




DUNIYESPA
AWAKEN BODY AND SOUL

SPA & WELLNESS SERVICES 2016 - 2017

WELCOME TO DUNIYE SPA

“You are not a drop in the ocean, you are the entire ocean in a drop” - *Rumi*

At Duniye Spa our passion is wellness. We believe in the power of connection between mind and body along with the incredible healing powers of the nature surrounding us. We invite you to step into and be surrounded by the haven of serenity and calm that we have created, designed to enhance your journey to mindful and joyful living.

In Maldivian culture, Duniye means “universe” and this name was chosen as it epitomises what we stand for: A universal approach to wellness, with treatments inspired by the very best of ancient and modern expertise from around the globe. Whether you seek to make some healthy lifestyle changes, find some simple daily practices to pamper body & soul or look to rejuvenate and revitalize yourself from the inside out, we are here to work alongside you, always fine-tuning our methods with a customized approach based on your particular needs.

Connection with self, body and nature is something that is often missing in our daily and frequently busy lives. At Duniye Spa we offer you a soothing moment of calm, an opportunity to slow down, relax and be taken care of and perhaps to be inspired and guided by our talented team of healers. We invite you to experience total well being as we work to help you discover a deep sense of calm, joy and connectedness.

We believe that beauty and well being begins on the inside and therefore all products used at Duniye Spa are the result of careful and thoughtful consideration. At Duniye Spa we use chemical-free, organic and high-quality ingredients with a focus on locally produced coconut oil. Our product line is the result of the latest scientific research in the field of organic skin care. Highly effective ingredients such as peptides, Matrixyl, Cranberry extract, KigaliAfricana – just to name a few - ensure that only the best is given to your skin. Our HealingEarth™ products are developed in line with fair trade and sustainability principles and are 100% organic certified.

Suspended over the dazzling lagoon on the sunset side of the island, here secluded spa treatment rooms await in tropical huts built on stilts over the water. Just meters above the surface of the lagoon, we invite you to drift off into a state of bliss as you listen to the music of the waves beneath you.

Allow us to share our passion for beauty, healing and well being with you. We welcome you to experience all we have to offer as we assist you on your path to holistic, joyful and healthy living.

In warmth,

Renate Hermes

**Renate Hermes
Group Spa Director, Duniye Spas**



Our Innovative Spa Menu has been thoughtfully designed with healing and rejuvenation at the centre of everything. We believe that healthy cuisine should be a joyful experience for the palate and we are committed to bringing to life our firm belief that wellness begins from within.

We encourage you to begin your day with a specialised blend of Morning Tea along with a fresh fruit platter and raw chocolate Dip or our zingy blueberry, mango and pomegranate cups.

For lunch you may choose to savour one of our customised bento boxes with delectable elements such as seared tuna, coconut brown rice, Thai herb salad, sesame soba noodles, zucchini spaghetti, Vietnamese vegetable rolls or watermelon feta salad.

Afternoon refreshment options include an iced lemonade and cucumber popsicle served poolside or a selection of freshly made and delightful smoothies such as fresh berries or banana coconut.

Delicious dinners await you with mouth-watering selections such as Dukkha spiced prawns, pomegranate, caramelized lime and cauliflower chowder, sweet garlic mango rice paper rolls and freshly made guacamole along with spinach and tofu dumplings, Cucumber basil mint salad and grilled beef fillet with spinach.

For the sweetest of endings we invite you to sample our citrus salad with almond yoghurt and our raw chocolate mousse along with a delicious toasted coconut chamomile panna cotta.

SIGNATURE TREATMENTS**

Includes our Asian inspired traditional and refreshing foot ritual to unwind and connect.

SENSE OF TOUCH

Our signature massage: a sense seducing escape from daily life. Combining the world's best massage techniques; inspired by African and oriental healing traditions, expect a deeply relaxing and uplifting massage experience. Ginger and 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 and deep hydration.

75 minutes US\$ 114

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 a revitalizing foot therapy along with 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\$ 136

MALDIVIAN ISLAND PARADISE

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.
- Balinese or muscle ease massage with 100% virgin coconut oil.

120 minutes US\$ 178

Prices are subject to 12% GST.

COUPLES INDULGENCE**

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.

- Balinese Massage – restoring & calming
- 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\$ 382 per couple

HONEYMOON INDULGENCE

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\$ 312 per couple

HIM & HER Romantic Indulgence!

Enjoy a candlelit room with the aromas of pure essential oils and indulge in a restoring and calming Balinese Massage, followed by champagne to savour after this treatment.

75 minutes US\$ 218 per couple

**** OUR RECOMMENDATION**

Complete with a tropical bath soak with pure floral aromas essences and tropical refreshment.

20 minutes US\$ 22 per person

20 minutes US\$ 34 per couple

Prices are subject to 12% GST.

MASSAGES OF THE WORLD

60 minutes US\$ 99

75 minutes (with herbal poultices) US\$ 114

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 healing herbs (poultices) are used for profound deep healing and release of muscle tension.

ORIENTAL MASSAGE

Restoring and balancing, using stronger pressure and a combination of Balinese, Thai and Indian head massage.

THERAPEUTIC MESSAGES

HIMALAYAN SALT STONE MASSAGE

Healing aromatherapy massage incorporates warmed, ethically sourced Himalayan Salt Stones that contain 84 mineral trace elements, which reduce stress, tension, pain and inflammation. Through osmosis the nutrients enter naturally the body to activate your natural healing. Experience a deep sense of balance and wellbeing. Includes detoxifying foot ritual.

75 minutes US\$ 114

THAI MASSAGE

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

60 minutes US\$ 99

90 minutes (with herbal poultices) US\$ 124

Prices are subject to 12% GST.

BODY CARE

**AFRICAN PINOTAGE BODY CONTOUR RITUAL
FIRM & NOURSIH**

Thebodyexperiencetorepair,nourishandfirmtheskin. The Pinotage body polish nourishes and stimulates skin renewal while firming the skin. With a specialised massage we add nutrients with the use of nourishing African Potato Balm to redefine the contours of the body whilst stimulating blood and lymphatic flow.

75 minutes US\$ 118

**TROPICAL ALOE VERA RITUAL
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

**COCONUT BODY POLISH
EXFOLIATE & MOISTURISE**

Asoothingbackmassagewithwarmcoconutoilprepares 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\$ 92

**GINGER LEMONGRASS BODY POLISH
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\$ 92

Prices are subject to 12% GST.

FACIAL CARE

includes the highly celebrated antioxidant-rich pinotagegrape seed oil. Blended into unique formulations enhanced with 100% pure active ingredients of natural essential oils, essences and potent plant extracts ensuring the delivery of outstanding results. Healing sounds of Tibetan singing bowls enhance all facials and balance your body's energy on a cellular level. Experience the powerful beauty of nature on your skin.

BIO-ACTIVE PERFORMANCE FACIAL

Healing Earth™ facials with highly concentrated pure organic serums cater to your individual skin concerns. The facials are customized to your individual skin type to ensure stunning and visible results. Our skin therapist will advise the best treatment options for you.

60 minutes US\$ 102

VITA FIRMING HYDRA BOOST FACIAL

The absolute lifting, firming and hydrating therapy to restore skin vitality. 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 appearance of your skin.

75 minutes US\$ 108

MAN SPACE PURIFYING FACIAL

Starting with a back massage to wring away tension and stress, followed by a facial treatment specially designed for the male complexion to purify, hydrate and revitalise skin. Ideal for frequent air travellers and those with stressful lifestyles.

60 minutes US\$ 102

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

Prices are subject to 12% GST.

HOLISTIC WELL BEING

Restore your vital energy with our range of traditional therapies, mindfulness practices, yoga and meditation.

SOUND HEALING

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 energy, body and mind.

60 minutes US\$ 99

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

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

YOGA

In the practice of yoga the ultimate aim is one of self-realisation and self-development. Allow our yoga instructor to lead you into a practice, which aims to realign and balance body and mind.

** Refer to wellness calendar for class schedules and prices*

MEDITATION

A class of guided meditation, a journey inward, which helps to find your inner peace, allowing your inner light to shine. Enjoy a feeling of inner calm and peace of mind.

** Refer to our wellness calendar for class schedules and prices*

Prices are subject to 12% GST.

BEAUTY CARE

SOUL TO SOLE

Warm blended coconut oil infused with rosemary is massaged into your scalp following Indian traditions. A coconut hair mask nourishes your hair & scalp combined with a neck, shoulder and arm massage to wring away tension. Rounded off with 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\$ 99

COCONUT OIL HAIR ELIXIR INDIAN TRADITION 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\$ 48

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\$ 60

DELUXE SPA PEDICURE

Pamper your feet with an aromatic foot soak and scrub, followed by a traditional pedicure and foot massage with nourishing African Potato to leave your feet feeling revitalised and hydrated. Nail polish application included if desired.

60 minutes US\$ 60

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.
- Late arrivals may not be honoured and will be subject to time deduction.
- 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.
- All prices subject to 12% GST (goods & service tax)

Prices are subject to 12% GST.

SALON TREATMENTS

Please refer to our salon service list. Services such as waxing, eyebrow shaping, hair & make up are available.

ADD ON SERVICES

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\$ 54

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\$ 54

FOOTPRINT THERAPY

A therapeutic foot bath focussing on the lower legs and feet, to cleanse, stimulate and exfoliate. Stones are used to stimulate blood and lymphatic flow to reduce water retention. Completed with a relaxing foot massage to wring away tension. This treatment is ideal for weary travellers suffering from the strains of a long journey.

30 minutes US\$ 54

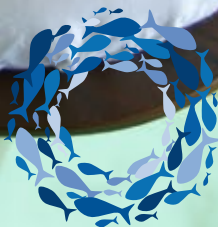
WANT MORE TREATMENT TIME?

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\$ 37

45 minutes treatment time: US\$ 56





Hurawalhi
MALDIVES