

Spa Menu



KURAMATHI

SPA





“Because we cannot scrub our inner body
we need to learn a few skills to help cleanse
our tissues, organs and mind.

This is the art of Ayurveda.”

Sebastian Pole

Our Philosophy

Kuramathi Spa... the essence of well-being.

As life renews itself continuously, so does Kuramathi Spa.

Although our Spa has been with us for many years, this year Kuramathi Spa prides itself on its level of excellence in Spa Hospitality and Services provided. The renewed setting emanates wellbeing and tranquillity and new fragrances fill the air. All yours to enjoy.

Each Guest is offered a moment in paradise that will instill a sense of wellness, balance inner harmony and restore vitality. A place to reconnect with one's self, and allow the natural flow of pure energy, bringing back awareness into being.

We have integrated, Ancient Maldivian Wellness Rituals (Dhivehi Beys) that once nourished our Body, relaxed the Mind, and balanced the Spirit, with the highest-level quality of European beauty products and Far-Eastern natural essential oils, all in great respect to our environment and location.



Facilities

The Spa at Kuramathi is set in the heart of the island amongst luxuriant vegetation and boasts the ocean as its backdrop. Our facilities include 13 treatment rooms, consisting of 1 couples water pavilion massage room, 2 couples beach pavilion massage and tatami rooms, 1 aesthetic beauty care room, 1 manicure and couples' pedicure room, 8 beach side couples treatment rooms and 1 private herbal bath treatment room. The Spa also features its own Yoga Pavilion where complimentary Yoga sessions are offered early in the morning.

Prepare for your Ritual, soothe your body and quiet the mind in our separate male and female wet areas. We offer you rain showers, Herbal essence Steam Bath, Finnish Sauna and Cool Dip Pool. Then, take a moment before your appointment to relax in our Spa lounge and enjoy the warm breeze and sound of the ocean as you savour our special blended pre-treatment signature detox drink prepared for you by our team.

Spa Menu

Kuramathi Spa boasts of a distinct selection of treatments meticulously tailored to suit your every need. All treatments have powerful therapeutic healing properties using indigenous ingredients found in the Maldives to exotic products from Europe and Far East. Our body massages and wellness programs are based on an amalgamation of Dhivehi Beys and Wellness treatments compiled from around the globe.

These enticing experiences are designed to lead you to a state of nostalgia. Setting you to a soothing mood by using evocative oils for the massages, releasing trapped nerves and balancing the flow of energy in your body. Every joint, muscle and sinew will pulse with newfound vigour.

Come and experience the Kuramathi Spa in the beautiful, serene locale of the Maldives!

For more information, a consultation or an appointment reservation, come visit us at the Spa or contact us at extension 168. For more details on the variety of care programs offered, please refer to our spa menu.

Thank You!



Welcome to the Spa at Kuramathi Maldives

The journey for achieving harmony between nature and self.

Inspired by traditional healing wisdom, we at Kuramathi, believe that a spa unfolds the path of life that opens out channels to nurture one's life force. Kuramathi Spa embraces a deep understanding of mind, body and spirit, their individual needs, and their interdependences. The ethos of our carefully recreated treatments is drawn from the rich and ancient wellness heritage. Our spa experiences are offered by trained experts, using exclusive natural products in a fresh and harmonious setting. Together with Kuramathi Spa, undertake the journey within, through an array of enlivening holistic treatments, meaningful wellness rituals and ceremonies for a truly calming experience.

[The Kuramathi Spa](#)

Spa Policy

Mobile Phones

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. No mobile phones are allowed in the treatment rooms. Photography in the wet areas and treatment rooms is prohibited for privacy reasons.

Noise Levels

Noise levels should be kept to a minimum at all times, especially when passing the Treatment Rooms.

Age Requirements

The minimum age for Spa treatments is 12 years. Children under the age of 12 must be accompanied by an adult.

The Spa is a non-smoking environment. We thank you for your cooperation and understanding.

We request that all valuables remain stored in your villa whilst you are 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. 168 from your room or contact our guest service desk.

Cancellation Policy

We value your business and appreciate your attention now 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.

Please keep in mind that arriving late for your appointment may require us to shorten the length of the treatment, so as not to inconvenience other guests, with full charges applied. We regret that late arrivals will not receive extension of scheduled appointments.

Make the most of your experience

Tips to ensure you receive the full benefits while at the Kuramathi Spa

Arrive Early

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. 168 from your villa or contact our guest service desk.

Shower

A quick shower just before your treatment ritual is recommended. This will ensure your skin is fresh and clean ready to absorb the nourishing ingredients of the products that will be applied to your skin during your treatment.

What to Wear

Unless the ritual description specifies otherwise, it is customary to arrive as you are. Swimwear is obligatory within the wet area however we will supply you with towels for your use, as well as a robe for you to wear while resting in our spa lounge. During your treatment ritual, a disposable under garment will be given to you for use. Throughout the time you are under the care of your therapist, your body will be draped with linen for your privacy.



Communicate

Although you have filled out our Health Questionnaire, prior to beginning your treatment, feel free to discuss with your therapist any areas you would like her to focus on, or to be avoided. We invite you to let the therapist know if you feel any discomfort during your treatment ritual.

Communication is the key to ensuring your spa experience is unforgettable.

Keep in mind that bodywork and massage is like the effects of exercise in which toxins are freed from the lymphatic system and lactic acid is released from the muscles which may cause some soreness for a day or two after your visit.

Relax

Close your eyes...breath deep... free yourself. Indulge your Body, Relax your Mind, Ignite your Spirit.

Couples Moments



Kuramathi Moment

Ignite your senses and experience a relaxing massage with Ylang Ylang enjoying your beloved's company with the sound of lapping waves on the shoreline. The massage is followed by an aromatic Bath setup with a classic Bottle of Sparkling Wine and nuts to complement this romantic experience.

150 minutes

Couples Rebirth

Experience the power of Ayurvedic Healing Oils in a totally serene and delightful massage. Combine long, soft, and precise movements together with the blend of warm oils to leave your body in a state of nirvana. At the very end, a private and luxurious Bath with selected oils and salts guarantee an unforgettable experience.

120 minutes

Maldivian Exotic Treatments

Fiyavalhu Beehilaa

Maldivian Foot Treatment

Your feet deserve to be treated. After a wonderfully soothing massage to your feet and lower legs, a warm paste made from Tamburu, found on most local islands, is applied to your feet. Treat your feet and you treat the whole body.

45 minutes



Veli Bon'di Thaan Elhan

Signature Sand Poultice Massage

Our signature massage. This full body oil massage, especially created for Kuramathi Spa, can be tailored to your needs. A soft, medium, or strong pressure customised to your preference. A hot sand poultice along with our healing signature oil, made with local herbs, will leave your skin soft, mind soothed and spirit lightened.

60 minutes | 90 minutes

Aragu Kanaa Theyo Dhemun

Detox Treatment

A complete detox, this energising treatment is recommended to relieve muscular tension and improve blood circulation. This treatment includes an exfoliating herbal scrub of exotic spices and herbs from the Maldives, a heat-stimulating wrap that will aid in detoxifying, followed by a revitalising lymphatic drainage massage. Finally relax with a detox drink. This enriching experience leaves you with a renewed sense of self.

120 minutes

Velamboli Theyo Dhemun

Treatment for joints, aches and pains

Our treatment for joints and muscle spasm. A special full body treatment concentrating on joints and tense zones. The therapist will apply a warm green paste made from Velamboli and the Tamburu Veyo. The benefits of this plant has been known amongst the indigenous population of the Maldives for hundreds of years. This treatment releases muscle tension, back pain, or joint related pains.

60 minutes | 90 minutes



Kulhivarun Araamu

Back, Neck or Shoulder Treatment

So much tension can be held in our neck and shoulders and this massage concentrates on these areas. The use of hot poultices filled with Maldivian herbs will help to unravel the knots and soothe sore muscles.

45 minutes

Huvandhumaa Aragu

Aroma Relaxing Therapy

Aromatic lymphatic massage. The healing properties of essential oils along with therapeutic techniques will leave you feeling refreshed, balanced, and soothed. This massage is given with light pressure and great detoxing treatment.

60 minutes | 90 minutes



Global Treatments

Our team of experienced Therapists offer you the perfect range of massages compiled from all over the world. All our treatments listed are performed with essential oils with a variation of pressure to suit you.

Thai Foot Reflexology

Let our trained hands take care of your tired feet.

This relaxing foot massage uses gentle yet precise techniques with the use of a specific wooden Thai instrument, to relieve tension and discomfort from your feet. The benefits of the massage are extended up towards the knees to stimulate proper blood circulation, restore flexibility in movement. Vetiver essential oil enhances your relaxation leaving you feeling as though you were walking on air.

45 minutes

Thai Body Renew

Our lemongrass or ginger essential oil and sea salt exfoliation is a perfect accent to this energising Thai oil massage.

Finely ground sea salt removes unwanted dry skin as the lemongrass or ginger essential oil moisturises. Pressure point massage techniques are specifically performed to alleviate muscle tension and are complemented by a blend of deep tissue and stretching to release the body's blocked energy.

Your body will feel re-energised, your skin fresh and moisturised.

90 minutes



Traditional Thai

Ancient Traditional Thai Medicine used this form of massage therapy to stimulate the detoxification process of the body, stimulate blood circulation and add flexibility to the muscles to bring balance to one's health, much like 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. You will feel rejuvenated.

90 minutes

Thai Oil Massage

An oil massage that uses deep pressure and Thai traditional techniques of rolling and stretching movements using palms, thumbs, elbows, and knees in combination with the application of aroma oils, to relieve tension and to relax the body.

60 minutes | 90 minutes

Relaxing Massage

This massage is performed with very soft long rhythmic movements, very light pressure is applied. Perfect for the spa lover who wants to enjoy the benefits of the aroma and healing properties of the essential oils used while relaxing to the sound of the ocean.

60 minutes | 90 minutes

Balinese Bliss

Indulge in the full experience of an authentic Balinese Ritual. This care program combines the three exotic Balinese rituals into one unforgettable journey. Enjoy the effects of Cloves and Rice finely ground to gently exfoliate your body of unwanted dry skin, then lay back and indulge in our Curcuma, Ginger Cinnamon, and Cloves body wrap, that when combined create a wonderful feeling of warmth that helps release tension and muscular aches. To complete this ritual, a Balinese aromatic massage - soak in the fragrance of Sakura essential oil leaving you with the feeling of overall wellbeing.

120 minutes

Hot Stone Massage

Warm basalt river stones placed on different points of the body will have soothing effects with its warmth and pressure. Various massage techniques of different pressure are used on area of concern to let the stones' soothing effect continue.

90 minutes

Swedish Massage

Concentrating on the deeper layers of the muscle's tendons and connective tissue, this massage uses various techniques of rolling, kneading, gliding and cross fiber movements to promote healthy muscle function while promoting relaxation.

60 minutes | 90 minutes

Balinese Massage

Balinese Massage Therapy is an alternative technique which involves locating pressure points along the Meridian Lines through kneading and manipulating soft tissue. This therapy helps prevent sports injuries, treat existing injuries, improve performance, reduce stress, and free the body from toxins.

60 minutes | 90 minutes



Bespoke Sports Massage

Robust sports massage.

This bespoke experience, especially created for Kuramathi Spa, can be tailored to your needs. It is akin to a Sports massage, a little rigorous. It is recommended for those who are into fitness and regular sports activities. It uses 5 techniques of massages with Thai stretches, Hot Stone therapy, signature sand poultice massage, Balinese, and aroma therapy.

90 minutes

Hilot Filipino Massage

Traditional Filipino healing treatment.

Hilot is the □ Filipino healing arts, the oldest and the most secret arts in the Philippines. A traditional Hilot treatment entails deep massage with the goal of relaxing the mind and healing the body. Warm banana leaf strips laced with coconut oil are often run over the body to clear energy blockages, as banana leaves contain both medicinal and herbal elements and are a natural ionizer. Banana leaves also have an antiseptic effect and have been used to help treat illnesses from the flu to sprains and even bone dislocations.

60 minutes | 90 minutes

Slimming Massage

The best massage to tone those Body imperfections.

A slimming massage makes use of a high-end massage that reactivates the fat release process to eliminate localized fat as well as body imperfections resulting in a better figure that is firmer and younger looking. With a slimming massage, you could see the results after a few sessions. Having a nice body boosts self-esteem and gives you the self-confidence that you seek.

60 minutes | 90 minutes

Deep Tissue Massage

Recommended for those who prefer a stronger, deep pressure massage.

Relieves severe tension in the muscles and connective tissue. Perfect for the sports addict to release accumulated lactic acid just after a rigorous workout.

60 minutes | 90 minutes



Indian Ayurveda

Ayurveda is an intricate system of healing discovered in India over 6000 years ago and still being used today. Although complex in its entirety, Ayurveda is based on the knowledge of life, and the unequivocal balance that must be between body, mind, spirit, and the senses to achieve and live a healthy balanced life. Rich, exotic spices and oils stimulate the senses, nourish the skin, calm the mind and relax the body. We recommend you take a short steam bath just after you have completed any one of these rituals to allow the nourishing properties of the oils to penetrate your skin.



Abyangam

Gentle harmonious movements help quickly bring you to a state of relaxation. Herbal oils rich in nutrients absorbed by your skin allow the detoxification process to begin and bring forth a physical, mental, and spiritual well-being. Tension and body aches are relieved, your senses are awakened by the mystical fragrances that fill the air. An overall wellness is felt long after your treatment has ended.

60 minutes | 90 minutes

Kati Vasti

Ayurvedic back relief therapy is perfect to awaken the body, heart, and soul. Warm medicated oil is gently dripped on the lower back to form a reservoir, while relieving muscle tension. This therapy also helps to lubricate connective tissues, keeping them flexible. Treatment is recommended to relieve lower back pain.

45 minutes

Shirodhara

Based on the teaching of Ayurvedic medicine-"the science of life and longevity", soothing oils flow in a continuous stream on the third eye (forehead) for deep relaxation. Ideal for those seeking relief from insomnia, headaches, and jetlag.

45 minutes

Kizhi (warm herbal body wrap)

Enjoy the comfort of warm herbal packs gently applied to certain areas of your body. This technique brings relaxation on a deeper level and allows you to completely abandon yourself in the moment. Mixed spiced oil penetrates deep to help rid your body of aches. Your mind quietens, your body is soothed as balance is slowly restored.

75 minutes

Samatva

Destress Program

Our signature Ayurveda treatment takes you through a profoundly contemplative and meditative journey, leading to a heightened state of well-being. A combination of Abhyanga and Shirodhara, restore the body's chakras (energy centers) and enhance flow of vital energy & clarity of mind (a state of conscious deep sleep) amplifies your relaxed state of being and offers you pristine moments of lucidity. This exclusive therapy embracing ancient practices is effective in helping you attain poise & equilibrium in mind & body.

90 minutes

Pichu

An authentic traditional treatment for relieving stress and stiffness in your joints or back with cotton linen pads 'Pichu'. Best results are seen after a few sessions. Great for a detox.

45 minutes



Voya Sojourn

Voyager Total Massage Journey

A complete top to toe relaxation journey.

This amazing experience incorporates body brushing, exfoliation, body massage and scalp massage that replicates the movement of the sea, combining both gentle and stimulating movements. The ultimate luxury treatment to relieve aches and pains and to condition the body, using the world's first organic seaweed oil, with 2lbs of wild Atlantic Angelicus Serratus seaweed in every bottle!

90 minutes



Coral Voyage

Our complete top-to-toe relaxation journey incorporates stimulating body brushing, exfoliation, and full massage inspired by the movements of the sea. Continuing your voyage, our Marine Eye Treatment allows mineral-rich seaweed compresses to target troublesome areas above and below the eye. There couldn't be a more tranquil way to relieve aches and pains while conditioning the face, eyes and body.

120 minutes

Voya Pearl of the Sea

After the initial invigorating peppermint sugar scrub revives and awakens your body, a mineral-rich body mask is applied to deeply nourish and revive it. While your body absorbs the goodness of the mask, a treatment infused with cream is applied to the scalp to soothe and relax you. A relaxing massage and application of aromatic organic body crème is applied to complete this ancient sea ritual.

150 minutes

Organic Warm Spice Mud Wrap

Purifying

Seaweed taken fresh from the ocean is combined with purifying elements of peat to produce a mud wrap rich in potent antioxidants, minerals and enhanced with organic ginger and cinnamon. For the results driven client, this wrap has immediate and noticeable effects on the skin, including firming and toning. A serious detoxifier, a metabolism stimulator, and a natural anti-aging boost.

75 minutes

Tangle Me Up Body Wrap

Hydrating

This all-over body treatment revitalises skin condition with a full body brushing and hot towel cleanse that relaxes tired and lethargic muscles and relieves stress and fatigue. The antioxidant compounds fight cellulite and the signs of aging, improving the suppleness and elasticity of your skin. You will then be treated to a relaxing scalp massage while your skin absorbs the rich seaweed gel.

60 minutes



Stimulating Seaweed Body Buff

Our certified organic Bladder Wrack body buff is the ultimate treat for tired and dull skin.

The antioxidants of the mineral-rich Bladder Wrack seaweed combined with pure seaweed oils provide a powerful organic way to better skin. The all-over body scrub is immediately followed by a light cleansing shower and a short relaxing massage with Voya's Softly Does It. This ground-down seaweed is a strong exfoliator that stimulates and leaves the skin tingling.

60 minutes

Voya Prenatal Organic Precious Moments

Voya's Organic Precious Moments treatment is tailored specially to Mum and her growing bump.

The growing bump is enveloped in a specialized mask helping to support connective tissue and prevent stretch marks. Your feet will be wrapped in Laminaria Digitata Seaweed leaves to help boost circulation, improve lymphatic drainage, and reduce fluid retention. The hydrating organic masks work their magic while Mum enjoys a beautifully relaxing face, hand and arm massage. This is the perfect rejuvenating treatment to support the wonderful journey to motherhood.

55 minutes

Organic Seaweed Marine Eye Treatment

This is an ultimate treat for refreshing and rejuvenating tired eyes. The Seaweed Marine Eye Treatment is a relaxing and decongesting lymphatic treatment using specialized products rich in Seaweed Extract, Green Tea and Vitamin C directed at signs of ageing and puffiness around the eye area. The unique seaweed leaf eye compresses are applied and allowed to work their magic while a scalp massage is performed.

45 minutes

Organic Prenatal Voyager

Hydrating

This organic wellbeing ritual promotes relaxation and a sense of tranquility while deeply hydrating and nourishing your skin. A full body exfoliation will gently buff the skin, leaving you feeling radiant and renewed. Nourishing Mama Oil is used to gently ease stress and tension with a head-to-toe body, face and scalp massage. Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported, and restored.

90 minutes



Scrubs & Wraps

Kuramathi Exfoliation

A body scrub with a choice of coffee, coconut, or ginger extracts. Prepare your body for the sun by buffing and nourishing your skin.

45 minutes

Coco Hair Wrap

Warm locally sourced coconut oil is applied to the hair and scalp, followed by a truly relaxing pressure point head massage and upper back massage. Coconut oil is a superb conditioner for hair. It restores luster and acts as a protective barrier from the sun and sea water.

45 minutes

Ubtan Anti-Tan Bodywrap

Made from herbs and oils that are blended to create a soothing and aromatic paste. It is the perfect way to give your skin a touch of rejuvenation. This wrap takes care of your skin without using any chemicals or synthetic material. Results in that perfect skin glow, reducing tan, and reversing the signs of ageing. Perfect for that anti-tan.

45 minutes



Sun Soother Aloe Cucumber Treatment

A soothing body wrap for sun-drenched skin, using cooling homegrown aloe vera and cucumber. We finish with aloe body custard, leaving your skin feeling cooler and calmer.

45 minutes

Facials

Voya Organic Anti-Aging Restorative Facial

Suitable for all skin types, though of particular benefit to mature, dry, or dehydrated skin types, this treatment involves a skin-rejuvenating facial based on Voya's organic ingredients with their combination of antioxidant algae complexes, procollagen organic extracts and restorative blend of organic ingredients to fight the signs of visible aging, reduce the appearance of fine lines and wrinkles, and hydrate and plump up skin texture. The results include instantly firmed and tightened skin with a natural radiant glow provided by fresh seaweed leaves.

90 minutes



Sun Restore Facial

This facial helps boost hydration and improve the skin's elasticity. It is restorative, rich in aloe vera, green tea, and cucumber, all of which help to plump, hydrate, and restore sun burnt skin .

60 minutes

Beauty Services

Waxing Services

Ladies

Half Leg
Full Leg
Underarms
Eyebrow
Upper Lip
Chin
Half Arms
Full Arms

Gents

Half Back
Full Back
Chest



Salon Treatments

Wash / Regular Blast-Dry
Hair Wash
Hair Cut
Hair Trim
Root Touch Up (up to 2 inches)
Global Hair Colour
Short/Medium/Long
Highlights T Section
Highlights Full Head
Bridal Hairdo
Bridal Make-Up
Party Make-Up
Braids
Braids (children)
Hair Cut - Men
Beard Trim
Head Razor Trim
Children's Haircut (Below 10 years)
Hair Freestyling
Hair Spa / Deep Conditioning

Nail Services



Manicure for Her

Soak your hands in a mineral rich bath. We shape, buff, colour, and nourish your nails. Essential oils and hydrating botanicals are massaged from elbows to fingertips. A truly luxurious experience.

60 minutes

Pedicure for Her

Indulge your feet in a warm soak of purifying sea salt. We shape, buff, exfoliate and nourish your feet into true perfection. Combining a tropical scrub with a skin-softening mango and shea butter wrap, a reviving acupressure massage and skillful colour application.

75 minutes

Manicure for Him

Cleansing, shaping, and buffing the nails followed by a hydrating massage from elbows to fingertips.

50 minutes



Pedicure for Him

We soak and exfoliate your feet in warm salt water. Then shape and buff your nails followed by a deep scrub and enlivening foot massage.

60 minutes

Gel Manicure

This total treatment offers a full nail treatment using OPI products and includes a file and shape, cuticle care, exfoliation and a hand massage as well as gel nail polish application

75 minutes

Gel Pedicure

A total foot care that includes soak, cut, file, buff as well as cuticle care. Followed by exfoliation and dead skin removal, and a quick relaxing foot massage, finishing with a gel nail polish application

75 minutes



Quick Fix Nail Care

Express Manicure(cut/file/buff)
30 minutes

Express Pedicure (cut/file/buff)
30 minutes

Gel Removal
20 minutes

Gel Colour Application
20 minutes

Nail Polish Application
20 minutes

Nail Polish Removal
15 minutes

Preset Packages

3 Day Package

Kuramathi Exfoliation
45 minutes

Veli Bon'di Thaan Elhan
(Signature Sand Poultice Massage)
60 minutes

Traditional Thai
90 minutes

5 Day Package

Tangle Me Up Body Wrap (Hydrating)
60 minutes

Slimming Massage
60 minutes

Sammatva
90 minutes

Sunset Yoga OR add-on 30 minutes
60 minutes | 30 minutes

Balinese Massage
90 minutes

4 Day Package

Veli Bon'di Thaan Elhan
(Signature Sand Poultice Massage)
60 minutes

Swedish Massage
60 minutes

Thai Oil Massage
90 minutes

Abyangam
60 minutes



Add Ons

Treat yourself to some extra time being spent on your favourite or troublesome area. Simply add one of the following to your treatment:



Bath & Bubbles

50 minutes

Pavilion Ambience Surcharge Couple

Add On Massage

Hand
Feet
Face
Back

30 minutes

Kuramathi Spa features its own exclusive range of organic retail products. For more information contact the Spa Reception.

Yoga

Yoga supports us in our daily lives physically, mentally, emotionally, and spiritually. Yoga has many forms. Hatha yoga, the most common style of yoga, combines three elements: Physical poses (Asana), Controlled breathing practised in conjunction with Asana, A short period of deep relaxation or meditation.

Yoga for Beginners

At the Yoga Pavilion

If you are new to Yoga, this introduction is perfect for you. This session will include some easy postures and breathing techniques and breathing exercises.

60 minutes

Sunset Yoga

Enjoy the sounds of the sea and the warmth of the sun while practising yoga on the beach, as the sun sets. No experience is necessary and all skill levels are welcome. This session will include asana (poses), pranayama (breathing) and meditation.

60 minutes



Power Yoga

Power yoga enhances stamina, flexibility, posture, and mental focus. Like all physical activities, it also relieves tension and releases toxins through sweat. Because it is rigorous, it burns more calories than most traditional forms of yoga and therefore can help with weight loss.

60 minutes

Vinyasa Yoga

Vinyasa yoga is all about movement and the flow of energy as you sync the body and the mind together through motion and breath. This form of yoga embodies a yogic philosophy that to achieve true balance we must accept the change that happens around us and embrace it.

60 minutes

Pranayama

The technique of Pranayama is used to measure, control, and direct the breath. The aim behind the technique is to restore and maintain the health of a person, while increasing the capacity of the lungs and directing more oxygen to the body as a whole. It will balance the panic energies of the body.

45 minutes



Yoga Nidra

Yoga Nidra literally means yogic sleep. It is an ancient technique where the practitioner enters the deep states of conscious relaxation. It is a systematic practice of moving awareness from our external world to the inner world. It brings us to a state of deep sleep where our senses, intellect, and mind relax. We become free from the concepts of time, space, and reason. When this happens, brain activity reduces, and the body goes into the healing state.

45 minutes

Meditation

Meditation is a tool for stress relief. This process combines concentration with awareness. Meditation is about getting rid of all the stress the body has stored from the past.

45 minutes

Group Sessions

Minimum 4 persons,
Maximum 10 persons

60 minutes

Couples Moments

Kuramathi Moment	\$420
Couples Rebirth	\$370

Maldivian Treatments

Aragu Kanaa Theyo Dhemun	\$250
Fiyavalhu Beehilaa	\$120
Veli Bon'di Thaan Elhan	\$175 \$200
Velamboli Theyo Dhemun	\$175 \$200
Kuhivarun Araamu	\$120
Huvandhumaa Aragu	\$175 \$200

Global Treatments

Thai Foot Reflexology	\$125
Traditional Thai	\$180
Thai Oil Massage	\$190 \$220
Thai Body Renew	\$190
Relaxing Massage	\$160 \$190
Balinese Bliss	\$210
Balinese Massage	\$175 \$200
Swedish Massage	\$175 \$200
Deep Tissue Massage	\$190 \$215
Hot Stone Massage	\$200
Bespoke Sports Massage	\$220
Slimming Massage	\$190 \$220
Hilot Filipino Massage	\$175 \$200

Indian Ayurveda

Abyangam	\$175 \$200
Kati Vasti	\$150
Shirodhara	\$190
Kizhi (Warm Herbal Body Wrap)	\$165
Samatva (Destress Program)	\$220
Pichu	\$150

Voya Sojourn

Voyager Total Massage Journey	\$185
Coral Voyage	\$245
Voya Pearl of the Sea	\$275
Organic Warm Spiced Mud Wrap	\$140
Tangle Me Up Body Wrap (Hydrating)	\$120
Stimulating Seaweed Body Buff	\$120
Voya Prenatal Organic Precious Moments	\$150
Organic Prenatal Voyager	\$170
Organic Seaweed Marine Eye Treatment	\$110

Scrubs & Wraps

Kuramathi Exfoliation	\$110
Coco Hair Wrap	\$105
Ubtan Anti-Tan Bodywrap	\$110
Sun Soother Aloe Cucumber Treatment	\$110

Facials

Voya Organic Anti-Aging Restorative Facial	\$215
Sun Restore Facial	\$160

Add Ons

Bath & Bubbles	\$80
Add On Massage	\$65
Pavilion Ambience Surcharge Couple	\$50

All Prices are in US dollars and include 10% service charge and 16% GST.

Beauty Services

Ladies	
- Half / Full Legs	\$35 \$65
- Half / Full Arms	\$35 \$65
- Underarms	\$30
- Eyebrow	\$22
- Upper Lip / Chin	\$30
Gents	
- Half / Full Back Waxing	\$35 \$60
- Chest Waxing	\$25

Salon Treatments

Wash / Regular Blast-Dry	\$45
Hair Wash	\$30
Hair Cut	\$65
Hair Trim	\$30
Root Touch Up (up to 2 inches)	\$50
Global Hair Colour	
- Short	\$85
- Medium	\$100
- Long	\$110
Highlights T Section	\$110
Highlights Full Head	\$140
Bridal Hairdo	\$125
Bridal Make-Up	\$45
Party Make-Up	\$50
Braids	\$30
Braids (children)	\$20
Hair Cut - Men	\$35
Beard Trim	\$15
Head Razor Trim	\$25
Children's Haircut (Below 10 years)	\$20
Hair Freestyling	\$30
Hair Spa/Deep Conditioning	\$55

Nail Services

Manicure for Him	\$65
Manicure for Her	\$75
Pedicure for Him	\$100
Pedicure for Her	\$110
Gel Manicure	\$90
Gel Pedicure	\$120
Quick Fix Nail Care	
- Express Manicure (cut/file/buff)	\$40
- Express Pedicure (cut/file/buff)	\$40
- Gel Removal	\$20
- Gel Colour Application	\$20
- Nail Polish Application	\$15
- Nail Polish Removal	\$10

Preset Packages

3 Day Package	\$375
4 Day Package	\$595
5 Day Package	\$675

Yoga

Yoga for Beginners	\$65
Sunset Yoga	\$65
Power Yoga	\$85
Vinyasa Yoga	\$85
Pranayama	\$45
Meditation	\$45
Yog Nidra	\$45
Group Session	\$50 per person