



## **Traditional Asian Body and Soul Rituals**

**Combining full body and facial balancing massages, traditional ingredients and techniques, these rituals relax, renew and revitalise the spirit.**

### **Ayurveda Experience**

**2 hours – US\$250**

The ancient art of Ayurveda stresses on the importance of balancing the mind and body: detoxify, cleanse, rejuvenate and revitalize.

The spa has combined the best of all these techniques to balance the *doshas* (body constitutions) through a series of custom-designed rituals using traditional authentic Ayurvedic ingredients. The rejuvenating experience starts in seated position while warm oil is drizzled over the body followed by a four-hand massage, Indian facial treatment, a herbal bath and body moisturiser application.

A separate consultation about *Vikruti* (current constitution) is available during a basic Ayurveda session. Please ask the spa receptionist for further details.

### **Javanese Lulur Ritual**

**1 hour 30 minutes – US\$175**

The ritual, which symbolizes love and beauty, comprises a soothing massage using exotic oils, followed by a Javanese Lulur body cleanse, a flower bath and moisturizing gel application.

### **Balinese Boreh Hot Spice Ritual**

**1 hour 30 minutes – US\$175**

Primarily used by rice growers who spend all day soaked knee-deep in cold water, the boreh wrap helps to relieve chills, headaches, arthritis and muscular aches, and acts as a deep heating treatment.

The ritual commences with a Balinese body massage to boost the circulation, the boreh spice balm is then applied. A scalp and face massage is performed while you are in the boreh wrap. This treatment ends with a shower ritual.



## **Body Treatments**

Our body treatments and wraps are designed to refine the skin through exfoliation and deep cleansing properties, revealing the soft and supple skin below, and to nourish the skin and improve circulation in a pampering experience.

### **Exotic Cananga Salt Glow**

50 minutes – US\$100

An exfoliation polish with a customized blend of mineral salts and exotic cananga oils. After showering, body oil is applied using Balinese massage techniques ensuring silky smooth skin. The perfect start for a lasting golden tan.

### **Kanuhura Coconut and Sandalwood Scrub**

50 minutes – US\$100

Our local blend of coconut and sandalwood is used as a scrub to gently exfoliate, cleanse, soften and condition the skin. After showering, body lotion is applied to leave your skin feeling refreshed, while the touch of Maldivian Theyo Dhemun relaxes your mind and body.

### **Kanuhura Citrus Body Bliss**

50 minutes – US\$100

A blissful blend of sun dried citrus, marine salt and natural yoghurt is used in this gentle exfoliation treatment, to refresh and smooth the skin. After showering, a soothing back massage helps to release the tension while body moisturizer application completes the experience.

### **Cooling Body Soother**

50 minutes – US\$100

A naturally cooling body mask of fresh aloe vera, cucumber, yoghurt and peppermint oil is applied to the body prior to a complete foot and scalp massage. This is followed by a shower, and an application of a herbal gel, the perfect remedy for over-exposure to the sun.



### **De – Aging Pineapple & Papaya Tropical Ritual Cleanse**

50 minutes – US\$120

A true anti aging tropical mousse scrub, enriched with exotic nourishing of Papaya & Pineapple. As this tropical oasis is massaged all over the body, impurities and toxins are gently exfoliated from the body. The salt mousse then transforms into a fluffy deep lather and the skin emerges smooth to the touch and visibly brighter and younger.

### **Green Coffee Body Wrap**

75 minutes – US\$170

An exclusive innovative body wrap with proven effective anti- cellulite formulations. This treatment stimulates de-toxification, expelling toxins and increasing body elimination to render the contours firmer, smoother and dimple-free. A true Pevonia exclusive innovative holistic body wrap. An anti-toxin wrap that has amazing enzymes to stimulate the detox system aiding its elimination. Green coffee is the secret key ingredient in this wrap that activates not only the detox process, but also the breakdown and elimination of fat & fluid creating an incredible slimming and firming effect.

### **Aromatherapy Cocoon**

75 minutes – US\$170

Warm Aromatherapy creamy milk is massaged all over the body then cocooned to allow the natural flower extracts to infuse and break down within the skin. Specifically designed for anti-stress, deep relaxation and super rich hydration, it will leave your body with a smooth and glowing finish. This treatment is perfect for both men and women to relieve stress and aide in deep relaxation.



## Massages

Our massages offer an overview of Asian healing therapies that have been updated with contemporary therapeutical techniques for ultimate results. Tropical aromatherapy oils are used to further stimulate your senses and support the benefits of the treatments.

### **Maldivian Theyo Dhemun**

1 hour 15 minutes - US\$135

A traditional Maldivian massage using exotic tropical scented oils. This unique massage combines short firm strokes followed by an infused herbal compress on the back and shoulder area and a deep scalp massage to target pressure points. Certainly a 'must try' while you are in the Maldives

### **Aromastone Therapy**

1 hour 30 minutes - US\$145

Small volcanic pebbles are placed on key energy points around the body to evoke an aura of warmth, while traditional techniques and the deep penetrating heat from the stones massage the muscles, releasing tension and balancing the spirit.

### **Soothing Aroma Massage**

50 minutes - US\$95

This is a full body massage using therapeutic essential oils to soothe and relax you. The experience will leave you feeling anew and soft.

### **Thai Massage**

1 hour 15 minutes - US\$135

Traditional Thai massage using palms, elbows, thumbs and stretches to concentrate on the pressure points of the whole body. Revitalizes both body and mind. No oil is used and special cotton clothing is provided.

### **Balinese Massage**

50 minutes – US\$95 or 1 hour 15 minutes - US\$130

This traditional massage that continues to be passed down for generations in Indonesia is the perfect choice for relieving muscular tension to bring balance back to one's centre of energy.



### **Manawa Massage**

50 minutes – US\$95 or 1 hour 15 minutes - US\$130

Derived from ancient Polynesian methods, this is essentially a deep tissue massage with pressure applied by hands and forearms in long sweeping strokes over the entire body. The treatment incorporates gentle stretching.

### **Indian Head and Shoulder Massage**

25 minutes - US\$55

An ancient technique focusing on the scalp, face, shoulders and upper back to invigorate and release stress.

### **Reflex Zone Therapy**

50 minutes - US\$95

This ancient therapeutic treatment is a powerful, yet gentle form of healing. Using various techniques, your therapist will stimulate specific reflex zones in your feet, to bring balance to the body and alleviate built-up toxins and stress.

## **Add On – to any spa service**

**Add on additional pampering to any spa treatment for an enhanced spa experience.**

**Bright Eyes** - An eye treatment to reduce puffiness, tone and tighten the sensitive area around the eyes. Includes eye massage  
15 minutes - \$35

**Foot Mask** – Nourishing warm foot mask to nourish, and soften the feet. Includes foot massage  
15 minutes - \$35

**Hair Mask** – Deeply repairing hair treatment to nourish, and hydrate your hair. Includes scalp massage  
15 minutes - \$35

**Additional Massage** – Don't want your spa treatment to end? Add an additional 15 minute of massage to your treatment.  
15 minutes - \$35



## Facials

### **Supreme Anti Aging – Caviar Facial**

90 minutes – US\$260

Life leaves its mark and your skin is the first to reflect it. Our Caviar facial effectively counteracts the effects of aging to reveal a timeless, youthful, radiant complexion. Using pure Russian caviar, ground pearl and a natural form of Botox to relax wrinkles.

### **Visible Results – High Performance Facial**

75 minutes – US\$185

The marine based mask rich in minerals soothes, heals, and deeply hydrates, leaving the skin plump, refreshed, and with an exceptional glow. Suitable for all skin types this anti-aging facial instantly firms and rejuvenates tired, stressed and dull skin.

### **Oxygen – High Performance Facial**

75 minutes – US\$185

Drenched with amino acids, minerals and infused with Vitamin A and C to repair, cool and reduce redness and skin irritation. Ideal for sensitive, sun damaged or pollution exposed skin. This oxygenating facial encourages new cell growth at the same time leaving a clear, soothed complexion.

### **Purifying - High Performance Facial**

75 minutes – US\$185

The focus of this deep cleansing treatment is to effectively care for problem skin types. This facial stimulates lymphatic drainage to help eliminate bacteria, and toxins while restoring your skin to optimal balance.

### **Prescriptive Treatment Facial**

60 minutes - \$145

Customized to your skin type, this facial combines the power of the most advanced botanical elements to target hydration, youthfulness, and restore balance to the skin. This facial includes acupressure facial massage, scalp and décolleté massage. Select from;

**Nourishing /Hydration – for dry skin**

**Balancing/Mattifying – for combination skin**

**Soothing/Calming – for sensitive skin**

**Cooling/Healing – for sunburn over sun exposed skin**



### **'Especially for Him'**

75 minutes – US\$185

This specific facial is designed to alleviate and reduce shaving rash. Rich in botanical liposome, this treatment helps prevent razor burn, sensitivity and folliculitis. A must for men who care about their skin.

### **De-Stress Wrinkles or De-Stress Puffiness Eye Care**

30 minutes - US\$65 each

Are your eyes reflecting the signs of excess stress and strain due to daily computer glare, expressive facial motions, bright light and sun exposure? These two luxurious de-stress eye treatments leave the eye contour soft and smooth, and plump out fine lines and wrinkles, while the active ingredient ginkgo biloba stimulates lymphatic capillaries to drain and reduce puffiness.

### **Reviver Ritual**

30 minutes - US\$65

This quick revitalising facial to cleanse, exfoliate and dramatically increase the skin's oxygen absorption leaves the complexion looking truly radiant. A must for a special occasion. Suitable for all skin types, except hyper-sensitive.



## **Especially for Hands and Feet**

### **Kanuhura Manicure**

60 minutes – US\$60

75 minutes, French Nail Polish – US\$75

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 colour is optional.

### **Kanuhura Pedicure**

60 minutes – US\$75

75 minutes, French Nail Polish – US\$85

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

### **Nail Reshape and Polish**

20 minutes - US\$25

**French nail polish**, 30 minutes - US\$35



## **Hair Care**

from US\$20

**Hair Wash**

**Hair Cut**

**Blow Dry**

**Hair Styling**

**Hair Braiding**

**Temporary Hair Straightening/Hair Ironing**

**Deep Conditioning**

US\$45

A treatment for dry and fizzy hair with scalp and shoulder massage

**Hair Mask**

US\$60

To revitalize hair that is chemically treated or much damaged, also with shoulder and scalp massage.

## **Special Services**

**Make-up application**

US\$35

**Indian Threading and Waxing**

from US\$20

Upper lip, under arms, half leg, full leg, bikini line

**Nail Art**

from US\$40

## **Kids Make-Over**

**Hair Braiding** (6 – 12 years of age)

from US\$30

**Nail Art** from US\$40

**Aroma Massage and Flower Bath-** from US\$60



## **Bath Ceremonies**

25 minutes, in-spa treatment only

### **Veyoge Absolute Flower Bath**

A beautiful and romantic bathing experience to scent and nourish the skin. It is believed that the benefits of different chakra petals can link one to the spiritual world. The special mixture of the tropical island floral oils rose, jasmine, lemon and vetiver are blended to encourage your romantic moments and bring a sense of relaxation!

### **Exotic Kanuhura Flower Ritual**

This powerful synergy of geranium, nutmeg, sweet almond oil will awaken the senses through the touch of aromatherapy. This deeply relaxing flower bath warms, soothes the mind, melts away tension and relaxes the body.

### **Enchanting Breeze Flower Experience**

This exclusive bathing synergy of peppermint, spearmint, Sumatran andaliman and native ginger will gently uplift and delight your senses, especially for those who have just traveled for long hours. Increases stillness of the mind yet enlivens the energy throughout the body.

Bathing Ceremonies may also take place in the privacy of your villa (an extra charge is applicable).



## **Spa Etiquette**

### **Hours of Operation**

Spa and Gymnasium open daily from 7.30am to 8.30pm. Treatment services are available from 10am, locker room facilities is from 8.30am.

### **Reservations**

We welcome spa guests from the age of sixteen for all treatments. We recommend making reservations in advance, particularly if you choose to enjoy multiple bookings during your stay. The spa provides walk-in bookings based on availability. We invite you to advise us of any special preferences, concerns, or focus areas to make the most out of your experience when making your reservation and during your treatment. Please also advise us of any health conditions, allergies or injuries that could affect your treatment or use of the spa facilities. All treatments are automatically subject to a 10% service charge. Gratuity for exemplary service is discretionary.

For scheduling appointments or for further information, please contact us by pressing the spa button on your telephone.

### **Cancellation and Charge Policy**

Please allow at least three hours notice for cancellation or rescheduling of treatments. Cancellations with less than three hours notice of the appointment time will incur a 100% charge. If appointments are reserved before arrival at the resort, the spa cancellation policy follows that of your resort reservation.

### **Spa arrival**

To make the most of your Spa experience and support the benefits of your treatment, we recommend arriving 30 minutes prior to your appointment to enjoy our inviting wet areas comprised of hot and cold plunge pools, steam rooms and saunas. We will be happy to provide any recommendations based on your chosen treatment.

If ever your time would be limited before your treatment, please be informed that a late arrival will deprive you of your treatment time. As a courtesy to the next guest, your appointment will end as originally scheduled should you arrive late.

As your treatment continues to benefit both body and mind, we invite you to rest and recuperate in our comfortable relaxation lounge. Lay down to relax and embody your experience. Stay for as long or as little as you like. For your convenience a robe, towels and slippers will be provided. During all treatments you will be properly draped for ensured privacy.

**Loss or damage**

While the spa provides lockers, it is recommended that you leave valuables in your guest room safe. The spa does not assume liability for any loss or damage to personal articles and valuables during your visit to the spa.

**Spa etiquette**

The spa environment is one of tranquillity and relaxation. Please respect the quiet and privacy of other guests by speaking in a soft voice or simply enjoying the silence. We kindly request you to refrain from using your mobile phone while enjoying the spa. Smoking is prohibited throughout the spa.