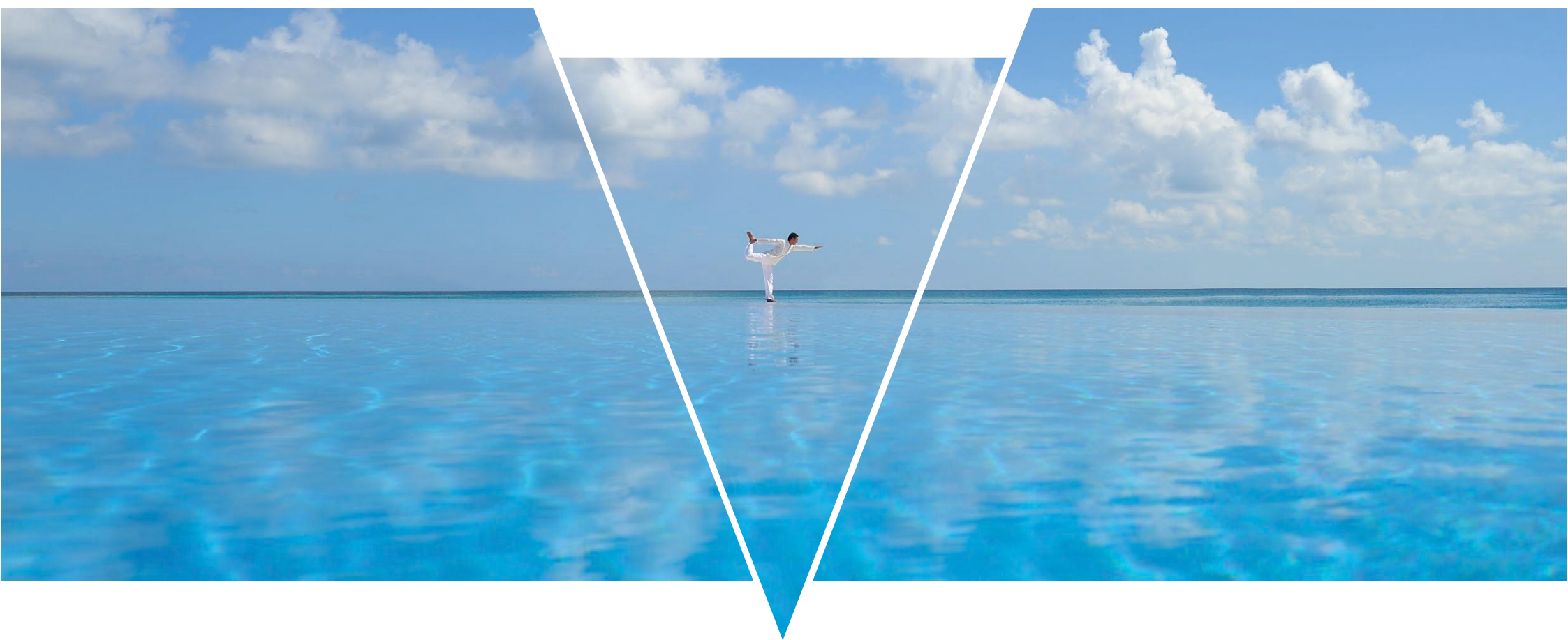


the spa  
VELASSARU  
maldives



## Spa Facilities

- Ten overwater treatment rooms
- Infinity pool perched over the lagoon
- Spa lounge
- Steam room
- Retail products

## Consultation

Prior to your treatments, we will consult with you so we can determine exactly where to focus our attention. We will create your massage by blending techniques, taking you through a memorable experience



## A Singular Sanctuary

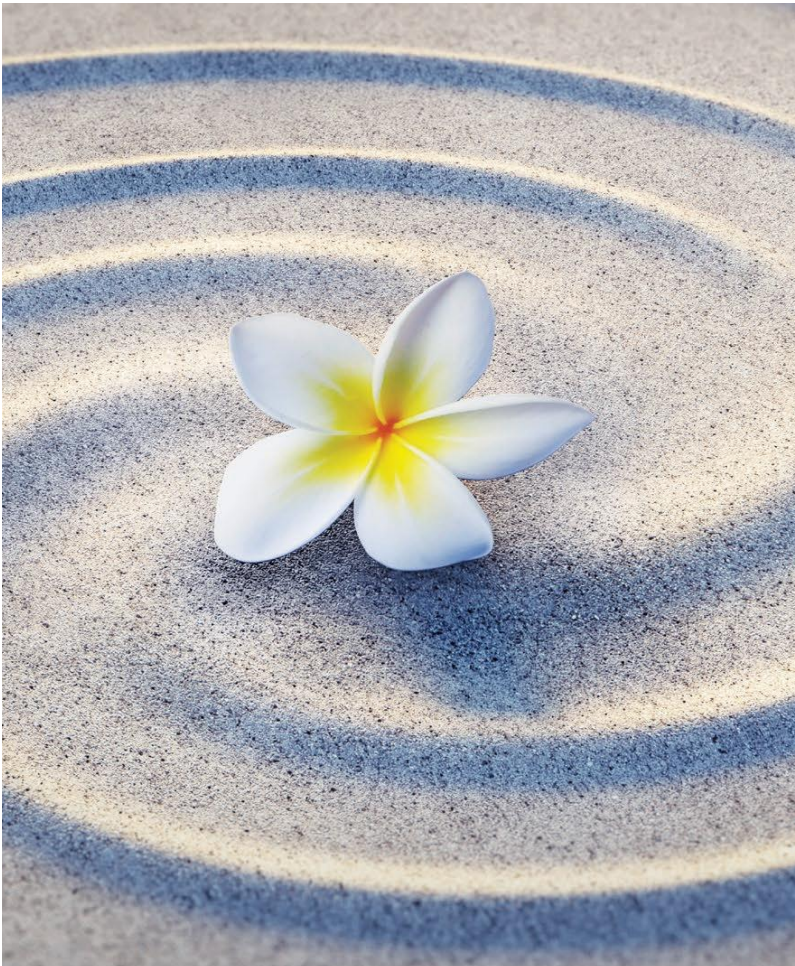
Experience a rare retreat of the overwater Spa at Velassaru. Nestled in the heart of the Indian Ocean. With breathtaking turquoise lagoon and Ocean views, The Spa captures the energy of the Maldivian elements a unique of simplicity and combined with precious ingredients. Treatments are rooted in ancient tradition, intended to heal physically, and improve well-being.



# Velassaru

## Couple's Retreat

Ensure your sweet memories and rejuvenating experience are shared with your loved one that will last forever. We designed a couple's retreat that will allow your body and mind to fully relax and revitalize.



### Velassaru Ultimate Indulgence – 180 minutes

This revolutionary treatment captures an extraordinary result. Begin with an invigorating bespoke recharge body massage and afterwards, experience the nutrient-rich detox wrap, followed by a clinically proven pro-collagen age-defying facial with rare ingredients, visible results to preserve the youth of the skin. End the retreat session with romantic bath accompanied with glass of bubbles for two. Performed with Elemis products.

Recharge massage, detox wrap, pro-collagen age defy facial, romantic bath

### Soul of the Ocean – 150 minutes

Capture a moment of escapism with this sensory experience. Begin with tropical saltmousse body scrub followed by Ocean body massage using a herbal oil to soothe and deeply nourishing, followed by sea fusion facial to leave skin profound and hydrated. Experience the foot massage while the facial mask on. End the retreat session with a romantic bath accompanied glass of bubbles for two. Performed with Pevonia products.

Tropical saltmousse scrub, Ocean massage, sea fusion facial, romantic bath

### Memories of Maldives – 150 minutes

Inspired by Maldivian ritual using natural ingredients. Start with invigorating Ocean body scrub, drift away with a Velassaru signature full body massage with coconut wooden tools, using extra virgin coconut oil, followed by the ghandakoli Maldivian cocoon to leave skin softer and healthier. End the retreat session with a romantic bath accompanied with glass of bubbles for two. Performed with Maldivian products.

Ocean scrub, velassaru signature massage, ghandakoli Maldivian cocoon, romantic bath



# The Spa & Wellness Journey

Experience the Spa journeys, that take you into deep bliss of relaxation. The everyday Spa treatment will benefit you with result to renew, revive, and rejuvenate.

## 3-Day Spa Journey

- Day 1 Choice of massage for 60 minutes
- Day 2 Botanica facial 60 minutes
- Day 3 Back massage and foot massage 60 minutes

## 5-Day Spa Journey

- Day 1 Grape seed granules body scrub 60 minutes
- Day 2 Choice of massage for 60 minutes
- Day 3 Botanica facial 60 minutes
- Day 4 Hot stone massage 90 minutes
- Day 5 Flawless clay grape seed body mask 60 minutes

## 3-Day Wellness Journey

- Day 1 Abhyanga massage 90 minutes
- Day 2 Reiki - energy flow 60 minutes
- Day 3 Herbal oil Indian head massage 60 minutes

## 5-Day Wellness Journey

- Day 1 Private yoga 60 minutes
- Day 2 Abhyanga massage 90 minutes
- Day 3 Superfood pro-radiance facial 60 minutes
- Day 4 Reiki - energy flow 60 minutes
- Day 5 Herbal oil Indian head massage 60 minutes





## Spa Specialty Treatments

All life strives toward harmony. When any element falls out of balance, the result is chaos and imbalance. Ayurveda method is a 5000-year-old quest for equilibrium that is accessible to everyone as a healthcare system. Think of it as an instruction manual for natural living.

### Synchronize Four Hands Massage – 90 minutes

Conducted by the hands of two therapists working as one. This beautifully synchronized massage delivers twice as benefits, doubles the relaxation and gives immediate results. The ultimate massage indulgence with two skilled therapists working in perfect tandem for a healing and sensory experience.

### Abhyanga Massage – 90 minutes

An energizing head-to-toe massage with medicated herbal oils to boost immunity and circulation, relieve fatigue, and delay the signs of ageing.

### Herbal Oil Indian Head – 60 minutes

A gentle and stimulating technique, this treatment focuses on your neck and shoulders to ease muscle tension. Followed by a nourishing scalp massage, which heals and conditions sun damaged hair for a healthy and shiny look.



## Starlight Night Spa

105 minutes

Starlight magic, step closer to the stars on the Spa terrace. Your therapist will assist you to carefully curate the bespoke treatment to personalize your needs. Start from choosing the luxurious massage oil, body treatment and the most suitable facial treatment. Indulge in an unforgettable sensory journey amidst the powerful aura of mother nature.





# Massage

Curate and bespoke your own massage experience with the choice of sensory escapes massage oils, choice of delicate and nourishing textures.

## Velassaru Signature – 90 / 105 minutes

Intuitive and intense, a medium to strong massage specially designed for precision and results, using warm coconut wooden tools as an extension to your therapist's hand and warm coconut oil to melt away the stress, soothe sore and tensed muscles while inducing a sense of well-being.

## Ocean – 60 / 90 minutes

Sensorial and awakening, a massage journey that harmonizes with flowing movement like Ocean waves. Combination techniques of Hawaiian lomi – lomi and Swedish massage, that uses mobilizing movements and medium to strong pressure to ease away tension and restore the energy levels.

## Recharge – 60 / 90 minutes

Deep relaxation of body and mind, this massage is influence by traditional Balinese massage technique, that works on the meridian nervous system. A fully bespoke massage using medium pressure. Choose the sensory choice of massage oils. A true feeling of energy balance.

## Therapeutic – 60 / 90 minutes

Deep muscle work that focuses on releasing muscle tension as well as pain in the muscles and joints due to stress and travel or injuries. Combination techniques of stretching and pulling; trigger points therapy and cross muscle fiber techniques to reduce inflammation and loosen up the tension.



### Hot Stone – 90 minutes

This customized massage uses specific techniques to release and relieve deep-seated tension. The use of hot stones combined with healing hands and warmed essentials oils. This combination relieves tight muscles, improves mobility, and harmonizes the mind, aiding in restful sleep.

### Detox & Sculpting – 105 minutes

Re-sculpt your body with the combination of slimming techniques and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen, and backs of arms, give your body the ultimate deep cleanse. Performed with Elemis products.

### Thai Stretching – 60 / 90 minutes

A dry massage is designed to reveal exceptional flexibility and mobility. The therapist uses all the massage, and yoga techniques, as well as deep stretching movements. Performed on the floor mattress. Comfortable Thai outfit are provided for this massage.

### Peaceful Pregnancy – 90 minutes (Pre And Post-natal)

Mother-to-be are restored to optimum wellness with personally prescribed facial. An intuitive and relaxing massage hydrates skin that is expanding to accommodate growing baby, performed by Elemis products.



# Elemis

## Facial Treatments

Bringing the Spa at Velassaru guests' high performance, high precision treatments. Using the best of innovation, technology, and patented ingredients to provide clinically proven results. All treatments are suitable for all skin types, all year round for men and women alike.



### Pro-collagen Age Defy – 75 / 30 minutes

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine-charged padina pavonica and red coral, revive youthfulness.

### Pro-definition Lift & Contour – 75 / 30 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.

### Anti-blemish Mattify & Calm – 60 / 30 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.

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

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

### Sensitive Skin Soother – 60 / 30 minutes

Fragile skin needs special attention. A soothing massage to 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.



# Pevonia Facial Treatments

Bringing The Spa at Velassaru guests' high performance, high precision treatments. Using the best of innovation, technology, and patented ingredients to provide clinically proven results. All treatments are suitable for all skin types, all year round for men and women alike.

## Profound Marine Collagen – 75 minutes

A facial for visibly younger skin designed to firm, elastin, and lift the face contour. marine elastin fiber, and marine collagen fiber to increase firmness, suppleness, and deeply hydrate.

## Sea Fusion – 75 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 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 customized oil infusion to improve skin tone and radiance. \*Pregnancy safe





# Body

Nourishing body treatments with elegant innovation to present both a luxurious and results driven experience.

## Body Scrub – 60 minutes

A deeply hydrating and relaxing aromatic body ritual with delicate fragrance gently sloughing away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and glowing, ready to absorb the deeply nourishing body oil.

Choice of:

- Lime & ginger aromatherapy salt body scrub (Elemis)
- Frangipani monoi salt body scrub (Elemis)
- Tropical saltmousse body scrub (Pevonia)
- Grape seed granules body scrub

## Body Wrap – 60 minutes

The nutrient-rich, offers super-hydration to encourage skin health and powerful detoxification. Followed by a rich moisturizer, leaving your skin healthy and renewed.

Choice of:

- Frangipani nourishing body mask (Elemis)
- Thousand flowers detox body mask (Elemis)
- Soothe after sun care body mask (Pevonia)
- Seaweed therapy body mask (Pevonia)
- Flawless clay grape seed body mask



# Wellness Collection

Immerse yourself in the world of well-being. These rituals are crafted to restore energy, welcome mindfulness, soothe tension, and liven the spirit. Our experiences are focused on the balancing of the body's energetic pathways to harmonize the physical, mental, and spiritual self, naturally restoring well-being.

## Private Yoga – 60 minutes

A session curated uniquely for each person. From bespoke postures to guided meditation and breathing techniques. Available as a private class.

- Hatha yoga
- Ashtanga yoga

## Meditation & Breathing Exercise – 60 minutes

Deep relaxation, relieves anxiety and improve stress resilience, improves focus and body awareness. Restore a sense of balance and peace with the help of guided meditation. This mindfulness practice is for those who would like to learn about meditation in its many forms.

- Pranayama breathing exercise
- Soothe meditation session

## Reiki – 60 minutes

Reiki is a Japanese technique administered by 'laying on hands', unseen 'life force energy'. Healing treatment that focuses on the physical, mental, emotional, and spiritual. The use of specially selected gemstones with Reiki increases the potential benefit, by drawing negative energy out of the person's energy field and rejuvenating the mind, body, and soul.





## Men's

A collection devised to ensure solutions are provided for common concerns. Through customization and a focus on balancing relaxation, luxury and tension release. These treatments are perfectly balanced for our male guests.

### Maldivian Man – 120 minutes

Melt your stress away and enjoy an invigorating procedure tailored for men. Starting with body scrub and invigorating deep tissue massage and a facial treatment customized to suit the male complexion.

### Muscle Reviver – 120 minutes

Intuitive and intense, a medium to strong massage specially designed for precision and results. Enjoy the benefits of a unique combination full body massage with scalp massage and foot massage, to restore the energy levels.

### Bespoke Radiance – 60 minutes

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

### Men's Manicure / Pedicure – 60 minutes

Make yourself comfortable during pampered time, from fingertips to toes as you enjoy the pedicure or manicure nail and foot maintenance.



# Enhancements

Tailor your treatment with exquisite additions which boost results and enhance your Spa experience.

## Face Mask

Instant result to hydrates the skin, containing hyaluronic acid and collagen serum for healthy skin.

## Aloe Vera

A cool and deeply hydrating organic aloe vera, can be added to any massage of your choice, Especially for sunburnt skin.

## Water Lily for Sun

Soothing and relaxing water lily gel, provides immediate relief for sunburn skin. This can be added to any massage of your choice.

## Eye & Lip Treatment

Enhance the facials with a high impact cryo-eye and lips treatment that helps immediately reduce signs of tiredness and ageing while cooling porcelain spoons reduce visible dark circle and puffiness.

## Steam & Extractions – 15 minutes

A deep cleansing method to remove impurities and clean clogged pores.

## Floral Bath Experience – 30 minutes

A calm and serene journey through a bath experience. Each bath will be served with warm herbal elixirs.

- Aromatherapy floral bath (jasmine, ylang ylang, and lavender)
- Sleep therapy bath (chamomile and herbs essential oils)
- Pure rose healing bath

## Targeted Massage – 30 minutes

Increase your treatment time with a targeted massage, personalized to focus where you need it most.

- Back massage
- Neck and shoulder massage
- Scalp massage
- Leg reviver

## Degrees – Infinity Whirlpool & Facilities – 60 minutes

Dip into varying degrees of Spa facilities; Steam bath, infinity whirlpool, Spa lounge, and terrace. Experience restore balance while enjoying the mesmerizing clear blue turquoise Indian ocean. \*Kindly note that children under 16 years are not allowed in this area.

# Finishing Touches

## Classic Manicure – 60 minutes

Beautifully simple essential nail maintenance. A treatment including cuticle work, nail shape, polish, and hydrating cream. This will leave nails and hands feeling nourished and looking elegant.

## Opulent Gel Manicure – 75 minutes

Enhancing the luxury of the essential manicure, this treatment raises the stakes with the inclusion of an extended massage and scrub.

## Classic Pedicure – 60 minutes

Perfectly delivered nail and foot maintenance. A treatment including cuticle work, nail shape, polish, and hydrating cream. This will leave nails and feet feeling lighter and looking elegant.

## Opulent Gel Pedicure – 75 minutes

An advanced pedicure, elevating the treatment with foot massage and scrub to truly revive tired feet.

## Paraffin For Hand / Feet – 15 minutes

Enhance the manicure or pedicure with warm cocooning paraffin, super hydration, and nourishing the skin.

## Gel Removal – 30 minutes

An express gel removes, and simple nail shape.

## Gel Polish – 45 minutes

An express gel polish application, choose your summer colors.

## Polish Change – 30 minutes

An express polish, whether it's a color pop or a classic sheen.

## Callus Treatment – 30 minutes

Remove dead skins cell, hydrate the sole of the feet, and cream application, feet feeling lighter and looking elegant.

## Nails Maintenance – 45 minutes

Quick fixed, to counteract common nail concerns and ensure that nail health is maintained, and the appearance is clean and tidy.

## Waxing – 15–150 minutes

- |             |             |               |
|-------------|-------------|---------------|
| • Eyebrows  | • Chest     | • Bikini line |
| • Upper lip | • Back      | • Half leg    |
| • Underarms | • Half arms | • Full leg    |
| • Full face | • Full arms | • Full body   |



# Spa Guidelines

## Spa Opening Hours

Daily 08:30 – 20:00

## Scheduling an Appointment

To schedule an appointment for your desired treatment, please contact The Spa reception team who will guide you to choose the treatment that fits your needs. To ensure your preferred time and services are available, we recommend booking in advance.

## At Time of Reservation

Please inform The Spa of the following:

- Allergies, medical conditions, or pregnancy
- A gender preference is applicable for male guests
- A request for a specific therapist
- If you are celebrating any special occasions

## Pricing & Service Charges

Services are listed as starting prices and are inclusive of 10% service charge and 16% GST (government tax). This includes gratuities disbursed to the Spa staff who serve you during your visit. Additional gratuities may be offered at your discretion.

## Age Requirements

Guests must be 16 years of age or older to experience a massage, body treatment or enjoy the spa relaxation areas, locker areas and amenities. Teen facials are available to anyone 16 or 17 years of age with a parent or guardian present in the treatment room. Locker/relaxation area access will not be permitted.

## Spa Attire

Your privacy will always be respected, we suggest you to come to our spa with the bathrobe provided from your villas. Nevertheless, everything you need for your time with us, including disposable underwear, robe, slippers, and towel, will be provided. A bathing suit is necessary for the steam bath and spa pool.

## Treatment Recommendations

Prior to your body treatment/ beauty treatment , shaving is not recommended. For gentleman facial, we recommend you to shave but not compulsory. Your spa experience is your time, and you should delight in it to the fullest. We do not recommend the consumption of alcohol before treatments. If you experience discomfort due to room temperature, massage pressure, music volume or any other conditions during treatment, please notify your therapist immediately.

## Arrival Time

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to enjoy the lounges, steam room, and Infinity pool. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your treatment will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

## Valuables

Locker area 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.

## 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.

## Cancellation Policy

If you must reschedule or cancel your appointment, please notify the Spa at least 6-hours in advance of your appointment to avoid being charged the full-service fee. Any appointments rescheduled within the 6-hours will incur a 50% cancellation fee, and appointment cancelled within 2 hours or a 'no show' will incur full payment.



## Velassaru Couple Retreat

VELASSARU ULTIMATE INDULGENCE	180 minutes	950
SOUL OF THE OCEAN	150 minutes	700
MEMORIES OF MALDIVES	150 minutes	700

## The Spa & Wellness Journeys

3-DAY SPA JOURNEY		450
5-DAY SPA JOURNEY		700
3-DAY WELLNESS JOURNEY		450
5-DAY WELLNESS JOURNEY		700

## Spa Specialty Treatments

SYNCHRONIZE FOUR HANDS MASSAGE	90 minutes	310
ABHYANGA MASSAGE	90 minutes	195
HERBAL OIL INDIAN HEAD	60 minutes	165

## Massage

VELASSARU SIGNATURE	90 / 105 minutes	195 / 210
OCEAN	60 / 90 minutes	150 / 190
RECHARGE	60 / 90 minutes	150 / 190
THERAPEUTIC	60 / 90 minutes	150 / 190
HOT STONE	90 minutes	195
DETOX & SCULPTING	105 minutes	270
THAI STRECHTING	60 / 90 minutes	150 / 190
PEACEFUL PREGNANCY (Pre and Post-Natal)	90 minutes	250

## Elemis Face Treatments

PRO-COLLAGEN AGE DEFY	30 / 75 minutes	115 / 290
PRO-DEFINITION LIFT AND CONTOUR	30 / 75 minutes	115 / 290
ANTI-BLEMISH MATTIFY AND CALM	30 / 60 minutes	100 / 240
SUPERFOOD PRO-RADIANCE	30 / 60 minutes	100 / 240
SENSITIVE SKIN SOOTHER	30 / 60 minutes	100 / 240

## Pevonia Face Treatments

PROFOUND MARINE COLLAGEN	75 minutes	275
SEA FUSION	75 minutes	210
ENVIRO CURE	60 minutes	165
BOTANICA	60 minutes	165
ELEMENT	30 minutes	100

## Wellness Collection

PRIVATE YOGA X 1	60 minutes	70
PRIVATE YOGA X 5	60 minutes	315
PRIVATE YOGA X 8	60 minutes	475
MEDITATION & BREATHING EXERCISE X 1	60 minutes	65
MEDITATION & BREATHING EXERCISE X 5	60 minutes	290
MEDITATION & BREATHING EXERCISE X 8	60 minutes	440
REIKI X 1	60 minutes	105
REIKI X 3	60 minutes	270

## Destination

STARLIGHT NIGHT SPA SINGLE	105 minutes	315
STARLIGHT NIGHT SPA COUPLE	105 minutes	610

## Body Treatment

### BODY SCRUB

LIME & GINGER, SALT SCRUB	60 minutes	125
FRANGIPANI MONOI SALT BODY SCRUB	60 minutes	125
TROPICAL SALTMOUSSE BODY SCRUB	60 minutes	125
GRAPE SEED GRANULES BODY SCRUB	60 minutes	125

### BODY WRAP

FRANGIPANI NOURISHING BODY MASK	60 minutes	195
THOUSAND FLOWERS DETOX BODY MASK	60 minutes	195
SOOTHE AFTER SUN CARE BODY MASK	60 minutes	130
SEAWEED THERAPY BODY MASK	60 minutes	130
FLAWLESS CLAY GRAPE SEED BODY MASK	60 minutes	130

## Men's

MALDIVIAN MAN	120 minutes	290
MUSCLE REVIVER	120 minutes	270
BESPOKE RADIANCE	60 minutes	240
MEN'S MANICURE	60 minutes	80
MEN'S PEDICURE	60 minutes	100

## Enhancements

FACE MASK		35
ALOE VERA		60
WATER LILY FOR SUN		60
EYE & LIP TREATMENT		60
STEAM & EXTRACTIONS	15 minutes	35
FLORAL BATH EXPERIENCE	30 minutes	125
TARGETED MASSAGE	30 minutes	90
DEGREES-INFINITY WHIRLPOOL & FACILITIES	60 minutes	35

## Finishing Touches

CLASSIC MANICURE	60 minutes	95
OPULENT GEL MANICURE	90 minutes	135
CLASSIC PEDICURE	60 minutes	110
OPULENT GEL PEDICURE	90 minutes	140
PARAFFIN FOR HAND/FEET	15 minutes	35
GEL REMOVAL	30 minutes	40
GEL POLISH	30 minutes	85
POLISH CHANGE	30 minutes	40
CALLUS TREATMENT	30 minutes	45
NAILS MAINTENANCE	45 minutes	55

## Waxing

EYEBROW SHAPING	30 minutes	80
UPPER LIP	15 minutes	45
UNDERARM	15 minutes	45
FULL FACE	30 minutes	100
CHEST	30 minutes	90
BACK	45 minutes	100
HALF ARMS	30 minutes	65
FULL ARM	30 minutes	80
BIKINI LINE	45 minutes	100
HALF LEG	30 minutes	95
FULL LEG	60 minutes	150
FULL BODY	100 minutes	580



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