

A close-up portrait of a woman with dark, wavy hair, her eyes closed in a serene expression. She is holding a pink lotus flower bud near her face. The background is a soft, out-of-focus green. In the top right corner, there is a faint, stylized logo consisting of two vertical lines and a curved element.

serenity can't wait

**Club Med Spa**  
by MANDARA

SPA MENU

# SPA MOMENTS FROM 45 MINS TO 2 H 30 MINS

WHERE TIME SLOWS DOWN...

## PACKAGES OF CLUB MED SPA

### **PURE INDULGENCE (2 hrs 30 mins) MVR 4950**

Immerse yourself in the Spa experience with this indulgent treatment package. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage ~ Choice of Refresher Facial or Foot Massage.

### **FRANGIPANI BODY GLOW (2 hrs) MVR 4150**

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.

### **BLISS (2 hrs) MVR 3650**

Immerse yourself in the Spa experience with this exquisite package. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage or Pure Nature Facial.

### **SPA DISCOVERY (1 hr 20 mins) MVR 2650**

Immerse yourself in the Spa experience with this exquisite package. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage or Pure Nature Facial.

## FAMILY PACKAGES

### **FAMILY SPA DAY (4 hr 40 mins) MVR 8400**

A Spa package designed for the whole family to spend a moment together of relaxation and rejuvenate:

- 2x 50 mins Balinese Massage
- 2x 30 mins Foot Massage
- 2x 30 mins Refresher Facial
- 4x 15 mins Bubble Bath

*(For two adults and two kids below 12 years old)*

## ELEMIS

### ELEMIS FACE

#### **OXYGEN FACIAL (1 hr 15 mins) MVR 3000**

Oxygeneuticals treatment delivers beautifully hydrated, refreshed and contoured skin with absolutely no downtime and results that last. This treatment uses ELEMIS products and is designed to nourish your skin and promote collagen growth. It involves a machine to spray highly concentrated molecules of oxygen right into your epidermis (the outer layer of your skin). The oxygen that's applied to your face and neck is infused with vitamins, minerals, essential nutrients, and botanical extracts.

#### **ELEMIS PRO-COLLAGEN AGE DEFY (1 hr) MVR 2850**

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) MVR 2800**

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) MVR 2650**

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

#### **ELEMIS BODY NECTAR NOURISHING WRAP – FRANGIPANI (45 mins) MVR 2100**

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) MVR 2100**

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.

## FACE OF CLUB MED SPA

### **PURE NATURE FACIAL (1 hr) MVR 2400**

Club Med Spa's signature facial is rich in enzymes that can peel away dead skin, antioxidant vitamins to protect and treat the cells from environmental (and self-induced!) pollutants and natural oils for deep nourishment. We use only natural ingredients with no harmful preservatives or additives. There are two options for different skin types, relying on nature's life-force to restore the equilibrium and deliver a vitamin and mineral burst to your skin.

**Preserve** - a cleansing and rejuvenating facial for normal skin.

**Enrich** - a nourishing facial for dry or mature skin.

## BODY OF CLUBMED SPA

### **FOUR HAND MASSAGE (1 hr 30 mins) MVR 3700 (1 hr) MVR 2850**

Not to be missed, never to be forgotten. Our signature massage, performed by two therapists working together, is a unique blend of five different massage styles – Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this massage a sublime experience.

### **TENSION RELIEF MASSAGE (1 hr 30 mins) MVR 3400**

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.

### **ASIAN HEAD MASSAGE (1 hr 30 mins) MVR 3400 (1 hr) MVR 2600**

This shoulder, neck, upper back, arm and scalp massage is based on the ancient healing system of Ayurveda. A Thai poultice filled with exotic leaves, flowers and lime essential oil is dipped in warm coconut oil and used on the scalp, for scalp and hair care as well as complete relaxation. Deep thumb and finger pressure, friction and soothing strokes help to reduce tension, improve circulation and flush out physical and emotional toxins.

### **BALINESE MASSAGE (1 hr 30 mins) MVR 3100 (1 hr) MVR 2400**

Our most relaxing massage, harnessing the therapeutic properties of 100% pure essential oils. Used for centuries to renew, strengthen and heal both body and mind, this traditional therapy combines stretching, long strokes, skin rolling and palm and thumb pressure techniques to relieve tension, improve blood flow, ease stress and calm the mind. It can also help to improve

### **WARM STONE MASSAGE (1 hr) MVR 2600**

The healing power of touch combines with the energy of the earth in this relaxing, muscle melting massage. Smooth, warmed rocks glide across your body in long, flowing strokes. The heat helps to relax the muscles and has a soothing effect on your emotions. Simultaneously, rocks are placed on the body's various energy points to encourage the body's healing potential.

### **FANCY FOOT-WORK (1 hr) MVR 2400**

The most blissful ride your feet will ever take you on. It's like reflexology without the 'ouch'. Based on the same therapeutic principles of its ancient ancestor, this foot massage will help to release toxins and restore your body's energy flow. And it feels like bliss at its celestial best.

## MORE OF CLUBMED SPA

### **SPA PEDICURE POWER POLISH (1 hr 15 mins) MVR 2000**

### **SPA MANICURE POWER POLISH (1 hr) MVR 1600**

### **SPA PEDICURE (1 hr 15 mins) MVR 1850**

### **SPA MANICURE (1 hr 15 mins) MVR 1450**

### **GEL POLISH REMOVAL (30 mins) MVR 700**

These deluxe treatments include an aromatherapy hand or foot soak, traditional nail care, cuticle stimulation, nail colour and a wonderfully relaxing hand and arm or lower leg massage. The Spa Pedicure also includes a rejuvenating foot mask.

### **GIFT CERTIFICATE**

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

### **HEMOCARE & GIFTS**

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

## AYURVEDA

*A Sanskrit word - Ayus meaning 'life' and Veda meaning 'sacred knowledge'.*

*Ayurveda is a system of medicine designed to remove the imbalance of the physical body, while providing the mental clarity needed to change unproductive mindsets.*

**ABHYANGA** (1 hr 30 mins) MVR 3550  
(1 hr) MVR 2800

Abhyanga is an ancient Indian ayurvedic oil massage therapy for healing and detoxifying body, mind and spirit. With quick forward and backward movements all over the body and using selected herbal oils, this treatment is invigorating and assists in balancing your doshas (air, water, fire).

**SHIRODHARA** (1 hr 30 mins) MVR 3550  
(1 hr) MVR 2850

“Shiro” means head, and “dhara” is the continuous flow of a liquid. In this process, warm herbal oils are poured in a slow steady stream on your forehead. This treatment is profoundly relaxing and nourishing and will improve your mental clarity.

**PADABHYANGAM** (1 hr 30 mins) MVR 3550  
(1 hr) MVR 2800

Sit back and listen to soothing music and the sound of the waves, while we indulge you in an exotic foot ritual with a mix of herbal ayurvedic oils. This therapy benefits with complete relaxation and in promoting a good sleep pattern.

**SHIROBHYANGAM** (30 mins) MVR 1400

A therapeutic head massage with Ayurvedic oil that helps in insomnia, de-stresses the mind and body, strengthens the hair roots, and improves scalp circulation to promote hair growth.

## 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 do I wear during my treatment?

Choose what is most comfortable for you. Treatments may be enjoyed without clothes. Our therapists will always use draping techniques to respect your privacy. Alternatively you may wear your own bikini or briefs.

### What about my valuables?

Please leave valuables in the safe in your hotel room, as we do not assume any liability for personal items.

### 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 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, Mastercard, JCB).

*All prices are quoted in Maldives Rufiyaa (MVR) and inclusive of 10% Service Charge and 16% Tourism, Goods and Service Tax. Rates are subject to change without notice.*



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