Ocean

Perched at the edge of the lagoon, surrounded by the tides of the Indian Ocean and bathed in the warmth of the Maldivian sun, Ocean Spa is a sanctuary of calm. Framed by endless blues, the spa draws upon the quiet energy of South Nilandhe Atoll where simplicity meets understated luxury.

Here, every experience is shaped by the sea and guided by nature. We use marine-based products by Thalgo, crafted in France, to reflect our commitment to quality, care and conscious living. Each ritual invites you to reconnect, restore, and return to yourself.



BODY CARE by THALGO

*Not included in 24 Hour All Inclusive Dine Around

Drawing from the richness of the sea, Thalgo treatments are crafted with powerful marine minerals that revitalise the body from within. Each experience is designed to ease fatigue, stimulate circulation and lymphatic flow, and support natural detoxification while gently restoring the body's natural balance.

Micronised Marine Algae | 45 minutes

\$158

Let the sea work its quiet magic. This deeply cleansing wrap uses natural marine minerals and algae to eliminate toxins and excess fluid, and encourage healthy cell renewal, leaving you feeling lighter and re-energised.

Silhouette Body Contour | 120 minutes

\$298

An intensive anti-cellulite treatment designed to boost circulation and target areas of concern. This sculpting ritual breaks down fat cells, reduces excess, eliminates toxins, and strengthens the skin for a more refined silhouette.

Total Detox | 110 minutes

\$258

Your detox journey begins with a wrap of micronised marine algae to draw out impurities and awaken sluggish systems. This is followed by a targeted detox massage focused on problem areas, helping to stimulate circulation, break down cellulite, and release built-up tension.

Îles Pacifique | 105 minutes

\$258

A sensory escape inspired by the islands. Begin with a luxurious scrub blending white sand from Bora-Bora, sea salt, crushed coconut shells, and nourishing botanical oils. The ritual continues with a gentle, flowing massage using velvety Tahitian Monoi oil to leave the body softened, soothed and restored.

Optimiser Back Treatment | 60 minutes

\$188

This revitalising ritual begins with a mineral-rich marine scrub to draw out impurities, followed by a nourishing wrap and a tension-releasing massage focused on the back and shoulders. Designed to refresh the skin and restore strength where it's needed most.



FACE CARE by THALGO

*Not included in 24 Hour All Inclusive Dine Around

An elegant expression of the art of skincare, these treatments blend the precision of French expertise with the power of marine actives. Designed to restore, renew, and reveal your skin's natural vitality.

Ultimate Anti-Aging | 75 minutes

\$258

This advanced treatment helps prevent the visible signs of ageing. Using Marine Silicum to smooth fine lines and improve skin firmness, facial contours appear more defined, while the complexion feels lifted and revitalised.

Intensive Hydra Marine | 60 minutes

\$188

A deeply hydrating facial ideal for dry or sensitive skin. Enriched with marine extracts and active ingredients drawn from the Indian Ocean, this treatment restores moisture and leaves the skin soft, radiant, and glowing.

Deep Cleansing | 60 minutes

\$188

A purifying treatment tailored for oily or combination skin. Potent marine ingredients and natural seaweed help regulate sebum production, reduce impurities, and refine skin texture, leaving it clean and refreshed.

Soothing Marine | 60 minutes

\$188

A calming facial designed for sensitive skin. Gentle marine botanicals ease redness, restore comfort, and nourish deeply, leaving the skin feeling soothed, supple, and protected.

Men's Vitality | 60 minutes

\$188

Targeted care for men's skin, this treatment addresses the effects of stress, sun, and environmental exposure. Marine actives and natural extracts work to balance the skin, reduce impurities, and restore energy to the complexion.

Anti-Aging Eye Care | 30 minutes

\$98

A focused eye treatment to relieve puffiness, fine lines, and dark circles. A specialised pressure-point massage promotes circulation and releases tension, while a soothing scalp massage enhances overall relaxation.

SPA MASSAGES

*Included in 24 Hour All Inclusive Dine Around

Honouring ancient traditions from across Asia and beyond, these massage therapies reflect a deep cultural heritage, each one shaped by time, technique, and intention. Available as 60- or 90-minute sessions, these treatments may also be combined with packages.

Balinese | 60 minutes & 90 minutes

\$198 & \$258

A traditional technique uses palm pressure, knuckles and firm finger strokes to release deep-seated tension. This full-body massage encourages calm, restores energy, and brings a profound sense of relaxation.

Authentic Thai | 60 minutes & 90 minutes

\$215 & \$285

A dynamic oil-free massage featuring assisted stretches and pressure-point work. It is designed to increase flexibility, ease joint stiffness, and support the immune system through deep realignment of the body.

Hawaiian Lomilomi | 60 minutes & 90 minutes

\$215 & \$285

Rooted in the Huna philosophy, this flowing massage nurtures body, mind, and spirit. Using long, rhythmic strokes and focused touch, it supports emotional release, eases muscular tension, and restores inner clarity.

Classic Western | 60 minutes & 90 minutes

\$215 & \$285

A revitalising full-body massage inspired by Swedish techniques. With deep kneading and strong strokes, this treatment improves circulation, eases chronic tension, and melts away muscle knots. Enhanced with our signature uplifting oil for an energising finish.

Foot Reflexology | 45 minutes

\$198

An ancient healing art that targets reflex zones in the feet to stimulate corresponding organs and systems throughout the body. This gentle pressure therapy encourages balance, circulation, and overall well-being.

Pregnancy | 60 minutes \$198

A gentle and supportive massage tailored to ease the physical discomforts of pregnancy, from back pain and cramps to postural tension. Suitable for mothers in their second and third trimesters.

Anti-Cellulite | 90 minutes

This targeted massage uses repetitive striking and deep stimulation to warm and break down cellulite, improve lymphatic flow, and smooth the skin's surface, leaving it firmer, more toned, and visibly refined.

Hiyala Head & Scalp | 50 minutes

\$198

\$258

Inspired by the beauty rituals of Maldivian women, this signature treatment begins with a head massage using homemade coconut oil to soften and nourish the hair. A warm compress follows, along with a revitalising shoulder massage.

AYURVEDA TREATMENT

*Included in 24 Hour All Inclusive Dine Around

Rooted in the ancient wisdom of India, these holistic therapies aim to restore harmony between body, mind, and spirit. Drawing on centuries-old practices, each treatment uses herb-infused oils and purposeful techniques to awaken the senses and promote deep healing.

Abhyanga | 60 minutes & 90 minutes

\$225 & \$298

An age-old therapy using warm herbal oils and flowing strokes to calm the nervous system and awaken inner vitality. This nurturing massage stimulates lymphatic flow, improves circulation, and eases mental fatigue while encouraging restful clarity.

Kativasti | 60 minutes & 90 minutes

\$225 & \$298

\$245

A focused treatment for the lower back, combining warm Ayurvedic oil with gentle pressure to ease stiffness and release tension in the lumbar spine. This deeply grounding therapy improves circulation and brings relief to tired joints.

Shirodara | 60 minutes

A meditative experience where a gentle stream of warm oil is poured over the third eye and forehead. This deeply soothing ritual restores mental clarity, reduces anxiety, and invites the body into a peaceful, balanced state of awareness.

Nirvana | 90 minutes \$315

A luxurious ritual of balance and renewal. Warm herbal oils flow through Abhyanga to release deep tension, followed by Shirodhara's gentle stream over the forehead, melting away fatigue and restoring clarity, serenity, and inner harmony.

BODY WORKS

*Included in 24 Hour All Inclusive Dine Around

Each ritual begins by honouring the feet, followed by your chosen body treatment. Crafted with all-natural ingredients sourced from within the Maldives, these experiences support local farms and celebrate the purity of island wellness. Treatments may be enjoyed on their own or added to any other spa service.

Moisturising Coconut Body Scrub | 50 minutes

\$188

A deeply nourishing blend of freshly grated coconut and rice powder gently exfoliates to reveal soft, smooth skin. The ritual ends with a soothing application of coconut oil to hydrate and restore moisture, making it the perfect therapy for dry or sun-exposed skin.

Hydrating Cucumber Body Wrap | 60 minutes

\$188

A calming wrap that draws on the natural cooling properties of cucumber to soothe sunburn and calm redness. This treatment includes a refreshing face mask to ease the feeling of heat and restore comfort.

Anti-Cellulite Coffee Scrub | 50 minutes

\$188

This aromatic scrub combines finely ground coffee and brown sugar to exfoliate, smooth, and awaken the skin. Packed with antioxidants, it targets the appearance of cellulite and leaves the body toned, energised, and refined.

Honey and Milk Body Mask | 50 minutes

\$188

A skin-softening treatment using a warm blend of honey and milk. The mask rests beneath a gentle wrap, deeply nourishing the skin and leaving it feeling firm, healthy, and renewed.

Rejuvenating Javanese Lulur Scrub | 60 minutes

\$188

Inspired by royal Javanese rituals, this traditional scrub blends turmeric, rice powder, and fragrant herbs to brighten and smooth the skin. A golden ritual to leave you soft, glowing, and refreshed.

SPA PACKAGES

*Included in 24 Hour All Inclusive Dine Around

Thoughtfully curated, each package blends treatments that complement one another — designed to reconnect, renew, and uplift. Whether enjoyed alone or shared with someone special, these experiences offer a deeper sense of wellbeing.

Re-Alignment Package | 120 minutes

\$315 per person

Designed to restore harmony and ease, this package begins with a full-body massage of your choice, followed by a soothing foot scrub to refresh tired soles and leave you grounded and renewed.

Inclusions:

- 90-minute massage of your choice (excluding Ayurveda treatments)
- 30-minute Foot Scrub

Always Together | 120 minutes

\$580 per couple

Created for couples, this shared ritual begins with a moisturising tropical coconut scrub, followed by a massage of your choice. The experience ends with a celebratory glass of sparkling wine.

Inclusions:

- · 60-minute Coconut Body Scrub
- · 60-minute massage of your choice (excluding Ayurveda treatments)
- · Sparkling wine

Heritage Package | 150 minutes

\$345 per person

Inspired by the healing traditions of the Philippines, this immersive journey begins with a gentle coconut scrub and continues with a traditional Filipino massage. The ritual includes the Bentosa cupping technique to release blocked energy and restore balance.

Inclusions:

- 60-minute Coconut Body Scrub
- · 90-minute Filipino Massage

The Perfect Escape | 120 minutes

\$580 per couple

A personal retreat designed for relaxation and renewal. Customise your experience with a full-body treatment and massage of your choice, and enjoy a well-deserved escape for two.

Inclusions:

- 60-minute Body Scrub or Body Wrap
- 60-minute massage of your choice (excluding Ayurveda treatments)

Brightening Age Defier \$285

A high-performance facial by Thalgo designed to target pigmentation, dark spots, and signs of ageing caused by environmental stressors such as UV exposure, pollution, and blue light. This rejuvenating treatment delivers visible results, leaving the skin brighter, smoother, and beautifully renewed.

Illumination Touch \$298

Reawaken your skin and senses with this radiant combination of body and facial care. A moment of calm, crafted to restore and uplift.

- 60-minute Balinese Massage
- 30-minute THALGO Mini Facial

All prices are quoted in US Dollars, including 10% service charge and 17% T-GST.

A full-body renewal designed to detoxify, clarify, and restore. This multi-step ritual uses Thalgo's signature marine ingredients to deeply cleanse the body, refresh the skin, and release built-up tension, leaving you feeling lighter, clearer, and rebalanced.

- 45-minute Thalgo Body Wrap
- 45-minute Detoxifying Massage
- 30-minute Thalgo Facial

Add-On Services

Elevate your spa journey with thoughtful enhancements, designed to complement any treatment and deepen your sense of wellbeing.

Thalgo Face Mask

Marine Face Mask Detoxifying	\$25
Cold Marine Mask Deep	\$25
Nourishing Absolute Mask	\$25
Purifying	\$25
Carrier Manine I I I releation	

Source Marine | Hydrating

Thalgo Shot Mask

Express Purity Refreshing	\$25
Thirst Quenching Instant Hydrating	\$25
Energy Booster Wrinkle &	\$25
Radiance	\$25
SOS Comfort Soothing &	T
Nourishing Flash Lift Firming & Anti	\$25

Aging Cucumber Mask

Cucumber Face Mask	\$25
Refreshing	

Coconut Oil

warm Coconut Oil	\$25
Application	

YOGA & MEDITATION

*Not included in 24 Hour All Inclusive Dine Around

Private yoga, mat Pilates, pranayama, and trataka meditation sessions nurture strength, stillness, and renewal. Tailored one-on-one or for couples, these mindful practices restore balance, deepen connection, and awaken inner harmony.

Sunset Yoga \$40

A serene evening flow by the ocean, blending movement and stillness as the sun dips below the horizon, restoring balance and peace through mindful breath and gentle postures.

Private Yoga \$50

A personalised journey guided by our instructor, tailored to your pace and goals, enhancing flexibility, strength, and inner calm in a tranquil, focused setting.

Private Pranayama Yoga \$40

An immersive breathwork practice that refines awareness, steadies the mind, and revitalises energy, bringing deep clarity and balance to both body and spirit.

Private Meditation Class \$45

A restorative experience cultivating mindfulness and stillness, guiding you inward to release tension, quiet the thoughts, and find lasting inner peace.

Private Trakata Meditation \$45

A focused candle-gazing meditation that strengthens concentration, sharpens awareness, and soothes the mind, illuminating the path to calm and clarity.

OCEAN SPA ETQUETTE

Spa Opening Hours

Ocean Spa is open every day from 9:00 to 19:00.

Scheduling an Appointment

To schedule an appointment for your desired treatment, please contact the Spa Reception '902', or reach out to your Ambassador. Our team will guide you in choosing the treatment that best fits your needs. We recommend booking one to two days in advance to ensure the availability of your preferred time and services..

Age Requirements

Guests must be 12 years or older to receive a massage or body treatment or access spa relaxation areas, locker rooms, and amenities. Teen facials are available for individuals aged 16 or 17 years, provided a parent or guardian is present in the treatment room. Access to locker rooms and relaxation areas is restricted for guests under the age of 18.

Spa Attire

Your comfort and privacy is of utmost importance to us. We recommend arriving in casual attire. Robes, towels, and disposable undergarments will be provided at the spa. Please bring swimwear for use in the steam room or spa pool.

Spa Credits

Spa credits are available exclusively to guests booked under the 24-Hour All Inclusive Dine Around (24-Hour AIDA) package at the resort. Each guest will receive a \$100 USD credit per person, applicable towards spa treatments. This credit can be utilised once during the stay and is valid for selected menu items only.

Treatment Recommendations

To ensure comfort, we advise against shaving immediately prior to body or beauty treatments. For gentlemen's facials, shaving is optional but recommended. Your spa experience is about relaxation and enjoyment. We discourage the consumption of alcohol before treatments. If you encounter any discomfort regarding room temperature, massage pressure, music volume, or any other conditions during your treatment, please inform your therapist promptly.

Valuables

Lockers are provided for your convenience. However, we recommend leaving valuables in your villa, as the spa cannot be held responsible for any loss or damage of personal belongings.

Pricing & Service Charges

Our listed service prices include a 10% service charge and 17% GST (government tax). Prices are subject to change without prior notification. This amount covers gratuities for the spa staff assisting you during your visit. Additional gratuities are welcome at your discretion.

At Time of Reservation & Repeater Guests

Please inform The Spa of the following:

- Any allergies, medical conditions, or pregnancy status
- Gender preferences for your therapist, if applicable
- Requests for a specific therapist
- Any special occasions you are celebrating

Arrival Time

To ensure a relaxing experience, please arrive at least 15 minutes prior to your scheduled treatment. This will allow time to enjoy our lounges, refreshments, complete necessary forms, and select your treatments. Arriving late will limit the duration of your treatment, reducing its effectiveness and your enjoyment. Please note that treatments end at the scheduled time to accommodate the next guest. The full value of your treatment will be charged in the event of late arrival.

Cancellation Policy

To reschedule or cancel your appointment, kindly notify the spa at least 6 hours in

advance to avoid being charged the full-service fee. Appointments rescheduled within the 6 -hour window will incur a 50% cancellation fee, while appointments cancelled within 2 hours or in the event of a 'no show' will require full payment.

Ambience

Please be aware that the spa is a smoke-free zone.