



# TAMARA

SPA & WELLNESS



LILY BEACH RESORT & SPA  
AT HUVAHENDHOO, MALDIVES



# TAMARA

SPA & WELLNESS

Tranquility - a state of Calmness , Serenity and alignment. This engulfing emotion, whilst elusive, is at the heart of Tamara Spa and is embedded in its wholesome rituals.

Every aspect of your wellbeing is alluded to with treatments that ensure your mind, body and inner-self are harmonized.



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# Tamara Signature Rituals

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Our signature ritual exclusively designed as a sacred system of healing. combines ancient therapy techniques and wonderful Maldivian exquisite spice, garden herbs and flower essences.

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## TAMARA SIGNATURE MASSAGE

90 minutes / **\$249**    120 minutes / **\$279**

The healing sound sending you into the deeper state of relaxation, this Signature fusions massage seamlessly blended with various techniques such a Swedish, deep tissue, acupressure, sports massage, and stretching. Boost immune system, reduce stress, relaxation, improve blood circulation, body detoxification, and improve sleep quality with relaxing jacuzzi included.

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## MALDIVES ISLAND RETREAT

90 minutes / **\$249**

Using Wonderful Maldivian exquisite spice, herbs and flower essences creating a unique blend of restful cleansing and healing treatment, Begin with herbal full body Scrub which help to renew your skin followed by customized massage according to your specific needs, leaving you feeling fully relaxed & deeply restored.

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## SUN SOOTHER

60 minutes / **\$180**

This powerful treatment is great for hypersensitivity and inflammation. A soothing algae wrap is followed by natural aloe vera gel application, revealing luminous and soft skin. Perfect for sensitive or sunburnt skin, a relaxing head massage is performed while your body cocoon in a wrap.





Available at our Spa Boutique

# BABOR



Powerful partners to keep your skin in peak performance  
Gift certificate purchase is available for all spa treatments or at a value amount.  
Please contact our spa reception for further details.

# Massage Treatments

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Indulge in exotic, luxurious, and unforgettable celebrations of relaxation and rejuvenation giving peace to both mind and body.

## HOT STONE MASSAGE

90 minutes / **\$210**

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Heated stones incorporated with relaxing massage techniques, allowing your therapist to better relieve muscle tension with less pain. This full-body session is the perfect treatment to loosen tight muscles, relieve stress, and relax the body and mind.

## BALINESE AROMATHERAPY MASSAGE

60 minutes / **\$165**    90 minutes / **\$195**

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Traditional Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and "qi" (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation.

## THAI MASSAGE

60 minutes / **\$180**    90 minutes / **\$210**

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Exotic, rejuvenating, and the ultimate subliminal body workout. Using no oil, this firm massage aims to release tension, increase vitality and flexibility, and create wholeness of body, mind and spirit. It is a masterful fusion of Indian Ayurvedic stretching techniques and the Chinese method of deep tissue pressure point massage. It helps to release toxins, stimulate blood flow, realign the body and restore suppleness.

## SPORTS MASSAGE

60 minutes / **\$180**    90 minutes / **\$210**

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Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. It relieves chronic pain by speeding up the blood circulation and thus delivers fresh oxygen and nutrients to the muscles to help them repair and improve their condition.

## FOOT RELEXOLOGY

90 minutes / **\$155**

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Experience in unparalleled luxury the deeply relaxing ritual of an authentic, traditional foot massage. This ancient art of healing applies pressure points on your tired feet to release tension, reduce fatigue and to improve the physical balance of your entire body.

## FOUR HANDS HARMONY

60 minutes / **\$330**    90 minutes / **\$390**

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This treatment is performed by two therapists, applying harmonized rhythmic movement while combining different massage style, promoting pure relaxation and relief tight muscle.

## PRE-NATAL MASSAGE

60 minutes / **\$165**    90 minutes / **\$195**

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This treatment is specifically designed for a mother-to-be to reduce stress, swelling, and relieve joint pain, and promotes relaxation and better sleep.

## IN-VILLA MASSAGE

60 minutes / **\$330**    90 minutes / **\$390**

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Journey to awaken your senses and rebalance your body, mind and soul in your own private Villa.



# The Well-Being Experience

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Our Wellness package aims to help you discovering your own effective methods in which to use these “tools” for continued growth and development.

## PATH TO WELLNESS

150 minutes / **\$305**

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Wellness is the conscious development of the whole self. Embarking on a Wellness Journey is a process of searching for the appropriate “tools” to make you a healthier and happier human being.

### Treatment includes:

60 minutes Yoga Flow & Pranayama

90 minutes Tamara signature Massage

## REVITALIZE AND BALANCE

180 minutes / **\$340**

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Combining yoga, sound healing and holistic massage that will bring you to the relaxation state of mind. Your journey will work to clear your mind and relax the body by balancing your chakras ensuring energy flows smoothly through your body leaving you with a feeling of complete wellbeing.

### Treatment includes:

60 minutes Yoga Session with Sound Healing

30 minutes Body Scrub

60 minutes Deep Soothing Body Massage

30 minutes Foot Reflexology





# Tamara Couple Rituals

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Our couples rituals offer the ideal way to relax and unwind with your significant other. We are not only working on your muscles but also bringing partners closer together.

## ESCAPE TOGETHER

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150 minutes / **\$650**

A romantic interlude for two. The journey begins a relaxing time in Jacuzzi, overlooking the serene blue water of the Indian Ocean followed by A LOVE POTION BODY SCRUB, soothing rose cocoa body wrap will be applied, concludes with a romantic, restorative couples massage.

## INDULGENT SOULS

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120 minutes / **\$550**

Warm the body and enhance the mood, inspired by the warm energy of the sun Including a delicious fragrance of broom flower and honey, a gourmet sugar scrub exfoliates the whole body to promote circulation and cellular renewal followed by tension relief massage leaving you feeling relax and rejuvenate, relaxing jacuzzi is included in your treatment.

## A TIME TO CONNECT

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150 minutes / **\$750**

Reconnect and rejuvenate together time dedicated just for the two of you , begin with romantic jacuzzi followed by customized massage according to your body needs followed by cleanformance - healthy glow facial provides intensive hydration and imparts freshness, smoothness, and suppleness of your skin.



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# Ayurvedic Treatments

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Ayurvedic is a system of medicine designed to remove the imbalance of the physical body, while providing the mental clarity needed to change unproductive mindsets. Ayurveda recognises that all living creatures, whether human, plant, or animal, must live in harmony with nature in order to survive. Like the owner's manual of your car prescribes maintenance schedules for the long-term health of your car, Ayurveda speaks of daily and seasonal routines that ensure maximal in health, mental clarity, and longevity.

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## SHIRODHARA

60 minutes / **\$190**

90 minutes / **\$220**

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Warm oil drips a steady stream on your forehead, drizzling over your scalp. Oil gently flows off your third eye, you literally feel as though your troubles are melting away. The treatment is also known to cure head, neck, and olfactory syndromes, insomnia, nervous disorders, and headaches caused by tension.

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## ABHYANGA

60 minutes / **\$180**

90 minutes / **\$210**

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It is done with warm selected herbal oil. The oil is applied on the entire body, from the scalp to the soles of your feet. Combined with massage strokes, it's thought to promote overall health and wellness. The most popular massage in Ayurveda.

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## PADABHYANGAM

60 minutes / **\$160**

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A traditional Ayurvedic therapy, involving the technique of the applying warm herb-infused oil over the feet, followed by a gentle massage. It is said to be part of the daily Ayurvedic regimen, called Dinacharya, for maintaining good health.

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## SHIROBHYANGAM

60 minutes / **\$160**

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Performed by pouring a relaxing and gentle flow of herbal massage oil on the scalp, forehead, and neck. Followed by a gentle massage so the oil formulation on those parts of the body take effect. It is beneficial in reducing pain and stress





# Babor Treatments

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BABOR can enhance everyone's natural beauty, and in turn, their self confidence. These treatment are extremely beneficial to maintain the youth of the skin and combat against premature aging.

## SEACREATION

90 minutes / **\$299**

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Indulgence, luxury and princely coordinated active ingredients are the philosophy of this treatment. Experience the best of relaxation with unique BABOR massage techniques as well as the most active and rare ingredients found deep in the sea to create a visibly firm, toned, deeply moisturized and wrinkle free skin surface in a luxurious plump and firm complexion.

## LIFTING CELLULAR COLLAGEN BOOSTER SKIN ENERGY

75 minutes / **\$229**

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An effective alternative to anti-wrinkle injections( hyaluronic acid + collagen)that plumps up the skin giving fuller appearance and visibly improving its density and firmness.

## CLEANFORMANCE - HEALTHY GLOW

75 minutes / **\$209**

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A treatment for anyone with dehydrated and demanding skin. The treatment provides intensive hydration and imparts freshness, smoothness, and suppleness. Visually corrects irregularities in complexion for healthy looking skin with subtle glow.

## HYDRA CELLULAR HYALURON BOOSTER

75 minutes / **\$209**

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An intense hydration boost for the skin, power packed with triple molecule action hyaluronic acid to plump and hydrates the driest skins, for radiant hydrated skin, is the glass of water for skin.

## REFINE CELLULAR FAT BURNING CELLULITE TREATMENT

60 minutes / **\$199**

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A powerful body treatment to reduce the appearance of cellulite and helps burn fat deposits. The skin will be left looking firmer and smoother.



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# Tamara Body Scrubs

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Delivered with a refreshing burst of freshness to your skin to bring about radiance and elevation of mood to match.

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## MALDIVIAN COCONUT SCRUB

30 minutes / **\$80**

45 minutes / **\$110**

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Relax and detoxify with our exclusive body polish carefully handmade with all-natural ingredients rich in antioxidant. This Soft and Gentle scrub is suitable for sensitive skin.

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## SALT SCRUB (DETOX)

30 minutes / **\$80**

45 minutes / **\$110**

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Salt scrub is a powerful detoxifier packed with the must have 84 minerals for your whole body. Our busy lives often result in tired, achy muscles, stress and environment related skin issues. It heals, soothes, and revitalizes your skin.

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## BROWN SUGAR SCRUB (HYDRATE)

30 minutes / **\$80**

45 minutes / **\$110**

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Sweetness with a minty signature touch is all you need to get through the week, keeping this concept in mind our skincare developers have brought in hydrate scrub which leaves your skin feeling treated, healthy, and nourished.

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## LOVE POTION SCRUB (ROMANCE)

30 minutes / **\$80**

45 minutes / **\$110**

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A calming feminine touch of flavours to your exfoliating session. Experience top quality ingredients coming together in a pampering, exfoliating body scrub. Just the touch will have you falling in love with the treatment.

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## SWEET ALMOND SCRUB (REJUVENATE)

30 minutes / **\$80**

45 minutes / **\$110**

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A blend between high caffeine notes of Robusta coffee fine grains and 200 million years old trace minerals rich Himalayan pink rock salt that combined with organic cold pressed sweet almond oil to provide the best of scrubs ever known in the world.





# Enhancement Collection

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Add an extra supplement to your treatment to enhance its benefits or to treat specific concerns. Adding 30 min minutes more, enhancing your treatment and multiplies its results.

**BACK, NECK AND SHOULDER MASSAGE** 30 minutes / **\$85**

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**BACK MASSAGE W/ HOTSTONE** 45 minutes / **\$105**

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**HEAD MASSAGE** 30 minutes / **\$85**

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**FACE MASSAGE** 30 minutes / **\$85**

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**COCONUT OIL HEAD MASSAGE** 30 minutes / **\$85**

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**LIGHTER LEG THERAPY** 30 minutes / **\$85**

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**RELAXING JACUZZI** 30 minutes / **\$85**

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**ADD-ON HOTSTONE** Add-on / **\$30**

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# Salon Services

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These rejuvenating treatments are done using the most luxury products to give your nails a fresh look and feel to match your body's radiance.

<b>TAMARA MANICURE</b>	60 minutes / <b>\$100</b>
<b>TAMARA MANICURE EXPRESS</b>	45 minutes / <b>\$80</b>
<b>TAMARA PEDICURE</b>	60 minutes / <b>\$100</b>
<b>TAMARA PEDICURE EXPRESS</b>	45 minutes / <b>\$80</b>
<b>HAIR WASH</b>	<b>\$40</b>
<b>WASH &amp; BLOW DRY (SHORT TO MEDIUM)</b>	<b>\$55</b>
<b>WASH &amp; BLOW DRY (LONG)</b>	<b>\$65</b>
<b>MEN HAIRCUT</b>	<b>\$55</b>
<b>LADIES HAIRCUT</b>	<b>\$75</b>
<b>POLISH CHANGE</b>	<b>\$20</b>
<b>FILE AND POLISH</b>	<b>\$65</b>
<b>GEL MANICURE</b>	<b>\$120</b>
<b>GEL PEDICURE</b>	<b>\$130</b>
<b>GEL POLISH REMOVAL</b>	<b>\$25</b>
<b>CALLOUS REMOVAL</b>	<b>\$55</b>
<b>MAKE UP ONLY</b>	<b>\$95</b>
<b>HAIR AND BRIDAL MAKE UP</b>	<b>\$270</b>

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Available at our Spa Boutique

# FRELLA

ARTISTRY IN BEAUTY & WELLNESS



Feel good knowing you are taking a step towards a healthier, more beautiful skin, while moving towards a holistic approach in skin care.

Gift certificate purchase is available for all spa treatments or at a value amount.  
Please contact our spa reception for further details.

# Wellness Movement & Meditation

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Bring your experience at Lily to a higher level with raising your awareness and balance, invoking inner peace and create a harmonious union between the body, mind, and soul. Immerse into classic traditional poses, breathwork, and meditation based on ancient traditional knowledge.

## HATHA YOGA

60 minutes / \$110

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A yoga practice with slower pace, focus on the breath, controlled movements, and stretching.

## POWER FLOW

60 minutes / \$110

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A fast-paced cardiovascular workout focused on building strength and flexibility in the body through high-impact yoga postures.

## CREATIVE VINYASA

60 minutes / \$110

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Movement based on practice which asks you to explore and feel your way through the postures, Accessible to everyone, from beginners to advanced practitioners.

## PRANAYAMA & MEDITATION

60 minutes / \$110

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Prana means the vital life force, Yama means control. Pranayama is the practice of breath regulation. It's a main component of yoga, an exercise for physical and mental wellness.

## ASHTANGA VINYASA YOGA

60 minutes / \$110

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A form of Yoga that highly active and dynamic adopting ashtanga series poses. This session is ideal for anyone interested in developing a stronger mind-body connection and growing strength, balance and flexibility.

## ENERGISING VINYASA

60 minutes / \$110

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Awaken your senses, body and mind with this energizing Yoga flow that encourages mindful breathing, strength building and deep stretching.





# Tamara Junior Spa Menu

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Beneficial on the physical and emotional condition of the child and a very positive effect on the immune system. Treatments are especially designed for children from 6 to 14 years of age.

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## TAMARA PRINCESS PACKAGE

90 minutes / **\$180**

Ultimate relaxing and comforting massage treat from head to toes followed by Express manicure or pedicure.

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## JUNIOR BALINESE MASSAGE

30 minutes / **\$90**

60 minutes / **\$135**

90 minutes / **\$180**

Uses gentle and relaxing Balinese massage techniques to promote deep relaxation with aroma therapy oil.

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## JUNIOR FOOT MASSAGE

30 minutes / **\$50**

Perfect for tired and weary legs after a long day of fun.

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## PRINCESS NAIL POLISH

30 minutes / **\$50**

Express manicure or express pedicure, pick your favorite or perhaps a glittery color!



# Terms & Conditions

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## OPENING HOURS

Monday - Sunday 10am - 8 pm

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All prices are quoted in US dollars. Prices are subject to 10% service charge and 12% Tourism, Goods, and Service Tax.

## BOOKINGS

We highly recommend that you book your treatments in advance to ensure that your preferred time and service is available.

## ARRIVAL TIME

Please arrive 15 minutes before your treatment is scheduled. This gives both you and your therapist time to plan and perfect treatment experience. Late arrival will limit the length of your session as treatments will always finish as scheduled to not delay and inconvenience the next client.

## CANCELLATION POLICY

Please allow 24 hours' notice to avoid charges. 50% cancellation fee will apply for treatments cancelled with less than 4 hours' notice. Name, room number and signature are required at the time of booking.

## MEDICAL CONDITIONS

When making your appointment please advise us of any health conditions, allergies or injuries that may affect your experience.

## ACCIDENT OR INJURIES

Tamara spa shall not be liable for any accidents or injuries suffered by members or guests.

## REFUND POLICY

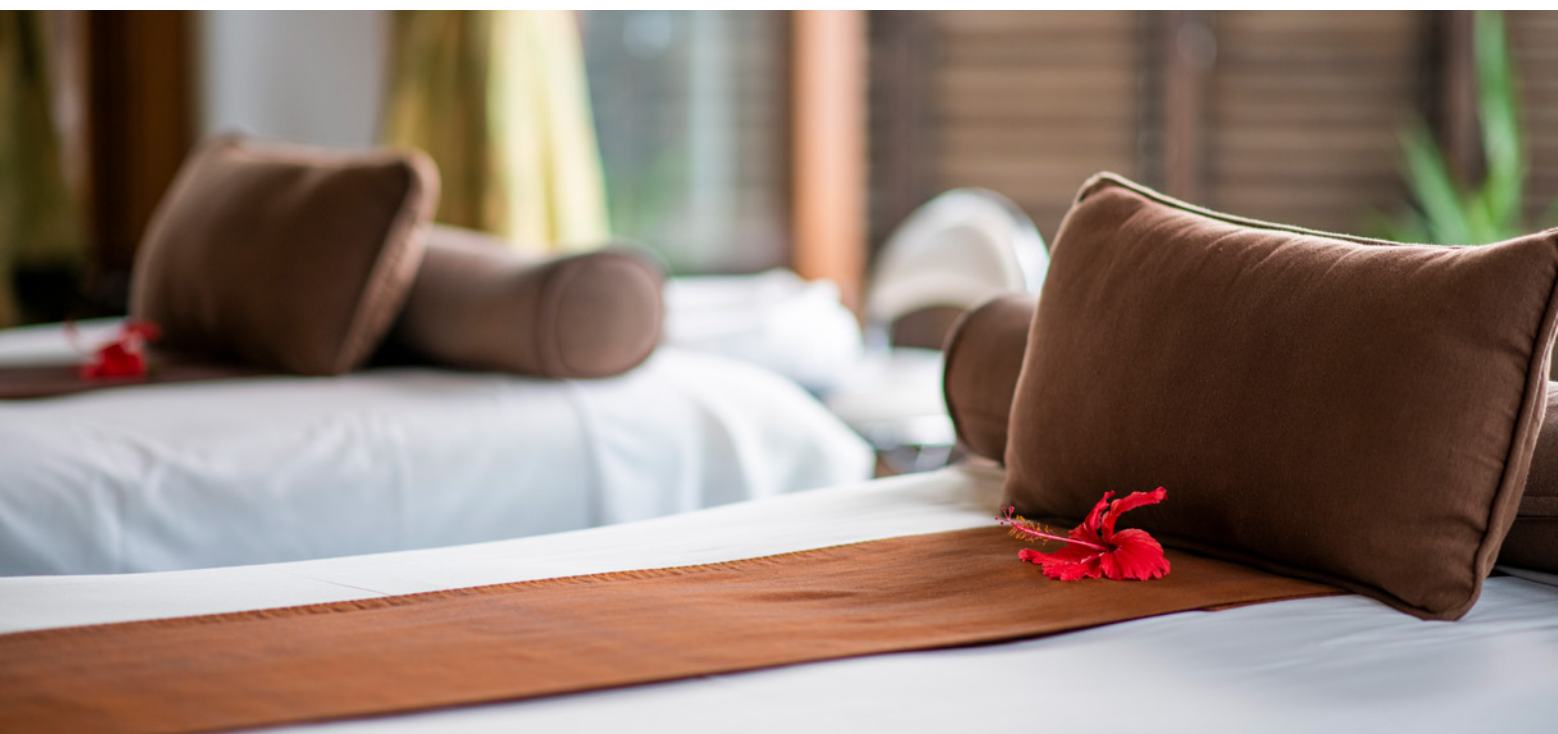
Unopened retail products can be exchanged within five working days of purchase and can only be processed with original receipt. No cash or credit card refunds.

## LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal belongings. For the protection of your clothing, please wear the robe provided.

## SPA ETIQUETTE

We reserve the right to decline any guests who appear intoxicated or under the influence of illegal substances. Our therapists are professional, and any inappropriate behaviour will end your treatment.





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