

An underwater photograph of a coral reef. The foreground is dominated by large, feathery, golden-brown coral structures. Below them, there are smaller, more intricate coral formations and some blue sponges. Several small, dark fish are visible swimming in the clear, blue water. The background is a soft, out-of-focus blue gradient.

*the
island spa*

Come to us and return to your self





*"For whatever we lose (like a you or a me),
It's always our self we find in the sea."*

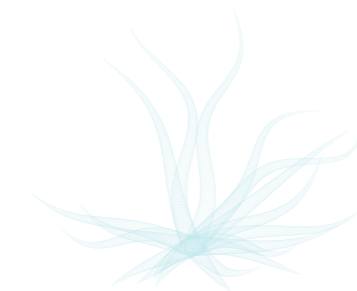
E.E. Cummings

**Arrive by boat and stay a good long while at The Island Spa,
a true retreat for relaxation and reconnection.**

You may have already swum, surfed or even dived – now it's time to take things deeper.

Refresh, rebalance and rejuvenate with wellbeing classes and pioneering OSEA treatments that draw on the healing properties of the ocean – from sea oxygen and sea salt to wild-harvested seaweed and nutrient-rich sea algae.

Restore your primal connection to the ocean through naturally radiant skin, a strong vital body and a clear calm mind. As our therapists rock you back to health, reconnect with the essence of your true self.



*"You are not a drop in the ocean.
You are the entire ocean in a drop"*

Rumi



the depths of our treatments



DEEP

Incredibly effective treatments designed to have deep therapeutic impact in the minimum amount of time. Every moment counts: every second will take you closer to you.



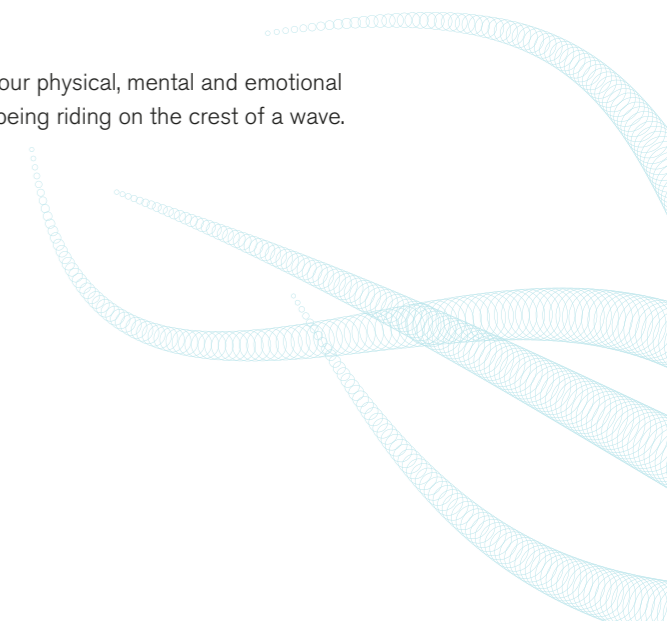
DEEPER

Exploratory experiences that draw on the essence of the ocean to restore a sense of harmony and ease, and encourage a deeper reconnection with your true self.



DEEPEST

Immersive, healing journeys designed to support your physical, mental and emotional wellbeing at the deepest level, leaving your entire being riding on the crest of a wave.



our seaweed stars

Seawater contains the same percentage of salt as human blood, sweat and tears.

It also contains the same 66 trace elements, vitamins and minerals as the human body.

Seaweed absorbs these nutrients – a vast range of natural hydrating, softening, toning, slimming and anti-ageing properties – that can then be absorbed by the skin with wonderful results.

Our OSEA treatments feature seven different organic seaweeds, hand-harvested from the most pristine waters on the planet. The three key ones are gigartina, undaria and macrocystis, which we use in powder, whole leaf and extract forms.

Here at The Island Spa, we also use mineral-rich sea grass, sustainably harvested from our own lagoon.

Gigartina skottsbergii

Gigartina is a red algae with extraordinary moisturising, antiseptic and disinfecting properties. It is rich in polyunsaturated fatty acids and unsaturated fatty acids (the basis of lipoproteins and cell membrane building) as well as a particular mucopolysaccharide that helps lock in moisture and boost the production of collagen.

Undaria pinnatifida

Undaria is a brown algae that keeps skin looking young and healthy. Rich in sodium, iron, potassium, calcium, iodine and many B vitamins, it slows down the 'ageing' enzymes that break down hyaluronic acid and collagen, which keep skin hydrated and firm. It also helps protect against UV light and environmental pollution.

Macrocystis pyrifera

Macrocystis is the largest of all algae. Commonly known as giant bladder kelp, it is an antiseptic and anti-irritant that helps heal scrapes and sun-damaged skin while improving skin texture and wrinkles. High in iodine, vitamins and minerals, it has a jelly-like substance that gives skin a natural glow.

Thalassia hemprichii

This sea grass (also known as turtle grass) grows here in Kuda Huraa's lagoon. It is an important food for green turtles and other marine life, and helps protect the reef by filtering excess nutrients. It also has anti-inflammatory, antibacterial and antioxidant properties – natural benefits that are now extended to The Island Spa.





Face

Our OSEA facials use nutrient-rich organic wild sea algae and include a bespoke cleanse, mask and massage for skin-specific care.



Island Rescue

60 minutes

Return to luminosity

With vital nutrients to brighten, moisturise and regenerate all skin types, including sensitive or sun-damaged.

Beach Boy

60 minutes

Return to calm

With specific soothers to rejuvenate skins ravaged by sun exposure, razor burn and time.



DEEPER

Sea of Life

90 minutes

Return to radiance

With powerful botanicals and cranial sacral therapy to boost collagen and enliven skin, plus a hydrating Gigartina hair treatment.



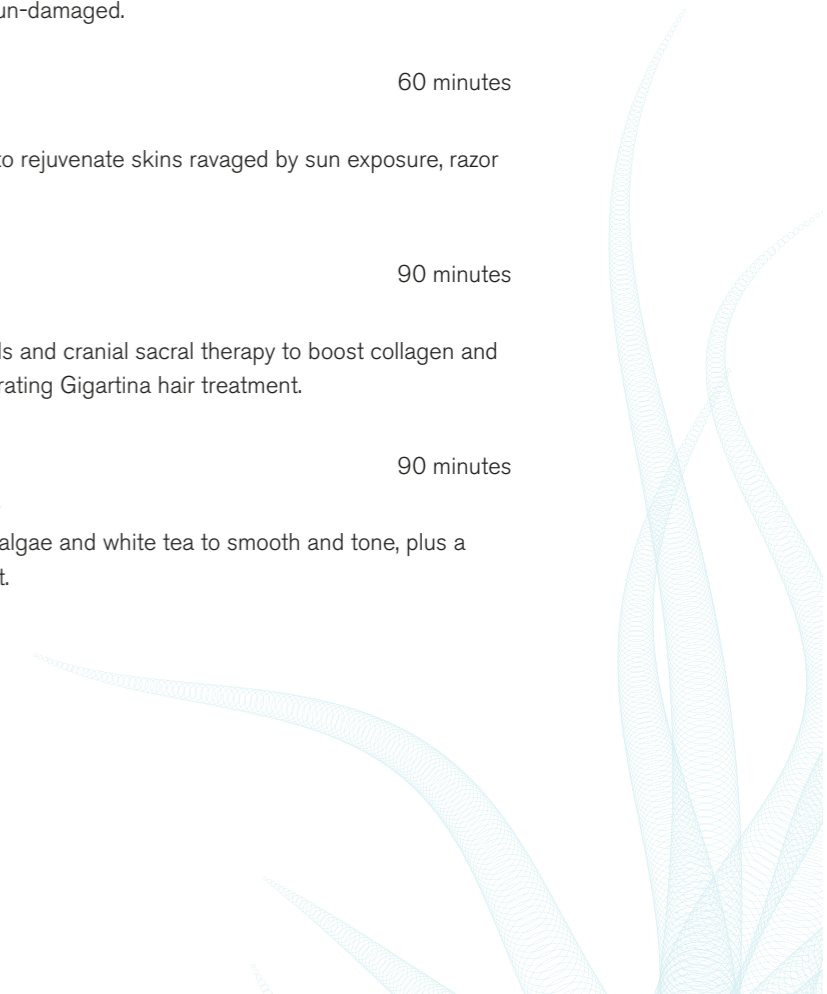
DEEPEST

Tides of Time

90 minutes

Return to youthfulness

With anti-ageing white algae and white tea to smooth and tone, plus a hydrating eye treatment.





body

massage

From sea algae to water cushions, our massages and body treatments incorporate a range of ocean-inspired wonders to leave you feeling on the crest of a wave.

- DEEP** **Islander** *Return to serenity* 60 | 90 | 120 minutes
Our head-to-toe fusion of South Asian specialities – long strokes, pressure points and stretching.
- DEEPER** **Deep Sea** *Return to ease* 90 | 120 minutes
Deep pressure techniques to relieve tension, drain toxins and soothe strains.
- DEEPEST** **Surfer** *Return to balance* 60 minutes
With strong targeted pressure to rebalance board bodies.
- DEEPEST** **Thai Balance** *Return to alignment* 60 | 90 | 120 minutes
A meditative mix of palm-pressing, stretching, joint mobilisation and acupressure for holistic harmony.
- DEEPEST** **Lava Shell** *Return to relaxation* 90 minutes
Swedish massage with heated Indian Ocean seashells to melt away tension.
- DEEPEST** **Shape & Sculpt** *Return to tone* 90 minutes
With cupping and firm massage to reduce cellulite and sculpt your body.
- DEEPEST** **Atlantis** *Return to power* 90 minutes
A crystal massage inspired by tales of Atlantis, where crystals were used to channel cosmic forces.
- DEEPEST** **Maternal Waves** *Return to unity* 90 minutes
Customised soothing that cradles baby and mother-to-be in joint serenity.
- DEEPEST** **Kuda Huraa Healing Waters** *Return to tranquillity* 60 | 90 minutes
Performed lying face up on cushions of warm water, our pioneering full body therapy will lull you into a complete state of tranquillity and leave your spirit floating.



scrubs



Ocean Cleanse 30 | 60 minutes

Refreshing renewal

An invigorating brush and scrub with wild sea algae and sea salts.



Deep Dive 75 minutes

Intense cleansing

The ultimate head-to-heels super scrub with wild gigartina and a Black Sea algae facial exfoliation.



Deepest Dive 90 minutes

As above with the added benefits of a Gigartina Beauty Bath.

wraps



Sun Soother 75 minutes

Healing hydration

With wild algae, aloe vera and fresh banana leaves to cool and soothe face and body.



Undaria Detox 75 minutes

Pure cleansing

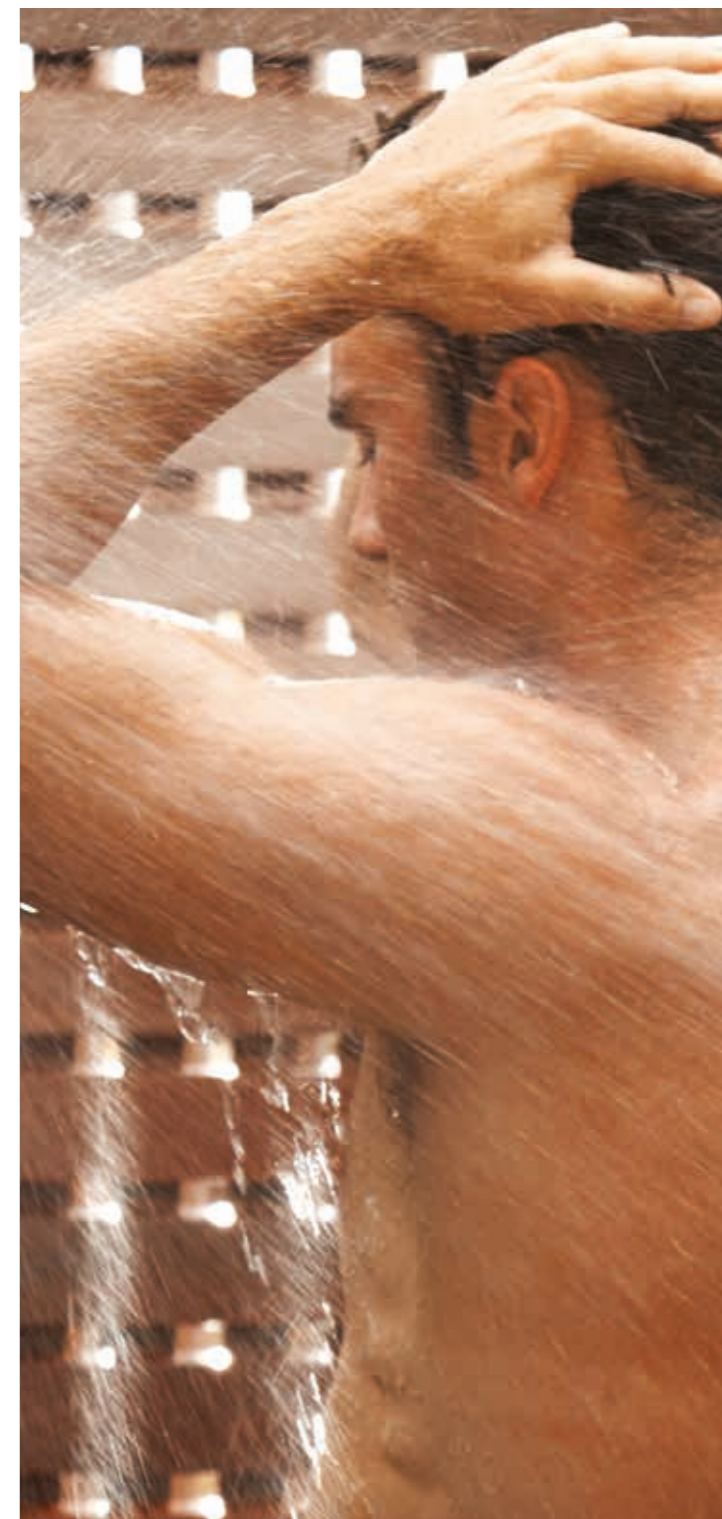
A concentrated detoxification therapy that refines skin and boosts circulation and micronutrients.



Gigartina Cocoon 90 minutes

Peace out

Surrender to serenity with this indulgent gigartina-based mineral brush, scrub, mask and back massage.





Bathing

Soak in solitude, enjoy as a couple or add to any treatment on the menu for an enhanced spa experience.



Sea Lavender Salt Bath 30 minutes

A soothing, relaxing bath infused with deeply moisturising gigartina flakes, fragrant coastal sea lavender and mineralising sea salts.



Gigartina Beauty Bath 30 minutes

A beauty-boosting bath that hydrates, softens and tones skin. With the purple-hued powder of organic gigartina to restore radiance and undaria to stimulate collagen production.



Super Green Marine Bath 30 minutes

Cleansing and anti-ageing – this therapeutic super soak uses undaria algae and Maldivian sea grass to reduce water retention, hydrate skin, improve circulation, and firm and hydrate at the deepest level.

Therapies

Specialised therapies to enjoy on their own... or add to any treatment for enhanced harmony and clarity.



Jalaneti 30 minutes

Return to clarity

Jalaneti uses warm salt water to relieve sinus congestion and migraines.



Reflexology 30 | 60 minutes

Return to harmony

Pressure point massage for the feet to unblock your qi and harmonise your system.



Reiki 60 minutes

Return to natural energy

Gentle yet powerful hands-on energy work to reduce stress and boost vitality and health.



hair

Free Flow 60 minutes

Free the secret to lustrous hair with nourishing virgin coconut oil and a mesmerising Indian Head Massage to encourage the flow of nutrients to the hair follicles.

Gigartina Deep Conditioning Treatment 60 minutes

An intense mineral-boost direct to the hair, roots and scalp. With wild gigartina sea gel for maximum silkiness and strength.

hair removal

Full range of waxing, threading and body sugaring services available to leave legs, face and body silky smooth, visibly clear, and sunshine ready. Please ask for details.

nails

Shallow Waters 30 minutes

An instant fix for nails including a cut, file and polish or buff. Gel nail polish available.

Deep Sea Manicure 75 minutes

Reveal nails that shine with health with this in-depth treatment. From shaping and buffing to removing dry skin and cuticles, a smoothing scrub to nourishing hand-mask and massage – the beauty is in the detail. Leave nails natural or finish with polish of your choice. Suitable for men and women.

Deep Sea Pedicure 75 minutes

A deep, sensitive pedicure for long lasting results. Relax in our special chair while your therapist shapes, smoothes and soothes your feet and legs. Beautiful results glow with natural health; or finish with polish of your choice. Suitable for men and women.

beauty



An underwater photograph showing a vibrant coral reef with numerous small, silvery fish swimming in schools. The lighting is deep blue and green, creating a serene and natural atmosphere.

rituals

Clever combinations of OSEA treatments for extended bliss and benefits.



DEEP

Beach Break *Return to rest*

90 minutes

Ride a wave of relaxation with this restorative sea salt and wild algae scrub and stimulating massage. Ideal for surfers and sporties, a natural analgesic cooling gel soothes sore spots while a coconut oil balm – with wild algae extract and essential oils of lemon, grapefruit, basil and geranium – reinvigorates tired muscles.



DEEPER

Marine Brightening *Return to luminosity*

120 minutes

A full body and face treatment with white algae, sea oxygen and vitamin C for a radiant all-over glow. Gentle resurfacing with undaria and gigartina removes dry, damaged skin, followed by a customised brightening mask to target dark spots and stimulate cellular regeneration. Whole body skin brushing and deep moisturisation results in skin that shines with health and luminosity.



DEEPEST

Sea of Life Ritual *Return to peace*

150 minutes

Drift away with this peace-inducing, soul-soothing body polish, massage, cranial sacral therapy and hair conditioning treatment with wild seaweed and undaria algae oil. Along with promoting a sense of deep calm and clarity, wild undaria algae conditions, refreshes and revitalises. The ritual ends with a Super Green Marine Bath for the ultimate in peace-inducing pampering.

The Big Blue *Return to wellbeing*

150 minutes

An immersive, super-hydrating experience for face and body – the ideal end-of-holiday indulgence to counter the drying effects of sun and sand and hydrate at the deepest level. Features a sea lavender salt bath, calming and centring spinal oils, cocooning gigartina and aloe body wrap, extra-long wild algae massage and hydrating gigartina face compress.

night spa



SECRETS OF THE SEA

150 minutes

Return to self

Stop the storm of stress and self doubt and attune to your inner stillness with our magical, soul-soothing Night Spa ritual – performed on a private beach beneath a blanket of stars...

Secrets of the Sea focuses on the vagus nerve – the captain of the body's inner nerve centre and master of memory-making and relaxation, that tells your lungs to breathe and your heart to beat.

The body is prepared with a gentle dry skin brushing and warming wrap of flower essences and Vagus Nerve oil, followed by a Gigartina Beauty Bath for transformative relaxation.

A Kuda Huraa Healing Waters Massage and Vagus Face Treatment follows, performed on cushions of warm water, to lull tense muscles and leave your spirit floating.

Attune to the heartbeat of the ocean and the vast stillness of your inner being – and discover an energy and power that quietens the mind, balances the emotions, and fills the heart with a silent joy.





journeys

Transform yourself over time with a fusion of daily treatments.

Marine Detox

Return to firmness

Target fluid retention and cellulite with our toning seaweed therapies.

Day 1 ~ Undaria Detox Wrap	75 mins
Day 2 ~ Shape & Sculpt Massage	90 mins
Day 3 ~ Gigartina Cocoon Wrap	90 mins
Day 4 ~ Shape & Sculpt Massage	90 mins
Day 5 ~ Undaria Detox Body Wrap & Super Green Marine Bath	105 mins

Siren Song

Return to loveliness

Let our therapists pay you close attention and help restore irresistible radiance.

Day 1 ~ Kuda Huraa Healing Waters Massage	90 mins
Day 2 ~ Sea of Life Facial	90 mins
Day 3 ~ Sea of Life Ritual	150 mins
Day 4 ~ Free Flow Hair Oil Treatment	60 mins
Day 5 ~ Deep Sea Manicure & Pedicure	135 mins

Find Your Flow

Return to source

Use yoga, Thai massage and ocean power to heal and harness your energy.

Day 1 ~ Private Yoga	90 mins
Day 2 ~ Kuda Huraa Healing Waters Massage	90 mins
Day 3 ~ Private SUP Yoga	90 mins
Day 4 ~ Thai Balance	90 mins
Day 5 ~ Private Yoga	90 mins

Ride Your Own Wave

Want to do your own thing? Purchase a block of five or ten hours and we'll help you create your own spa journey tailored to your needs.





island family

FOR CHILDREN

Drift Off 60 minutes

Includes 15 minute oil blending session

Create your own blend of essential oils then drift off as we massage you from top to toe.

Magic Shell 60 minutes

Includes 15 minute shell activation session

Witness our self-heating lava shells warm up before they work their magic on your muscles.

Wobble Wobble 30 | 60 minutes

A fun and fabulous massage on a water mattress.

Seaweed Bath 30 minutes

The wild way to chill out and get clean.

Sea Nymph Mani 30 minutes

Hand nurturing and nail art for a bit of seaside glitz.

Sea Nymph Pedi 45 minutes

The ultimate treat for little feet.

Private SUP Yoga 30 minutes

Yoga on a stand up paddleboard! Can you keep your balance?

(Please note, maximum of 2 children, aged 8 or above. Must be accompanied by a parent/guardian.)

Private Yoga 30 minutes

Special kids' yoga to delight and develop young bodies, minds and hearts.

TOGETHER

Side by Side 90 minutes

A parent-child bonding experience, with Gigartina Deep Conditioning Treatment and either Reflexology or nail pampering.

island wellness

Please see our separate Yoga insert for a full range of group and private sessions to rebalance mind, body and spirit.



*"We are like islands in the sea,
separate on the surface but connected in the deep"*
William James





the
island spa



FOUR SEASONS
RESORT
MALDIVES AT KUDA HURAA

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