

*Escape*  
SPA

# Spa Menu



“To esKape to the spa is like heaven on earth!”

It’s true! You have esKaped!

Right now, you’re in the middle of a 3km-long island (desti)nation, in the middle of 1,190 Maldivian islands, in the middle of the Indian Ocean, in the middle of the world!

Forget normal, the mundane. Out with the everyday, the expected.

Once you eskape to our Spa here at Kandima...

....It’s all about YOU!

Let you mind and body  
Relax. Unwind. Heal. esKape.

# esKape Massage

#AnythingButOrdinary

## “esKapism”

90mins / \$140

Allow us to pamper you with our signature treatment. This is a relaxation massage that takes you on a journey of esKapism. Begin with a full-body exfoliation that makes your skin feel as smooth as a baby. Then flow into a Maldivian ocean dream massage using a variety of massage techniques which will be tailor-made to release your personal knots and tension areas.



## esKape Rose Candle Massage

50mins / \$90

If you like new experiences, try this unique, relaxing candle massage. Infused with the most indulgent French fragrances we can find, from the heady scent of cocoa flower to the freshness of rose & the sweetness of honey. This treatment will be drizzled over the skin for a wonderful massage treatment to melt away tension and delicately nourish skin. It will leave you feeling relaxed, rejuvenated and renewed.



## Sea Coconut Secret

80mins / \$125



The humble coconut – nourishing, soothing and adored by the Maldivian people. This is what’s used for this Oh-so Rejuvenating treatment. Starting with a foot wash to treat your feet, the Sea Coconut Secret then continues with a full body exfoliation. Naturally, this scrub consists of a fragrant toasted coconut combined with pure coconut oil to nourish, soften and soothe the skin. This incredible massage, then carries on with a tension-releasing aroma therapy treatment before finishing with some you-time and a light coconut snack.



# #MyKindOfMassage

## Balinese

50mins/80mins - \$90/\$120

One of the favourite massages, here you can enjoy a taste of Bali using traditional, ancient Balinese methods of massage. A combination of palm, thumb, elbow pressure and stretching, eases muscle tension, calms neural pathways, encourages circulation and reduces stress. Specially blended oils reinstates peace of mind with their unique calming and soothing qualities.

## Healing Aromatherapy Massage

50mins/80mins - \$90/\$120

Bring your body back into alignment with its natural rhythm as it benefits from this soft, relaxing wave-like massage with long, sweeping movements using palm pressure that soothes the body and mind. Choose from our selection of different aromatherapy oils.

## Sports

50mins/80mins - \$100/\$120

This is a massage with attitude! It kneads and strengthens the muscle tendons, giving an overall feeling of wellbeing and renewed energy!

## Traditional Thai

50mins/80mins - \$100/\$120

Experience the traditional massage from Thailand that combines yoga postures, improving mobility and flexibility of the muscles and the joints.

## Maldivian Ocean Dream

50mins/80mins - \$100/\$120

An intuitive massage where your therapist will evaluate your needs and treat your individual aches and pains. Using Maldivian coconut oil, we will combine deep pressure massage along with stretching techniques to make you feel as good as new!





## esKape Spa for two

esKape to Romance

105mins / \$350

Dive into romantic spa indulgence and truly unwind, allowing your mind to esKape. Your journey here begins with a steam bath to soothe your muscles, followed by a body exfoliation, using a blend of sea-salt extract, coconut oil and a nourishing antioxidant to restore health and glowing radiance to your skin. Continue with the Maldivian Ocean Dream massage giving you an uplifting and rejuvenating experience. The pampering will finish with a glass of bubbles and Kandima chocolates whilst daydreaming over the stunning view of the Indian ocean.

esKape Honeymoon Package

90mins / \$200

Celebrate tying the knot with some real pampering time. Banish away the tension in your body with a soothing and mind-purifying treatment. It will help to purify, summon divine energy, awaken and release the body's inner fire, strengthen the nerves, and arouse clarity and joy. Finish this treatment with a Zen express facial to remove impurities and hydrate your skin, leaving it radiant and glowing.

## esKape Scrub

### esKape Full-Body Salt Scrub

45mins/\$75

Leave our spa with new, fresh, baby soft, healthy skin – after you’ve tried this full-body scrub! We’ll remove all the dead cells and toxins from your body and finish with our Kandima oils that will heal and nourish your skin to leave it beautifully smooth.

## esKape Wraps

### Aloe Vera Sun Soother Wrap

50mins/\$80

Wrap up your body with a cooling natural cucumber yogurt and honey. This medicates the body and rejuvenates the skin. Whilst you’re cocooned, we’ll give you a nourishing scalp massage and moisturise with Aloe Vera gel to soothe and dissipate the heat from your skin. This treatment is perfect to reduce sunburn or redness. Suitable for all skin types.

### Kandima Lamnaria Slimming Body Wrap

50mins/\$120

This treatment will begin with a dry body brush to stimulate the lymphatic system. This will be followed by our Laminaria seaweed body wrap which is super rich in minerals and protein that aid in detoxing the body. Whilst you’re relaxing and immersed in the soothing wrap, you will receive a stimulating and relaxing scalp massage. Following the wrap, we will use a rich cream all over the body to moisturise the skin leaving you feel brand new!



# esKape Hollistic

## Reflexology

50mins/\$90

Reflexology is a relaxing and effective way to alleviate stress and calm issues in the body. The theory behind reflexology states that specific areas in your feet correspond to organs and systems of the body, and that by adding pressure to these points we are able to diffuse stresses within the body.

## Ear Candling

50mins/\$90

This is the Oh-so Perfect treatment for divers who have blockages in the ears. We use a pure bees wax which stimulates the muscles within the ear and removes any ear wax leaving you feeling clear and uncongested.

## Reiki

50mins/\$90

Our experienced therapist uses a healing technique which is based on the theory of channeling energy by means of touch which can activate the natural healing processes of the body to restore physical and emotional well-being. Why not give it a try?

# Mummy-To-Be Massage

50mins/80mins -\$90/\$120

We've come up with an uber special one for you! This is a gentle pressure massage that uses soothing, gliding movements over the body, relaxing and alleviating the stresses placed on you during pregnancy. Our moisturising coconut oil will leave the skin feeling as smooth as your new baby's bottom!



# Eskape Facials

## Gold Anti-Aging Facial

80mins/\$145

Want to plump your skin, reduce fine lines and leave with your face feeling tighter, nourished and brighter? This is your kind of Facial! This treatment is designed to slow down the aging process and prevent breakdown of collagen and elastin leaving you looking Oh-so Young!

## Bespoke Facial

60min/\$105

A facial created personally by #YourKindOfTherapist who identifies the problem areas of your skin and designs a treatment that's best for you.

# esKape Bundle

120mins/\$195

Want it all? Take the bundle including:

Body scrub of your choice

Laminaria Slimming Body Wrap

Bespoke Facial



# esKape Express

30mins/\$60

## Zen Facial

Starting with a cleansing facial scrub we follow by manipulating the acupressure points on the head and face. Finally, we apply a soothing face mask for instant skin relief.

## Neck, Shoulder and Back Recovery

Using a unique blend of massage techniques we release stress and tension and stimulate the flow of energy along the spine.

## Head and Scalp Reviver

Clear your head and cool your mind! An invigorating and restorative treatment which relieves tension in the head and neck using massage, whilst nourishing the hair with coconut oil.

## Hand & Foot Treat

This treatment for hands and feet uses relaxing acupressure point massage to stimulate nerve endings, and will leave your hands and feet feeling refreshed and pampered.

## Youthful Eye Indulgence

This anti-stress and anti-wrinkle treatment gives mature skin a youthful boost using a hydrating anti-wrinkle mask to reduce fine lines with an instant plumping effect.





## esKape For Our Little Guests!

50mins/\$90

Whilst you're busy getting pampered, why not let your little ones get the same Oh-so esKape treatment! These treatments are available for teens and tots, with Mum and Dad in the room!

### Kid's Pick & Mix

(Age limit: from 4 years up to 10 years)

Choose 2 from:

30 minutes back, neck & shoulders massage

30 minutes' foot & scalp

30 minutes' mini manicure/pedicure



## esKape Beauty

### Classic Manicure or Classic Pedicure

50mins/ \$80

Give your hands and feet some lovin! Your skin will be exfoliated and moisturised, cuticles tidied, nails shaped and painted to perfection with the gorgeous colour choice of OPI nail lacquer.

### Classic Combo-Mani & Pedi in One!

120mins/\$140

This Classic Combo will leave your hands and feet smooth, shiny and looking pretty! It includes all normal steps of the manicure and pedicure plus extra exfoliation of the skin and a light massage for relaxation and to make your skin Oh-so Soft.

### French Manicure or French Pedicure

60mins/ \$90

Oh la la! This sexy treatment includes exfoliation of your hands or feet, nail shaping, cuticle maintenance, followed by a French manicure or pedicure painting.

### Sole Delight For Him!

45mins/\$75

Treat yourself to a relaxing pedicure – soaking, cleansing, exfoliating and a foot massage to give your feet the pampering they deserve.

## esKape Waxing

Full Leg \$75 | Back \$50 | Bikini \$35 | Arm \$40 | Brazilian \$60

# esKape Hair

## Super Stylish Ladies

Cut & Style from \$100

### Blow dry

Short from \$50  
Medium from \$60  
Long from \$70  
Extra long from \$85

### Up style

Short from \$60  
Medium from \$90  
Long from \$120  
Extra-long from \$170

### Tint color

Short from \$60  
Medium from \$90  
Long from \$120  
Extra-long from \$150

### Highlights

T-section from \$90  
Half head from \$130  
Full head from \$200

Toner from \$50

Kids Haircut from \$25

## esKape Hair - Oh-so Kool Men

Cut & Style from \$50

Clipper cut from \$30

Beard trim from \$15

## Changed your mind about your treatment?

You can reach us through Guest Services or by dialing **4302**.  
Let us know with at least 24 hours notice, then no worries – no charge!  
Less than 24 hours notice, you'll be charged 50% of the treatment.  
Less than 3 hours notice, you'll be charged 100% of the treatment.



All prices are subject to 10% Service Charge and 12% GST.

Kandima

MALDIVES