

MARADIVA SPA CONCEPT

The Maradiva Spa, a unique concept, has brought together the wisdom and heritage of the Asian philosophies of wellness and well-being. Divinity from which the name **Diva** has come. The place for physical, mental and spiritual well being, to achieve this spa focuses on holistic and healing approach. We offer Healing, Yoga and Meditation mastered by accomplished Scholar, authentic Ayurveda treatments, and exclusive signature services. Royal traditions of wellness, holistic treatments involving body therapies, reviving and meaningful rituals and ceremonies, and unique natural products blended by hand come together to offer a truly calming experience.

Philosophy of Maradiva Spa and Ayurveda

The Philosophy of Maradiva Spa is intrinsically rooted in Indian and Asian ancient approach to wellness, Inspired by traditional Indian and Asian healing. We believe spa is special preventive area which enhances positive flow of energy by treating mind and body naturally and holistically.



SIGNATURE TREATMENTS

SATTVICA – Ultimate Balance

DURATION- 2 HRS

Intended to balance your energy, uplift the spirit and release your tensions. This massage englobes soft massage, healing, essential oils and chakra balancing, from which one emerges feeling sublime, in control and with restored radiant self-confidence.

TEJAS – Aura Enhancer / Deep Muscular

DURATION- 2 HRS

A deep stimulating fusion muscular massage followed by the application of a steaming poultice of therapeutic Indian herbs and wrapped up with gentle strokes to soothe the muscles as one slips into sheer bliss. Through a combination of healing hands and deep muscular massage, the sore muscles are thoroughly worked on, leaving the body re-aligned and the mind re-focused.

TARUNYA – Rejuvenate

DURATION- 2 HRS

Using rhythmical massage strokes, we bring you to a deeply relaxed state. Enhanced by our tranquil aromatherapy oil, a delicate face massage and a head massage, one gradually unwinds to a grand state of elation. A languid facial massage with facial blend oils peels away the last trace of stress and gently ushers one into blissful serenity. Relaxing and nourishing massage stimulates blood circulation and fills one with renewed vigour in body and mind.

PAVANI - Cleansing

DURATION- 2 HRS

Since ancient times, Shodhana treatment evokes enhanced cleansing of the mind, body and spirit leading to internal and external purity. Garshana: an exfoliation using silk gloves stimulates the circulation of blood, lymph and energy, eliminating impurities. Warmly cocooned in a Detox herbal wrap, one is cleansed, revived & rejuvenated, ready to face the world again followed by a full body lymphatic drainage massage.



INDIAN THERAPIES

AROMATHERAPY – Relaxing Oil Massage

DURATION – 60/90 MINS

Indian Essential oils are applied and absorbed through the skin, circulating their healing, relaxing and therapeutic properties throughout the body. One can choose from a range of blends.

ANANDA – Powerful Oil Massage

DURATION - 60/90 MINS

Ananda is martial art from Indian tradition practised in the southern part of India. Originally given to the age-old wrestlers of India, this therapy offers you a traditional Indian deep tissue massage, creating a well aligned body and culminating in a relaxing experience.

VENTOZ - Indian Cupping

DURATION - 90 MINS

Heat in a glass creating a vacuum is applied to the body in order to release knots and sore points. This is followed by unhurried deep massage using our essential oils. While cupping may cause mild bruising (part of the therapeutic process), guests often report immediate relief from long term chronic conditions.

PĀDA ABHYANGAM - Foot Massage

DURATION – 30/60MINS

A sublime massage treatment performed on the soles with pressure points of producing a deeply reviving experience, as well as benefiting the body as a whole via reflex zones/pressure points of the feet.

CHAMPI - Indian Head Massage

Duration – 30 Mins

This luxuriant hair invigorating treatment is believed to promote hair growth, restore the natural shine and glossiness of the hair fibre. Muscular tension in the head, neck and shoulders is released creating a deep sense of relaxation and joy and restoring clarity of thoughts.



AYURVEDA

Ayurveda, the knowledge of life and longevity is perhaps the oldest existing body of knowledge on the healing process. A holistic knowledge system, Ayurveda addresses with not only the physical, but also the mental, emotional, spiritual and environmental aspects of well being. It is this multi-dimensional perspective that makes Ayurveda truly unique.

Ayurveda further defines health as happiness and disease as sorrow. It has a two fold objective - to attain “Sukha” (happiness) and more importantly to prolong this state of bliss.

Ayurveda is a system about right living and right eating. Ayurveda is concerned with achieving balance in body and mind by restoring the balance of three elements. Or factors...VATA, PITTA and KAPHA (*Air, Fire and Earth*) of which the body is made. Lightness is considered a state of normalcy. The unique principle in Ayurveda is this: Each and every person has his/her own individual body constitution according to three elements *Vata, Pita and Kapha*.

A truly personal journey of variable rituals adapted to the needs of the moment.



ABHYANGA - Snānā / Steam –Herbal Oil Body Massage

DURATION - 60/90/105 MINS

The medicated herbal oil application, Abhyangam is not only a massage but also a program where the oil is liberally applied using soft and gentle strokes in the downward direction. The mere soaking of the body in the prescribed oil for the said duration on a regular basis yields wide - ranging benefits such as good appetite, alertness during the day, good sleep at night and reduced stress levels. It removes fatigue and daily aches and pains, gives a glowing skin and most importantly helps to build your immunity.

SNĀNĀ - Medicated Traditional Bath Experience

Ayurveda desires that you continue to remain in the state of „gentle ease and calmness“ which you have drifted into during our various body treatments. You will be bathed by our therapist using a soothing combination of herbal paste and medicated water.

MUKHALEPĀ - Herbal Facial

DURATION - 60 MINS

A traditional beauty regimen, this Ayurveda facial gently cleanses and tones delicate skin. A medicated face pack enriched with natural herbs followed by application of exotic face oil, enhances the texture of the skin, leaving it blemish-free. A relaxing hands or feet massage adds a soothing touch during the treatment.

KATI VASTI – For Backaches

DURATION - 45 MINS

A time-honoured intensive treatment highly recommended for relieving fatigue of the upper or lower back. Kati Vasti is a therapeutic application where by a warm signature oil is poured into a black gram dough ring and placed on the spot of pain or discomfort. The deep fermentation of the oil radiates through the muscles releasing tension and stiffness.

Note: At least three treatments of Kati Vasti are recommended for maximum benefit.

PICHU - For relieving stress and stiffness in your joints or back

DURATION - 30 MINS

Cotton and linen pads “Pichu”, soaked in hot medicated oils are gently placed on sore joints or back to offer immediate relief from pain and discomfort. The warmth of the soaked pads seeps into the body and induces a deep sense of relief.

Note: At least three treatments of Pichu are recommended for maximum benefit. .

SHIRODHARA

DURATION – 45 MINS

A stream of warm medicated oil poured over the forehead for the stressed out and tense, which takes you to a different level of mental peace. This treatment is recommended for sleeplessness, mental stress and for hair care.

UDVARTANĀ – Synchronized four hands herbal powder massage

DURATION - 75 MINS

A detox & body toning program, Udvartana is the application of a combination of herbal powder and oil on the entire body, excluding the face. When this treatment is taken as part of a program including an appropriate diet, regular exercise and internal herbal medication, it helps to reduce weight and gives you a well-toned body. The blend of powder and oil also acts as a scrub to improve the texture and rejuvenate your skin.

ABHYANGA - Synchronized four hands herbal oil massage

DURATION – 120 MINS

The four hand massage movements sweep the length of the body in a synchronized dance. The harmony of the motion of four hands will melt away your muscle aches and worries and take you to another level of relaxation and your body's energy flow.



FACIALS

Using our exclusive range of 100% natural and rare hand-blended products, our facial is tailored to suit your skin type, integrating techniques designed to take you to new depths of relaxation.

PRABHA - Essence of Life

DURATION- 90 MINS

(For all skin types)

Your facial will start with back massage to have full effect on your face then your face will be delicately cleansed, lightly exfoliated, massaged and moisturized. A therapeutic mask completes this wonderfully relaxing treatment. Your hands and feet will be gently massaged during the facemask. Immerse yourself in this luxurious experience for a balanced and radiant glow.

Deep Cleansing Facial

DURATION – 60 MINS

(For oily and acne prone skin)

This treatment focuses on deep cleansing using our natural custom - made products. The key ingredients Green Tea and Ginger lend properties that offer a vibrant, visible difference to your skin and a clearer complexion.

Nourishing Facial

DURATION - 60 MINS

(For Dry Skin)

Using our exclusive natural products of Neem and Papaya, this facial regenerates, refurbishes and nourishes dry skin. Our hydrating mask leaves the skin as silky as a baby's soft skin.

Soothing Facial

DURATION – 60 MINS

(For normal/combination skin)

An equalising facial using natural ingredient such as Rose and Sandalwood to soothe, calm and restore the skin's natural texture and radiance.

Energising Facial

DURATION– 30 MINS

(For all skin types)

A cleansing express mini-facial designed to stimulate and tighten the skin. A quick pick -me - up for men and women who want to look brighter and feel younger.

MARADIVA PEDICURE

DURATION- 75 MINS

Our revitalising pedicure commences with a warm aromatherapy footbath to soften any calluses followed by exfoliation and nail grooming. A nourishing chocolate mask is then applied following a pampering foot and calf massage. We end with the application of our all natural foot balm which revives and deeply moisturises your feet.

MARADIVA MANICURE

DURATION- 60 MINS

Our manicure begins with nail grooming followed by an aromatherapy soak to soften hands and cuticles. Using kitchen ingredients to exfoliate, we continue with a pampering massage to rejuvenate the hands, leaving your hands radiant and glowing. A nourishing chocolate mask is then applied to help restore skin into a youthful appearance. We end with the application of our all-natural hand balm which revives and deeply moisturises your hands.



BODY SCRUBS, WRAPS & BATH

Indulge in the relaxing, exfoliating and nourishing properties of our scrubs and wraps, each exclusively prepared from the natural goodness of fresh fruits, vegetables, Indian herbs, sea salts and pure essential oils. The healing properties will cleanse, moisturise and refresh your skin, producing a natural glow. Scrubs can be taken individually and are highly recommended as an additional spa treatment before a body massage for better absorption of the massage oil. Body wraps are best taken after a scrub to encourage better results from the nourishing effects of the mask.

DURATION – 30 MINS / 60 MINS / 90 MINS

SHODHANA - Detox

Cleanses and rejuvenates the body and eliminates all toxins for absolute purification.

- Shodhana Bath
- Shodhana Scrub
- Shodhana Wrap

BRMHANA - Nourishing

Nourishes and recreates the skin to a silky smooth and supple condition.

- Brmhana Bath
- Brmhana Scrub
- Brmhana Wrap

DIVA - Sensual

Indulge and extravagance your senses to a delightful state.

- Diva Bath
- Diva Scrub
- Diva Wrap



HEALING & YOGA

Yoga is an eternal science representing the universal need to evolve and transcend all limitations. Ancient mystics and seers discovered a way of connecting to the source of life within us. Spa continues this time-honored tradition by abiding by the rules and practices of the “Hatha Yoga” that integrates physical, psychological and spiritual dimensions equally. Group classes as well as individual sessions are offered. The individual session will be specially designed to suit your personal requirements and level of prior yoga practice. A consultation with our Yoga teacher to assist you in choosing the appropriate program is essential.

HEALING DURATION – 30/60 MINS

The art of healing is as old as mankind. With skilful and gentle hands the therapist will balance the energy of the physical, emotional, mental and spiritual levels of the body. The therapist will work on your Chakras, which according to Indian tradition are the energy centres through which life energy, Prana, enters into the physical body. Healing is a subtle, non-invasive treatment with a deep effect on the whole being.

GENTLE YOGA: DURATION- 90/60 MINS

A basic yoga class covering a selection of the Asana (postures) are gentle but work hard at loosening up and rotating all major joints in the body, increase flexibility, balance and strength at a safe, gentle pace. Basic poses are explained with great attention to the attunement of the body and breath which help to attain a blissful state of well being.

INTERMEDIATE YOGA: DURATION- 90/60 MINS

This session is structured and categorized so as to allow a practitioner to progress surely and safely from basic postures to the intermediate and advanced practices as they gain flexibility, strength and oneness in mind, body and spirit. It intended to increase and stimulate circulation and release the energy blocks at level of physical and psychic planes.

ADVANCE YOGA: DURATION- 90/60 MINS

Advance yoga consists of advance practices of Asanas, pranayama, mudra, bandha and different deep relaxation techniques to attain higher benefits of yoga. In advanced Yoga, energy within the body is channeled for maximum potential.

PRANAYAMA - Expansion of Breath DURATION- 60 MINS

Pranayama is started once a firm foundation in asana has been established as physically the student requires the alignment, flexibility, lung capacity and training necessary to sit and breathe correctly while practicing. Pranayama gives numerous physical benefits including toning the circulatory, digestive, and nervous and respiratory systems, activating the internal organs and creating a feeling of energy and calmness. Equally importantly it also brings the mind and senses under control and makes the individual fit for the experience of meditation

MEDITATIONS

Meditation is a method for acquainting our mind with virtue. Since ancient times it is believed that meditation restores harmony and rejuvenates and heals the mind, allowing it to release stress and fatigue. Meditation helps to remove the subtle mental barriers within ourselves and presents a better understanding of our personality, thought processes and our surroundings

KAYA STHAIRYAM - Mindfulness **DURATION- 60 MINS**

Kaya sthairyam is basic practice of concentration on the steadiness of the body because of the interrelation between the body and the mind, when the body becomes steady and still the mind follows. Mind remains one pointed only while the body is still.

ANTAR MAUNA - Analytical meditation **DURATION- 60 MINS**

In this practice, one remains a silent witness of every thought that is traversing the mind. One focuses on what the mind is thinking. To see the functioning of the mind as a spectator, that helps to release suppressed emotions and feelings, eventually leads to the state of tranquility.

AJAPA JAPA - Meditation on breath awareness **DURATION- 60 MINS**

Breath has described as a bridge between body and mind. Ajapa japa means one pointed concentration on the spontaneous flow of the breath. This practice helps to stop distractions and make our mind clearer and more lucid.

TRATAKA - Meditation on candle flame **DURATION- 45 MINS**

Trataka is a process of mental cleansing by intensely gazing at a point or object. Trataka is performed in the evenings by gazing at a candle flame. The practice enhances concentration and encourages contemplation. It is recommended to alleviate mental tension, anxiety, insomnia and depression.



SPA PACKAGES

SUNDRI - Beauty

DURATION- 3.00 HRS

A Day of Beauty to draw out your inner radiance.

- Begin with a deeply nourishing scrub and wrap of your choice
- Invigorate your senses with an indulgent Aromatherapy Massage
- Then give your skin a natural glow with a nourishing one hour Facial of your choice

SUKHA – Bliss

DURATION- 3.30 HRS

Moments of Bliss to soothe your senses and pamper your body

- Begin with a deeply nourishing scrub and wrap of your choice
- Relieve sore muscles with our Indian powerful massage – Ananda
- As a final touch Maradiva manicure or pedicure

'FOR TWO'

AMRUTH - Nectar of the Gods

DURATION – 2 HRS

Two therapists will perform a candle-lit, Aromatherapy Massage, using evocative oils to set the mood for romance. After this indulgent massage, you can enjoy a rose petal bath together and some exclusive time alone with a bottle of champagne.

DEV NIDRĀ - Sleep of the Gods

DURATION – 90 MINS

Upon booking this treatment, our therapists will then come to your room to administer a soothing aromatherapy massage followed by romantic bath with bath salts and oils for you to indulge your senses in a tranquil.

SPA FACILITIES

Includes men and women changing rooms with lockers, change and shower facilities, bathrobes, slippers, towels and personal amenities. Our communal wet area encompasses a Sanarium, Laconium, Hammam, Chill Pool, Pool with Jacuzzi and outdoor shower.

RESERVATION & TREATMENTS

Advanced bookings for spa treatments are highly recommended.

We encourage you to arrive 30 minutes prior to the scheduled appointment to benefit from the wet and heat areas. We strongly recommend a relaxing session in the wet areas before your treatment. This enhances the effect of your treatment by warming muscles, opening pores, encouraging detoxification and allowing you deeper rest during your treatment. You are requested to wear swimwear in the wet areas.

Should you arrive late for your scheduled appointment, we endeavour to accommodate you to the best of our abilities. Your treatment time may be shortened or rescheduled to avoid any inconvenience to the next guest appointment.

TIMINGS

The Spa is open daily from 8.00 am to 8.00 pm

The Gym is open daily from 6.30 am to 8.30 pm

VALUABLES

While we endeavour to look after your belongings, the spa will not be liable for loss of your valuables. We urge you to leave your valuables in the safe located in your room.

CANCELLATION

A 24-hour cancellation notice is required to help us reschedule your appointment, subject to availability at the spa. Any cancellation with less than 3 hours notice will incur a 50% cancellation fee.

The entire charge of the treatment booked will be levied in case of a “No Show” without any prior cancellation as specified above.

SPA ETIQUETTE

To preserve the tranquil environment of the spa, we respectfully request you to switch off your mobile phones, pagers and electronic devices at all times. We also request you to use a lowered speaking volume in the spa.

Guests between the age of 6-16 years are not permitted within the spa premises, unless accompanied by an adult.

Spa is an alcohol and smoke free environment. Guests under the influence of alcohol, high energy drugs and medication will not be allowed to use the wet areas, gym or treatment facility. It is requested you move quietly around the spa and use lowered speaking volumes.

Appropriate swimwear is to be worn in the wet areas. Underwear /disposable underwear, which is provided by the spa, must be worn for all body treatments.

The Spa Management has the discretion to ask a guest to leave the premises in case of non – adherence to the spa etiquette.

SPECIAL CONSIDERATIONS

Guests with high blood pressure, heart conditions, who are pregnant or have any medical complications, are advised to consult their doctors before signing up for any spa treatments/services. Please inform your spa therapist of any medical conditions.

Entry to Spa is at ones own risk and although strict policies and procedures are implemented to maximise safety, Spa, its employees and representatives will not be held liable or accountable for any incident experienced by any person entering the premises and/or undergoing spa treatments.



PRICES

<u>TREATMENT</u>	<u>DURATION</u>	<u>PRICES</u>
<i>SIGNATURE TREATMENTS</i>		
Sattvica	2 hrs	7000
Tejas	2 hrs	7000
Tarunya	2 hrs	7000
Pavani	2 hrs	7000
<i>INDIAN THERAPIES</i>		
Aromatherapy	60 mins	4000
Aromatherapy	90 mins	5800
Ananda	60 mins	4000
Ananda	90 mins	5800
Ventoz	90 mins	5800
Champi Indian head massage	30 mins	3000
Pada Abhyangam	30 mins	2000
Pada Abhyangam	60 mins	3500
30 Minutes Customized Massage	30 mins	2800
45 Minutes Customized Massage	45 mins	3500
60 Minutes Customized Massage	60 mins	4000
90 Minutes Customized Massage	90 mins	5800
75 Minutes Hot Stone Massage	75 mins	5800
90 Minutes Hot Stone Massage	90 mins	7000
<i>IN VILLA SURCHARGE</i>		
Single		1000
Couple		1500
<i>AYURVEDA</i>		
Abhyanga	60 mins	4000
Abhyanga with Snana	90 mins	5800
Abhyanga with Steam	105 mins	7000
Mukhlepa	60 mins	4000
Kati Vasti	45 mins	2400
Pichu	30 mins	2000
Shirodhara	45 mins	4000
Udvertana (Fours Hands Powder Massage)	75 mins	6500
Abhyanga (Four Hands Oil Massage)	120 mins	8500

BEAUTY

Prabha facial with back massage	90 mins	5000
Deep cleansing facial	60 mins	4000
Nourishing facial	60 mins	4000
Soothing Facial	60 mins	4000
Energising facial	30 mins	3000
Regular Polish Change	30 mins	700
French Polish Change	30 mins	900
MARADIVA Manicure	60 mins	1800
MARADIVA Pedicure	75 mins	2400

BATH, SCRUB AND WRAP

Bath	30 mins	2000
Scrub	30 mins	2000
Wrap	30 mins	2000
Scrub and Wrap	60 mins	4000
Bath, Scrub and Wrap	90 mins	5800

HEALING & YOGA

Pranayama session	60 mins	1600
Healing	30/60 mins	2000/3700
Gentle yoga	90/60 mins	2200/1600
Intermediate yoga	90/60 mins	2200/1600
Advance yoga	90/60 mins	2200/1600

MEDITATION

Kaya sthairyam (mindfulness with the body)	60 mins	1600
Antar Mauna (analytical meditation)	60 mins	1600
Ajapa Japa (meditation on breath awareness)	60 mins	1600
Trataka (candle light meditation)	45 mins	1400

SPA PACKAGES

Sundri - Beauty	3.00 hrs	10500 pp
Sukha – Bliss	3.30 hrs	11000 pp

COUPLES SPA EXPERIENCES

Amruth	120 mins	12500
Dev Nidra	90 mins	10000

WAXING

Upper lip/chin/forehead		600
Eyebrow Shaping		600
Eyebrow & Upper lip		800
Under Arm		800
Back/Stomach Wax		1500
Bikini Line		1000
Half/Full Arm		800/1100
Half/Full Leg		1200/1500

KIDS & TEENS

Nail/Henna Art	30 mins	550
Mini Manicure	30 mins	700
Mini Pedicure	30 mins	1000
Nourishing Mini Facial	30 mins	1700
Nourishing Back Massage	30 mins	2500
Nourishing Body Massage	45 mins	3000

PERSONAL TRAINING AND TENNIS

One on One PT session	60 mins	2000
One on One Tennis Session	60 mins	3000

BIKE RENTALS

- Free of charge if used in the resort premises only.
- A Fee will be charged if used outside the resort as follows :
 - **MUR 400** for half day (minimum of 4 hours)
 - **MUR 600** for full day (above 4 hours)
- Available from 7:30 AM to 7:30 PM only.
An additional charge of **MUR 500** if returned back after 7:30 p.m.

***All prices are in Mauritian Rupees and
are subject to applicable of government taxes 15%***