

## DREAM TIME JOURNEYS\*\*

*To start: rest into a mindful ritual to connect to the natural elements and the power within.*

### OCEAN DREAMING

Our signature massage: wave like movements and massage techniques from the oldest tradition around the world evoke a deeply relaxing and uplifting massage experience. Ginger & Lemongrass herbal poultices are used to evoke a warm, nutrient rich relaxation to tense muscles. This massage works with the body's natural energy system to harmonise the energy flow. Utilizing our miracle African Potato body balm to revive your senses whilst enriching your skin with anti-oxidants & deep hydration.

**75 minutes** US\$ 120 [+ US\$ 134.40]

### HEAVEN ON EARTH

The ultimate face & body ritual: Unwind & de-stress with this heavenly combination. Drift away with a Balinese Massage to stimulate the natural balance of body, mind and soul. Enjoy our Healing Earth™ Glow & Radiance Facial, while celestial sounds of our Tibetan singing bowls deepen your relaxation. Rejuvenated, uplifted and deeply relaxed you will walk on clouds after this blissful experience.

**90 minutes** US\$ 142 [+ US\$ 159.04]

### MALDIVIAN SERENITY RITUAL

Our bespoke top to toe Signature Ritual uses the essences of 100% pure organic coconut native to the Maldives. Experience profound and deep relaxation; enjoy smooth and hydrated skin and shiny, lustrous hair with the tropical scent of coconut.

- Freshly ground Coconut-Vanilla Body Polish
- Coconut hair mask combined with an Indian head massage using coconut oil infused with Rosemary.
- Tropical full body massage with 100% virgin coconut oil

**120 minutes** US\$ 186 [+ USD 208.32]

+ Prices inclusive 12% GST (goods and service tax)

## ROMANTIC ESCAPES FOR 2

*To start: rest into a mindful ritual to connect to the natural elements and the energy that connects the both of you.*

### FULL MOON MAGIC\*\*

An enchanting ritual to share with your loved one, captivates all of your senses, alleviates any tensions and connects you to the vital powers of nature's elements.

- Your choice of a full body massage
- Freshly prepared body polish
- Indulgent Indian head and foot massage.
- Tropical Bath Infusion\*
- Healing Earth™ Bio Active Mini Facial
- Fruit platter complimented by champagne
- Spa gift for your spa experience at home

**135 minutes** US\$ 392 per couple [+ US\$ 439.04]

### ROMANTIC RETREAT \*\*

Embrace this defining body ritual in a romantic setting with your loved one. After our signature foot-bath:

**For her:** A choice of Balinese or Oriental massage, Pinotage Body Polish, a deeply nourishing Indian head massage enriched with Rosemary infused warmed coconut oil.

**For him:** A deep tissue Back or Muscle Ease Massage, followed by an invigorating Ginger-Lemongrass Body Polish, encapsulated by a relaxing foot massage.

**105 minutes** US\$ 322 per couple [+ US\$ 360.64]

### HIM & HER \*\*

Romantic Indulgence! Enjoy precious time together immersed with the aromas of pure essential oils and indulge in a restoring & calming Balinese Massage, followed by champagne to savour this treatment.

**75 minutes** US\$ 228 per couple [+ US\$ 255.36]

**\*\* OUR RECOMMENDATION:**

**Complete with a tropical bath ceremony with pure floral aromas essences and tropical refreshment.**  
**20 minutes** US\$ 22 [+ \$24.60] per person/ US\$ 34 [+38.08] per couple

## MASSAGES EAST TO WEST

**60 minutes** US\$ 108 [+ US\$ 120.96]

**90 minutes (herbal poultices)** US\$ 130 [+ \$ 145.60]

### BALINESE MASSAGE

A gentle and calming massage using acupressure, skin rolling and relaxing strokes to soothe, restore and calm the mind and body.

### MUSCLE EASE MASSAGE

Invigorating deep tissue massage using Swedish massage techniques to wring away tension and stress, with the option of deeper pressure.

### STRESS RELIEVER BACK MASSAGE

A therapeutic, deeply relaxing massage focusing on the back and upper body area; traditional heated herbs (poultices) are used for profound deep healing and release of muscle tension. (60 minutes)

### AROMATHERAPY MASSAGE

A holistic massage, using a personalised blend of massage oil tailored to your mood and feelings to bring upon peace and tranquillity to your body, mind & soul. Using gentle rhythmic strokes this massage promotes lymphatic drainage and healing.

### ORIENTAL MASSAGE

A therapeutic blend of free flowing massage techniques including Balinese, Thai and Indian head massage to experience the release of muscle tension, greater movement and renewed energy.

### THAI MASSAGE

Energising and uplifting, this 'yoga' massage opens joints, increases energy flow and muscle flexibility; improving postural body alignment (no oil used).

### ZEN SHIATSU

This is a unique form of bodywork that uses acupressure, usually applied using fingers and thumbs but sometimes elbows to go deeper and re-invigorate the body's energy channels. It is a particularly effective therapy for improving sleep patterns.

## GLORIOUS AWAKENING

Facials by **HEALING EARTH™** premium 100% organic product brand includes the highly celebrated antioxidant-rich pinotage grape seed oil and most active botanical essences.

Skin fit is a technique created to stimulate deep muscles in the face with the use of traditional Gua Sha stones, Rose Quartz and Jade Rollers. Stimulating, firming and lifting the skin to reinvigorate muscles and promote graceful aging.

### SKIN FIT - VITA FIRING FACIAL

Suitable for all skin types, but of particular beneficial for mature, dry or dehydrated skin. Improves skin elasticity, minimizing visibly fine lines and the onset signs of aging. With the use of Matrixyl™ & Cranberry in combination with tri-enzyme fruit acids; the skin is deeply exfoliated promoting the restructuring process of collagen and the vitamin boost to visibly revive the youthful and radiant appearance of your skin.

**75 minutes** US\$ 118 [+US\$ 132.16]

### SKIN FIT – BIO ACTIVE FACIAL

Suitable for him & her; oxygenated skin, long lasting deep hydrating facial that restores skin brilliance and radiance through highly concentrated pure organic serums tailored to your individual skin concerns. The facials are customized to your skin type to ensure visible results. Our skin therapist will advise the best treatment options for you.

**60 minutes** US\$ 108 [+ US\$ 120.96]

### ENHANCER - BEAUTIFUL EYES

Complete your facial with the new technology of EyeSlices™: reduces puffiness, dark circles, redness, lines and wrinkles, bringing luminosity to the eye area.

US\$ 9.50 [+ US\$ 10.64]

US\$ 16.50 [+ US\$ 18.48] (10x use, home care)

## ONE WITH NATURE

### EARTH COCOON

#### FIRM & TONE

The body experience to repair, nourish and firm the skin. The Marula Neroli body polish nourishes and stimulates skin renewal while firming the skin. A specialised massage with Marula Neroli oil redefines the contours of the body whilst stimulating blood and lymphatic flow.

**75 minutes** US\$ 122 [+ US\$ 136.64]

### TROPICAL BREEZE COOLER

#### HEAL & REPAIR

Too much sun? Let the purest natural remedies cool, repair and restore your skin. For your body a cooling and healing Aloe wrap to restore and heal damaged skin. For your face hydra-boost skin care that restores radiance and structure to the epidermis.

**75 minutes** US\$ 118 [+ US\$ 132.16]

### LUSCIOUS COCONUT MELT

#### EXFOLIATE & MOISTURISE

A soothing back massage with warm coconut oil prepares the skin for freshly prepared coconut body polish to provide you with a moisturising exfoliation leaving your skin glowing and bright. The perfect preparation for a day on the beach.

**60 minutes** US\$ 96 [+ US\$ 107.52]

### GINGER LEMONGRASS EASE

#### STIMULATE & RELIEVE TENSION

An invigorating and stimulating ginger lemongrass polish prepared with fresh ginger to improve skin circulation, releases muscle tension and exfoliates. Great after an active day! Includes tension releasing back massage.

**60 minutes** US\$ 96 [+ US\$ 107.52]

Enhance with a facial cleanse and exfoliation

15 minutes \$ 24 [+ US\$ 26.88]

+ Prices inclusive 12% GST (goods and service tax)

## SUNRISE TO SUNSET

### SOUL 2 SOLE

Warm blended coconut oil infused with rosemary is massaged into your scalp, neck and shoulders following Indian traditions to relieve tension and deeply hydrate the hair. Completing the journey of the soul with a sole pressure point reflexology to stimulate energy zones and reflex areas throughout the body. This treatment leaves you in bliss from head to toe.

**60 minutes** US\$ 102 [+ US\$ 114.24]

### COCONUT HAIR CRÈAM BATH

A traditional hair treatment infused with the hydration of coconut to leave the hair silky smooth, a perfect treat after a day in the sea. A warm blend of coconut oil is massaged into the scalp nourishing and softening the hair. Followed by a coconut hair mask wrapped in heated towels to deeply soften and hydrate even the driest hair. Perfectly completed with a neck and shoulder massage and application of hydrating coconut or frangipani lotion. Expect soft, shiny hair with the tropical scent of coconut.

**60 minutes** US\$ 102 [+ US\$ 114.24]

### DELUXE SPA MANICURE

Luxurious conditioning care for your hands with all elements of a traditional manicure to leave hands soft and smooth and nails beautiful. Includes a nourishing hand-arm massage with African Potato to nourish the skin. Nail polish application is included if desired.

**60 minutes** US\$ 62 [+ US\$ 69.44]

### DELUXE SPA PEDICURE

Pamper your feet with an aromatic foot soak and scrub, followed by a traditional pedicure including the removal of unwanted dry skin and callouses completed by a foot massage with refreshing peppermint lotion to leave your feet feeling revitalised and hydrated. Nail polish application included if desired.

**60 minutes** US\$ 62 [+ US\$ 69.44]

### SALON TREATMENTS

Services such as waxing, eyebrow shaping, hair & make up are subject to availability.

### WANT MORE TREATMENT TIME?

Choose from the following time options and customize your treatment. Can only be added to treatments from this service menu:

30 minutes treatment time: US\$ 40 [+ US\$ 44.80]

45 minutes treatment time: US\$ 58 [+ US\$ 64.96]

## SPIRIT OF LIFE

Restore your vital energy with our range of traditional therapies, harmonising the body and mind.

### SOUND BATH

Sound is vibration, and vibration touches every part of our physical being. Sound is heard not only through the ears, but through every cell of the body. Fall into a deep state of relaxation, meditation, and healing as your expert therapist uses a set of Himalayan singing bowls to balance your body, mind and soul.

**60 minutes** US\$ 99 [+ US\$ 110.88]

### REIKI

Renowned Japanese technique for stress reduction and relaxation; awakens the body's innate healing ability, by 'laying on hands' allowing life force energy to flow and release blockages. As a result feel a deep sense of calm, peace & well-being.

**60 minutes** US\$ 99 [+ US\$ 110.88]

### REFLEXOLOGY

Treat your feet with whole body benefits. Working on your foot reflex points to restore balance and support the body's own healing.

**60 minutes** US\$ 99 [+ US\$ 110.88]

### HEALING TOUCH

Experience an intuitive holistic treatment with one of our specialised therapists leading your self healing journey with their touch, includes specialised knowledge of reflexes, osteopathy, sound therapy and reiki to provide a sense of deep relaxation and healing therapy.

**60 minutes** US\$ 108 [+ US\$ 120.96]

### HIMALAYAN SALT STONE THERAPY

#### DETOX & REJUVENATE

Beginning with a detoxifying foot ritual, this highly relaxing and re-mineralizing massage incorporates warmed, ethically sourced Himalayan Salt Stones that contain 84 mineral trace elements, which reduce stress, tension, pain and inflammation. The skin is naturally exfoliated by the stones leaving the skin smooth and hydrated. Experience a deep sense of balance and wellbeing.

**75 minutes** US\$ 122 [+ US\$ 136.64]

### HARA MASSAGE

Hara means abdomen in Japanese. Physically, it is responsible for the all-important digestion that fuels your body. Emotionally, it governs your gut instincts. Your therapist uses gentle pressure and mindful breathing to kick - start this vital control centre into peak performance.

**60 minutes** US\$ 99 [+US\$ 110.88]

## INNER - OUTER BEAUTY

To further enhance any of your spa treatments, add on your selection of the below services to any treatment on the spa menu.

### BACK, NECK & SHOULDER MASSAGE

An invigorating deep tissue massage focusing on the back area, using massage techniques designed to wring away tension and stress.

**30 minutes** US\$ 56 [+ US\$ 62.72]

### EXPRESS FACIAL

A treat for your face with all the elements of a traditional facial, using our organic products - short and sweet!

**30 minutes** US\$ 56 [+ US\$ 62.72]

### INDIAN HEAD MASSAGE

#### COCONUT OIL MASSAGE FOR SHINY HAIR

Warm locally sourced coconut oil with rosemary infusion is massaged into the scalp and hair. Followed by an Indian head neck and shoulder massage. Coconut oil is a natural conditioner and provokes new shine; aids in the protecting the hair from the sun and sea.

**30 minutes** US\$ 56 [+ US\$ 62.72]

## HOW TO SPA

- Opening hours 10am to 8pm
- Kindly shower prior to treatment to remove sunscreen.
- To enjoy the full spa experience, please come to the spa 15 minutes prior to your appointment.
- Our cancellation policy is 6 hours; we regret that 50% charge will be made for treatments cancelled with less than 6 hours notice and 100% charge will apply for no-show.
- Packaged offers are not refundable, not transferable and pre-booking is required.
- **+ prices inclusive 12% GST (goods & service tax)**

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