

JAVVU

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CREATING SPACE TO GROUND, UNFOLD
& EXPAND MIND, BODY AND SOUL.

Welcome to Javvu, your island spa, a relaxed, home from home hangout with two sides to its nature – a social side and a private side where you can retreat into your own secluded pod under the protective canopy of the trees or chill out in the large, communal lounge for your treatments.



Our menu is an integration of wellness, movement and spa treatments encouraging a holistic approach tailor made to each of you.



YOUR SPA & WELLNESS
EXPERIENCE WITH US...



OUR JAVVU SPA IS OPEN
FROM 10AM THROUGH TO 8PM

OUR JAVVU FITNESS IS OPEN
FROM 6AM – 10PM
(But do let us know if you would like us to
open earlier or later).

For your appointment, we would ask that you arrive 15 minutes prior to your treatment time for the necessary consultation, and of course to relax! If you need to cancel your appointment, please confirm with your Katheeb or call the spa within six hours to avoid being charged for your no-show treatment or movement session.



PURE MASSAGE

Pure massage is a therapeutic, progressive massage that combines different massage techniques such as deep tissue, Swedish massage, myofascial release, trigger point therapy, Thai stretches and energy work, addressing the natural rhythms and self-healing abilities of the body. With a philosophy deeply rooted in both Eastern and Western traditions. Beata Aleksandrowicz is the Pure Massage founder and teacher, has designed all our massages combining the best techniques and structures that deliver the most effective wellness experience.

PURE MASSAGE SPA TRAINING METHOD

JAVVU WELCOME PURE MASSAGE (35 MINUTES)

In the local Divehi language 'Javvu' means atmosphere or outer space. Therefore we imagined our signature massage treatment as an old tradition of coming home, to your own space, your island within you, creating an atmosphere of love and peacefulness. Two therapists work in synchronicity to 'transport' you, taking care of your feet, hands, neck and shoulders. Elements of reflexology and healing are part of this short treatment that can be combined with longer treatments - experience the art of massage.

BODY PURE MASSAGE (60/75/90 MINUTES)

Our body massages are tailor made to your personal needs and will gradually re-educate the ability of your body to relax and release the tensions. Start with a 60 minutes massage to have a general calming, relaxing and reconnecting treatment or choose our 75 minutes treatment to experience a deep and thorough work on back, legs and arms. Our ultimate 90 minutes massage is a top to toe treatment that also includes work on the abdomen, chest, face and scalp.

BACK PURE MASSAGE (50 MINUTES)

One of our core treatments that addresses the tensions on the back, neck and shoulders understanding how these tensions radiate to the rest of the body and how they affect it. Releasing the back is incredibly liberating and will have a chain reaction out to the rest of the body making you feel relaxed, balanced and strong.

REVITALISING FACE PURE MASSAGE (50/75 MINUTES)

Voted by the press for being better than botox, this treatment is a real hit, using the power of touch and invigorating strokes to release the stress held in your face. Immediately improves the appearance, removing puffiness and delivering a fantastic glow and radiance. A natural anti age massage, great for reducing headaches and migraines and excellent to improve your beauty sleep!

BODY BALANCE (60 MINUTES)

A gentle yet very effective treatment that helps the body to efficiently detoxify, providing also a deep sense of relaxation. The treatment combines elements of abdominal massage, lymphatic drainage and foot reflexology to re-balance your digestive system and the whole body. A great start to a new healthier lifestyle, combined with diet, detox plan and exercise. Plan a course of two or three treatments every other day to get the maximum benefit!

BODY TONE PURE MASSAGE (60/90 MINUTES)

A specialized advanced massage designed to assist in cellulite reduction. The treatment starts with a relaxing lymphatic drainage and then switches to a deep and energetic massage using firm pressure and cupping tools to warm up and loosen the fatty tissue on legs, arms and stomach. Our 90 mins option includes a back massage to resolve muscular problems as well.



PURE MASSAGE

continued...

PURE MASSAGE SPA TRAINING METHOD

PREGNANCY PURE MASSAGE (75 MINUTES)

Our pregnancy massage was developed to support you and your body acknowledging and respecting the changes and all the different stages that the body experiences during these months. With specific position and dedicated techniques, the massage takes care of both mum and bump!

HOME COMING JOURNEY (120 MINUTES)

A tension melting treatment that includes a thorough work on back, neck, shoulders and chest followed by our Revitalising Face Pure Massage and scalp massage, completed with a deep healing foot massage. This particular combination can make wonders, as very often the tensions on the face origin from shoulders and back causing headaches, sleeping problems or exhaustion.

KINDLY AWAKE EXPERIENCE (120 MINUTES)

For real detox lovers! The experience starts with a sequence of heat treatments, alternated with cold showers to activate the detoxifying process in your body, followed by a deep back massage and a detox treatment with thorough abdominal work, lymphatic drainage and foot reflexology. The deep activation of the body will leave you blissfully relaxed and we highly recommend you to avoid any extended physical activity afterwards, but rather plan an easy day to support your body in adjusting to the healthy changes.

BODY MOVEMENT (75 / 90 MINUTES)

Body Movement Pure Massage is a result of Beata's extensive research to create best possible combination of different traditions, concepts and approaches to the body work in order to deliver modern, effective treatment with cloths on and without using massage oil.

The main part of the treatment is a series of deep stretches, but to make sure that they are effective and save, all your muscles will be relaxed first through gently rocking, that will also allow all your joints and ligaments to go back to alignment and balance. Some muscle work will be performed as well to allow you a full experience of being stretched, relaxed and in the same time refreshed and full of energy.



!QMS QUALITY MEDIC SKINCARE

Founded by Dr Schulte from Germany, !QMS products and treatments are rooted in science that results driven giving instant results and healthier, stronger and radiant younger looking skin.

!QSMEDICOSMETICS

!QMS SIGNATURE REJUVENATING FACIAL

An amazing 50 minute facial for both men and women is a combination of hands-on and results driven products which remarkably rejuvenate, nourish and hydrate the skin. Complexion looks plumper, smoother and glows with health.

ADD ON...

- A 15 minutes **OXYGEN BOOST** uses a high-tech, cool jet of pure Oxygen to smooth fine lines and plump up the skin.
- A 15 minutes **EYE REVIVER** is ideal for lifting tired and puffy eyes, this relaxing treatment provides complete rejuvenation for the delicate eye area.
- A 20 minutes **LIP ZONE REPAIR** is designed to visibly smooth fine lines and wrinkles on the upper lip area.
- A 15 minutes **LIFT AND CONTOUR** uses advanced skincare and massage techniques to release tension in the neck, chin and along the jawline and gives an immediate lifted and toned effect.

COLLAGEN REJUVENATING FACIAL

Our 90 minutes collagen facial is designed to address the loss of collagen, the main cause of skin aging. This facial features unique 70% natural soluble collagen. Your skin is revitalized and looks more youthful and healthy.

SK ALPHA REVITAL REVIVER FACIAL

A 90 minute intensely stimulating facial using a unique thermal-active revitalizing mask specifically designed to stimulate micro-circulation giving an instant boost leaving the skin visibly smoother and more radiant.

NEO TISSUEDERMIE FACIAL

A 90 minute firming toning anti-aging treatment designed for more mature skin. This facial extends to the delicate neck, décolleté area with the use of !QMS powerful scientifically proven products.

SKIN RENEWAL FACIAL

An exclusively designed 90 minute Skin Renewal Facial supports and enhances the skin's own stem cells, this innovative treatment noticeably improves the skin leaving it smoother, firmer and brighter.





iLA BODY TREATMENTS

iLA products are totally organic, founded on natural, ethical integrity and hand-blended in the heart of the English countryside. Their treatments are renowned for beautifully bridging the gap between body and soul.



NOURISHING BODY SCRUB

A 50 minutes Himalayan salt crystals scrub with moisturising and calming essential oils for a nourishing and soothing combination.

ADD ON...

- a 40 minutes **NOURISHING WRAP**
An exotic wrap combining Rose, Sandalwood and many other essential oils with warm and cool packs to help nurture, calm and balance the system.

iLA ROSE AND ALOE SUN COOLER WRAP

A 90 minutes soothing, cooling mist of Rose hydrolat, cooling massage with soothing Body Cream for Glowing Radiance together with a Rose and Aloe Vera gel wrap is gently applied over sensitive skin to replenish and refresh.

iLA CHAKRA WELLBEING

This bespoke 120 minutes treatment works on the muscles, lymph and nervous system as a whole. Based around seven blends of chakra-balancing essential oils. This ritual involves deep relaxation of the nervous system, lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye to restore and relax every sense.

iLA COUPLES CONNECT

An exquisite 120 minutes couples treatment involves a body scrub, body massage, an Ananda facial and Shirodhara – a blend of warm oils flowing soothingly over the third eye for inner peace and pure harmony between two souls.

PURIFYING BODY SCRUB

A 50 minutes Himalayan Salt Crystals scrub combined with purifying essential oils revs up circulation, purifies, reduces the appearance of cellulite and brightens the skin leaving you looking and feeling more polished and vibrant.

ADD ON...

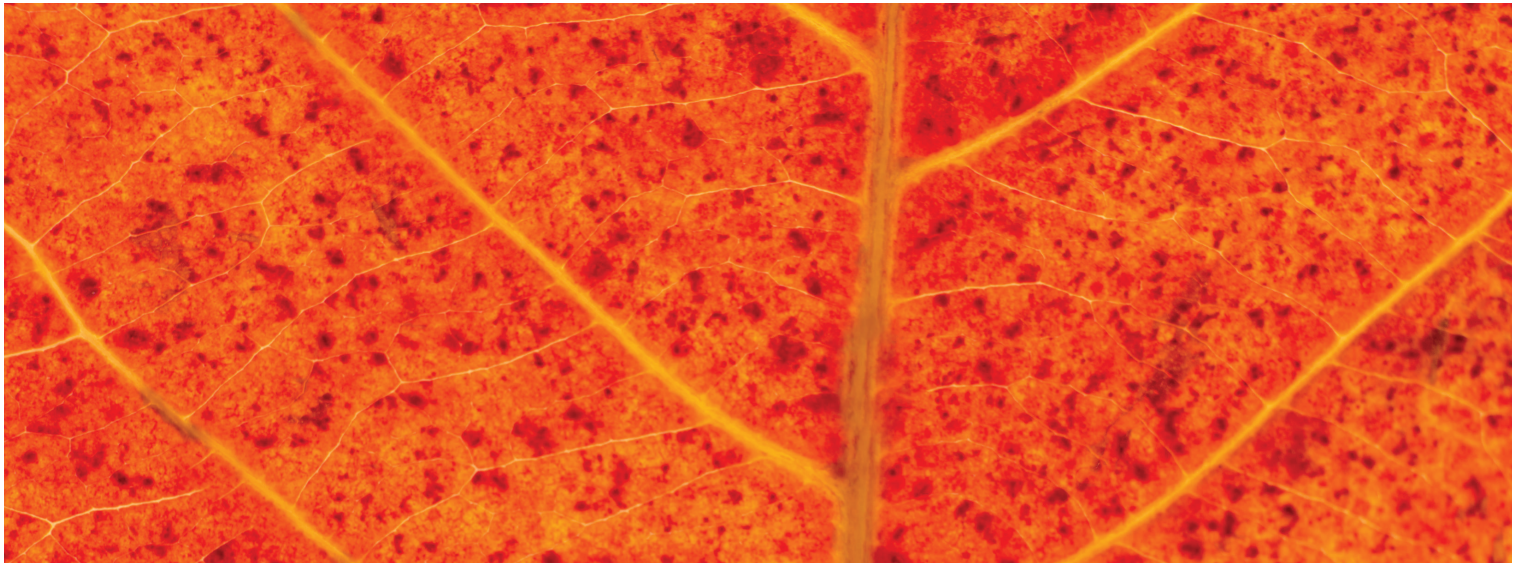
- a 40 minutes **DETOX WRAP**
A more bracing, firming seaweed wrap that helps reduce the appearance of cellulite, improving skin texture and hydration.

iLA HAMMAM TREATMENT

Our 90 minutes Hammam is a purifying and softening ritual that includes black soap and Kessa glove scrub. An argan seed scrub and rhassoul clay is then applied over the whole body before a soothing rose milk is poured onto the skin for super nourishment. You are finally anointed with Body Cream for Glowing Radiance.

iLA ADRENO RESTORE TREATMENT

This strengthening 120 minutes therapy uses ingredients in a targeted scrub and wrap to keep adrenal-function at optimum levels. Naturopathic warmed adrenal packs direct the healing benefits together with a balancing Ku Nye massage follows - a Tibetan body massage to balance the five elements to restore a harmonious flow of energy and vitality.



MARGARET DABBS NAILS & SPA

We offer first class sole therapy with a difference – fusing health and beauty and providing outstanding care that visibly transform the feet and hands. Performed to the highest standards, nail technicians professionally trained by Margaret Dabbs London offering the optimum results.

Margaret Dabbs LONDON

THE MARGARET DABBS SUPREME MANICURE

Our outstanding 60 minutes signature manicure for the ultimate in nail treatments. Giving outstanding results and with the indulgence of the full range of Margaret Dabbs London products and finishing with a wonderful hand and lower arm massage and perfect polish.

THE MARGARET DABBS SUPREME PEDICURE

Our outstanding 60 minutes signature pedicure for the ultimate in foot treatments. Giving outstanding long lasting results and with the indulgence of the full range of Margaret Dabbs London products and finishing with a foot bath, a wonderful foot massage and perfect polish. Pure transformation.

A 50 minutes GENTLEMEN'S MANICURE

A 60 minutes GENTLEMEN'S PEDICURE

NAIL SHAPE AND POLISH takes 30 minutes

NAIL SHAPE WITH FRENCH POLISH takes 30 minutes

DEEP SLEEP REFLEX FOOT MASSAGE takes 20 minutes

NAIL POLISH takes 20 minutes





GENTLEMEN'S TONIC

Caters for the well-heeled men who prefer to look smart and well-groomed in a modern but classic style. Javvu Spa at Amilla Fushi is proud to showcase Gentlemen's Tonic men's traditional barber and grooming treatments because they are the finest.



20 minutes TRADITIONAL FULL WET SHAVE

30/40 minutes ROYAL WET SHAVE

60 minutes for our LUXURY BESPOKE SHAVE

15 minutes for EYEBROW THREADING

30 minutes for a deeply relaxing INDIAN HEAD MASSAGE

30 minutes mini GENTLEMEN'S FACIAL

30 to 40 minutes for a HAIR CUT AND FINISH

30 to 40 minutes for a SCALP SHAVE

30 to 40 minutes for your BEARD DESIGN

20 to 30 minutes for your CHILDREN'S CUT (2-14yrs)

30 to 60 minutes for a FATHER & SON HAIR CUT AND FINISH

30 to 45 minutes for a SEMI & PERMANENT COLOR
(TO COVER GREY)



LOUISE GALVIN

Louise's own luxurious and natural as possible hair care range has no "Nasties" - NO Silicone, SLS or PGI, Parabens and Synthetic polymers. Louise believes chemical ingredients including Silicone undermine and destroy our hair's natural ability to shine and her tag line is "Healthy Scalp- Healthy Hair - Be kind to your hair - and yourself - today".



LOUISE
GALVIN

VITOX™ HIGHLIGHT BRIGHTENER

Louise's 30 minutes pioneering Vitamin C hair detox brightens your highlights that are looking a little lackluster and helps to strip away any environmental or product build up. (Not suitable on Grey Hair or darker tints)

ADD ON...

- a BLOW DRY

LOUISE GALVIN GOLDEN SHIMMER BEACH GLOSS FOR BLONDES

A 30 minutes Translucent Conditioning Golden Beach Gloss by Louise Galvin adds a lustrous gold shimmer to add shine and body to your hair. Ideal for blondes wanting to add shimmer, shine and body.

ADD ON...

- a BLOW DRY

NOURISHING INTENSIVE TREATMENT WITH MICRO STEAMER

A 30 minutes Louise Galvin Intensive Treatment Masque is applied to the hair with a relaxing full head massage. To intensify the treatment, 20 minutes under our Micro Steamer will ensure maximum penetration of the product to nourish.

ADD ON...

- a BLOW DRY

LOUISE GALVIN BEACH GLOSS FOR BRUNETTES

This 30 minutes treatment is ideal for brunettes wanting to add, shine and body. It enriches color to sun faded ends and can also be used to blend grey hairs. Micro steamer is used to intensify the gloss and nourish the hair.

ADD ON...

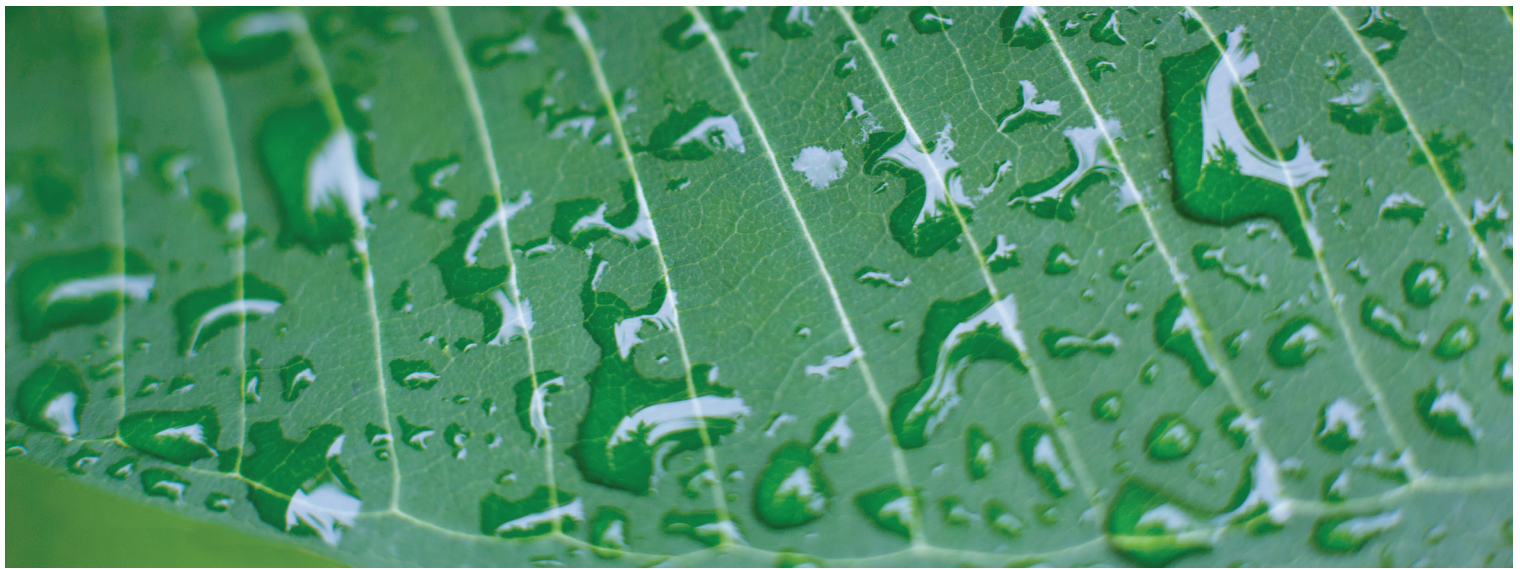
- a BLOW DRY

LOUISE GALVIN NOURISHING SUNRISE TO SUNDOWN TREATMENT

Masque can be applied in the morning and left on all day to deeply nourish hair and protect from both the sun and sea. Return to the salon at the end of the day for your natural tousled blow dry. Suitable for all hair types.

LOUISE GALVIN TREATMENT WITH BLOW DRY

A nourishing hair wash, conditioner followed by a luxurious photo finish blow dry for a chic glamorous finish (Treatment time will vary depending on hair length).



WELLNESS MENU

“A wise man ought to realize that his health is his most valuable possession”. Hippocrates

INTUITIVE REFLEXOLOGY

This therapy is 90 minutes and is based on the principle that reflex points on the feet, hands and ears correspond with all our body organs and systems. With Intuitive Reflexology the healing is profound, stimulating the body's own healing process further which allows the body to re-establish energy flows and therefore creating a foundation for balance which results in better health.

ADD ON...

- a RAINDROP THERAPY
- which is a wonderfully powerful 30 minutes of healing therapy combining the art of aromatherapy providing a revolutionary means of bringing balance and harmony to the body - physically, mentally and emotionally.

SUNRISE "STARTING THE DAY PACKAGE"

135 MINS | \$285++

Sunrise Workout by BODYISM welcome the day. Specialized in creating long, lean, athletic bodies, by building through their customized nutritional protocols and movement and exercise programs. Our special designed treatment Body Movement Pure Massage are combination of different concepts and approaches to the body work in order to deliver modern. This treatment are no oil treatment is effective to release the muscles stiffness in your body through gently rocking and deep stretches that will also allow all your joints and ligaments to go back to alignment and balance.

SUNSET "FINISHING THE DAY"

120 MINS | \$250++

Finishing the day, it is through yoga that we still the mind of meditation, a series of gentle or strong poses and breathe work that brings us to a place of restfulness and being. 60 minutes Hatta Yoga is a balanced combination of sustained poses as well as poses flowing in mindful progression from one to another.

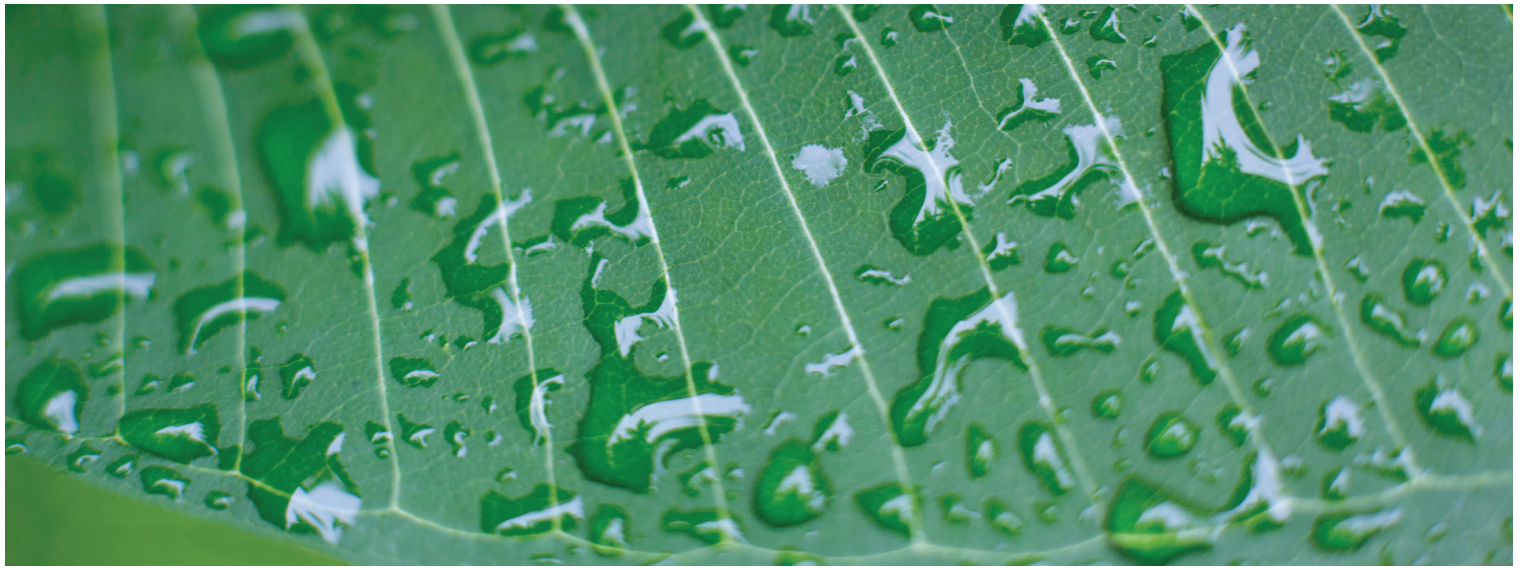
Our ultimate 60 minutes Body pure massages are tailor made to your personal needs and will gradually re-educate the ability of your body to relax and release the tensions.

HEALTHY ME "DETOXIFYING"

120 MINS | \$250++

Mindfulness Yoga; observing breath and body. It is an oriented yoga session with emphasis on breathing and combination of movement postures of Prayanama, Surya Namaskara and Mediation.

Our beautiful 60 minutes Body Balance Massage a gentle yet very effective treatment that helps the body to efficiency detoxify, providing also a deep sense of relaxation. A great start to a new healthier lifestyle combined with diet, detox plan and exercise. Plan a course of two or three treatments every other day and to get the maximum benefit!



MOVEMENT AND SPIRITUALITY

YOGA

Your choice of a 60 or 90 minutes private yoga class is when we find the time for ourselves without striving towards that which always seems to lie just beyond our reach. We are often caught up in DOING rather than BEING, in action rather than awareness. It is hard for us to picture ourselves in a state of complete calmness and restfulness where our thoughts are not continually bopping all over the place. It is through Yoga that we can still the mind with meditation, a series of gentle or strong poses and breath work that brings us to a place of restfulness and Being.

PLEASE CONSULT WITH YOUR YOGA INSTRUCTOR FOR MORE INFORMATION.

PILATES

Pilates is a physical 60 or 90 minutes fitness system developed in Germany by Joseph Pilates. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core and improving coordination and balance.

