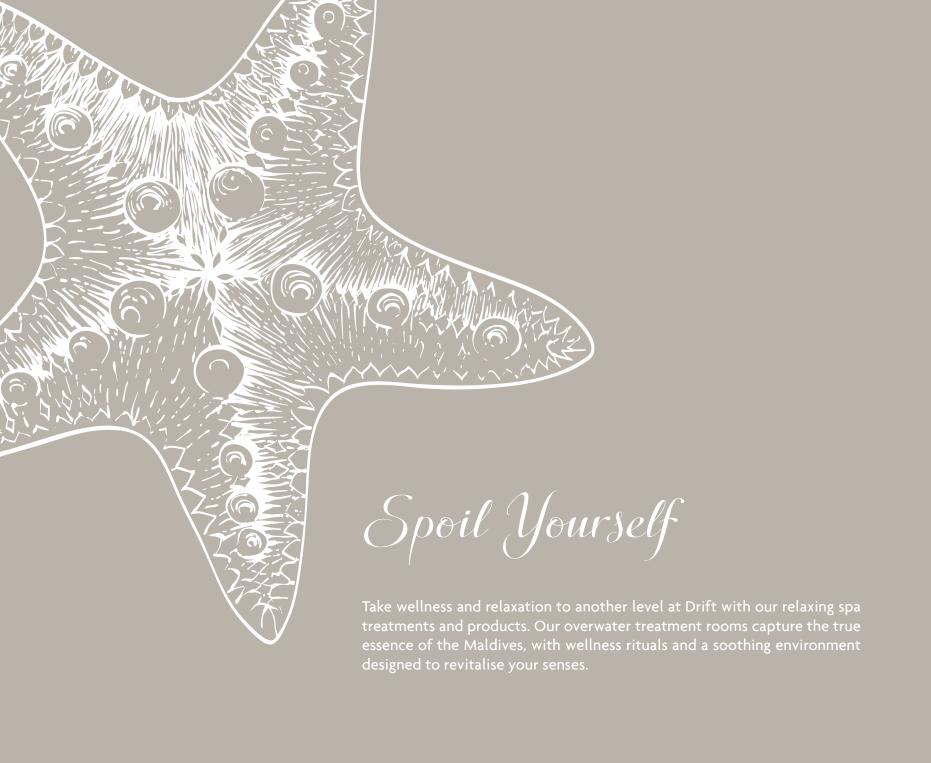


THELU VELIGA RETREAT.

MALDIVES

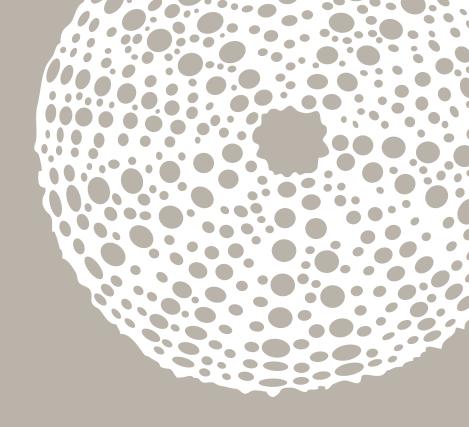
SPA MENU





BODY TREATMENTS

Drift Signature Scrub & Massage (90 minutes) Collected from drifted coconuts, seaweeds, and sea minerals, from ocean to your heart, mind and soul. Fall in love with the nourishing benefits of the 5-step drifted rejuvenate ritual. Scraped coconut locally known as Huni is applied on the body as a natural scrub, rejuvenating dry and dull skin, followed by a seaweed clay mask on the body to detox and tighten your skin for a youthful glow. Organic Virgin Coconut oil is then dripped on the body with medium pressure broad, relaxing strokes for a soothing massage.	\$275
A Sun Rescue tropical seaweed sheet mask is then applied to clean dampened face for deep hydration, while coconut milk is massaged into the scalp and hair.	
Aloe Vera & Cucumber Body Rub (60 minutes) This rub is enriched with aloe vera and cucumber extracts to leave your skin feeling soft and smooth.	\$145
Coffee Scrub (30 minutes) This scrub will work to gently exfoliate, soften, smooth, and stimulate your skin.	\$110
Salt Scrub (30 minutes) Our salt scrub will restore and tone the skin.	\$110



\$285

RITUALS

Full Moon Ritual (90 minutes per couple) \$375 Enjoy our signature scrub and massage while basking in moonlight. Available only on three nights a month, depending on moon phase.

Galaxy Ritual (60 minutes per couple)

When both the night sky and ocean shimmers, the spa deck transforms into a romantic sublime serenity. Our exclusive open-air night ritual includes Cowrie Shell Boli Massage using Organic Virgin Coconut oil for a warm and relaxing massage.

All prices are in US Dollars and Inclusive of Service Charge and 16% TGST

MASSAGES

Drift Massage (60 minutes)

\$220

From islands to your heart, mind and soul. Fall in love with the nourishing benefits of the miracle tree. Organic Virgin Coconut oil is applied on the body with broad, relaxing strokes for a soothing massage.

Cowrie Shell Boli Massage (60 minutes)

\$125

Coconut oil is drizzled on to the body, while Cowrie shell is used tomassage your body, face and scalp.

Naashi Coconut Massage (60 or 90 minutes)

\$185 / \$225

A one-of-a- kind traditional treatment featuring locally sourced virgin coconut oil and Naashi the Maldivian word for coconut shell. Revive your muscles and release tension from your muscles as coconut shells are used to gently knead your muscles. Warm drizzle of coconut oil strokes to soothe your body.

Traditional Thai Massage (60 or 90 minutes)

\$185 / \$225

This full body treatment involves passive stretching and pressure point massage along the body's major energy channels to help relieve tension, increase flexibility, and alight the body's skeletal structure. This treatment does not use a massage oil.

Balinese Massage (60 or 90 minutes)

\$150 / \$195

This traditional massage releases tension with a combination of palm strokes, skin rolling and knuckling and thumb pressure to stimulate the lymphatic system and boost circulation.

Regenerating Back Massage (30 or 60 minutes)

\$75 / \$110

This treatment combines deep muscular techniques and Thai stretching; light movements that provide relief of pressure on joints. It targets the back and legs to release tension, leaving you feeling serene. It is an ideal treatment for those seeking invigoration or those suffering from persistent back pain

Deep Tissue Massage (30 or 60 minutes)

\$150 / \$195

Deep Tissue Massage is a massage technique that's mainly used to treat musculoskeletal issues, such as strains and sorts injuries. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles & connective tissues. This helps to break up scar tissue that forms following an injury & reduce tension in muscle & tissue. It may also promote faster healing by increasing blood flow & reducing inflammation.

Monoi de Tahiti Massage (60 minutes)

\$130 / \$185

Lemongrass Monoi Oil, prepared in Polynesian style is a treatment specialised to revive you after strenuous long day. The oil applied in strokes, tones and hydrates dry patchy skin. With smoothing sensation, this is a great anti-inflammatory oil that helps to relax your mind & body, and heal sun exposed skin.

Monoi de Tahiti Head Massage (30 minutes)

\$75

Lemongrass Monoi Oil massaged into your skin in circular motion for deep hydration, minimise hair loss and scalp irritation. This relaxing massage with firm pressure is applied to ease tension and to promote wellbeing for your mind.

Couple's Massage (60 minutes per couple) \$285 A traditional Balinese massage for two. This massage releases tension with a combination of palm strokes, skin rolling, knuckling and thumb pressure to stimulate the lymphatic system and boost circulation. Foot Reflexology & Leg Massage (45 minutes) \$90 Reflexology techniques use pressure applied to the feet, helping to increase circulation and promote specific bodily and muscular functions. Head Massage (45 minutes) \$95 Oil is massaged gently on to the head, shoulders, and neck for the ultimate relaxing treatment.

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AYURVEDIC THERAPIES

Ayurveda body scrub & full body massage (90 minutes)

\$285

Dead skin rises to the surface, sheds naturally and reveals the baby soft skin underneath. The process slows over time, contributing to a buildup of dead cells on the skins surface. Regular body massage improves respiratory function and prevents asthma from worsening. It can also improve posture by softening the tissue, which helps to reduce rigid and tight body muscle.

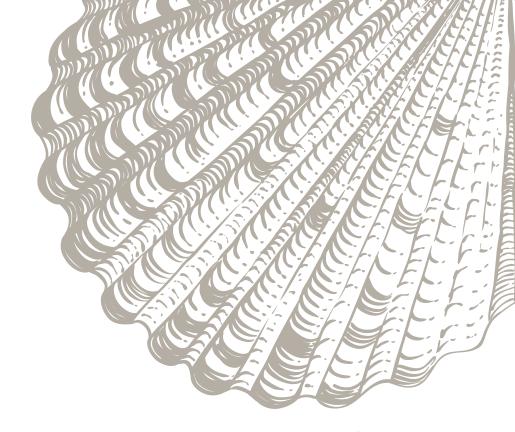
Ayurveda full body massage (60 minutes)

\$220

The Ayurveda practice of abhyanga or oil massage, touts physical benefits like released muscle tension, lymphatic drainage and more nourished skin from head to toe. It stands out from other massages due to its focus on the skin, rather than just the underlying muscle – from the oils used to the circulations – stimulating movement, it's more like a facial massage for your whole body

FACIALS

Ayurveda Facial & Face Massage (90 minutes) Ayurvedic Facials are herbal treatments administered to treat skin – related issues. The facial steps include: cleansing, exfoliation, manual massage, Kansa Marma Massage and tailored facial mask. This includes massaging the face, neck, shoulder & arms.	\$185
Ayurveda Facial (60 minutes) Rooted in the traditional beauty practices of Ayurveda, a holistic healing system born in India over 5000 years ago, this facial treatment makes use of organic and handcrafted formulations that deeply cleanse, rejuvenate and enhance skin radiance. The session is personally tailored according to skin doshas and includes ancient Ayurvedic facial massage techniques to support lymph, blood and energetic circulation to reveal your natural beauty.	\$130
Instant Glow Green Tea Facial (30 minutes) This is an express facial that refreshes and revitalises the skin. With a series of gentle phases – cleansing a calming face mask followed by a massage this the perfect all – encompassing facial.	\$70



WELLNESS

Sunrise or Sunset Yoga (45 minutes)

Join us for a relaxing and revitalizing yoga session with our yoga Master. Unwind with some simple stretches and breathing exercises as you take in the natural beauty of the island.

Private yoga sessions can be arranged for \$110. Please contact the spa reception for further information

Mindfulness Meditation (45 minutes)

Reduce stress, boost the immune system and improve overall state of mind with this deeply relaxing experience, combining breathing techniques with the practice of keeping one's mind in the present.

\$75

\$75

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your iulimate escape