

An underwater photograph of a coral reef. In the foreground, there is a large, branching, orange-brown coral structure. Below it, there are smaller, more delicate coral branches and some blue, sponge-like organisms. Several small, dark fish are visible swimming in the clear blue water. The background is a solid, light blue color, suggesting a deep or open water environment.

*the  
island spa*

*Come to us and return to your self*







*"For whatever we lose (like a you or a me),  
It's always our self we find in the sea."*

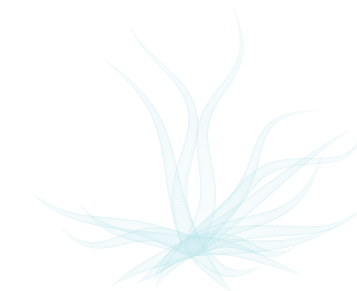
E.E. Cummings

**Arrive by boat and stay a good long while at The Island Spa,  
a true retreat for relaxation and reconnection.**

**You may have already swum, surfed or even dived – now it's time to take things deeper.**

Refresh, rebalance and rejuvenate with wellbeing classes and pioneering OSEA treatments that draw on the healing properties of the ocean – from sea oxygen and sea salt to wild-harvested seaweed and nutrient-rich sea algae.

Restore your primal connection to the ocean through naturally radiant skin, a strong vital body and a clear calm mind. As our therapists rock you back to health, reconnect with the essence of your true self.





*"You are not a drop in the ocean.  
You are the entire ocean in a drop"*

Rumi

## the depths of our treatments



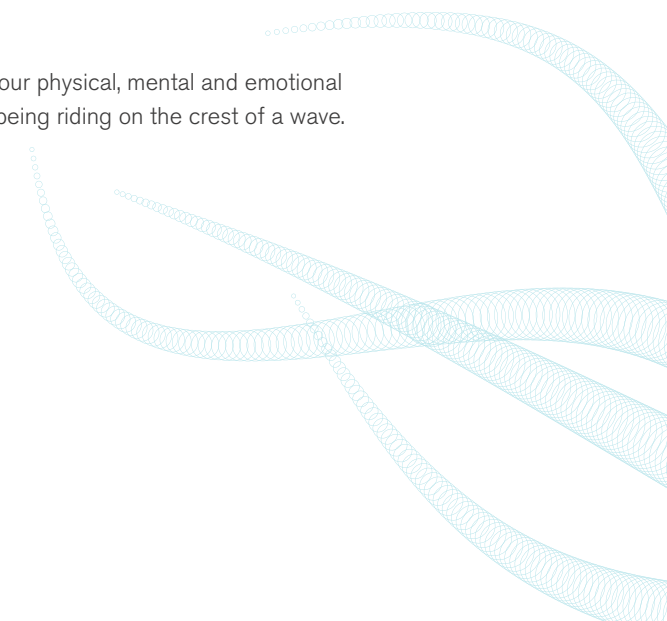
Incredibly effective treatments designed to have deep therapeutic impact in the minimum amount of time. Every moment counts: every second will take you closer to you.



Exploratory experiences that draw on the essence of the ocean to restore a sense of harmony and ease, and encourage a deeper reconnection with your true self.



Immersive, healing journeys designed to support your physical, mental and emotional wellbeing at the deepest level, leaving your entire being riding on the crest of a wave.





## our seaweed stars

**Seawater contains the same percentage of salt as human blood, sweat and tears.**

**It also contains the same 66 trace elements, vitamins and minerals as the human body.**

Seaweed absorbs these nutrients – a vast range of natural hydrating, softening, toning, slimming and anti-ageing properties – that can then be absorbed by the skin with wonderful results.

Our OSEA treatments feature seven different organic seaweeds, hand-harvested from the most pristine waters on the planet. The three key ones are gartina, undaria and macrocystis, which we use in powder, whole leaf and extract forms.

Here at The Island Spa, we also use mineral-rich sea grass, sustainably harvested from our own lagoon.

### **Gigartina skottsbergii**

Gigartina is a red algae with extraordinary moisturising, antiseptic and disinfecting properties. It is rich in polyunsaturated fatty acids and unsaturated fatty acids (the basis of lipoproteins and cell membrane building) as well as a particular mucopolysaccharide that helps lock in moisture and boost the production of collagen.

### **Undaria pinnatifida**

Undaria is a brown algae that keeps skin looking young and healthy. Rich in sodium, iron, potassium, calcium, iodine and many B vitamins, it slows down the 'ageing' enzymes that break down hyaluronic acid and collagen, which keep skin hydrated and firm. It also helps protect against UV light and environmental pollution.

### **Macrocystis pyrifera**

Macrocystis is the largest of all algae. Commonly known as giant bladder kelp, it is an antiseptic and anti-irritant that helps heal scrapes and sun-damaged skin while improving skin texture and wrinkles. High in iodine, vitamins and minerals, it has a jelly-like substance that gives skin a natural glow.

### **Thalassia hemprichii**

This sea grass (also known as turtle grass) grows here in Kuda Huraa's lagoon. It is an important food for green turtles and other marine life, and helps protect the reef by filtering excess nutrients. It also has anti-inflammatory, antibacterial and antioxidant properties – natural benefits that are now extended to The Island Spa.







Face

Our OSEA facials use nutrient-rich organic wild sea algae and include a bespoke cleanse, mask and massage. Each begins with OSEA's signature cranial hold to centre and calm body and mind.



DEEP

**Island Rescue**

60 minutes

*Return to luminosity*

With a gentle sea oxygen peel to lighten the complexion and regenerate sun-damaged skin.

**Beach Boy**

60 minutes

*Return to calm*

With specific soothers to rejuvenate skins ravaged by sun exposure, razor burn and time.



DEEPER

**Sea of Life**

90 minutes

*Return to radiance*

With powerful botanicals and cranial sacral therapy to boost collagen and enliven skin.



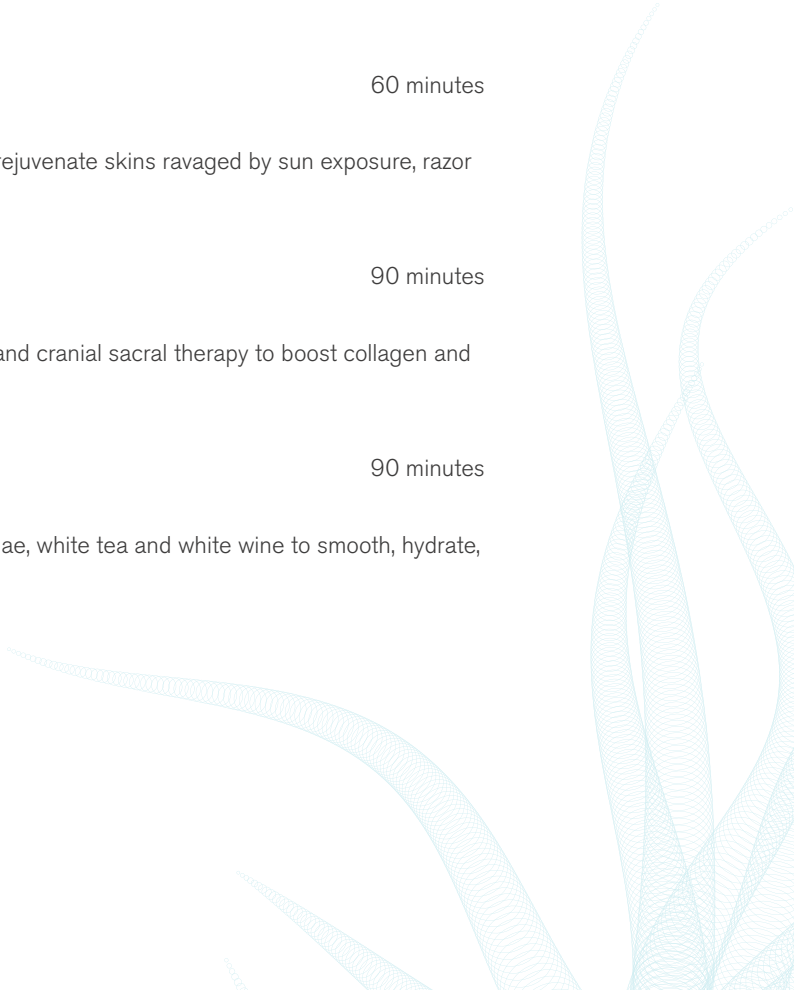
DEEPEST

**Tides of Time**

90 minutes

*Return to youthfulness*

With anti-ageing white algae, white tea and white wine to smooth, hydrate, firm and tone.







massage

All our massages and OSEA body treatments include a Cranial Wave Ritual to bathe your nervous system in total peace.



DEEP

- Islander** *Return to serenity* 60 | 90 | 120 minutes  
Our head-to-toe fusion of Indian Ocean specialities – long strokes, pressure points and stretching.
- Deep Sea** *Return to ease* 90 | 120 minutes  
Deep pressure techniques to relieve tension, drain toxins and soothe strains.
- Surfer** *Return to balance* 60 minutes  
With strong targeted pressure to rebalance board bodies.
- Thai Balance** *Return to alignment* 60 | 90 | 120 minutes  
A meditative mix of palm-pressing, stretching, joint mobilisation and acupressure for holistic harmony.



DEEPER

- Lava Shell** *Return to relaxation* 90 minutes  
Swedish massage with heated Indian Ocean seashells to melt away tension.
- Shape & Sculpt** *Return to tone* 90 minutes  
With cupping and firm massage to reduce cellulite and sculpt your body.
- Atlantis** *Return to power* 90 minutes  
A crystal massage inspired by tales of Atlantis, where crystals were used to channel cosmic forces.
- Maternal Waves** *Return to unity* 90 minutes  
Customised soothing that cradles baby and mother-to-be in joint serenity.



DEEPEST

- Kuda Huraa Healing Waters** *Return to tranquillity* 60 | 90 minutes  
Performed lying face up on cushions of warm water, our pioneering full body therapy will lull you into a complete state of tranquillity and leave your spirit floating.





## scrubs



**Ocean Cleanse** 30 | 60 minutes

*Refreshing renewal*

An invigorating brush and scrub with wild sea algae and sea salts.



**Deep Dive** 75 minutes

*Intense cleansing*

The ultimate head-to-heels super scrub with wild gigartina and a Black Sea algae facial exfoliation.



**Deepest Dive** 90 minutes

As above with the added benefits of a Gigartina Beauty Bath.

## wraps



**Sun Soother** 75 minutes

*Healing hydration*

With wild algae, aloe vera and green tea to cool and soothe face and body.



**Undaria Detox** 75 minutes

*Pure cleansing*

A concentrated detoxification therapy that refines skin and boosts circulation and micronutrients.



**Gigartina Cocoon** 90 minutes

*Peace out*

Surrender to serenity with this indulgent gigartina-based mineral brush, scrub, mask and back massage.







## bathing

Soak in solitude, enjoy as a couple or add to any treatment on the menu for an enhanced spa experience.



### Sea Lavender Salt Bath 30 minutes

A soothing, relaxing bath infused with deeply moisturising gigartina flakes, fragrant coastal sea lavender and mineralising sea salts.



### Gigartina Beauty Bath 30 minutes

A beauty-boosting bath that hydrates, softens and tones skin. With the purple-hued powder of organic gigartina to restore radiance and undaria to stimulate collagen production.



### Super Green Marine Bath 30 minutes

Cleansing and anti-ageing – this therapeutic super soak uses undaria algae and Maldivian sea grass to reduce water retention, hydrate skin, improve circulation, and firm and hydrate at the deepest level.

## therapies

Specialised therapies to enjoy on their own... or add to any treatment for enhanced harmony and clarity.



### Jalaneti 30 minutes

*Return to clarity*

Jalaneti uses warm salt water to relieve sinus congestion and migraines.



### Reflexology 30 | 60 minutes

*Return to harmony*

Pressure point massage for the feet to unblock your qi and harmonise your system.



### Reiki 60 minutes

*Return to natural energy*

Gentle yet powerful hands-on energy work to reduce stress and boost vitality and health.





## hair

### Free Flow

60 minutes

Free the secret to lustrous hair with nourishing neem oil and a mesmerising Indian Head Massage to encourage the flow of nutrients to the hair follicles.

### Gigartina Deep Conditioning Treatment

60 minutes

An intense mineral-boost direct to the hair, roots and scalp. With wild gigartina sea gel for maximum silkiness and strength.

## nails

### Shallow Waters

30 minutes

An instant fix for nails including a cut, file and polish or buff. Gel nail polish available.

### Deep Sea Manicure

60 minutes

With nourishing seaweed soak, brightening mask, organic cuticle care and massage. Add polish if you so choose.

### Deep Sea Pedicure

75 minutes

With mineral-rich foot soak, seaweed scrub, organic cuticle care and reflexology. Add polish if you so choose.

## body sugaring

Discover the benefits of hair removal and skin clarification with Smoother™: a revolutionary, virtually pain-free system that uses an all-natural sugar paste to remove hair at the root, increase softness, unclog pores, eliminate ingrown hairs and remove dead skin cells. Suitable for all skin and hair types, it leaves legs, face and body silky smooth, visibly clear and sunshine ready.

### Body Sugaring for Hair Removal

Removes hairs as short as 1.5mm. Non-invasive and virtually pain free. Safe on psoriasis, eczema and varicose veins.

## beauty







rituals



DEEP

**Beach Break** *Return to rest*

90 minutes

Ride a wave of relaxation with this restorative sea salt and wild algae scrub and stimulating massage. Ideal for surfers and sporties, a natural analgesic cooling gel soothes sore spots while a coconut oil balm – with wild algae extract and essential oils of lemon, grapefruit, basil and geranium – reinvigorates tired muscles.



DEEPER

**Marine Brightening** *Return to luminosity*

120 minutes

A full body and face treatment with white algae, sea oxygen and vitamin C for a radiant all-over glow. Gentle resurfacing with undaria and gigartina removes dry, damaged skin, followed by a customised brightening mask to target dark spots and stimulate cellular regeneration. Whole body skin brushing and deep moisturisation results in skin that shines with health and luminosity.



DEEPEST

**Sea of Life Ritual** *Return to peace*

150 minutes

Drift away with this peace-inducing, soul-soothing body polish, massage, cranial sacral therapy and hair conditioning treatment with wild seaweed and undaria algae oil. Along with promoting a sense of deep calm and clarity, wild undaria algae conditions, refreshes and revitalises. The ritual ends with a Super Green Marine Bath for the ultimate in peace-inducing pampering.

**The Big Blue** *Return to wellbeing*

150 minutes

An immersive, super-hydrating experience for face and body – the ideal end-of-holiday indulgence to counter the drying effects of sun and sand and hydrate at the deepest level. Features a sea lavender salt bath, calming and centring spinal oils, cocooning gigartina and aloe body wrap, extra-long wild algae massage and hydrating gigartina face compress.



# night spa



## SECRETS OF THE SEA

150 minutes

### *Return to self*

Stop the storm of stress and self doubt and attune to your inner stillness with our magical, soul-soothing Night Spa ritual – performed on a private beach beneath a blanket of stars...

Secrets of the Sea focuses on the vagus nerve – the captain of the body's inner nerve centre and master of memory-making and relaxation, that tells your lungs to breathe and your heart to beat.

The body is prepared with a gentle dry skin brushing and warming wrap of Bach Flower essences and Vagus Nerve oil, followed by a Gigartina Beauty Bath for transformative relaxation.

A Kuda Huraa Healing Waters Massage and Vagus Face Treatment follows, performed on cushions of warm water, to lull tense muscles and leave your spirit floating.

Attune to the heartbeat of the ocean and the vast stillness of your inner being – and discover an energy and power that quietens the mind, balances the emotions, and fills the heart with a silent joy.







Transform yourself over time with a fusion of daily treatments.

Marine Detox

Return to firmness

Target fluid retention and cellulite with our toning seaweed therapies.

Day 1 ~ Undaria Detox Wrap	75 mins
Day 2 ~ Shape & Sculpt Massage	90 mins
Day 3 ~ Gigartina Cocoon Wrap	90 mins
Day 4 ~ Shape & Sculpt Massage	90 mins
Day 5 ~ Undaria Detox Body Wrap & Super Green Marine Bath	105 mins

Siren Song

Return to loveliness

Let our therapists pay you close attention and help restore irresistible radiance.

Day 1 ~ Kuda Huraa Healing Waters Massage	90 mins
Day 2 ~ Sea of Life Facial	90 mins
Day 3 ~ Sea of Life Ritual	150 mins
Day 4 ~ Free Flow Hair Oil Treatment	60 mins
Day 5 ~ Deep Sea Manicure & Pedicure	135 mins

Find Your Flow

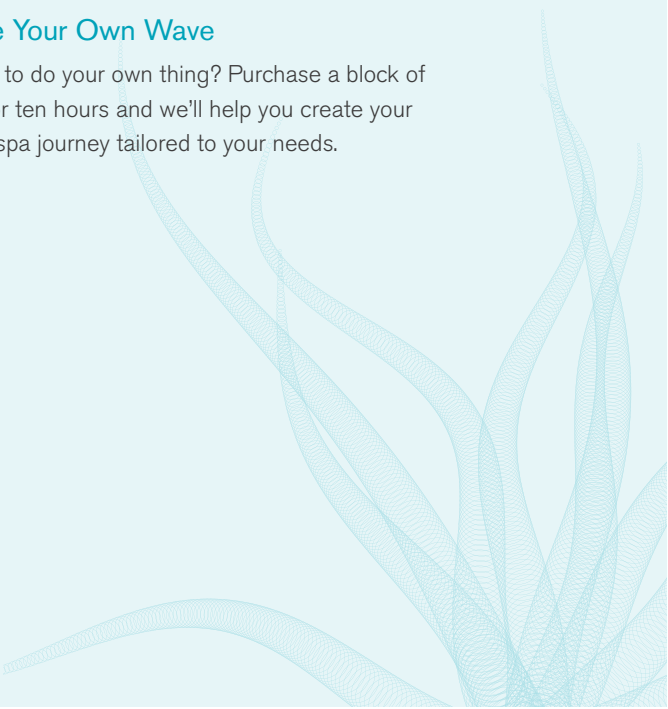
Return to source

Use yoga, Thai massage and ocean power to heal and harness your energy.

Day 1 ~ Private Yoga	90 mins
Day 2 ~ Healing Waters Massage	90 mins
Day 3 ~ Private SUP Yoga	90 mins
Day 4 ~ Thai Balance	90 mins
Day 5 ~ Private Yoga	90 mins

Ride Your Own Wave

Want to do your own thing? Purchase a block of five or ten hours and we'll help you create your own spa journey tailored to your needs.





**Rebalance mind, body and spirit with our group and private classes.**

### Yoga

60 minutes

#### *Group or private sessions*

Yoga is a holistic system of health from ancient India that helps your spirit, mind and body work in unison to make you feel your very best. Our yogis are trained to teach various styles, and will tailor private sessions to suit your needs.

**Yoga Asanas** (or body postures) – improve flexibility, strength and balance and provide relief from conditions such as back pain and arthritis. *Join our complimentary morning group class or book a private session.*

**Meditation** (or mindfulness) – helps us to process our thoughts and be more aware of each present moment, while **Pranayama** (or breathwork) helps us to relax and renew our energy. *Join our complimentary evening group class or book a private session.*

### SUP (Stand Up Paddleboard) Yoga

60 minutes

#### *Private sessions*

Doing yoga on a paddleboard builds strength, flexibility and focus and is also a huge amount of fun!

### Pregnancy Yoga

60 minutes

#### *Private sessions*

Stay safely supple and active during pregnancy.







island family

FOR CHILDREN

**Drift Off** 60 minutes  
*Includes 15 minute oil blending session*  
Create your own blend of essential oils then drift off as we massage you from top to toe.

**Magic Shell** 60 minutes  
*Includes 15 minute shell activation session*  
Witness our self-heating lava shells warm up before they work their magic on your muscles.

**Wobble Wobble** 30 minutes  
A fun and fabulous massage on a water mattress.

**Seaweed Bath** 30 minutes  
The wild way to chill out and get clean.

**Sea Nymph Mani** 30 minutes  
Hand nurturing and nail art for a bit of seaside glitz.

**Sea Nymph Pedi** 45 minutes  
The ultimate treat for little feet.

**Private SUP Yoga** 30 minutes  
Yoga on a stand up paddleboard! Can you keep your balance?

(Please note, maximum of 2 children, aged 8 or above. Must be accompanied by a parent/guardian.)

**Private Yoga** 30 minutes  
Special kids' yoga to delight and develop young bodies, minds and hearts.

TOGETHER

**Side by Side** 90 minutes  
A parent-child bonding experience, with Gigartina Deep Conditioning Treatment and either Reflexology or nail pampering.

**All Aboard** 90 minutes  
Blissful reconnection for up to four family members, with a wild algae wrap, body painting massage and shared seaweed bath.



*"We are like islands in the sea,  
separate on the surface but connected in the deep"*  
William James







**FOUR SEASONS RESORT**  
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