBAL SCRUB & BATH

35 min

We have selected this herbal scrub bath because of its natural cleansing and nourishing properties. Enriched with vetiver, sandalwood, and green gram this Ayurvedic bath will detoxify, nourish, and restore your skin's natural properties.

We recommend this herbal scrub bath for deep cleansing after a full body massage performed with oil or after a body wrap to complement the treatment.



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AYURVEDA PACKAGES

SIRODHARA PACKAGE

3 sessions of 60 minutes

Sirodhara is an excellent Ayurvedic cleansing therapy. This treatment starts with an invigorating full body massage to balance the energies. Warm Ayurvedic herbal oil is then continuously poured on the forehead area also known as the third-eye. It has a reflex balancing effect on the deepest recesses of the brain and induces a blissful state of serenity and expanded awareness.

AYURVEDA VITALITY PACKAGE

150 min

A wonderful spa package enhanced with three unique Ayurvedic healing treatments to create a deep state of physical, mental and emotional equilibrium.

- Hydrotherapy
- Footbath Ritual
- Marma Massage
- Spice Scrub
- Ayurvedic Herbal Scrub & Bath
- Tea

AYURVEDA DOSHA PACKAGE

180 min

Three hours of total relaxation and tension relief will make you lose track of time.

- Hydrotherapy
- Spice Scrub
- Dosha Massage
- Ayurvedic Dosha Facial
- Herbal Flower Bath
- Tea



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AYURVEDA RETREATS

Ayurveda literally means the science of life. Life implies the state of healthy living. Masters defined health as a state of physical, mental, spiritual and social well being. The principles of Ayurveda have all been laid towards this end.

Enjoy a carefully combined selection of Ayurvedic treatments to fully feel the effect this ancient art can have when practiced according to tradition.

All Ayurveda Retreats include complimentary Tea and free use of Hydrotherapy

07 Days – AYURVEDA RETREAT

Day 1	Sirodhara
Day 2	Indian Head, Neck & Shoulder Massage
Day 3	Dosha Massage
Day 4	Ayurvedic Dosha Facial
Day 5	Spice Scrub & Flower Bath
Day 6	Marma Massage
Day 7	Ayurvedic Herbal Scrub & Bath

05 Days – AYURVEDA RETREAT

Day 1	Dosha Massage
Day 2	Ayurvedic Dosha Facial
Day 3	Marma Massage
Day 4	Indian Head, Neck & Shoulder Massage
Day 5	Ayurvedic Herbal Scrub & Bath

03 Days – AYURVEDA RETREAT

Day 1	Marma Massage
Day 2	Ayurvedic Dosha Facial
Day 3	Ayurvedic Herbal Scrub & Bath



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BEAUTY PLEASURES

Soft smooth skin, luxurious hair, and beautiful hands and feet are vital elements to an attractive and healthy body.

Our Beauty Pleasures offer a variety of pampering sessions from manicure-pedicure to hair treatments, grooming, and hair removal.

TRADITIONAL MEHENDI HENNA TATTOO

seasonal/upon request

Mehendi is the art of creating designs on the skin using henna paste. Temporary Mehendi Henna tattoos have been in use for over 5000 years for beauty and body art. From ancient rituals to a typically Indian custom and an indispensable part of a bride's make-up, Mehendi has developed into a fashionable beauty statement, connecting folklore with contemporary art.

Traditionally Mehendi is applied on the hands and feet. Today as Mehendi has become popular all over the world it is applied on the upper arms, back, around the belly button as well as on the hands and feet.

NAIL CARE

FRENCH MANICURE OR PEDICURE

60 min

We will give your hands or feet the same luxurious treatment as in our Sun Manicure & Pedicure, but will add that extra sophisticated touch by giving you the perfect well-groomed and natural look of the French Nail Design.

SUN MANICURE

60 min

Enjoy this luxurious manicure to clean and nourish hands and nails. Your nails are first shaped and a nourishing cuticle softener massaged into the cuticles to work away trapped dirt.

This is followed with a relaxing hand massage and thorough nail-buffing to induce a stunning shine. For the finishing touch, your therapist will apply a hydrating mask leaving your hands soft and beautiful.

Nail Varnish & Decoration included if desired.

SUN PEDICURE

60 min

Let your feet reveal their natural beauty with this deep cleansing pedicure. You are welcomed with a cooling and refreshing footbath and then your feet are gently exfoliated using a nourishing foot scrub to stimulate weary feet.

Your nails and cuticles are then groomed followed by a nourishing foot mask and a soothing foot massage to stimulate tension points on your feet.

Nail Varnish & Decoration included if desired.

NAIL DECORATION

60 min



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SALON SENSATIONS

HAIR CARE

Over-exposure to sun and salt dulls the hair complexion. Sun Spa's intensive hair therapies combine natural ingredients with gentle massage techniques to strengthen the scalp and hair follicles.

Feel and look good with these luxurious treats.

STRENGTHENING GINSENG HAIR CRÈME BATH 60 min
Recommended for all types of dark hair, this strengthening Crème Bath enriched with Rosemary and Ginseng fortifies roots, returning a silky lustre to your hair.

NOURISHING AVOCADO HAIR CRÈME BATH 60 min
Recommended for light and normal hair, this nourishing Crème Bath enriched with Lemon and Avocado nurtures dull and dry hair leaving your hair soft and smooth to the touch.

HAIR SERVICES

<i>Highlighting</i>	120 min
<i>Full Hair Coloring</i>	120 min
<i>Style Dry or Roller Setting</i>	60 min
<i>Wash & Blow Dry</i>	50 min
<i>Hair Straightening</i>	200 min
<i>Hair Curling</i>	200 min
<i>Ladies Hair Cut, Wash & Blow Dry</i>	100 min
<i>Ladies Hair Cut</i>	60 min
<i>Men's Hair Cut</i>	50 min
<i>Hair Style & Make-up</i>	120 min



... a feeling of youthful energy



SALON SENSATIONS – continued

HAIR REMOVAL / WAXING

<i>Eyebrow Threading</i>	15 min
<i>Facial Hair Threading</i>	20 min
<i>Bikini Waxing</i>	30 min
<i>Brazilian Bikini Waxing</i>	60 min
<i>Full Leg Waxing</i>	60 min
<i>Half Leg Waxing</i>	45 min
<i>Full Arms Waxing</i>	45 min
<i>Underarms Waxing</i>	20 min
<i>Brow Shaping (Wax)</i>	20 min
<i>Upper Lip Waxing</i>	10 min
<i>Men's Back or Chest Waxing</i>	60 min



... a feeling of youthful energy



SPA ETIQUETTE

Our SunSpa is open from 10.00 am to 10.00 pm.
Please visit the spa reception next to the main resort lobby or call us at Extension 415 to make a reservation.

ARRIVAL TIME

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings.

Late arrivals will limit your treatment time as we need to end on time in order not to delay the next guest.

HYDROTHERAPY

We are happy to provide complimentary use of our hydrotherapy area, including Jacuzzi, steam room, sauna and chilled pools, to all guests who have booked a treatment in the spa.

Please pre-book its use at the time of scheduling your spa treatment.

We recommend an average time of 30 minutes prior to your treatment in our hydrotherapy area.

HOW TO SPA SAFELY

We recommend that you do not sunbathe before or after any spa treatment (especially hair removal treatments, body scrubs or aromatherapy treatments) for a minimum of twelve hours.

Gentlemen are kindly asked to shave 5 hours prior to all facial treatments to ensure that maximum results will be achieved.

If you are pregnant or less than 3 months after giving birth and would like to enjoy any of our spa treatments, please consult with the Resort Doctor first. We kindly ask you to also bring a certificate of no objection from your family doctor allowing you to use the spa facilities.

SPA CLOTHING

We provide Bathrobes, Slippers and disposable panties for your personal use during your visit to our spa.

You may also wish to wear your bikini during your treatments.

Whichever you choose, our therapists will make sure that your privacy is respected at all times.

ELECTRONIC-FREE ZONE

Kindly note that the spa is an electronic-free zone. As such, we do not allow the use of mobile phones or any type of audio, photographic or video recording equipment.

HOLISTIC ENVIRONMENT

Please refrain from smoking within the spa grounds as we would like to provide a healthy environment for all our guests.

JEWELRY

We recommend that you leave all jewelry and valuables in your villa before coming to the spa. Kindly note that the spa cannot be responsible for loss or damage of personal articles or misplaced items.

CHILDREN

Please note that the spa is an unsuitable environment for babies and small children.

We try to ensure that all our guests benefit from the tranquil surroundings and ask you to be mindful of this when bringing young children to this location.

We are happy to provide 50% discount on all treatments booked for children under the age of 12.

CHARGES

All treatments will be charged to your villa and appear on your account at the time of check out.

CANCELLATION POLICY

Please allow at least 4 hours notice for cancellations to avoid a 50% cancellation charge; Cancellations without notice will incur a 100% charge.

All prices, treatments and packages are subject to change without prior notice.