Choose to be blissful & divine
Voted ‘The World’s Best Spa’ by National Geographic Traveller magazine, Kokaa Spa is a haven where all senses ease into utter relaxation, where time stops as you experience a moment of bliss. Our products and treatments are inspired by the healing traditions from around the world and are largely organic.

Incorporating the world’s finest face and body products by ‘VOYA’ from Ireland, ‘Subtle Energies’ from Australia and ‘Terres D’Afrique’ from South Africa, Kokaa Spa offers authentic Indian Ayurveda therapies, healing treatments from Mauritius and our unique range of Maldivian inspired massages. To fully embrace the healing atmosphere of the Kokaa Spa, we recommend to take a steam bath and dip in our cold plunge pool or Jacuzzi, to prepare yourself for the treatment.
AYURVEDA AROMATHERAPY
BLISSFUL MARMA MASSAGE
60 / 90 mins
Long, firm, flowing movements and therapeutic techniques at various levels of pressure aid immediate relief of stress related tension while the Marma therapy and balancing of Chakra align your vital energy centres.

AFRIQUE AROMA
60 / 90 mins
Choose your blend of energizing, uplifting, detoxing, invigorating or relaxing essential oils from the Terres d’ Afrique collection and experience the natural therapeutic benefits of the aromatherapy combined with the healing power of a nurturing massage therapy, performed with long gentle strokes.

CRYSTAL MASSAGE
90 mins
An invigorating massage, which aims to restore vitality through the healing and stimulating powers of crystals. This full body massage is performed using hot and cold blue lace agate crystal balls to relieve muscle tension and invigorate your entire body, while omega and antioxidant rich Marula oils soften and soothe the skin. Ending with a neck and face drainage massage using flat crystals, this journey will leave your skin refreshed, your body invigorated and your mind deeply relaxed. Blue lace agate crystal soothes the mind and restores inner stability.

MINDFUL MOMENTS SLEEPING RITUAL
90 mins
Mindful Moments is a relaxation treatment that offers luxury and comfort in a sleep encouraging experience. Have all stress and strains melt away and experience a sensory boost to aid the perfect night’s sleep. Incorporating specially designed soothing products, alongside sleep inducing cultural massage and meditation techniques, this wellbeing focused treatment evokes instant tranquillity and fosters inner wellbeing, calmness and serenity.

MALDIVIAN THEYO DHEMUN
60 / 90 mins
This traditional body treatment (Theyo means “Oil” and Dhemun means “Massage”) is the perfect synergy for relieving muscular tension and enhancing relaxation. Warm aromatic Maldivian virgin coconut oil is drizzled over the body followed by healing massage techniques to unlock tension, and release stress from your mind and body.
Well-Being Packages

Achieve total relaxation of your body, mind and soul with our daily packages at Kokaa Spa, let your hectic life rest for a while and immerse yourself in a luxurious Spa experience to improve your overall well-being.

### SPA RITUALS (2-Day Package)
- Day 1 – Private Yoga Class: 60 mins
- Day 2 – Afrique Aroma Massage: 60 mins

### OCEAN INSPIRATIONS (3-Day Package)
- Day 1 – Private Yoga Class: 60 mins
- Day 2 – Organic Seaweed Leaf Wrap: 90 mins
- Day 3 – Organic Stimulating Seaweed Body Buff: 60 mins

### HEALING CEREMONY (5-Day Package)
- Day 1 – Anti-Jet lag: 60 mins
- Day 2 – Japanese Foot Massage: 60 mins
- Day 3 – Holistic Massage: 90 mins
- Day 4 – Warm Spiced Organic Mud Bath: 45 mins
- Day 5 – Sunset Yoga: 60 mins

### MALDIVIAN JOURNEY (2-Day Package)
- Day 1 – Maldivian Kaashi Rub: 60 mins
- Day 2 – Maldivian Theyo Dhemun: 60 mins

### INDIAN/AYURVEDIC JOURNEY (3-Day Package)
- Day 1 – Private Yoga Class: 60 mins
- Day 2 – Wild Kashmir Purifying Facial: 60 mins
- Day 3 – Abhyanga Massage: 60 mins

### EUROPEAN JOURNEY (5-Day Package)
- Day 1 – Guided Meditation: 30 mins
- Day 2 – Lymphatic Drainage Massage: 60 mins
- Day 3 – 24k Gold Age-Defying Facial: 90 mins
- Day 4 – Warm Spiced Organic Mud Wrap: 75 mins
- Day 5 – Shiatsu Massage: 60 mins

### AROUND THE WORLD JOURNEY (7-Day Package)
- Day 1 – Yogalates/Ashtanga Yoga: 60 mins
- Day 2 – Blissful Marma Massage: 60 mins
- Day 3 – Pinda Massage: 60 mins
- Day 4 – Mauritian Green Tea Body Wrap: 45 mins
- Day 5 – Afrique Aroma: 60 mins
- Day 6 – Lazy Days Detox Seaweed Bath: 45 mins
- Day 7 – Holistic Massage: 60 mins

Around the World Journey

Re-connect your body, mind and soul with Kokaa Spa’s carefully curated ‘World touch journeys,’ incorporating treatments from around the world. Design your spa journey to your personal preferences and restore your body’s natural, inner balance.

Re-connect your body, mind and soul with Kokaa Spa’s carefully curated ‘World touch journeys,’ incorporating treatments from around the world.
CELLULAR RESTORATION JOURNEY
210 mins
Potent active ingredients enhance cell repair and regeneration and give your skin a new glow. Your restoration process begins with a purifying body exfoliation and a choice of a phytoneutrient rich wrap, which tightly tones the skin, before you are taken into a state of deep relaxation with our signature Marma massage. Our customised age-defying facial completes this opulent journey, restoring cellular radiance and vitality.

EMPOWER ME, A WOMAN’S JOURNEY
150 mins
A holistic journey, celebrating your inner and outer beauty, balancing emotion and hormones. The journey begins with a meditation session, followed a full body massage with ancient active oils of empowerment and renewal, which will as a fusion of therapeutic techniques increase your vital energy. This continues into a facial treatment that harmonize and nourish your skin, using potent actives such as Mogra, Saffron and Indian Rose.

A GENTLEMAN’S DAY
150 mins
For the active man or constant traveller, this journey balances and restores, maintaining immunity, muscle strength and a healthy skin. Your body will be invigorated and renewed with a zesty body polish to smooth the skin and muscles. You will then be taken into a state of deep relaxation with a full body detox massage, also reducing adrenal fatigue. Feel all the tension drift away as your skin is cleansed and balanced with a gentleman’s essential hydration facial.
ASIAN JOURNEY
180 mins
Embark on an Asian spa journey by awakening your senses with a gentle Pearl Infused Demineralizing Body Mask and concluding in a Hot Stone Massage which leaves you renewed and revitalized.

AFRICAN JOURNEY
180 mins
Detoxify and rebalance your body by eliminating toxins and replenishing vital minerals and nutrients. This journey incorporates a heat treatment, a comforting Detoxifier Body Wrap, an Afrique Restored or Arising Facial and an invigorating Foot Acupressure to increase circulation and diffuse muscular tension.

INDIAN JOURNEY
105 mins
Ayurveda, the “science of life”, is one of the oldest and most holistic healing systems, originating from India. An Ayurveda treatment traditionally begins with a consultation to analyse your current health status. Within this journey the first treatment commences with Kati-Vasti followed by a Shiroabhyanga Treatment to calm your mind and spirit.

EUROPEAN JOURNEY
105 mins
Achieve more balance in your life and minimize the effects of living a hectic and demanding lifestyle. Enjoy a simple and effective Candle Massage and continued with Organic Seaweed Aroma Bath Salts Therapy, to help you relax and re-energize.

MAURITIAN JOURNEY
90 mins
From the African side of the Indian Ocean, this treatment begins with a Mauritian Spices Foot Bath, followed by a revitalizing Coconut and Sugar Scrub and finishes with a Detoxifying Green Tea Body Wrap that leaves the skin replenished and flawless.

COUPLE MASSAGE
90 mins per person
A truly ultimate treatment combining a full body massage with a rejuvenating foot acupressure therapy. Select between Balinese, Holistic or Swedish Massage. The treatments are perfect to enjoy a blissful couple massage and will leave you totally relaxed.

Spa journeys inspired by treatments and cultures from all over the world, designed to renew and revitalize your body and awaken all senses.
Asian Therapies

BALINESE MASSAGE
60 / 90 mins
A combination of gentle stretches, acupressure and reflexology. This massage brings a sense of wellbeing, calmness and deep relaxation.

ROYAL THAI MASSAGE
90 mins
Using Thai massage techniques, this treatment focuses on pressure points and gentle stretching movements along the body’s energy channels; it is offered fully-clothed and without oil to re-awaken the body’s energy flow.

SHIATSU
60 / 90 mins
A Japanese massage which rejuvenates and stimulates the energy meridians of the body. Promotes a deep sense of vitality and well-being.

JAPANESE FOOT MASSAGE
30 / 60 mins
This treatment consists of a whirlbath for your feet, followed by a therapeutic treatment for relieving pain by stimulating predefined pressure points on the feet.

BACK & SHOULDER MASSAGE
30 / 60 mins
A head, neck and shoulder massage is a wonderful way to ease shoulder and neck tension while gaining a peaceful retreat from the outside world.

PREGNANCY MASSAGE
60 mins
A pampering experience designed with the safety of mother and child in mind, this customized approach eases sore spots and improves mobility. It can reduce peripheral swelling, help to prevent insomnia, reduce muscle cramps and back pain, and soothe the nervous system. Regular massages during pregnancy can also make the return to your optimal fitness easier.
European Therapies

CANDLE MASSAGE
60 / 90 mins
The candle melts into a warm and sumptuous massage oil. This warm oil of natural butters is then drizzled over the skin for a wonderful massage treatment to melt away tension and delicately nourish the skin.

HOLISTIC MASSAGE
60 / 90 mins
A full body massage designed to ease tension, relieve stress and promote a general state of well-being.

SPORTS MASSAGE
60 / 90 mins
A deep tissue massage especially designed for the avid sports enthusiast. Relieves tension in the muscular system after physical exercise.

SWEDISH MASSAGE
60 / 90 mins
Traditional European full body massage techniques are applied to relax aching muscles, stimulate the nervous system, improve circulation and flexibility, and enhance physical and mental well-being.

ANTI- JET LAG
60 / 90 mins
Back, scalp and leg massage. The perfect spa indulgence after a long flight or when you feel a loss of energy or fatigue.

DETOX MASSAGE
60 / 90 mins
The rhythmic strokes and pressure applied to muscles, tissues and organs during massage therapy help stimulate the circulatory system. It works sort of like a sponge; when pressure is applied to the tissue and fat, toxins are literally “squeezed” out from in between the muscle fibers and cells.

LYMPHATIC DRAINAGE
60 / 90 mins
A specialized technique to stimulate the lymphatic system for improved circulation, assisting in the elimination of toxins, reduction of fluid retention and firming the skin.
SHIRODHARA
90 mins
Shirodhara includes a head and body massage (Abhyanga). A profound, spiritual treatment that relaxes the nerves and benefits the immune system. Warm medicated oil is continuously streamed over the third eye stimulating the pineal gland, which produces serotonin and melatonin. These hormones enhance your emotional balance, helps to delay ageing and enhance well being. This treatment is recommended taken as a course of treatments.

ABHYANGA
60 - 90 mins
Warm ayurvedic oil is applied to the whole body by using long and soft strokes. These relaxing massages restores the balance of dosha and enhance well-being.

PINDA MASSAGE
60 mins
An ancient massage technique using a warm compress of spices and herbs to provide a soothing effect on the body and mind. A wholly relaxing experience.

KATI-VASTI
60 mins
A nurturing back treatment in which warm medicated oils are pooled on the lower back, Kati-Vasti Promotes muscle and ligament strength to support the spine. Relieving lower backache and spinal conditions, it lubricates joints and is ideal for sports injuries and overall health.

SHIROABHYANGA
45 mins
This remedy gets to the root of hair and scalp complaints, increasing blood circulation, reducing hair loss, limiting thinning and controlling dandruff; the greying process is also prolonged. The mix of herbal oils combines their powers in this highly relaxing scalp massage.
TERRES BLANCHES BODY MASKS
90 mins
A full body exfoliation with coconut beads, sugar and rooibos leaves prepares your body for a detoxing and soothing mask. Bentonite clay, combined with buchu and Aloe ferox, works in harmony with the deep layers of the skin to remove toxins and hydrate the skin. Organic coconut and Kalahari melon oil help the skin form a protective barrier against environmental and free radical damage. The treatment ends with an application of healing and soothing Omumbiri body butter, leaving your skin soft, radiant and glowing.

TERRES ROUGES BODY MASK
90 mins
The combination of antioxidant-rich Rooibos and Baobab fruit extracts combined with the natural moisturising oils in this unique body mask, reduce the negative effects of free radicals and inflammation. Helping to prevent the signs of age leaving their mark on your body.

PEARL INFUSED REMINERALISING BODY MASK
90 mins
Experience the power of pearls with this exceptional treatment carefully designed to deliver multi-sensory results. Commencing with a skin softening exfoliation, the journey continues with a mineral rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate skin cells and regenerate.

The experience is enhanced by 86 essential minerals and oils in the Himalayan Crystal salt. Whilst cocooned in this mineral mask experience, a complete meditation is achieved through the Subtle Energies signature facial marma massage, using potent anti-ageing actives of Mogra and Indian Rose to release tension and stress, and restore balance.

RASAYANA DETOX BODY WRAP
75 mins
Revitalise, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite mineral rich clay infused with powerful herbs of Spiked Ginger lily, Spirulina and green tea envelop your body providing the ultimate detox. Intense nourishment is then delivered as you are smothered with a customised experience of aromatic infused body butters, lotions or oils. Leave with toned skin, as body and mind are re-energised.

ORGANIC SEAWEED LEAF WRAP
90 mins
Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses real organic seaweed leaves to scrub and wrap your body. Beginning with a bladderwrack body buff, this treatment detoxifies, firms and softens the skin and is excellent in conjunction with a weight loss programme. The whole body is then covered in Laminaria Seaweed leaves for instant results. Completed with an application massage of “Softly Does it” to nourish and soften.

WARM SPICED ORGANIC MUD WRAP
75 mins
The seaweed is taken fresh from the ocean and its purifying elements are encapsulated in the rich warm spiced mud wrap. The extract is rich in potent anti-oxidants and minerals. Definitely for the results driven client, this wrap offers immediate and noticeable effects to the skin, including firming and toning the body this is a serious detoxifier, metabolism stimulator and a natural anti-ageing booster. Infused with aromatic spices of ginger and orange to revive the senses.

ORGANIC STIMULATING SEAWEED BODY BUFF
60 mins
Let us scrub your body head to toe with certified organic bladder wrack body buff (Fucus Vesiculosus) it is the ultimate treat for tired and dull skin. The anti-oxidants from our mineral rich bladder wrack seaweed combines with VOYA’s signature seaweed massage oils to offer a powerful organic way to better skin.
MALDIVIAN KAASHI RUB
60 mins
A renewing and refreshing treatment that starts with a natural coconut body scrub followed by a soothing wrap of honey and papaya. A coconut oil massage seals in freshness and moisturizes the skin.

AFTER SUN REMEDY
45 mins
This body and face repairing treatment consists of an application of Mauritian Aloe Vera to soothe and replenish the skin after sun exposure. The calming ingredients will help relieve the pain, soothe and rejuvenate the skin. The therapist will complete the treatment with gentle head massage.

MAURITIAN GREEN TEA BODY WRAP
45 mins
Green tea is well known for its detox and slimming benefits. This wrap will cleanse the body of toxins and give the skin a healthy glow.

MAURITIAN COCONUT & SUGAR SCRUB
30 mins
This scrub is perfect to exfoliate dead skin cells and revealing revitalized, glowing skin beneath. This treatment uses local ingredients such as coconut and sugar.
Facial Therapies

**PURIFYING AFRIQUE RESTORED**
60 mins
The detox process begins with a combination of a deeply relaxing massage and stimulation of Shiatsu pressure points of the face. The technique provides lymph drainage that helps eliminate toxins and reduce congestion. A cleansing mask extracts toxins from deep within the epidermis leaving the skin ready to soak in omega-rich botanicals achieving a naturally radiant look.

**SOOTHING AFRIQUE ARISING**
60 mins
By stimulating the blood flow to the skin, the Afrique Arising massage technique allows moisture, omega, vitamins and minerals to rehydrate and regenerate the deep layers of the skin. Vitamins A, B and C from the baobab work to restore the skin’s elasticity, leaving it supple, plumped and smooth to the touch.

**24K GOLD AGE-DEFYING FACIAL**
90 mins
Combine the anti-ageing and restorative powers of 24K gold leaf with a sensory experience that will penetrate and revive the deep layers of the skin, reducing fine lines and wrinkles. Mogra, the Queen of Jasmine, will reduce stress, anxiety and works synergistically to boost collagen production and increase cell renewal.

**WILD KASHMIR PURIFYING FACIAL**
60 mins
Wild turmeric offers intense purification while exotic Kashmir lavender soothes and restores. This deeply detoxing treatment will revitalise tired, congested and stressed skin. Toxins will be drawn out through a double cleanse, Saffron and Frankincense exfoliation, and a purification mud mask. A complete indulgence that purifies and tones.

**ANTI-AGEING RESTORATIVE FACIAL**
70 mins
This treatment is suitable for all skin types, particularly for those in search of anti-ageing results. The anti-ageing restorative facial is designed using VOYA’s finest organic ingredients combined with anti-oxidant algae complexes with a restorative blend of aromatherapy oils.
It’s this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. This facial results in instantly firmed and tightened skin with a natural and more radiant glow.

**SELF DISCOVERY RADIANCE FACIAL**
60 mins
This incredible organic facial is deeply detoxifying, thoroughly revitalising and helps to even skin tone and increase clarity. This facial incorporates a relaxing facial massage that releases any build-up of toxins, to improve radiance and restore a glowing complexion.
Allow VOYA to tailor your facial specifically to your skin’s unique needs. In the comfort of the treatment room, we will go through a comprehensive skin analysis and choose specific facial products to target your particular skin concerns. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced.

**INTENSE DEFENCE FOR MEN FACIAL**
60 mins
Exclusively created for men’s specific skincare needs, this powerfully effective treatment exfoliates the skin with bamboo spines, allowing for a deeper cleanse. The client will enjoy a beautiful facial and scalp massage, where VOYA’s seaweed leaves and Mermaid’s Purse mask are used to soothe even the most sensitive skin. Fantastic for those affected with shaving rash, razor burn or ingrown hairs. The skin is left hydrated, fresh and mattified.

**MARINE EYE TREATMENT**
45 mins
Using organic Laminaria Digitata seaweed eye compresses, which are hand-harvested from the wild Atlantic Ocean, 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 for those individuals who are specifically concerned with ageing around the eye area. This is a firming, hydrating and results-orienated treatment that uses specific products rich in seaweed extract, green tea and vitamin C, to help reduce the appearance of fine lines and decongests the eye area.
Good habits start at an early age -
Specially designed for teens and kids, our
junior menu is a great introduction to the
appreciation and benefits of relaxation and
positive grooming practices. All treatments
are performed in a gentle and relaxing
manner.

Please note the age requirements for each
treatment. Appointments are available from
9.00 to 15.00.

TEEN’S FACIAL CLEANSE
60 mins
A deep cleansing facial targeting acne problems: cleansing, bentonite clay mask, serum and light facial cream.

HEAD & SHOULDER MASSAGE (13 – 16 YEARS)
60 mins
A relaxing and light massage of the shoulders and scalp to ease away the stresses.

HEAD, HANDS & FEET (9 – 16 YEARS)
60 mins
A great introduction to the benefits of massage. A gentle massage to the scalp, neck, hands and feet will have the extremities revived and ready for a busy day.

MINI MANICURE/PEDICURE (9 – 16 YEARS)
60 mins
A gentle exfoliation, relaxing hand or foot massage and attention to nails will leave little hands and feet looking and feeling fabulous. (Nail polish is optional).
LAZY DAYS DETOX SEAWEED BATH
45 mins
Submerge your body into a bath of organic, hand-harvested Atlantic seaweed (Fucus Serratus) to remove unwanted toxins and alleviate aches and pains. This bathing ritual is the simplest and purest of all organic treatments! With its organic status approved by the IOFCA, this treatment utilises the natural power of organic hand-harvested seaweed to deeply moisturise the skin, increase circulation and promote healing. The renowned “Sailors Cure”.

ORGANIC WARMED SPICED MUD BATH
45 mins
A peat bath was traditionally used for a variety of skin and rheumatic conditions. It offers potent detoxification, due to its trace elements, vitamins, lipids, polyphenols and humic acids from Irish peat. Infused with organic seaweed extracts, it assists in reducing the appearance of cellulite and combats the signs of ageing. This dark deep relaxing bath can also soothe muscular aches and pains, relieve stress and fatigue, energise mind and soul.

ORGANIC SEAWEED AROMA BATH SALTS THERAPY
45 mins
A relaxing bath soak with a blend of VOYA organic essential oils, organic lemon, lime, clove, basil, mandarin and patchouli, combined with bath salts. This is a wonderful aromatic bath treat prior to further VOYA treatments.
Hands and Feet

DEVELO MANICURE
60 mins
A luxurious and relaxing hand massage with blended oils and a rich hand lotion will complete your manicure experience. Your nails will look and feel exquisite! Application of nail color is optional.

DEVELO PEDICURE
75 mins
A total make over for your feet and toe nails. Begin with a relaxing footbath of essential oils, and cleansing treatment with moisturizing foot scrub. A special foot and leg lotion completes the pampering process. Application of nail color is optional.

FRENCH FINISH
15 mins
Add to any manicure or pedicure.

EPIILATION
Leg Waxing 60 mins
Half Leg Waxing 30 mins
Upper Lip Waxing 30 mins
Full Arm Waxing 30 mins
Half Arm Waxing 30 mins
Under Arm Waxing 30 mins
Bikini Line Waxing 30 mins
Brazilian Bikini Waxing 45 mins
Back Waxing 45 mins
Threading – Lips/Eyebrows/Full Face 30 mins

BRIDAL SPECIALS
Hair-Do 45 mins
Hair-Do (Children) 45 mins
Hair-Do Trial 45 mins
Make-up 75 mins
Make-up Trial 75 mins
Wedding Special for Bride: Facial/Manicure/Pedicure/ Hairdo/Makeup 360 mins
Wedding Special for Groom: Men’s Facial /Manicure/ Shampoo and Hair Styling 150 mins

HAIR CARE RITUALS
Shampoo 30 mins
Blow dry 30 mins
Hair Treatment 90 mins
Wash & Blow-Dry 45 mins
Fringe & Ends Cut 30-45 mins
Wash & Cut (Ladies’) 60 mins
Wash & Cut And Blow-Dry 75 mins
Wash & Blow Dry Curl 60-75 mins
Wash & Cut (Gentlemen) 45 mins
Wash & Cut (Children) 45 mins
Don’t miss out on your daily work out or get started to work on your personal health and fitness goals. After a professional fitness evaluation, our personal trainer will assist and motivate you, whether it is cardiovascular fitness, advanced strength, flexibility or weight loss.

PERSONAL TRAINING
After assessing your health and fitness condition, our personal trainer will develop a customized training program for you, which fits your personal needs perfectly. Aiming to maximize your training at any level and to provide you with different approaches, the personalized training will help you to achieve your realistic fitness goals, incorporating muscular strength training, cardiovascular endurance and flexibility.

PILOXING
Piloxing uniquely blends two of the industry’s most powerful and timeless disciplines (Boxing and Pilates) and adds the third element of dance in this high energy interval workout.

Pilates meets Boxing meets Dance.

Pilates and boxing share a very important commonality that is crucial to both, the core. The power to throw punches, the ability to stabilize and create true balance comes from the core. This dynamic program moves through heart pumping, power boxing combination to sculpt and lengthening Pilates-influenced movement to ‘let yourself go’ dance release, and then it starts all over again.

ZUMBA FITNESS
The exercise that started the dance-fitness revolution and changed the way we look at a “workout” forever. It’s fun, effective and best of all? Made for everyone!

FUNCTIONAL FITNESS
Functional training helps provide you with the strength, stability, power, mobility, endurance and flexibility that you need to thrive as you move through your life and sport. You use your basic functional movement patterns like pushing, pulling, hinging, squatting, rotating, carrying, and gait patterns (walking and running) every day. Functional training utilizes exercises that improve your movement proficiency in these primary patterns to give you an edge and enhance your performance so you can achieve your goals safely and with good health. Exercise sessions might be done in both music base rhythm or in time base.
CIRCUIT TRAINING
This is a form of body conditioning or resistance training using high-intensity aerobics that targets strength building and muscular endurance. Mainly the circuit has 6-10 stations (exercises) to be completed as one cycle. If one station is complete, you have to move on the next station, until you complete all the given stations. There is no break between each station or exercise, for this reason, this type of circuit training is often referred to ‘Lactic Acid Interval Training’ which promotes the burning of calories.

MANUAL STRETCHING
Stretching is a form of physical exercise in which a specific muscle or tendon is stretched in order to improve the muscle’s elasticity and achieve comfortable muscle tone. The stretching exercises are mostly a combined approach of Yoga and Thai Massage which help you achieve a full relaxation of your muscles and relieves tensions.

COMBATIVE BOXING AND KICKBOXING
The combative type of exercise, using combination of punching and kicking techniques, will boost your adrenaline which allows you to sweat and release stress hormones. You will learn and deliver techniques of throwing punches and kicks the right way. In addition, experience the fun and challenging program training of the pro fighters; punching bag, punching mitts, kicking pads, conditioning drill (calisthenics), shadow boxing and kickboxing, skipping rope, and more.

BEACH BOOTCAMP
Join the Kanuhura Bootcamp: The boot camp includes military base exercises, adopted by fitness experts, who turned it into an effective and safe power workout for all ages. This program is designed to build strength and fitness through a variety of intense group exercise intervals, promoting fat loss, camaraderie and team spirit. The exercises may take place indoors or outdoors, using bodyweight exercises like push-ups, squats, burpees, interspersed with running and competitive games.

MALDIVIAN WARRIOR WORKOUT
Head straight to the shore to work on your beach body. Sunrise and sunset will be a perfect time to take things outside, joining a fun and enjoyable workout at the beach. Apart from the spectacular views, your muscles will have an extra challenge stabilizing in the sand. This training routine is mostly functional and incorporates equipment we can find in the Maldivian nature. We use wood logs and coconut shells as resistance or as weight bearing to spice up your training.

ASSISTIVE MORNING BEACH JOG/RUN
A morning run is the best way to start your day, to become more active as you run through the beautiful scenery of the Maldivian sunrise around the Island while burning calories at the same time. Take off your shoes and let your feet connect with the white sand. Jogging or running barefoot as guided by our fitness expert will help you train your feet to become stronger and after the run you can join in for some yoga, to help your mind and body to relax and calm.

MAT PILATES
Mat Pilates exercise focuses on strengthening the muscles of the hips, back, abdominals, and glutes or what we call the powerhouse of our body. Exercises look simple but require stabilization of the torso and focused effort to keep the abdominals contracted and working throughout the exercise. Even without added equipment, the workout is challenging and provides great toning benefits.
SPA HOURS OF OPERATION
The spa and hydro facilities open daily from 9:00 to 21:00. The Gym opens from 7:00 to 21:00.

SPA COMFORT
To maintain a peaceful spa environment for all our spa guests, we respectfully request that all spa guests keep noise to a minimum and the use of mobile phones and other electrical devices are discouraged. Smoking is prohibited throughout the spa premises.

BOOKING
We highly recommend booking your treatment in advance to ensure that your preferred time and service is available, particularly if you choose multiple bookings during your stay. For scheduling appointments or for further information, please contact our specialists at the spa reception.

SPECIAL CONSIDERATION
In order to ensure well-being throughout all treatments, we recommend to inform your therapist before treatments, should you have any medical complications, be pregnant or receive any professional health treatment.

CANCELLATION POLICY
Please allow at least four hours’ notice for cancellation or rescheduling of your reserved treatments. Any cancellations with less than four hours’ notice of the scheduled appointment time will incur a 50% cancellation charge.

SPA ARRIVAL
We would like to ask you to arrive 30 minutes prior to your treatment, to ensure your experience will be relaxing and fully enjoyable.

SPA ATTIRE
Spa attire and a locker for your personal belongings will be provided for your comfort.

FACIAL TREATMENT
We recommend guests receiving facial to remove their contact lenses and to bring personal case for storage. To all gentlemen who receive facial, we recommend shaving prior to facial treatment.

LOSS OR DAMAGE
A locker will be provided to keep your personal items. However, it is recommended to leave valuable items in your room safe. Any loss or damage of valuables is under guests own responsibility.

PRICE INFORMATION
All our prices are in USD and are subject to 12% GST and 10% service charge.
### Spa Price List

**Signature Treatments**

<table>
<thead>
<tr>
<th>Description</th>
<th>Duration</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Ayurveda Aromatherapy-Blissful Marma Massage</td>
<td>60/90 mins</td>
<td>160/190</td>
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<tr>
<td>Afrique-Aroma Massage</td>
<td>60/90 mins</td>
<td>165/195</td>
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<tr>
<td>Crystal Massage</td>
<td>90 mins</td>
<td>195</td>
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<tr>
<td>Mindful Moments Sleeping Ritual</td>
<td>90 mins</td>
<td>190</td>
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<td>Thai Massage</td>
<td>90 mins</td>
<td>180</td>
</tr>
<tr>
<td>Shiatsu Massage</td>
<td>60/90 mins</td>
<td>150/190</td>
</tr>
<tr>
<td>Japanese Foot Massage</td>
<td>30/60 mins</td>
<td>75/145</td>
</tr>
<tr>
<td>Back &amp; Shoulder Massage</td>
<td>30/60 mins</td>
<td>75/145</td>
</tr>
<tr>
<td>Pregnancy Massage</td>
<td>60 mins</td>
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**European Therapies**

<table>
<thead>
<tr>
<th>Description</th>
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<tbody>
<tr>
<td>Candle Massage</td>
<td>60/90 mins</td>
<td>150/190</td>
</tr>
<tr>
<td>Holistic Massage</td>
<td>60/90 mins</td>
<td>150/190</td>
</tr>
<tr>
<td>Sport Massage</td>
<td>60/90 mins</td>
<td>160/200</td>
</tr>
<tr>
<td>Swedish Massage</td>
<td>60/90 mins</td>
<td>150/190</td>
</tr>
<tr>
<td>Anti-Jet Leg Massage</td>
<td>60/90 mins</td>
<td>150/190</td>
</tr>
<tr>
<td>Detox Massage</td>
<td>60/90 mins</td>
<td>165/195</td>
</tr>
<tr>
<td>Lymphatic Drainage</td>
<td>60/90 mins</td>
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**Ayurvedic-Indian Authentic Therapies**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Shirodara</td>
<td>90 mins</td>
<td>200</td>
</tr>
<tr>
<td>Abhyanga</td>
<td>60/90 mins</td>
<td>150/195</td>
</tr>
<tr>
<td>Pinda Massage</td>
<td>60/90 mins</td>
<td>150/195</td>
</tr>
<tr>
<td>Akti-Vasti</td>
<td>60 mins</td>
<td>150</td>
</tr>
<tr>
<td>Shiroabhyanga</td>
<td>45 mins</td>
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**Body Polishes & Body Wraps**

<table>
<thead>
<tr>
<th>Description</th>
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<tbody>
<tr>
<td>Terres Blanches Body Masks</td>
<td>90 mins</td>
<td>210</td>
</tr>
<tr>
<td>Terres Rouges Body Mask</td>
<td>90 mins</td>
<td>210</td>
</tr>
<tr>
<td>Pearl Infused Remineralising Body Mask</td>
<td>90 mins</td>
<td>250</td>
</tr>
<tr>
<td>Rasayana Detox Body Wrap</td>
<td>75 mins</td>
<td>200</td>
</tr>
<tr>
<td>Organic Seaweed Leaf Wrap</td>
<td>90 mins</td>
<td>220</td>
</tr>
<tr>
<td>Organic Warm Spiced Mud Wrap</td>
<td>75 mins</td>
<td>165</td>
</tr>
<tr>
<td>Organic Stimulating Seaweed Body Buff</td>
<td>60 mins</td>
<td>145</td>
</tr>
<tr>
<td>Maldivian Kaashi Rub</td>
<td>60 mins</td>
<td>115</td>
</tr>
<tr>
<td>After Sun Remedy</td>
<td>45 mins</td>
<td>135</td>
</tr>
<tr>
<td>Mauritian Green Tea Body Wrap</td>
<td>45 mins</td>
<td>125</td>
</tr>
<tr>
<td>Mauritian Coconut &amp; Sugar Scrub</td>
<td>30 mins</td>
<td>110</td>
</tr>
</tbody>
</table>

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All prices are in United States Dollars and exclusive of 10% service charge and 12% government taxes.

**Salon**

<table>
<thead>
<tr>
<th>HANDS AND FEET</th>
<th>DURATION</th>
<th>USD</th>
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</thead>
<tbody>
<tr>
<td>Spa Manicure</td>
<td>60/90 mins</td>
<td>85/100</td>
</tr>
<tr>
<td>Spa Pedicure</td>
<td>60/90 mins</td>
<td>100/115</td>
</tr>
<tr>
<td>Men's Manicure</td>
<td>45 mins</td>
<td>65</td>
</tr>
<tr>
<td>Men's Pedicure</td>
<td>60 mins</td>
<td>90</td>
</tr>
<tr>
<td>Add French Finish</td>
<td>15 mins</td>
<td>25</td>
</tr>
<tr>
<td>Add CND Shellac Nail Gel</td>
<td>30 mins</td>
<td>30</td>
</tr>
<tr>
<td>Gel Soak off</td>
<td>20 mins</td>
<td>15</td>
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<table>
<thead>
<tr>
<th>EPILATIONS</th>
<th>DURATION</th>
<th>USD</th>
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</thead>
<tbody>
<tr>
<td>Leg Waxing</td>
<td>60 mins</td>
<td>100</td>
</tr>
<tr>
<td>Half Leg Waxing</td>
<td>30 mins</td>
<td>60</td>
</tr>
<tr>
<td>Upper Lip Waxing</td>
<td>15 mins</td>
<td>45</td>
</tr>
<tr>
<td>Full Arm Waxing</td>
<td>35 mins</td>
<td>90</td>
</tr>
<tr>
<td>Half Arm Waxing</td>
<td>30 mins</td>
<td>50</td>
</tr>
<tr>
<td>Underarm Waxing</td>
<td>20 mins</td>
<td>50</td>
</tr>
<tr>
<td>Bikini Line Waxing</td>
<td>20 mins</td>
<td>45</td>
</tr>
<tr>
<td>Brazilian Bikini Waxing</td>
<td>30/45 mins</td>
<td>75</td>
</tr>
<tr>
<td>Back Waxing</td>
<td>45 mins</td>
<td>100</td>
</tr>
<tr>
<td>Threading – Lips/Eyebrows/Full Face</td>
<td>10/15/30 mins</td>
<td>30/45/60</td>
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<table>
<thead>
<tr>
<th>HAIR CARE RITUALS</th>
<th>DURATION</th>
<th>USD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shampoo</td>
<td>30 mins</td>
<td>45</td>
</tr>
<tr>
<td>Blow Dry</td>
<td>30 mins</td>
<td>60</td>
</tr>
<tr>
<td>Hair Treatment</td>
<td>90 mins</td>
<td>100</td>
</tr>
<tr>
<td>Wash &amp; Blow-Dry</td>
<td>45 mins</td>
<td>90</td>
</tr>
<tr>
<td>Fringe &amp; Ends Cut</td>
<td>30/45 mins</td>
<td>50</td>
</tr>
<tr>
<td>Wash &amp; Cut (Women)</td>
<td>60 mins</td>
<td>95</td>
</tr>
<tr>
<td>Wash &amp; Cut and Blow-Dry</td>
<td>75 mins</td>
<td>115</td>
</tr>
<tr>
<td>Wash &amp; Blow Dry Curl</td>
<td>60/75 mins</td>
<td>100</td>
</tr>
<tr>
<td>Wash &amp; Cut (Gentlemen)</td>
<td>45 mins</td>
<td>60</td>
</tr>
<tr>
<td>Wash &amp; Cut (Children)</td>
<td>45 mins</td>
<td>50</td>
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</table>

<table>
<thead>
<tr>
<th>BRIDAL SPECIALS</th>
<th>DURATION</th>
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</thead>
<tbody>
<tr>
<td>Hair-Do</td>
<td>45 mins</td>
<td>75</td>
</tr>
<tr>
<td>Hair-Do (Children)</td>
<td>45 mins</td>
<td>50</td>
</tr>
<tr>
<td>Hair-Do Trial</td>
<td>45 mins</td>
<td>55</td>
</tr>
<tr>
<td>Make-Up</td>
<td>75/90 mins</td>
<td>85</td>
</tr>
<tr>
<td>Make-Up Trial</td>
<td>75 mins</td>
<td>50</td>
</tr>
<tr>
<td>Wedding Special for Bride Wedding</td>
<td>360 mins</td>
<td>450</td>
</tr>
<tr>
<td>Special for Groom</td>
<td>150 mins</td>
<td>250</td>
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<table>
<thead>
<tr>
<th>WELLNESS TRAINING</th>
<th>DURATION</th>
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</thead>
<tbody>
<tr>
<td>Personal Training (for two)</td>
<td>60/90 mins</td>
<td>100/150</td>
</tr>
<tr>
<td>Personal Training (for one person)</td>
<td>60/90 mins</td>
<td>90/120</td>
</tr>
<tr>
<td>Yoga (for two)</td>
<td>60/90 mins</td>
<td>100/150</td>
</tr>
<tr>
<td>Yoga (for one person)</td>
<td>60/90 mins</td>
<td>90/120</td>
</tr>
<tr>
<td>Sunrise/Sunset Yoga (for two)</td>
<td>60/90 mins</td>
<td>100/150</td>
</tr>
<tr>
<td>Sunrise/Sunset Yoga (for one person)</td>
<td>60/90 mins</td>
<td>90/120</td>
</tr>
<tr>
<td>Ashtanga Yoga (for two)</td>
<td>60/90 mins</td>
<td>100/150</td>
</tr>
<tr>
<td>Ashtanga Yoga (for one person)</td>
<td>60/90 mins</td>
<td>90/120</td>
</tr>
<tr>
<td>Yoga Pranayama (for one person)</td>
<td>90 mins</td>
<td>150</td>
</tr>
<tr>
<td>Meditation (for one person)</td>
<td>30 mins</td>
<td>60</td>
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<tr>
<td>Kids Yoga (for one person)</td>
<td>60 mins</td>
<td>90</td>
</tr>
<tr>
<td>Yoga – Kids (for one person)</td>
<td>60 mins</td>
<td>90</td>
</tr>
<tr>
<td>Yoga Plates (for one person)</td>
<td>60 mins</td>
<td>110</td>
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<tr>
<td>Pilates (for two)</td>
<td>60/90 mins</td>
<td>120/180</td>
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<tr>
<td>Pilates (for one person)</td>
<td>60/90 mins</td>
<td>100/160</td>
</tr>
<tr>
<td>Manual Stretching</td>
<td>30/60 mins</td>
<td>60/100</td>
</tr>
<tr>
<td>Boxing/Kickboxing (for two)</td>
<td>60/90 mins</td>
<td>180/240</td>
</tr>
<tr>
<td>Boxing/Kickboxing (for one person)</td>
<td>60/90 mins</td>
<td>110/150</td>
</tr>
<tr>
<td>Zumba (for two)</td>
<td>90 mins</td>
<td>150</td>
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<tr>
<td>Zumba (for one person)</td>
<td>60 mins</td>
<td>110</td>
</tr>
<tr>
<td>Piloxing (for two)</td>
<td>60 mins</td>
<td>150</td>
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<tr>
<td>Piloxing (for one person)</td>
<td>60 mins</td>
<td>100</td>
</tr>
<tr>
<td>Functional Training (for two)</td>
<td>60 mins</td>
<td>150</td>
</tr>
<tr>
<td>Circuit Training (for two)</td>
<td>60 mins</td>
<td>150</td>
</tr>
<tr>
<td>Circuit Training (for one person)</td>
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<tr>
<td>Boot Camp (for two)</td>
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<tr>
<td>Boot Camp (for one person)</td>
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<table>
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<tbody>
<tr>
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</tr>
<tr>
<td>Yoga</td>
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<tr>
<td>Pilates</td>
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<tr>
<td>Kickboxing</td>
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<tr>
<td>Boxing</td>
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<tr>
<td>Zumba</td>
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<td>25</td>
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<tr>
<td>Piloxing</td>
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<tr>
<td>Functional Training</td>
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<td>25</td>
</tr>
<tr>
<td>Circuit Training</td>
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