



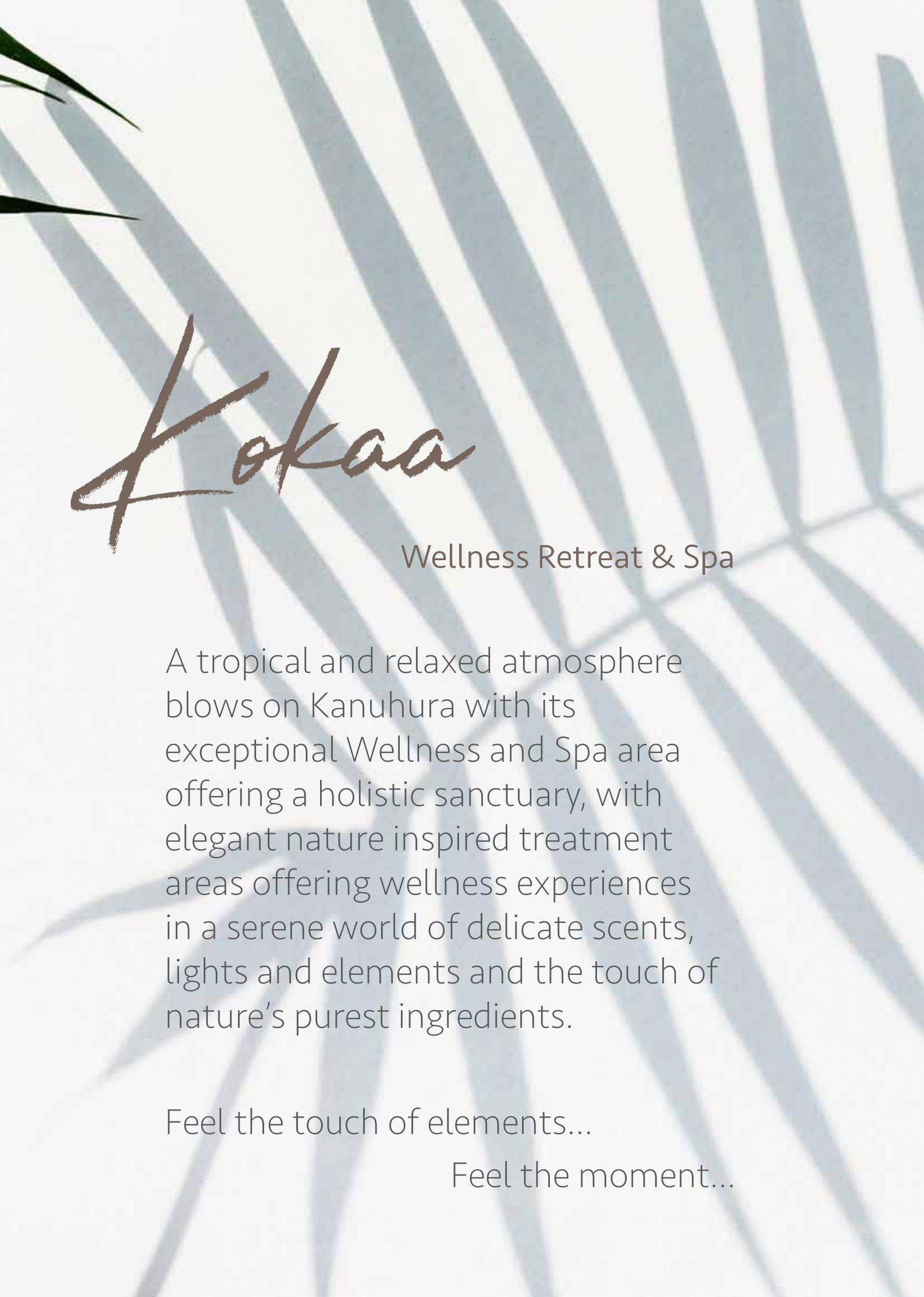
**K O K A A**

RESORT SPA BY KANUHURA

*Spa Menu*

Choose to be  
blissful & divine



The background of the entire page is a light, neutral color, overlaid with soft, greyish-blue shadows of palm fronds. The shadows are cast from the top and right, creating a sense of depth and a tropical atmosphere. In the top left corner, there are some dark green, sharp-edged shapes representing the actual leaves of the palm trees.

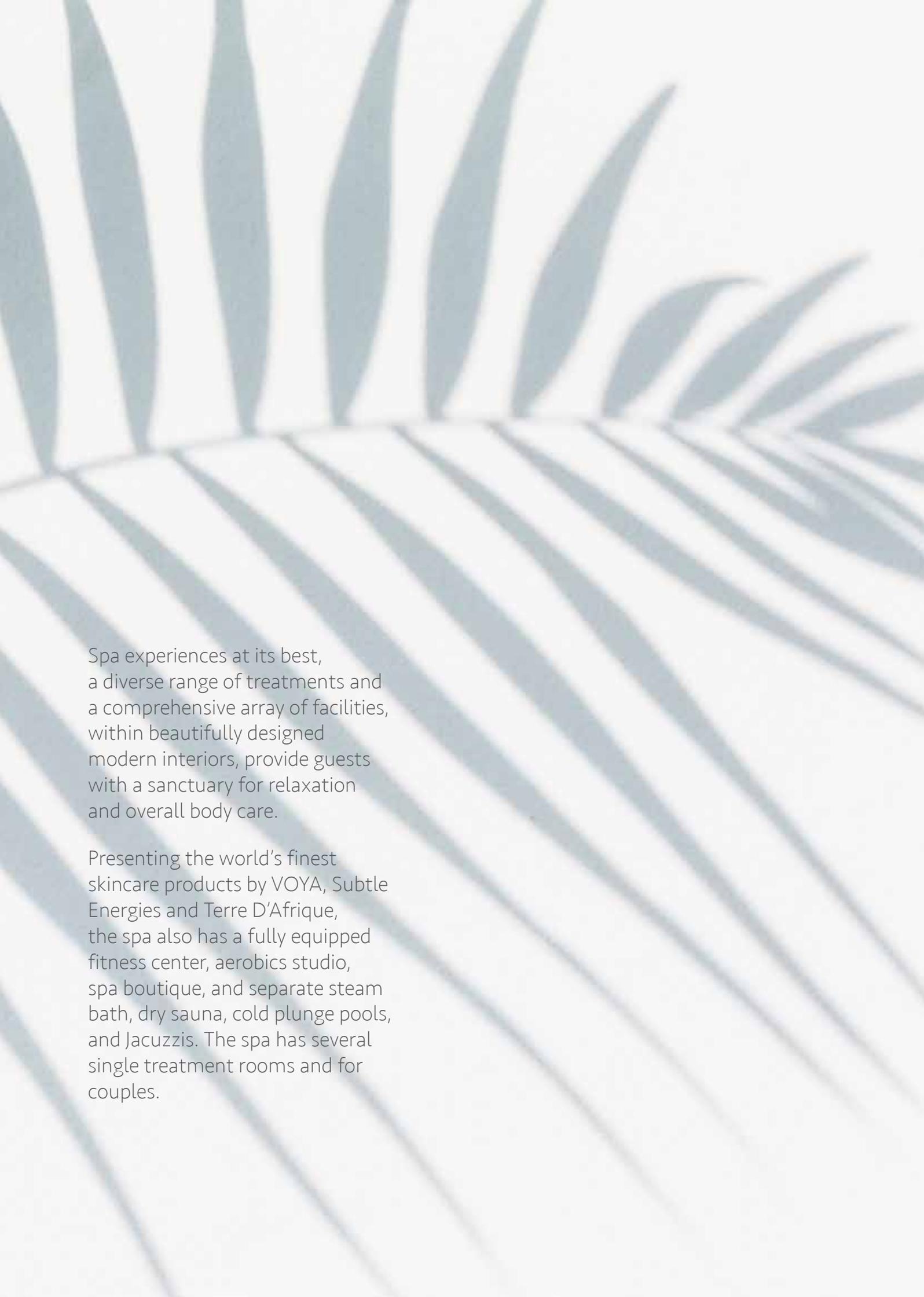
# Kokaa

Wellness Retreat & Spa

A tropical and relaxed atmosphere blows on Kanuhura with its exceptional Wellness and Spa area offering a holistic sanctuary, with elegant nature inspired treatment areas offering wellness experiences in a serene world of delicate scents, lights and elements and the touch of nature's purest ingredients.

Feel the touch of elements...

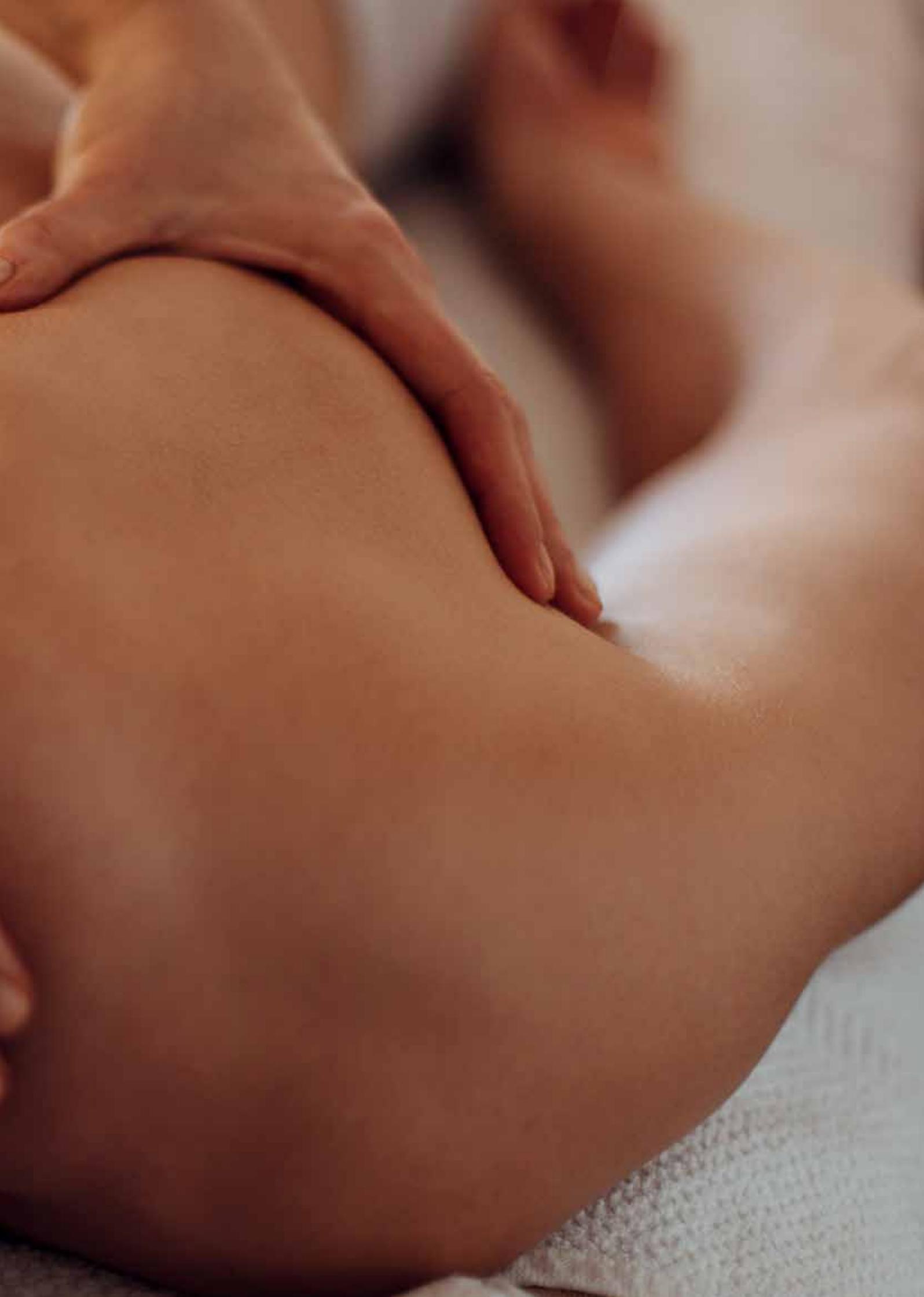
Feel the moment...



Spa experiences at its best, a diverse range of treatments and a comprehensive array of facilities, within beautifully designed modern interiors, provide guests with a sanctuary for relaxation and overall body care.

Presenting the world's finest skincare products by VOYA, Subtle Energies and Terre D'Afrique, the spa also has a fully equipped fitness center, aerobics studio, spa boutique, and separate steam bath, dry sauna, cold plunge pools, and Jacuzzis. The spa has several single treatment rooms and for couples.







*Signature  
Treatments*

## **CRYSTAL MASSAGE**

**90 mins**

An invigorating massage, which aims to restore vitality through the healing and stimulating properties of crystals.

This full body massage is preformed using hot and cold blue lace agate crystal balls to relieve muscle tension and invigorate your entire body, while omega and antioxidant rich Marula oil soften and soothe the skin.

Followed by a neck and face drainage massage using flat crystals, this journey will leave your skin refreshed, your body invigorated and your mind deeply relaxed. Blue lace agate crystal sooth the mind and restore inner stability.





# African Face Touch

En route to today, our loves, lives,  
passions and secrets have left their  
laughing, weeping, singing, sleeping  
lines on our faces. It's time to  
smooth and soothe them into the past.

## **AFRIQUE RESTORED**

**60 mins**

The detox process begins with a combination of a deeply relaxing massage and stimulation of Shiatsu pressure points of the face. The technique provides lymph drainage that helps eliminate toxins and reduce congestion. A cleansing mask extracts heavy metals and toxins from deep within the epidermis leaving the skin ready to soak in omega-rich botanicals achieving a naturally radiant look.

## **AFRIQUE ARISING**

**60 mins**

By stimulating the blood flow to the skin, the Afrique Arising massage technique allows moisture, omega, vitamins and minerals to rehydrate and regenerate the deep layers of the skin. Vitamins A, B and C from the baobab work to restore the skin's elasticity, leaving it supple, plumped and smooth to the touch.

# African Body Touch

## **TERRES BLANCH BODY MASKS**

**90 mins**

A full body exfoliation with coconut beads, sugar and rooibos leaves prepare your body for a detoxing and soothing mask. Bentonite clay, combined with buchu and Aloe ferox, works in harmony with the deep layers of the skin to remove toxins and hydrate the skin. Organic coconut and Kalahari melon oil help the skin form a protective barrier against environmental and free radical damage. The treatment ends with an application of healing and soothing Omumbiri body butter, leaving your skin soft, radiant and glowing.

## **TERRES ROUGE BODY MASK**

**90 mins**

The combination of antioxidant-rich Rooibos and Baobab fruit extracts combined with the natural moisturising oils in this unique body mask, reduce the negative effects of free radicals and inflammation. Helping to prevent the signs of age leaving their mark on your body.

# African Body Massage

## **AFRIQUE AROMA**

**60 - 90 mins**

Aromatherapy massage combines the natural therapeutic properties of essential oils and the healing power of massage therapy. Terres d' Afrique as selected unique African essential oils to create energizing, uplifting, detoxing, invigorating or relaxing aromatherapy blends. Choose your preferred scent and relax into a nurturing massage performed with gentle long strokes.



# Ayurveda Aromatherapy By Subtle Energies

The Subtle Energies treatment programs have been designed with over 20 years of clinical experience and with a holistic approach to fortify and balance the body, mind and emotions. The signature programs incorporate diverse and skilled techniques, harnessing the finest traditional Ayurveda methods fused with modern massage techniques, such as remedial, reflexology, aromatherapy and lymphatic drainage, combined with an emphasis on the Marmas.





# Body By Subtle Energies

# Facial By Subtle Energies

## **24K GOLD AGE-DEFYING FACIAL** 90 mins

Combine the anti-ageing and restorative powers of 24K gold leaf with a sensory experience that will penetrate and revive the deep layers of the skin, reducing fine lines and wrinkles. Mogra, the Queen of Jasmine, will reduce stress, anxiety and works synergistically to boost collagen production and increase cell renewal.

## **WILD KASHMIR PURIFYING FACIAL** 60 mins

Wild turmeric offers intense purification while exotic Kashmir lavender soothes and restores. This deeply detoxing treatment will revitalise tired, congested and stressed skin. Toxins will be drawn out through a double cleanse, Saffron and Frankincense exfoliation, and a purification mud mask. A complete indulgence that purifies and tones.

## **BLISSFUL MARMA MASSAGE** 60 mins/90 mins

This treatment is effective in providing immediate relaxation, relieving stress related tension. Long, firm, flowing movements and therapeutic techniques at various levels of pressure are implemented, whilst Marma therapy and Chakra balance align vital energy centres. Enriching Ayurveda Aromatherapy results-based blends deliver powerful active benefits, enhancing overall wellbeing.

## **PEARL INFUSED REMINERALISING BODY MASK** 90 mins

Experience the power of pearls with this exceptional treatment carefully designed to deliver multi-sensory results. Commencing with a skin softening exfoliation, the journey continues with a mineral rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate skin cells and regenerate.

The experience is enhanced by 86 essential minerals and oils in the Himalayan Crystal salt. Whilst cocooned in this mineral mask experience, a complete meditation is achieved through the Subtle Energies signature facial marma massage, using potent anti-ageing actives of Mogra and Indian Rose to release tension and stress, and restore balance.

## **RASAYANA DETOX BODY WRAP** 75 mins

Revitalise, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite mineral rich clay infused with powerful herbs of Spiked Ginger lily, Spirulina and green tea envelop your body providing the ultimate detox. Intense nourishment is then delivered as you are smothered with a customised experience of aromatic infused body butters, lotions or oils. Leave with toned skin, as body and mind are re-energised.

# Journeys By Subtle Energies

## **CELLULAR RESTORATION JOURNEY**

**210 mins**

*Rebalance, revitalise, renew.*

Drawing on potent active ingredients that enhance cell regeneration and repair, feel renewed with this indulgent treatment experience. Your restoration process begins with a purifying body exfoliation and a choice of a phytonutrient rich wrap, which tightly tones the skin, before being transported to a state of deep relaxation with our signature marma massage. Our customised age-defying facial completes this opulent journey, restoring cellular radiance and vitality on every level of being.

## **EMPOWER ME, A WOMAN'S JOURNEY**

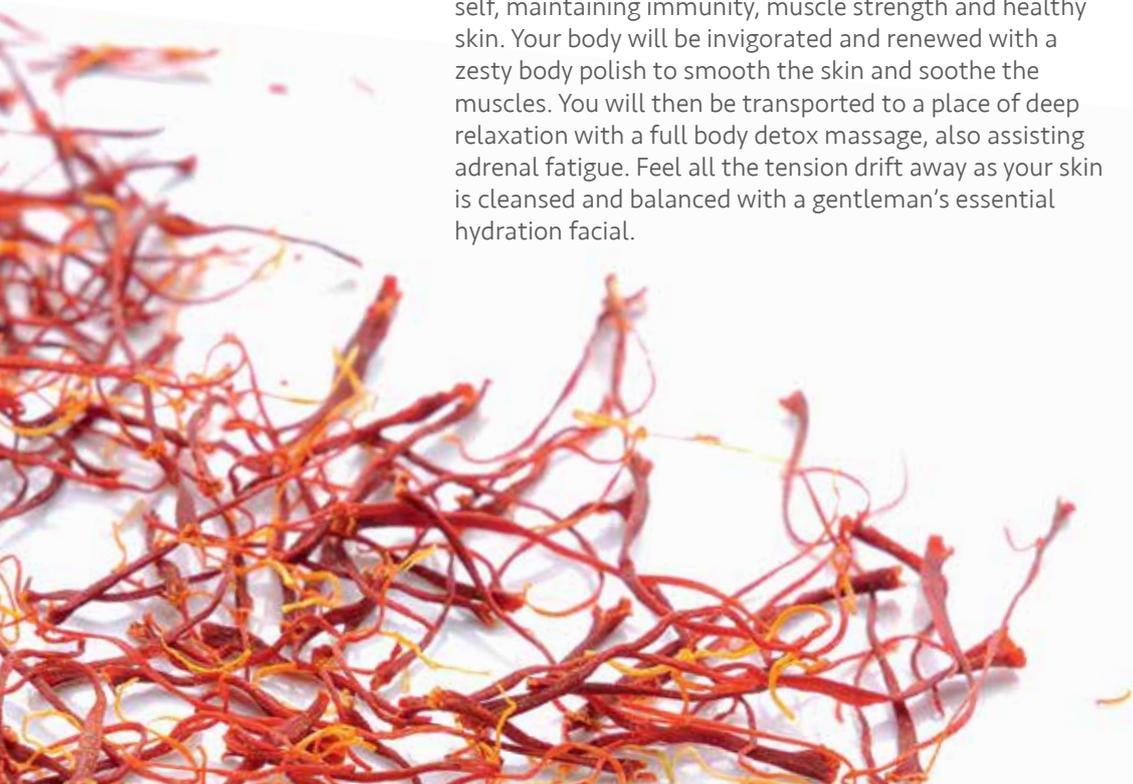
**150 mins**

A complete treatment journey, as you celebrate your inner and outer beauty, addressing emotional and hormonal balance. Begin with a gentle meditation, the whole body is then massaged with ancient active oils of empowerment and renewal, as a fusion of therapeutic techniques increase your vital energy. This continues into a results-driven facial that is tailored to bring harmony and nourishment to your skin, using potent actives such as Mogra, Saffron and Indian Rose.

## **A GENTLEMAN'S DAY**

**150 mins**

For the active man to the constant traveller, this customised treatment journey balances and restores one self, maintaining immunity, muscle strength and healthy skin. Your body will be invigorated and renewed with a zesty body polish to smooth the skin and soothe the muscles. You will then be transported to a place of deep relaxation with a full body detox massage, also assisting adrenal fatigue. Feel all the tension drift away as your skin is cleansed and balanced with a gentleman's essential hydration facial.





# Ocean Touch

Utilizing VOYA Organics exclusive seaweed based products from the pristine ocean waters of Ireland. Hand harvested seaweed is blended with the best of certified organic ingredients, promising therapeutic treatments imbued with the full power of nature.



# VOYA Facials

## **ANTI-AGEING RESTORATIVE FACIAL**

**70 mins**

This treatment is suitable for all skin types, particularly for those in search of anti-ageing results. The anti-ageing restorative facial is designed using VOYA's finest organic ingredients combined with anti-oxidant algae complexes with a restorative blend of aromatherapy oils.

It's this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. This facial results in instantly firmed and tightened skin with a natural and more radiant glow.

## **SELF DISCOVERY RADIANCE FACIAL**

**60 mins**

This incredible skin specific organic facial is deeply detoxifying, thoroughly revitalising and helps to even skin tone and increase clarity. This facial incorporates a relaxing facial massage that releases any build-up of toxins, to improve radiance and restore a glowing complexion.

Allow VOYA to tailor your facial specifically to your skin's unique needs. In the comfort of the treatment room, we will go through a comprehensive skin analysis and choose specific facial products to target your particular skin concerns. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced.



## **INTENSE DEFENCE FOR MEN FACIAL**

**60 mins**

Exclusively created for men's specific skincare needs, this powerfully effective treatment exfoliates the skin with bamboo spines, allowing for a deeper cleanse. The client will enjoy a beautiful facial and scalp massage, where VOYA's seaweed leaves and Mermaid's Purse mask are used to soothe even the most sensitive skin. Fantastic for those effected with shaving rash, razor burn or ingrown hairs. The skin is left hydrated, fresh and mattified.

## **MARINE EYE TREATMENT**

**45 mins**

Using organic Laminaria Digitata seaweed eye compresses, which are hand-harvested from the wild Atlantic Ocean, this is a unique treatment for refreshing and rejuvenating tired eyes.

Combining both relaxing and decongesting lymphatic massage movements to banish puffiness and dark shadows, we also use specialised eye masks for those individuals who are specifically concerned with ageing around the eye area. This is a firming, hydrating and results -orientated treatment that uses specific products rich in seaweed extract, green tea and vitamin C, to help reduce the appearance of fine lines and decongests the eye area.



## VOYA Body Wraps

### **ORGANIC SEAWEED LEAF WRAP**

**90 mins**

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses real organic seaweed leaves to scrub and wrap your body. Beginning with a bladder wrack body buff, this treatment detoxifies, firms and softens the skin and is excellent in conjunction with a weight loss programme. The whole body is then covered in Laminaria Seaweed leaves for instant results. Completed with an application massage of "Softly Does it" to nourish and soften.

### **ORGANIC WARM SPICED MUD WRAP**

**75 mins**

The seaweed is taken fresh from the ocean and its purifying elements are encapsulated in the rich Warm Spiced Mud wrap. The extract is rich in potent anti-oxidants and minerals. Definitely for the results driven client, this wrap offers immediate and noticeable effects to the skin, including firming and toning the body this is a serious detoxifier, metabolism stimulator and a natural anti-ageing booster. Infused with aromatic spices of ginger and orange to revive the senses.

## VOYA Body Scrubs

### **ORGANIC STIMULATING SEAWEED BODY BUFF** 60 mins

Let us scrub your body head to toe with certified organic bladder wrack body buff (*Fucus Vesiculosus*) it is the ultimate treat for tired and dull skin. The anti-oxidants from our mineral rich bladder wrack seaweed combines with VOYA's signature seaweed massage oils to offer a powerful organic way to better skin.

## VOYA Body Massage

### **MINDFUL MOMENTS SLEEPING RITUAL** 75 mins

Mindful Moments is a relaxation treatment that offers luxury and comfort in an incomparable sleep encouraging experience. Be ready to have all stresses and strains melt away and experience the ultimate sensory boost to aid the perfect night's sleep. Incorporating specially designed soothing products alongside sleep inducing cultural massage and meditation techniques, this wellbeing focused treatment evokes instant tranquillity and fosters inner wellbeing, calmness and serenity.



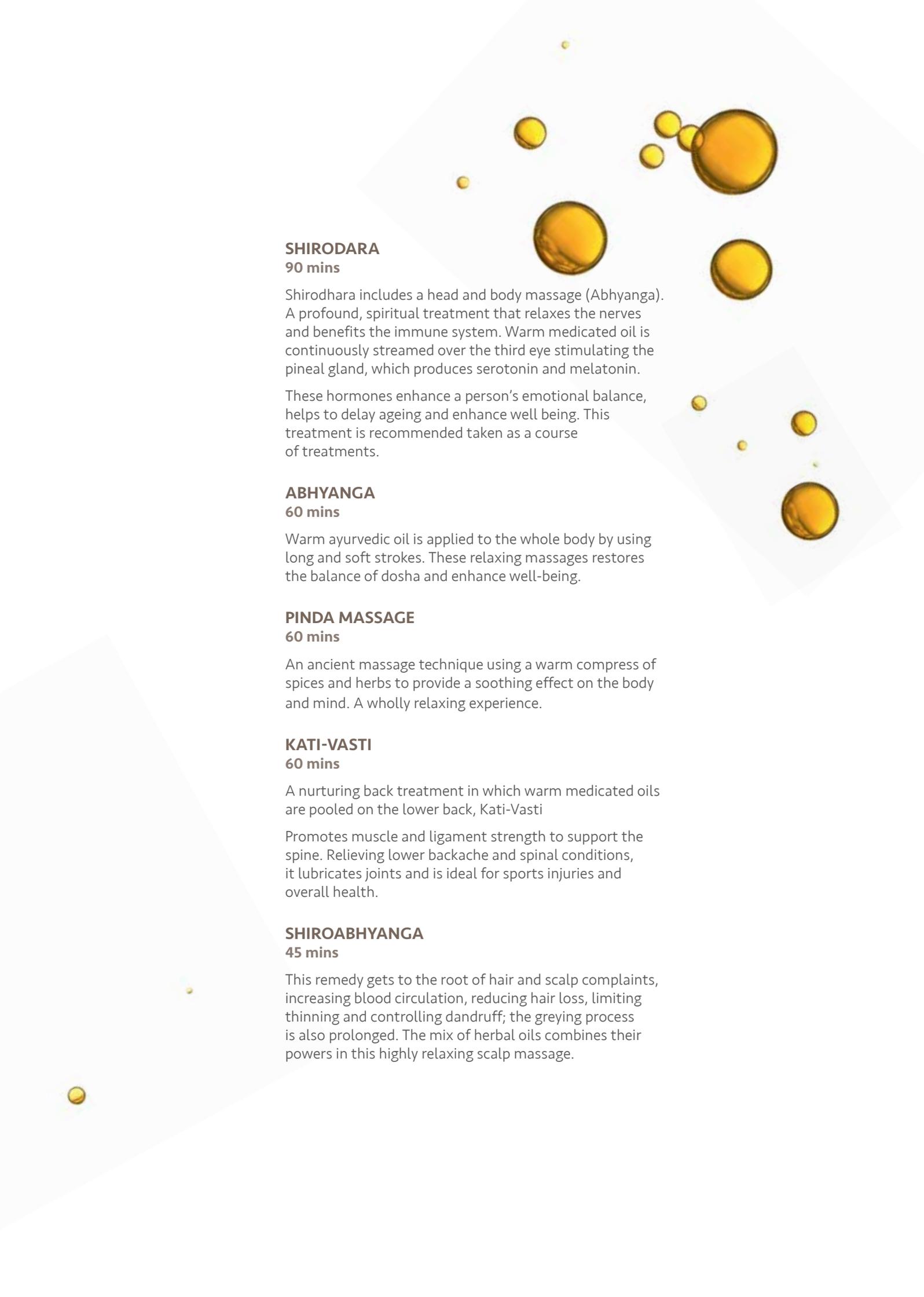


# Ayurvedic-Indian Authentic Touch

Ayurvedic Champa is the spa's beach pavilion located behind Kanuhura's Organic Herb's Garden, where you can experience the ultimate open air treatment overlooking the majestic blue sea.

Each treatment is designed to awaken the senses with ocean echoes, gentle sea breeze and the healing hands of the Ayurvedic therapist, encouraging total relaxation of the body and mind.





## **SHIRODARA**

**90 mins**

Shirodhara includes a head and body massage (Abhyanga). A profound, spiritual treatment that relaxes the nerves and benefits the immune system. Warm medicated oil is continuously streamed over the third eye stimulating the pineal gland, which produces serotonin and melatonin.

These hormones enhance a person's emotional balance, helps to delay ageing and enhance well being. This treatment is recommended taken as a course of treatments.

## **ABHYANGA**

**60 mins**

Warm ayurvedic oil is applied to the whole body by using long and soft strokes. These relaxing massages restores the balance of dosha and enhance well-being.

## **PINDA MASSAGE**

**60 mins**

An ancient massage technique using a warm compress of spices and herbs to provide a soothing effect on the body and mind. A wholly relaxing experience.

## **KATI-VASTI**

**60 mins**

A nurturing back treatment in which warm medicated oils are pooled on the lower back, Kati-Vasti

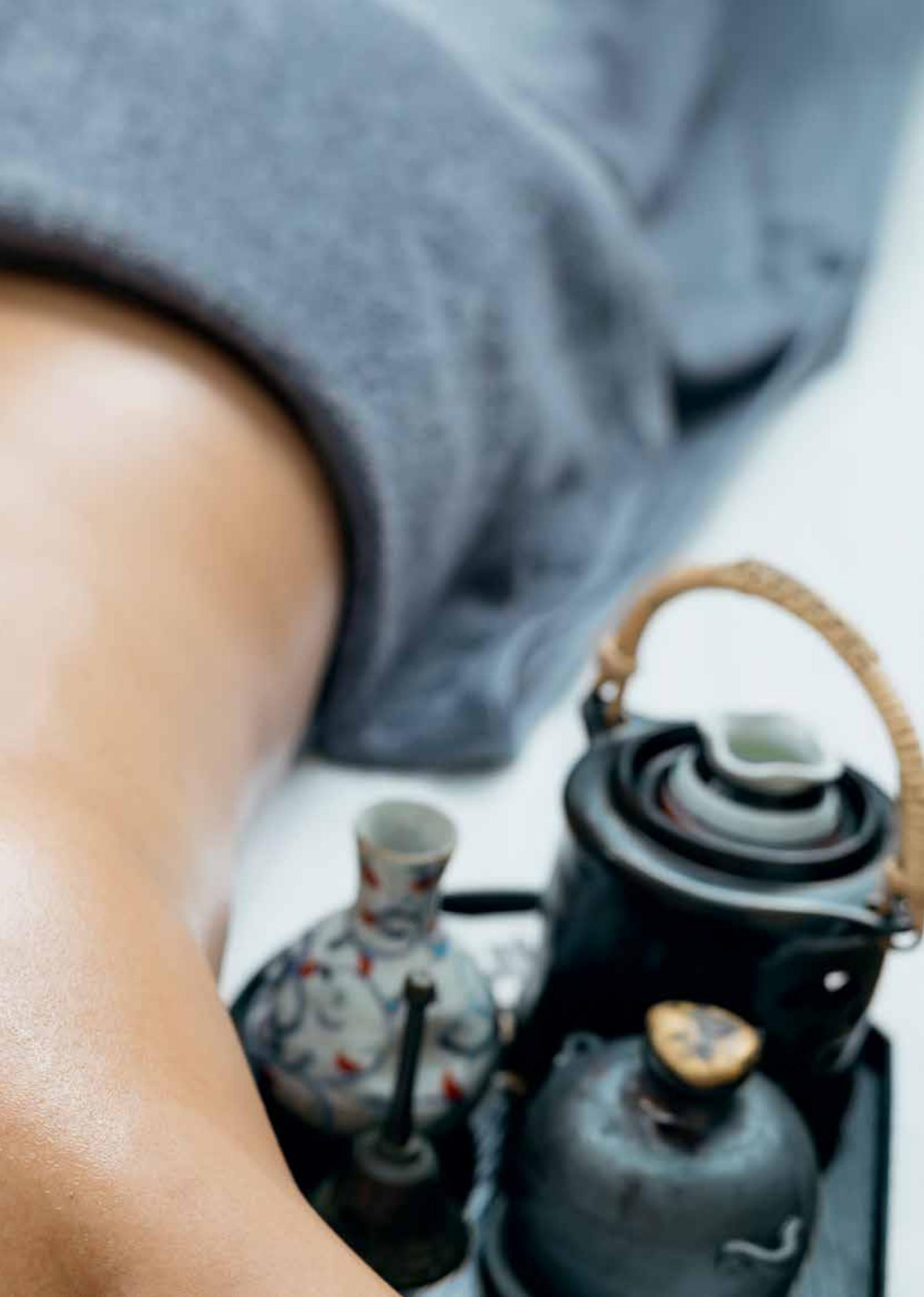
Promotes muscle and ligament strength to support the spine. Relieving lower backache and spinal conditions, it lubricates joints and is ideal for sports injuries and overall health.

## **SHIROABHYANGA**

**45 mins**

This remedy gets to the root of hair and scalp complaints, increasing blood circulation, reducing hair loss, limiting thinning and controlling dandruff; the greying process is also prolonged. The mix of herbal oils combines their powers in this highly relaxing scalp massage.







# Asian Touch

## **4 HANDS MASSAGE**

**60 mins**

The synchronization of two therapists working together in harmony, aim to relieve tension, improve circulation, create a feeling of well-being and relax each part of your body by using five different international styles of massages.

## **LAVA SHELL MASSAGE**

**90 mins**

Experience the warmth of the Tropics and the soothing relief as the therapist uses the smooth Lava Shells to glide over the body, including the abdomen, stimulating the circulation to help remove blockages and restore a sense of balance to the whole mind and body. This luxurious calming treatment is combined with classic Balinese techniques to allow the touch of the highly skilled therapist to reach the deeper layers of your muscles.

## **ROYAL THAI MASSAGE**

**90 mins**

Using Thai massage techniques, this treatment focuses on pressure points and gentle stretching movements along the body's energy channels; it is offered fully-clothed and without oil to re-awaken the body's energy flow.

## **SHIATSU**

**60 mins**

A Japanese massage which rejuvenates and stimulates the energy meridians of the body. Promotes a deep sense of vitality and well-being.

### **BALINESE MASSAGE**

**60 - 90 mins**

A combination of gentle stretches, acupressure and reflexology. This massage brings a sense of wellbeing, calm and deep relaxation.

### **PREGNANCY MASSAGE**

**60 mins**

A pampering experience designed with the safety of mother and child in mind, this customized approach eases sore spots and improves mobility. It can reduce peripheral swelling, help to prevent insomnia, reduce muscle cramps and back pain, and soothe the nervous system. Regular massages during pregnancy can also make the return to your optimal fitness easier.

### **CUPPING MASSAGE**

**60 mins**

Fire cupping is an ancient healing technique designed to facilitate improved blood-circulation and release blockages by generating Chi movement in the body. It involves applying pressure by creating a vacuum against the skin.

### **JAPANESE FOOT MASSAGE**

**60 mins**

This treatment consists of a wirlbath for feet, followed by a therapeutic treatment for relieving pain by stimulating predefined pressure points on the feet.





# Mauritian Touch

## **AFTER SUN REMEDY**

**45 mins**

This body and face repairing treatment consists of an application of Mauritian Aloe Vera to soothe and replenish the skin after sun exposure. The calming ingredients will help relieve the pain, soothe and rejuvenate the skin. The therapist will complete the treatment with gentle head massage.

## **MAURITIAN GREEN TEA BODY WRAP**

**45 mins**

Green tea is well known for its detox and slimming benefits. This wrap will cleanse the body of toxins and give the skin a healthy glow.

## **MAURITIAN COCONUT & SUGAR SCRUB**

**30 mins**

This scrub is perfect to exfoliate dead skin cells and revealing revitalized, glowing skin beneath. This treatment uses local ingredients such as coconut and sugar.

# European Touch

## **SPORTS MASSAGE**

60 / 90 mins

A deep tissue massage especially designed for the avid sports enthusiast. Relieves tension in the muscular system after physical exercise.

## **CANDLE MASSAGE**

60 / 90 mins

The candle melts into a warm and sumptuous massage oil. This warm oil of natural butters can then be drizzled over the skin for a wonderful massage treatment to melt away tension and delicately nourish the skin.

## **SWEDISH MASSAGE**

60 / 90 mins

Traditional European full body massage techniques are applied to relax aching muscles, stimulate the nervous system, improve circulation and flexibility, and enhance physical and mental wellbeing.

## **ANTI- JET LAG**

60 / 90 mins

Back, scalp and leg massage. The perfect spa indulgence after a long flight or when you feel a loss of energy or fatigue.

## **HOLISTIC MASSAGE**

60 / 90 mins

A full body massage designed to ease tension, relieve stress and promote a general state of well-being.

## **LYMPHATIC DRAINAGE**

60 / 90 mins

A specialized technique to stimulate the lymphatic system for improved circulation, assisting in the elimination of toxins, reduction of fluid retention and firming the skin.



# Maldivian Touch

## **MALDIVIAN THEYO DHEMUN**

**60 mins**

This traditional body treatment (Theyo means "Oil" and Dhemun means "Massage") is the perfect synergy for relieving muscular tension and enhancing relaxation. Warm aromatic oil is drizzled over the body followed by healing massage techniques to unlock tension, and release stress from the mind and body.

## **MALDIVIAN VELI MODUN**

**60 mins**

This exotic Maldivian ritual treatment is performed in the beach champa. The treatment begins with a mild exfoliation of fine white sand mixed with virgin coconut oil followed by a refreshing dip sea and relaxing Maldivian coconut oil massage to ease the body tensions and relax your mind.

## **MALDIVIAN KAASHI RUB**

**60 mins**

A renewing and refreshing treatment that starts with a natural coconut body scrub followed by a soothing wrap of honey and papaya. A coconut oil massage seals in freshness and moisturizes the skin.







# Junior Spa

Good habits start at an early age - specially designed for teens and kids our junior menu is a great introduction to the appreciation and benefits of relaxation and positive grooming practices. All treatments are performed in a gentle and relaxing manner.

Please note the age requirements for each treatment. Appointments are available from 9.00am to 3.00pm.



### **TEENS FACIAL CLEANSE**

**60 mins**

A deep cleansing facial targeting acne problems: Cleansing, bentonite clay mask, serum and light facial cream.

### **HEAD & SHOULDER MASSAGE (13 – 16 YEARS)**

**60 mins**

A relaxing and light massage of the shoulders and scalp to ease away the stresses of “hard play”.

### **HEAD, HANDS & FEET (9 – 16 YEARS)**

**60 mins**

A great introduction to the benefits of massage. A gentle massage to the scalp, neck, hands and feet will have the extremities revived and ready for a busy day.

### **MINI MANICURE/PEDICURE (9 – 16 YEARS)**

**60 mins**

A gentle exfoliation, relaxing hand or foot massage and attention to nails will leave little hands and feet looking and feeling fabulous. (Nail polish is optional).





## Kanuhura - Bath Ritual

### **LAZY DAYS DETOX SEAWEED BATH**

**45 mins**

Submerge your body into a bath of organic, hand-harvested Atlantic seaweed (*Fucus Serratus*) to remove unwanted toxins and alleviate aches and pains.

This bathing ritual is the simplest and purest of all organic treatments! With its organic status approved by the IOFGA, this treatment utilises the natural power of organic hand-harvested seaweed to deeply moisturise the skin, increase circulation and promote healing. The renowned "Sailors Cure".

### **ORGANIC WARMED SPICED MUD BATH**

**45 mins**

Peat Bath was traditionally used for a variety of skin and rheumatic conditions. It offers a potent detoxification, due to its trace elements, vitamins, lipids, polyphenols and humic acids from Irish peat. Infused with organic seaweed extracts, it assists in reducing the appearance of cellulite and combats the signs of ageing. This dark deep relaxing bath can also soothe muscular aches and pains, relieve stress and fatigue, energise mind and soul.

### **ORGANIC SEAWEED AROMA BATH SALTS THERAPY**

**45 mins**

A relaxing bath soak with a blend of VOYA organic essential oils, organic lemon, lime, clove, basil, mandarin and patchouli, combined with bath salts. This is a wonderful aromatic bath treat prior to further VOYA treatments.

# Senses of Bliss Journeys

## **SEASIDE RETREAT**

**135 mins**

Enjoy a VOYA therapy treatment inspired by fresh Seaweed therapy of organic seaweed leaf wrap, followed by "Lazy Days Detox Seaweed Bath".

## **HONEY MOON RITUAL**

**120 mins**

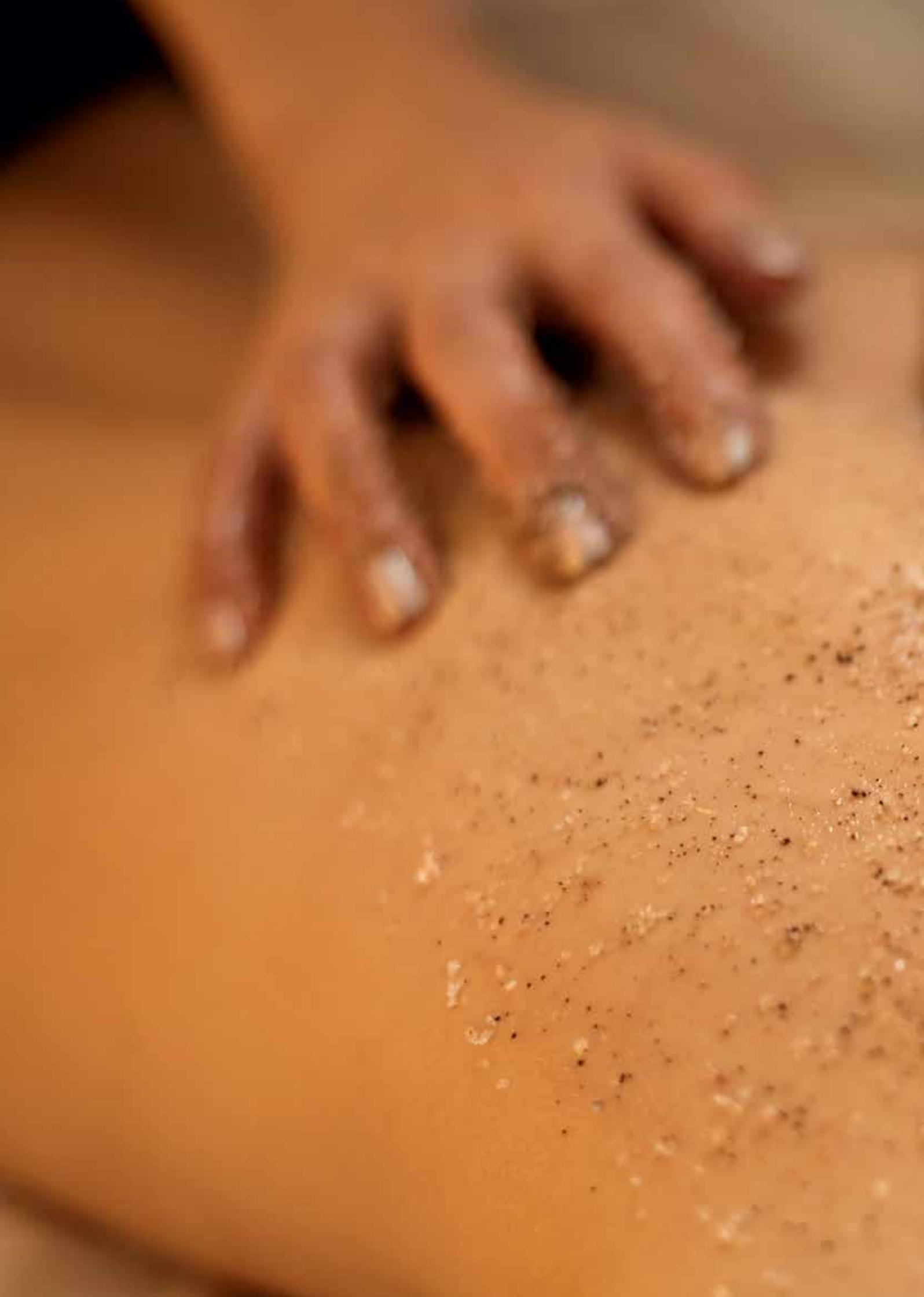
A full body polish with a luxurious Myrrh Body Scrub prepares your skin for an uplifting massage using techniques that awaken sexual energies. The aromatic blend combines tropical basil, bourbon geranium and aphrodisiac ylang ylang essential oils to uplift the mood. A romantic bath experience follows using sea crystals charged in high levels of sea minerals and scented with the same uplifting blend.

## **SPA FUSION**

**90 mins**

A truly ultimate treatment combining a full body massage with a rejuvenating foot acupressure therapy. Select between Balinese, Holistic or Swedish Massage. This treatment will enhance your wellbeing and leave you totally relaxed.







# Well-Being Journeys

Enjoy the ultimate pampering experience and total relaxation of the mind, body and soul with our daily packages at Kokaa Spa, get rid from your hectic life and immerse yourself with a luxurious Spa experience to make your stay unforgettably wonderful...

## **SPA RITUALS (2-Day Package)**

Day 1 – Private Yoga Class	60 mins
Day 2 – Afrique Aroma Massage	60 mins

## **OCEAN INSPIRATIONS (3-Day Package)**

Day 1 – Private Yoga Class	60 mins
Day 2 – Organic Seaweed Leaf Wrap	90 mins
Day 3 – Organic Stimulating Seaweed Body Buff	60 mins

## **HEALING CEREMONY (5-Day Package)**

Day 1 – Holistic Massage	60 mins
Day 2 – Japanese Foot Massage	60 mins
Day 3 – Lava Shell Massage	90 mins
Day 4 – Organic Warmed Spiced Mud Bath	45 mins
Day 5 – Sun Set Yoga	60 mins

# The World Journeys

Experience the true meaning of unique therapy and connect your body with our World Touch Journeys, incorporating all the treatments from around the world that are designed to personalize your therapy to suit your wishes to restore the body's natural balance and improve overall wellbeing.

## **MALDIVIAN JOURNEYS (2-Day Package)**

Day 1 – Maldivian Kaashi Rub	60 mins
Day 2 – Maldivian Theyo Dhemun	60 mins

## **INDIAN/AYURVEDIC JOURNEYS (3-Day Package)**

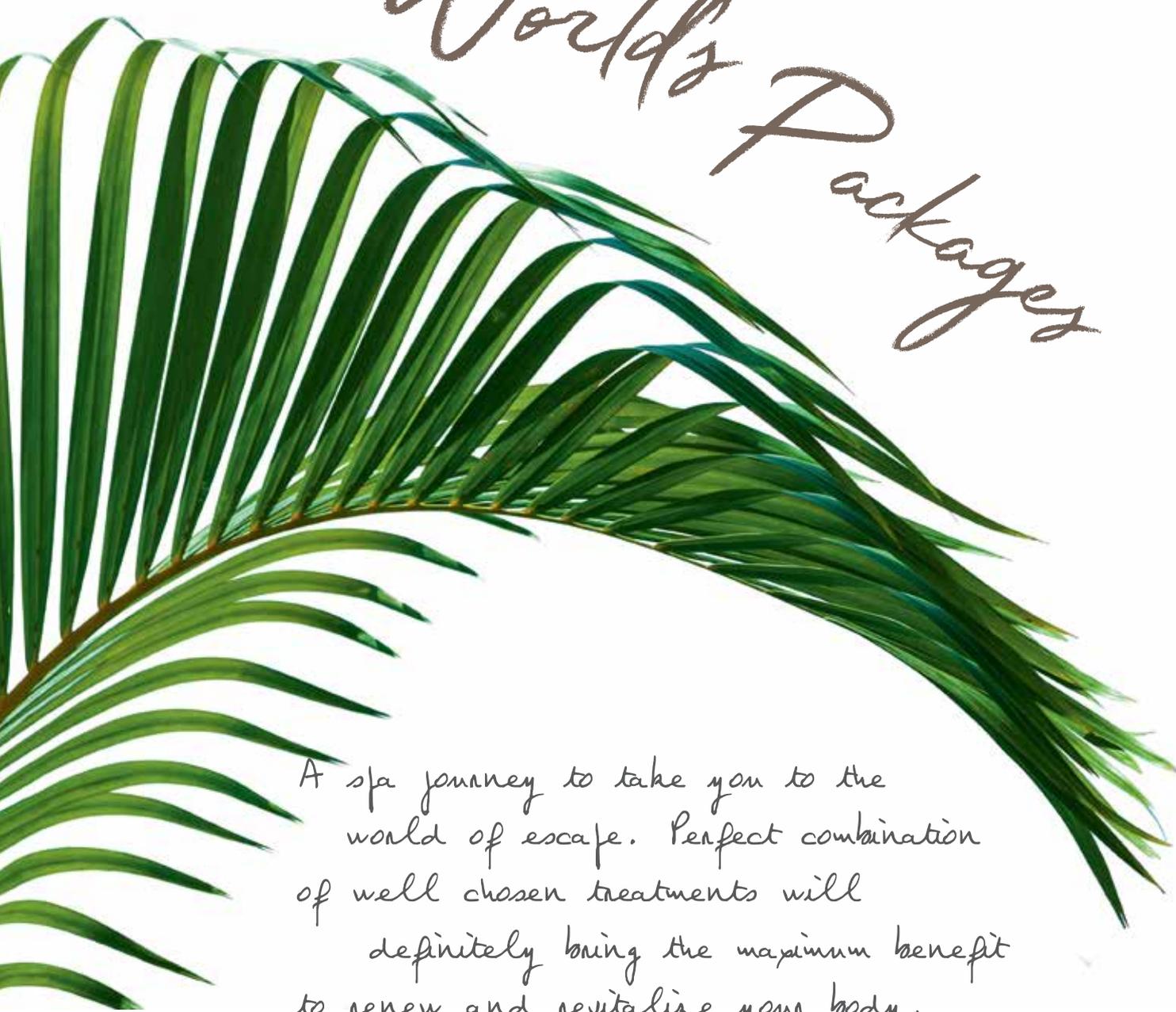
Day 1 – Private Yoga Class	60 mins
Day 2 – Wild Kashmir Purifying Facial	60 mins
Day 3 – Abhyanga Massage	60 mins

## **ASIAN AND EUROPEAN JOURNEYS (5-Day Package)**

Day 1 – Guided Meditation	30 mins
Day 2 – Lymphatic Drainage Massage	60 mins
Day 3 – 24k Gold Age-Defying Facial	90 mins
Day 4 – Organic Warm Spiced Mud Wrap	75 mins
Day 5 – Shiatsu Massage	60 mins

## **AROUND THE WORLD JOURNEYS (7-Day Package)**

Day 1 – Yogalates/Ashtanga Yoga	60 mins
Day 2 – Blissful Marma Massage	60 mins
Day 3 – Pinda Massage	60 mins
Day 4 – Mauritian Green Tea body wrap	45 mins
Day 5 – Afrique Aroma	60 mins
Day 6 – Lazy Days Detox Seaweed Bath	45 mins
Day 7 – Cupping Massage	60 mins



# The World's Packages

A spa journey to take you to the world of escape. Perfect combination of well chosen treatments will definitely bring the maximum benefit to renew and revitalize your body, emotion and awaken all the senses.

## **ASIAN JOURNEYS**

**180 mins**

Experience the exotic essence of Asian therapy. Awaken your senses with a gentle Pearl Infused Demineralizing Body Mask and finish your journey With Lava Shell Massage to leave you renewed and revitalized.

## **AFRICAN JOURNEYS**

**180 mins**

Detoxify and rebalance your body by eliminating toxins and replenishing vital minerals and nutrients. Includes a heat treatment, a comforting Detoxifier Body Wrap, an Afrique Restored or Arising Facial and an invigorating Foot Acupressure to increase circulation and diffuse muscular tension.

## **INDIAN JOURNEYS**

**105 mins**

Ayurveda, or the "science of life", is the oldest and most holistic medical system available on the planet. Begin with a consultation to analyze your current health status, Kati-Vasti followed by a Shiroabhyanga Treatment to calm your mind and spirit.

## **EUROPEAN JOURNEYS**

**105 mins**

Achieve more balance in your life and minimize the effects of living a hectic and demanding lifestyle. Enjoy a simple and effective Candle Massage and continued with Romantic Organic Seaweed Aroma Bath Salts Therapy to help you relax and reenergize.

## **MAURITIAN JOURNEYS**

**90 mins**

Pick from an array of unique treatments using the freshest local ingredients, this treatment begins with Mauritian spices foot bath, followed by a revitalizing coconut and sugar scrub and finishes with a detoxifying green tea body wrap that leave the skin replenished and flawless.



# Hands and Feet

## **DELUXE MANICURE**

**60 mins**

A luxurious and relaxing hand massage with blended oils and a rich hand lotion will complete your manicure experience. Your nails will look and feel exquisite! Application of nail color is optional.

## **DELUXE PEDICURE**

**75 mins**

A total make over for your feet and toe nails. Begin with a relaxing footbath of essential oils, and cleansing treatment with moisturizing foot scrub. A special foot and leg lotion completes the pampering process. Application of nail color is optional.

## **FRENCH FINISH**

**15 mins**

Add to any deluxe manicure or pedicure.

# Salon

## EPILATION

Leg Waxing	60 mins
Half Leg Waxing	30 mins
Upper Lip Waxing	30 mins
Full Arm Waxing	30 mins
Half Arm Waxing	30 mins
Under Arm Waxing	30 mins
Bikini Line Waxing	30 mins
Brazilian Bikini Waxing	45 mins
Back Waxing	45 mins
Threading – Lips/Eyebrows/Full Face	30 mins

## HAIR CARE RITUALS

Shampoo	30 mins
Hair Treatment	90 mins
Wash & Blow-Dry	45 mins
Fringe & Ends Cut	30-45 mins
Wash & Cut	60 mins
Wash & Cut And Blow-Dry	75 mins
Wash & Blow Dry Curl	60-75 mins
Wash & Cut (Gentlemen)	45 mins
Wash & Cut (Children)	45 mins

## BRIDAL SPECIALS

Hair-Do	45 mins
Hair-Do (Children)	45 mins
Hair-Do Trial	45 mins
Make-up	75-90 mins
Make-up Trial	75 mins
Wedding Special's for Bride: Facial/Manicure/Pedicure/ Hairdo/Makeup	360 mins
Wedding Special's for Groom: Men's Facial /Manicure/ Shampoo and Hair Styling	150 mins



# Kanuhura Wellness Training

Our qualified fitness instructor will work with you to motivate and assist you to achieve your personal health and fitness goals, whether it is cardiovascular fitness, advanced strength, flexibility and/or weight loss.

The first session will begin with a fitness evaluation.



## **SUNRISE/SUNSET YOGA**

**60 mins**

Energize your body, mind and soul in this punctual one hour practice that energizes your day and harmonizes your life.

## **PRANAYANAM YOGA**

**60 mins**

Pranayam yoga is a healing meditative practice that moves very slow and intentional. Slower paced restorative class with focus on breathing relaxation and gentle stretching this class is perfect for beginners. As we unravel and slow down, peace floods over us calming the body, quieting the mind and soothing the spirit.

## **KIDS YOGA**

**60 mins**

Gentle yoga is good for beginners, students wishing a slower paced class, and anyone with a medical issue that may preclude them from taking a mixed level class. We begin with a relaxing meditation, and move through poses designed to warm up your body and increase flexibility and strength, while honoring any issues you may be experiencing. Instruction is given in alignment - modifications are available.

## **YOGA ONE-ON-ONE**

**60 mins**

Enjoy assists and adjustments perfect for you. Explore postures that you have questions about, and fine tune your alignment. Private yoga sessions are a great way to go deeper into your practice. A private session includes yoga stretches and postures personalized to have the maximum effect for you. Leave with a personalized plan you can easily do at home. Sessions are scheduled at your convenience.

## **RHYTHMIC YOGA**

**60 mins**

Uses postures (asanas) and stretches in combination with the breath to develop flexibility and relaxation. However this practice encourages proper alignment of the body and brings balance, strength, and calmness to the practitioner.

## **ASHTANGA YOGA**

**60 mins**

This method of yoga involves synchronizing the breath with progressive series of postures, a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs, resulting in improvement of circulation, a light and strong body, and a calm mind.

## **YOGALATES**

**60 mins**

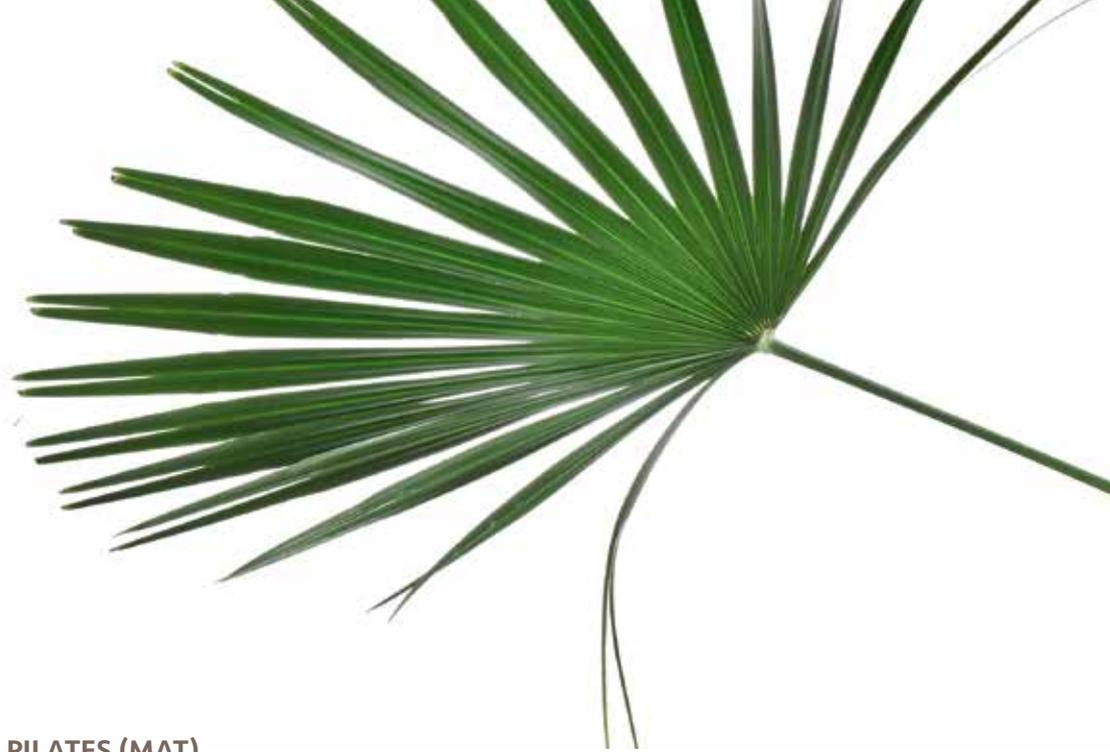
Yogalates is a class that combines yoga and pilates poses and flows. Great for those familiar with yoga, but not with pilates – vice versa! This is a wonderful place to transition from yoga to pilates or pilates to yoga!

## **MEDITATION**

**30 mins**

Meditation provides your mind methods of focus to keep you in the present moment. This class will also include breath work to bring you into a calm and relaxed state.





### **PILATES (MAT)**

**60 mins**

The Pilates exercise technique is a set of principles and exercises which works the whole body in balance, coordinating the upper and lower musculature with the body's center. This dramatically improves strength, flexibility, posture and coordination. The outcome is a balanced body which is strong and supple with a flat abdominals, balanced legs and a strong back.

### **CARDIO TRAINING**

**60 mins**

Cardio training has numerous health benefits in addition to burning calories and losing body fat, it strengthens your heart and lungs.

### **STRENGTH TRAINING**

**30 mins**

Strength training is the use of resistance to muscular contraction to build the strength, anaerobic endurance and size of skeletal form.

### **STRETCHING**

**30 mins**

Flexibility is an essential component of fitness! This whole-body stretching class will compliment your other workouts to improve your overall well-being by releasing muscle tension, decreasing stress, reinforcing proper body alignment, and enhancing coordination.



# SPA

*For Your Convenience*

## **HOURS OF OPERATION**

Spa and hydro facilities open daily from 9:00am to 9:00pm. Gymnasium opens from 7:00am to 9:00pm.

## **SPA COMFORT**

To maintain a peaceful spa environment to all our spa guests, we respectfully request that all spa guests keep noise to a minimum and the use of mobile phones and other electrical devices are discouraged. Smoking is prohibited throughout the spa premises.

## **BOOKING**

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available, particularly if you choose to enjoy multiple bookings during your stay. For scheduling appointments or for further information, please contact our specialists at the spa reception.

## **SPECIAL CONSIDERATION**

In order to ensure well-being throughout all treatments, we recommend to inform your therapist before treatments, should you have any medical complications, be pregnant or receive any professional health treatment.

## **CANCELLATION POLICY**

Please allow at least four hours' notice for cancellation or rescheduling of your reserved treatments. Any cancellations with less than four hours' notice of the scheduled appointment time will incur a 50% cancellation charge.

## **SPA ARRIVAL**

We would like to ask you to arrive 30 minutes prior to your treatment, to ensure your experience will be relaxing and fully enjoyable.

## **SPA ATTIRE**

Spa attire and a locker for your personal belongings will be provided for your comfort.

## **FACIAL TREATMENT**

We recommend guests receiving facial to remove their contact lenses and to bring personal case for storage. To all gentlemen who receive facial, we recommend to shave prior to facial treatment.

## **LOSS OR DAMAGE**

A locker will be provided to keep your personal items. However, it is recommended to leave valuable items in your room safe. Any loss or damage of valuables is under guests own responsibility.

## **PRICE INFORMATION**

All our prices are in US Dollars and are subject to 10% Service Charge plus T-GST 12% .



