

The Standard

The Standard, Maldives — Spa Menu

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Body Massage

The Standard

Anything but standard. Our holistically focused practitioners combine multiple bodywork techniques, hydrotherapy, essential oils and awareness to create a highly individualized therapeutic massage experience. Each session includes time for a personal consultation and post massage recommendations.

60 min. \$185
90 min. \$220

Rock A Bye - CBD

Lulled with CBD. A good stone massage is a treat for the mind, body and spirit. This treatment takes our Standard massage and kicks it up a notch by incorporating hot stones into the blend of techniques your therapist uses to help you reach a state of bliss. Muscles relax, aches are forgotten and you'll leave ready to take on the world...or maybe take a nap

90 min. \$220

Spot On

Need a little tough love? Tell us where it hurts and we will focus on that area with a customized combination of techniques along with anti-inflammatory infused oil to give you the relief you need. All better.

- * Scalp Massage
- * Indian Head
- * Reflexology
- * Back Energy

30 min. \$95

The Traditionalist

Some of us enjoy being surprised with different techniques in our massages, but some of us like the classics massage. Let us know that's your thing and enjoy this relaxing, flowing massage. Simple and classic, (Balinese, Swedish, Hawaiian, Thai)

60 min. \$175
90 min. \$215

Hurt So Good

Ahhh, so rewarding. There is nothing better than a massage with just the right pressure, so that you find your tension melting away. With the mixture of techniques, you feel the "knots" and stress areas fully revealed, layer by layer, intense then relaxing until they have been released. Treating the deeper layer of the muscle helps to relax muscles, increases oxygen flow into your muscles and aids range of motion to leave you overall feeling good. (Deep tissue with Aroma oil)

60 min. \$175
90 min. \$215

Prenatal

A massage that focuses on the special needs of the mother-to-be as her body shifts to support new life. Relieve swelling, back and neck pain, improve muscle tone and stimulate the circulatory system. Using the mild essential oil blend of orange blossom and extracts of blood orange rind and tomato leaf, this massage will hydrate and nourish. This service is only for those past the first trimester.

60 min. \$175

Natural Beauty

The Standard Signature Facial Skin Radiance with PAÑPURI Lotus Defense™

Rejuvenating the skin with synergistic infusions of treasured essential oils and moisturizing lotus seeds, dandelion and white lupin extracts, the treatment is complemented by broad, gentle strokes that enhance circulation and lymphatic drainage. Dark circles will appear less visible with the skin more radiant, supple and significantly enhanced.

75 min. \$205

The Standard's Skin Lifting Facial with PAÑPURI ArunaYouth™

Firm and tone the skin with this combination of Eastern pressure point massage and collagen-boosting French facial therapy. Help your skin regain its youthful contours with the power of ArunaYouth™ Complex combined with anti-wrinkle and muscle-strengthening techniques to stimulate blood flow and combat the five signs of aging.

75 min. \$205

Mini Facial

Treatment designed to give you most of the benefits of a full facial in half the time. A mini facial will leave you with a nice glow in short time.

30 min. \$95

HyaQuench Deeply HyaDrating Facial

Intensely hydrating this facial treatment revise dry and dehydrated skin by locking and sealing in moisture for up to 120 hours using an exclusive Facial Hyaluronic Oil 10x the Concentrate. The Tapotement (or Fast tapping) technique from Swedish massage therapy also preps the skin for deeper absorption, making this moisturizing treatment suitable for those who are looking for intense nourishment and long-lasting hydration immediately after treatment.

60 min. \$185

ArunaYouth™ Absolute Firm with Eye Lift Treatment

Employing the ArunaYouth™ Complex collection to target the five signs of aging, A unified combination of age delay techniques of lifting, Shiatsu and lymphatic drainage massages around the eyes, this treatment firms facial muscles, smoothens wrinkles and eliminates puffiness around the eyes.

90 min. \$220

Body Treatment

Aloe Gel

This relaxing wrap contains the anti-oxidant benefits from Aloe Vera which makes the perfect accompaniment to any sun lover wanting a lasting tan and soft, smooth radiant skin, followed by hydrating care to revitalize your skin.

60 min. \$135

Mud Detox

A body wrap - also known as a “body cocoon” is a spa treatment created to enhance the health and appearance of skin. A nourishing oil or mineral-rich formula is applied to the limbs and torso. So, if you are looking for additional ways to aid your body’s natural detoxification process MUD DETOX might be the right for you.

60 min. \$135

Organic Body Exfoliation

The Standard Exfoliation Unveil glowing skin head to toe. The organic body scrub made of all-natural ingredients will not usually contain preservatives. A luscious purifying and smoothing scrub massaging away dull and dry skin, heavenly melting your muscles to leave your body glowing and feeling radiant inside out.

60 min. \$135

Integral Living

The Standard Journey

Combine our Standard treatments with this value package:

- The Standard Massage
- The Standard Facial
- The Standard Manicure + Pedicure

210 min. \$405

The Maldivian Chill

It's time to chill out. We begin this unique treatment with a refreshing foot bath and cooling scrub, followed by a foot massage using Lord Jones High CBD Pain & Wellness Formula that will make your toes hit snooze. Using a variety of techniques, including balancing reflexology points, your therapist will take away those pesky aches so you leave on a high note and our therapists will work to release tension and restriction in the neck, scalp for stimulating energy and blood flow to the brain. The end result is increased concentration, tension reduction and an improved sense of wellbeing.

90 min. \$220

Sound Healing Massage

The calming sounds and gentle vibrations of the singing bowls incorporated with a customized massage induce a feeling of harmony and very deep relaxation. The result is a transformative experience of well-being and beauty that comes from within.

90 min. \$220

The Huruvalhi Healing

Looking for something else? Get paired with one of our holistic healers for a custom designed journey through your body and beyond with hands on energy healing tailored to you and what you need in the moment. Great for issues ranging from back pain, to feeling stressed out and exhausted, to reclaiming your creativity and passion for life. Ending your treatment with The Signature LOTUS DEFENSE skincare. Inspired by the delicate lotus flower, this combines Shiatsu techniques and brisk hand strokes to lift and rejuvenate your skin.

165 min. \$350

Tag Team

Instigate a full mind and body revolution toward greater self-awareness and healing. Begin with a one-on-one yoga session designed to activate and consciously open those hips, tighten that core and increase your breathing. Follow your Savasana (final resting pose) by sharpening your focus with a 60-minute therapeutic massage. Our unified approach will leave you balanced, educated and most importantly...integrated.

120 min. \$275

K.I.S.S

Keep It Sensual and Satisfying. Healing, and moisturizing your skin with organic Aloe Vera gel for some warm-up time. Then receive a 60-minute Standard Massage.

90 min. \$220

Nails

The Standard Manicure & Pedicure

Our Standard manicures and pedicures are all about healthy natural nails and hands-on attention using environmentally friendly products (with basic nail color, OPI & CND)

120 min. \$140

Almond *or* Vanilla Manicure

Gently refine and moisturize your hands with this natural manicure including an almond milk hand soak, exfoliation, manicure, almond hand mask, hand massage, buffing (including a choice of basic or shellac nail color CND)

90 min. \$105

The Express Pedi & Mani

The Standard Express manicure and pedicure is included a hand and foot wrapped in a hot towel followed by nail shaping, cuticle care, hand, and foot massage.

60 min. \$100

Marine Pedicure

Hydrating sea extracts, conditioning mineral clay and soothing botanicals soften and exhilarate your feet with marine mineral foot soak, exfoliation, mask, foot massage and buffing for this natural pedicure (including a choice of basic or shellac nail color CND)

90 min. \$105

Additional Treatments

- add on an À la carte basis -

Basic Nail Polish (OPI & CND)

15 min. \$30

Nail Shellac (CND)

30 min. \$45

Gel Removal + Basic or Shellac Nail Color (OPI & CND)

60 min. \$75

Health & Wellness

Hatha

Hatha flow is for any level practitioner, and will encourage you through an introspective process of self-inquiry and response to safely discover, play with and approach your personal edge in your practice. This class will integrate therapeutic principles, focus of intention and a brief mindfulness meditation. You will be moved into a slow, deep flow using alignment-focused asana (posture) targeting the release of stress, tension, and congestion in the body and the mind. Pranayama (breathwork) and introspective awareness will lead you through the perfect yoga practice.

60 min. \$115 (single)
60 min. \$220 (couple)

Ashtanga

“Eight Limb Path” inspired by Sri K Pattabhi Jois in Mysore, India. This intense method involves synchronizing the breath with a progressive sequence of precise postures, producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light-strong body and a calm mind.

60 min. \$115 (single)
60 min. \$220 (couple)

Sunrise Yoga

Sun salute... Wake up your energy and experience the many benefits of daily yoga practice. Start your day bayside at the Yoga Dock. Enjoy a creative, fluid practice of an open level Vinyasa yoga with sequences linking breath and movement.

60 min. \$115 (single)
60 min. \$220 (couple)

Sunset Yoga

The serene sunset rays and your inner sensations meet to connect your body and spirit. Meditate, strengthen your body, relax and release your feelings! Every Sunset Yoga class has its unique flow of stretch, power, balance, and a general variety of yoga poses, a session can go from good to great.

60 min. \$115 (single)
60 min. \$220 (couple)

Vinyasa Flow

Vinyasa Yoga is a flowing, dynamic form of yoga, connecting and coordinating asana movement with breath inhalation and exhalation. This linking of breath with movement allows flow, a powerful energy building experience creating strength and flexibility throughout the body, and deep relaxed clarity for the mind.

60 min. \$115 (single)
60 min. \$220 (couple)

Health & Wellness

Aerial Yoga

The hammock itself allows you to go deeper into the stretches and poses, further enhancing full-body flexibility. Aerial yoga is suitable for everyone. With a swath of soft fabric bolstering your body and keeping you off the ground, it helps decompress the spine, increases core strength and balance, and provides the action of pulling, a movement that is lacking in the traditional yoga practice.

60 min. \$115 (single)
60 min. \$220 (couple)

Aqua Yoga

Aqua yoga is essential !!!
It works by performing yoga poses in your swimming pool or spa to get a low-impact, full-body workout that helps improve your strength, balance, and range of motion.

60 min. \$115 (single)
60 min. \$220 (couple)

Pre-Postnatal Yoga

It is specially designed for mothers with their babies so that little ones can also incorporate it into the practice. Postnatal yoga helps you recover from pregnancy and birth. For more requirements, our yoga instructor will give you further details.

60 min. \$115 (single)
60 min. \$220 (couple)

Manual Stretches

Increasing flexibility is essential for training to enhance performance, improve range of motion, align posture, reduce symptoms of stress, feel good and relax both body and mind.

60 min. \$115 (single)
60 min. \$220 (couple)

Health & Wellness

My Meditation

Beware, stress also may become an addiction! Are you aware that for anything that you do in your daily life, stress is optional? Meditation is an available path to gain clarity by allowing you access to a source of wisdom that goes beyond your intelligence, and intellect – even habits and routine. As clarity grows within you, you become able to handle all your daily tasks and events, while remaining free from stress. The silence experienced in the meditative state is natural and comforting to us, it is like what we experience during the state of deep sleep. There is no one technique to suit everyone. But certainly everyone can find a technique that suits him or her. Join us to learn about and explore different meditation techniques and get recommendations on how to find your own technique, one which you will call “my meditation.”

- Pranayama Breathing

Pranayama refers to breathing exercises which clear the physical and emotional. Regular and sustained practice of Pranayama can supercharge your whole body!

- Walking Meditation

Walking meditation is used as part of a mindfulness practice. Walking meditation is a simple approach to mindfulness that's easy to incorporate into your daily routine and give you the opportunity to focus on the physical experience of walking.

- Sound Meditation

Sound waves stream through the body for an experience that is truly beyond words. The power of vibration clears the body and mind for profound integration with the flow of gravity. The healing is natural. Stress and pain disappear as the body and mind slow down and come into harmony.

Select a session with crystal sound bowls, didgeridoo, or tuning forks

- Mantra Meditation

Mantra is a Sanskrit term, with “man” meaning “mind” and “tra” meaning “release”. Mantras are repetitive sounds. Many neuroscientists have proved that the sound and language of mantras bring together mind, body, and soul in peace. It will help you leave your past behind, clear your mind. Many people find that using a mantra can boost awareness and improve concentration.

60 min. \$85 (single)

60 min. \$150 (couple)

Hamмам

Literally meaning “spreader of warmth,” the Hammam raises your body temperature very slowly while you stretch and lounge on heated marble and belly stone. De-stress while the warmth sinks deep into your bones, relaxing sore muscles and joints; easing overall tension. Take the Hamam experience one step further by trying one of the following:

The Standard Hammam

The ritual is started by Aroma steam room. The original foundation of hydrotherapy is excellent for your lungs and even better for your skin. Our trained therapist will apply a thin layer of black soap all over your body and let it rest for 5 to 10 minutes. After that, rinsing with a lot of water, our therapist will scrub your skin to remove dead skin cells, followed by purifying skin with our signature Clay Mask and ending the session with Rich Olive Body Lotion to moisturizer the skin.

60 min. \$115

DIY Hammam

It is such a pleasure to treat yourself to a Hammam experience in order to relax and find soft and satiny skin. The ritual will work great by yourself, follow the step as we recommend.

60 min. \$65

One On One

Body Massage Series

Treat yourself to ultimate retreat with our massage package series. A massage regularly will improve blood circulation and lymphatic circulation, relieves muscle pain. You will experience the most health benefits until you feel better.

3 hours	\$450
5 hours	\$700
7 hours	\$945

The Standard Huruvalhi Journey

Let's us take you to a collection of indulgent treatment to discover the power of healing by our skilled therapist. Choose from the selection of the Signature treatments from The Standard Huruvalhi to create a rejuvenate experience

3.5 hours	\$500
5.5 hours	\$750
8 hours	\$1040

Meditation

Quiet the mind. Get started with your regular meditation practice. Be guided using simple impactful tools and techniques, affirmations, breathing, silence, stillness, visualizations and energy work to connect with oneness and the power of the mind.

	Single Session	Couple Session	Group Session
3 days	\$215	\$380	TBA
5 days	\$340	\$600	TBA
7 days	\$475	\$785	TBA

Yoga

Enjoy the opportunity to begin a practice with personal guidance or deepen your existing practice with a private yoga session of your preferred path and with your preferred instructor. See the spa desk for yoga styles and to schedule your sessions.

	Single Session	Couple Session
3 days	\$295	\$560
5 days	\$460	\$880
7 days	\$605	\$1155

Spa Etiquette

Access

Yoga pavilion, swimming pool, spa changing, and relaxation areas are available within The Standard Spa Maldives. To maintain a relaxing atmosphere, these facilities are accessible to all resort guests, with a certain capacity at a time

Age

Our wellness area is an adult-only sanctuary therefore guests must be 18 years old and above to access it. Younger guests between 3 to 17 years old must be guided by parents or other adults for treatment. Should you require assistance with childcare, please allow us to assist you in making arrangements prior to arriving for your treatment.

Appointment

To schedule your indulgent spa treatment at your preferred time, please contact us at The Standard Spa Maldives. We are delighted to guide you to the most desirable treatment and therapist.

Attire

The Standard Spa Maldives offers changing facilities where bathrobes, slippers, and disposables are provided. As nudity is not permitted in the Maldives, we respectfully request that you wear a bathing suit to use The Standard Spa Maldives at all of your time during using our facilities.

Cancellation

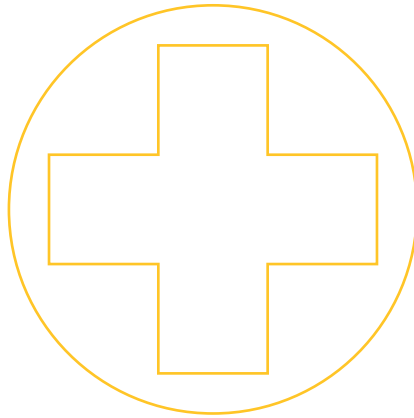
Please advise us no less than 4 hours prior to your scheduled treatment time. If you are unable to cancel as stated, please understand that a fee will be applied of 50% of the scheduled services. If you cancel within an hour of your scheduled treatment or miss your appointment, the full price of the services will be charged.

Etiquette

Our environment is designed for tranquility, peace, and serenity. We ask that you do not use your mobile phone or other electrical equipment which may disturb other guests.

Gift

If you would like to purchase a gift voucher for someone special at The Standard Spa Maldives, for any treatments or monetary value, please let us know. Monetary value vouchers may be redeemed for any services or retail products available.



The Standard, Maldives
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