

THE ISLAND WAY

Your Path to Well-Being

Our wellness journeys honor you on your individual path to well-being, health, and happiness. We recognize there is no one-size-fits-all solution for everyone and curate personalized experiences that align with what matters most – your connection with yourself, with nature, others, and the world around you.

Step into the island way of being well. Set your intention and explore opportunities to re-imagine and experience what health and wellness look like for you.

WELLNESS JOURNEY WITH INTENTION 2022

Your Wellness Journey Track

Wherever you are on your wellness journey, make the most of it.
Find personalized guidance, professional expertise to inspire your path to more well-being.

Set your intention, pick the right service, and let our team guide you.

LETTING GO

Intention:

A desire to pause, rest and unwind. Allow yourself to let go of tensions and stresses, or unhealthy thinking.

CONNECT

Intention:

A desire to deeply connect with your spouse, family, or just with yourself and nature.

RE-VITALIZE

Intention:

A desire to restore depleted energy, enliven your senses and feel energized and positive.

MENTAL WELL-BEING

Intention:

For the traveler who wants to experience peace of mind, calm, and clarity.

FLOURISH

Intention:

A desire to let your inner beauty shine.

JUST FOR YOU

Intention:

A gift to yourself. Have fun and feel pampered.

HOW TO SPA

- Opening hours 10am to 8pm
- Kindly shower prior to treatment to remove sunscreen.
- To enjoy the full spa experience, please come to the spa 15 minutes prior to your appointment.
- Our cancellation policy is 6 hours; we regret that 50% charge will be made for treatments cancelled with less than 6 hours notice and 100% charge will apply for no-show.
- Packages offers are non-refundable, non-transferable and pre-booking is required.
- All prices in USD
- All prices inclusive 12% GST and 10% service charge





OCEAN DREAMING

Our signature massage: wave-like movements and massage techniques from the oldest traditions around the world evoke a deeply relaxing and uplifting massage experience. Herbal poultices are used to evoke a warm, nutrient-rich relaxation to tense muscles. This massage works with the body's natural energy system to harmonize the energy flow. Utilizing our miracle African Potato body balm to revive your senses whilst enriching your skin with anti-oxidants and deep hydration.

90 minutes - \$141

HEAVEN ON EARTH

The ultimate face & body ritual: Unwind & de-stress with this heavenly combination. Drift away with a Balinese massage to stimulate the natural balance of body, mind, and soul. Enjoy our Healing Earth™ Glow & Radiance Facial, while the celestial sounds of Tibetan singing bowls deepen your relaxation. Rejuvenated, uplifted, and deeply relaxed you will walk on clouds after this blissful experience.

90 minutes - \$167

MALDIVIAN SERENITY RITUAL

Our bespoke top-to-toe Signature Ritual uses the essence of 100% pure organic coconut native to the Maldives. Experience profound and deep relaxation; enjoy smooth and hydrated skin and shiny, lustrous hair with the tropical scent of coconut.

- Freshly ground Coconut-Vanilla Body Polish
- Coconut hair mask combined with an Indian head massage using coconut oil infused with Rosemary.
- Tropical full body massage with 100% virgin coconut oil

120 minutes - \$219

BALINESE MASSAGE

A gentle and calming massage using acupressure, skin rolling, and relaxing strokes to soothe, restore and calm the mind and body.

60 minutes - \$134

90 minutes (herbal poultices) - \$183



FULL MOON MAGIC

An enchanting ritual to share with your loved one captivates all of your senses, alleviates any tensions, and connects you to the vital powers of nature's elements.

- Your choice of a full-body massage
- Freshly prepared body polish
- Indulgent Indian head and foot massage
- Tropical bath infusion
- Healing Earth BioActive Mini Facial
- Fruit platter complemented by champagne
- Spa gift for your spa experience at home

135 minutes - \$470 per couple

ROMANTIC RETREAT

Embrace this defining body ritual in a romantic setting with your loved one. After our signature foot-bath:

For her: A choice of Balinese or Oriental massage, pinotage body polish, a deeply nourishing Indian head massage enriched with Rosemary infused warmed coconut oil.

For him: A deep tissue back or muscle ease massage, followed by an invigorating Ginger-Lemongrass body polish, encapsulated by a relaxing foot massage.

105 minutes - \$434 per couple

HIM & HER

Romantic Indulgence! Enjoy precious time together immersed with the aromas of pure essential oils and indulge in restoring and calming Balinese massage, followed by champagne to savor this treatment.

75 minutes - \$268 per couple

TROPICAL BREEZE COOLER

CONNECT WITH NATURE TO HEAL & REPAIR

Too much sun? Let the purest natural remedies cool, repair, and restore your skin. For your body cooling and healing Aloe wrap to restore and heal damaged skin. For your face hydra-boost skin care restores radiance and structure to the epidermis.

75 minutes - \$145



re-vitalize

MUSCLE EASE MASSAGE

Invigorating deep tissue massage using Swedish massage techniques to wring away tension and stress, with the option of deeper pressure.

60 minutes - \$134 | 90 minutes (with herbal poultices) \$183

ANTI STRESS HEAD & BACK MASSAGE

A therapeutic, deeply relaxing massage focusing on the back and upper body area. Traditional heated herbs (poultices) are used for profound deep healing and release of muscle tension. (60 minutes)

60 minutes - \$122 | 90 minutes (with herbal poultices) \$167

AROMATHERAPY MASSAGE

This hero treatment is more than just a massage. A personalized blend of massage oil tailored to your mood, feelings and physical needs to bring upon balance, peace and tranquillity to your body, mind & soul. Oils are formulated with natural plant extracts and flower oils to guarantee therapeutic benefits. Using gentle rhythmic strokes this massage promotes lymphatic drainage and healing.

60 minutes - \$134 | 90 minutes \$183

ORIENTAL MASSAGE

A therapeutic blend of free-flowing massage techniques including Balinese, Thai, and Indian head massage to experience the release of muscle tension, greater movement, and renewed energy.

60 minutes - \$122 | 90 minutes (with herbal poultices) \$167

SKIN FIT – BIO ACTIVE FACIAL

Suitable for him & her; oxygenated skin, long-lasting deep hydrating facial that restores skin brilliance and radiance through highly concentrated pure organic serums tailored to your individual skin concerns. The facials are customized to your skin type to ensure visible results. Our skin therapist will advise the best treatment options for you.

60 minutes - \$125



letting go

REIKI

A renowned Japanese technique for stress reduction and relaxation. Awakens the body's innate healing ability, by 'laying on hands' allowing life force energy to flow and release blockages. As a result, feel a deep sense of calm, peace & well-being.

60 minutes - \$121

REFLEXOLOGY

Treat your feet with whole-body benefits. Working on your foot reflex points to restore balance and support the body's own healing.

60 minutes - \$121

LYMPHATIC DRAINAGE MASSAGE

LETTING GO

Most popular and revolutionary techniques in recent times. Alleviate stress, accelerate healing and reduce inflammation pain while boosting your immunity. Manual lymph drainage (MLD) is applied in a rhythmic motion in the direction of the lymphatic flow, which enhances the elimination of toxins, reduces water retention, and increases blood circulation.

75 minutes - \$140

ESPRESSO & LIMÓN SLIMMING

DETOX & SLIM & BEAUTIFY

Treat your body like a temple with this detoxifying and firming treatment. Guaranteed to leave your body looking sleek and smooth. Begins with dry body brushing to stimulate lymphatic drainage. Followed by a massage with Espresso Limón slimming oil formulated to deeply purify and tone. A luxurious treatment for a slim and toned body, and a clear mind.

75 minutes - \$113

All prices are inclusive 12% GST and 10% service charge



mental
well-being

MINDFUL JOURNEY

LET YOUR HEART SING

Let us start with a heart centering ritual tapping into the feeling of joy. The harmonizing effects of a full-body massage evoke a sense of joy and bliss preparing you for the sound and energy experience that is to follow. A mindful tea ritual with Tumeric-Ginger infusion will leave you with some inspiration to take home.

90 minutes - \$172

SOUND BATH

EASE & RELEASE

A sound experience to slow down, rest, and receive healing vibrations while immersing into a soundscape of Singing Bowls. Expect improved sleep, a balanced nervous system and deep relaxation.

60 minutes - \$121

LET GO & RECEIVE

3 CHOICES (GINGER, COCONUT, PINOTAGE)

Body and mind work in tandem. Exfoliate, remove toxins, perfect your skin's complexion with a choice of your preferred body polish and peel. Nurture yourself and your body with the goodness of nature for a nutrient-rich skin treat. Includes back massage, full-body exfoliation, and nourishing body lotion.

60 minutes - \$145

THAI MASSAGE

Energizing and uplifting, this 'yoga' massage opens joints, increases energy flow and muscle flexibility, improving postural body alignment (no oil used).

Experience new spaciousness in body and mind.

60 minutes - \$ 122

90 minutes - \$ 167



flourish

COCONUT HAIR CRÈAM BATH

A traditional hair treatment infused with the hydration of coconut leaves the hair silky and smooth. A perfect treat after a day in the sea. A warm blend of coconut oil is massaged into the scalp nourishing the hair, followed by a coconut hair mask. Perfectly completed with a neck-shoulder or feet massage and application of hydrating coconut or frangipani lotion. Expect soft, shiny hair with the tropical scent of coconut.

60 minutes - \$121

SKIN FIT - VITA FIRMLING FACIAL

Suitable for all skin types, but of particular benefit for mature, dry, or dehydrated skin. Improves skin elasticity, minimizing visibly fine lines and the onset signs of aging. With the use of Matrixyl™ & Cranberry in combination with tri-enzyme fruit acids, the skin is deeply exfoliated promoting the restructuring process of collagen and the vitamin boost to visibly revive the youthful and radiant appearance of your skin.

75 minutes - \$133

EXPRESS FACIAL

A treat for your face with all the elements of a traditional facial, using our organic products. Short and sweet!

30 minutes - \$68

INDIAN HEAD & SCALP MASSAGE

TRADITIONAL RECIPE FOR SHINY HAIR

Warm, locally sourced, coconut oil with Rosemary infusion is massaged into the scalp and hair. This is followed by an Indian head, neck, and shoulder massage. Coconut oil is a natural conditioner and provokes new shine. Aids in protecting the hair from the sun and sea.

30 minutes - \$68



just for you

BACK, NECK & SHOULDER MASSAGE

An invigorating deep tissue massage focusing on the back area, using massage techniques designed to wring away tension and stress.

30 minutes - \$68

DELUXE SPA MANICURE

Luxurious conditioning care for your hands with all elements of a traditional manicure to leave hands soft and smooth, and nails beautiful. Includes a nourishing hand-arm massage with African Potato to nourish the skin. Nail polish application is included if desired.

60 minutes - \$76

DELUXE SPA PEDICURE

Pamper your feet with an aromatic foot soak and scrub, followed by a traditional pedicure. Includes the removal of unwanted dry skin and callouses completed by a pampering foot massage.

Nail polish application included if desired.

60 minutes - \$76

EXPRESS DE-STRESS - OH, HAPPY FEET!

This is an invigorating, de-stressing treatment. Refresh and heal your feet and legs to restore lightness, improve circulation and reduce swelling and fatigue.

45 minutes - \$68

ENHANCER - BEAUTIFUL EYES

Complete your facial with the new technology of EyeSlices™. Reduces puffiness, dark circles, redness, lines, and wrinkles, bringing luminosity to the eye area.

\$10.00

10x use home care - \$18



*mental
well-being*

DISCOVER WELL-BEING FOR LIFE

LOVE YOUR LIFE - LEARN TO THRIVE

Here we want to share our vision about what healthy and holistic living can do for you.

A range of integrative wellness services has been blended into immersive mini-retreats to assist you to transform and optimize your health and well-being in the most relevant areas of your life. Your path to sustainable living.

Please contact our spa team for the event and retreat schedule 2022.



"At heart, it's about love, care, and compassion for yourself and the world around you." - Remate



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