



SUN SPA

By Healing Earth



## *Sun Spa Signature Rituals*

Bespoke healing therapies created by Healing Earth to take you on a journey of deep relaxation with blends of our most popular rituals offering you a truly holistic wellbeing experience.

### *Jewel of Maldives*

135 minutes - \$245

Immerse in the sound, sights and scents that surround the island with guided relaxation. A full body polish softens and hydrates the skin, followed by an aromatic rain shower for a tropical experience. Steamed herbal balls are rolled and moulded onto the body, which relaxes the muscle tensions. The warm mixture of coconut, African potato and tropical orange aides skin nourishment and healing. Your journey comes to an end with a cooling face and scalp massage for tropical island glow.

### *Divine Skin Healing*

100 minutes - \$215

Immerse in the sound, sights and scents that surround the island with guided relaxation. A full body polish softens and hydrates the skin, followed by an aromatic rain shower for a tropical experience. Steamed herbal balls are rolled and moulded onto the body, which relaxes the muscle tensions. The warm mixture of coconut, African potato and tropical orange aides skin nourishment and healing. Your journey comes to an end with a cooling face and scalp massage for tropical island glow.

### *The Spice of Life*

90 minutes - \$180

Infused with the firming and healing properties of coffee, cinnamon and orange, this is perfect to stimulate the body and illuminate the skin. A defined and sculpt exfoliation culminated by stimulating lymphaticfull body massage.



Prices are subject to 10% service charge and 12% government tax.  
20% surcharge will apply for in-villa spa treatments.



## *Couple Spa Rituals*

### *Island Hideaway*

120 minutes - \$435

An unparalleled spa journey for you and your special someone, designed to ease stress and create a serene sanctuary. Experience connection through this luxurious ritual with the essence of Marula and Neroli calming and soothing the mind for a deep sense of relaxation. This ritual softens and hydrates the skin with a full body exfoliation and body massage followed by a cooling crystal face massage.

### *Soulmate Escape*

100 minutes - \$395

Connect and unwind with your Spa-by-design package. Started with couple-connect meditation, you are then invited to immerse into your pre-selected pampering journey with your special someone. Choose from any 60-minute Signature massage customized to your body, followed by your choice of one impromptu 30-minute Spa express treatment. The ultimate escape to celebrate romance.

## *Sun Spa Signature Facials*

We work to restore the natural health and balance of the skin, thereby creating positive and lasting results. Step back into nature and return to the sources of your natural wellbeing while creating a sense of balance and harmony.

### *High Performance Try-enzyme Facial*

90 minutes - \$195

A peptide-enriched facial using low levels of AHA's and enzymes to gently stimulate skin cell renewal and deep skin-cleansing. Enhanced with the vitamins for your skin needs, collagen and elastin production is stimulated providing the perfect anti-ageing skin treat.



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## *Sun Spa Signature Facials* *Vino Skin Therapy ~ Antioxidant Care*

Healing Earth was the pioneer in vino therapy and make use of the antioxidant rich Pinotage grape which is famous for having the highest level of anti-oxidants, 50 times more potent than vitamin E. The Pinotage grape bespoke facials are customized to your skin type and promote glowing skin, from the inside out.

### *Ultimate Equilibrium*

60 minutes - \$145

The original vino-therapy Pinotage facial rich in antioxidants, essential oils and vitamins to purify and brighten the skin. Neroli and Rose essences work to deeply purify and detox the oil glands preventing excess oil production and break outs. Suitable for Oily & Combination skin types.

### *Essential Hydration*

60 minutes - \$145

An instant revival for dehydrated skin. The aromatherapy formulation of Marula and rose, combined with the mega-moisture miracle, Hyaluronic acid. The skin is left plump and smooth, enhancing the hydration levels and revealing your inner glow.

### *Pure Radiance*

60 minutes - \$145

Using pure extracts of jasmine and baobab, enhanced with a pure radiance skin- booster rosehip oil. The ultimate invigorating therapy including the signature African Touch massage to enhance lymphatic flow..

### *Men Focus Facial*

60 minutes - \$145

Deeply cleansing with exfoliation, a balancing facial for the modern man looking to restore and energize the skin.



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## *Specialty Massage Therapy*

Drift into the tranquility through our unique massage treatments inspired by ancient techniques specifically customized to address your needs.

### ***Raahlu Symphony***

60 minutes - \$120

90 minutes - \$170

Sun Spa signature massage inspired by the gentle waves that captivate the imagination and offer respite from the bustle of a busy life.

*Raahlu ~ ocean wave in Dhivehi*

### ***Bamboo Fusion***

90 minutes - \$195

A unique massage using bamboo shoots as well as hands-on movements to create a deeper impact on the muscles releasing stiffness and tensions.

### ***Age Defying - Anti Cellulite***

60 minutes - \$130

90 minutes - \$180

Nourish, replenish and stop the first signs of aging with Pinotage antioxidant massage oil that contains resveratrol from grapeseed extracts. This vitamin-rich infusion is also beneficial in brightening the complexion, softening the skin and repairing skin cells to reveal a youthful glow.

### ***Four Hands Harmony***

60 minutes - \$180

90 minutes - \$230

The ultimate massage therapy where two Spa artisans work simultaneously focusing on the main areas of the body. A truly indulgent and invigorating massage.

### ***Pregnancy Massage***

60 minutes - \$120

90 minutes - \$170

Celebrate your great expectation with this gentle and nurturing treatment. It is exactly what you need to support you during this physically and mentally challenging time.

\*\* Available in the second and third trimester only

### ***Reflexology***

60 minutes - \$120

A classic foot therapy which stimulates all reflex points on the feet, mirroring the organs in the body. Simply relaxing ritual with profound effects on overall wellness.



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## *Signature Massage Therapy*

Full body renewal through the healing touch infused with anti-oxidant, vitamin-rich oils and balms affecting the mind, body and soul. Inspired by international traditional therapies, our Spa artisans will take you on a blissful journey of relaxation.

### *Aromatherapy*

60 minutes - \$120

90 minutes - \$170

A blend of essential oils, suited to your mood is used in this holistic massage, gentle pressure is applied to ease your senses.

### *Balinese*

60 minutes - \$120

90 minutes - \$170

An age-old tradition with Balinese roots, this relaxing light-to-medium pressure massage is a perfect starter for your journey on the island.

### *Thai*

60 minutes - \$120

90 minutes - \$170

Handed down through generations for centuries, this ancient massage technique applying pressure along the body's energy lines combined with muscle stretching to alleviate tension and stiffness. Thai massage is performed without oil.

### *Muscle Melt*

60 minutes - \$130

90 minutes - \$180

Designed for maximum therapeutic results using moderate-to-deep pressure to treat specific muscle groups. This therapy helps to release muscle tensions and mitigates repetitive stress syndrome.

### *Nourish*

60 minutes - \$130

90 minutes - \$180

Choose your signature balm of de-stressing Marula and Neroli essential oil (Relax), detoxifying Mongongo nut and shea butter (Detox) or hydrating Kalahari Melon and jojoba (Hydrate). Indulge in this serene and nurturing relaxation.

### *Detox*

60 minutes - \$120

90 minutes - \$170

A stimulating massage working on the lymphatic system to increase circulation and begin the detoxification process, enhanced with the effect of Mongongo Nut & Juniper.



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## ***Body Rituals***

### ***Skin-Smoothing Polishes***

#### ***Stillness***

Combining the relaxing blend of Marula and Neroli., this full body exfoliation softens and hydrates the skin while promoting relaxation of the mind, body and soul.

#### ***Detox and Sculpt***

An eclectic blend of tropical island spices for body exfoliation which assists in the relief of water retention and promotes detoxification. The ritual ends with the application of skin firming body corrective cream.

#### ***Ultimate Hydration***

The ultimate hydration body polish enriched with essential fatty acids and skin smoothing organic granules. This tropical polish will leave the skin brightened and ready for that holiday glow!

45 minutes - \$95

### ***Body Envelopments***

#### ***The Art Renewal***

Aiming to provide a complete body renewal that targets water retention, cellulite and poor circulation. Started with body exfoliation to boost circulation and stimulate the detoxification process. This body wrap contains natural extracts of Sage, Cypress and Juniper used for their anti-inflammatory, skin brightening and purifying properties.

#### ***Nutrient-Rich Clay Mask***

An antioxidant rich therapy introducing natural extracts to deep cleanse and hydrate. Beginning with smoothing body polish followed by a skin brightening and freshwater clay body wrap.

60 minutes - \$120



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## ***Impromptu Spa Rituals***

### ***The Crown***

An ancient massage ritual infused with warm African shea butter to deeply nourish and condition the scalp. This delightful sequence of massages started with tension relieving work on the neck and shoulder, followed by a traditional pressure-point technique on the face and concluded with energy-balancing head massage.

### ***The Wanderer's Revival***

Designed to rejuvenate the weary traveler, this journey creates the perfect balance of relaxation and revitalization. Relieving tension and water retention with foot therapy to boost circulation. This uplifting therapy prepares you to explore our island paradise.

### ***Healing Express Facial***

An express facial including cleansing, exfoliation and hydration. This is the perfect addition to your favourite massage for that extra touch.

### ***Strain Reliever***

Let yourself drift into relaxation as this massage takes off those tensions from your shoulders and back. An ideal treatment after the long journey to your Maldivian haven.

**30 minutes - \$80**

## ***Kids Spa Rituals***

### ***Gentle Glow***

**30 minutes - \$ 60**

A refreshing gentle scrub to energize the body and nourish the skin.

### ***Balancing Facial***

**30 minutes - \$60**

Gentle facial enriched with Neroli essence to balance oil secretion and infuse the skin with soothing and hydrating benefits.

### ***Soft & Tender***

**60 minutes - \$100**

Nurturing massage suitable for kids, providing a positive experience that stimulates motor and cognitive development, reduces anxiety and improves the body's immune system.



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## *Sun Care Therapy*

Exclusively by Institut Esthederm Paris, the Sun Care Therapy provides a series of sublime pre- and post-treatments for a beautifully intense tan that lasts for a long time.

### *Pre-Sun Ritual*

#### *Bronze Impulse*

90 minutes - \$140

Unique therapy to gently adapt your skin to sun exposure, resulting in a more intense tan.

### *Post-Sun Ritual*

#### *Lasting Impression*

90 minutes - \$160

This is an ideal treatment for a radiant and long-lasting tan. Add gentle exfoliation to help revive the color and brightness of your tan

### *Soothe and Rescue*

A special sunburn ultra-hydrating treatment that immediately soothes and repairs overexposed skin.



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## *Sun Sparkles Nailed It*

***Deluxe Spa Manicure***  
*soak/scrub/cut/shape/polish*

60 minutes - \$75

***Deluxe Spa Pedicure***  
*soak/scrub/cut/shape/polish*

60 minutes - \$75

***Mani or Pedi with French Polish***

60 minutes - \$75

### ***Made to Measure***

Customize your Spa experience by consulting our Sun Spa Concierge. Allow us to pamper you in this custom-made Spa journey.



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## *Ayurvedic Treatments*

Ayurveda, an ancient holistic healing approach known for its balancing and rejuvenating effects.

### *Shirobhyanga (Indian Head Massage)*

60 minutes - \$120

Using warm herbal oil, this treatment includes a massage of the scalp, neck and shoulder to sweep away tension and relieve mental tiredness.

A perfect relaxing treatment after a busy day of meetings or activities.

### *Shirodhara*

60 minutes - \$150

Based on the ancient teaching of Ayurvedic medicine, soothing herbal oil flows in a continuous stream on the “third eye” (forehead) to lull your senses into a deep ocean of calm.

The therapy improves mental clarity, while relaxing the whole body. Treatment is ideal for those seeking relief from insomnia, jet lag or mental stress.

### *Kati Basti (Intensive Back Relief)*

75 minutes - \$149

Created as a complete renewal for the body, this treatment combines a stress relieving back massage with an Ayurvedic back relief therapy (Kati Basti) to awaken the body, heart and soul.

Warm medicated oil is gently dripped on the lower back to form a warm reservoir followed by an application of hot compress infused with 7 warm herbs. While relieving muscle tension, this helps to lubricate connective tissues, keeping them flexible. Treatment is recommended to relieve lower back pain.



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## *Sun Spa Etiquette*

### ***Arrival Time***

Please arrive at the Spa Reception 15-minutes prior to your scheduled appointment. Arriving late will reduce the treatment time.

### ***Cancellation Policy***

Treatment room and therapist are especially reserved for you, therefore if you cancel your appointment less than 4-hours before appointment time, a cancellation fee of 50% of the reserved treatment price will incur. Full charge will apply for last minute cancellation and no show.

### ***Payment Method***

The Spa only accepts payment through room charge. Payment with cash or credit card will not be acceptable.

### ***Refund Policy***

Spa treatments are non-refundable, non-transferable and non-exchangeable unless otherwise stated.

### ***Spa Protocol***

To keep the ambience and respect other guests at the Spa, kindly turn mobile phones and other electronic devices to silent mode and any noise to be kept to a minimum. Younger guest under 16 years old should be attended by legal guardian who are requested to assist in keeping the serenity. Spa is a non-smoking area and no alcohol beverage is allowed at the Spa.

### ***Kids Spa***

Spa treatments are available for younger guests from 6 -14 years of age.

### ***Health Conditions***

Before taking any Spa treatments, please consult with your health practitioner if you have any medical conditions which maybe contra-indicative to our treatments. Guests are required to fill in a Consultation Form before treatment to assist in providing more information to enable guest in obtaining maximum benefit after treatment.

### ***Contact Lenses***

It is recommended to remove the contact lenses for a facial treatment. Kindly bring your own contact lenses case and solution.

### ***Jewelry and Valuables***

It is not recommended to wear jewelry during your Spa treatment. Jewelry and valuables can be kept in the jewelry box available in the treatment room du ring treatment. The Management does not accept responsibility for the loss of any jewelry and/or valuables brought into the Spa.

### ***Accidents and Injuries***

The Spa, its staff, management, affiliations and owning company will not be liable for any injury or damage suffered at the Spa by an individual guest and/or guest's family member.