



Huvandhumaa
Spa



At Huvandhuma Spa,
we offer a range of massage
styles including both Asian and
European massage techniques which
provide progressive and therapeutic
massage movements.
These can be tailored to suit your
personal wellness, needs or even
combined together to give
you a mix of both styles!

MASSAGES

Balinese Massage

An ancient healing therapy that combines gentle stretching of the legs, long therapeutic strokes and pressure point work to help relieve muscles pain. The palm and thumb pressure techniques help improve blood circulation while deep nurturing touches assist to eliminates stress.

50 mins USD 95
80 mins USD 125

Oriental Massage

A combination of Thai, Swedish and Balinese massage techniques are used with aromatherapy oils with application of medium to strong pressure massage. This treatment is ideal for people who prefer Thai massage blended with oil massage.

50 mins USD 95
80 mins USD 125

Swedish Massage

Swedish technique using five basic movements, including long gliding effleurage strokes. This treatment helps to increase the blood circulation and brings about deep relaxation physically and emotionally.

50 mins USD 95
80 mins USD 125

Thai Massage

Thai massage is a combination of Shiatsu massage which works on the meridians of the body and deep Thai yoga stretches. It is a great way to improve your flexibility and to relieve muscle tension in the body. This massage does not require any oils usage.

80 mins USD 125

Warm Stones

Heated smooth river stones are used in Rhythmic flowing strokes over the body to melt away stress and soothe the mind. The stones are placed on various energy points to stimulate the body's natural healing potential. The warm stones also have a sedative effect, relieve chronic pain and promote deep relaxation.

45 mins USD 75
90 mins USD 140

MASSAGES

Huvandhuma Spa Signature Massage

Our Signature treatment which comprises of a full body massage with warm oils, healing treatments for overall health and wellbeing with a combination of techniques (Balinese, Thai, Shiatsu, Ayurvedic, Swedish). It begins with a luxurious foot ritual followed by acupressure points on your face and a relaxing scalp massage.

80 mins USD 130
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### Foot Reflexology

Based on the principle that there are reflex points on the feet which correspond to every part of the body, including major organs, the therapist applies varying degrees of pressure to specific points to unlock the flow of energy and initiate the body's natural healing from within.

30 mins USD 55  
45 mins USD 75  
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Back, Neck & Shoulders

This therapy was created specifically for those people who would like to concentrate on their back and shoulders. Quite often when we spend a lot of our time seated at work (particularly with the wrong posture) it can cause additional stress on our spines. This is a great way to help reduce stress and muscle tension!

30 mins USD 55
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### Indian Head Massage

Indian head massage is a health care practice of Ayurveda focusing on the head, neck, back and shoulders. By applying coconut oil on the scalp with circular movements it will improve your blood circulation of the head, reduce headaches, help remove causes of blockages to blood circulation and promote hair growth.

45 mins USD 65  
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Uplifting & Rejuvenating Face Massage

In this treatment, we stimulate the blood circulation with specific movements of the face muscles, which will help to bring oxygen to that area. Face massage is a natural form of anti-aging skin care in itself because more blood will flow to the area and promote collagen production, which will give a healthy and natural glow to the complexion.

30 mins USD 45
50 mins USD 75
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All prices are subject to 16% GST and 10% Service Charge

## MASSAGES



### Sunburn Soother

A simply soothing treatment that will help your skin to recover after too much sun. Calming and soothing aloe Vera gels are applied which have anti-inflammatory properties and are excellent for repairing sunburnt skin.

45 mins USD 65

### Twenty Fingers Massage

Because four hands are better than two -especially when it comes to relaxation. Four hands massage is the practice of two therapists working on a single client to work together in harmony to reliving your kinks ,knots ,stresses with simultaneous mirrored movement to exert an equal amount of pressure on each side in order to produce a balanced ,relaxing experience.

60 mins USD 165



### Rebalance Treatment

Enjoy our signature treatments the Huvandhumaa Spa, followed by Indian head massage and the result total deep relaxation.

110 mins USD 185



All prices are subject to 16% GST and 10% Service Charge

## SPA BEAUTY

### Refresher facial

When your skin is fresh you will feel healthier! Our refresher facial is a perfect blend of ingredients. Suitable for all skin types to help to keep your skin thoroughly cleansed and revived.

30 mins USD 45  
60 mins USD 85  
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Soothing Facial

Reveal your skin's full potential with this remarkable facial treatment. See the glowing results of exfoliating and a combination of pressure point and lymphatic drainage massage techniques which leaves your skin looking alive. Highly recommended for the sensitive skin!

30 mins USD 45
60 mins USD 85
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### Rejuvenating Facial

As we grow older, our skin will reduce the production of collagen which will reduce our skin's natural moisture. Our Rejuvenating Facial treatment will immediately nourish and hydrate the skin with gentle exfoliation which will remove dry skin cells and allow the rich moisturizer cream to absorb quicker. Rejuvenating Facial massage movements which will work on certain muscles of your face is an excellent way to prevent premature skin aging and reduce fine lines.

30 mins USD 45  
60 mins USD 85  
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Manicure

Treat your hands to a luxurious makeover with skin renewal scrubs, soak and massage routines followed by essential nail maintenance and grooming. Shape your nails according your needs with gentle application of moisturizing creams. We have a variety of nail polish colours for you to choose from!

50 mins USD 55
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### Pedicure

Begins with our signature foot bath followed by a classic foot scrub and massage along with essential nail care. Includes exfoliation and buffing of your nails and shaped according to your needs. We have a variety of nail polish colours for you to choose from!

60 mins USD 65  
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Body Scrub

Using a body scrub regularly will make your skin more vibrant and youthful. Benefits of body scrubs include removal of dead skin cells as a result of exfoliation and reveals fresh skin cells. The exfoliating process also removes dead skins cells from pores, making them appear smaller.

50 mins USD 65
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*All prices are subject to 16% GST and 10% Service Charge*

## SPECIAL PACKAGES

### Huvandhumaa Reethi Journey

Enjoy any of the 60 minute full body massages which eases muscle pain, soothes anxiety and helps reduce depression. Combine with a 30 minute facial of your choice (refresher facial, soothing facial or rejuvenating facial). It will leave you thoroughly relaxed and leave your facial skin glowing and radiant

90 mins USD 125  
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Maldivian Journey

Complete your relaxing experience with the nature of the Maldives. A soothing treatment designed to hydrate and repair damaged or dull skin. The treatment includes local graded coconut scrubs and 60 minutes of Balinese massage with natural Maldivian coconut oils.

90 mins USD 125
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### Detoxification

Our body contains toxins that may come from the foods we eat or pollution from the environment. With this package, we will assist to remove the toxins from the body. Starting with the sauna, the heat will allow you to sweat which will aid to remove toxins and cleanse the body. This will be followed by body scrubs and a coffee body wrap to reduce the appearance of cellulite. The package will end with a cellulite massage that will stimulate the lymphatic system and help the toxins to be circulated into the elimination channels for release.

120 mins USD 165  
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Couple Connect

Enjoy a full body massage of your choice (Balinese, Oriental, or Swedish massage). The massage will release your muscle tension and improve your blood circulation around the body. Combine this with a revitalizing face massage for a complete spa experience. The techniques used promote natural anti-aging by stimulating your blood circulation of the facial area. It is also an excellent treatment to aid those who suffer from sinus problems, insomnia and jaw tension. End your treatment by enjoying and relaxing in the Jacuzzi!

120 mins USD 275
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All prices are subject to 16% GST and 10% Service Charge

## SPECIAL PACKAGES

### Hair Cream Bath & Hand Reflexology

This hair treatment is a combination of hair and hand reflexology. The hair cream bath will help to get rid of dryness caused by contact with sea water while maintaining sleek and shiny hair. When done regularly, it will help to soften your hair as well. You will receive hand reflexology while your hair is being treated. Hand reflexology will not only give you deep relaxation but will also promote the function of all organs!

50 mins USD 80  
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Sauna and Jacuzzi

Relax and detox your body with the heat of sauna which release your toxins through your sweat and enjoy our beautiful Jacuzzi with warm water which can promote relaxation, reduce stress and soothe overworked muscles.

60 mins USD 25
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## **Hours of service**

0900hrs to 1800hrs daily.

## **Important**

Guests who are pregnant, have high blood pressure or heart conditions are advised to consult their doctor before using any of the spa services.

## **Times**

We recommend that you arrive at least 15 minutes before your appointment to relax and prepare your body and mind for the treatments.

## **Etiquette**

To ensure that our guests enjoy the peaceful sanctuary of the spa, we respectfully request visitors to keep noise to a minimum. Cellular phones should be put to silent mode - your cooperation is appreciated.

## **Valuables**

We request that no jewelry be worn during your visit to the spa. The management accepts no responsibility for the safety of any kind of valuables brought into the spa premises.

## **Cancellation Policy**

The treatments are reserved especially for you. We require 4 hours notice in order to reschedule your appointment. Failure to notify within this time frame will result in a 50% cancellation fee. Full charge will be imposed for no shows.

## **Refund Policy**

Treatment packages and products are non-refundable or exchangeable once purchased. Late arrival means less treatment time.

Please arrive at the spa reception at least 15 minutes prior to your scheduled appointment. As part of our personalized service, all guests will conduct a health questionnaire on their first visit. If you are running late, your treatment time will be shortened to ensure the next guest is not delayed.

All first timers need to conduct a consultation prior to treatment. This is to provide guests with the best possible experience and to assure maximum safety and comfort. Guests with high blood pressure, heart or other medical conditions should consult a doctor before making an appointment. Certain therapies are not recommended during pregnancy, so please consult with the spa host for guidance.

## **Food, drinks and smoking**

Smoking, consumption of alcohol, other beverages and foods within the Spa are strictly prohibited. Consumption of food or drink before your spa treatments is not advisable. We provide drinking water within the Spa. In addition, after the therapy, our signature refreshing tea will be served.



**Huvandhumaa**  
*Spa*

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