



  
biyadhoo  
AAVUN SPA

## SIGNATURE PACKAGES

### Maldivian Journey

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*Indulge in a true Maldivian experience starting with a shell massage using pure indigenous coconut oil, followed by a whole body exfoliation with an exotic blend of coconut and vanilla scrub to deeply cleanse and moisturise your skin, giving it a glowing, vibrant and flawless appearance.*

80min | USD 95 per person

### Relax & Refresh

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*Improve your body circulation, treat sore muscles, and relieve tension with a Swedish massage, followed by an Awaken Facial customised to your skin's specific needs for radiant skin.*

80min | USD 75 per person

## ASIAN TOUCH

### Aroma Balm Massage

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*Treat yourself to a gentle massage using a special aroma balm that wonderfully nourishes your skin with essential oils and vitamins, to soften, firm and protect your skin from dryness and pollution, and prevent it from dehydration. This unique formulation combines jojoba oil and grapeseed oil to stimulate elastin and collagen production; grape seed beeswax to moisturise your skin; olive oil, a rich source of essential vitamins and healthy fatty acids to promote softer and suppler skin; and Aloe Vera to nourish and treat damaged skin.*

50min | USD 60 per person | USD 110 per couple

*All prices are inclusive of 10% Service Charge and applicable GST*

SPA HOURS: 10:00 - 20:00, Dial "526"





## Abhyanga Massage

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A profoundly relaxing treatment for anyone in need of deep de-stressing. Applying warm oil with rhythmically relaxing strokes helps to remove stagnant energy and stimulate the body's vital energy. Your nerves are soothed as you drift into a deep state of bliss and joy.

60min | USD 60 per person | USD 110 per couple

## Seashell Massage

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Experience a unique massage style using indigenous seashells along with the application of pure virgin Maldivian coconut oil. The domed surface of the shell allows smooth gliding along the contours of the body, adding a new sensation and technique to relieve muscle soreness as well as smooth away stress and tension.

60min | USD 70 per person

## Balinese Massage

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A traditional massage utilising a combination of rigorous techniques designed to release tense and knotted muscles by working deeply into the tissue and targeting all muscle groups. The boost to your circulation will help reduce stress and rebalance the body.

50min | USD 60 per person | USD 95 per couple

## Thai Massage

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A full-body treatment that involves passive yoga-like stretching and pressure-point massage along the body's major energy channels to relieve tension, align the skeletal structure, and increase flexibility. Traditionally done on the floor with the guest wearing loose clothing. This treatment does not require any oil application.

50min | USD 60 per person | USD 95 per couple

## Kativasthi Massage

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In this treatment, specially-prepared warm medicated oil is poured and pooled over the lower back while various massage strokes are applied to the rest of the body. This treatment is especially beneficial for any type of back pain and spinal disorders.

50min | USD 60 per person

## Indian Head, Shoulder & Neck Massage

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The head, neck and shoulder areas are massaged with the purpose of manipulating the energy channels. The goal is to clear blockages in these channels which may cause a negative energy build-up and in turn may lead to various physical ailments.

30min | USD 35 per person

## Deep Tissue Massage

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Aimed at targeting the deeper structures of muscle and connective tissue, this treatment is a more focused type of massage with the pressure generally intense. Our skilled therapists work to release chronic muscle tension, knots and adhesions in order to increase flexibility and release deep tension. It is recommended for sports enthusiasts as well as those who experience chronic pain, or are involved in heavy physical activity.

80min | USD 85 per person

## Foot Reflexology

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Stimulating the pressure points on the feet that correspond to different parts of the body, gives an extreme sense of relaxation, improves circulation and promotes a general feeling of well-being.

50min | USD 45 per person

## BODY SCRUBS

### Coconut & Lime Scrub

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Indigenous cocount and lime will cleanse, exfoliate and condition the skin, restoring its shine and radiance. This treatment includes a shoulder, head and back massage and finishes with a refreshing shower and moisturiser application. Recommended for dry skin.

50min | USD 50 per person

## BODY WRAPS

### Cucumber Body Wrap

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The cooling and refreshing effect of cucumber greatly aids in treating sun-damaged skin. Both honey and cucumber are applied to the entire body while a relaxing scalp massage is performed. A cool shower is followed by the application of Aloe Vera lotion to hydrate, nourish and soothe the skin.

50min | USD 50 per person



### Papaya Body Wrap

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Papaya is a rich source of the papain enzyme which helps to soften and revitalise the skin when absorbed. This wrap is both nourishing and repairing, and counteracts premature aging by delivering wrinkle-smoothing and rejuvenating benefits.

50min | USD 50 per person

## FACIAL TREATMENTS

### Awaken Facial

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*A holistic facial with naturally active ingredients that are custom-blended for intensive exfoliation and renewal. A signature massage (pressure point stimulation) completes the experience for newly radiant skin. Recommended for all types of skin.*

50min | USD 60 per person

### Tranquility Facial

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*Aromatherapy facial with iris, rose and lily extracts combining a deep hydrating and oxygenating action with a special relaxation technique. A vitamin-rich, anti-oxidant treatment providing intense moisture, calming and relief from environmental skin stress.*

50min | USD 60 per person

### Honey and Cucumber Facial

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*An age-old holistic skin healer, honey and cucumber soften and moisturise the skin while reducing discomfort and irritation. Recommended for sun-damaged skin. This treatment includes head and shoulder massage.*

50min | USD 45 per person

### Nail Care

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Manicure USD 35 per person

Pedicure USD 40 per person

