



CHAVANA  
— SPA —



**Cinnamon Dhonveli Maldives**

**Journey of the Senses** *2 hrs 25 mins* **\$220**

Immerse yourself in an unforgettable journey of the senses. Citrus Footbath ~ Lime Body Wash and Choice of Botanical Body Polish ~ Aromatherapy Bath ~ Traditional Balinese Massage ~ Refresher Facial.

**Frangipani Body Glow** *2 hrs* **\$200**

Uplifting and re-energising, this exfoliating and nourish ritual featuring ELEMIS Skincare is designed to transform and restore. Warm Oil Drizzle ~ Lime and Ginger Exfoliation ~ Frangipani Monoi Body Cocoon ~ Mini Facial ~ Balinese Massage.

**Heaven & Earth** *1 hr 20 mins* **\$135**

This treatment package begins with a Traditional Balinese Massage to unwind and is followed with a Refresher Facial to leave you glowing.

**Tension Relief Massage** *1 hr 30 mins* **\$170**

Slow, deep massage strokes deliver pressure to muscles and connective tissue to ease tightly-held tension. Relieves pain and boosts circulation. Excellent for post surf recovery.

**Asian Head Massage** *1 hr 30 mins* **\$170**  
*1 hr* **\$135**

A deeply relaxing shoulder, neck, upper back, arm and scalp massage to improve circulation and relieve headache.

**Traditional Balinese Massage** *1 hr 30 mins* **\$155**  
*1 hr* **\$120**

Passed down through the generations this massage is designed to loosen tight muscles and improve energy flow through the body.

**Chavana Massage** *1 hr* **\$165**

Chavana's signature massage is a fusion of global techniques performed by two therapists at the one time.

**Muscle Ease Massage** *1 hr* **\$130**

A deep tissue massage that relaxes the tired muscles, easing muscular tension and stress related knots.

**Asian Foot Massage** *1 hr* **\$120**

Inspired by a selection of different Asian massage styles, this combination of strokes stimulates circulation, relieves tired and painful feet.

**Purity Facial** *1 hr* **\$120**

Inspired by the tropical garden, this botanical rich facial treatment delivers cleaner, healthier, and smoother skin.

<b>Spa Pedicure Power Polish</b>	<i>1 hr 15 mins</i>	<i>\$100</i>
<b>Spa Manicure Power Polish</b>	<i>1 hr</i>	<i>\$ 80</i>
<b>Spa Pedicure</b>	<i>1 hr 15 mins</i>	<i>\$ 90</i>
<b>Spa Manicure</b>	<i>1 hr</i>	<i>\$ 70</i>
<b>Gel Polish Removal</b>	<i>30 mins</i>	<i>\$ 35</i>

A Spa treatment designed for the hands and feet. Includes a hand or foot soak, nail care, nail colour and a relaxing hand and arm or lower leg massage.

#### **ELEMIS Pro-Glow Smooth** *1 hr* *\$145*

Improve skin-fitness and firmness, whilst reducing fine lines and wrinkles with our clinically proven formulas and signature skin-lifting massage techniques. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

#### **ELEMIS Pro-Glow Brilliance** *1 hr* *\$130*

Nourish and glow with this brightness-boosting facial, reviving dull, lacklustre skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect.

#### **ELEMIS Body Nectar Nourishing Wrap – Frangipani** *45 mins* *\$105*

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

#### **ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger** *45 mins* *\$105*

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

#### **Gift Certificate**

Gift certificate purchase is available for all Spa treatments or at a value amount. Please contact our Spa Reception for further details.

#### **Homecare & Gifts**

Luxury skin and body care products along with beautiful gifts are available at our Spa Boutique.

*All prices are quoted in US Dollars (USD) and inclusive of 10% Service Charge and 17% Tourism, Goods and Service Tax. Rates are subject to change without notice.*

## **Spa Basics**

### **Should I reserve my treatments?**

Yes, either phone or visit the Spa to book a reservation at your earliest convenience so we may accommodate your schedule.

### **When should I arrive?**

Please arrive at the Spa 15 minutes before the scheduled time to check-in and change.

### **What if I have special health considerations?**

Please notify our Spa Manager or Receptionist before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities, or if you are pregnant. If you have any concern at all, let us know.

### **What if I'm late for my appointment?**

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

### **What do I wear during my treatment?**

You may wish to wear your own bikini or briefs, or we can provide you with hygienic disposable briefs. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

### **What about my valuables?**

We advise guests not to bring valuables to the Spa as we do not accept liability for loss. For all other personal items we provide lockers.

### **What if I need to cancel a Spa reservation?**

The treatments you select are reserved especially for you. Guests will be charged 50% for treatments not cancelled six hours in advance.

### **What about payment for Spa services?**

You may charge Spa services to your hotel bill. We accept all major credit cards (Visa, AmEx, MC, JCB)



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**MANDARA SPA**

A Mandara Spa Company