



VARU
SPA

VARU SPA

Let your senses unravel...

Varu, meaning “energy” in the Maldivian language of Dhivehi, forms the basis of every living soul, creating emotional responses and movement. This energy is easily unbalanced or met with resistance thanks to our busy lifestyles or stress, which can leave us feeling anxious and fatigued.

At Varu Spa it is our focus to realign and unite the mind, body and soul by helping to rebalance and strengthen this energy, not only leaving you feeling at one with yourself and in harmony with your beautiful surroundings, but relaxed and energised, healthy and happy.

VOYA

Based on the hand-harvested, certified organic seaweed, found off the West Coast of Ireland, VOYA has used generations of acquired wisdom about the sea to create an award-winning organic beauty range designed to delight and purify the body.

The VOYA products used in our treatments combine all the therapeutic properties of seaweed with the scientific excellence of an expert team to deliver unique products that can be adapted to all skin-related concerns; the first genuinely organic seaweed based cosmetic products in the world.

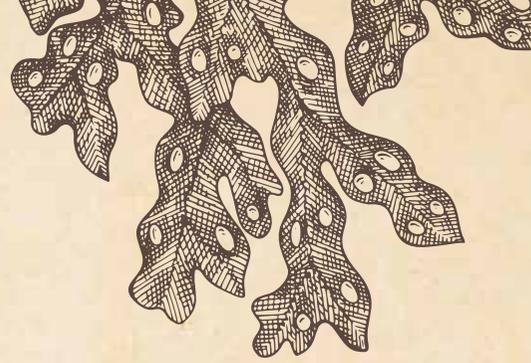
WHY SEAWEED?

Seaweed naturally absorbs its nourishment from the sea. As a result, it contains countless minerals, vitamins, and beneficial ingredients in high concentrations. Seaweed naturally cleanses and purifies the skin, helping to improve its suppleness and elasticity, thus improving the signs of ageing by toning, smoothing, moisturising, and stimulating skin cells. All VOYA products contain extracts of wild seaweed and are formulated to deeply nourish your skin and aid its natural ability to heal and repair.



*Prior to your Varu Spa Experience
enjoy a carefully curated tea,
designed to unwind, and detoxify,
before being treated to our
Cleansing Hand & Foot Ritual*





Just You & Me, Couple Treatments

Romantic Memories

60-minutes

Transport yourself to a state of bliss, enjoying the most relaxing massage as a couple in your private treatment room. Tailor your experience with the choice of either a hand, foot, or scalp massage; designed to reduce stress, unravel tension, and create a sense of total relaxation.

Rewards:

Reduction in Stress and Tension, Relaxing

Includes:

Relaxing Massage, Choice of Hand, Foot, or Scalp massage

Revolution of Sense

90-minutes

Delight in a 90-minute couples' treatment; combining a relaxing massage to help you unwind, with the refreshing and repairing benefits of a facial massage that will result in your skin feeling hydrated and soothed. Finished with a scalp massage leaving you feeling truly pampered.

Rewards:

Reduction in Stress and Tension, Plumped and Nourished Skin

Includes:

Relaxing Massage, Facial, Scalp Massage



*Palmaria
Palmata*

Kandolhu Signatures

Kandolhu Signature Touch

90-minutes

Using natural oil, our Kandolhu Signature Touch treatment uses a combination of traditional Asian Techniques applied on the whole body to stimulate and target body systems and energy flow to help restore balance, leaving you with an overwhelming sense of peace.

Rewards:

Energizing, Restorative, Relaxing

Includes:

Asian-Influenced Pressure-Point Massage



Pearl of the Sea

120-minutes

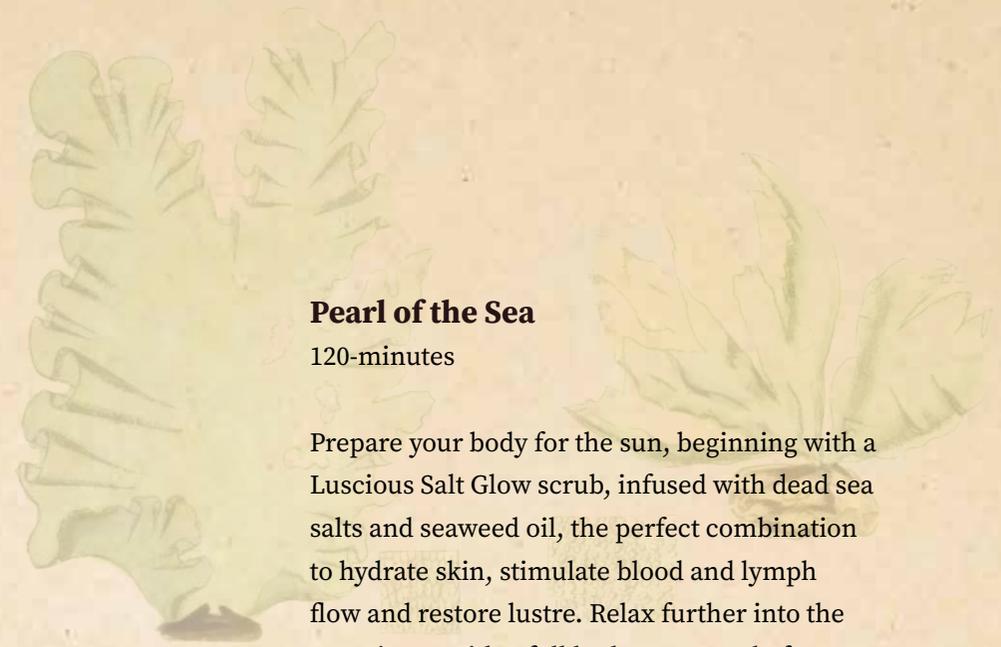
Prepare your body for the sun, beginning with a Luscious Salt Glow scrub, infused with dead sea salts and seaweed oil, the perfect combination to hydrate skin, stimulate blood and lymph flow and restore lustre. Relax further into the experience with a full body massage, before finishing with your choice of either a Seaweed Marine Eye Treatment, Intense Defence for Men Facial or Luminosity Facial, all of which firm skin tone and offer deeply hydrating and detoxifying benefits leaving you with a fresh complexion and ready to work on that tan!

Rewards:

Hydrating, Increased Circulation, Anti-Inflammatory, Firming

Includes:

Luscious Salt Glow Scrub, Massage, choice of either Seaweed Marine Eye Treatment, Intense Defence for Men Facial or Luminosity Facial



Kandolhu Signatures



Coral VOYage

150-minutes

Venture on a luxurious journey with this indulgent full body experience. Beginning with a Seaweed Body Buff packed full of antioxidants, this is the ultimate treat for tired and dull skin, paving the way for a detoxifying Ocean Essence Wrap, designed to stimulate the blood and lymph flow, and combat cellulite whilst hydrating the skin and encouraging the renewal of skin cells. Let tired eyes experience a rejuvenating Marine Eye Treatment, banishing puffiness and reducing fine lines with the use of Seaweed Extract, Green Tea, and Vitamin C, before sinking into a total state of relaxation with a full body massage.

Rewards:

Cellulite Reducing, Detoxifying, Luminous Skin, Anti-Inflammatory, Hydrating

Includes:

Stimulating Seaweed Body Buff, Ocean Essence Wrap, Seaweed Marine Eye Treatment, Massage

Varu Spa Jetlag Goodbye

45-minutes

Allow Varu Spa to ensure you start your holiday feeling fabulous, reviving your senses from travel, calming your mind, and soothing your aching muscles. Starting with a lower leg salt scrub to restore skin lustre, your therapist will then begin a leg and foot massage, relieving fluid retention by stimulating lymph flow, aiding aching muscles, and refreshing tired feet. A cooling mask is then applied and left to work it's magic while you enjoy a blissful scalp massage. By the end you will be energised and revitalised, and ready to enjoy your holiday!

Rewards:

Soothing, Luminous Skin, Anti-Inflammatory, Energising

Includes:

Salt Scrub, Foot & Leg Massage, Facial Mask, Scalp Massage



VOYA Signatures

VOYager Total Massage Journey

90-minutes

A complete top to toe relaxation journey, incorporating scalp massage, face massage, stretches and body massage that replicates the movement of the sea combining both gentle and stimulating movements. The ultimate luxury treatment to relieve aches and pains tailored to individual needs.

Rewards:

Relaxing, Detoxifying

Includes:

Full Body Massage, Scalp & Face Massage

Muslin Bag Massage

A real sensory treat. Warm, steamed bags of orange, clove, ginger and Fucus serratus seaweed are gently massaged into the body releasing the precious seaweed oils. A combination of the finest organic ingredients and seaweed are used to massage your body, gently exfoliate, and nourish your skin.

Rewards:

Relaxing, Gentle Exfoliation, Nourishing

Includes:

Full Body Massage





The Ocean Body Series

Warm Spiced Mud Wrap

75-minutes

Fresh seaweed taken from the Ocean releases its purifying elements into this luxurious Warm Spiced Mud Wrap. The extract, rich in powerful antioxidants and minerals, aids the wrap in offering immediate and noticeable effects to the skin, including firming, and toning the body. A powerful detoxifier, stimulating the metabolism and a natural anti-aging boost, the spiced mud wrap is infused with aromatic spices of ginger and orange which also revives the senses.

Rewards:

Detoxifying, Restorative, Hydrating, Anti-Inflammatory

Includes:

Full Body Wrap, Body Mask

Ocean Essence Total Body Wrap

75-minutes

Combining the detoxifying power of Fucus vesiculosus and cellulite reducing abilities of Laminaria Digitata, the Ocean Essence Total Body Wrap stimulates the blood and lymph flow, detoxifies, and hydrates the skin and encourages the renewal of skin cells. It is an excellent skin rejuvenator, combating cellulite and fatigue and producing a moisturising effect.

Rewards:

Cellulite Reducing, Energising, Detoxifying

Includes:

Full Body Wrap, Body Mask

Stimulating Seaweed Body Buff

55-minutes

The antioxidants from mineral rich bladderwrack seaweed combined with VOYA's signature seaweed massage oils, offers a powerful, organic way to better skin. Including a full body scrub using their certified bladderwrack body buff, this is the ultimate treat for tired and dull skin.

Rewards:

Cellulite Reducing, Detoxifying, Luminous Skin, Anti-Aging

Includes:

Full Body Scrub

Luscious Salt Glow

55-minutes

Relieve muscle pain and fatigue, remove dull skin, and refine skin texture with our Luscious Salt Glow scrub. Infused with dead sea salts and organic seaweed oil, this combination hydrates the skin, stimulates blood and lymph flow while firming skin tone and increasing lustre. The perfect way to revive your skin and get it glowing!

Rewards:

Detoxifying, Luminous Skin, Hydrating

Includes:

Full Body Scrub

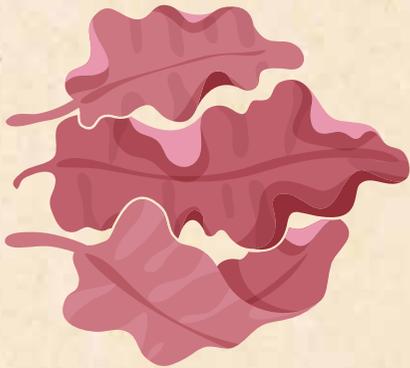
211.—Gymnogongrus plicatus, Kütz.

212.—Porphyides rotundus,



Rhodynencia Palmata

The Ocean Facial Series



Deluxe Facial Experience

90-minutes

The ultimate VOYA Facial Experience, offering you the best of both Worlds! Starting with a back massage to induce relaxation and gently melt away muscular pain, this facial then offers a 20-minute massage to deeply hydrate the skin followed by a dual action facial mask utilizing the exclusive re-mineralizing Mermaid's Purse face mask and Laminaria leaves. The crème de la crème of all facial experiences, leaving the skin rejuvenated, hydrated and plumped, reducing the appearance of deep-set wrinkles.

Rewards:

Hydrating, Increased Circulation, Detoxifying, Firming, Relaxing

Includes:

Back Massage, Facial Massage, Facial Mask, Scalp Massage

Anti-Aging Restorative Facial

70-minutes

Suitable for all skin types, particularly those in search of anti-ageing results. The Anti-Aging Restorative Facial is designed using VOYA's finest organic ingredients combined with antioxidant algae complexes and a restorative blend of aromatherapy oils. It is this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. The result is instantly firmed and tightened skin with a natural and more radiant glow.

Rewards:

Anti-Inflammatory, Anti-Aging, Collagen Production, Luminous Skin

Includes:

Facial Massage, Facial Mask, Scalp Massage



The Ocean Facial Series

Intense Defence Facial for Men

45-minutes

Exclusively created for men's specific skincare needs, this powerfully effective treatment exfoliates the skin with bamboo spines allowing for a deep cleanse. The client will enjoy a beautiful face and foot massage where VOYA's seaweed leaves and Mermaid's Purse are used to soothe even the most sensitive of skin. The skin is left hydrated, fresh and mattified.

Rewards:

Hydrating, Detoxifying, Soothing, Fresh Complexion

Includes:

Facial Massage, Facial Mask, Foot Massage



Luminosity Facial

40-minutes

This highly effective resurfacing facial targets congested, lacklustre and dull skin. Using a combination of seaweed extract, naturally derived glycolic and lactic acids, blended with pineapple fruit enzymes, this facial will give your skin back its natural radiant glow. Our advanced exfoliation trio assists in diminishing fine lines, reducing pore size and will brighten the skin's appearance.

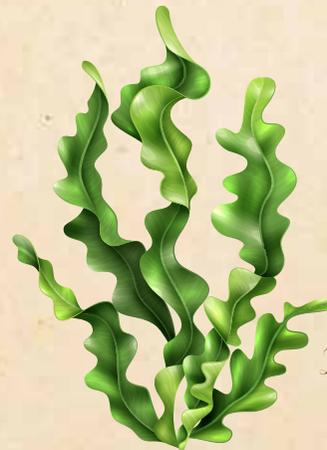
Rewards:

Detoxifying

Includes:

Facial Massage, Gentle Exfoliation, Scalp Massage

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Laminaria Digitata



Seaweed Marine Eye Treatment

40-minutes

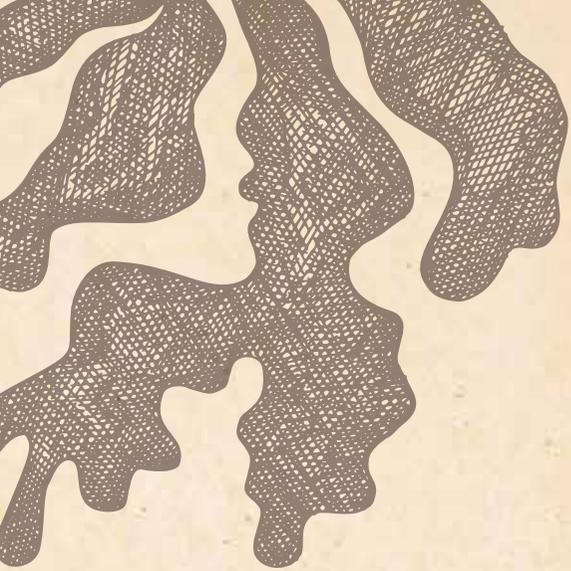
Using organic Laminaria digitata eye compresses hand-harvested from the Atlantic, this is a unique treatment for refreshing and rejuvenating tired eyes. Combining both relaxing and decongesting lymphatic massage movements to banish puffiness and dark shadows, we also use specialised eye masks, perfect for those concerned with ageing around the eye area. This is a firming, hydrating and results-orientated treatment that uses specific products rich in seaweed extract, green tea and vitamin C to help reduce the appearance of fine lines and decongest the eye area.

Rewards:

Increased Circulation, Skin Regeneration, Hydrating, Firming

Includes:

Facial Massage, Facial Mask, Scalp Massage



A Little Too Much Sun?!

Sun-Soothing Facial

50-minutes

Nourish and repair the skin with this deeply soothing facial, rich in anti-inflammatory seaweed extract. First, a gentle but luxurious cleaning experience with avocado oil helps to improve the elasticity of the skin, before a gentle exfoliating gel is applied to dissolve dead skin, revitalising, and refining. The finale, a combination of a rich eye cream that instantly restores the moisture balance of the delicate eye area and a moisturising mask containing Sea Heather to soothe the skin and strengthening skin structure.

Rewards: Deeply Hydrating, Skin Renewal, Soothing

Includes: Cleanse, Gentle Exfoliation (only on areas of no sunburn), Moisturising Eye and Face Mask

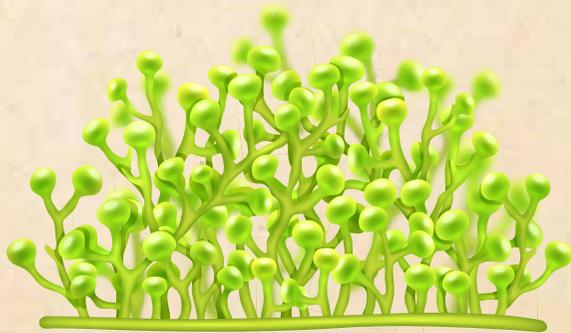
Sun-Soothing Body Treatment

50-minutes

Ideal for sun-exposed or damaged skin, this calming body therapy includes a very gentle exfoliation (for those without sunburn), the skin renewal and rejuvenating effects of our Ocean Essence body mask, and concludes with a total body application of VOYA's Softly Does It hydrating lotion, to intensely soothe and moisturise skin, improving suppleness and elasticity.

Rewards: Deeply Hydrating, Skin Renewal, Soothing

Includes: Gentle Exfoliation (only on areas of no sunburn), Ocean Essence body mask, Full Body Moisturisation



*Caulerpa
Lentillifera*

An Asian Flair

Traditional Thai

60 or 90-minutes

Ancient Traditional Thai Medicine used this form of massage therapy to stimulate the detoxification process of the body, encourage blood circulation and add flexibility to the muscles in order to bring balance to one's health, very similar to the practice of Yoga. Pressure point therapy techniques, pulling and stretching are some of the revitalising movements you will experience while in the care of our specialists.

Rewards:

Stress Reduction, Energising, Improved Range of Motion

Includes:

Thai Massage, Thai Clothing to be worn during treatment

Ayurveda Experience

120-minutes

Finely ground natural herbs and spices are mixed to formulate this invigorating dry body scrub, followed by the comfort of warm herbal packs gently applied to areas of your body, creating a sense of deep relaxation. Experience the gentle, harmonious Ayurveda massage movements, relieving tension and aching muscles, awakening your senses and promoting an overall feeling of wellbeing.

Rewards:

Relaxing, Improved Circulation, Nourishing

Includes:

Ayurveda Massage

Balinese Sensations

120-minutes

Indulge in an authentic Balinese massage, using exotic spices blended with hand crushed rice to create a deep heat. Combining the effects of cloves that gently exfoliate your body, long flowing strokes, skin rolling and pressure point manipulation during the massage, this treatment will relax, awake, and renew your body. Completing this ritual, a ginger, cinnamon, and cloves body wrap is applied, creating a wonderful feeling of warmth that helps release tension and muscular aches.

Rewards:

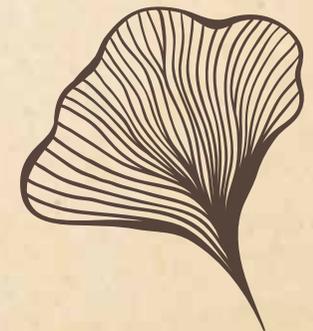
Energising, Balancing, Boosts Immunity

Includes:

Balinese Massage, Body Wrap



Ulva Lactuca



The Classics

Relaxing Massage

60 or 90-minutes

A smooth, gentle, flowing massage style that promotes general relaxation, relieves muscular tension, improves circulation and range of movement. Perfect for those looking to unwind.

Swedish Massage

60 or 90-minutes

A gentle and relaxing massage style using a firm or lighter pressure on the muscles and incorporates specific strokes such as sliding movements, kneading and friction. An excellent massage option for those looking for a softer treatment than Deep Tissue, to increase blood flow, ease tension and promote a feeling of total relaxation.

Deep Tissue

60 or 90-minutes

A deeper massage, targeting the deeper layers of muscle and connective tissue. This massage style incorporates slow, deep strokes using fingers, thumbs, elbows and forearms to penetrate these areas and break up stubborn knots and tight soft tissues. Deep tissue massage is excellent for those who suffer from chronic tightness, repetitive strain or regularly engage in physical activity.

Balinese Massage

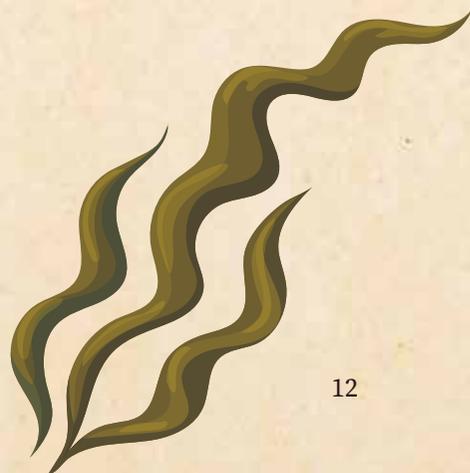
60 or 90-minutes

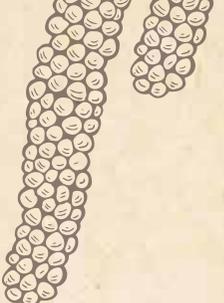
A full-body, deep-tissue, holistic treatment, using a combination of gentle stretches, acupuncture, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and energy around your body and bring a sense of wellbeing, calm and deep relaxation. Balinese massage uses a variety of techniques including skin rolling, kneading, and stroking.

Reflexology

45-minutes

Foot Reflexology massage with repeated pressure and manipulation of nerve endings can help to clear any channels of blocked energy. It is said to do so through moving the flow of blood, nutrients and nerve impulses boosts the immune system, stress relief. This ultimately improves overall health and balance.





Hand & Foot Care – The Signatures

Organic Foot Ritual & Pedicure

90-minutes

Elevate your pedicure experience and treat yourself to our Signature Foot Ritual & Pedicure. To re-charge circulation of the lower limbs and refine your skin you will first enjoy an exfoliation from the knees down, followed by a deeply relaxing massage of the lower legs. Following this your legs are wrapped in warmed Atlantic seaweed leaves to detoxify, increase circulation, and nourish tired feet and legs, before finishing with your pedicure to revive tired feet.

Rewards:

Detoxifying, Improved Skin Tone, Revived Tired Feet

Includes:

Foot & Leg Massage, Leg Wrap, Pedicure, OPI Nail Polish (optional)

Organic Hand Ritual & Manicure

90-minutes

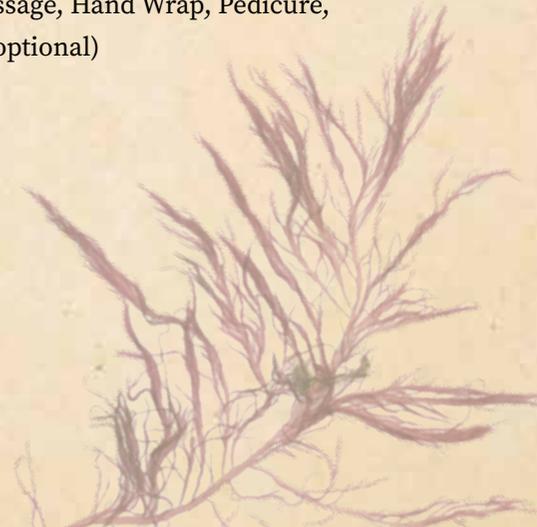
More than just a manicure, our Signature Hand Ritual & Manicure is designed to nourish, recondition, and refine your hands. Enjoy a deeply relaxing massage of the hands and arms after which your hands are wrapped in warmed Atlantic seaweed leaves to hydrate, increase circulation and nourish dry hands. A manicure completes the treatment, with colour applied on request.

Rewards:

Detoxifying, Improved Skin Tone, Relaxing

Includes:

Hand & Arm Massage, Hand Wrap, Pedicure, OPI Nail Polish (optional)



Hand & Foot Care – The Essentials

Simple Pedicure

45-minutes

Simple Manicure

40-minutes

Add OPI Nail Polish / French Finish

15 to 20-minutes

Add OPI Gel Polish / French Finish

15 to 20-minutes

Gel Removal

Beauty Services

Waxing Services Available on Request



209.—*Dumontia filiformis*, Grac.

Kandolhu Care Programs

Body, Mind & Spirit – 3-Day Program

Day 1 Organic Luscious Salt Glow, 55-minutes

Day 2 Balinese Sensations, 120-minutes

Day 3 Luminosity Facial, 40-minutes

Detox Care – 3-Day Program

Day 1 Stimulating Seaweed Body Buff, 55-minutes

Day 2 Muslin Bag Massage, 90-minutes

Day 3 Organic Anti-Aging Restorative Facial, 70-minutes



210.—*Nemalion multicaudum*, J. Ag.



NOTICE:

Please note that all our spa programs are available by prior reservation; guests may book each individual treatment appointment at their preferred time based on availability at the spa. Because your appointments are guaranteed reservations for you, to avoid any unwanted situation we kindly request that you advise us a minimum of 6 hours prior to your appointment for your cancellation or rescheduling requests. No-show guests or guests omitting to advise us in due time will be subject to 50% charge of total bill. Full payment for the program is required on the first day of treatment. In case of cancellation following the commencement of the program, no refund will be made.

Simple Spa Guidelines

The following information is provided for you in order to ensure the perfect Spa experience.

The Spa is a non-smoking environment.

We thank you for your cooperation and understanding.

To respect the natural and peaceful environment, the use of cellular phones and other communication devices are prohibited within spa premises. Should you need to have them with you, we kindly ask that you make sure your cellular devices are switched off prior to entering the locker rooms and treatment areas. We request that all valuables remain stored in your villa whilst you are here at the Spa. The Spa will not be responsible for lost, stolen or misplaced items.

All spa treatments and facility prices are subject to change without notice.

Our spa guest service agents will assist you with any pricing inquiries you may have at the time of your reservation.



Reservations

We encourage our guests to schedule their appointments in advance to ensure that the preferred treatment and time or therapist is available. Same day bookings and walk-in appointments are always welcome, based on our availability. To schedule your appointment(s), please contact us directly at ext. 122 from your room or contact our guest service desk.

Cancellation Policy

We value your business and appreciate your attention to our cancellation policy. Please respect our therapists and our other guests by keeping your appointments.

Because your appointments are guaranteed reservations for you, to avoid any unwanted situation we kindly request that you advise us a minimum of 6 hours prior to your appointment for your cancellation or rescheduling requests.

No-show guests or guests omitting to advise us in due time will be subject to 50% charge of total bill.



www.kandolhu.com