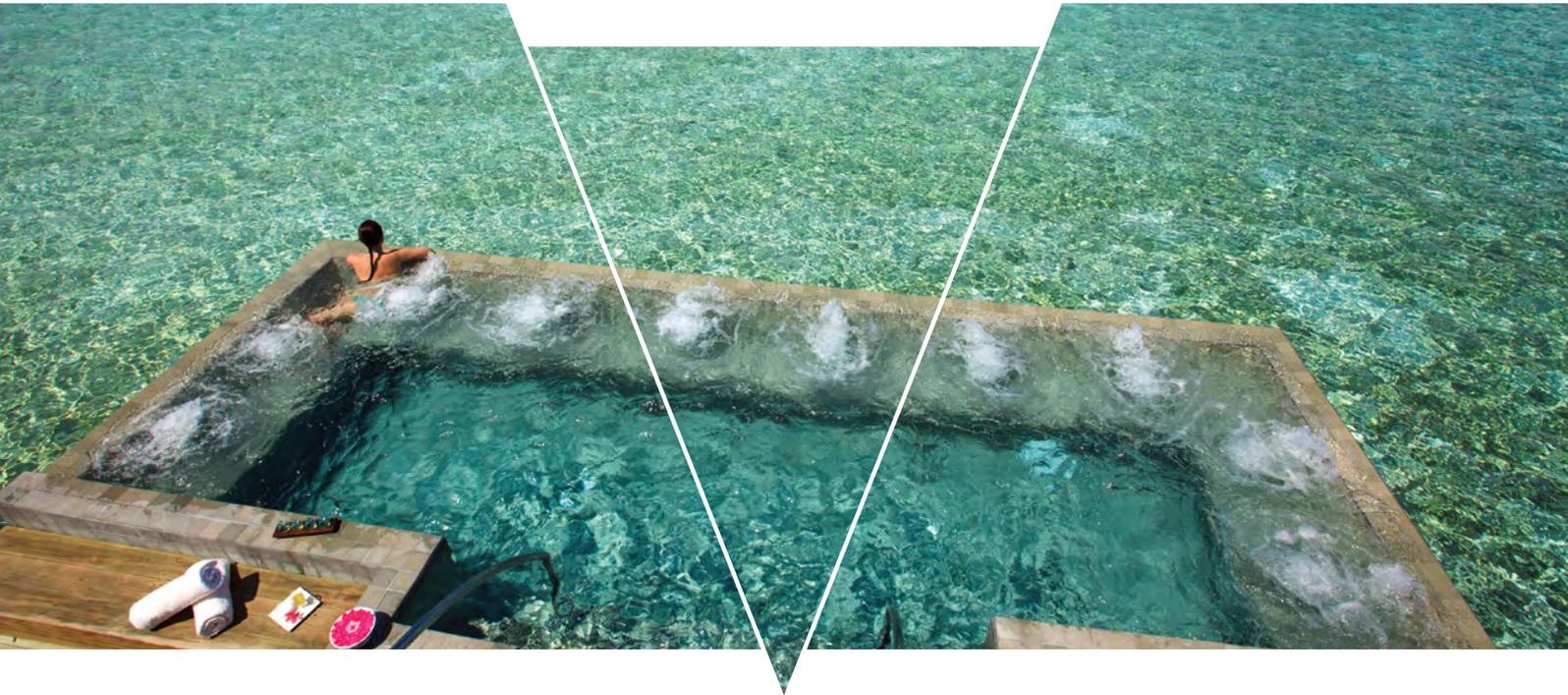


the spa  
VELASSARU  
maldives



Spa Menu



## Signature Treatments

Overwater treatment pavilions set on stilts, offering classic therapies designed to revitalise and soothe. Authentic bliss from indigenous ingredients and an expert touch. Uninterrupted views of the Maldivian seascape. Embrace simple luxuries. Experience ultimate rejuvenation.

## Spa Facilities

- Ten overwater treatment rooms
- Hydropool perched over the lagoon
- Relaxation room
- Steam room
- Retail items

# Massages

## Velassaru Signature 90 minutes

Authentic coconut wood tools will help liberate negative stress in the body, stimulating positive and intensive sense of wellbeing.

## Balinese 60 / 90 minutes

Soft to medium pressure, using traditional Balinese method that will focus on concerned areas of your body for that total relaxation.

## Swedish 60 / 90 minutes

A classic technique with medium to firm pressure, stimulating circulation and helps to relieve muscle tension.

## Deep Tissue 60 / 90 minutes

A vigorous and dynamic procedure that will help increase your muscle flexibility, alleviating pain and assist the natural healing process.

## Royal Thai 60 / 90 minutes

Often called the "Lazy Yoga", this massage is designed to reveal exceptional flexibility and mobility. It relieves muscle and joint tensions by stretching, compressions and Yoga techniques.

## Vinothérapie 60 / 90 minutes

A relaxing procedure using Geranium and Rose oils mixed with red wine, a great stress buster that will leave you feeling rejuvenated.

## Indian Head 60 minutes

Gentle yet stimulates, this massage focuses on your back to alleviate muscle tension. Followed by a nourishing scalp treatment, which heals and conditions sun damaged hair for a healthy and shiny look.

## Reflexology 60 minutes

An ancient method of stimulating specific pressure points on the feet to open the body's energy pathways, leaving you balanced and with restored clarity.

## Pregnancy 60 minutes

A gentle relaxing technique for the mother to be, relieving discomfort especially on the legs and lower back. \*This massage is advised after the first trimester only.



## Consultation

Prior to your massage, we will consult with you so we can determine exactly where to focus our attention. We will create your massage by blending techniques, presenting you with a truly unique experience.

# Body Treatments

## Scrub

### Vinothérapie Body Scrub 45 minutes

Feel the rejuvenating power of grape seed granules as it stimulates the renewal of cells and collagen. Followed by a rich moisturizer that will form a protective layer, leaving your skin feeling healthy and renewed.

### Tropical Fruit Polish 45 minutes

A lush salt mousse body scrub rich in vitamins, minerals, anti oxidants and tropical fruit essences. This gentle anti-aging polish is recommended for all skin types, especially before any sun exposure to promote an even tan.

### Coconut Body Scrub 45 minutes

Savor this nurturing body scrub, mixed with virgin coconut oil and reveal your healthy glowing skin.

### Marine Body Buff 45 minutes

A gentle scrub that stimulates the circulation and your body's eliminating system, while rendering dry and rough areas silky soft.

## Wrap

### Vinothérapie Body Wrap 1 hour

Indulge in the intoxicating aroma of pure wine, mixed with natural mud and grape seed oil wrapped around your body. An amazing anti oxidant that helps improve elasticity and reverse the skin damage caused by free radicals.

### Water Lily Sun Soother 1 hour

Relieve sun damaged or sun sensitive skin with this immediately cooling cocoon. Soothing and desensitizing Water Lily, Green Tea, Chamomile and Proline amino acid relieves the discomfort caused by prolonged sun exposure. \*Safe for pregnancy.

### Ocean Elements Detoxifying 1 hour

This powerful deep sea green algae and seaweed cocoon is packed with vitamins, minerals and oligo elements. Helping your body to eliminate toxins, drain excess water accumulation and stimulate metabolism.

### Green Coffee Silhouette 1 hour 15 minutes

This slimming and toning cocoon stimulates your body's ability to break down fat, increase metabolism and eliminate water retention.



## Couple's Retreat

### Couple Bespoke 2 hours 30 minutes

Immerse in a relaxing treatment with your partner and enjoy a lush body scrub followed by our signature massage.

- Marine Body Buff for Men
- Tropical Fruit Polish for Women
- Velassaru Signature Massage

### Celebrate Romance 2 hours

Spark your unique connection by indulging in a Spa treatment for two.

- Vinothérapie Massage
- Refresh Facial
- Bath

# Facials

## Stem Cell 1 hour 15 mins

A groundbreaking freeze-dried treatment that redefines the anti-aging facial, visibly reducing fine lines and wrinkle depth. \*Safe for pregnancy.

## Brilliance 1 hour 15 minutes

Indulge in the combined natural, highly repairing powers of seaweed and the powerful botanical elixir 'Propolis'. This facial is ideal for all skin types, specifically fragile and dehydrated skin as it heals and soothes any irritation while deeply hydrating the skin back to life. \*Safe for pregnancy.

## Botanical Balance 1 hour

This complete facial is customized to individual skin types. It is the perfect choice for women or men who prefer a pure approach to skin care. \*Safe for pregnancy.

**Dry** – Rose, Jasmine, Ylang Ylang and Chamomile

**Delicate** – French Rose, Neroli, Lavender and German Chamomile

**Combination** – Sandalwood, Mandarin, Grapefruit and Rosemary

## Oxygen 1 hour

A restorative skin therapy formulated to invigorate, boost and restore. This multi-action facial is ideal for revitalizing dull skin affected by stress, signs of aging and fatigue. \*Safe for pregnancy.

## Soothing 1 hour

This corrective facial is perfect for skin affected by pollution, stress, sun damage and climatic exposure. \*Safe for pregnancy.

## Refresh 30 minutes

Revive a tired complexion with a cleanse, tone and a specific masqueto boost and reveal skin clarity. \*Safe for pregnancy.



### For Your Eyes Only 30 minutes

An eye treatment tailored to your needs. \*Safe for pregnancy.

**Collagen Cryo** - The 100% pure marine collagen will help smooth the appearance of fine lines and rejuvenate the eye contour.

**Ginkgo Biloba** - This natural collagen fibre mask treatment increases circulation, soothes, cools and decongests the fragile eye contour visibly reducing puffiness and dark circles.

# Rituals

## Velassaru 2 hours 30 minutes

Embrace the essence of the Maldives with an array of treatments, using local and natural ingredients.

- Lagoon Coral Scrub
- Ghandakoli Maldivian Cocoon
- Kaashi Hair and Scalp Ceremony
- Virgin Coconut Oil Massage
- Island Radiance Facial

## Tropical Ecstasy 2 hours 30 minutes

Nourish and regenerate is the mantra for this decadent ritual.

- Coconut Body Scrub
- Vinothérapie Massage
- Soothing Facial

## Oceanic Delight 2 hours 30 minutes

Detoxify and revitalize with the oceanic sea elements experience.

- Marine Body Buff
- Ocean Elements Detoxifying
- Swedish Massage

## Vinothérapie 2 hours 30 minutes

Immerse in this luxurious wine therapy, a perfect treat for your skin.

- Vinothérapie Body Scrub
- Vinothérapie Body Wrap
- Vinothérapie Massage

## Maldivian Man 2 hours 30 minutes

Melt your stress away and enjoy an invigorating procedure tailored for men.

- Lagoon Coral Scrub
- Deep Tissue Massage
- Botanical Facial



Your ritual begins in your private overwater suite with its breathtaking views and ocean breeze. Your time with us is precious, so we offer a selection of refreshments and a full use of our facilities. We have also included extra time for you to savour the moment.

# Hands & Feet

## Velassaru Manicure

Complete care for beautiful and healthy looking hands. This manicure consists of scrub, paraffin hand treatment, file, cuticle work and polish.

Regular Manicure 1 hour

Gel Manicure 1 hour 30 minutes

## Velassaru Pedicure

Comfort your tired feet with a eucalyptus and citrus seawater foot soak. Followed by a sand polish and the removal of excess skin, your feet are prepared for a nourishing mask and delightful foot massage. This recharging foot journey concludes with nail buffing or polish of your choice.

Regular Pedicure 1 hour 15 minutes

Gel Pedicure 1 hour 45 minutes

# Others

## Degrees 1 hour

Steam bath, plunge pool, lounge area and terrace. Dip into varying degrees of hot or cold experiences to soothe tired muscles, relieve stress and restore energy while enjoying the amazing view of the Indian Ocean. \*Kindly note that children under 16 are not allowed in this area.

## Waxing

Waxing services are available, prices upon request.



# Yoga

The union between body, mind and spirit. Yoga is an ancient tradition that focuses on purity of thought and body, as well as meditation or mindfulness. Physical postures (Asanas) have a beneficial effect on internal organs and increase vitality, while breathing (Pranayama) increases lung function and restores balance to reduce stress.

Group Session 1 hour  
Private Session 1 hour

# How to Spa

## Arrival

To ensure you enjoy your time with us and receive the full benefits of your Spa experience, we ask you to arrive at least 15 minutes ahead of your scheduled appointment.

## Cancellation

We understand that you may need to change your schedule, therefore we ask that you give us a minimum of 6 hours notice in advance to avoid cancellation charges. Kindly note that appointments cancelled within 6 hours will incur a 50% cancellation fee and appointments cancelled within 2 hours or a 'NO SHOW' will incur full payment.

## Reservation

We highly recommend that you reserve all your appointments in advance to avoid disappointment. Our Spa reception will advise you about the best times and what is available for you during your stay.

## Late Arrival

If you arrive late for a scheduled appointment, you will receive the best experience possible within the remaining appointment time. It may be necessary to decrease your time with respect for the next reservation. Full costs will apply.

## Health

If you have any known medical conditions, ailments, allergies or if you are taking any medication, please inform your therapist and the Spa reception.

## Spa Attire

Your modesty will be respected at all times. Everything you need for your time with us, including disposable underwear, robe, slippers and towels, will be provided. A bathing suit is necessary for the steam bath and Spa pool.

## Ambience

Please help us maintain a fresh, pure and tranquil environment by turning off your mobile phone and refrain from creating disturbing noise. Kindly note that the Spa is a 'no smoking' area.

## Age Requirement

All guests must be 16 years of age and above.

## Valuables

Lockers are provided, however we recommend that you arrive at the Spa without your valuables. The Spa cannot accept responsibility for any loss or damage of any kind.

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# Pricelist

## Massages

Velassaru Signature – 90 minutes	114
Vinothérapie – 60 / 90 minutes	90 / 122
Balinese – 60 / 90 minutes	82 / 114
Swedish – 60 / 90 minutes	82 / 114
Deep Tissue – 60 / 90 minutes	82 / 114
Royal Thai – 60 / 90 minutes	82 / 114
Indian Head – 60 minutes	82
Reflexology – 60 minutes	82
Pregnancy – 60 minutes	82

## Couple's Retreat

Couple Bespoke – 2 hours 30 minutes	325
Celebrate Romance – 2 hours	285

## Body Treatments

### Scrub

Vinothérapie Body Scrub – 45 minutes	74
Tropical Fruit Polish – 45 minutes	65
Coconut Body Scrub – 45 minutes	65
Marine Body Buff – 45 minutes	65

### Wrap

Vinothérapie Body Wrap – 1 hour	122
Green Coffee Silhouette – 1 hour 15 minutes	114
Water Lily Sun Soother – 1 hour	98
Ocean Elements Detoxifying – 1 hour	98

## Facials

Stem Cell – 1 hour 15 minutes	183
Brilliance – 1 hour 15 minutes	130
Oxygen – 1 hour	118
Soothing – 1 hour	110
Botanical Balance – 1 hour	110
For Your Eyes Only – 30 minutes	69
Refresh – 30 minutes	61

## Rituals

Velassaru – 2 hours 30 minutes	212
Tropical Ecstasy – 2 hours 30 minutes	212
Oceanic Delight – 2 hours 30 minutes	212
Vinothérapie – 2 hours 30 minutes	212
Maldivian Man – 2 hours 30 minutes	212

## Hands and Feet

Gel Manicure – 1 hour 30 minutes	94
Regular Manicure – 1 hour	69
Gel Pedicure – 1 hour 45 minutes	106
Regular Pedicure – 1 hour 15 minutes	82

## Others

Degrees – 1 hour	21
Waxing (prices upon request)	

## Yoga

Private Session – 1 hour	57
Group Session – 1 hour	37

Prices are in US Dollars and exclusive of 10% service charge and 12% GST (government tax)