

Serenity  
spa





Blissful relaxation for body, mind and soul takes place in our four over-water treatment suites and Yoga pavilion, which offers inspiring views of ocean and sky.

Our holistic treatment menu incorporates healing powers of plants combined with entrancing healing traditions from Africa, using local herbs and plants. Emphasis is placed on therapeutic and natural spa therapies using products by Elemis, TheraNaka and Coola.





# Milaidhoo Signature Ceremonies

## Milaidhoo Lavender and Lime ceremony

BY THERANAKA | US\$330 PER PERSON

Relaxing Lavender and uplifting lime touches have your senses drifting into beautiful bliss in no time. This ceremony begins with a full body exfoliation, followed by an idyllic immersion into a luxurious milk bath in preparation for an indulgent full body massage, with its roots originating in African tribal influences of our region.

- 30 min African Earth Body Exfoliation
- 30 min River Rapids Milk Bath
- 60 min East African Wood Massage

## Milaidhoo Taster Experience

BY THERANAKA | US\$135 PER PERSON

A heavenly 'Spa taster' uniting two of our wonderful spa treatments guaranteed to melt away stresses and place you into a full retreat mood. Trigger points on your back, neck and shoulder areas are ironed out before you can relax with a refreshing mini Facial.

- 30 min back massage with African Wood Dumbbells
- 30 min TheraNaka Facial



# The Serenity Ceremonies



Experience the secrets  
of relaxation for mind,  
body, and soul

## Clarifying Body and Senses

2 HRS 15 MIN | US\$360

This ceremony has been created for the individual who feels somewhat run down and is in need of a treatment designed to re-energise and uplift by ridding the body of excessive toxin build up. A steam bath prepares the skin for a detoxifying full body wrap after which a detox bath with refreshment and Abhyanga oil massage conclude the ceremony for a renewed you.

- 15 min Steam Bath
- 30 min Thousand Flowers Detox Wrap by Elemis
- 30 min Detoxifying Bath by Elemis with detox drink
- 60 min Abhyanga Massage with Detoxifying Treatment Oils

## Early Bird Cleansing

RITUAL 2 HRS | US\$205

The early rising spa goer would love this interactive Spa Ritual. Enjoy a healthy juice in your Villa at 06.30 before joining our complimentary sun salutation yoga class with our Resident Yogi. Your therapist will then usher you into your private treatment room where you enjoy the steam room while the cleansing TheraNaka mud prepares your body for the following tension relieving back, neck and shoulder massage.

- Health juice in your Villa at 06.30
- 45 min sun salutation yoga class at 07.00
- 30 min Musclease Mud Application with steam and refreshing shower
- 45 min TheraNaka Vigour Back Massage

## Milaidhoo All Day Sun Lover Regime

BY COOLA | 6 X 15 MIN US\$260

Coola ensures you are able to fully enjoy our beautiful Maldivian sunshine all day long without running the risk of being burnt. The protective anti-oxidant and anti-ageing collagen inducing approach is fully interlinked with organic and reef friendly ingredients to keep our UNESCO Biosphere safe from any harmful substances.

- Professional re-application of correct Coola sun care product every 2 hours in the spa along with a refreshing, cooling juice

## Romantic Spa Retreat for Couples

BY ELEMIS 2 HRS 30 MIN | US\$790 FOR 2 PEOPLE

For a romance loving couple to explore the far depths of utter relaxation together by immersing into this ceremony designed to ease away all tensions, leaving both relaxed, refreshed and rejuvenated.

- 30 min Tropical Coconut Sand Scrub
- 30 min steam and bath with fruit and bubbles
- 60 min Elemis Freestyle Deep Tissue Massage
- 30 min Elemis Booster Facial

## Bathing Bliss and Massage

MASSAGE BY THERANAKA 1 HR 30 MIN | US\$260

A beautiful pre-dinner experience where you submerge yourself in a re-mineralising salt bath while enjoying some canapés from our Chef and then relax with an intuitive massage by your therapist, customised to your main concerns.

- 30 min Atlantic Peace Salt Bath with nibbles compiled by the chef
- 60 min intuitive massage

## Submerge your Senses

BY ELEMIS 2 HRS 30 MIN | US\$390

Perfect for an 'in-between activities escape' where you can ease into a muscle releasing bath by Elemis while rehydrating with a fresh fruit juice and some locally roasted coconut slices. A full body dry-skin brushing experience increases lymphatic circulation and prepares the skin for a full body intuitive massage by your therapist.

- 30 min Muscleasing Bath with refreshing fruit juice and roasted coconut slices
- 30 min gentle full body brushing
- 1 hr 30 min relaxing full body intuitive massage

# Create your own Spa Programme

Compile your own Spa Story with a daily indulgence at the Serenity Spa. Choose from at least three daily indulgences from the selection below for your uniquely private Spa Journey.

## Rejuvenate

30 MIN SALT GLOW, 30 MIN BATH, REFRESHMENT  
US\$150

## Relax

15 MIN STEAM, 75 MIN THAI/SWEDISH/BALINESE  
MASSAGE, REFRESHMENT | US\$215

## Revive

60 MIN INTUITIVE JET LAG MASSAGE | US\$165

## Refresh

15 MIN STEAM, 60 MIN SPECIFIC WRAP, 15 MIN  
SHOWER, REFRESHMENT | US\$345

## Realign

30 MIN HEAD MASSAGE, 30 MIN FOOT MASSAGE,  
REFRESHMENT | US\$150

## Release

60 MIN THAI/SWEDISH/BALINESE MASSAGE,  
30 MIN BOOSTER FACIAL, REFRESHMENT | US\$245

## Renew

30 MIN COCONUT SCRUB, 60 MIN MASSAGE,  
REFRESHMENT | US\$265





Face

Beauty is not in the face, beauty is  
a light in the heart

KAHLIL GIBRAN

## Elemis Dynamic Resurfacing Precision Peel

60 MIN | US\$195

Clinically proven\* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

## Elemis Pro Collagen Age Defy

60 MIN | US\$210

Diminish fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

## Elemis Super Food Pro Radiance

60 MIN | US\$185

A nutritional boost for skin, rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

## Elemis White Brightening Pigment Perfector

60 MIN | US\$195

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

\*independent clinical trials

## Elemis Sensitive Skin Soother

60 MIN | US\$185

The soothing properties of Moroccan rose, chamomile and apricot are combined to gently cleanse and exfoliate, whilst the deeply nourishing neroli mask leaves skin nurtured and comforted. Texture and tone are restored. Moisture levels are boosted.

## Elemis High Performance Skin Energiser for Men

60 MIN | US\$195

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

## Elemis Pro Definition Lift and Contour

60 MIN | US\$210

The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells found in Edelweiss and Tiger Grass help support the extra-cellular matrix. The structure of the skin is boosted through a unique deep, muscle-toning massage from the scalp to the décolletage. The skin appears plumper and revitalised, creating a profoundly sculpted, youthful effect.





Sun Lover Collection

Turn your face towards the sun and  
let the shadows fall behind you

MAORI PROVERB

## COOLA Sun Massage

30 MIN | US\$95 / 60 MIN | US\$165

Sink into your holiday with this relaxing massage which combines ultra-hydrating and soothing ingredients specifically designed for your own unique skin type. The anti-inflammatory properties of this organically certified Spa product ensure that your skin is well taken care of when exploring the beautiful nature of the Maldives.

## COOLA ER+ Recovery Facial

45 MIN | US\$130

Put your freshest face forward with this protective, anti-inflammatory moisturising facial that cools and nourishes stressed and sun-damaged skin while shielding it from environmental exposure. Boost the skin's natural defence system and fight toxic pollutants as collagen production and cell renewal is improved.

## COOLA ER+ Sundowner After Sun Soother

60 MIN | US\$205

Save the skin you're in with this ultra-moisturising and deep-soothing full body treatment that uses the ingredient of organic Agave, bestowing a natural moisture binding mechanisms to protect and repair sun damaged skin. It is a superior hydrating treatment and promotes collagen synthesis while offering UV protection.

## TheraNaka Cooling Aloe Ferox Gel Wrap

60 MIN | US\$205

This treatment is wonderful after having enjoyed a day in the sun! Let yourself drift away as you are gently cocooned in a healing Aloe pack to soothe sunburn. Drift away during a relaxing scalp massage enjoying the healing touch of your therapist's hands. A nourishing baobab lotion infused with aloe ferox and mongongo nut oil is applied to hydrate & soothe the skin and calm the inflammation.





Messages

Take care of your body, it's the only  
place you have to live in

JIM ROHN

## Classic Thai Massage

60 MIN | US\$175 / 1 HR 30 MIN | US\$215

An ancient healing system combining techniques of acupressure, Ayurvedic principles and assisted yoga postures, this oil-free massage is guaranteed to energise, increase range of motion and revive. Pyjamas will be given to you at the spa or you may choose to wear loose-fitting yoga clothing.

## Classic Balinese Massage

60 MIN | US\$175 / 1 HR 30 MIN | US\$215

A full-body, deep-tissue, holistic massage treatment. Balinese massage uses a combination of gentle stretches, acupressure and aromatherapy to bring a sense of wellbeing, calm and deep relaxation.

## Classic Swedish Massage

60 MIN | US\$175 / 1 HR 30 MIN | US\$215

This classic massage style uses five different styles of massage techniques to deeply relax the entire body and is beneficial for decreasing toxin build up in muscles, improving micro circulation and flexibility while easing muscle tension.

## TheraNaka East African Wood Massage

1 HR 30 MIN US\$220

Mimicking the rhythmical patterns of an African dance, this signature massage blends light stretching techniques and wooden implements to relax and restore your weary body. Being drizzled with a warm olive and shea butter balm will nourish and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

## TheraNaka Milaidhoo Tri-Scented Lime Infused Luxury Massage

1 HR 30 MIN | US\$220

This unique ritual was created to encompass our connection with nature and celebrating the circle of life. Small blocks of citrus infused shea butter are placed on your body to aid circulation and relaxation from the soothing warmth as it melts under your therapist's hands, leaving you utterly uplifted and relaxed and your skin nourished and hydrated.

## Elemis Freestyle Deep Tissue Massage

60 MIN | US\$175 / 1 HR 30 MIN | US\$215

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused.

## TheraNaka Awakening Massage

1 HR 30 MIN | US\$220

This ultra-relaxing indulgent full body massage draws inspiration from the Marula tree. The skillful combination of breathing techniques with massage movements will awaken your senses and revive body and mind.

## TheraNaka Vigour Back Massage

45 MIN | US\$115

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage relieving deep seated back tension all the way to the core of the muscle. A refreshing gel is applied, leaving you feeling refreshed and invigorated.

## Elemis Deeper than Deep Hot Stone Massage

60 MIN | US\$175 / 1HR 30 MIN | US\$215

Generously heated warm stones, bathed in frangipani monoi body oil, are worked deep into the belly of the muscles, releasing accumulated tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

## Abhyanga Oil Massage

60 MIN | US\$185 / 1 HR 30 MIN | US\$215

A full-body treatment using Ayurveda herb infused massage oils acts as a powerful recharger and rejuvenator of mind and body.

## Elemis Peaceful Pregnancy

1 HR 15 MIN | US\$195

Mothers-to-be are restored to optimum wellness with this intuitive and relaxing massage which gently hydrates and nourishes expanding skin. Only nurturing aromatics are imparted – along with wisdom, empathy and respect. Not suitable for the first trimester of pregnancy.









Scrubs

The secret of change is to focus all  
of your energy not on fighting the  
old, but on building the new

SOCRATES

## TheraNaka Marula and Sandalwood Sugar Buff

45 MIN | US\$140

A cleansing sugar buff ritual incorporating a rich blend of African inspired plant botanicals to gently and effectively eliminate dead skin cells, leaving your skin soft to the touch and moisturised.

## Elemis Intensely Cleansing Salt Scrub

FRANGIPANI OR LIME & GINGER  
AND LIME | 45 MIN | US\$140

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells. The skin is left as a smooth and responsive canvas, ready to absorb the deeply nourishing body oils. Resulting in velvety soft, invigorated skin.



## Classic Body Brushing

45 MIN | US\$140

Body Brushing utilises the undeniable power of touch to invigorate your senses and boost your immune system by increasing micro circulation and detoxifying tissue fluid. It is an excellent skin exfoliating treatment and will leave skin looking smoother and brighter.

## Maldivian Coral Sand and Coconut Oil Scrub

45 MIN | US\$140

This powdery white coral sand is blended with organic coconut flakes and nourishing coconut oil to polish the skin to perfection, leaving it velvety and renewed.



Wrap

## TheraNaka Muscle Release Mud Wrap

60 MIN | US\$205

To commence this journey, dead skin cells will be removed with a natural, aromatic body scrub followed by a restorative herbal fusion back massage. Invigorate your senses whilst you are cocooned in a comforting envelopment of therapeutic muscle warming actives to help ease the pains of muscle spasms, arthritis, rheumatism and fatigue. You will leave feeling refreshed and invigorated for your next island adventure.

## Elemis Sweet Orchid Nourishing Body Wrap

60 MIN | US\$205

The velvety texture of the monoi oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and relax with a neck, scalp and shoulder massage while the mood-balancing aromatics and skin conditioning oils do their work.

## Elemis Thousand Flower Detox Wrap

60 MIN | US\$205

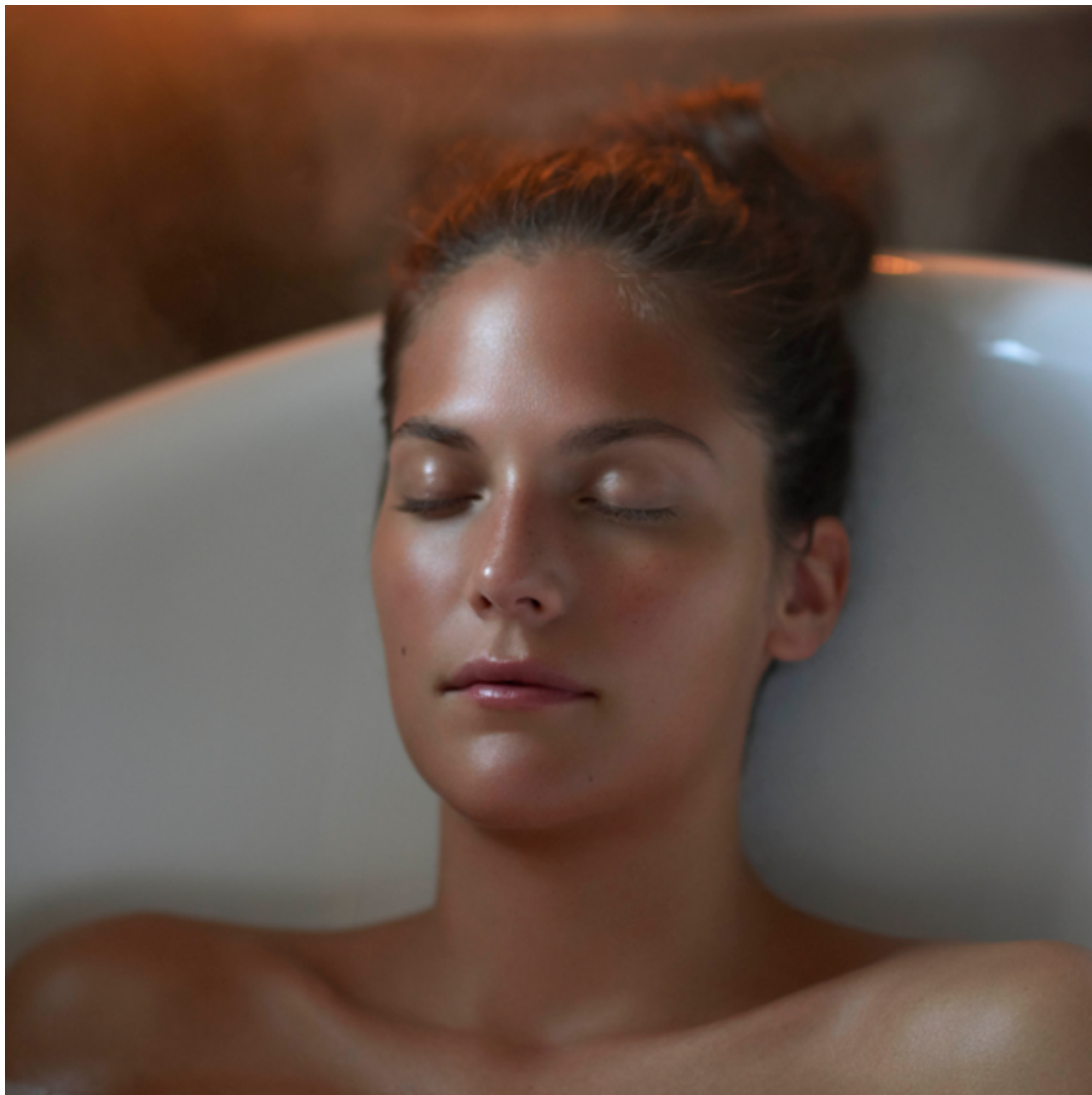
This nutrient-rich detox wrap facilitates super skin health and powerful detoxification with deeply nourishing Green Tea Balm. It helps to stimulate the elimination process and restore soulful equilibrium to leave you feeling completely reinvigorated.

## Elemis Targeted Toning Tightener

60 MIN | US\$215

A powerful blend of massage and detoxifying clay for targeted toning and tightening on two of the following areas: hips, thighs, abdomen or back of arms. Clinically proven\* to reduce the appearance of cellulite after just one treatment.

\*Independent Clinical Trials.





# Bath Ceremonies

Gently ease muscles and treat your skin by enjoying these incredible bath ceremonies as a private stand-alone treatment. Also available as an Add On Treatment. Choose one of the healthy juices available to complete this petite Health Journey while enjoying a view of the Maldivian Ocean.

## Elemis Musclease Bath Soak

30 MIN | US\$70

## Elemis Cellutox Bath Synergy

30 MIN | US\$70

## TheraNaka Atlantic Peace Re-Mineralising Salt Bath

30 MIN | US\$70

## TheraNaka River Rapids Milk Bath

30 MIN | US\$70

ALSO AVAILABLE IN YOUR PRIVATE STEAM BATH:

## Muscle Relaxing Mud Application

30 MIN | US\$70



Hands and feet

Touch comes before sight, before speech, it is the first language and the last, and it always tells the truth.

## Express Manicure

30 MIN | US\$90

## Express Pedicure

60 MIN | US\$100

## Repolish Hands or Feet

15 MIN | US\$60

## Repolish French Hands or Feet

25 MIN | US\$75

## TheraNaka Manicure

60 MIN | US\$115

Indulge in an African inspired spa manicure, treating your hands and forearms to a gentle exfoliation followed by an African Earth fusion hand massage, including nail and cuticle attention, followed by a nail colour by OPI of your choice for your rejuvenated hands.

## TheraNaka Pedicure

60 MIN | US\$140

Pamper tired feet and legs during a soothing spa pedicure, which includes exfoliation of rough skin, a customised nourishing African shea butter dumbbell massage, and nail and cuticle attention. Choose a dazzling nail colour by OPI for your gorgeous new feet.



Add ons

Add further bliss to your existing Spa Journey with one or more of these wonderful touches.

Please note these must be booked in addition to an existing spa treatment.

ELEMIS EYES TREATMENT 15 MIN | US\$65

ELEMIS BOOSTER FACIAL (SELECTION AVAILABLE)  
30 MIN | US\$75

COCONUT NOURISHING HAIR TREATMENT  
30 MIN | US\$75

TONING FACIAL MASSAGE 15 MIN | US\$45

SHOULDER AND SCALP MASSAGE  
30 MIN | US\$75

BACK MASSAGE 30 MIN | US\$75

FOOT MASSAGE 30 MIN | US\$75

EXPRESS MANI 30 MIN | US\$75

EXPRESS PEDI 30 MIN | US\$85

RE-POLISH 15 MIN | US\$50

FRENCH POLISH 30 MIN | US\$65

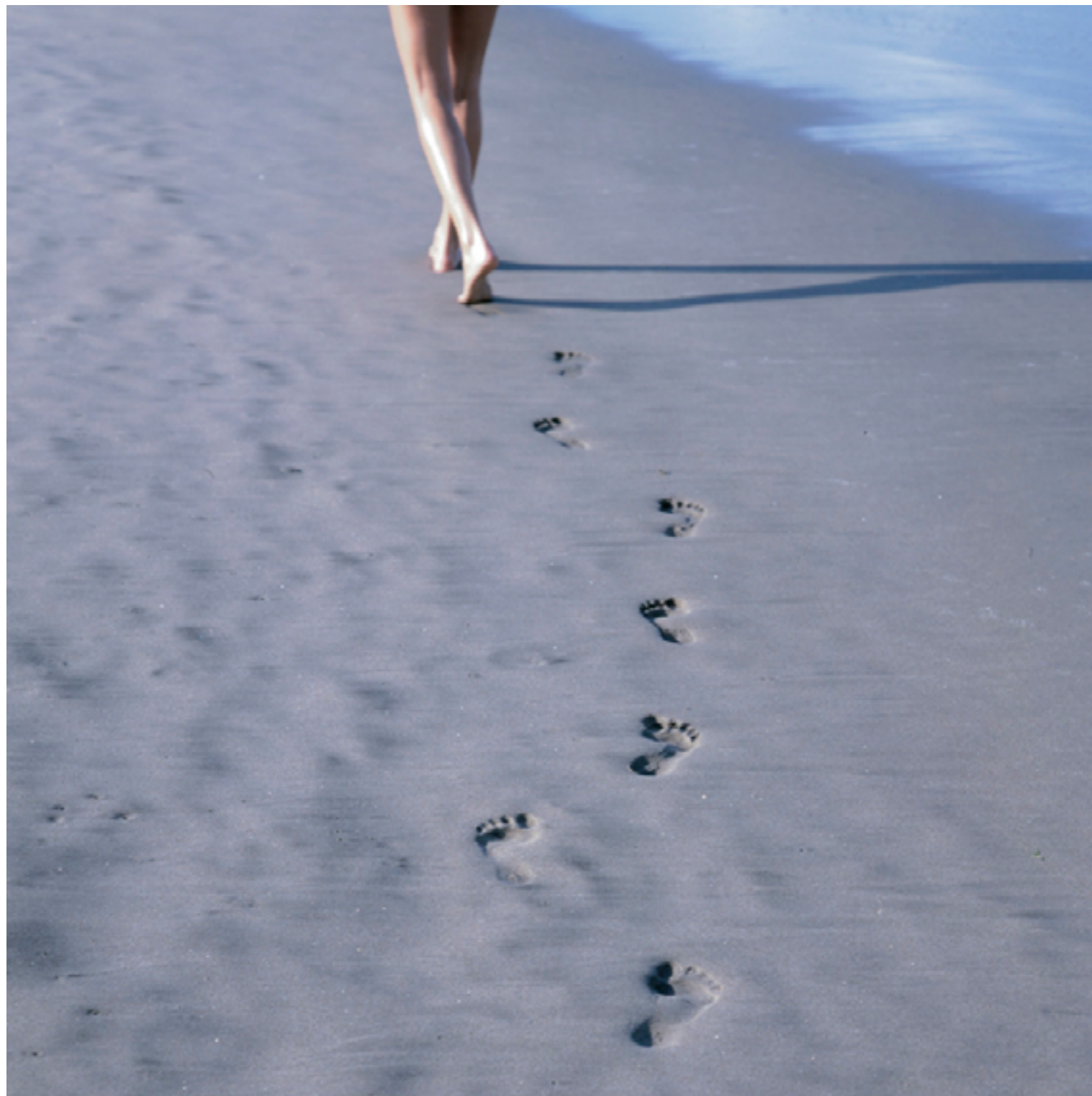
STEAM 15 MIN | US\$20

BODY POLISH 30 MIN | US\$105

BATH WITH REFRESHMENT 30 MIN | US\$40

SHIRODHARA 45 MIN | US\$95





Waxing

## Waxing

LIP 15 MIN | US\$25

BROW 15 MIN | US\$25

UNDERARM 15 MIN | US\$40

ARMS 30 MIN | US\$40

BIKINI 15 MIN | US\$40

HALF LEG 30 MIN | US\$60

FULL LEG 45 MIN | US\$80

## Waxing for men

ARMS 30 MIN | US\$60

UNDERARMS 15 MIN | US\$40

CHEST 30 MIN | US\$60

ABDOMEN 30 MIN | US\$60

HALF LEG 30 MIN | US\$60

FULL LEG 45 MIN | US\$80

HALF BACK 30 MIN | US\$60

FULL BACK 45 MIN | US\$80



Yoga

Join us for our  
daily early morning  
complimentary 45  
minute yoga class  
at 07.00.

Private classes and  
yoga on sandbank  
available on request.  
Please enquire at our  
Spa reception.

## Group classes

- 30 MIN | US\$65
- 45 MIN | US\$70
- 60 MIN | US\$75

## Milaidhoo Yoga

- Advanced yoga (60 MIN)
- Balanced yoga (60 MIN)
- Gentle yoga (60 MIN)
- Vinyasa flow (60 MIN)
- Advanced sun salutation (60 MIN)
- Stretch for stress (60 MIN)
- Yoga asanas for abdomen (60 MIN)
- Mindful yoga (60 MIN)

## Meditation

- Yoga nidra meditation (45 MIN)
- Soham breathing meditation (45 MIN)
- Trataka or candle flame meditation (45 MIN)
- Sound healing meditation (30 MIN)

## Pranayama

- The art of breathing (45 MIN)





# Spa etiquette

Our spa is a place of peace and tranquillity. We request all our guests to respect this space and leave mobile phones and any other items that may cause disturbance for other guests at home in their villas.

We have private changing and showering facilities at the spa in the private treatment pavilions.

Disposable underwear will be given to you at the spa for your treatment if required.

Please arrive at least 15-minutes before your appointment in order to relax with a welcome drink and complete your registration process in plenty of time before your treatment.

We advise gentlemen to shave the morning before a facial.

We request your understanding of your therapist having another guest booked immediately after your appointment. For that reason, in the event you arrive late, your treatment may be cut short or cancelled altogether without a refund.

Please be aware of our cancellation policy: In the event of you cancelling 24 hours before your treatment, there is no cancellation charge. In the event of you cancelling 12 hours before your appointment, we'll charge you 50% of your booked treatment. In the event of you cancelling in less than 12 hours before arriving at the spa for your appointment, we'll charge you 100% of your booked treatment.

Guests having certain health concerns are invited to see us for a consultation before making an appointment and we'll be able to give you the best advice about possible treatments. In some cases we would require a note from your doctor stating that it is safe to perform requested treatments.

We regret that some of our spa treatments aren't suitable for pregnant ladies in their first trimester.





TheraNaka™  
SOUTH AFRICA

AFRICAN RECHARGE  
BODY OIL

HUILE CORPORELLE  
"VITALITÉ D'AFRIQUE"

500 ml / 16.9 fl.oz

## About TheraNaka

Where the finest African plant extracts and traditional rituals unlock the beauty of Africa – balancing and weaving the scents and herbs of Africa with the adapted traditional rituals of its ancient inhabitants – TheraNaka is a unique South African product, rich in natural healing and soothing properties, presenting the ultimate in relaxation and rejuvenation. Understanding our mutual interdependence with earth, TheraNaka has been developed using only the finest natural ingredients available from nature while honouring the eco-system. Our credible suppliers, specialist South African plant extract manufacturers, provide us with the best selection and quality of African plant extracts. Their services support organic certification, sustainability and Fair Trade. We ensure that our products do not contain harmful alcohols, artificial fragrances, colorants, harmful petrochemicals or mineral oils, and they have not been tested on animals. Ubuntu Natural products are derived from 'indigenous African plants raw materials that have been sustainably wild-

harvested by, and for the benefit of, poor rural people', and are produced in line with clear environmental and social guidelines [Ubuntu Natural Charter]. Guaranteed are fair & reliable supply chains, a commitment to biodiversity conservation, social & regulatory equity, green technology, as well as a variety of additional advantages.

## About Elemis

British-based Elemis was born out of the vision to bring together the power of nature, science and aromatics. To harness the dynamism of the highest-grade actives and create a skincare line that would transform the frontline of the beauty industry. Elemis begins with the earth's natural resources. Powerful marine and plant actives coupled with intricately-blended aromatics form the foundation of all our products. We ethically source and extract, harnessing and boosting remarkable natural properties through technology. Elemis is where the science of nature meets the science of skin. Hands-on, our Elemis therapists harness



the power of nature and science to create ground-breaking formulations that genuinely transform your skin. Personally prescribed. Sublimely sensory. The experience is exceptional; the results are real. Elemis is driven by its commitment to creating high-performance formulations developed through innovative science and technology. We continually strive to create the 'next generation' in skin science using ground-breaking techniques to amplify the earth's natural resources. We don't test on animals and don't use animal bi-products apart from honey, beeswax and milk proteins.

## About Coola

Better for your skin; better for the environment. We're passionate about making healthy sunscreens that people love to wear! Our quest is to spoil your sometimes finicky, always worthy skin with the most pure, eco-conscious products possible. We consciously chose to develop our line using as many ingredients as possible that are natural, organic, sustainable and locally sourced, much

like the foods we prefer to eat. Green, yet still luxurious, each of our high performance products protect and nourish the skin with vitamins and age-defying antioxidants, while remaining free of parabens, PABA, petroleum and phthalates. An advocate of both research and education, Coola donates to the Melanoma Research Alliance and Healthy Child Healthy World. Our full line of luxury sun and skincare products incorporate a Farm to Face® sourcing philosophy, using the freshest and most natural ingredients whenever possible. Look for our organic formulas that contain over 70% certified organic ingredients and are easily identified by our organic seals. Additionally, we formulate with Plant Protection®, which allows us to achieve clinically tested, broad spectrum and antioxidant-rich protection while using fewer traditional actives. Better for your skin, better for the environment. Today, Coola continues to pave the way in the sun care industry. Because we produce in limited quantity batches in sunny and cool San Diego, we're able to reformulate often, taking advantage of new developments in sun science.





# milaidhoo island

MALDIVES

story of a small island



Milaidhoo Maldives, Baa Atoll, The Maldives

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