

A close-up photograph of a flowering plant, likely a species of hebe, featuring clusters of small, light pink flowers with prominent, long, thin stamens. The background is a soft, out-of-focus gradient of teal and blue.

THE *Spa*

by THALGO  
FRANCE

# Our Philosophy

## Discover Nature

**Commune with nature as you wander through the lush landscape on a winding pebble path on your way to rediscover inner peace at The Spa.**

**Organic Earth and Vibrant Sea** – these inspiring themes are at the core of our Discover Nature spa philosophy. They provide a unique approach to health and wellness by combining the healing principles of the East and West and integrating them with the 50 years of skincare experience of Thalgo, the undisputed expert in Marine Intelligence. A team of beauty therapists with the aid of our resident Ayurvedic doctor, Chinese medicine consultant and yoga instructor harmonise your energies as you move through a voyage of self-discovery and holistic renewal. The Spa caters to your every whim and desire.

A pioneer in scientific marine research, Thalgo Laboratories, France, creates authentic and effective cosmetics and innovative personalised treatments from the power of the oceans. The sea is a natural source of beauty and has an immense reservoir of life with over 50,000 aquatic species and 25,000 algae. Of these, fewer than 30 species are used today. By taking nourishment from the ocean, algae concentrate the properties of the marine environment up to 10,000 times. Algae can contain 1000 times more iodine, 100 times more calcium and 10 times more magnesium and copper than a terrestrial plant. By extensively using algae, sea minerals and plant extracts, Thalgo skincare products are concentrates of marine effectiveness. Products are created according to stringent standards of performance and safety, and offer the peak of skincare excellence.

Harnessing the powerful richness and efficiency of the marine universe, Thalgo offers a broad range of innovative treatments for the face and body. Indulge in the personalised advice and expert hands of our beauty therapists, for an unprecedented treatment experience and the promise of lasting, visible results from the very first session.

Expert diagnosis, exclusive massage techniques, divine textures and enchanting fragrances – our comprehensive massage therapy menu ensures a truly holistic and tailored approach to your wellbeing. A specific focus on the ancient traditional healing practices of Ayurveda is complemented by traditional therapies from Chinese medical practitioners and Maldivian healers, who possess valuable knowledge passed down through generations. Immerse yourself in an innovative yet classical spa treatment or be pampered in our Sea Shore Spa Pavilion.

Your wellness journey does not end with beauty treatments and massages. Create balance between body and mind through relaxing yoga sessions conducted by our compassionate and highly qualified yogi.

For the modern man and precious little ones, we offer dedicated treatments tailored to their very specific needs.

**Relax and let the journey begin...**

# Signature Experiences

## **The Sun Siyam Signature**

### **Essence of Massages**

Spoil yourself with our signature massage, a luxurious experience that reflects our spa philosophy 'Discover Nature' through the healing principles of East and West. This royal journey stands out amongst our therapies with its special arrival ritual, bespoke aromas, enchanting music, flower foot bath, breathing ceremony, on-bed pre-massage tonic, sacred moisturisers, smudging ceremony, drinks and souvenirs to take away, and a massage that distils all the essences of different healing traditions. Blissful relaxation.

## **Iru Fushi Dreaming**

### **Scrub, Massage, Mini Facial**

Surrender yourself to a blissful scented sugar-and-salt scrub that utilises nature's most soothing essential oils: lemon, green mandarin, grapefruit, lemon petitgrain, Roman camomile, litsea cubeba. The nurturing hands of our specialists gently smooth your skin in preparation for a tranquil full-body massage. Like a warm tropical breeze, the relaxing kneading and long strokes lull you into a state of blissful peace. A lavish calming marine facial promotes softer and smoother skin, completing your dreamtime.

## **Holistic Rejuvenation**

### **Herbal Oil Massage, Ayurvedic Facial**

A holistic masterpiece from Ayurveda that is designed to benefit your entire being, starting with a smooth, long flowing massage with Ayurvedic herbal oils that eases tension and stress in the body. It also improves flexibility and circulation and is very beneficial for the skin. As your body drifts into a state of deep relaxation, you will experience an Ayurvedic-inspired facial therapy that will detoxify and nourish the skin. Prepare for pure inner radiance and balance.

## **Ultimate De-stress**

### **Warm Bamboo, Deep Massage, Cleansing**

An innovative experience to relieve your stress. Warm bamboo is applied to the neck, shoulders, legs and back, releasing muscle tightness. Then, a very effective deep-tissue massage is followed by an even deeper, relaxing oil massage. The blissful session culminates in a face-cleansing ritual, which makes the perfect end to the ultimate pampering experience.

## **Complete Pregnancy Care**

### **Gentle Scrub, Massage, Stretch Mark Healing**

A specially designed treatment for women during and after pregnancy (only after the first trimester and three months after delivery) to reduce the appearance of stretch marks, and to relieve tension in the back, joints and other key areas. Pampering starts with a gentle marine salt exfoliation, followed by a mild massage with the Ayurvedic herbal oil Dhanwantharam. The oil is known for its healing effects during and after pregnancy, and it makes muscles stronger, reduces stretch marks and facilitates easier childbirth. Thalgo's Stretch Mark Cream provides a finishing touch. Made from marine extracts and vitamin E, the cream improves skin elasticity and reduces the appearance of stretch marks by improving microcirculation.

## **Exception Ultimate Time Solution Ritual**

### **Anti-ageing, Body and Face Care**

A Thalgo signature, the Ultimate Time Solution Ritual starts with a pampering massage with anti-ageing Exceptional Cream, which is rich in active ingredients that rejuvenate, nourish and smooth the skin. Next, enjoy a unique facial that combines precious marine ingredients and exceptional manual techniques. A 'manual facelift', the Thalgo Exclusive Ultimate Energylift Massage reshapes the natural architecture of the skin, repositions volumes and redefines facial contours. Relaxing massage movements go from the back of the neck down the arms via the décolleté for a moment of ultimate wellbeing. The Ultimate Time Solution Face Mask, a technological feat, concentrates 200 times its weight in active substances (hyaluronic acid and Age Reverse Complex), which infuse fundamentally youthful skin cells. For optimum results we recommend a course, however you'll see the incredible results after just one treatment.

### **Chocolate Delight**

Couples/Single

Scrub, Bath, Massage, Moisturising

For a truly indulgent experience, exfoliate with an invigorating body scrub before taking a dip in a chocolate bath while sipping a delicious, creamy chocolate milkshake. Continue this celebration of all things cocoa with a blissful soothing massage that rubs luscious chocolate butter into your skin. Complete this sweet temptation of a treatment with a velvety chocolate moisturiser that enriches the skin and leaves it feeling silky.

### **Vinotherapy**

Couples/Single

Scrub, Mask, Bath, Drinks, Massage

Vinotherapy products are created from grape remains from the winemaking process. These excellent anti-oxidant-rich products keep your skin radiant and healthy. This seductive ritual starts with a full-body vinotherapy scrub and mask. Then, dip yourself in the vinotherapy bath, which is surrounded by flickering candles, while sipping a delicious glass of wine. You will enter into a perfect state of relaxation, ready to lie back and enjoy the pleasure of a skin intoxicating massage using rose vinotherapy oil.



### **Honeymoon Escape**

Couples

Foot Flower Bath, Body Exfoliation, Bath, Drinks, Massage, Mini Facial

This enchanting experience incorporates our most luxurious treatments into an experience that can be enjoyed as a couple. We welcome you to this romantic bonding ritual with a pampering foot flower bath. Full-body care begins with a recharging exfoliation using products formulated by Thalgo with active marine ingredients. The aromatherapy milk flower bath invites you and your partner to just lay back and relax whilst savouring glasses of delicious fresh fruit juice. Then, indulge in a deeply relaxing massage of your choice, including Aromatherapy, Balinese or Swedish. Next, our beauty therapists perform personalised Thalgo mini facials, carefully selected based on skin types. A massage upgrade can be requested instead of the mini facial, if preferred.

### **Romance at Iru Fushi**

Couples

Massage, Bath, Drink, Mini Facial

Enjoy complete romantic pampering with your loved one in the privacy of your own spa suite. Surrender your bodies to luxurious Aromatherapy, Balinese or Swedish massages. Take a dip in our delicious aromatic herbal flower bath while sipping glasses of invigorating fresh juice. Calm your minds before enjoying personalised Thalgo mini facials, carefully selected based on your skin types. A massage upgrade can be requested instead of the mini facial, if preferred. Enjoy this intimate time with your partner and give your bodies the relaxation they deserve.

# Signature Spa Journeys

by Thalgo

Unique sensory journeys to the hearts of the oceans. Experiences suspended in time. Moments of pure bliss and absolute serenity for the body and mind...

## **POLYNESIA**

### **A journey over the waters of the Pacific**

An exotic sensory getaway, the Polynesia Ritual takes you on a discovery tour of the islands of Polynesia with four stopovers. The journey takes you from island to island towards a marvellous feeling of wellbeing. At the heart of the treatment is Algo-Monoï: a magical blend of protective and moisturising Tahitian Monoï and micro-algae from the Pacific, rich in trace elements with stress relieving properties.

#### **Stopover in Tahaa, the Vanilla Island:**

##### **Exotic Island Body Scrub**

An exotic wellness secret from the Polynesian Islands. Coconut shells, white Bora Bora sand, sea salt and Tahitian vanilla blend to soften and smooth your skin. Exfoliation at its best.

#### **Stopover in Bora Bora, the White Sand Island:**

##### **Mahana Massage and Tuiponos**

Surrender to an exquisite, slow and powerful massage accompanied by tuiponos (hot sand pouches) for an ultimate letting-go experience. Enveloped in the scent of tiare, your body will relax into ecstasy.

#### **Stopover in Raiatea, the Sacred Island:**

##### **Polynesia Sacred Oil**

Make the most of this last wonderful stopover to leave your skin glowing with a subtle pearl finish.

#### **To continue the journey at home:**

Exotic Island Body Scrub Lagoon Water Bath Pebbles Polynesia Sacred Oil Polynesia Scented Candle with notes of exquisite vanilla



## INDOCÉANE

### Blissful dreams on a Far Eastern journey

Close your eyes and drift away to blissful dreams as your body takes a Far Eastern journey. At each stopover, divine scents and colours mingle with the riches of the sea. Sacred lotus flowers combine with the cellular stress-relieving properties of Qi-Marine to enhance this powerful feeling of serenity.

### Mediterranean stopover, a prelude with citrus flavours: Sweet & Savoury Scrub

Plunge into a garden of delicious scents to reveal your skin's original softness and beauty. Sea salt, cassonade sugar and Mediterranean essential oils exfoliate your body, leaving skin that feels like new.

### Egyptian stopover, relax on the Nile: Precious Milk Bath Effervescent Sugars

A stopover that invites you to take your time –time for lazing and intensely relaxing. Embrace the slow pace of the river. Lounge in a milk bath with powdery scents.

### Indian stopover, tranquillity on the sacred Ganges: Sacred Ayurvedic Massage

Forget your stress and surrender to the ultimate massage, set to the rhythm of deep smoothing, tapping and rubbing movements. This is the ultimate stopover, during which you will experience the intense bliss of total relaxation.

### Chinese stopover, the temple of beauty: Silky Smooth Body Wrap

Exude perfect radiance; emanate sublime beauty. Wrap yourself in a rich and luscious texture that leaves skin infinitely softer and smoother.

### To continue the journey at home:

Sweet and Savoury Scrub  
Precious Milk Bath  
Indocéane Silky Smooth Cream  
Indocéane Candle

## TERRE & MER

### An organic Mediterranean escapade

Welcome to the era of Sustainable Beauty. It's a protective natural environment for all those looking to rest their skin. It's an authentic Mediterranean getaway, a sensory journey over land and sea. It's a Thalgo Organic Spa experience that relaxes from head to toe.

### Organic Facial, cleanse with purity and rest your skin...

A core of organic active ingredients born of Mother Earth, including green algae from the ocean, enrich this journey and offer softness, hydration, nourishment, protection and regeneration. The organic ingredients will completely rest your skin.

Your journey begins with a cleansing ritual with face-pampering essential oils. Cade wood, Aleppo pine and cistus soothe sensitive skin, while everlasting, immortelle, chamomile and rose combine to create an invaluable anti-ageing nectar. Next, a gentle aromatic face massage with Mediterranean pouches. Breathe in the exhilarating Mediterranean scents of sun-drenched lavender and bitter orange as you unwind under the gentle pressure of the massage pouches. A double facemask provides a delicious succession of sensations: the comforting sweetness of plants and the light buoyancy of the sea. The skin is infused with beneficial minerals and trace elements. The finishing touch of organic olive leaf leaves your skin soft and smooth.

### Relaxing Massage with organic lavender, a head-to-toe delight...

Your journey continues with an amazing pampering experience, wherein the warm hands of our beauty therapists heal all your stress and discomforts. A gentle oil with organic lavender glides over your body to release all your tension as it soothes the senses.

### Continue reaping all the beneficial effects of the organic journey in a range of Ecocert-certified organic products.

Marine Cleanser & Toner with organic orange blossom  
Marine Scrub with organic almond shell-Vital Fluid  
Vital Cream  
Vital Mask & Eye Contour Cream with organic olive leaf  
Vital Balm with organic olive oil  
Anti-ageing Concentrate with organic immortelle  
Soothing Concentrate with organic juniper wood

Natural and organic cosmetics certified by ECOCERT Greenlife according to ECOCERT Standard, available at [cosmetics.ecocert.com](https://www.cosmetics.ecocert.com)

## SEA & SENSES

### An invitation to sleep with hot and cold stones

A deeply relaxing treatment with hot and cold stones. A unique sensory journey, during which the mineral and marine worlds combine to induce deep relaxation and promote sleep. This pampering ritual is a blend of treatment techniques from different cultures, including American Indian, Tibetan and Japanese traditions. The movements, rhythms and powers of the stones bring about unique and total relaxation. A warm, decongesting action is followed by a cold astringent action, stimulating exchanges, increasing tissue oxygenation and heightening the sensorial effects of the treatment. The movements are slow, rounded, spiral and wavelike, causing a light, floating, hypnotic trance.

### Prelude with Hot Volcanic Stones

An aquatic and aromatic prelude with hot volcanic stones that renew your skin. An energising experience with warm stones that exfoliate, kissing the muscles with calming effects.

### Volcanic & Marine Massage

Feel the relaxing heat of volcanic stones followed by the stimulating thrill of marine stones, and experience a succession of experiences that fuse into a long moment of pure bliss. It's a complete immersion into a state of total relaxation that creates a floating sensation of wellbeing. Stone massage with round, wave-like movements take you to a state of deep relaxation. Stones and essential oils travel along your body to relieve all your tension. The massage is an invitation to truly restful sleep.

### Volcanic & Marine Facial

Through this distinctive sensorial experience, the face regains its natural beauty. Your features are relaxed and your skin becomes radiant.

You will leave feeling a true sense of peace.



# Facial Therapies

All Thalgo facials begin with the wonderful 'Eveil à la Mer' massage to ease tension.

### Heart of the Ocean Ritual by Thalgo

The vital force of the ocean creates perfectly beautiful skin. Each personalised treatment corrects imbalances – dehydration, dryness, sensitivity and hyper-seborrhoea – to give skin its ideal quality by returning lost minerals. Active marine ingredients and natural plant products improve skin radiance and transparency, and they are the secrets behind our four tailored rituals: **Beauty Revealing Ritual, Marine Softness Ritual, Intense Nutrition Ritual and Pure Freshness Ritual.**

Get guidance from our beauty specialists to choose the ritual best suited for your skin type:

### **Beauty Revealing Ritual**

A moisture boost for all skin types, particularly dehydrated skin. Absolute Hydration Concentrate, Ultra Hydra Marine Mask and Hydra-Marine 24H Cream from Thalgo's innovative Source Marine range of products moisturise and nourish skin, improving its tone and texture, leaving it soft, supple and glowing.

### **Intense Nutrition Ritual**

A boon for dry skin to very dry skin types, providing instant and long lasting comfort. Algomega Extracts, Melt Away Mask and Delicious Comfort Cream will help to restore comfort and radiance by moisturizing, nourishing and restructuring the skin.

### **Marine Softness Ritual**

Particularly suited to fragile and delicate skin, this treatment incorporates Bio-Repair Serum, Bio-Soothing Mask and Bio-Protective Cream to reduce redness and relax tension lines. Ideal for sensitive skin prone to blotchiness.

### **Intense Nutrition Ritual**

A boon for dry to very dry skin types that provides instant and long-lasting comfort. Algomega Extracts, Melt Away Mask and Delicious Comfort Cream help to restore comfort and radiance by moisturising, nourishing and restructuring the skin.

### **Pure Freshness Ritual**

A complete facial for oily to combination skin that provides deep cleansing for a perfect glow. Thalgodermyl Extracts, Deep Cleansing Absorbent Mask and Ultra-Matte fluid leave your skin clean, soft and matte.

### **Terre & Mer Organic Facial by Thalgo**

Your journey begins with a cleansing ritual with face-pampering essential oils. Cade wood, Aleppo pine and cistus soothe sensitive skin, while everlasting, immortelle, chamomile and rose combine to create an invaluable anti-ageing nectar. Next, a gentle aromatic face massage with Mediterranean pouches. Breath in the exhilarating Mediterranean scents of sun-drenched lavender and bitter orange as you unwind under the gentle pressure of the massage pouches. A double facemask provides a delicious succession of sensations: the comforting sweetness of plants and the light buoyancy of the sea. The skin is infused with beneficial minerals and trace elements. The finishing touch of organic olive leaf leaves your skin soft and smooth.

### **Re-balancing Anti-bacterial Facial by Thalgo**

An anti-bacterial facial that purifies and detoxifies the skin by combining pure natural seaweed (rich in minerals and vitamins) with high-potency marine extracts. Micronized Marine Algae provides a 'thalassotherapy facial'. Delicately applied like warm velvet on the skin, the natural minerals and vitamins are released with gentle, purifying warmth, which drains and eliminates impurities and helps control excess sebum production. The skin regains its freshness and radiance. Ideal for a balanced re-awakening effect and suitable for combination to oily skin and skin prone to break outs. It will leave skin feeling clearer and tighter with fewer visible pores.

### **Hot & Cold Stones Relaxing Facial by Thalgo**

Through this unique sensory experience, the face gets some much-deserved relaxation so that it can regain its natural beauty. This soothing treatment is ideal for all skin types. The facial starts with the placement of hot stones, followed by a skin-dependent quick cleansing. Then, a mask with Micronized Marine Algae is combined with a stimulating foot massage before a relaxing Mer et Sens face massage with hot and cold stones.

### **Brightening Clear Expert Facial by Thalgo**

A treatment to lighten and brighten the skin. Clear Expert works to restore the skin's original radiance and translucency, and it is an amazing solution for those on a quest for the perfect complexion. Brightening Cream is a concentration of active ingredients that help the skin to regulate melanogenesis. Brightening Essence visibly brightens and re-texturizes the skin. The application of Filmogel, which contains a high concentration of vitamin C, boosts the brightening results of this treatment, and Unizones Clearing Corrector targets the specific size and intensity of each pigmentation mark. The treatment is great for reducing irregular pigmentation and prevents the development of new spots. Skin appears visibly younger with a luminous complexion.

### **Eye Expert Treatment by Thalgo Anti-Puffiness, Anti-Dark Circles, Anti-Wrinkles**

The secret to younger looking eyes. Brighten the eye area by reducing the dark circles, puffiness and wrinkles that create a tired look. Active ingredients Marine Collagen and hyaluronic acid smooth and plump your eye contour, resulting in instantly younger-looking eyes.

### **Eye Touch by Thalgo Add-On**

An eye contour treatment that may be combined with a face or body treatment. It optimises the effects of facials and is the perfect complement to a body wrap.





# Anti-ageing

## Facial Therapies by Thalgo

**Dare to defy time!** Created by beauty specialists, Thalgo Age Defying products are made-to-measure answers to your skin's needs. Every individual is different and has their own concerns when it comes to skin ageing. Thalgo's high performance marine active ingredients are very gentle, and they function to smooth, fill, lift and regenerate the skin. There are four anti-ageing facial rituals to choose from, based upon one's beauty objectives and age group:

**Pure Collagen Smoothing Facial, Hyaluronic Smooth and Filler Facial, Silicium Super-Lift Facial, and Exception Ultimate Time Solution Facial.**

### **Pure Collagen Smoothing Facial**

**First Wrinkles 25+ Years, Smoothing**

This luxurious treatment provides immediate smoothing and hydrating effects using marine collagen molecules, which have an unrivalled affinity with the skin. With the deep-cleansing power of the exclusive Thalgo Resurfacing Cream, your face will instantly glow again. The Pure Collagen Mask fills fine lines, leaving your skin feeling ultra-smooth. The Collagen facial also provides intensive hydration for sun-damaged skin. After this treatment, your face will have a new glow, with fine lines smoothed and erased.

### **Hyaluronic Smooth & Filler Facial**

**Deep Wrinkles 30+ Years, Smoothing, Filling**

Enjoy immediate results thanks to Marine Hyaluronic Acid molecules, which optimise the absorption of active ingredients. Wrinkles are gently erased, one by one, with Thalgo's unique Resurfacing Cream. A special massage technique provides precise skin stimulation, letting every wrinkle drink in the hyaluronic acid. The double Hyaluronic Mask will plump up your entire face and fill even deep wrinkles. Your complexion will glow, and your wrinkles will be less noticeable.

### **Silicium Super-Lift Facial**

**Deeper Wrinkles 40+ Years, Firming, Filling, Lifting**

An anti-ageing solution ideal for balancing the ageing symptoms associated with hormonal imbalances. Highly effective Marine Silicium and Marine Hyaluronic Acid molecules create immediate results. The anti-wrinkle and lifting massage technique fills wrinkles and lifts features. The double Hyaluronic and Cryo-Sculpting Mask fills deeper wrinkles and reshapes the face. Your complexion will glow, your wrinkles will be less noticeable, and your face will be firmer.



### **Exception Ultimate Time Solution Facial**

**omplete Anti-ageing Facial Ideal for Women and Men, Regenerating**

A unique facial ideal for both women and men that combines precious marine ingredients and exceptional manual techniques. A 'manual facelift', the Thalgo Exclusive Ultimate Energylift Massage reshapes the natural architecture of the skin, repositions volume and redefines facial contours. Relaxing massage movements go from the back of the neck down the arms via the décolleté for a moment of ultimate wellbeing. The Ultimate Time Solution Face Mask, a technological feat, concentrates 200 times its weight in active substances (hyaluronic acid and Age Reverse Complex), which infuse fundamentally youthful skin cells. For optimum results we recommend a course, however you'll see the incredible results after just one treatment.

### **Anti-ageing Courses by Thalgo**

For optimum results, we recommend that our anti-ageing facials be taken as a course. Our expert spa team would be delighted to design an anti-ageing course just for you.





# Body Therapies

## **Marine Prelude by Thalgo** Scrub, Wrap

The ultimate combination of body exfoliation and a wrap that heals skin dryness, smoothes roughness and re-mineralises the whole body. Since the body is relaxed, skin regains its ideal thickness, muscle cramps and joint stiffness are relieved, and localised fat is softened and made easier to eliminate. An ideal prelude to additional treatments, the Marine Prelude incorporates sea salts and marine mud from the Dead Sea. An included soothing scalp massage during the wrap enhances the experience.

## **Marine Algae Body Treatment by Thalgo** Scrub, Wrap

This soothing treatment is rich in minerals and vitamins. The scrub and wrap activate the circulation, increase metabolism and relieve muscular aches and pains. Micronized marine algae will help guests lose excess kilos and get rid of hardened cellulite. This is an excellent treatment for general wellbeing and total relaxation. A soothing scalp massage is performed during the wrap.

## **Fruity Blast** Scrub, Wrap

A scrub and wrap combo that uses fresh fruits and vegetables to deliver immediate results. Natural healing is enhanced with fresh papaya, avocado, banana and carrot, which are rich in vitamins, enzymes, minerals and anti-oxidants. A papaya salt scrub cleanses and softens the skin and assists in cellular regeneration. Then, an avocado, banana and carrot body mask is applied to cool, hydrate, remove toxins from the pores and heal sun-damaged skin. During the mask, a soothing scalp massage is performed. This natural healing is completed with the application of a hydrating sweet orange moisturiser.

## **Marine Salt Scrub by Thalgo** Scrub

A simple, effective and intensely relaxing body exfoliation treatment that leaves skin soft and invigorated. Natural marine salt soothes rough skin and creates a feeling of freshness.

## **Purifying Exfoliation by Thalgo** Scrub

A scrub for all skin types, including sensitive and irritable skin. A mechanical action smoothes, rids the skin of its deep impurities, and improves cell renewal and microcirculation. Red algae extract and butcher's broom enable the skin to regain its softness and radiance. Active ingredients are more easily absorbed, leaving the skin healthier and perfectly prepared for any treatment product.

## **Aromatic Coffee Scrub** Scrub

A potent free-radical scavenger and cell detoxifier, coffee makes the perfect base for this intense body exfoliation. Its scrumptious aroma refreshes tired muscles and invigorates the spirit. Ground coffee provides deep exfoliation that leaves the skin fragrant and incredibly soft. The perfect skin pick-me-up.

## **Coconut Glow** Scrub

Indulge in an exotic island treat with a gentle exfoliation that uses freshly ground Maldivian coconut flakes. The natural, oily properties of fresh coconut provide the ultimate nourishment and leave your skin silky smooth and extremely hydrated – perfect for healing sun damage.

## **Exotic Island Scrub by Thalgo** Scrub

A unique sensory experience. Bora Bora white sand (rich in coral particles), minerals, coconut shells, vanilla from Tahiti and marine salt are combined with a selection of nourishing oils for an effective exfoliation that results in extremely soft skin. The intense vanilla fragrance provides an instant exotic getaway.

## **Balinese Boreh Scrub** Scrub

A warming body scrub that uses sandalwood, nutmeg, cinnamon, cloves, ginger and aloe vera, ground together in a traditional mortar and pestle. The spicy blend creates a comforting heat in your body and increases blood circulation while gently exfoliating and detoxifying your skin.

## **Hot Stones Exfoliation by Thalgo** Scrub

An aquatic and aromatic prelude with hot volcanic stones that renew the skin. The energising experience uses warm stones that exfoliate skin and kiss muscles with their calming effects.

## **Sweet & Savoury Sugar Scrub by Thalgo** Scrub & Back Massage

Brown algae extract, sacred lotus, brown sugar, salt and essential oils from the Mediterranean are blended together in this delicious exfoliation that purifies the body. Rich and nourishing, the scrub's creamy softness leaves the skin as smooth as velvet. The blend of sugar and salts in an oil base guarantees effective exfoliation, resulting in skin that feels sensational to the touch. The relaxing citrus fragrance (lemon, green mandarin, grapefruit, lemon petitgrain, Roman camomile, litsea cubeba) intensifies the fresh and indulgent sensation of this purifying treatment.

### **Traditional Javanese Lulur Scrub & Full Body Massage**

This traditional treatment from Indonesia hydrates the skin, leaving it exquisitely soft. The luxurious treatment starts with a gentle Lulur scrub; the golden colour comes from its main ingredient, turmeric, which has unique cleansing properties that bring a beautiful glow to skin. This is followed by the application of rich, creamy yoghurt. Then, a relaxing Balinese massage improves energy flow. You will feel completely refreshed and radiant at the end of this pure pampering experience.

### **Silky Smooth Wrap by Thalgo Wrap & Back Massage**

A silky smooth wrap features rich and creamy textures that glide onto the skin like a silk sheet. Active ingredients include brown algae extract and rice germ oil, which hydrate and nourish the skin. The wrap's enchanting iris and jasmine fragrances complement the sandalwood and white musk base, which give the experience a touch of divine, restored wholeness. A soothing scalp and back massage is performed during this treatment, ensuring you are perfectly relaxed.

### **Aromaceane Treatment by Thalgo Wrap, Full-Body Massage**

An ultra-relaxing and cleansing treatment that combines essential oils with sea mud. Choose an oil – Aroma Slender, Aroma Detox, Aroma Relax – to suit your specific concern. The wrap brightens and enlivens skin, absorbing excess oils and impurities. Float into sublime relaxation through a soothing scalp massage whilst the wrap is on, and afterwards find total peace during our full-body aromatherapy massage.

### **Sunny Side Up After-Sun Face & Body Treatment**

The ultimate treatment for hot weather. Cool down with a refreshing wrap of cucumber, aloe vera and yoghurt, followed by a gentle application of Hydra Sun Soothing Lotion, which is rich in algae extracts, aloe vera, water lily and iridescent pearls. A sun-repair facemask and soft sun-repair face massage are performed, followed by a spritzing with cellular energiser mist – perfect for those with sunburn and those who need to chill down after a day in the sun.

# Integrative

## Slimming Treatments by Thalgo

**Benefit from Thalgo Integrative Slimming expertise – body-form excellence that adapts to your needs for immediate visible results that last. Innovative technologies such as Oxy Active and Sculpt Active stop the cellulite generation process; reverse loss of firmness and expansion of deep fat through tissue oxygenation; and triple the reduction in adipocyte hypertrophy. A deep tensing of all the layers stops adipose expansion.**

### **High Precision Shaping Treatment**

This corrective anti-cellulite, anti-excess-fat and anti-slackening treatment combines three exclusive techniques. Our expert therapists begin the treatment by wrapping you with Body Wrap with Active Oxygen, a warming body wrap that corrects fibrosis cellulite and fat storage with a massive 'injection' of pure oxygen. Then, Refining, Resculpting Corrective Concentrate is applied. An anti-superficial-fat massage is followed by a Perfect Sculpting Massage with Body Shaping Correcting Massage Gel. The treatment is completed with the application of Intensive Correcting Cream or High Performance Firming Cream, depending on your needs. This highly effective treatment is exclusive to Thalgo.

### **Perfect Sculpt Massage**

A true mark of Thalgo's expertise, this succession of deep and effective manoeuvres was created to dislodge both cellulite and stubborn fat while restoring skin tone. Cellulite is treated with Refining Corrective Serum, which has fat-burning effects. Deep-fat areas are treated with Resculpting Correction Concentrate, which reshapes. Deep-fat areas are further treated with a sculpting massage with Body Shaping Massage Gel, which is very effective for redefining, draining and toning the body.

### **Frigi Anti-Cellulite**

An excellent cold wrap that treats cellulite and eliminates excess fluid build-up from the abdomen, hip and thigh areas. The cooling effect improves circulation, causing legs to feel lighter. Meanwhile, lipolysis is stimulated, and the skin is made firmer and smoother. A soothing scalp massage is performed during the wrap.

### **Slimming Courses**

Get yourself treated based upon your specific concerns with Thalgo's slimming courses. Achieve significant results in the treatment of cellulite, excess curves or sagging skin.

### **Anti-cellulite Treatment Course**

10 sessions of the Perfect Sculpt Massage to smooth and correct cellulite dimpling.

### **High Precision Shaping Course**

A course of 10 sessions, alternating between the High Precision Shaping Treatment and the Perfect Sculpt Massage – perfect for correcting cellulite, excess fat and slackening of the skin.



# Massage Therapies

### **Jetlag Relieving Ritual**

#### **Medium Pressure**

Avoid that tired, lethargic feeling on your first days. The perfect way to recover from your long flight to Iru Fushi, this ritual has been designed to totally refresh your body and mind. An invigorating and revitalising massage focuses on your back, lower back, head, neck, shoulders and tired legs and feet. A relaxing hot-stone back massage boosts these effects.

### **WISH, A Personalised Massage**

#### **All Pressures**

A personalised massage created especially for you. Choose from mild, medium or deep pressure, and ask our therapists to concentrate on any specific symptoms, such as back pain, headaches, stress-related issues or insomnia. Whatever your WISH, our spa experts will create a bespoke therapy that combines a range of massage techniques and blends the most suitable essential oils. Let us know your WISH.

### **Aromatherapy Massage** Mild Pressure

Cure your stress by surrendering to the nurturing hands of our aromatherapy specialists. Relax your body as you enjoy slow, rhythmic and gentle massage movements. Choose from a selection of aromatherapy oils and create a unique blend that is infused with healing essences that stimulate your senses, relax your body and calm your nerves.

### **Organic Oil Relaxing Massage by Thalgo** Mild Pressure

The ultimate pampering experience, wherein the warm hands of our beauty therapists heal all your stresses and discomforts. A calming oil with organic lavender glides over your body to release tension and soothe your senses.

Natural and Organic Cosmetic certified by ECOCERT Greenlife according to ECOCERT Standard, available at [cosmetics.ecocert.com](http://cosmetics.ecocert.com)

### **Traditional Balinese** Medium Pressure

A relaxation art originating in Bali, Indonesia. Experience a variety of massage techniques, which stimulate the flow of blood, oxygen and 'qi' energy around your body. Relax, boost your circulation and feel spiritually renewed at the same time.

### **Classic Swedish** Deep

This classic deep massage promotes a sense of wellbeing by increasing your blood circulation and lymphatic flow. It also improves muscle tone and skin texture. Ideal for relieving deep muscular tension and aches and pains.

### **Iru Power Pack Deep Massage** Deeper

A vigorous massage crafted by our therapy experts, this treatment relieves sore and tense muscles. After an initial healing massage with pain-diminishing products, the deep muscular massage starts with a special oil renowned for its cooling and ache-relieving effects. Though this treatment is designed for those who enjoy deep pressure, we can tailor the pressure according to your comfort level.

### **Japanese Shiatsu** Deep, No Oil

Practiced for over 2,000 years, shiatsu is a time-honoured therapy in Asia. Our skilled therapist will work along the meridian lines of your body, creating firm pressure with their fingers, palms, knuckles and elbows, without the use of oil. Therapeutic benefits include relief from muscle tension, back pain and migraines.

### **Traditional Thai** Deep with Stretching, No Oil

Relax as our specially trained therapist combines acupressure techniques with stretching postures to harmonise your body's internal energies, resulting in an extraordinary sense of wellbeing. We provide loose clothing for maximum comfort.

### **Hot & Cold Stone Massage by Thalgo** Medium Pressure

Feel the relaxing heat of volcanic stones followed by the stimulating thrill of marine stones, a succession of experiences that results in pure bliss. The stones and essential oils travel along your body to relieve all tension. The massage uses round, wave-like movements that put you into a state of ultimate calm. The complete immersion into a state of relaxation creates a floating sensation of wellbeing. A real invitation to sleep.

### **Revitalising Foot Therapy** Deep Pressure

Refresh and support your tired feet and ankles. The treatment begins with an aromatic foot and lower-leg scrub followed by a deeply relaxing massage that uses lively, reviving oils.

### **Back & Shoulder** All Pressures

The treatment focuses on tight and stressed muscles in your back and shoulders to ease overall tension. Extensive localised pressure relaxes the lower and upper back, shoulders, and neck area.

### **Hands Refresher** Medium Pressure

Hands are a human's primary tools, and it's very important to heal them through touch and manipulation. Enjoy reflexology of your palms and a massage of your arms, upper arms, elbow joints and shoulders.

### **Healing Scalp** All Pressures, With or Without Oil

To relax the muscles in the back, neck and shoulder, this scalp massage also calms and stills a busy mind. Slow down and unwind.

### **Couples Massage Lesson by Spa Trainer**

A bonding experience. Heal your partner through the art of touch. Learn the basics of massage therapy from our spa trainer. It's the perfect way to be more intimate with your beloved. The session starts with a back, head, neck, shoulder and feet massage demonstration before you try your own hands at the healing arts. A pleasurable and educational experience.



# Spa Packages & Spa Days

Let the journey continue

Stay with us a little longer. Take a deep breath, relax and spoil yourself further at a special price.

## Three days – Tranquil Spa Package

Day 1: Javanese Lulur

Day 2: Ultimate De-stress

Day 3: Choice of Heart of the Ocean Ritual or Aromaceane Treatment

## Five days – Pampering Spa Package

Day 1: Polynesia Ritual by Thalgo

Day 2: Choice of 60-minute Balinese or Swedish Massage

Day 3: 60-minute Hot & Cold Stone Massage by Thalgo

Day 4: Ultimate De-stress

Day 5: Choice of Heart of the Ocean Ritual or Aromaceane Treatment

## Seven days – Absolute Relaxation Package

Day 1: Indocéane Ritual

Day 2: 60-minute Hot & Cold Stone Massage by Thalgo

Day 3: Ultimate De-stress

Day 4: Choice of 60-minute Traditional Thai or Iru Power Pack Deep Massage

Day 5: The Sun Siyam Signature Ritual

Day 6: Choice of Complete Spa Manicure & Pedicure or 60-minute Hand & Foot Therapy

Day 7: Choice of Heart of the Ocean Ritual or Aromaceane Treatment

## Purification Spa Day

A day for your body and mind. Spend the day in the healing surroundings of a spa dedicated to wellness and recharging...

A day of Ayurveda, yoga, other traditional therapies and our purification diet. The benefits of these treatments include detoxification, pain relief, an enhanced immune system, more energy, improved blood circulation, and relief from insomnia, anxiety and stress. Ayurveda is known to be the 'Science of Life', which aims to prevent negative energies and to rejuvenate the body and mind. An inner journey, yoga creates a state of balance. Yoga postures, breathing exercises and meditation combine to unite the body and mind, creating a stronger, healthier and more flexible body. Most importantly, the practice creates positive energy that results in calmness and relaxation and increases willpower and concentration. The purification diet detoxifies and cleanses the body of the toxins that build up in daily life. A diet plan runs in conjunction with the gentle exercise of yoga, Ayurveda treatments and meditation. Food provides nourishment and strength and feeds the soul. A combination of all of these elements ensures a healthier outlook.

6:00-6:20	Meditation
6:30-7:00	Pranayama
7:00-8:00	Yoga Postures
8:30-9:00	Purification Breakfast
10:30-10:50	Steam Bath
11:00-11:30	Detox Body Scrub
11:30-12:30	Marma Massage
13:00-14:00	Purification Lunch
15:30-17:00	Shirodhara
17:30- 18:00	Yoga
18.15- 18.45	Steam Bath & Bath Ceremony
19.00	Purification Dinner

*If you are interested in a longer course, please let us know; our consultants will design one for you.*

# Ayurvedic

## Therapies

Whether you are here to detoxify, energise or heal your soul, our Ayurvedic therapies offer solutions for overcoming obstacles and discovering within yourself methods for renewal. All roads lead to one common place – a state of peace, health and wellbeing.

Ayurveda is the Indian system of alternative medicine and is more than 5000 years old. It uses natural products, mainly of plant origin, for healing. Ayurveda aims to enhance health, prevent illness and rejuvenate. According to Ayurveda, health is defined by a balance between body, mind, senses and spirit. Ayurvedic therapies heal the mental and physical discomforts arising from a busy and fast-paced modern lifestyle. These therapies hold limitless healing benefits.

After a personal consultation with our resident Ayurvedic doctor, he will recommend therapies specific to your needs, and in harmony with your constitutional dosha, to stimulate and enhance your mind-body relationship.

Indulge in our selection of healing therapies and let ancient wisdom be your guide.

### **Ayurvedic Consultation**

Bring balance back to your mind and body with a consultation with our resident Ayurvedic doctor. In the Ayurvedic system, everything on this planet – including our bodies – consists of five elements: earth, water, fire, air and space, or 'ether'. Ayurveda groups the five elements into three basic energies, or doshas: Vata, Pitta and Kapha. Each of us has a unique combination of these doshas, which determines our constitution (Prakruti). Our Ayurvedic doctor will prescribe therapies and provide lifestyle recommendations according to your dosha, medical conditions and personal needs, customising your spa journey and putting you on the path to optimal health, balance and happiness.

### **Abhyanga Massage** **Herbal Oil Massage**

Abhyanga is performed with oils infused with relaxing Ayurvedic herbs, which have excellent benefits for the skin. This massage therapy is soothing and gentle, causing your body to deeply relax. It also improves appetite, aids sleep and releases built-up stress, tension and body aches.

### **Ayur Shakti** **Four-Hands Massage**

Unwind and enjoy a feeling of floatation with this blissful synchronised experience that is more than a massage. Two of our skilful therapists work together seamlessly, transferring positive energy that puts you in a state of ultimate relaxation. The massage uses a very potent Indian oil created by combining more than 40 herbs, such as Sida Rhombifolia and Withania Somnifera, which is anti-inflammatory; nourishing; immune-boosting; anti-ageing; and beneficial for skin tone, complexion and blood circulation. Most importantly, it balances the energies of air, fire and water.



## **Shirodhara**

### **Continuous Warm Oil Stream Over Third Eye and Hairline, Full-body Herbal Oil Massage**

Enliven your senses and awaken your spirit with an Abhyanga massage designed to balance your body's energy. Float into sublime relaxation as our signature Ayurvedic herbal oils flow gently over your forehead, also known as the 'third eye'. The flow of the warm oil creates a balancing effect in the deepest recesses of the brain and induces a blissful state of consciousness. Shirodhara helps to heal insomnia, headaches (especially migraine), mental tension and stress-related discomforts. This treatment is most effective as a course of three individual sessions. There's a special discounted price for the course.

## **Marma Massage**

### **Massage with the Feet**

A 'Marma' is a junction of ligaments, vessels, muscles, bones and joints. Our Ayurvedic specialists skilfully use their hands and feet to stimulate a series of Marma points spread over your body. The unique combination of enriching Ayurvedic massage oil and advanced massage techniques make this a truly complete experience that instills a deep sense of calm and inner health.

## **Kizhi Poultice Massage**

### **Bundle Massage in Herbal Oil**

This traditional Ayurvedic fomentation massage is perfect for detoxification and pain relief. A combination of herbal powder, lemon and Ayurvedic herbs is made into a poultice. After a gentle body massage, the poultice is dipped in lukewarm medicated herbal oils and rolled and massaged all over the body. Kizhi is very effective for stress-related aches, joint pain, osteoarthritis and sports injuries.

## **Njavara Kizhi Poultice Massage**

### **Medicated Rice Bundle Massage in Milk Decoction**

An ancient ritual from India used to purify and strengthen your body. After a gentle body massage, warm Ayurvedic Njavara rice poultices cooked in milk decoction are applied to the body to balance individual doshas. Njavara Kizhi treats joint pain, rheumatism and fatigue.

## **Sthanika Vasti**

### **Localised treatment for Lower Back, Cervical Area and Knee Joints**

Sthanika Vasti (Kati/Greeva/Janu Vasti) is an exceptional Ayurvedic treatment used to relieve pain and stress in the lower back, cervical region or knee joints. Concentrating on one of these three areas, the treatment starts with a localised massage over the area of pain using potent Ayurvedic oils. Enriched with the healing powers of ancient Indian herbs and plant essences, the concentrated ingredients relieve inflammation and muscle tension in the targeted areas, ultimately reducing pain and stress. This treatment is most effective as a course of three individual sessions. There's a special special discounted price for the course.

## **Ksheera Dhara**

### **Medicated Milk Stream, Full-Body Herbal Oil Massage**

Ksheera Dhara combines a full-body Abhyanga massage with Shirodhara, during which lukewarm medicated milk is poured on your forehead's third eye in a specific to-and-fro motion. This treatment is beneficial for those suffering from stress-related discomforts, burning eyes and eyestrain.

## **Pizhichil**

### **Oil Bath Massage**

A rejuvenating treatment that enhances immunity, Pizhichil has been handed down from ancient India. The therapist pours lukewarm medicated oil over your body with one hand while simultaneously applying a soothing touch with the other. Wonderful benefits from this treatment include improved skin complexion, the nourishment of cells and the stimulation of blood circulation.

## **Udvarthanam Detox Treatment**

### **Powder Rub, Steam Bath**

A highly effective detoxifying treatment that uses a potent herbal powder to cleanse and exfoliate your body, with particular emphases on cellulite and fluid build-up. The exfoliating friction rub stimulates blood circulation and greatly enhances the smoothness of the skin. This treatment is completed with a steam bath to detoxify and nourish the body.

## **Shiro Abhyanga**

### **Indian Head, Neck, Shoulder and Face Massage**

This cooling and energising Marma point massage of the head, neck and shoulders uses Ayurvedic oil blended with herbs like Indian gooseberry, hibiscus, false daisy, mint and cypril. It cools the head, promotes hair growth, reduces hair loss, fights against dandruff and relieves headaches.

## **Nasyam**

### **Nasal Purge**

A cleansing treatment for the respiratory channels that inserts medicated oil drops into nostrils. Nasyam clears accumulated phlegm, relieves headaches and heals sinusitis.



# Ayurvedic

## Rituals

All Ayurvedic Rituals include a consultation with our resident Ayurvedic doctor, who will personalise the selection of oils and herbs based on his diagnosis of your constitutional dosha type.

### **Rasayana Arogya** Rejuvenation & Detox Packages

The body requires constant care to remain in optimum health, but a busy lifestyle can force it to work beyond its capacity. In ancient India, kings and queens would undergo these rejuvenating treatments once a year in order to remain healthy. The therapies nourish cells and tissues, improve immunity, detoxify, and create harmony between the body, mind and soul.

#### **Three Days – Rasayana Package** Consultation with Ayurvedic Doctor

Day 1: 60-minute Abhyanga Massage  
Day 2: 60-minute Kizhi or Njavara Kizhi  
Day 3: 60-minute Shirodhara or Ksheera Dhara

#### **Seven Days – Rasayana Package** Consultation with Ayurvedic Doctor

Day 1: Udvarthanam and Steam Bath  
Day 2: 60-minute Abhyanga Massage  
Day 3: 60-minute Kizhi 60 or Njavara Kizhi  
Day 4: 60-minute Shirodhara or Ksheera Dhara  
Day 5: Marma Massage  
Day 6: Pizhichil  
Day 7: 60-minute Abhyanga Massage or Ayurvedic Facial

#### **14 Days – Rasayana Package** Custom-made for you after your consultation with the Ayurvedic doctor. Special prices.

### **Nidra** Sleep Well Package

An Ayurvedic and yoga combination that aids in the relief of insomnia, anxiety, tension, headaches and lethargy. This package starts with a consultation with our resident Ayurvedic doctor, who will diagnose your constitutional dosha type and choose appropriate oils. Our yoga guru will then personally guide you through breathing techniques in the peaceful surrounds of our private Yoga Suite.

- Consultation with Ayurvedic Doctor
- Abhyanga Massage
- Ayurvedic Head & Feet Massage
- Shirodhara or Ksheera Dhara
- Pranayama (breathing exercises with our yoga guru)

### **Sundari** Skin & Beauty Care

With its natural healing, Ayurveda helps enhance your skin's complexion and tone. Feel your everlasting youth.

- Consultation with Ayurvedic Doctor
- Steam Bath
- Herbal Scrub
- Njavara Kizhi Poultice Massage
- Ayurvedic Facial

### **Prushta Hara** Heal Back Pain

For many, back pain is a major problem. These ancient techniques from Ayurveda combine with comfortable postures from yoga to provide relief and healing. This package is most effective as a course of three consecutive sessions.

- Consultation with Ayurvedic Doctor
- Sthanika Vasti
- Podi Kizhi
- Yoga Asanas (yoga postures with our yoga guru)

### **Swaasthya Rakshanam** Preventive Care

Ayurveda teaches simple procedures for cleaning and enhancing our sensory organs to maintain optimum health. Such procedures were practiced as a part of the daily routine in ancient India and other Asian countries. Even now, some of these are practiced as an everyday ritual. Travel through centuries of Ayurvedic wisdom with Nasya (a nasal purge that clears phlegm, enhances respiration and relieves headaches), Gandusha (oral fluid holding, which improves oral health and enhances taste perception), Dhumrapana (medicated fume inhalation, which heals sinusitis and headaches and enhances the sense of smell), Abhyanaga (a herbal oil massage), Shiro Taila Dharana (the oiling of the scalp), Lepana (a herbal paste), Snana (a shower with herbal ingredients that removes impurities), Anjana (an eyelid application that cleans the eyes) and Sugandha Dharana (the chewing of aromatic spices for clean breath).



## Wellness Classes

Yoga, Pranayama, Meditation, Pilates, Tai Chi

Discover blissful relaxation with yoga, Pranayama breathing, meditation, Pilates and tai chi. All are performed mindfully, heightening one's focus on their inner awareness. Improved willpower, greater concentration, increased discipline, brighter creativity and more wisdom are some of the many benefits. Explore your inner self.

# Traditional

## Chinese Medicine

Traditional Chinese medicine – which includes many different practices, including acupuncture, cupping, herbalism and dietary therapy – is rooted in the ancient philosophy of Taoism and dates back more than 500 years. At The Spa, we invite you to immerse yourself in the secret wisdom of these healing arts and embark on a journey of renewal and regeneration.

### Acupuncture

A highly restorative, personalised treatment that balances the flow of vital 'qi' energy. Benefits include the reduction or elimination of insomnia, muscular tension, weight problems and mental stress.

### Cupping Therapy

A powerful therapy that combines heat and suction to mobilise blood flow. Benefits of this technique include reduced pain and inflammation, enhanced cardiovascular health and detoxification.

### Cupping Training Session

Learn the basics of the wonderful healing treatment. Our Chinese medicine consultant will train you on how to perform cupping therapy. Couples can be trained to perform the treatment on one other, and those visiting the class alone can use a model for the training. A take-away cupping set is included, allowing you to continue the practice back home.

### Gua Sha

A traditional skin scraping with anti-inflammatory effects, this treatment aids in the healing of body aches, stiffness, chills and fever. After lubricating the area, a blunt instrument is used to scrape the body's meridians or acupuncture points.



### **Tui Na Massage**

#### **Add-On**

A multimodal bodywork practice that combines massage, acupressure and other forms of body manipulation. Pressure is applied to acupoints, meridians and groups of muscles or nerves, and blockages that prevent the free flow of 'qi' are removed. This leads to improved health and vitality.

### **Moxibustion**

#### **Add-On**

The powers of heat and herbs are combined for this treatment. A herbal stick is ignited and indirectly applied to acupressure points to stimulate the flow of vital 'qi' energy. This action relieves body weakness, aches, frozen shoulders and menstrual pain, and it promotes wellbeing.

### **Emerge Energised Four- or Seven-treatment Package**

Experience the deep and long lasting benefits of traditional Chinese medicine. After your consultation, our resident Chinese medicine consultant will personalise a package according to your body-mind requirements. There are special prices for the four- and seven-treatment packages.

### **Bird's Nest**

In traditional Chinese medicine, a bird's nest is considered to have a neutral (neither hot nor cold) energetic property that has a special healing influence on the lungs, kidneys and stomach. Renowned in Asia as one of the most effective health products, the unique substance in bird's nest, known as Epidermal Growth Factor (EGF), provides a youthful complexion, manages skin irritation and speeds up tissue repair. Our Chinese medicine consultant will prescribe and create a bird's nest recipe to suit your needs.

# Traditional Maldivian Treatments

The ancient wisdom of local Divehi medicine, known as 'Dhivehi beys verikan', is yours to discover here at The Spa. Practiced by islanders over the centuries, traditional herbalism and age-old bodywork techniques connect you to the local atoll way of life. Part of the proceeds from each traditional Maldivian treatment is used for charity purposes, helping to support island community initiatives.

### **Maruhabaa...Maldivian Sensations**

#### **Coconut Scrub, Coconut Milk Bath, Coconut Oil Massage**

Maruhabaa, 'Welcome' to the Maldives. The 'tree of life', the coconut palm is abundant in the Maldives and is utilised in many ways by local people. Coconut heals skin and is a popular tropical skin tonic. It also helps to repair sun-damaged skin. Prepare your body for lazing on powdery white beaches and revitalise your skin with our Maldivian coconut scrub. Take a dip in a nourishing coconut milk bath and relax with a soothing coconut oil massage. This treatment leaves your skin silky smooth and primed for the beach. You can realise further benefits by purchasing a bottle of Maldivian Coconut Oil from our Spa Shop.

### **Bondithaan Kurun** Herbal Bundle Massage

Ancient Divehi medical practices include warm herbal bolus massages to heal body aches, muscular stiffness, arthritis and stress-related symptoms while enhancing overall wellbeing. After a regenerating warm oil massage, a bolus made of different varieties of locally sourced herbs, each with their own unique medicinal values, is dipped in warm herb-infused coconut oil and applied to your body. The ultimate Maldivian therapy experience.

### **Umbuliveyo Banun** Herbal Paste Banana Leaf Wrap, Oil Stream Head Massage, Herbal Body Massage

The visionaries who practiced herbalism in the Maldives devised a special treatment for the relief of body aches and joint discomforts from stress-related conditions. A warm, green paste made with tropical herbs from the island is carefully applied over your affected areas. You are then wrapped with freshly picked banana leaves, and hot stones are placed on vital points. Whilst in the wrap, you will enjoy a stimulating head massage is performed with a single stream of oil poured over the third eye and hairline. To conclude this tropical experience, you will fly away from your cocoon and into the nurturing hands of our therapists, who will perform a grand-finale full-body massage using oil processed with local herbs.

### **Kandu Dhon-Veli** Sea Sand & Ocean Water Exfoliation, Coconut Oil Massage

This exotic ritual performed on the beach begins with a mild exfoliation that uses white sand and Indian Ocean water, followed by a refreshing dip in the sea. Next, a relaxing Maldivian coconut oil massage eases the body's tensions while the soothing sounds of the sea, just metres away, ease the mind.

*Please note that we might not be able offer Kandu Dhon-Veli on the beach pavilion during windy and rainy weather conditions.*

*During these times, we will perform the treatment in our spa suite.*

# Especially for Men

**A unique range of masculine therapeutic treatments from Thalgo, each crafted to heal stress and promote physical and mental wellness.**

### **Ocean Facial by Thalgo**

A relaxing, deep-cleansing facial for skin maintenance. Invigorate your masculine vitality as the Thalgo active ingredients exfoliate the skin's dead cells and prevent blemishes. The results are immediate, and your complexion is left clear and fresh.

### **Energy Scrub**

Rejuvenate dry skin with a zesty polishing scrub. We remove all traces of roughness and leave your skin tingling with freshness.

### **Revive Back treatment**

A revitalising treatment with deep-cleansing properties. Begin with a stress-relieving back massage followed by a marine scrub and therapeutic mud mask to help draw out impurities and soften the skin. While the mask is on, your therapist will work on detoxifying your entire system with a pressure point foot massage.

### **Vitality Body Care**

A sumptuous total-body treatment that creates complete relaxation in the body and mind. Skin brushing promotes blood circulation and freshens the skin and is followed by an uplifting aromatic massage. It's the ideal way to ease tension and help combat the stresses of a modern lifestyle.

### **Stress Remedy**

Heal the accumulated mental and physical stress of your busy daily routine. A spicy wrap of the legs and hands relaxes the muscles and refreshes the mood. A sublime head, shoulder, hand and foot massage will wash away any remaining anxieties.



# Finishing Touches

## Fish Spa Therapy

Relax as a team of 300 therapists treats your feet. After a foot cleansing ritual, which includes a massage from calf to toe, the 300 fishy doctors (garra rufa) will naturally remove dead skin and rejuvenate your healthy skin as they kiss your feet and toes. During the procedure, you can choose to have an optional eye massage with the Thalgo Eye Massager, or have your eyes covered with eye pillows. The mild suction massage will leave you feeling refreshed and energised. As a finishing touch, a therapist will provide a mild exfoliation and gentle foot massage. An Express Pedicure can be added for an additional cost.

## Complete Spa Manicure

Enjoy this luxurious manicure that cleans and nourishes hands and nails. After an exfoliation and hand mask, the nails are shaped and a nourishing softener is massaged into the cuticles to work away trapped dirt. This is followed by a relaxing hand massage and thorough nail buffing that creates a stunning shine. Nail varnish included, if desired.

## Complete Spa 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 with a nourishing foot scrub that stimulates weary and tired feet. Next, you will enjoy a reviving foot mask before your nails and cuticles are groomed. Finally, a soothing massage releases tension from your feet. Nail varnish included if desired.

## Express Manicure

File & Polish only

## Express Pedicure

File & Polish only

## Hair Stylist's Head Massage

A traditional massage widely available in hairdressers' shops across Asia. Enjoy a strong and effective massage of your scalp, forehead, neck and upper shoulders, followed by a hair wash and blow-dry.

## Hair Spa

Let our stylist treat your hair with this complete hair-nourishing ceremony. They will strengthen the skin and hair follicles by shampooing, applying a mask, massaging, steaming and cold blow-drying. The results? Your hair will regain all of its youthful charm and beauty.

## Other Hair Services

- Hair Wash
- Wash & Blow-dry
- Ladies' Hair Cut
- Men's Hair Cut
- Hair Straightening
- Facial Hair Threading
- Eye Brow Threading
- Hair Styling
- Make-up
- Hair Styling & Make-up

# Sea Shore Spa

Peaceful open-air spa treatments on the shores of the Indian Ocean.

Relax and enjoy nothing but the sounds of the sea and the gentle rhythmic motions of a massage. Find your inner peace and relax on the pristine white beaches shaded by age-old palm trees. Surrender yourself to total calm and peace.

At Sea Shore Spa, we offer full-body massages and private yoga and pranayama sessions. For booking or further information, please contact The Spa on extension 189.

*Please note that Sea Shore Spa treatments may not be available during windy and rainy weather conditions.*

# Sweet Pea Spa

**Little people love pampering, too!** The Spa treatments for young guests, from three to 12 years old, include gentle massages, body cocoons, scrubs and facials that use natural organic homemade ingredients. Mini mani-pedis and nail art are available upon request. For booking or further information, please contact The Spa on extension 189.

# How to Spa

## Hours of Operation & Location

The Spa is open from 10.00 am to 10.00 pm. Please visit the spa, located between the Iru Restaurant and the Islanders Grill, or call us at extension 189 to make a reservation.

## Reservations

We recommend you reserve your treatments in advance. Please visit us to make a reservation. The team at The Spa is happy to show you around and assist you in choosing treatments. Or you can contact The Spa on extension 189, by dialling '0' to connect through WISH.

## Arrival

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and to have time to relax in our tranquil surroundings. Your time with us is precious, so we kindly ask that you arrive promptly so that you can fully enjoy the experience. Late arrivals may result in reductions of treatment duration if we are unable to reschedule the treatment due to the reservations of other guests.

## Spa Etiquette

We recommend that you leave all your jewellery and valuables in your villa's safety deposit box before coming to the spa. Please note that spa cannot take responsibility for lost or damaged personal items.

Kindly note that the spa is a tranquil setting and a place to relax, therefore we request that you leave your mobile phone and other electronic devices in your guest villa. To ensure relaxation for all of our guests, we kindly request that everybody refrains from speaking loudly.

Please note that the spa is an unsuitable environment for babies and children below three years of age. We try to ensure that all of our guests benefit from the tranquil surroundings, and we ask you to be mindful when brining small children.

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

## Facilities

We are happy to provide complimentary use of our hydrotherapy area, including steam, sauna and plunge pools, to all spa guests.

We provide bathrobes and disposable underwear for your personal use during your visit.

## Precautions

Please advise us of any health complications, allergies or similar conditions that may affect your treatment. If you are pregnant, or if it has been less than three months since you gave birth, please notify our spa reception. Our pregnancy treatments are only available within the second and third trimesters and three months after delivery.

We recommend that you do not sunbathe directly after your spa treatment. Gentlemen are kindly advised to shave prior to facial treatments, but not immediately prior, to ensure the best results. Please remove contact lenses before facial treatments.

## Charges

All treatments will be charged to your villa and will appear on your account at checkout. All prices are in USD, subject to a 10% service charge and any applicable government taxes.

## Cancellations Policy

Please allow at least 12 hours notice for cancellations to avoid a 50% charge. Cancellations without notice will incur a 100% charge. If you arrive late, we will be forced to shorten the length of your treatment in order to respect the next guest's reservation.





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