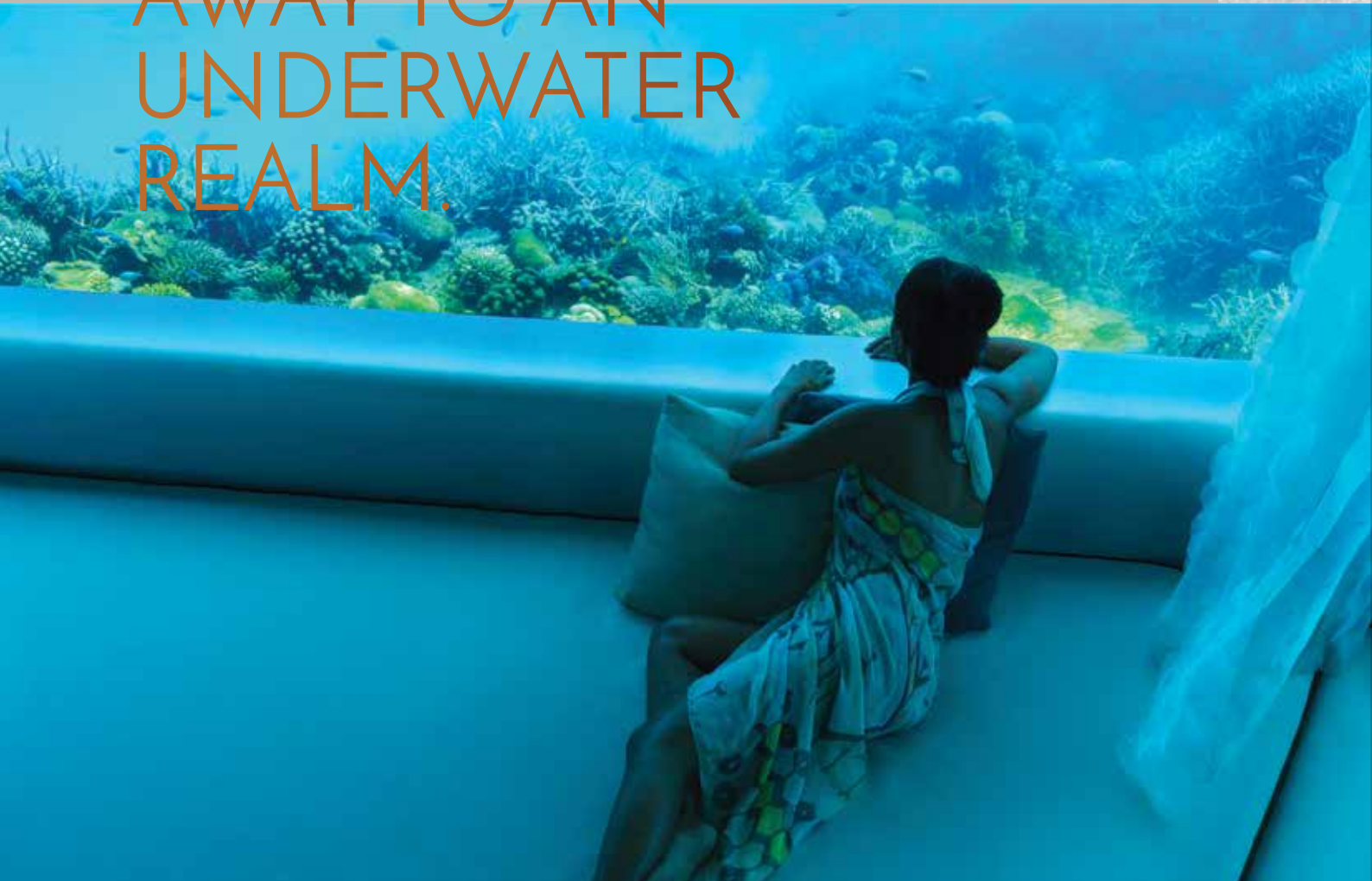


TRANSCENDENT.  
ICONIC. SERENE.

HUVAFEN SPA

# IMMERSED. SPIRITED AWAY TO AN UNDERWATER REALM.



A SUBMERGED REALM.  
SENSUOUS SURROUNDS.  
PURE REJUVENATION.  
THE WORLD'S FIRST  
UNDERWATER SPA.

A refuge for body and soul. A secret place to indulge and relax. An underwater realm that stirs the senses. Hufaven Spa is a new spa creation.

Healing hands rejuvenate and restore. Iconic treatments soothe and inspire. Expert practitioners weave the elements to create sensuous ways to nurture wellbeing.

Awaken to an ethereal world of healing. Massages, facial treatments and full-body therapies amid a kaleidoscope of sea life. Where modern techniques meet traditional Maldivian traditions.

Venture outdoors to bend and breathe above the timeless ripples of the Indian Ocean. Let Indian Hatha Yoga empower from within.

A world of infinite wellness awaits.





# PURE MASSAGE

BY BEATA ALEKSANDROWICZ

"MASSAGE IS LIKE WRITING A POEM. THIS IS WHY I BELIEVE MASSAGE IS AN ART."



## PURE MASSAGE by BEATA ALEKSANDROWICZ

"Massage is like writing a poem. This is why I believe massage is an art."

The words of Beata Aleksandrowicz, acclaimed creator of the Pure Massage Spa Training Method® – a truly modern concept of massage.

Ancient traditions and modern techniques. Eastern and Western wisdoms. A unique massage style that combines deep tissue and trigger-point techniques, energy work, Thai stretches and touch therapy.

Beata's method is both thorough and groundbreaking. Effective, injury-free massage, and therapists trained in life-coaching elements.

The author of several books on massage, Beata is published worldwide. A former columnist for The Sunday Telegraph, she is an expert contributor for numerous publications – Spa Business, European Spa Magazine and Professional Spa@Wellness.

Beata also serves on the Mental Wellness Initiative for The Global Wellness Institute and is a judge for the World Spa & Wellness Awards.



## BACK PURE MASSAGE 45/60 minutes

A special treatment that hits the core. An unbridled release from tension. Beata's 'trunk and branch' method focuses on the back, targeting deep down to address pain throughout the body. Identifying root causes of physical ails, experienced hands work out underlying tensions in shoulders, neck and lower back. An essential treatment that supports fitness and strength.

## JET LAG PURE MASSAGE 60 minutes

Newfound energy. Blissful restoration. A sensuous tonic for the road-weary soul. Deep scalp stimulation combines with gentle body stretches. Back massage targets sluggish muscles and joints, easing stiffness and tension. A treatment that relaxes and refreshes, improving lymph and blood flow. Headaches, insomnia and dehydration fade to distant memory.

## REVITALISING FACE PURE MASSAGE 60/75 minutes

Invigorating strokes and healing touches. Drift away as gentle pressure rejuvenates and restores. Feel stress and fatigue fall away, emerge a new you, radiant and glowing. Natural anti-ageing qualities lift and illuminate. A healing tonic for headaches, migraines and jaw tension.

## BODY PURE MASSAGE 60/90 minutes

Deep massage. Infinite calm. An all-over body treatment that induces pure tranquillity. Feel refreshed from top to toe as the aches and pains melt away. Relax and find your zen on this full-body journey, as abdomen, chest, face and scalp are loosened, freed from all tension. Welcome to a new realm of repose. Arise with all senses revitalised.

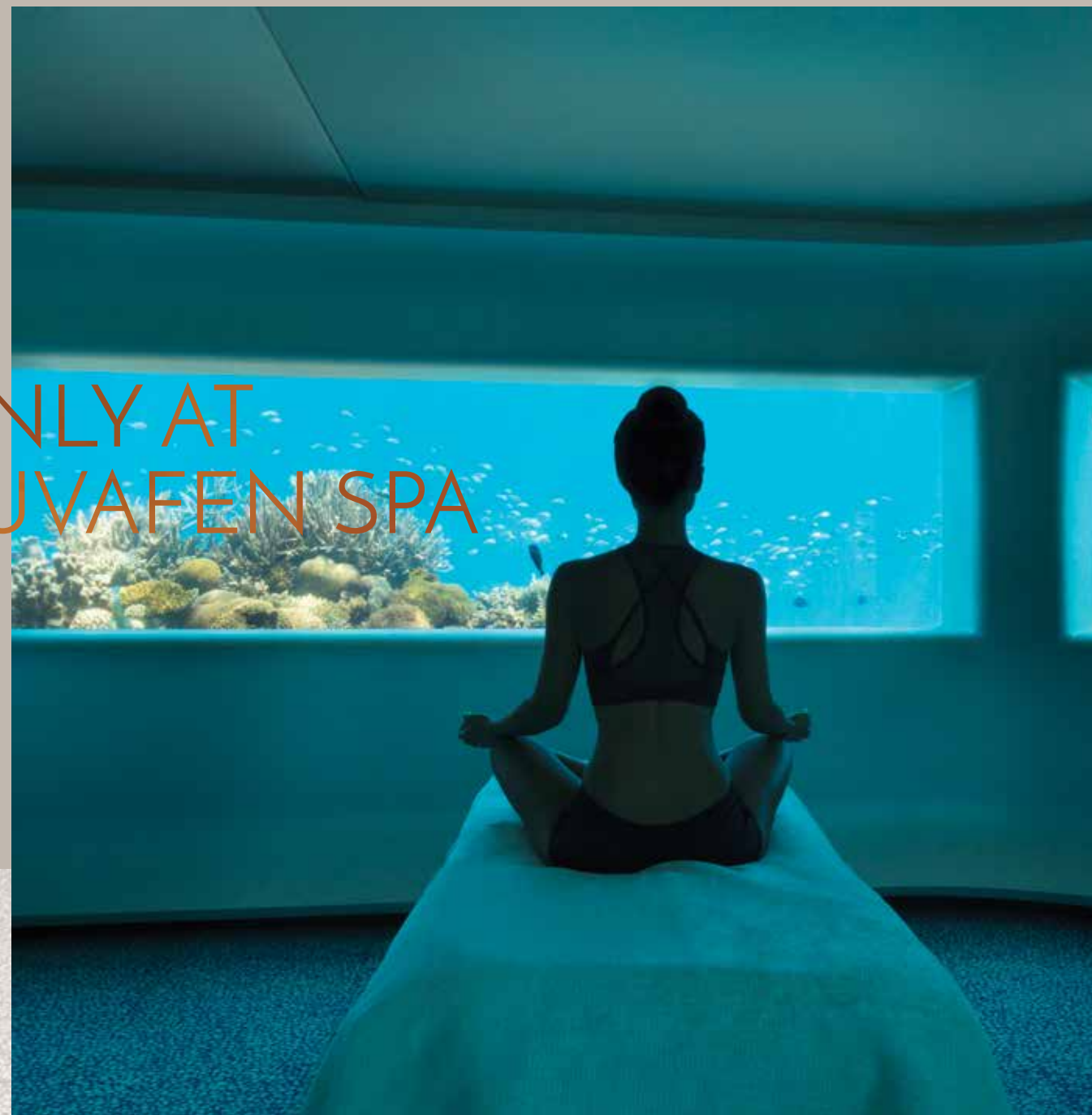
## MUM-TO-BE PURE MASSAGE 75 minutes

Precious days. Cherished treatments. For mums and mums-to-be. Specially developed massages to support the body and lift the spirit. Positions and pressures designed for ultimate comfort, every treatment tailored to the individual. A calming, soothing massage for mother and baby, one that stills the mind and eases the aches. Available from the first trimester of the pregnancy.





# ONLY AT HUVAFEN SPA



## UNDERWATER SPA EMBRACE

30 minutes per couple

Immerse yourself in the sensuous embrace of the world's first underwater spa. Descend beneath the waves to an ethereal space of beauty and bliss.

Pure rejuvenation for you and a loved one amid a kaleidoscopic canvas of Maldivian marine life. Sip Champagne as an expert massage therapist rids back, neck and shoulders of stress and tension. Marvel at a space unlike any other in the world. An underwater experience you will never forget.

The Underwater Spa Embrace treatment includes:

- Underwater viewing (15 minutes)
- Back, neck and shoulder massage without oil (15 minutes)
- 1 half-bottle of Champagne (375ml)
- This offer is available between 9am and 11am, subject to availability

## UNDERWATER DREAM

60/90 minutes

An ethereal realm of water, serenity washing over every space. Enter the world's first underwater spa. Let the Huvafen Fushi team wrap you in healing arms, soothe you with gentle hands, ensconce you in luxury. Drift away in an underwater dream.

A sensuous treatment to promote serene sleep. Body and soul in balance. Every energy point aligned. Stimulation, reflex and acupressure. Physical strength and hormonal balance restored.

In the 90-minute version, a back massage sparks even more profound rejuvenation. Enjoy lasting benefits with the restoration of quality sleep.

The stillness and tranquillity of the ocean. A massage that draws on years of sleep research, perfectly attuned to the rhythms of the body. Immerse yourself in a radiant seascape. Lose yourself in an ethereal world.

## UNDERWATER RENDEZVOUS

120 minutes

A sanctuary of serenity beneath the waves. A two-hour journey of healing and rejuvenation. Revel in pure bliss as tension eases from your neck, back and shoulders. Huvafen Spa's anti-ageing Revitalising Face Pure Massage follows, before the journey ends with a deeply soothing foot massage.

Each aspect of Underwater Rendezvous is designed to ease discomforts such as headaches, sleeping problems and tiredness. A calming underwater landscape, a place of true healing and profound relaxation. A truly unique top-to-toe treatment that brings long-lasting wellness.





# EXCLUSIVE FACIALS

BY TERESA TARMNEY



## FOR THE FIRST TIME EVER IN THE MALDIVES

Progressive procedures. Boundless beauty. Facials dedicated to revealing the perfect complexion.

Skincare expert Teresa Tarmey primes London's most flawless faces. Detox diets and facial formulas combine to achieve the ultimate in beauty.

Using a serene, holistic, flexible approach, Teresa delivers results-driven treatments. Her range of sensuous facial therapies was created just for HuvaFen Spa.

Teresa specialises in innovative products and cutting-edge technology. Rejuvenation, resurfacing and advanced anti-ageing treatments. Truly transformative facials that revive skin from within.

A regular contributor to magazines such as Vogue and Tatler, Teresa recently launched her first flagship store in London's Notting Hill. She has a residency at the world-famous Viva Mayr Clinic in Austria.



## TERESA TARMNEY TREATMENTS AT HUVAFEN SPA



## SIGNATURE FACIAL 60 minutes

Beautiful, radiant skin awaits. HuvaFen Spa's Signature Facial, curated by celebrity facialist Teresa Tarmey. With 20 years of hands-on experience she has created a results-driven treatment that can be tailored to the individual's skin type.

The Teresa Tarmey Signature Facial first cleanses and gently exfoliates. Dead skin cells are removed, without irritating the skin. Hands barely leave the skin as Teresa's world-famous massage releases muscle tension and lifts and sculpts the face. Cryotherapy is applied to sculpt and reduce puffiness. A gentle lymphatic drainage, mask and heavenly head massage to finish.

Teresa works with Exuviance skincare range, a gentle but effective approach, attuned to the Maldivian climate and sunshine. Exuviance was created Dr Eugene Van Scott and Dr Ruey Yu, widely recognised as world leaders in the field of cosmetic dermatology.

## TREATMENT ADD-ONS

### EYEBROW TINT 10 minutes

Tinting treatments carefully tailored for each individual guest. Shapes and colours that accentuate the eyes. Years of experience and the highest quality products ensure exceptional and long-lasting results.

## COOLIFTING 10 minutes

The CoolLifting treatment smooths the skin, immediately eliminating superficial wrinkles. Deep lines are reduced, promoting lasting rejuvenation. A powerful, low-temperature CO2 flow rejuvenates facial tissues, delivering a high concentration of atomised actives. Vitality and radiance returned to the skin in just five minutes.

## MICRO NEEDLING 15 minutes

Glow from within. This truly rejuvenating treatment illuminates the skin. Tiny gold-plated needles roll over the face, stimulating collagen production, gently delivering pure hyaluronic acid deep into the skin. The perfect treatment for the last day of a HuvaFen Fushi stay, ultimate rejuvenation and restoration after precious days kissed by the Maldivian sun. Gentle, effective, a treatment with wonderful results and zero downtime.

## TERESA TARMNEY SKIN WORKOUT 30 minutes

Relaxation and rejuvenation. This world-famous facial massage by Teresa Tarmey releases muscle tension as it lifts and sculpts. Just the right amount of pressure to stimulate healthy blood flow, restoring the skin's natural glow. Ultra-rested skin and a calm, clear visage.



# HUVAFEN ICONICS

## HUFAVEN COCONUT HAIR REPAIR

30 minutes

Pure, silky coconut oil. Deep scalp massage. Enter a realm of blissful relaxation. Hair revitalised and restored. Healing hands guiding you to a place of sensuous serenity. Pressure-point work encourages blood circulation and wellbeing. A treatment that restores body and lustre to every strand.

## HUVAFEN GLOW

45 minutes

Emerge from a chrysalis. Pure, new. A revitalising body exfoliation with coffee, coconut or tea. Let your skin be nourished and reborn, ready for the sun. This treatment can be a perfect prelude to any massage treatment, preparing the cells for restorative oils. Open the door to deep relaxation.

## HUVAFEN SUN REPAIR

45 minutes

A cocoon of clay. The cooling embrace of aloe and cucumber. Instant relief from the rays of the sun. Parched skin drinks deep, luxuriating in a rich cloak of nutrients. A gentle scalp massage carries you away. Cool, calm serenity – a treat for the skin and the soul.



## DHIVEHI MAALIS

90 minutes

A secret formula. An ancient tradition. A uniquely Maldivian spa experience. The name 'Dhivehi Maalis' originates from traditional local medicine. Based on an age-old formula, passed on to Huvaflen Spa Manager Aishath – a treatment steeped in Maldivian legend. Using traditional massage oil, passed down generations. Surrender to sensuality as you journey into serenity. Maldivian herbs and sands exfoliate and refresh. The gentle waters of the Indian Ocean cleanse the skin, delight the senses. Maldivian massage techniques unblock energy and boost circulation.

A truly unique Maldivian spa treatment, curated by Beata Aleksandrowicz. Artfully performed against the vividly alluring backdrop of the Indian Ocean. On an intimately draped four-poster beach sala. A transcendental spa experience. Only at Huvaflen Spa.

\*Swimwear must be worn for treatments

# ESSENTIAL NAILS

## POLISH IT UP (FOR HANDS OR FEET)

30 minutes

A flash of ruby red. Nude nails against sun-kissed skin. Bring a new hue to fingers and toes, whether prim French manicure or bold design. Polish your look with a rainbow of colours. Make a statement, mild or wild.

## FINGERS FIRST

60 minutes

Warm botanical oils soothe and restore. A rich cocoon of mud heals and softens. Aromatic oils refine and rejuvenate. Sleek nails, beautiful hands. Buffing and polishing adds a healthy shine. An elegant treatment for supple hands.

## WELL HEELED

60 minutes

Detach from the present. Float above the earth. A toe-to-heel treatment that soothes and revives. Deep sea-salt cleansing refreshes and renews. Aromatherapy nourishes tired feet. Massage pampers weary soles. Nails are buffed and polished to perfection.







# MOVEMENT

## INDIAN TRADITIONAL HATHA YOGA 60/90 minutes

Poetic balance. Poised tranquillity. Embark on a journey of wellbeing with Huvafen Fushi's internationally certified Wellness and Yoga Instructor. Exhale, inhale, as you draw power from within. Healing postures and breathing techniques calibrate mind and body to work in harmony. Balance eases stress and harnesses pure life force.

Stretch towards serenity while watching the sunrise. An overwater pavilion, an hour of true escape.

Or find your core with a private yoga session, on a quiet beach or beneath tropical leaves. Private classes and tailored programmes – yoga experiences that transcend this realm.

## PUMP GYM

Pulses race over shimmering seas. Hidden strengths are summoned amid vivid ocean views. Work out over water as stingrays glide underneath. Push beyond your limits. Embrace vitality and enter the world with renewed vigour.



# HOW TO SPA

Huvafen Spa is open from 10am to 8pm. Arrive 30 minutes prior to your appointment and sink into Huvafen Spa's serene pre-treatment spaces. Get in the mood.

## HEALTH

Your health and wellbeing is Huvafen Spa's top priority. Inform your therapist if you have any medical conditions that may affect your treatment.

## CANCELLATIONS

Please provide a minimum of 24 hours' notice if you wish to cancel. Appointments cancelled within 12 hours will incur a 50 per cent cancellation fee. Appointments cancelled within four hours will incur a 100 per cent cancellation fee.

## SPA ATTIRE

Wear what makes you feel good. Huvafen Spa provides a robe or sarong and towels.

## YOUR VALUABLES

Keep your valuables in your in-room safe. Huvafen Spa does not assume any liability for lost or damaged items of any kind.

## GREEN ENVIRONMENT

Huvafen Spa is a fresh and pure environment – a sanctuary free from air and noise pollution. Do not smoke. Silence your phone.

## RESERVATIONS

Booking treatments in advance is recommended. The Huvafen Spa team will be happy to assist.





