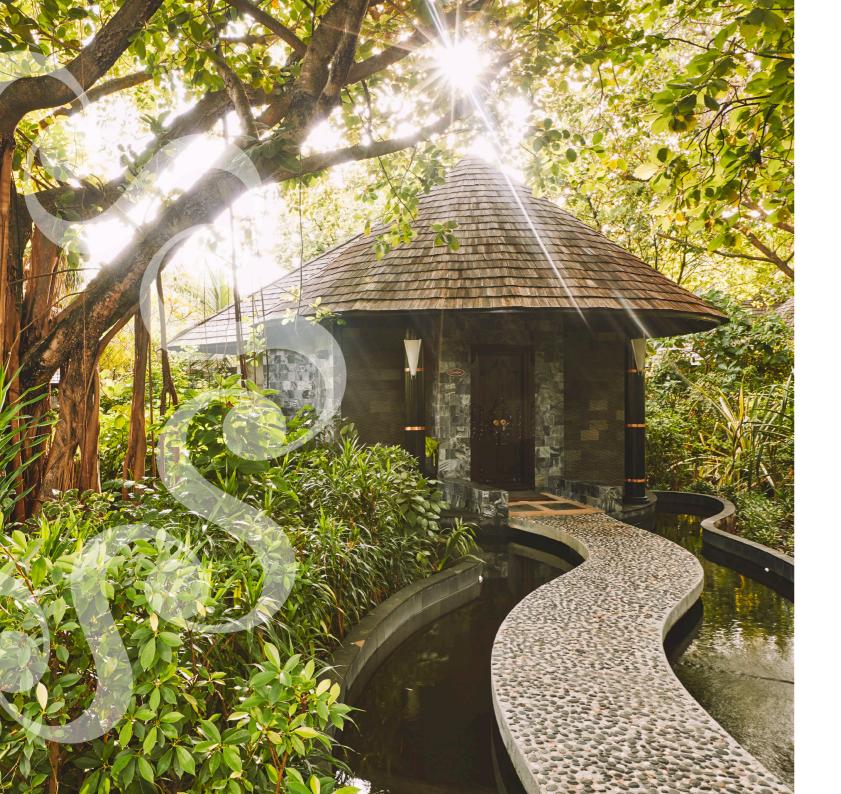


MALDIVIAN REJUVENATION THE SPA BY THALGO





IMMERSE INTO THE OCEAN OF SENSES

Enter the world of bliss and touch your soul... Recharge, rejuvenate and re-discover yourself through the art of relaxation in the heavenly Maldivian Spa. Our spa energy is an eternal light with the promise of warmth and youthful energy that extends through these packages to harmonise the body, mind and the soul.

UNWIND SPA PACKAGES

Ultimate journey of relaxation...

nwind 5 D	ays Package All-inc	lusive Price
Day 1	Jetlag Relieving Ritual	75 mins
	Massage/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.	
Day 2	Choice of Marine Prelude by Thalgo or Fruit Blast	60 mins
	Scrub, Wrap	
	The ultimate combination of body exfoliation and a wrap that heals skin dryness, smoothes roughness and re-mineralises the whole body. Choose between, Marine Prelude which incorporates sea salts and marine mud from the Dead Sea or Fruity Blast 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. An included soothing scalp massage during the wrap enhances the experience in both treatments	5
Day 3	Choice of 60-minute Aromatherapy or Traditional Balinese or Classic Swedish or Japanese Shiatsu	60 mins
	Massage	
	"Cure your stress by surrendering to the nurturing hands of our aromatherapy specialists, 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 or discover the 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 or experience the Swedish classic deep massage, ideal for relieving deep muscular tension and aches and pains or relax by Shiatsu , 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.	
Day 4	Choice of	
-	Ultimate De-Stress	90 mins
	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 pre-muscle stretching 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.

or

Chocolate Delight (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.

Choice of

Day 5

Heart of the Ocean Facial by Thalgo Skin Dependent Facial

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.

or

Complete Spa Manicure & Pedicure

Let your hands & feet reveal their natural beauty with this deep-cleansing experience. After an exfoliation and 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 massage and thorough nail buffing that creates a stunning shine. Nail varnish included, if desired.

or

Recharging Head, Back, Feet Massage

Slow down and unwind through thie recharging experience..Calms and stills a busy mind.

Complimentary offers worth USD 145

One 60 mins Ayurvedic Abhyanga Massage 15% discount on Spa Retail products purchase

90 mins

60 mins

75 mins each

60 mins

Unwind 7 D Day 1-4	ays Package All-inclus Same treatments as in Unwind 5 Days Package	ive Price \$ 1 287
Day 5	Hot & Cold Stone Massage by Thalgo	60 mins
	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.	
Day 6	Choice of	
	Organic Oil Relaxing Massage by Thalgo	60 mins
	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 cosmetics certified by ECOCERT Greenlife according to ECOCERT Standard, qualible at according to ecocert according to ECOCERT Standard.	

Standard, available at cosmetics.ecocert.com

or

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.

Dav 7

Choice of

Heart of the Ocean Facial by Thalgo Skin Dependent Facial

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.

or

Complete Spa Manicure & Pedicure

Let your hands & feet reveal their natural beauty with this deep-cleansing experience. After an exfoliation and 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 massage and thorough nail buffing that creates a stunning shine. Nail varnish included, if desired.

or

Recharging Head, Back, Feet Massage

Slow down and unwind through thie recharging experience..Calms and stills a busy mind.

Complimentary offers worth USD 290 Couple's 60 mins Ayurvedic Abhyanga Massage 15% discount on Spa Retail products purchase

60 mins

60 mins

75 mins each

60 mins

Unwind	10	Days	Pac	kage
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All-inclusive Price \$ 1 885

Day 10 Choice of

Heart of the Ocean Facial by Thalgo Skin Dependent Facial

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.

or

Complete Spa Manicure & Pedicure

Let your hands & feet reveal their natural beauty with this deep-cleansing experience. After an exfoliation and 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 massage and thorough nail buffing that creates a stunning shine. Nail varnish included, if desired.

or

Recharging Head, Back, Feet Massage

Slow down and unwind through thie recharging experience..Calms and stills a busy mind.

Couple's 60 mins Ayurvedic Abhyanga Massage One 30 mins Indian Head Neck Shoulder Massage 15% discount on Spa Retail products purchase

Day 1-6	Same treatments as in Unwind 7 Days Package	
Day 7	Bondithaan Kurun	60 mins
	Maldivian 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.	
Day 8	Choice of	
	WISH, A Personalised Massage	60 mins
	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.	
	or	
	Traditional Thai	60 mins
	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.	
Day 9	INDOCÉANE	105 mins
	Blissful dreams on a Far Eastern journey	
	Mediterranean stopover, a prelude with citrus flavours: Sweet & Savoury Scrub Egyptian stopover, relax on the Nile: Precious Milk Bath Effervescent Sugars Indian stopover, tranquillity on the sacred Ganges:	

Sacred Ayurvedic Massage Chinese stopover, the temple of beauty: Silky Smooth Body Wrap

60 mins

75 mins each

60 mins

Complimentary offers worth USD 380



SLIM & SCULPT PACKAGES

Benefit from Thalgo's Integrative Slimming Expertise, well supported by way of life 'Yoga' creating balance between body and mind; float yourself...

Slim & Sculpt 5 Days Package		All-inclusive Price \$ 1 497
Day 1	Morning Yoga	60 mins
	Surrender to blissful relaxation, meditation and stretching as our Yoga Guru guid through a series of breathing techniques (Pranayama) and postures (Asanas) - performed slowly and consciously with a focus on your inner awareness.	

High Precision Shaping Treatment

	Integrative Slimming Treatment	90 mms
	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.	
	Steam Bath	15 - 20 mins
Day 2	Morning Yoga	60 mins
	Frigi Anti-Cellulite by ThalgoCold WrapAn excellent cold wrap used for the treatment of cellulite and eliminating excess fluid build up from the abdomen, hip and thigh area, as well as stimulating circulation. Whilst you are on the wrap, a soothing scalp massage is performed.	60 mins
	Steam Bath	15 - 20 mins
Day 3	Morning Yoga	60 mins
	High Precision Shaping Treatment	60 mins
	Steam Bath	15 - 20 mins
Day 4	Steam Bath Morning Yoga	15 - 20 mins 60 mins
Day 4		
Day 4	Morning Yoga	60 mins
Day 4 Day 5	Morning Yoga Frigi Anti-Cellulite by Thalgo	60 mins 60 mins
	Morning Yoga Frigi Anti-Cellulite by Thalgo Steam Bath	60 mins 60 mins 15 - 20 mins
	Morning Yoga Frigi Anti-Cellulite by Thalgo Steam Bath Morning Yoga	60 mins 60 mins 15 - 20 mins 60 mins

90 mins

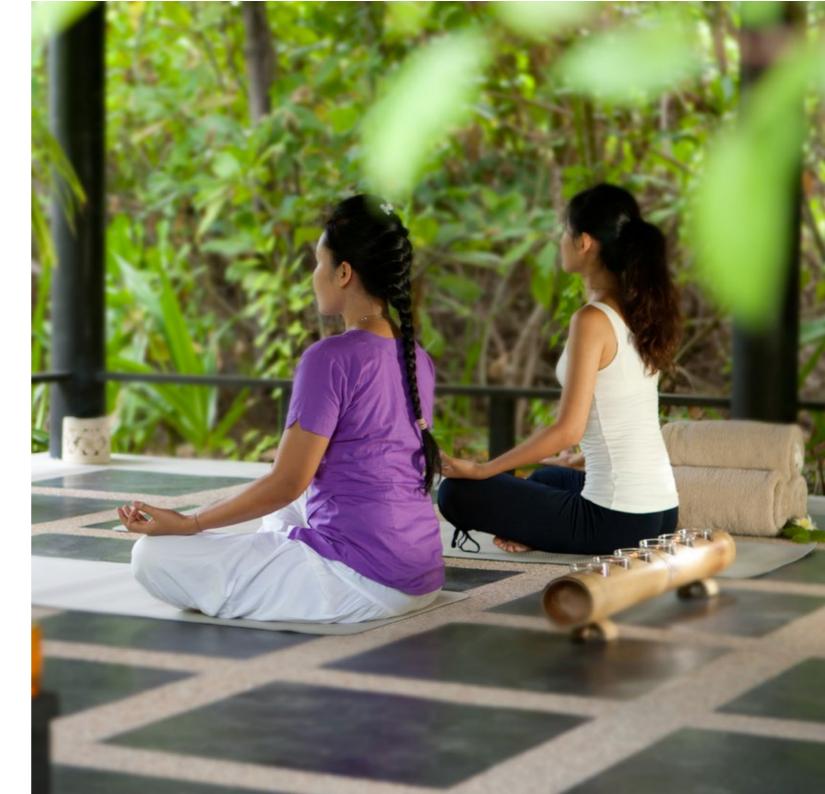
One 60 mins Relaxing Aromatherapy or Balinese or Classic Swedish Massage Therapy 15% discount on Spa Retail products purchase

Slim & Sculpt 7 Days Package All-inclusiv		-inclusive Price \$ 2 08
Day 1-7	Same treatments as in Slim & Sculpt 5 Days Package	
Day 6	Morning Yoga	60 mins
	Frigi Anti-Cellulite by Thalgo	60 mins
	Steam Bath	15 - 20 mins
Day 7	Morning Yoga	60 mins
	High Precision Shaping Treatment	60 mins
	Steam Bath	15 - 20 mins
	Complimentary offers worth USD 280	
	One 60 mins Palaving Aromatherapy or Palinese or Classic Swedish Massage Th	orany

One 60 mins Relaxing Aromatherapy or Balinese or Classic Swedish Massage Therapy One Heart of the Ocean Facial Ritual by Thalgo (or) Men's Ocean Facial by Thalgo 15% discount on Spa Retail products purchase

Day 1-9	Same treatments as in Slim & Sculpt 7 Days Package, continued on Days 8 and 9	
Day 10	Morning Yoga	60 mins
	Perfect Sculpt Massage	60 mins
	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.	
	Steam Bath	15 - 20 mins

One 60 mins Relaxing Massage Therapy One Heart of the Ocean Facial Ritual by Thalgo (or) Men's Ocean Facial by Thalgo One Express Manicure & Pedicure (or) 30 mins Healing Scalp Massage 15% discount on Spa Retail Products Purchase



SLIM & SCULPT PACKA

MUKTHI AYURVEDIC SPA PACKAGES

Melt way in the ancient wisdoms of Ayurveda and Yoga. Re-discover yourself...

Mukthi Ayurvedic 5 Days Package A		All-inclusive Price \$ 1 03	
Day 1	Consultation with Ayurvedic Doctor	30 mins	
	Bring balance back to your mind and body with a consultation with our Resident Ag Doctor. In the Ayurvedic system everything on this planet, including our bodies, cor of five elements: Earth, Water, Fire, Air, Space or Ether. Ayurveda groups the five ele into three basic energies or doshas: Vata, Pitta, and Kapha. Each of us has a unique combination of these doshas and that determines our Constitution (Prakruti). Our Ayurvedic Doctor will prescribe the therapies and lifestyle recommendations accord your dosha predominance, medical conditions and needs, thereby personalising the treatments to suit you thus helping you on the path to optimal health, balance and happiness.	nsists ements le ding to	
	Abhyanga Massage Herbal Oil Massage	60 mins	
	Abhyanga is performed with herbal oils infused with relaxing Ayurvedic herbs which delivers excellent benefits for the skin. This massage therapy is soothing and gentle allowing your body to deeply relax and release all built-up stress, tensions, fatigue a body aches.	ê	
	Steam Bath	15 - 20 mins	
Day 2	Choice of 60 mins Yoga Session or 30 mins Indian Head Massage	60 or 30 mins	
-	Surrender to blissful relaxation, meditation and stretching as our Yoga Guru guides through a series of breathing techniques (Pranayama) and postures (Asanas) - all performed slowly and consciously with a focus on your inner awareness.	you	
	Shirodhara	60 mins	
	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 Ayurvedie oils flow gently over your forehead, also known as the 'third eye'. The flow of the wa creates a balancing effect in the deepest recesses of the brain and induces a blissf	c herbal arm oil	

of consciousness. Shirodhara helps to heal insomnia, headaches (especially migraine), mental tension and stress-related discomforts.

Steam Bath

Day 3

Kizhi Poultice Massage

Bundle Massage in Herbal Oil

This traditional Ayurvedic fomentation massage is A combination of herbal powder, lemon and Ayur a gentle body massage, the poultice is dipped in rolled and massaged all over the body. Kizhi is ve pain, osteoarthritis and sports injuries.

Steam Bath

Day 4	Udvarthanam Detox Treatment <i>Powder Rub</i>
	A highly effective detoxifying treatment that uses a exfoliate your body, with particular emphases on c exfoliating friction rub stimulates blood circulation of the skin.
	Steam Bath
Day 5	Choice of 60 mins Yoga Session or 30 mins Indi
Day 5	Choice of Ayurvedic Facial or Ayurvedic Foot Ma
Day 5	-
Day 5	Choice of Ayurvedic Facial or Ayurvedic Foot Ma

Complimentary offers Choice of one 60 mins relaxing Aromatherapy or B

15% discount on Spa Reta

	60 mins
is perfect for detoxification and pain relief. urvedic herbs is made into a poultice. After n lukewarm medicated herbal oils and very effective for stress-related aches, joint	
	15 - 20 mins
	60 mins
s a potent herbal powder to cleanse and n cellulite and fluid build-up. The on and greatly enhances the smoothness	
	15 - 20 mins
ndian Head Massage	60 or 30 mins
lassage	30 mins
	15 - 20 mins

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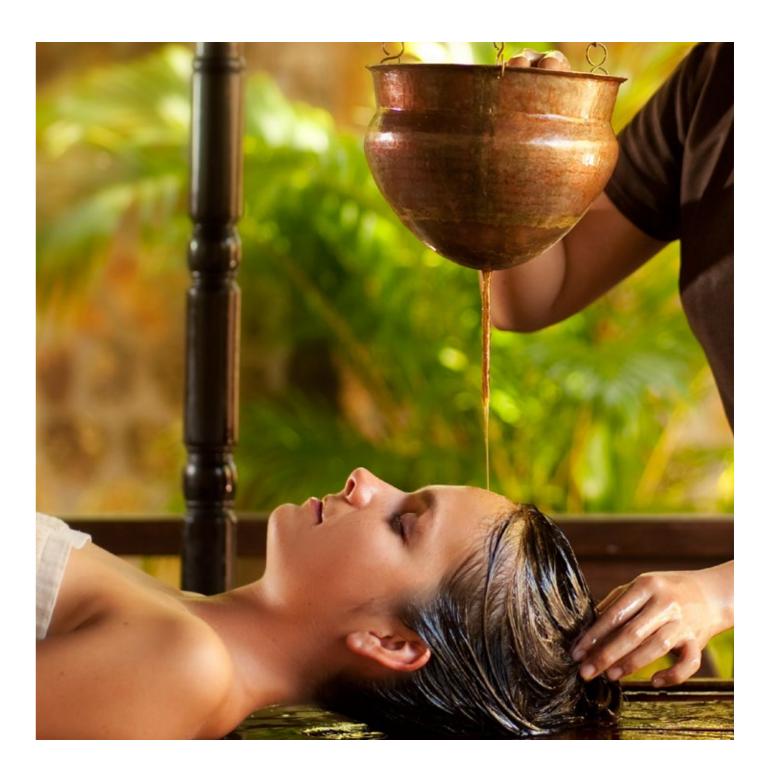
Balinese or Classic Swedish Massage Therapy tail products purchase	

All-inclusive Price \$1 528

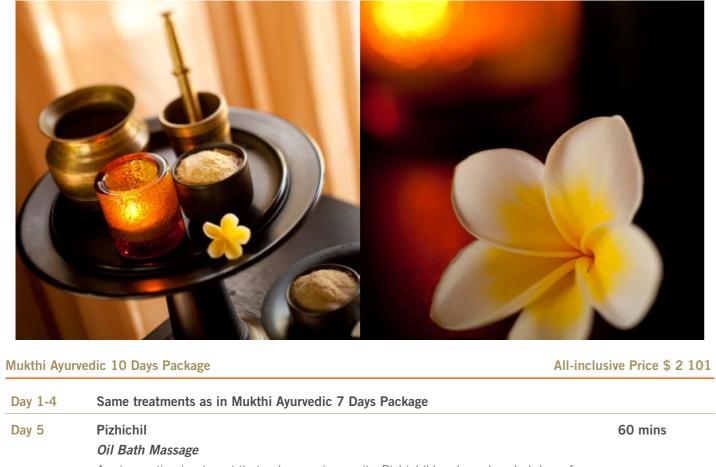
Day 1-3	Same treatments as in Mukthi Ayurvedic 5 Days Package	
Day 4	Marma Massage Massage with the Feet	60 mins
	A 'Marma' is a junction of ligaments, vessels, muscles, bones and joints. Our Ayurvedic specialists skillfully use their hands and feet to stimulate a series of Marma points spread over your body. The unique combination of enriching Ayurvedic massage oil and advanced massage techniques make this a truly complete experience that instils a deep sense of calm and inner health.	
	Steam Bath	15 - 20 mins
Day 5	Choice of 60 mins Yoga Session or 30 mins Indian Head Massage	60 or 30 mins
	Shirodhara	60 mins
	Continuous Warm Oil Stream Over Third Eye and Hairline, Full-Body Herbal Oil Massage	1
	Steam Bath	15 - 20 mins
Day 6	Udvarthanam Detox Treatment <i>Powder Rub</i>	60 mins
	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.	
	Steam Bath	15 - 20 mins
Day 7	Choice of 60 mins Yoga Session or 30 mins Indian Head Massage	60 or 30 mins
	Choice of Ayurvedic Facial or Ayurvedic Foot Massage	30 mins
	Steam Bath	15 - 20 mins

Complimentary offers worth USD 250

Choice of couple's 60 mins relaxing Aromatherapy or Balinese or Classic Swedish Massage Therapy 15% discount on Spa Retail products purchase



3



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.

	Steam Bath	15 - 20 mins
Day 6	Choice of 60 mins Yoga Session or 30 mins Indian Head Massage	60 or 30 mins
	Shirodhara	60 mins
	Continuous Warm Oil Stream Over Third Eye and Hairline, Full-Body Herbal Oil Massage	<u>,</u>

Steam Bath	15 - 20 mins
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Day 7	Njavara Kizhi Poultice Massage	60 mins
	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.	
	Steam Bath	15 - 20 mins
Day 8	Abhyanga Massage	60 mins
	Herbal Oil Massage	
	Steam Bath	15 - 20 mins
Day 9	Udvarthanam Detox Treatment	60 mins
	Powder Rub	
	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.	
	Steam Bath	15 - 20 mins
Day 10	Choice of 60 mins Yoga Session or 30 mins Indian Head Massage	60 or 30 mins
	Choice of Ayurvedic Facial or Ayurvedic Foot Massage	30 mins
	Steam Bath	15 - 20 mins
	Complimentary offers worth USD 370	
	Couple's 90 mins Signature Ritual Ultimate De-Stress	

QI REVITALIZATION CHINESE MEDICINE PACKAGES

Immerse yourself in the secret wisdom of Traditional Chinese Medicine, embarking upon a journey of renewal and regeneration. Energise yourself...

Qi Revitalization Chinese Medicine Packages include

Consultation with Chinese Medicine Consultant 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. After the consultation Chinese Medicine Consultant will prescribe suitable treatments from the below list according to the number of days choosen.	30 mins
Acupuncture A highly restorative, personalized treatment, helping to bring into balance the flow of vital 'qi' energy. Benefits include the reduction, or elimination of insomnia, muscular tension, weight issues and mental stress.	60 mins
Cupping Therapy Cupping is a powerful therapy that combines heat and suction to mobilise blood flow. Benefits of this technique include reduced pain and swelling, enhanced cardiovascular health and detoxification.	60 mins
Moxibustion 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.	60 mins



5 Days Package

Complimentary offers worth USD 125

Choice of one 60 mins relaxing Aromatherapy or Balinese or Classic Swedish Massage Therapy 15% discount on Spa Retail Products Purchase

7 Days Package

Complimentary offers worth USD 165

Choice of one 90 mins relaxing Aromatherapy or Balinese or Classic Swedish Massage Therapy 15% discount on Spa Retail Products Purchase

10 Days Package

Complimentary offers worth USD 245

15% discount on Spa Retail Products Purchase

All-inclusive Price \$ 816

All-inclusive Price \$ 1047

All-inclusive Price \$ 1 496

One 120 mins Signature Ritual Iru Fushi Dreaming

TERMS AND CONDITIONS

All prices are in US Dollars, includes 10% service charge and applicable taxes.

Cancellation policy:

7 days – 25% cancellation charge No show – 50% cancellation charge

P.O. Box 2036 Malé Noonu Atoll Republic of Maldives T +960 656 0591 E info.irufushi@sunsiyam.com www.sunsiyam.com

A SUN SIYAM RESORT