



# GILI LANKANFUSHI

MALDIVES



## MEERA SPA







MEERA SPA

BY GILI LANKANFUSHI

Meera is derived from the Sanskrit language meaning

*Rejuvenate your senses, calm your mind and uplift your soul.*

Dear Guest,

Welcome to our Meera Spa at Gili Lankanfushi.

Relax and Unwind, the Meera spa is located in a sanctuary space with 180° panoramic view of our beautiful sparkling blue lagoon, where we will indulge you in all the best that nature has to offer. Inspired by our exquisite natural surroundings and we believe you will be too.

Six treatment lagoon rooms are dedicated to the beauty of the marine life, and uniquely designed treatments for Ayurveda Therapy are provided at “Champa” – a natural hideaway immersed in the tranquil jungle.

Our Spa menu is an artful combination of global therapies which draw on the healing wisdom of age old cultures, but infused with modern know how. Highly skilled Meera spa therapists provide several holistic and wellness experiences to treat your body with mind & soul connected. We use the world’s finest skincare products by Voya and Meera lifestyle, organically created from ocean and plant extracts, that enhance your well-being and comprehensive healthy lifestyle. Visiting Practitioners offer our guests consultations and specialised treatments, some of which include Watsu, acupuncture, crystal sound therapy, body restoration and Reiki. Our spa facilities also include steam room and sauna, breath-taking Yoga Champa, Fitness Centre and Meera spa shop to enable our guests to prolong their enjoyment of our organic products after treatment.

Please contact us for a complimentary spa and lifestyle consultation to help customize your spa experience according to your individual needs.

Treat yourself to the ultimate mind and body holiday

Healthy Regards,  
Meera Spa Team



# MEERA WELLNESS & HOLISTIC THERAPIES

## MEERA YOGA

The Yoga Sutras – Pathanjali's sacred text on yogic philosophy show us how to discover our true selves and appreciate every moment of life, particularly when it gets overwhelming. They teach us to train our mind, body and soul to achieve perfect health and mental peace.

Yoga is much more than postures, it's connecting with your inner self learning to breathe again and to look within. Yoga teachings guide a student to control the mind and emotions to enhance physical wellbeing and advice spiritual growth.

### Pranayama

"Control of Breath" Prana is Breath or vital energy in the body, brings harmony between the body, mind, and spirit, making one physically, mentally and spiritually strong. It brings clarity to the mind and good health to the body.

### Classic Hatha Yoga

This classic yoga is based around "Grounding & Balancing" and is a combination of breathing and balance of posture. The pose give harmony to life brings awareness to the mind and increases your flexibility to maintain your body strength.

### Kriya Yoga

**f practice -** Kriya Yoga focuses on seven spinal centers "chakras" to aid in calming the mind and bringing you to a sense of self-realization. Improve your physical fitness, mental and emotional including unblocked energy by using Pranayama, Mantra and Mudra techniques.

### Restorative Yoga

In truth, **restorative yoga** is simply that - **restorative**. It is the centering of your breath and body - aligning the physical and mental by practicing stillness or gentle movement for extended periods of time. The props assist in helping you to hold poses longer. A gentle, relaxing, passive form of yoga that allows your body and mind relax and release the body into gentle passive stretching by using a wide range of props, including bolsters, blocks, straps and chairs.



## MEERA MEDITATION CONNECTING BODY AND MIND

If we know the divine art of concentration, if we know the divine art of meditation, if we know the divine art of contemplation, easily and consciously we can unite the inner and outer world *Sri Chinmoy*

Meditation is the state of existing fully in the here and now. Naturally arriving at this stage through the practice of “one-pointedness”, clears the cluttered mind of conflicting or random thoughts. This calm state achieved promotes relaxation, builds internal energy or life force and helps develop compassion, love, patience, generosity and forgiveness.

Meditation takes you into the present moment, the place where life exists.

Meditation is a three step process that leads to a state of consciousness that brings serenity, clarity, and bliss. We will guide you through the basic techniques of motion and assist you to incorporate this profound practice into your daily life.

### **Chidakasha Dharana (Inner Visualization)**

Chitta means consciousness and Akasha means space. Chidakasha known as the mind screen or viewing screen of Ajana Chakra. Chidakasha visualization gradually deepens the awareness from gross to psychic and pranic healing dimensions.

### **Kaya Sthairyam (Body Steadiness)**

In Sanskrit Kaya means body and Sthairyam means steadiness. This is the first practice of dharna (concentration). Kaya Sthairyam makes the body absolutely steady and immobile for further practices.

### **Yoga Nidra (A technique of deep yogic relaxation)**

In Sanskrit Nidra means sleep, here we practice to relax conscious mind and try to awaken the potential of subconscious mind .Yoga nidra a state of sleepless sleep, helps the practitioner to release the hidden psychic tensions of consciousness.





## **MEERA WELLNESS THERAPY**

Meera Wellness Massages go beyond relaxation to focus problematic areas and symptoms to provide you with long term benefits to your health and wellbeing. Our specialist therapists deliver unique therapeutic massages using alternative therapy techniques and the healing wisdom of age old cultures.

### **Deep Muscle Fusion**

This is a deep healing therapy utilizing the strongest possible massage pressure combining several techniques including herbal oils and compresses to relieve deep inner muscle stress and aid muscle realignment. A 'must' for the sports person or those who enjoy a stronger style of massage.

### **Hijama Cupping Therapy**

An amazing treatment that helps to purify and detoxify the body whilst improving blood circulation by extracting the impurities from your muscles by drawing them to the surface and releasing from the body through massage. This treatment promotes a healthy energy flow, removes deeply pain, tension and blocked energy channels.

### **Thai Remedial Therapy**

A retreat healing treatment from the North of Thailand, combining herbal compression, pressure points, Thai-yoga stretching and tension releasing techniques which flow the "wind-gates". The benefits of this therapeutic Thai massage are enhanced with the application of heated herbal poultices to heal and soothe your muscle tissues.

### **Tibetan Singing Bowl**

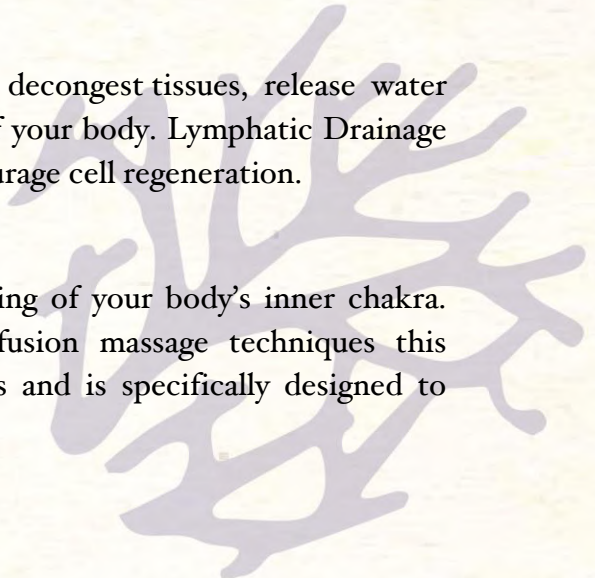
Healing and tuning your inner energy, mind and soul this massage combines firm pressure using thumbs, palms, and forearms, rolling and gliding over your body. The vibrations and sounds of singing bowl are used to penetrate through tense body tissues and the central nervous system to relieve stress and clam your body.

### **Manual Lymphatic Drainage**

This detoxifying massage helps to eliminate toxins, decongest tissues, release water retention and assist the fluid circulation system of your body. Lymphatic Drainage will activate the immune functions as well as encourage cell regeneration.

### **Crystal Healing**

Transform your inner energy with crystal balancing of your body's inner chakra. Using a combination of healing crystals and fusion massage techniques this treatment releases your body and mind of stress and is specifically designed to





release knotted muscles and activate trigger points to unblock stored energy in your back, neck and shoulders.

### **Journey Recovery**

The perfect relaxing massage after a long journey. It begins with placing warm stones on your lower back, followed by a leg, calf and ankle massage using long firm strokes. The touch of kneading and draining techniques with warm stone are continued along your back with an upper body massage. Complete with hydrating face mask treatment, rich in Hyaluronic and Collagen mask which deeply nourish and return moist through skin cells and reduce the appearance of fine lines and tired face.

### **Chi Nei Tsang**

This "Abdominal Healing" therapeutic massage works through the pressure points of the internal organs to release emotional tension and stimulate your lymphatic flow helping to detoxify the body of toxins. Allow yourself to be free physically, mentally, emotionally and spiritually

### **Reiki**

A Japanese healing art; Reiki is recommended for stress reduction, relaxation and healing. It is administered by "laying on hands" and re-establishes a normal energy flow of ki throughout the system, which in turn can enhance and accelerate the body's innate healing ability and wellbeing.

## **MEERA AYURVEDIC THERAPY**

Derived from Sanskrit, the compound word Ayurveda, implies two connected ideas – "the science of life" and "the art of living". This traditional health science has been in practice in the beds of herbs and spices in India for more than 5000 years. We recommend you to combine these treatments with yoga, wellness massages and a healthy diet for optimum long term benefits.

### **Shirodhara**

"Shiro," means head, and "dhara" is the continuous flow of a liquid. This treatment is profoundly relaxing, and nourishing. A steady flow of warm oil onto the forehead stimulates the pituitary gland, or "third-eye." This is one of the most divine therapies, awakening your body's intuitive knowledge. Our Shirodhara treatment includes the added benefit of a soothing Abhyanga massage.

\*To achieve the full benefit we recommend a series of 3 treatments.



## **Abhyanga**

Known as the Mother of all Massages in Ayurveda, Abhyanga is an ancient Indian Ayurvedic oil massage therapy for healing and detoxifying Body, Mind and Spirit. This ayurvedic detox and stress reduction therapy is performed by herbal oils. It incorporates an aromatic combination of oils prepared with herbs warmed and blended to your Dosha type. A variety of Ayurvedic techniques are applied to work along the energy channels of your body in a synchronized manner to restore the flow of vital energy, Prana, where it has become blocked. Lymphatic stimulation with ayurvedic herbal oils help squeeze out toxic accumulation from your channels, hence it is detoxifying massage.

## **Choorna Swedana**

Choorna Swedana is a warm herbal poultice massage. Following a full body synchronized massage with your Dosha specific oils, therapeutic sweating is induced by the application of warmed herbal powder boluses. It helps to increase blood circulation, speedup detoxification, plus relieves neurological disorders, arthritis, and rheumatism and sport injuries.

## **Udwartana**

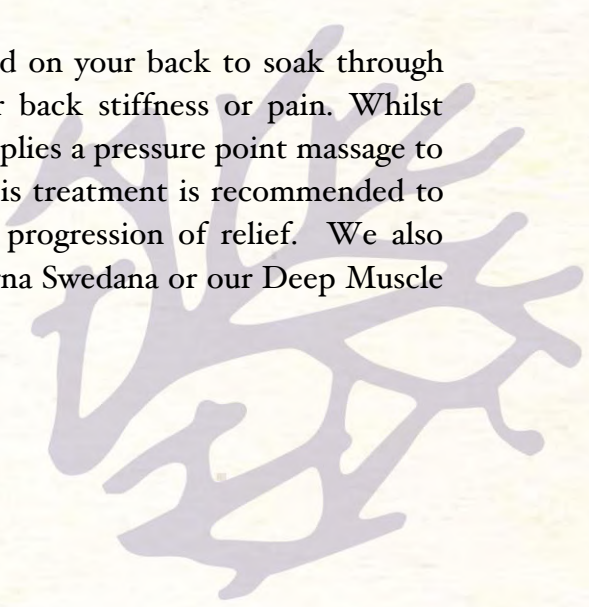
An Ancient Ayurvedic treatment, which tones and strengthens the body, increases the circulation and metabolism throughout your body. Using herbal powder and medicated oil to speed up cell functions, weight loss and break down cellulite tissues with improvement of skin complexion, relaxation and stress relief.

## **Greeva Vasti**

Focusing on the neck and upper back, pools of warm medicinal Ayurvedic oil are formed on the affected area to soak through your skin pores and muscles. Greeva Vasti is highly recommended to those who suffer from computer syndrome, migraine, tension headache and kyphosis. For both acute and chronic pain we recommend to combine with Champissage.

## **Kati Vasti**

A pool of warm medicinal Ayurvedic oil is formed on your back to soak through your skin pores and muscles to treat your lower back stiffness or pain. Whilst soaking is continued and repeated our therapist applies a pressure point massage to the palms of your hands. For severe back pain, this treatment is recommended to continue for three days and you will realize the progression of relief. We also recommend combining this treatment with Choorna Swedana or our Deep Muscle Fusion wellness massage.





### **Pada Dhara**

Using warm medicated oil infused with wellness herbs the treatment focuses on the knees, ankles and feet to relive tired legs, jet lag, water retention and arthritis. This treatment has the added benefit of reviving the central nervous system and blood and lymphatic circulation.

### **Champissage**

Also known as Indian head massage, this treatment is based on the ancient healing system of Ayurveda, focusing on the shoulders, neck, upper back, arms and scalp to be restored and revitalized. This is a wonderfully soothing treatment, excellent for those who work long hours at a computer and suffer upper body stress.

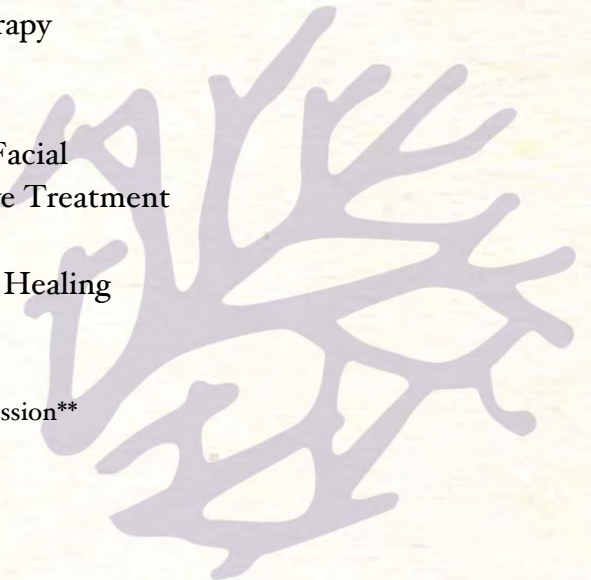




## MEERA HEALTH & WELL-BEING JOURNEYS

Relax, Retreat and Rejuvenate are three essentials of Gili Well-Being Journeys at Meera Spa. We understand the stress of a bustling city life and need to care for your inner well-being. Discover holistic and healing treats for the mind, body and soul in a tranquil setting with a focus on purifying and rejuvenating your body for long term benefits. A combination of several treatments involving stretching, pressure points massage, plus Ayurvedic medicated oils and holistic therapy will help uplift your senses. Begin your wellness journey with us and be on your way to a revitalizing road to recovery of inner peace and balance.

<b>1 Day</b>	<b>Ayurvedic Remedy</b> Kati or GreevaVasti Choorna Swedana Pada Dhara
<b>2 Days</b>	<b>De Stress Away</b>
1 <sup>st</sup> Day	Meditation focused on Purity of Breathing Tibetan singing bowl massage
2 <sup>nd</sup> Day	Self Discovery Radiance Facial Marine Organic Seaweed Eye Treatment with Scalp Massage
<b>3 Days</b>	<b>Revitalizing Recovery</b>
1 <sup>st</sup> Day	Coffee and Coconut Nourishing Body Polish Warm Stone Massage
2 <sup>nd</sup> Day	Organic Purifying Defense Facial Nourishing Hair Treatment
3 <sup>rd</sup> Day	Thai Remedial Therapy Chi Nei Tsang - Abdominal Healing
<b>5 Days</b>	<b>Detox Retreat</b>
1 <sup>st</sup> Day	Refining Aromatic Scrub with precious Spices Detox Seaweed Mud Wrap
2 <sup>nd</sup> Day	Shirodhara - Ayurvedic Therapy Champissage Steam or Sauna
3 <sup>rd</sup> Day	Organic Purifying Defense Facial Marine Organic Seaweed Eye Treatment
4 <sup>th</sup> Day	Hijama Cupping Therapy Chi Nei Tsang - Abdominal Healing
5 <sup>th</sup> Day	Tibetan Singing Bowl Reiki Healing ** Private Yoga & Meditation 1 session**





**7 Days**

**Rejuvenating Senses**

1<sup>st</sup> Day

Journey Recovery

2<sup>nd</sup> Day

Foot Reflexology

3<sup>rd</sup> Day

Stimulating Seaweed Body Buff

Organic Seaweed Leaf Wrap

4<sup>th</sup> Day

Choorna Swedana - Ayurvedic Therapy

Champissage

5<sup>th</sup> Day

Self Discovery Radiance Facial

Marine Organic Seaweed Eye Treatment

6<sup>th</sup> Day

Tibetan Singing Bowl

Reiki

7<sup>th</sup> Day

Chi Nei Tsang

Detox Seaweed Bath

Meera Signature Massage

Nourishing Hair & Face Treatment

\*\* Private Yoga & Meditation 2 sessions\*\*

\*\*Spa Advanced Wear 1 session -Meera Nail Therapy\*\*





# MEERA RELAXATION & TREATMENTS

## MEERA RELAXING THERAPY

### **Meera Signature**

This signature massage is a deeply wonderful fusion of global massage styles that will help reduce chronic tensions and stiffness. A Combination of several massage techniques such as Thai, Shiatsu and Hawaiian that will release your mind and body stress. Heated sand cushions will penetrate through your spine alignment to your lower back, followed by bamboo walking to unblock the Chi energy flow from your heels up to your neck and shoulders including pressure points. This dynamic treatment unwinds and refreshes the body, restoring energy levels and leaving you ready to take on the world. An excellent way to begin your holiday!

### **Oriental Healing**

Deeply relaxing massage that incorporates stretching techniques and focus on pressure points to soften taut muscles, improve blood circulation and muscle relaxation. Performed with warm oil, full body deep-long flowing strokes and kneading with extra focus on specific tense areas; lower-upper back, hamstring and calf muscles. Tailor made your individual needs to heal and soothe your muscle tissues, reduce stress and leave you with an innate sense of calm.

### **Warm Stone**

A deeply relaxing massage utilizing heated volcanic stones to warm, soothe and heal the body. Oiled stones are massaged across the body and placed on energy points to penetrate deep within. A gentle and effective treatment which will leave you in a state of pure bliss.

### **Balinese Traditional**

As an ancient technique practiced for centuries on the magical island of Bali, this medium pressure massage combines skin rolling, and palm and thumb pressure. It aims to release tension, improve energy flow and enhance general well-being.

### **Kahuna Lomi Lomi**

Receiving a Lomi Lomi massage was considered a great honor in ancient Hawaii. The treatment was performed for centuries in Hawaiian temples as a rite of passage. For your Lomi Lomi massage, the therapist will use long flowing strokes that go from head to toe in a continuous, rhythmic movement massaging both the top and the underside of your body.

### **Mother to Be**

By using gentle and focused movements and careful body positioning for the mother to be, this provides relief from body aches and a promise to relax the body and mind. We utilize pure seed oil without aromatherapy essences.



#### **4 Hands 1 Heart**

Experience the healing touch of two therapists working in harmony. This treatment is a unique blend of Meera Signature massage. The synchronization of the two therapists makes it a sublime experience with several harmonic techniques that quickly alleviates the discomforts caused by stress and anxiety taking you into a deep state of relaxation. Allow yourself freedom and floating in a transcendent state of bliss.

#### **Foot Reflexology**

Reflexology works on the principle that all of the body's organs are connected to points on the feet through constant flowing energy channels and massaging of these points is believed to restore energy flow which results in good health and well-being.

### **O**

Find peace, relaxation and tranquility together in our overwater Meera Spa. Our selections of luxurious treatments are all complimented with a Meera Bath therapy overlooking our turquoise lagoon.

#### **Gili Honeymoon Bliss**

Foot Ritual- Signature Aromatherapy Massage –Mini facial – Scalp Massage - Aroma Bath – Champagne - Spa Refreshments

Start your romantic journey together with a foot ritual to relax the feet; then allow your body to be continuously pampered from head to toe beginning with a full body Aromatherapy couples massage, as you float blissfully away in our overwater spa. Our mini facial and scalp massage will revive you from your tranquil state and a romantic aromatic bath awaits you and your loved one, with Champagne and spa refreshments whilst you soak up the amazing views of our beautiful Indian Ocean lagoon.

#### **Wonders of Gili**

Foot Ritual - Stimulating Seaweed Body Buff - Detox Seaweed Mud Wrap - Meera Signature Massage - Candlelight Desert rose Aroma Bath with Champagne, chocolates and fresh fruit.

This gorgeous journey will lift your senses. Settle down with the most stunning view from Meera suite treatment room with candlelight retreat, as premium blended essential oils penetrate through your skin. Begin the ocean therapy with Seaweed Body Buff & Detox Seaweed Mud Wrap, gentle scalp massage will be provided while active seaweed mud is penetrating the skin cells, harmonized to



relax your body with our exotic Meera Signature couples massage. Complete your journey with a candlelight desert rose Aroma Bath for two accompanied by a bottle of Champagne, chocolates and fresh fruit as you look over our moonlit lagoon.

### **Design Your Own Journey**

3 Hours customized a spa experience by designing by your own inspiration. Choose from our selection of treatments, signature massages, facial, and body or ocean therapy combining them to create your own signature and personalized journey.

### **MEERA OCEAN THERAPY**

Utilizing *Voya Organics* exclusive seaweed based products from the pristine ocean waters of Ireland. Hand harvested seaweed is blended with the best of certified organic ingredients, promising therapeutic treatments imbued with the full power of nature.

#### **Organic Seaweed Leaf Wrap**

The crème de la crème of wraps utilizing fresh leaves of Atlantic seaweed to cocoon the body. Begin with a finely ground seaweed exfoliation to soften and prepare the skin for the wrap, we then bandage the body with Irish seaweed leaves to purge impurities and provide a mineral burst to the skin, lay back and enjoy a relaxing scalp massage while the leaves work their magic.

#### **Detox Seaweed Mud Wrap**

Taken fresh from the ocean, seaweeds purifying elements are encapsulated in this healing mud wrap which is rich in potent anti-oxidants and minerals. This powerful detoxifying and metabolism boosting treatment offers immediate and noticeable effects to the skin, including firming and toning.





### **Stimulating Seaweed Body Buff**

Our certified organic body buff is the ultimate treat for tired and dull skin. The anti-oxidants in the mineral-rich bladder wrack seaweed combined with pure seaweed oils promise a soft and glowing complexion. The all over body scrub is immediately followed by a light cleansing shower and a relaxing massage.

### **Marine Organic Seaweed Eye Treatment**

Organic laminaria digitata seaweed, hand-harvested from the wild Atlantic Ocean, is used for the eye patches to make the ultimate treat for refreshing and rejuvenating tired eyes. This seaweed eye treatment combines relaxing and decongesting lymphatic massage movements. A firming and hydrating treatment rich in seaweed extract, green tea and vitamin C, which help to reduce the appearance of fine lines and puffiness.

### **Detox Seaweed Leaf Bath**

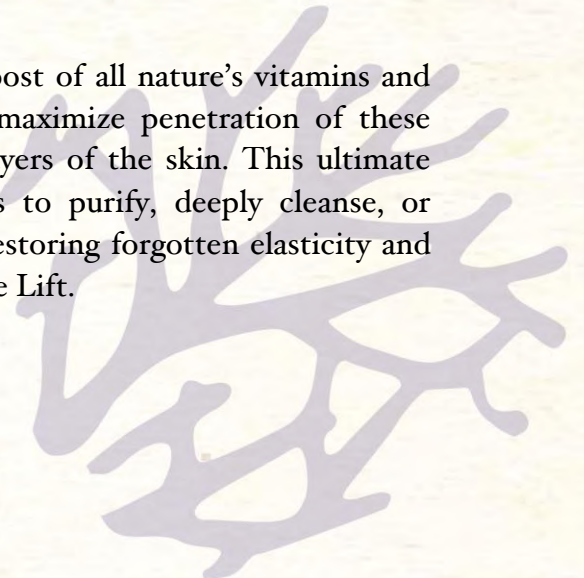
The purest of our organic treatment processes, our detoxifying seaweed baths utilize the natural power of organic hand-harvested seaweed to deeply moisturize your skin, increase circulation and promote healing by re-mineralizing the body. We immerse you in a bath of pure seaweed to relax the muscles, ease aches and pains, all to support skin regeneration and renewal while combating the effects of aging. This ancient sailor's cure for skin ailments, dating back 300 years, is excellent as part of a detox programme by assisting with the healing of problematic skin.

## **MEERA FACIAL THERAPY**

Our facial therapy is brought to you exclusively by skincare specialist Voya and Sodashi. Wholeness purity and radiance, is produced with therapeutic-grade essential oils and plant actives to heal and nurture. From seed to shelf, remains true to its name, dramatically regenerating the skin, and imparting a deep sense of wellbeing to both mind and spirit.

### **Thermal Infusing**

Tailored for your skin type, this is an intensive boost of all nature's vitamins and minerals. An exclusive warm infusing mask will maximize penetration of these essential vitamins and minerals into the deeper layers of the skin. This ultimate facial indulgence is tailored to your skin's needs to purify, deeply cleanse, or nourish, to leave your skin hydrated and toned. Restoring forgotten elasticity and radiance, is more than just a facial; it's Nature's Face Lift.





### **Organic Purifying Defense**

Suitable for all skin types, this back, face and scalp treatment commences with deep cleansing of the back to leave the skin feeling purified, smooth and re hydrated. A double action technique will work to eliminate toxins, re- balance the facial skin, with a hot and cold cleanse, a facial massage and lymphatic drainage and a marine mask with hand harvested seaweed leaf strips. The combination will leave the skin calm, cleansed re-balanced and a visibly clearer complexion. Includes relaxing scalp massage

### **Self Discovery Radiance**

This incredible skin specific organic facial is deeply detoxifying, thoroughly revitalising and helps to even tone and increase skin clarity. This facial incorporates a relaxing facial massage that releases any build-up of toxins, to improve radiance and restores a glowing complexion.

Allow us to tailor your facial specifically to your skin's unique needs.

**Purifying**

**Ultra Calming**

**Intensive Hydra Veil**

### **Calming Rose**

For sensitive skins, enjoy cooling mists and soothing aromatic gels to nurture the skin. Plant essences and herbal extracts will strengthen the capillaries and de-sensitize your skin, leaving it feeling revived with a calm, even complexion.





## **MEERA BODY THERAPY**

Botanical body treatments created exclusively for Meera Spa from nature's purest plant ingredients. Enjoy alone or combine with your favorite 60 minute massage.

### **Organic Prenatal Voyager**

This organic well-being ritual promotes relaxation and a sense of tranquility while deeply hydrating and nourishing your skin. A full body exfoliation will gently buff the skin, leaving you feeling the radiant and renewed. Nourishing mama oil is used to gently ease stress and tension with a top to toe body, face and scalp massage. Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported and restored.

### **Sodashi Refining Body Toner**

This treatment begins with Sodashi's jojoba body polish to exfoliate and cleanse the whole body. A nurturing full body mask is applied and you will be cocooned in a comforting body wrap, whilst enjoying a scalp massage for total relaxation. Sodashi's refining body mask rich in French pink clay and herbal extracts, firms, tones and conditions the skin. This rejuvenating therapy is extremely beneficial in the treatment of renewing scar tissue and stretch marks.

### **Nourishing Hair & Face Treatment**

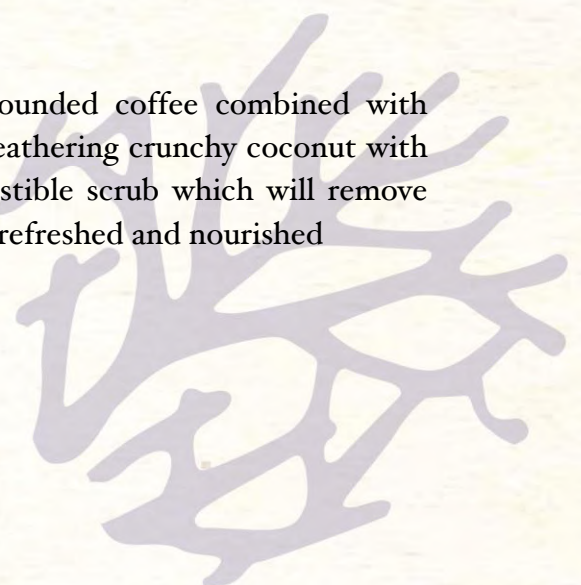
Utilizing nutrient rich nut oils to hydrate and moisturize the hair and face including invigorate the scalp. Especially helpful for sun and sea damaged hair. Restores luster and shine.

### **Sun Ceremony**

After adventurous days in the sun and salt water, this is the perfect gift for your skin. Our garden grown natural Aloe Vera extract, lavender and peppermint compress will release the heat from your skin. Our softly does it approach helps to sooth and moisture the skin with the beneficial ingredients of Shea nut butter, avocado oil and prickly pear oil.

### **Coffee and Coconut Nourishing Body Polish**

Invigorate your body with a natural scrub of grounded coffee combined with creamy coconut, organic extra virgin coconut oil, feathering crunchy coconut with rosemary and lavender extract to provide an irresistible scrub which will remove excess water from the skin leaving your skin feeling refreshed and nourished





### **Refining Aromatic Scrub with Precious Spices**

This is a wonderful energizing scrub with sweet ginger, cinnamon clove and black pepper is a traditional Balinese treatment which exfoliates to remove dead skin cells, increase your blood flow and moisture skin.

### **MEERA BATH THERAPY**

Our bath soaks are brimming with natural ingredients including floral and herbal extracts for a radiant body and glowing skin.

\*Available at Meera Spa or in your Villa, please reserve 5 hours in advance

#### **Sensuality**

A sensual soak created for 2, utilizing the aphrodisiac qualities of pure lotus essence plus the fun and frivolity of rich bubbles.

#### **Harmony**

Nourishing coconut cream blended with orchid essence to soften the skin and leave you with a glowing complexion

#### **Healing**

A soothing combination of green tea, Aloe Vera and lavender essential oil to cool and soothe sun kissed skins.

### **MEERA NAIL THERAPY**

#### **Spa IBD Just Gel Manicure/ Pedicure**

Indulge your shiny nails with IBD just gel polish, long lasting and sooth for your holiday with fun activities. Begin with a soothing soak, nail shaping and gentle exfoliation followed by cuticle grooming to keep smooth skin, a relaxing massage, hydrating mask and apply IBD just gel polish on request.

#### **Spa Advanced Wear Manicure/Pedicure**

Introduces Advanced Wear Pro Lacquer!. Our highest shine with no aggressive removal process, begin with a soothing soak, nail shaping, exfoliation followed by cuticle grooming, a relaxing massage, and an advanced wear polish on request.



## **EXPRESS NAIL**

- ✦ **Color Application** Design your nails' color.
- ✦ **Color Change** Remove and change a new color on your nails.
- ✦ **Gel Nail Removal** Remove the painted gel color from your nails.

## **MEERA YOUTH EXPERIENCES**

Introduce your children to Meera Spa. Designed youth experiences for your precious one.

### **Cocoon Massage**

Pure organic coconut oil applied with gentle, smooth long strokes circling the entire body to promote muscle relaxation and better night's sleep.

### **Perfect Skin Body Polish**

Fresh and creamy coconut is the most gently polish for delicate skin and will ensure the skins moisture is kept for the entire day.

### **Selfie Facial**

Promote naturally healthy skin with the use of fresh fruit, cucumber, honey and tomato to help generate cell growth and provide natural vitamin to youthful skin.

### **Fancy Nails**

Indulge in our amazing nail art creations on your fingers and toes.





# MEERA SPA ETIQUETTE

## SPA OPERATION

**Opening hours** 09:00 a.m. – 09:00 p.m. (Last reservation at 07:30 p.m.)

**Sunrise Yoga at 08:00 a.m.**

Venue: Yoga Champa on Monday, Tuesday, Thursday, Friday and Saturday

**Wellness Activity with Visiting Practitioner at 08:00 a.m.**

Venue: Yoga Champa on Wednesday and Sunday

## UNDER THE STAR EXPERIENCE

A selection of therapies from our menu are available after 09:00 p.m. until 12:00 a.m. Prices are subject to an additional 30% of the spa menu, service charge and Government Service Tax.

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. We kindly request you to not use your mobile phones, and not to smoke while in the spa.

## SPA RESERVATIONS

For spa enquiries or reservations, please press the 'spa' button as marked on your telephone or ask your Mr or Miss Friday for further assistance. Advance reservations are essential and recommended to secure your preferred treatment time.

## PRIOR TO ARRIVAL

We recommend that you arrive at the spa without any jewelry or valuables which you can able to keep them in your villa safety box.

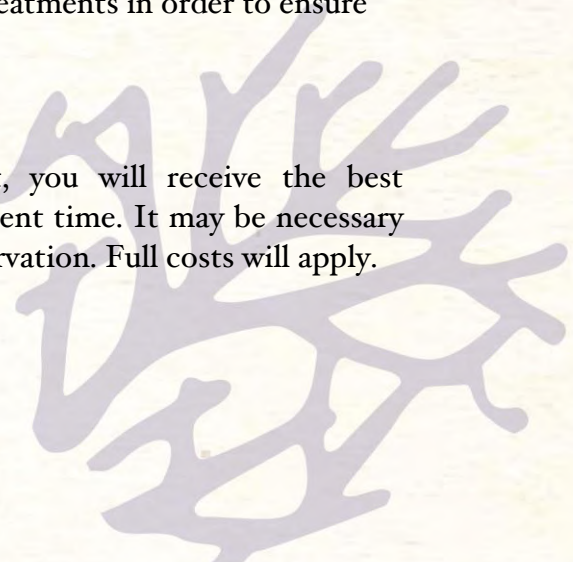
## ARRIVAL

Please arrive **15 minutes** prior to your treatment to complete a lifestyle consultation form in order to assist us with your preferences and have time to relax in the tranquil surroundings of our spa.

Male guests are advised to shave prior to all facial treatments in order to ensure that maximum results are achieved.

## LATE ARRIVALS

If you arrive late for a scheduled appointment, you will receive the best experience possible within the remaining appointment time. It may be necessary to decrease your time with respect for the next reservation. Full costs will apply.





## **CANCELLATIONS**

Please allow 4 hours' notice on individual treatments and spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

## **DURING YOUR STAY**

We recommend booking a complimentary sauna and steam session prior to any of your treatments. This helps to enhance the benefits of your treatment and encourage the blood & lymphatic circulation and muscle relaxation.

## **AFTER YOUR TREATMENT**

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least 6 hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa shop.

## **PAYMENT**

All treatments will be charged to your guest room folio and will appear on your account at the time of departure from the resort.

## **CHILDREN**

In respect of other guests, we recommend that you avoid bringing children younger than 10 years old to the spa. Young guests, 10 to 15 years old, are welcome to enjoy a selection of youth experiences under the supervision of a guardian.





# MEERA WELLNESS & HOLISTIC THERAPIES

## ★ MEERA YOGA

	<b>Duration</b>	<b>Price</b>
<i>Couples/One on One</i>	60 min	85/100
Pranayama		
Classic Hatha Yoga		
Kriya Yoga		
Restorative Yoga		

## ★ MEERA MEDITATION

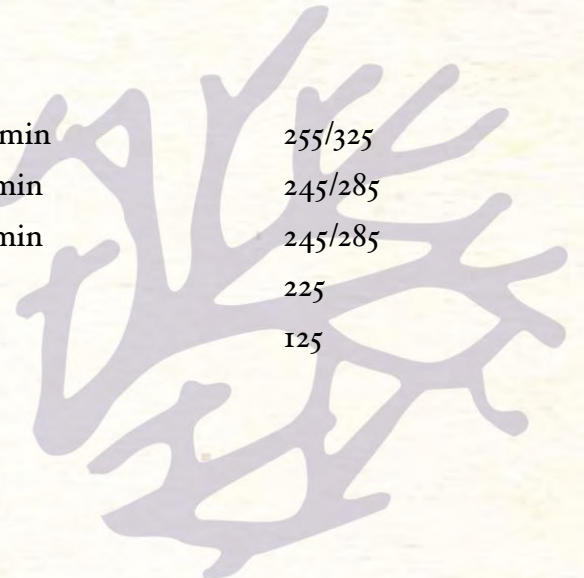
<i>Couples/One on One</i>	45 min	75/90
Chidakasha Dharana (Inner Visualization)		
Kaya Sthairyam (Body Steadiness)		
Yoga Nidra (A technique of deep yogic relaxation)		

## ★ MEERA WELLNESS THERAPY

Deep Muscle Fusion	90/120 min	225/265
Hijama Cupping Therapy	90/120 min	225/265
Thai Remedial Therapy	90/120 min	225/265
Tibetan Singing Bowl	90/120 min	225/265
Manual Lymphatic Drainage	90 min	225
Crystal Healing	90 min	225
Journey Recovery	75 min	225
Chi Nei Tsang	75 min	195
Reiki	60 min	195

## ★ MEERA AYURVEDIC THERAPY

Ayurvedic Consultation		
Complimentary		
Shirodhara	90/120 min	255/325
Abhyanga	90/120min	245/285
Choorna Swedana	90/120min	245/285
Udwartana	75 min	225
Greeva Vasti	45 min	125





	<b>Duration</b>	<b>Price</b>
Kati Vasti	45 min	125
Pada Dhara	45 min	125
Champissage	30/45/60 min	85/125/165

### ★ MEERA HEALTH & WELL-BEING JOURNEYS

1 Day Ayurvedic Remedy		360
2 Days De Stress Away		600
3 Days Revitalizing Recovery		855
5 Days Detox Retreat		1,350
7 Days Rejuvenating Senses		1,800

## MEERA RELAXATION & TREATMENTS

### ★ MEERA RELAXING THERAPY

Meera Signature	60/90 min	175/215
Oriental Healing	60/90 min	175/215
Warm Stone	60/90 min	185/225
Balinese Traditional	60/90 min	165/205
Kahuna Lomi Lomi	60/90 min	165/205
Mother to Be	60/90 min	165/205
4 Hands 1 Heart	60/90 min	295/415
Foot Reflexology	45/60 min	125/165

### ★ O

Gili Honeymoon Bliss	120 min	499
Wonders of Gili	150 min	699
Design Your Own Journey	180 min	899

### ★ MEERA OCEAN THERAPY

Organic Seaweed Leaf Wrap	90 min	205
Detox Seaweed Mud Wrap	75 min	180
Stimulating Seaweed Body Buff	60 min	160
Marine Organic Seaweed Eye Treatment	45 min	120
Detox Seaweed Leaf Bath	45 min	120



★ **MEERA FACIAL THERAPY**

	<b>Duration</b>	<b>Price</b>
Thermal Infusing	90 min	215
Organic Purifying Defense	75 min	195
Self Discovery Radiance	60 min	175
Calming Rose	60 min	175

★ **MEERA BODY THERAPY**

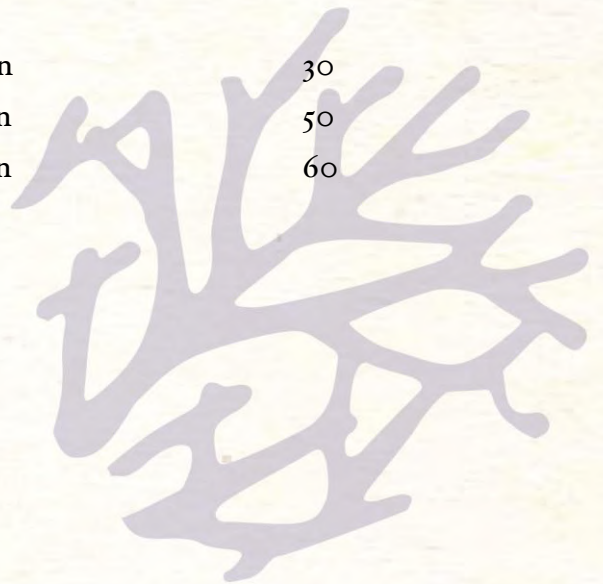
Organic Prenatal Voyager	90 min	225
Sodashi Refining Body Toner	60 min	175
Nourishing Hair & Face Treatment	60 min	160
Sun Ceremony	60 min	160
<i>Body Glowing Scrub</i>	40 min	140
Coffee and Coconut Nourishing Body Polish		
Refining Aromatic Scrub with Precious Spices		

★ **MEERA BATH THERAPY**

	30 min	75
Sensuality		
Harmony		
Healing		

★ **MEERA NAIL THERAPY**

<i>Spa IBD Just Gel</i>		
Manicure or Pedicure	75 min	120
Mani+Pedi Gel	150 min	210
<i>Spa Advanced Wear</i>		
Manicure or Pedicure	60 min	105
Mani+Pedicure	120 min	190
<i>Express Nail</i>		
Color Application	20 min	30
Color Change (Hands or Feet)	30 min	50
Gel Nail Removal (Hands or Feet)	30 min	60





★ HAIR REMOVAL SELECTIONS

	Price		Price
Full Leg or Full Arm	120	Half Leg or Half Arm	100
Brazilian	120	Bikini Line wax	80
Eyebrow	60	Under arm	60
Lip	40	Threading	40

★ MEERA YOUTH EXPERIENCES

	Duration	Price
Cocoon Massage	60 min	120
Perfect Skin Body Polish	30 min	60
Selfie Facial	30 min	60
Fancy Nails	30 min	60

\* Prices are quoted in USD dollar and are subject to 23.2% Service Charge and Goods & Service Tax







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