



Spa AND  
Wellness

 HIDEAWAY  
BEACH RESORT & SPA  
DHONAKULHI MALDIVES

 THE SIGNATURE  
COLLECTION  
BY HIDEAWAY



# Journey TO THE Senses

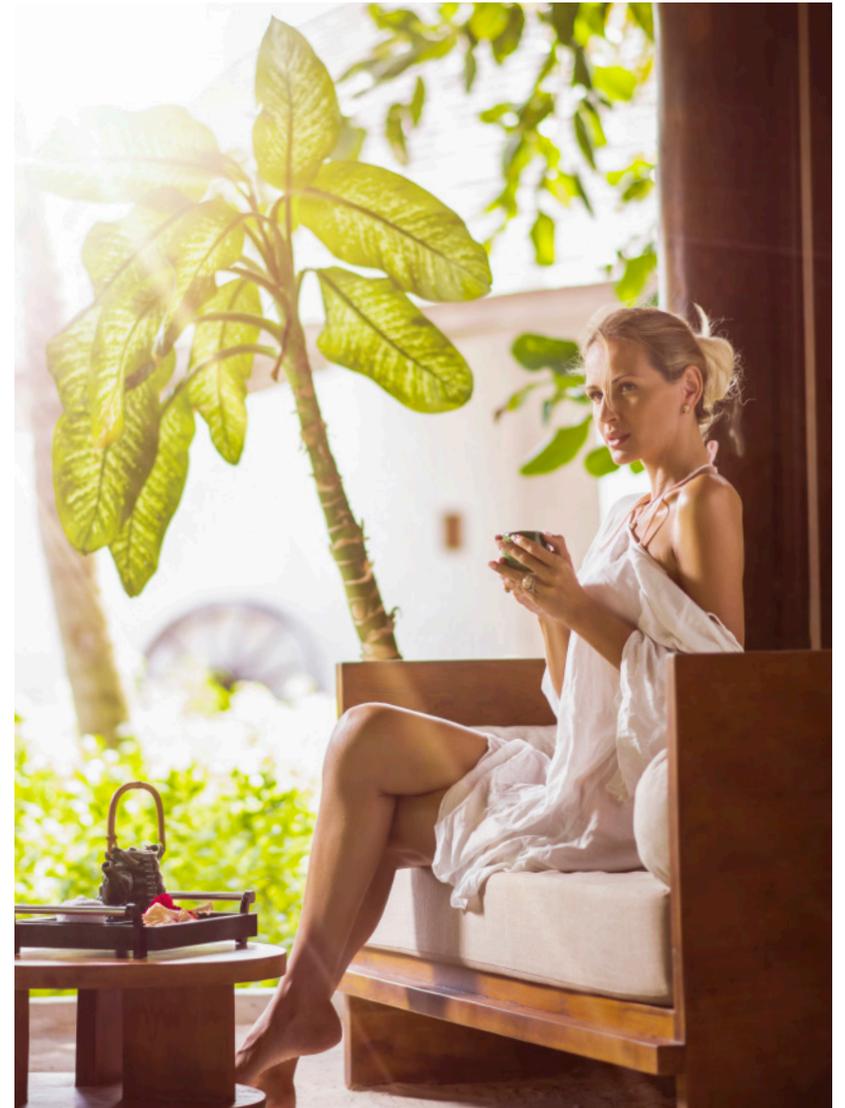
Symbolizes a space of complete sensory heaven where time is left at the door and a new journey begins into the sacred place of healing.

Spellbinding surroundings and heavenly treatments that honor the harmony of mind, body, and soul. With its design influenced by the breathtaking natural beauty of the Maldives, sand, sun, and sea themes echoing throughout internal waterways and water walls, open areas, and sandy floors. The delicate combination of coconut and teak timber furnishing, sukabumi stone, java Rosso tumble stone, sandstone, pink slate, and onyx, preserve the serenity of the place and offers a journey for the senses.



# THE *Concept*

Guided by the principles of tailor-made, nurture, total well-being, and indulgence. Hideaway Spa & Wellness honors and understands individual guest needs and provides a personalized guest experience with a true sense of inner self well-being and beauty, ensuring the finest imaginable experience.



HIDEAWAY

# Signature Rituals



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

## INSPIRING RITUAL

This treatment starts with an invigorating body scrub based on the Ayurvedic philosophy. You will then receive a full body massage with warm oils that will bring your body into balance. While wrapped in softening body mask, heated with warm sesame oil will be poured onto the third eye, bringing peace and clarity to the mind.

120 minutes

## HIDEAWAY SIGNATURE BLISS

A skillful combination of Asia's different massage techniques. Includes stretching, Thai pressure point, based on the oriental theories along with the Malay Urut and Filipino hilot. This treatment helps to energize and releases the tension in your body.

60 minutes | 90 minutes

## SETTLING INTO STILLNESS

Begin your Journey with guided meditation combining sound healing, that will bring you to a relaxed state of mind, followed by a soothing therapy massage. This nurturing treatment and soothing therapy aids relaxation and deep sleep.

75 minutes

# THE WELL-BEING

## Experience

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.

### PRANA ACTIVATION

The word “Prana” means primary energy. Prana is not only the basic life force, but it is thought to be the original creative power. It is the primary, or “master” form of all energy that works throughout our body and our being. Your Prana activation 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 Included:

#### Yoga Flow & Pranayama

60 minutes

#### Herb Body Scrub

30 minutes

#### Hideaway Signature Bliss

60 minutes

### DETOX & NOURISH SPA RETREAT

A day of escape, spend time relaxing and rejuvenating, the retreat includes yoga and meditation to fully prepare your mind and body.

Followed by a detox body scrub, specially designed detoxifying massage and customized facial that will leave you feeling renewed and revitalized.

RECONNECT &

*Rejuvenate*



Take a moment to re connect with your inner self, our body is a sacred temple stepping into the spa retreat, you are entering the perfect setting of total enjoyment and benefit. When you need some time for yourself to relax, to be revived or to get inspired then give us your day, we can do wonders. Give us some hours and you'll feel the difference, but of course, we'd love you to be with us longer.

## THREE-DAY PACKAGE

DAY 1:

### PERSONALIZED YOGA SESSION

30 minutes Energizing Body Scrub  
60 minutes Mindful Massage

DAY 2:

### PRIVATE HOUSE REEF SNORKELING

90 minutes Bamboo Experience

DAY 3:

### PERSONALIZED YOGA SESSION WITH BREATH WORK

60 minutes Customized Massage  
60 minutes Customized Facial

## FIVE-DAY PACKAGE

DAY 1:

### PERSONALIZED YOGA SESSION

90 minutes Dridhagatharam Ritual

DAY 2:

### PRIVATE HOUSE REEF SNORKELING

60 minutes Shell Serenity

DAY 3:

90 minutes Srotho Sudhi

DAY 4:

### PERSONALIZED YOGA SESSION

60 minutes Abdominal Tension Relief

DAY 5:

### PERSONALIZED YOGA SESSION

90 minutes Shirodhara Treatment

# AYURVEDIC

## Treatment

Native to India, Ayurvedic medicine is one of the world's oldest holistic healing system using a range of treatments, yoga, massage, acupuncture and herbal medicine, to encourage health and well-being.

Performed by two therapists Ayurvedic remedies and treatments are built on intricate ancient knowledge and complex compositions of natural ingredients that encourage natural therapies to regain a balance between the body, mind, spirit.



### ABYANGAM RITUAL

A sanskrit word meaning oil application. This traditional ritual begins with a head & face massage followed by a synchronized whole-body massage and ends with a steam bath. It offers utter relaxation as it calms the mind, relieves tension and muscle pain, and improves blood circulation.

75 minutes

### SROTHO SODHI

A ritual that aims to detoxify the unwanted toxins in the body. This includes Sneha Karma (full body massage with herbal oils), succeeded by a massage with roasted Ayurvedic herbs assembled in a muslin bag (Elakizhi). It is the best treatment for back pain, joint pain, and stiffness and provides a profound deep healing and nourishment to the deeper cells.

90 minutes

### SAREERAKANTHI

A nurturing ritual that starts with a relaxing Abhyanga massage followed by a whole body Navarra rice and milk herbal pack. Good to treat skin problems like psoriasis, eczema, and dry, scaly skin, leaving the skin soft and glowing. Also relaxes the body, strengthens the muscles, and promotes a good sleep.

90 minutes

### SHIRODHARA

A gentle and continuous dripping flow of warm oil in the forehead; Shiro means head and Dhara means flow. It incorporates a 50 minutes Abhyanga massage followed by 30 minutes Shirodhara. This massage gives the highest sense of tranquility in physical, mental, and spiritual aspects.

90 minutes

### DRIDHAGATHRAM RITUAL

A ritual that starts with a foot scrub followed by a gentle and relaxing head massage accompanied by a profound pressurized Abhyanga massage and a synchronized full body exfoliation with roasted Ayurvedic herbs (Udwarthanam) and ends with a steam bath. The promotes deep circulation, reduces water retention, gets rid of fats and cellulite, and firms the skin.

90 minutes

HOLISTIC

# Treatment Ritual



## TOTAL REPAIR

This powerful treatment is great for hypersensitivity and inflammation. A soothing alga wrap followed by detoxifying body massage, revealing luminous and soft skin. Perfect for sensitive or sunburnt skin.

120 minutes

## A MOTHER'S JOURNEY

This treatment is specifically designed for a pregnant mother, it helps to reduce stress, swelling and relieve joint pain as well as promotes relaxation and better sleep.

120 minutes

## ANCIENT JAVANESE RITUAL

The traditional ritual begins with invigorating lulur exfoliation using crushed herbs and spices, then you will be wrapped with bohre with the ingredients of ginger, tumeric, vetiver, and sandalwood which helps to stimulate skin regeneration. A javanese massage infused with pandan oil will complete your royalty treatment.

120 minutes

## COUPLE CONNECTION

This blissful treatment will transport both of you to reconnect into yourself in a deeper state of well-being. It starts with a body scrub using silk body powder to remove the dry skin, followed by a massage and body mask to spoil the body and mind. A flower bath with Maldivian exquisite spice to finish your treatment journey.

120 minutes

## MALDIVIAN ROYALTY EXPERIENCE

This luxurious powerful ritual completes your experience. It starts with a full body scrub using frangipani & oatmeal scrub which helps to renew your skin and continue the relaxing experience with a cocoon mask while rejuvenating your face. A combination of infused bamboo massage that will help you to calm and alleviate the pain in your muscle.

150 minutes

A close-up photograph of a woman lying on her side, receiving a massage. Her eyes are closed, and she has a white flower with a yellow center tucked into her hair. Two hands are visible, one holding a white and blue striped massage ball against her shoulder and another hand resting on her back. The lighting is soft and warm, creating a relaxing atmosphere.

ASIAN INSPIRED

# Massage

## ABDOMINAL TENSION RELEASE

This treatment is inspired by an ancient technique using abdominal massage through realigning the body organs which helps to release stagnant energy from both physical and emotional blockage to optimize body performance.

60 minutes

## FOUR HANDS MASSAGE

Why not try a sensual deluxe four-hands massage? Try out our two talented therapists at once performing synchronized relaxing Swedish massage. A must-have for the experienced client as well as those wanting to indulge in an unforgettable journey in massage.

60 minutes | 90 minutes

## BALINESE FUSION

A gentle and calming massage has originated in Bali where it is passed down through many generations. The combination of acupressure, skin rolling, and relaxing strokes has a restoring effect. This unique technique eases muscular tension and induces a deep sense of well-being.

60 minutes | 90 minutes

## THAI YOGA

Dry massage is described as "Yoga Massage", this treatment opens the joints and improves body flexibility and postural alignment. You will feel an energizing and uplifting effect.

60 minutes | 90 minutes



# HIDEAWAY Massages

## AROMA HEALING EXPERIENCE

Combining the healing power of touch with unique techniques, this massage uses slow, smooth, stroking movements that relieve emotional and physical tension. This technique works in synergy with the natural plant oils and essences to encourage an increase in lymphatic circulation and clear blockages in the energy channels that run through the body. This massage experience promotes deep rest and has a powerful effect on re-energizing and balancing the mind, body, and spirit.

60 minutes | 90 minutes

## THERAPEUTIC TOUCH

This massage uses deeper pressure and a variety of targeted areas to promote the recovery of injured or strained muscles, it increases flexibility and range of movement.

60 minutes | 90 minutes

## FOOT RELIEF THERAPHY

Centuries-old techniques of therapy that concentrates on acupressure points of the foot and legs to rebalance, renew and harmonize the function of the entire body.

60 minutes

## ANTI CELLULITE TREATMENT

A stimulating massage that targets problem areas such as buttocks, thighs, and tummy. Enhanced with body-firming gels this active treatment banishes cellulite and restores the body's shapely contours.

60 minutes | 90 minutes

## PRE-NATAL MASSAGE

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

90 minutes

## HOT STONE HEALING THERAPY

Flat smooth hot lava stones are placed on the key tension areas in your body and then used to gently massage away any tension. This unique massage induces deep relaxation and renewal.

90 minutes

## GLACIER SHELL

This invigorating treatment also known as cryo therapy target pain and inflammation, and soothes sunburn skin, leaving the body fresh and renewed.

60 minutes | 90 minutes

## SHELL SERENITY

Experience the heat of shells penetrating all over your body, using dried kelp, sea algae, and mineral salts. This treatment relieves muscle stiffness all over your body leaving you feeling stressed-free and rejuvenated.

90 minutes

## BAMBOO MASSAGE EXPERIENCE

Known for its healing properties, this therapeutic massage uses a heated bamboo stick utilized to work in the deeper layer of muscles which helps to reduce pain in the ligaments and joints.

90 minutes

# FACIAL

## Care

Spa products by Natura Bissé – the cutting-edge, science-based wellness brand loved by celebrities – offer ultra-relaxing treatments and deliver results that really work.

### THE O2 RELAX

PURIFIES · BRIGHTENS · BALANCES

The revitalizing power of pure oxygen cleanses and brightens a dulled complexion, minimizes dark spots, and evens out skin tone for a flawless and glowing complexion.

60 minutes

### ANTI-AGING FACIAL

SCULPTS · FIRMS · TIGHTENS

This innovative facial provides an outstanding lifting and firming effect for incredibly supple and plump skin. This beauty treatment activates your skin's inner glow and instantly rejuvenates the appearance of your skin texture.

60 minutes

### THE CITRUS ESSENCE

REVITALIZES · STIMULATES · FIRMS

An antioxidant treatment that restores vitality to sun-damaged skin and helps minimize signs of premature aging. Vitamin C stimulates collagen production and renews skin firmness while improving luminosity and hydration.

60 minutes

### THE SKIN COMFORT

SOOTHES · COMFORTS · CALMS

This treatment is specially designed for sensitive skin as it treats roots of skin irritation, flaking, and micro-inflammation. The powerful formulation reinforces and protects the skin's natural barriers while deeply moisturizing and increasing the skin tolerance level.

60 minutes

### THE EXPRESS FACIAL

CLEANSES · HYDRATES · CALMS

A revitalizing facial treatment that's perfect for all skin types and anyone looking to quickly restore a glowing youthful appearance. It's an ideal beauty booster before a special date or as an introduction to facial treatments.

30 minutes

# Scrub BODY & BODY Wrap



## MALDIVIAN COCONUT SCRUB

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

60 minutes

## DETOXIFYING ORANGE SCRUB

This exfoliating scrub gives your skin a fresh glow. Not only it will tighten your skin, it will also help to reduce the appearance of cellulite.

60 minutes

## CINAMON VANILLA SPICE SCRUB

This tropical spice scrub has a natural exfoliant, that removes the outer layer of the skin, which helps to brighten and even out your skin texture.

60 minutes

## ENERGIZING SEA SALT BODY SCRUB

This one-of-a-kind intense experience scrub is rich in minerals to replenish tired and dry skin and reveal the supple soft skin beneath.

60 minutes

## REFINING BODY WRAP

A cocoon treatment that helps to vanish stretch marks and scars.

90 minutes

## COOLING BODY WRAP

A natural sun-soother treatment assists with skin redness and helps to calm down skin irritation.

90 minutes

## DE CONTOUR BODY SILK BODY WRAP

De contour body silk helps to get rid of the body's excess fluids and toxins. Rich in antioxidants, leaving your skin contour and soft.

90 minutes

# LUXURY Enhancement

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



## STEAM AND BATH INDULGENCE

Fresh flowers have incredible healing powers when infused with a mix of oils and herbs extract added to a tub filled with warm water. This symbolic act cleanses and purifies your physical and mental well-being.

30 minutes

## LIGHTER LEG THERAPY

A relaxing treatment that relieves heavy feelings in your legs. This treatment is ideal after a long flight.

30 minutes

## SUNBURN TREATMENT

This add-on treatment helps to soothe sunburn. Using a cold compress and aloe vera gel, will relieve skin irritation and calm down the redness.

30 minutes

## HAIR COCONUT TREATMENT

This treatment is good to moisturize the hair after the sun and seawater, it also helps to reduce the breakage and protect from pre radicals.

30 minutes

## BODY EXFOLIANT

Top up your treatment with our body polish, this treatment is beneficial after a long flight or before leaving the resort. Not only it will give you an even tan complexion. Also, you will feel fresh the whole day.

30 minutes

## RESTORATIVE BACK MASSAGE

Unwind a busy mind with this incredibly relaxing experience, which targets the shoulder and neck leaving your body and mind in total relief.

30 minutes

Please note, voucher, discount price and promotional offer cannot be applied.

# Wellness MOVEMENT & Meditation



## HATHA YOGA

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

## POWER FLOW

A "gym yoga" or vigorous fitness base approach focused on building strength and flexibility in the body through high-impact yoga postures.

## CREATIVE VINYASA

A movement based on practice that requires you to explore and feel your way through the postures. Accessible to everyone, from beginners to advanced.

## SPINAL CARE YOGA

This back-care yoga is a healing technique that can improve posture, promote healthy spine alignment and strengthen core muscles.

## AQUA AEROBIC YOGA

A form of yoga that works by performing the poses in the water, to get a low-impact, full-body workout that helps to improve your strength, balance and range of motion.

## PRANAYAMA & MEDITATION

Prana means the vital life force, and 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

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

## IN-VILLA PRIVATE SESSION

Our yoga teacher takes you on a one-on-one personalized yoga journey to awaken your senses and rebalance your body, mind, and soul.

SALON

# Services



## EXECUTIVE MANICURE

Delight your senses with a mandarin vanilla hand soak, ginger scrub and mud mask. This classic manicure includes nail and cuticle care and concludes with a varnish of your choice.

60 minutes

## ESSENTIAL PEDICURE

Ideal when your feet need a little TLC. We will tidy your toenails, exfoliate your legs & soothe you with a massage, nourish your skin with a cooling mask and paint your nails.

60 minutes

## FILE & POLISH

We'll beat the clock to have those hand and nails looking great. All in under half hour.

30 minutes

## HAIR AND SCALP DEEP CONDITIONING COCONUT TREATMENT

60 minutes

## HERBAL INFUSED REVITALIZING HAIR MASKS

60 minutes

JUNIOR

# Spa Menu

It's never too early to learn the basics of good skincare and the benefits of relaxation. Welcome to the wonderful world of spa.





LET'S

Relax

### PIZZA MASSAGE

Using smooth and long strokes, the perfect introduction to massage to promote relaxation and sleep.

50 minutes

### LITTLE FOOT MASSAGE

After a long fun day, it's time to pamper your feet and relax.

30 minutes

### HAIR FLAIR

An application of warm coconut oil with a gentle head massage and braiding. Followed by a cocoon steam towel as well as hand massage to complete your treatment.

45 minutes

### FANCY FINGER

A complete treat for busy hands. A gentle exfoliating treatment followed by manicure.

45 minutes

### TWINKLE TOES

Revitalize those little toes as we indulge your feet with fine sea salt to exfoliate and nail polish to finish your pedicure.

45 minutes

### LIKE FATHER LIKE SON

Two hours of a complete bond, exclusively for father & son, an invigorating massage, followed by a manicure & pedicure.

### MOTHER & DAUGHTER MOMENT

A two hours pampering session which includes massage and mani-pedi.

# JUNIOR SPA PRICE LIST

## TREATMENT

Pizza Massage  
Little Foot Massage  
Hair Flair  
Fancy Finger  
Twinkle Toes  
Like Father Like Son  
Mother & Daughter Moment

## DURATION

50 minutes  
30 minutes  
45 minutes  
45 minutes  
45 minutes  
120 minutes  
120 minutes

Kids Spa treatments are for guests, aged 4 to 9 years old. To maintain a safe and relaxing atmosphere, we recommend that kids spa-goers are accompanied by a parent or guardian and must sign a waiver to allow the treatment.



# HIDEAWAY SPA & WELLNESS PRICE LIST

## TREATMENT

## DURATION

### HOLISTIC RITUAL

Royal Citrus Ritual	150 min
Ancient Javanese Ritual	120 min
Empowerment Ritual	120 min
Honeymoon Ritual	120 min
Total Repair Ritual	120 min
Mother To be Journey	120 min

### HIDEAWAY MASSAGE

Hideaway Signature Bliss	60 min   90 min
Balinese Fusion	60 min   90 min
Therapeutic Touch	60 min   90 min
Aroma Healing Experience	60 min   90 min
Thai Yoga	60 min   90 min
Bamboo Massage	90 min
Foot Relief Therapy	60 min
Anti-Cellulite Massage	60 min
Pre-Natal Massage	90 min
Hot Stone Healing Therapy	90 min
Shell Serenity	90 min
Abdominal Tension Release	60 min
Four Hands Massage	60 min   90 min
Glacier Shell	60 min   90 min

### HIDEAWAY FACIAL

Natura Bisse The Cure Facial	90 min
Oxygen Facial	60 min
Anti-Aging Facial	60 min
Recovery Facial	60 min
Pure Balance Facial	60 min
The Express Facial	30 min

### HIDEAWAY SIGNATURE

#### BODY POLISH

Maldivian Coconut Scrub	60 min
Orange Coffee Scrub	60 min
Cinnamon Vanilla Spice Scrub	60 min

## TREATMENT

## DURATION

### HIDEAWAY SIGNATURE

#### BODY WRAP

De Contour Body Silk	90 min
Refining Body Wrap	90 min
Cooling Body Wrap	90 min

### SALON SERVICES

Manicure	60 min
Pedicure	60 min
Hair Coconut treatment	60 min
Cream Hair Bath	60 min

### AYUR VEDIC RITUAL

Abyangam Ritual	75 min
Srotho Sodhi	90 min
Sareerakanthi	90 min
Shirodhara	90 min
Dridhagathram Ritual	90 min

### WELLNESS PACKAGE

Prana Activation	150 min
Settling into stillness	75 min
Hideaway a Day Spa Retreat	210 min
3 Days Self Rejuvenation Single	Single   Couple
5 Days Self Rejuvenation Single	Single   Couple

### LUXURY ENHANCEMENT

Hair Coconut Treatment	30 min
Body Exfoliant	30 min
Sunburn Treatment	30 min
Lighter Leg Therapy	30 min
Back, Neck & Shoulder Massage	30 min
Steam and Bath Indulgence	30 Min

# TERMS & CONDITIONS

## OPENING HOURS

Monday - Sunday  
10am - 9pm

## BOOKINGS

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

## CANCELLATION POLICY

Please allow 24 hours' notice to avoid charges. A 50% cancellation fee will apply for treatments canceled with less than 4 hours' notice.

## IN VILLA TREATMENT

In-villa treatments are available on request and at an extra 20% charge.

## MEDICAL CONDITIONS

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

## ACCIDENT OR INJURIES

Spa at Hideaway shall not be liable for any accidents or injuries suffered by members or guests.

## ARRIVAL TIME

Please arrive 15 minutes before your treatment is scheduled. This gives both you and your therapist time to plan and perfect the 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

## PREGNANCY

We have treatments specifically designed for Mums-to-be and breastfeeding Mums.

Our spa reception team can take you through your options.

## SPA BOUTIQUE

To continue your spa experience at home our beautiful products used in treatments are available for purchase in our Spa Boutique.

## REFUND POLICY

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

## LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage to 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 behavior will end your treatment.



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