



SUN

SPA

STAY RELAXED



Welcome

to Sun Spa

Our Philosophy

Taking a holistic approach to health and wellness, incorporating the healing principles of the east and west with a specific focus on the ancient traditional healing practices of Ayurveda and Aromatherapy.

Product and Experience

Our services are based on a fundamental 'Back-To-Nature' concept of the Five Element Theory: Earth, Wood, Metal, Water and Fire. This is reflected in the abundance of natural ingredients we employ to enrich your spa-experience and our blended product choices.

All Sun Spa treatments are designed to restore balance and harmonize energies as they lead you on a journey through the cycle of nature.

Experience the ultimate pampering of your senses with our diverse exotic Sun Spa treatments while you relax and soothe your soul in our private luxurious Sun Spa pavilions.

Signature Treatments

Sun Spa Signature Massage

Full body massage. Combination of Shiatsu massage, Hawaiian Lomi-Lomi, Balinese massage and complete with cool stones massage on your face.

Benefit of this massage is deep relaxation, blood circulation and releasing of muscle tension.

Seashell Massage

A unique massage that focus on tense muscles with the use of the heat from the lava shell with calcium ions.

Single Package

Sun Spa Signature Package

A sensory journey full of relaxation.

Indulge in our signature package that will unwind your mind and body resulting in ultimate bliss.

- Sauna, Jacuzzi - 15 min
- Sun Spa Signature Massage - 90 min
- Sun Spa Signature Facial - 30 min
- Essential Bubble Bath - 15 min

Energizing Signature Package

A perfect combination for those suffering from physical or mental exhaustion.

- Sauna, Jacuzzi - 15 min
- Warm Hot Stone Massage - 90 min
- Warm Herbal Spice Scrub - 30 min
- Essential Bubble Bath - 15 min

Dreaming Seashell Package

This combination has a reflex balancing effect on the deepest recesses of the brain and induces a peaceful state of mind.

- Sauna, Jacuzzi - 15 min
- Seashell Massage - 90 min
- Warm Clay Body Wrap - 30 min
- Essential Bubble Bath - 15 min

Couple Package

Honeymoon In Paradise

Enjoy new found love or revitalize your relationship with this enchanting package for the lovebirds. Indulge in luxury and romance.

- Sauna, Jacuzzi - 15 min
- Warm Exotic Body Wrap - 30 min
- Romantic Warm Hot Stone Massage - 90 min
- Exotic Rose Bubble Bath - 15 min
- Fruit Platter
- 2 Glasses of Red Wine

Chocolate Delight

Enjoy an invigorating Chocolate Scrub, before being wrapped entirely in a delicious blend made of chocolate, ginger and cinnamon. During this ensuing full-body Chocolate massage, you will forget all your worries and transcend into a state of pure relaxation. Take a quick dip in a Chocolate bath before finishing this luscious experience with a tasty Chocolate moisturizer.

- Chocolate Almond Scrub - 20 min
- Chocolate, Ginger & Cinnamon Mask - 20 min
- Chocolate Massage - 90 min
- Chocolate Effervescent Bath - 15 min
- Hot/Cold Chocolate drink

Romance At Olhuveli

The ultimate experience to share with your most loved one. You will feel completely refreshed and radiant at the end of this pure pampering experience.

- Sauna, Jacuzzi - 15 min
- Romantic Couple Seashell Massage - 90 min
- Aloe Facial - 25 min
- Essential Bubble Bath - 15 min
- 2 Glasses of Red Wine



Single Massage

Olhuveli Dreaming (Beach Massage)

Try something different by pampering yourself to a massage on the beach. The sound of the waves and the breeze from the ocean will calm a stressed and busy mind.

Any chosen Sun Spa Signature full body massage together with a foot massage.

Hot Stone Massage

This deeply relaxing massage is performed using warmed stones. The stones are bathed in specially blended oil. Perfect for those suffering from physical or mental exhaustion to relax and find inner harmony.

Thai Massage

Our specially trained therapists 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.

Four Hands Massage

This massage is good for tense muscles. It is a combination of Swedish, Hawaiian Lomi-Lomi, Balinese, Japanese Shiatsu, Thai and Aromatherapy massages performed simultaneously by two therapists.

Maldivian Veyo Modun

This massage is perfect for aching back or joints. Let us nurture you back to health with a concoction of leaves and roots. Your therapist will apply the warm green paste, concentrating on joints and tense zones followed by a warm oil full body massage.

Slimming Massage

Cellulite is a normal skin condition caused by a buildup 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.

Mother To Be Massage

This massage has been especially made for expecting mothers. The oil and massage techniques have you and your baby's best interests, and a feeling of joy after.

Balinese Massage

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 techniques; guaranteed to relieve tension, improve blood circulation and calm the mind.

Aromatherapy Massage

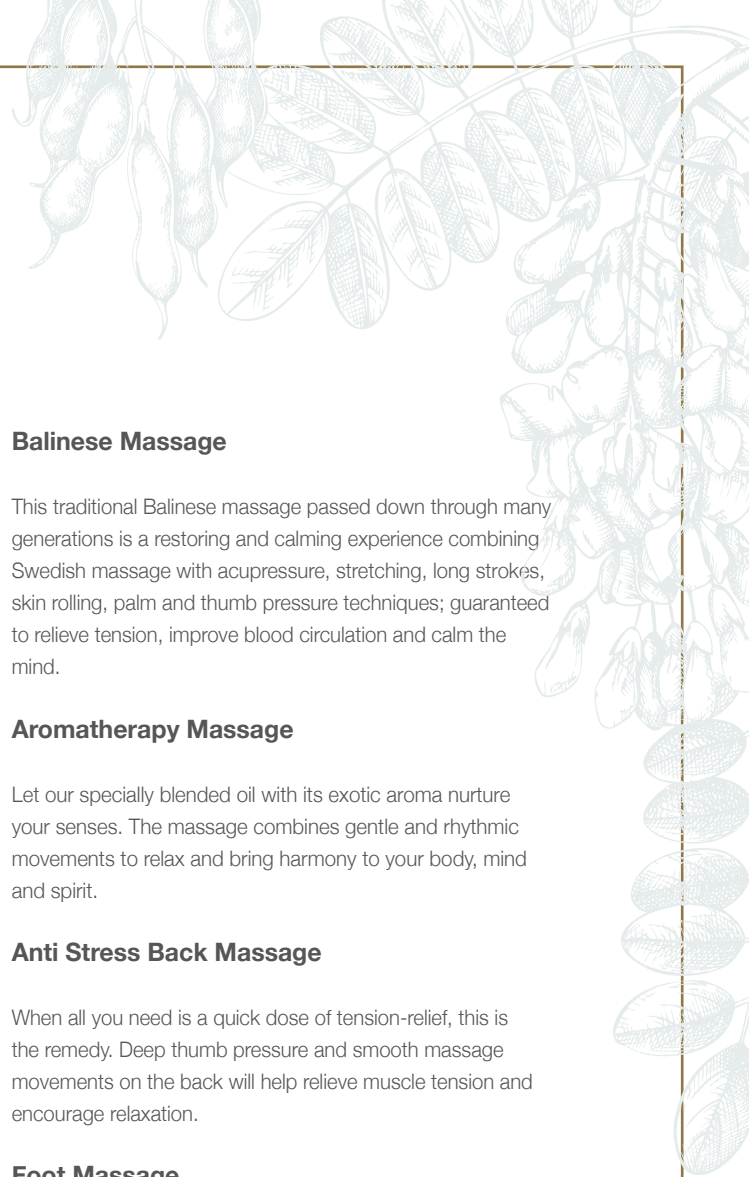
Let our specially blended oil with its exotic aroma nurture your senses. The massage combines gentle and rhythmic movements to relax and bring harmony to your body, mind and spirit.

Anti Stress Back Massage

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

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.



Facial Treatments

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

Calming Facial

Gentle, calming and effective facial that deeply hydrates and nourishes sensitive skin. Recommended especially for sensitive skin types.

Anti Aging Facial

Exclusive treatment for deep and visible wrinkle-reducing action. A delightful massage to face, neck, shoulder and arms.

Body Wraps

A selection of body wraps to encourage elimination of toxins and stimulate circulation to bring vitality to your skin.

Nourishing Clay Mask

This aromatic face & body mask absorbs excess oil and extracts impurities from the skin. The unique blend of Clay has a rejuvenating and deeply cleansing effect on the skin. Brightens and enlivens skin tone and color.

Revitalizing Marine Wrap

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.

Detoxifying Seaweed Wrap

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 which improves body complexion and reduces cellulite.

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

Body Scrubs

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

Royal Lulur

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. Detoxifying and nourishing, you will feel completely refreshed and radiant at the end of this pure pampering experience.

- Javanese Brightening Scrub - 45 min
- Balinese Massage - 60 min
- Nourishing Plain Yogurt - 15 min

Re-Hydrating Coconut Scrub

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

Rich Coffee Scrub

Enjoy a powerful blast of caffeine, a potent-free radical scavenger and cell detoxifier. Its' brisk and scrumptious aroma will refresh tired muscles and invigorate the spirit. Delicious ground coffee provides deep skin exfoliation that leaves the skin fragrant and incredibly soft.

Marine Body Scrub

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 head to toe.



After Sun

Treatments

Aloe Vera After Sun Relief

After a day in the sun, come and indulge in our special sunburn treatment. You will be wrapped with cool aloe to calm, soothe and rehydrate your skin. This treatment is specially designed to fight against sun burnt skin.

Cucumber Body Heal

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. The natural ingredients hydrate your thirsty skin and a tender head massage will soothe your senses. We will finish this healing treatment with a calming lotion.

Sun Kiss Aloe

Specifically recommended after sun bathing, this rejuvenating and hyper-hydrating combination of pure Aloe Vera Gel and Rose Oil will repair damaged skin cells to stop premature aging, while nourishing and softening the skin's epidermis and providing a soothing relief for sun-stressed skin.

Bath

Therapies

Aromatherapy Bubble Bath

Immerse yourself in our deliciously sensuous aromatherapy flower bath and nourish your mind and spirit.

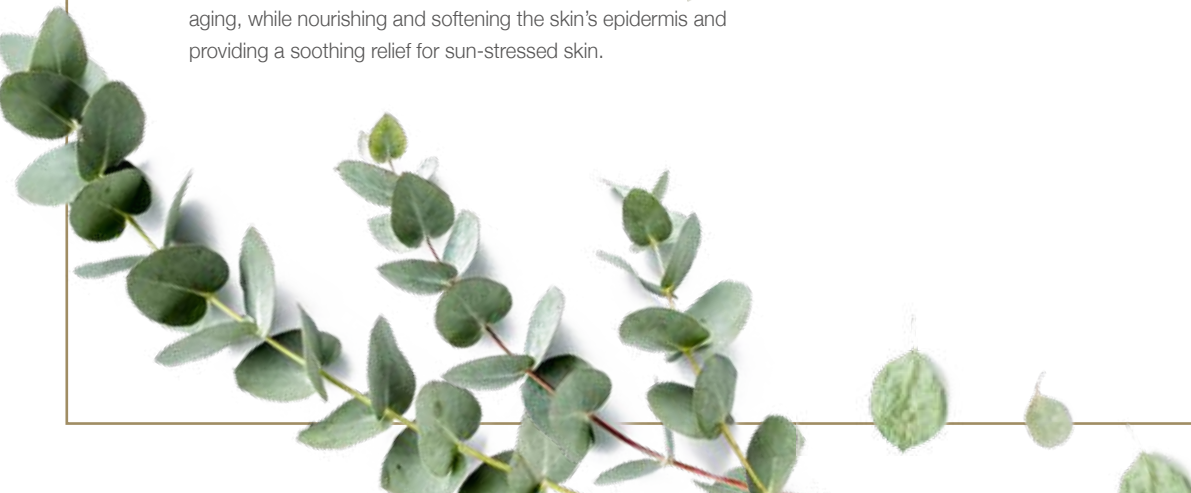
Milk Bath

Soak in this beneficial blend of milk and honey and let go of any worries troubling you. The milk and its derivate contain lactic acid, which will exfoliate and soften your skin.

Hydrotherapy

Our Hydrotherapy area includes Jacuzzi, Steam Bath, Sauna and Chilled Pools.

Enjoy the beneficial qualities of the dry or of the moist heat. Relax in our beautiful Jacuzzi, letting go of all your worries and tuning into the Maldivian island spirit.







Sun Spa

Journeys

07 Days – Sun Spa Journey

- Day 1 Seashell Massage - 90 min
- Day 2 Warm Hot Stone Massage - 90 min
- Day 3 Stretching Thai Massage - 90 min
- Day 4 Aloe After Sun Neck & Shoulder - 90 min
- Day 5 Foot Massage & Pedicure - 90 min
- Day 6 Balinese Massage + Hair Crème Bath - 90 min
- Day 7 Anti Aging Facial + Essential Flower Bath - 60 min

05 Days – Sun Spa Journey

- Day 1 Maldivian Veyo Modun - 90 min
- Day 2 Warm Hot Stone Massage - 90 min
- Day 3 Seashell Massage - 90 min
- Day 4 Anti Stress Back Massage - 60 min
- Day 5 Calming Facial + Essential Bubble Bath - 60 min

03 Days – Sun Spa Journey

- Day 1 Sun Spa Signature Massage - 90 min
- Day 2 Balinese Massage + Essential Bubble Bath - 60 min
- Day 3 Seashell Massage + Body Scrub - 90 min



A woman is lying down with her eyes closed, receiving a Sirodhara treatment. A stream of warm oil is being poured from a pot above onto her forehead. The background is a soft, out-of-focus green, suggesting a natural or spa setting.

Ayurveda

Package

Sirodhara Package

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 expands awareness.

Ayurveda

Specialties

Detox Massage

A highly effective detoxifying treatment with the use of a special herbal powder that thoroughly exfoliates your whole body – particularly areas with cellulite build up. This exfoliating massage encourages break up excess fat.

This treatment is effective if continued for 3 sessions

Marma Massage

A strong massage with the use of hands and feet. The therapist will walk on your body to stimulate the Marma points through skillful 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 wellbeing.

Kativasthi Lower Back Ache

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.

Sirodhara / Head Ache

Sirodhara is considered as 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 expands awareness. This treatment is highly effective if continued for 3 sessions.

Dosha / Deep Massage

Just as Western medicine believes that there are three body types, so does 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.



Hair

Care

Ginseng Or Coconut Hair Crème Bath

Recommended for all types of dark hair, this strengthening crème bath enriched with rosemary and ginseng fortifies roots and restores a silky shine to your hair.

Nourishing Avocado Hair Crème Bath

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

Wash & Blow Dry
Ladies Hair Cut, Wash & Blow Dry
Ladies Hair Cut
Men's Hair Cut
Hair Style & Make-up

Hair Removal / Waxing

Full Leg Waxing
Half Leg Waxing
Full Arm Waxing
Underarms Waxing
Upper Lip Waxing
Men's Back or Chest Waxing

Nail

Care

French Manicure Or Pedicure

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

Sun Manicure

Enjoy this luxurious manicure to clean and nourish hands and nails. Your nails are shaped and a nourishing cuticle softener is massaged into the cuticles to work away trapped dirt. This is followed with a relaxing hand massage and a 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.

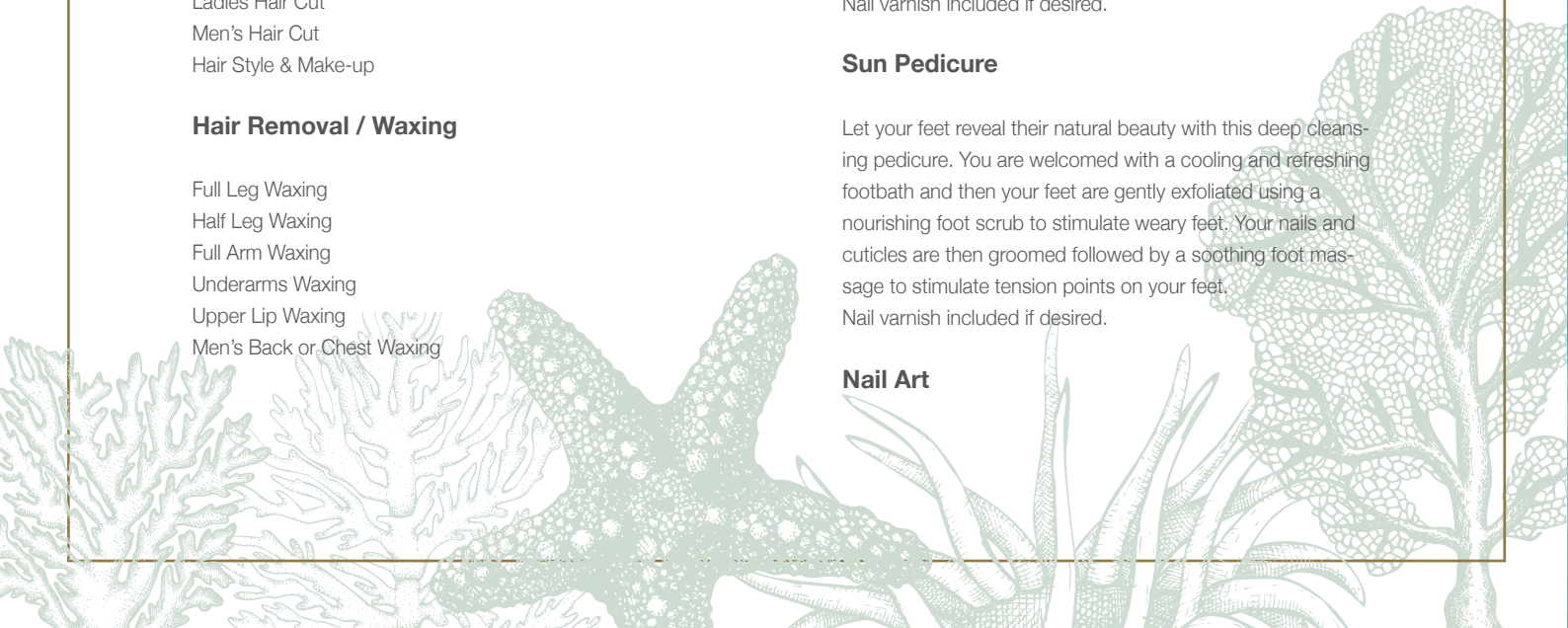
Nail varnish included if desired.

Sun Pedicure

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 soothing foot massage to stimulate tension points on your feet.

Nail varnish included if desired.

Nail Art





How

to Sun Spa

Our Sun Spa is open from 10.00 to 22.00. Please visit the spa reception next to the main lobby or call us at extension 415 to make a reservation.

Arrival Time

Please arrive 10 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surrounding.

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

How To Spa Safely

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.

Spa Clothing

We provide bathrobe, 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.

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.

Cancellation Policy

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

Charges

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

Prices are in USD subject to 10% service charge & prevailing government taxes.



Price list pocket

Sun Spa at Olhuveli Beach & Spa Maldives
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