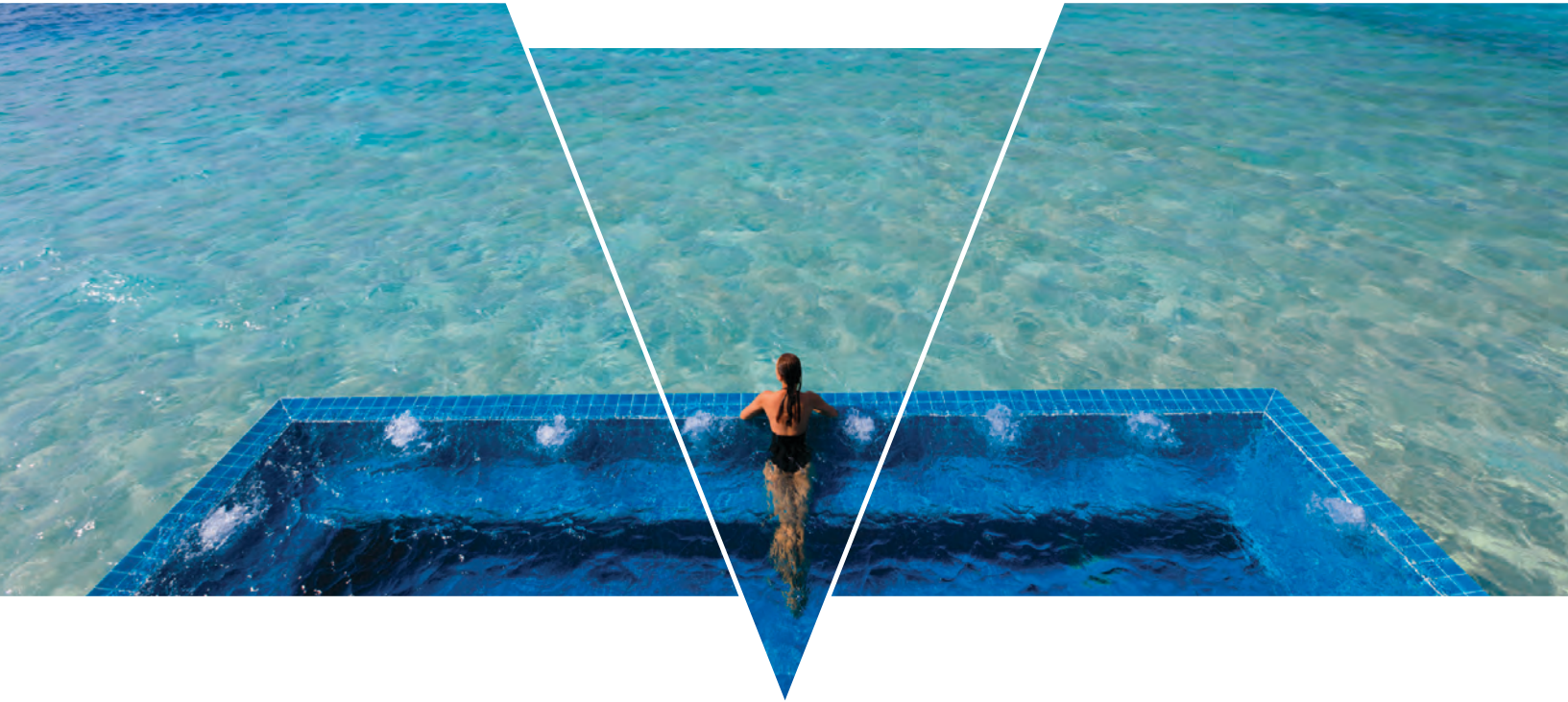


the spa  
VELASSARU  
maldives



SPA MENU



## Spa Facilities

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

## 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.

## Velassaru 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.

## Elemis Skincare Therapy

Known worldwide, ELEMIS is also the number one British Anti-Ageing Skincare Brand. Every ground-breaking formula is an innovative blend of science with the chemistry of nature, carefully crafted by a dedicated team of explorers, scientists and skincare experts. It's meticulous attention to detail, pioneering formulas and remarkably transformative results are what truly sets their skincare apart.

## Pevonia Natural Skincare

For over 20 years, Pevonia has been the leader in delivering natural skincare solutions to the finest spas worldwide. Pevonia offers a complete line of spa products containing the finest natural marine and botanical ingredients, combined with technologically advanced formulas and treatments that deliver highly visible results. The ingredients in our natural skin care range are superior and refined in quality, and from the very best source.

# MASSAGES

## VELASSARU

### Velassaru Signature – 90 minutes

A medium to strong pressure using warm coconut wooden tools as an extension to your Therapist's hands and coconut oil to melt away stress, soothe sore and tensed muscles while inducing a sense of well-being.

### Vinothérapie – 60 / 90 minutes

A relaxing massage using Geranium and Rose oils mixed with red wine combined with slow and smoothly continuous stroke. This treatment provides powerful antioxidants for the entire body while the healing massage improves lymphatic flow and eases muscle tension.

### Traditional Balinese – 60 / 90 minutes

A relaxation-focused massage with soft to medium pressure using traditional Balinese method. This treatment will focus on concerned areas of your body using the combination of palm pressure, kneading, skin rolling and aromatherapy techniques.

### Classic Swedish – 60 / 90 minutes

A classic massage with medium to firm pressure using gliding strokes, kneading and friction that promotes a sense of wellbeing by increasing your blood circulation.

### Deep Tissue – 60 / 90 minutes

Deep muscle work combined with stretching movements using forearms, elbows, fingers and knuckles to ease muscle tension and re-awaken your senses.

### Thai – 60 / 90 minutes

A dry massage designed to reveal exceptional flexibility and mobility. The Therapist uses his or her thumbs, palms, elbows, knees and feet to apply a combination of acupressure, gentle rocking, joint and spine mobilisations, deep stretching movements and Yoga techniques. Performed on the floor mattress. Comfortable Thai Pajamas are provided for you to wear.

### Indian Head – 60 minutes

A gentle and stimulating technique, this treatment focuses on your back, neck and shoulder to ease 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 energising specific pressure points on the feet to open the body's energy pathways, leaving you balanced and with restored clarity.

### Jet Lag Massage – 30 minutes

A definite treat to start a well-deserved holiday. Experience a soothing treatment with a 30-minute massage of your choice to relieve stress and muscular tension in the back, neck and shoulders or simply refresh over worked and tired feet.

Choose to focus on:

- Head & Shoulder
- Back & Neck
- Legs & Feet



# PREGNANCY

## ELEMIS

### [Peaceful Pregnancy Massage](#) – 60 minutes

Mothers-to-be are restored to optimum wellness with a personally prescribed facial. An intuitive and relaxing massage hydrates skin that is expanding to accommodate growing baby.

### [Peaceful Pregnancy Face and Body Experience](#) – 2 hours

Settle into a treatment combination that gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your baby.

## VELASSARU

### [Mother To Be](#) – 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.

# FACE

## ELEMIS

### Pro-Collagen Age Defy – 30 / 60 minutes

Tackle 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.

### Pro-Definition Lift and Contour – 30 / 60 minutes

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

### Superfood Pro-Radiance – 30 / 60 minutes

A nutritional boost 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.

### Sensitive Skin Soother – 30 / 60 minutes

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

### Anti-Blemish Mattify and Calm – 30 / 60 minutes

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.





## PEVONIA

### Trilogy – 1 hour 15 minutes

A deeply hydrating, tri-phase skin treatment to remedy skin ageing in 3 ways: Relaxing harsh wrinkles with Escutox™, communicating skin cells with Marine and Caviar Polypeptides to self-repair and rejuvenate; and firming and brightening with a micro-emulsified peptide mask.  
\*pregnancy safe

### Sea Fusion – 1 hour 15 minutes

Pure micronized Seaweed combines with Propolis from the Jura Mountains in France in this cooling and calming treatment that leaves the skin deeply hydrated and positively luminous.  
\*pregnancy safe

### Enviro Cure – 60 minutes

Like a cool fresh breeze, this deeply soothing treatment erases redness and inflammation while repairing environmental stress.  
\*pregnancy safe

### Botanica – 60 minutes

A naturally derived, plant-powered facial to balance and hydrate skin, smoothing the appearance of lines and wrinkles to transform and rejuvenate. Includes a customised oil infusion to improve skin tone and radiance.  
\*pregnancy safe

### Elements – 30 minutes

Transform skin with a deep cleanse and micro-emulsified botanical mask to rejuvenate and improve skin in minimal time.  
\*pregnancy safe

### Eye Care – 30 minutes

An eye treatment tailored to your need.

### Rejuvenate

This potent treatment containing Collagen Cryo, plumps out fine lines and wrinkles, while firming the eye contour. \*pregnancy safe

### Refresh

Containing Ginkgo Biloba, this treatment effectively relieves dark circles and puffiness for refreshed, radiant eyes. \*pregnancy safe



# BODY

## SCRUB

### ELEMIS

#### Intensely Cleansing Salt Scrub

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Lime and Ginger – 45 minutes

Frangipani – 45 minutes

### PEVONIA

#### Tropical Saltmousse – 45 minutes

Delivers an aroma-sensory experience. Its fluffy lather removes impurities and toxins by gently polishing your skin. As the salt dissolves, negative ions and repairing tropical fruit extracts are quickly absorbed. The skin emerges smooth to the touch and visibly brightened.

#### Ocean Scrub – 45 minutes

Removes impurities, smooths rough skin texture, stimulates circulation, and remineralizes. Your skin will unveil beautifully rejuvenated, hydrated, and soft.

### VELASSARU

#### Vinothérapie Scrub – 45 minutes

A refreshing & detoxifying body scrub. 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.

## WRAP

### ELEMIS

#### Frangipani Nourishing Wrap – 60 minutes

The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

#### Thousand Flower Detox Wrap – 60 minutes

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

#### Targeted Toning Tightener – 1 hour 30 minutes

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

Choose a localised treatment:

[Arms](#) – 30 minutes

[Hips & Thighs](#) – 30 minutes

[Abdomen](#) – 30 minutes

### PEVONIA

#### Soothe – 60 minutes

Provide your skin immediate relief from sunburn or sensitivity due to excessive sun exposure. This soothing wrap cools and desensitizes by combining Water Lily, Green Tea, and Chamomile. Promptly alleviating burning and stinging sensations, this treatment heals, desensitizes, and decreases skin temperature.

#### Detox – 60 minutes

Wrap yourself in Seaweed Therapy. This effective treatment detoxifies and re-mineralizes dry, depleted skin. Your body is covered with warm micronized seaweed and gently wrapped. As stress and toxins are eliminated, your entire body resurfaces youthful, replenished and hydrated.

#### Contour – 1 hour 15 minutes

Slim and tone your body with a cutting-edge cellulite treatment. This slimming and toning wrap stimulates your body's ability to break down fat, increase metabolism, and eliminate water retention. Pure 100% Micronized Green Coffee, naturally rich in Chlorogenic Acid, Polysaccharides, Proteins, and Essential Oils, smoothes and enhances skin texture, visibly reducing spongy, dimply, cellulitic areas.

### VELASSARU

#### Vinothérapie Wrap – 60 minutes

An amazing anti-oxidant body treatment with pure wine, mixed with natural mud and grape seed oil wrapped around your body. Helps improve elasticity and reverse the skin damage caused by free radicals.

# COUPLE'S RETREAT

## Couple's Delight – 3 hours

Couples will enjoy a relaxing three-hour treatment in a private ambience. The treatment begins with a lush detoxifying wrap followed by our signature massage using virgin coconut oil and finishes with a reviving facial.

Treatments can be booked on different days.

- Detox Wrap
- Velassaru Signature Massage
- Elements Facial

## Couple's Indulgence – 2 hours 45 minutes

Enjoy this effective body ritual in a romantic setting. Begin with an invigorating body scrub and afterwards, enjoy a deeply relaxing full body massage. The ritual ends with a nourishing bespoke facial tailored for individual types.

Treatments can be booked on different days.

- Ocean Scrub
- Traditional Balinese Massage
- Botanica Facial

## Couple Bespoke – 2 hours 15 minutes

A full body experience starts with a detoxifying body scrub using a blend of the finest seaweed for him and an anti-aging lush body scrub for her, followed by a soothing signature massage.

- Ocean Scrub for Men
- Tropical Saltmousse for Women
- Velassaru Signature Massage

## Celebrate Romance – 2 hours

Share this unique Spa experience. This two-hour couple's treatment begins with a relaxing Vinotherapie massage, followed by a facial treatment and ends with a specially prepared romantic bath and with an accompanied bottle of wine for two.

- Vinotherapie Massage
- Elements Facial
- Bath



# RITUALS

## Velassaru – 2 hours 30 minutes

Embrace the essence of the Maldives with an array of treatments, using local and natural ingredients. Start with an invigorating body exfoliation with finest Maldivian coral sand scrub, a body wrap with sweet basil and coconut powder, a nourishing scalp treatment followed by a soothing full body massage and ends with a refreshing facial.

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

## Vinothérapie – 2 hours 30 minutes

This luxurious wine therapy starts with an invigorating body scrub, followed by an anti-oxidant body wrap of pure wine, mixed with natural mud and grape seed oil. End your spa experience with a deeply hydrating and relaxing massage. A perfect treat for your skin.

- Vinothérapie Scrub
- Vinothérapie Wrap
- Vinothérapie Massage

## Tropical Ecstasy – 2 hours 30 minutes

Nourish and regenerate is the mantra for this decadent ritual. The journey begins with a nurturing body scrub followed by relaxing wine therapy massage. A soothing and healing facial concludes this ritual.

- Tropical Saltmousse
- Vinothérapie Massage
- Enviro Cure Facial

## Oceanic Delight – 2 hours 30 minutes

Detoxify and revitalize with the oceanic sea elements experience. This ritual begins with an invigorating seaweed body scrub designed to smooth and soften the skin, your body is then coated with a smoothing micronized algae wrap. A relaxing Swedish massage completes this top to toe ritual.

- Ocean Scrub
- Detox Wrap
- Classic Swedish Massage

## Maldivian Man – 2 hours 30 minutes

Melt your stress away and enjoy an invigorating procedure tailored for men. Starting with the finest Maldivian coral sand scrub, invigorating deep tissue massage and a facial treatment customised to suit the male complexion.

- Lagoon Coral Scrub
- Deep Tissue Massage
- Botanica 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 – 60 minutes

Gel Manicure – 1 hour 30 minutes

### Velassaru pedicure

Comfort your tired feet with a relaxing foot soak followed by a sand polish and removal of excess skin, which prepares your feet 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 – 60 minutes

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 old age 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 – 60 minutes

Private Session – 60 minutes

Couple's Session – 60 minutes



# 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.

# Pricelist

## Massages

### Velassaru

Velassaru Signature – 90 minutes	185
Vinothérapie – 60 / 90 minutes	155 / 180
Traditional Balinese – 60 / 90 minutes	145 / 175
Classic Swedish – 60 / 90 minutes	145 / 175
Deep Tissue – 60 / 90 minutes	145 / 175
Thai – 60 / 90 minutes	145 / 175
Indian Head – 60 minutes	130
Reflexology – 60 minutes	130
Jet Lag Massage – 30 minutes	90

## Pregnancy

### Elemis

Peaceful Pregnancy Face and Body Experience – 2 hours	460
Peaceful Pregnancy Massage – 60 minutes	255

### Velassaru

Mother To Be – 60 minutes	130
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## Face

### Elemis

Pro-Collagen Age Defy – 30 / 60 minutes	97 / 280
Pro-Definition Lift and Contour – 30 / 60 minutes	97 / 280
Superfood Pro-Radiance – 30 / 60 minutes	97 / 230
Sensitive Skin Soother – 30 / 60 minutes	97 / 230
Anti-Blemish Mattify and Calm – 30 / 60 minutes	97 / 230

### Pevonia

Trilogy – 1 hour 15 minutes	207
Sea Fusion – 1 hour 15 minutes	185
Enviro Cure – 60 minutes	165
Botanica – 60 minutes	145
Elements – 30 minutes	88
Rejuvenate Eye Care – 30 minutes	88
Refresh Eye Care – 30 minutes	88

## Body

### Scrub

#### Elemis

Intensely Cleansing Salt Scrub	
• Lime and Ginger – 45 minutes	120
• Frangipani – 45 minutes	120

#### Pevonia

Tropical Saltmousse – 45 minutes	83
Ocean Scrub – 45 minutes	83

#### Velassaru

Vinothérapie Scrub – 45 minutes	93
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# Pricelist

## Wrap

### Elemis

Targeted Toning Tightener – 1 hour 30 minutes	327
Thousand Flower Detox Wrap – 60 minutes	205
Frangipani Nourishing Wrap – 60 minutes	195
Arms – 30 minutes	110
Hips and Thighs – 30 minutes	110
Abdomen – 30 minutes	110

### Pevonia

Contour – 1 hour 15 minutes	145
Soothe – 60 minutes	125
Detox – 60 minutes	125

### Velassaru

Vinothérapie Wrap – 60 minutes	155
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## Couple's Retreat

Couple's Delight – 3 hours	620
Couple's Indulgence – 2 hours 45 minutes	590
Couple Bespoke – 2 hours 15 minutes	415
Celebrate Romance – 2 hours	363

## Rituals

Velassaru 2 hours 30 minutes	270
Vinothérapie 2 hours 30 minutes	270
Tropical Ecstasy 2 hours 30 minutes	270
Oceanic Delight 2 hours 30 minutes	270
Maldivian Man 2 hours 30 minutes	270

## Hands & Feet

### Velassaru Manicure

Gel Manicure – 1 hour 30 minutes	120
Regular Manicure – 60 minutes	88

### Velassaru Pedicure

Gel Pedicure – 1 hour 45 minutes	120
Regular Pedicure – 1 hour 15 minutes	105

## Others

Degrees – 60 minutes	25
Waxing (Prices Upon Request)	

## Yoga

Couple's Session – 60 minutes	115
Private Session – 60 minutes	73
Group Session – 60 minutes	47