



CHAVANA
— SPA —



Adaaran Club Rannalhi

Journey of the Senses *2 hrs 25 mins* **\$280**

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* **\$260**

Uplifting and re-energising, this full body exfoliation and nourish ritual featuring ELEMIS Skincare is designed to transform and restore, completed with a facial and massage, promises to impart a true sense of joy and lightness. Warm Oil Drizzle ~ Lime and Ginger Exfoliation ~ Frangipani Monoi Body Cocoon ~ Mini Facial ~ Balinese Massage.

Spa Discovery *1 hr 20 mins* **\$170**

Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Traditional Balinese Massage ~ ELEMIS Taster Facial.

Heaven & Earth *1 hr 20 mins* **\$155**

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* **\$220**

Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. It relieves chronic pain by speeding up the blood circulation and thus delivers fresh oxygen and nutrients to the muscles to help them repair and improve their condition. Perfect for surfers to unwind and relieve tired muscles with this invigorating post-surf massage.

Asian Head Massage *1 hr 30 mins* **\$220**

1 hr **\$170**

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

Traditional Balinese Massage *1 hr 30 mins* **\$200**

1 hr **\$155**

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

Chavana Massage *1 hr* **\$240**

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

Warm Stone Massage *1 hr* **\$170**

A massage therapy that employs smooth warmed stones on the body to relax muscles and improve blood circulation.

Asian Foot Massage *1 hr* **\$155**

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

Purity Facial *1 hr* **\$155**

Using fresh ingredients prepared daily in the Spa kitchen. This facial treatment delivers cleaner, healthier and smoother skin.

Spa Pedicure Power Polish	<i>1 hr 15 mins</i>	\$130
Spa Manicure Power Polish	<i>1 hr</i>	\$105
Spa Pedicure	<i>1 hr 15 mins</i>	\$120
Spa Manicure	<i>1 hr</i>	\$ 95
Gel Polish Removal	<i>30 mins</i>	\$ 35

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-Collagen Age Defy *1 hr* **\$185**

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS Dynamic Resurfacing Precision Peel

1 hr **\$180**

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

ELEMIS Superfood Pro-Radiance *1 hr* **\$170**

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

**Independent Clinical Trials*

ELEMIS Body Nectar Nourishing Wrap – Frangipani

45 mins **\$135**

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 **\$135**

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 price are quoted in US Dollars (USD) and inclusive of 10% Service Charge and 16% 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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Chavana Spa
Adaaran Club Rannalhi
South Male Atoll
Republic of Maldives

Tel : +960 664 2688 Ext. 350
Fax : +960 664 2035
E-mail : rannalhi@chavanaspa.com
www.chavanaspa.com



MANDARA
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A Mandara Spa Company