

# OCEAN JOURNEYS

This ultimate journeys to share with your most loved one. Plunge into the deep bliss of couple or single packages every day and return home refreshed, energized, and glowing with health and vitality.

#### PURE ELEMENTS 135 minutes (Couple)

Enjoy newfound love or revitalize your relationship with these enchanting journeys especially created for the lovebirds amongst our guests. Capturing the purest elements of nature, this exclusive experience features a selection of fresh ingredients and exceptional therapies designed in harmony with the natural rhythms and the inherent needs of body and mind. Begin with Hydrotherapy, Signature massage, coconut scrub, facial and floral milk bath.

#### RADIANCE SOOTHING 100 minutes (Couple)

This decadent combination of treatments is perfect for those looking for a beautifying boost. The ritual commences with Hydrotherapy, Balinese Massage to calm the mind, followed by aloe vera body cocoon to hydrate and promote radiance. A refresher facial to complete the journey. From head to toe, skin will feel softer, smoother, and more radiant.

#### TRUE BLISS 90 minutes (Single)

This treatment encourage deep relaxation, renews tired muscles, and soothes an anxious mind. Begin with Hydrotherapy, footbath ritual, Warm stone massage and your restorative journey closes with Refresher facial to release any remaining signs of stress and Lavendar bath.

#### 3 DAYS SPA SAMPLER 60 minutes per day (Single)

Make the most of your precious holidays. Plunge into the deep bliss of a Sun Spa treatment every day and return home refreshed, energized, and glowing with health and vitality.

#### Day 1 Healing

60 minutes Herbal Revival massage

#### Day 2

Cleansing & Rejuvenating

60 minutes All-natural Facial

#### Day 3

Cooling & After Sun Remedies

60 minutes After Sun Treatment or Foot Massage

# MASSAGES

#### OCEAN SIGNATURE

#### 90 minutes

Full body massage combines with a unique uplifting blend oil and different massage techniques of Shiatsu, Hawaiian Lomi- Lomi, Swedish and Balinese technique. This signature completed with sublime cold stones refresher facial. Designed for deep relaxation, increasing blood circulation and release muscle tensions.

#### **ENERGIZING WARM STONE**

#### 75 minutes

A must-try for everyone! This deeply relaxing massage is performed using warmed stones. The Stones are bathed in specially energized blended oil and are placed on key energy points using soothing massage techniques. Perfect for those suffering physical or mental exhaustion to relax and find inner harmony.

#### SOOTHING TOUCH

#### 90 minutes

Unwind and recharge with our 90-minute package. Our skilled therapists will treat you to a full-body massage, followed by a gentle foot massage. Let the stress melt away, leaving you feeling refreshed and revitalized.

## THAI STRETCHING 70 minutes

This dry massage can relieve joint stiffness, increases flexibility, and revives energy level. Your therapist will apply strong pressure, using thumbs and palms, along the energy meridians to guide you and your body through this 5,000-year-old self-healing tradition.

#### HERRAI REVIVAI

#### 70 minutes

A deeply nourishing full body treatment using organic warm coconut oil to soothe and condition your skin, followed by an infused herbal compress. This gentle massage encourages relaxation of body & mind.

#### **NOURISHING AROMA**

#### 60 minutes

Let our specially blended oil with its exotic aroma nurture your senses. This massage combines slow rhythmic movements to relax and bring harmony to your body, mind, and spirit. Choose your desire aromatherapy fragrances: Lavendar, Frangipani, Jasmine, and Ylang-ylang

#### BALINESE MASSAGE 60 minutes

This Traditional Balinese massage passed down through many generations is a restoring and calming experience combined with acupressure, stretching, long strokes, skin rolling, palm and thumb pressure technique; guaranteed to relieve tension, improve blood circulation, and relaxing oil to calm the mind

#### STRESS RELIEF BACK MASSAGE

#### 50 minutes

This back, neck and shoulder massage increase your energy and spiritual level by awakening the dormant energy in the base of your spine known as Kundalini. This massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly held tension on the back and upper body area.

## TRADITIONAL FOOT MASSAGE 30/60 minutes

This ancient Chinese practice is famous for its beneficial effects. Focusing entirely on your feet, our therapist will identify and stimulate points that correspond to specific parts of the body, helping to relieve stress.





# FACE THERAPY

Your skin is a true reflection of internal wellness. Our Facials aim to minimize the adverse effects of our modern lifestyle to help make a better connection between your body, mind, and emotions. Our Products employing only purely natural ingredients – chemical free skincare for everyone!

### NATURAL TROPICAL FACIAL 50 minutes

Pamper your skin with nature's revitalizing and beautifying properties and emerge radiant with an all-natural glow. With the use of natural ingredients and combination of coupled light touches and soft strokes, this facial will help detoxify and improve skin lymph flow as a youthful effect.

#### FRAGRANCE FACIAL Anti-Ageing, Skin Drink 50 minutes

With excellent emollient properties delicately fragrant, this facial use rose essential oil to soothe the skin, rich in vitamin E as a natural antioxidant. Deeply nourishing and suitable for sensitive skin types, this facial will leave your skin silky smooth and moisturized.

## MEN'S FACE THERAPY 30 Minutes

A tailor-made treatment for men, this purifying and youthful facial is Ideal for stressed insomnia or exhausted skin



#### STAY A LITTLE LONGER Add-On

Aroma Floral Bath 20 minutes
Hydrotherapy Hands 30 minutes
or Foot Ritual Scalp 15 minutes
Massage 15 minutes



# BODY WORKS

## AFTER SUN ALOE VERA WRAP 50 minutes

Specifically recommended after sunbathing, this rejuvenating and hyper-hydrating combination of pure Aloe Vera Gel and Rose Oil together will assist the repair of damaged skin cells to stop premature aging, while nourishing and softening the skin's epidermis and providing a soothing relieve for sun-stressed skin.

## COFFEE GLOW EXFOLIANT 50 minutes

Indulge in our invigorating Coffee Body Scrub, expertly crafted to exfoliate and nourish your skin. Rich coffee grounds gently remove dead skin cells, while antioxidants and caffeine help reduce the appearance of cellulite and improve circulation. Your skin will feel smooth, refreshed, and energized.

## DETOXIFYING SEAWEED WRAP 50 minutes

The treatment provides a gentle and therapeutic detoxification and improves body complexion as well as reduces cellulite. A cooling Seaweed wrap full of natural minerals, vitamins and amino acids is applied to your body, which is then wrapped in natural cotton sheets.

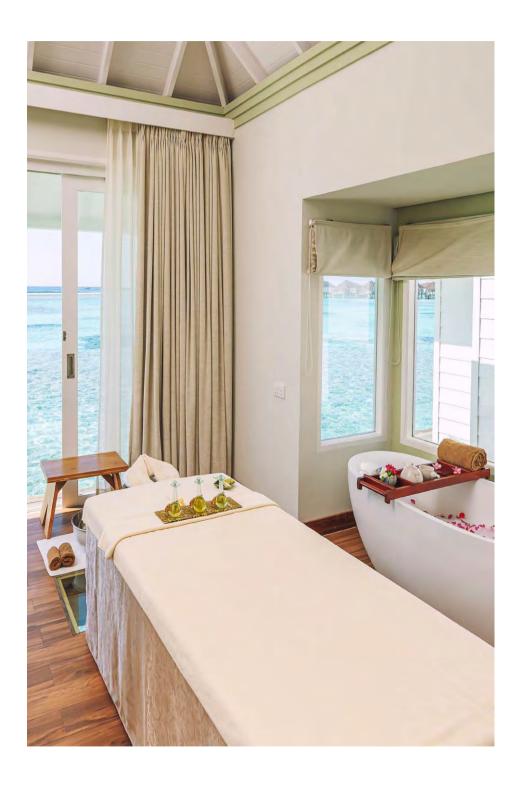
## REHYDRATE COCONUT SCRUB 45 minutes

Savour the rich, natural goodness of this delightful body scrub as it combines the exfoliating properties of coconut meat with brown sugar to tighten your pores. The extra virgin coconut oil is then applied for its powerful moisturising properties.









# OPENING HOURS

### 9AM to 7PM

#### SPA COMFORT & AMBIENCE

The spa environment is one of tranquility and relaxation. Please respect the quiet atmosphere and privacy of other guests by speaking in a soft voice or simply enjoy the silence. Cell phones and other electrical devices are discouraged, and ring tone maybe switched to silence or vibrate only mode while enjoying the spa. Smoking is prohibited throughout the spa premises.

#### RESERVATION

For more information and/or booking, please contact our spa reception at Ext. 2109. We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Please notify the spa concierge of any health conditions, allergies or injuries that could affect your treatment or use of the spa facilities.

#### ARRIVAL TIME

Please arrive at the spa reception at least 15 minutes prior to your scheduled appointment. This allows us to have consultation with you to understand any of your concerns and to allow you to check-in, change to spa attire and unwind for your treatment.

#### SPA ATTIRE

Spa attire and a locker for storing your personal belongings will be provided to you for your comfort. Swim wear is required for plunge pool.

#### LOSS OR DAMAGE

It is recommended that all valuables' items or jewelry are left in your villa safe. The management and staff accept no responsibility for any loss or damage of valuables to your personal article in the spa premises.

#### CANCELLATION POLICY

Please allow at least three (3) hours' notice for cancellation or rescheduling of your treatments. Cancellations with less than three hours' notice of the appointment time will incur a 100% charge.

#### PAYMENT METHODS

All prices are in US Dollars. Includes 10% service charge and applicable taxes.

# PRICES

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Pure Elements - couple *	135 minutes	429.00 ++
Radiance Soothing - couple *	100 minutes	340.00 ++
True Bliss - single *	90 minutes	170.00 ++
3 Days Spa Sampler - single *	60 minutes per day	255.00 ++
per person		

#### MASSAGES

Ocean Signature *	90 minutes	179.00 ++
Energizing Warm Stone *	75 minutes	125.00 ++
Soothing Touch*	90 minutes	179.00 ++
Thai Stretching	70 minutes	115.00 ++
Herbal Revival	70 minutes	125.00 ++
Nourishing Aroma *	60 minutes	149.00 ++
Balinese Massage *	60 minutes	159.00 ++
Stress Relief Back Massage	50 minutes	125.00 ++
Traditional Foot Massage	30 minutes	55.00++

#### FACIAL

Natural Tropical Facial	50 minutes	85.00 ++
Fragrance Facial	50 minutes	95.00 ++
Men's Face Therapy	30 Minutes	55.00 ++

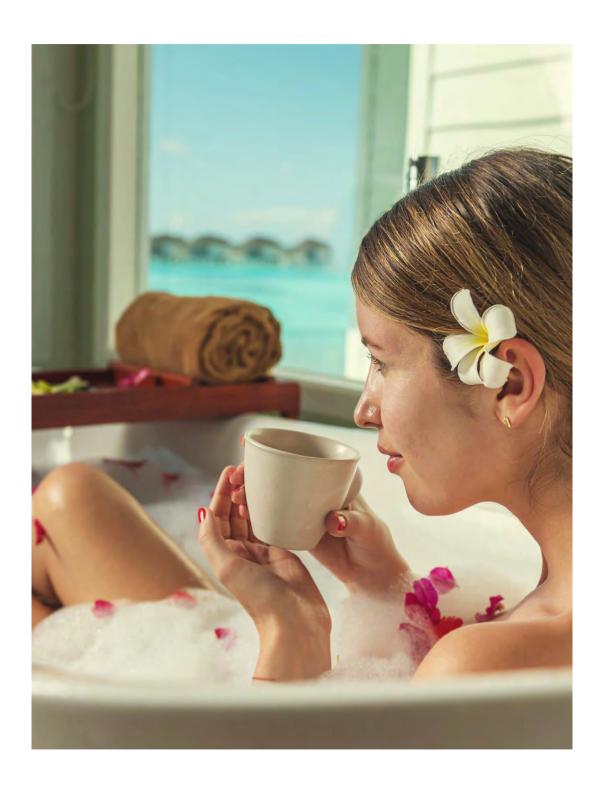
#### STAY LITTLE LONGER ADD-ON

OTAL ELLIE EQUACITATION		
Aroma Floral Bath	20 minutes	30.00 ++
Hydrotherapy	30 minutes	35.00 ++
Hand Ritual	15 minutes	25.00 ++
Foot Ritual	15 minutes	25.00 ++

#### **BODY WORKS**

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After Sun Aloe Vera Wrap	50 minutes	99.00 ++
Coffee Glow Exfoliant	50 minutes	79.00 ++
Detoxifying Seaweed Wrap	50 minutes	69.00 ++
Rehydrate Coconut Scrub	45 minutes	79.00 ++















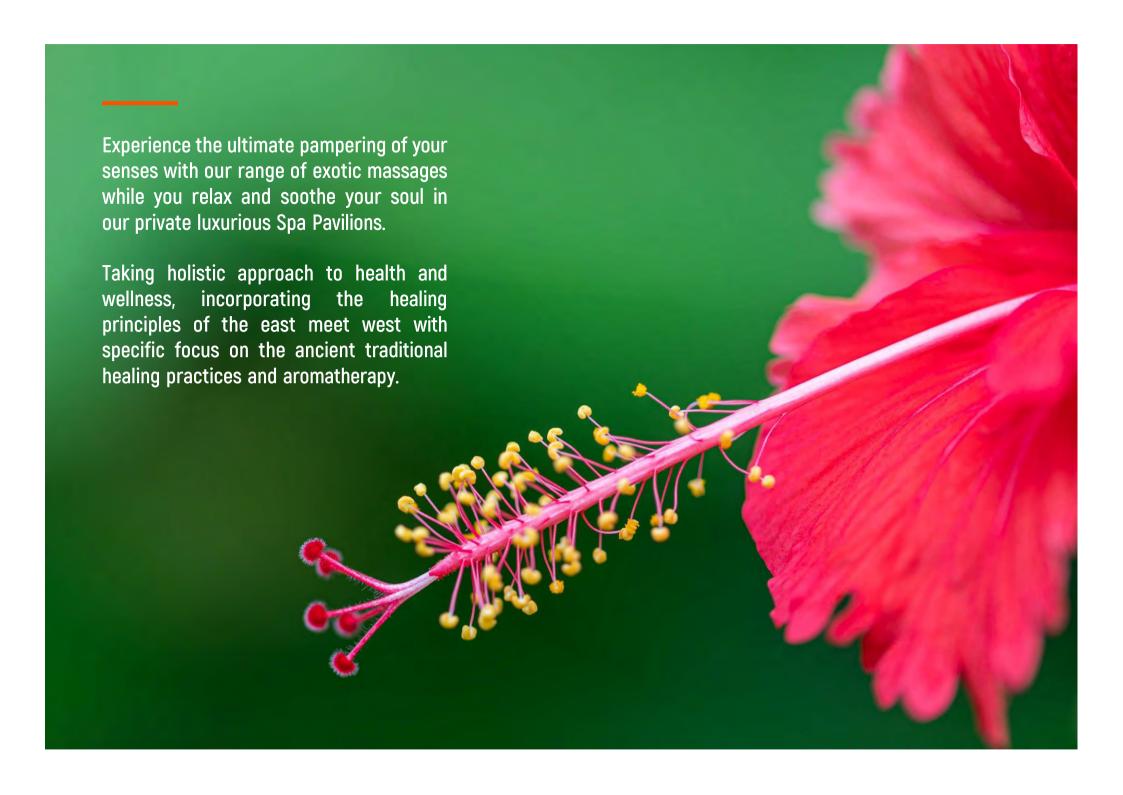


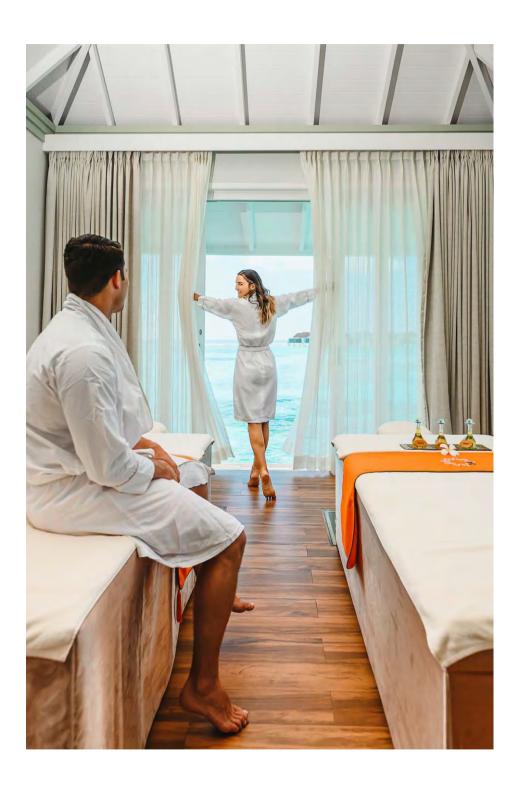
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A SUN SIYAM RESORT







# THE SPA JOURNEYS

This ultimate indulgence to share with your most loved one. Plunge into the deep bliss of couple or single packages every day and return home refreshed, energized, and glowing with health and vitality.

#### ROMANCE AT OLHUVELI 135 minutes (Couple)

Begin the 'Romance' with Hydrotherapy, then lay back and savor the pleasures of our relaxing Couple's Massage using our specially blended oil with the most exotic aromas. To complete this whole-body ceremony, you will be treated to a gentle, yet deeply cleansing refresher facial. A Romantic Flower Bath surrounded by candlelight and topped off with a glass of wine to tingle your emotions ends this heavenly opulence.

## CHOCOLATE DELIGHT 135 minutes (Couple)

This Bon-Bon treatment begins with Hydrotherapy and a Footbath ritual. Enjoy an invigorating Chocolate Scrub, during the ensuing full-body Chocolate massage, you will forget any worries you've ever felt. Then take a quick dip into a Chocolate bath before finishing this luscious experience with a tasty Chocolate moisturizer and chocolate drink.

#### INSTANT RELIEF 90 minutes (Single)

Designed to promote an instant renewal for your exhausted physique, begin your journey with Hydrotherapy followed by a Jet lag recovery Massage to relax your body and mind. A refresher facial to complete the journey.

#### 3 DAYS AYURVEDA JOURNEY 60 minutes per day (Single)

All Ayurveda massage is performed with warm herbal oils infused with Ayurvedic herbs, reaching deeper tissue and bones and detoxifying the body by stimulating lymphatic drainage.

Day 1 Abhyanga

Day 2 Shirodhara

Day 3 Kativasthi

# MASSAGES

### SUN SIGNATURE EXPERIENCE

This signature treatment exfoliates and moisturizes your dry skin. Nourishing fresh coconut and lime with Olhuveli fine sand scrub will apply to your body to get rid of dirt and dead skin cells Followed by relaxing full body massage combined with shiatsu, kneading, Hawaiian Lomi-Lomi, and Swedish massage techniques to calm your body, mind, and spirit.

#### TENSION RELIFE

#### 60 minutes

This full-body massage uses Swedish and deep-tissue massage techniques. The aroma of lemongrass melts tensions away while Sweet Orange and Vetiver helps to create inner peace. This treatment is very helpful for people who hold a lot of tension in their body and mind.

#### DETOX CELLULITE MASSAGE

#### 60 minutes

Our detox cellulite massage uses orange & patchouli detox oil with powerful healing properties to break down fat and tone the body. The massage process also improves blood circulation while attacking the cellulite deposits under the skin. This treatment is effective if continued for 3 sessions.

#### MOM TO BE MASSAGE

#### 60 minutes

Experience a healthy way to reduce stress and promote body flexibility during pregnancy with our homemade coconut oil. A gentle side-lying massage to release tension in the back and the legs of the mother to be, recommended after the first trimester only.

#### FOOT RELIFE

#### 30 minutes/60 minutes

An ancient method of stimulating specific pressure points on the feet to open the body's energy pathways, leaving you balanced and with restored clarity. This massage helps to relax the whole body, helping you to sleep better, and leaving you with a rejuvenated energy to bring to your day.

#### QUATTRO MANI 4 HANDS

#### 60 minutes

This massage is amazingly performed by two therapists with four hands together to work on your exhausted body in synchronized movement. Combined with the synergy of essential oils, shiatsu, kneading, Hawaiian lomi-lomi, and Swedish massage techniques will de-stress and loosen up your body and be perfect for those who have been working hard or need pampering.

#### WARM BAMBOO

#### 75 minutes

Bamboo massage has many healing properties which help to relieve muscle tension, improve joint function; increase circulation, and helps to enhance quality of sleep. It will also make you feel relaxed but energized at the same time. This heated bamboo will roll and knead the tissue to create an extreme sensation of relaxation and well-being.

#### RELAXATION DUO

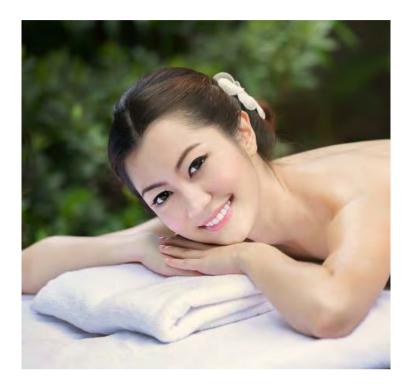
#### 90 minutes

Indulge in our 90-minute relaxing duo package, designed to melt away stress and leave you feeling refreshed. Begin with a soothing full-body massage, expertly tailored to ease tension and relax your muscles. Continue with a rejuvenating foot massage, melting away fatigue and leaving your feet feeling soft and pampered. Finish feeling serene, relaxed, and rejuvenated.

#### VEYO MODUN

#### 75 minutes

Let us nurture your body to health and relaxation with pure tropical bush "Velambuli" harvested directly from Olhuveli Gardens. Concentrating on joints and tense zones we apply the warm Velambuli herbal compress mixed with pure coconut oil followed by gentle massage movements. This treatment is effective in providing strength to the muscles, ligaments, bones, and joints.





## **AYURVEDA**

It's based on the belief that health and wellness depend on a delicate balance between the mind, body and spirit. Its main goal is to promote good health, not fight diseases. Ayurveda treatment balancing the doshas, calming and steadying the body and mind, and grounding the nervous system, make it an important part of a healthy lifestyle.

#### SIRODHARA

#### 60 minutes

An Abhyanga full body massage will balance the energies using warm Ayurvedic herbal oil with soothing flowing massage techniques. The oil is continuously poured on the forehead area also known as the third eye. Best treatment to cure headaches, sinusitis, anxiety, premature hair greying, insomnia, and depression.

The treatment is effective if continued for 3 sessions.

### KATIVASTHI

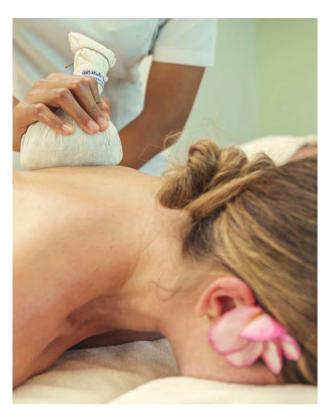
Kativasthi is the most powerful Ayurvedic treatment to ease lower back pain and spinal aches. Our therapist will pour warm oil inside dough which is built around the lower back combined with a body massage and warm Murivena oil.

#### ABHYANGA 60 minutes

Abhyanga in Sanskrit means "Oil Massage" which is a form of Ayurvedic medicine that involves massage of the body with large amounts of warm oil. This massage is performed with warm herbal oils infused with Ayurvedic herbs, reaching deeper tissue and bones and detoxifying the body by stimulating lymphatic drainage.

## INDIAN HEAD, NECK & SHOULDER MASSAGE 30 minutes

Marma points located on the head, neck, and shoulder are stimulated while you are comfortably seated. This treatment has distinct healing properties to relieve tense muscles, increase blood circulation around the head, and reduce hair loss.







# BODY WORKS

Our selected choice of body scrub and wraps encourage the elimination of toxins and stimulate circulation to bring vitality to your skin.

#### ALOE VERA AFTER SUN

#### 50 minutes

Anti-inflammatory, repairing and soothing for sunburn, dehydrated and damaged skin. This full-body experience refreshes and replenishes sundamaged or overheated skin by reducing bodily heat. Aloe Vera calms and soothes sunburn or sensitivity.

#### ANTI-CELLULITE SCRUB 45 minutes

Coffee & Orange scrub is specifically formulated to actively target cellulite, stretch marks, acne & eczema. With caffeine from only the best Arabica beans, this scrub provides deep skin exfoliation that leaves the skin fragrant and incredibly soft.

### RE-HYDRATING LIME & COCONUT SCRUB 45 minutes

Locally grown coconut finely grated, fresh lime mixed with sea salt, is applied to your body as a gentle scrub. Suitable for dry or sensitive skin types.

#### COFFEE BODY SCRUB

#### 45 minutes

Boost your skin's vitality with our Coffee Body Scrub. This 45-minute treatment exfoliates and nourishes, leaving your skin feeling soft, smooth, and invigorated.





## STAY A LITTLE LONGER Add-On

Aroma Floral Bath 20 minutes
Hydrotherapy Hands 30 minutes
or Foot Ritual Scalp 15 minutes
Massage 15 minutes



# FACE THERAPY

Your skin is a true reflection of internal wellness. Our Facials aim to minimize the adverse effects of our modern lifestyle to help make a better connection between your body, mind, and emotions.

Our products employ purely natural ingredients only – chemical-free skincare for everyone!

## ALL-NATURAL TROPICAL FACIAL 50 minutes

Pamper your skin with nature's revitalizing and beautifying properties and emerge radiant with an all-natural glow. With the use of natural ingredients and a combination of coupled light touches and soft strokes, this facial will help detoxify and improve skin lymph flow with a youthful effect. Suitable for all skin types.

## FRAGRANCE FACIAL 50 minutes

With excellent emollient properties and delicately fragrant, this facial uses rose essential oil to soothe the skin, rich in vitamin E as a natural antioxidant. Deeply nourishing and suitable for sensitive skin types, this facial will leave your skin silky smooth and moisturized.







# BEAUTY & CLASSY

Our grooming and beauty Services offer a variety of pampering sessions from manicure-pedicure, Haircut, makeup, hairstyle, and hair braiding. This beauty service is designed to enhance your appearance and present the best version of you.

#### HAIR & NAILS

#### Manicure or Pedicure

40 minutes

Enjoy our manicure or pedicure to clean and nourish your nails. This is followed by a relaxing massage and thorough nail-buffing to induce a stunning shine, improve the health of your nails, and keep your hands and feet smooth and soft.

#### Nourishing Hair Mask

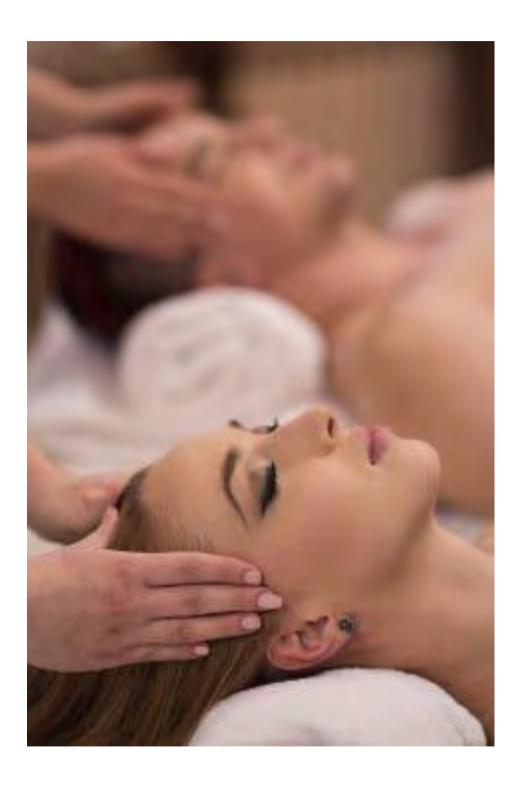
30 minutes

Hair masks are the solution when you experience extremely dry, damaged hair. This moisturising hair mask helps optimize moisture balance for healthy-looking hair.

#### **SALON SERVICES**

Men's or Ladies Haircut 30/60 minutes Makeup 50 minutes Hair Style (Curly/Straightening) 50 minutes Wash & Blow Dry 30/60 minutes Trim & Shave 20 minutes Hair Braiding 15 minutes Nail Polish 20 minutes Bridal Makeup & Stylist 100 minutes





# OPENING HOURS

## 9am to 8pm

#### SPA COMFORT & AMBIENCE

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#### RESERVATION

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#### ARRIVAL TIME

Please arrive at the spa reception at least 15 minutes prior to your scheduled appointment. This allows us to have consultation with you to understand any of your concerns and to allow you to check-in, change to spa attire and unwind for your treatment.

#### SPA ATTIRE

Spa attire and a locker for storing your personal belongings will be provided to you for your comfort. Swim wear is required for plunge pool.

#### LOSS OR DAMAGE

It is recommended that all valuables' items or jewelry are left in your villa safe. The management and staff accept no responsibility for any loss or damage of valuables to your personal article in the spa premises.

#### CANCELLATION POLICY

Please allow at least three (3) hours' notice for cancellation or rescheduling of your treatments. Cancellations with less than three hours' notice of the appointment time will incur a 100% charge.

#### PAYMENT METHODS

All prices are in US Dollars. Includes 10% service charge and applicable taxes.

# PRICES

THE SPA JOURNEYS			FACIAL		
Romance at Olhuveli - couple *	135 minutes	375.00 ++	All-Natural Tropical Facial	50 minutes	80.00 ++
Chocolate Delight couple *	135 minutes	325.00 ++	Fragrance Facial	50 minutes	85.00 ++
Instant Relief - single *	90 minutes	126.00 ++			
3 Days Ayurveda Journey - single *	60 minutes per day	250.00 ++	BEAUTY & CLASSY		
			Manicure or Pedicure	40 minutes	59.00 ++
MASSAGES			Nourishing Hair Mask	30 minutes	55.00 ++
Sun Signature Experience *	90 minutes	170.00 ++	Men's or Ladies Haircut	30/60 mins	35.00 ++/59.00++
Tension Relief *	60 minutes	150.00 ++	Makeup	50 minutes	75.00 ++
Detox Cellulite Massage *	60 minutes	138.00 ++	Hair Style (Curly /Straightening)	50 minutes	69.00 ++
Mom to Be Massage	60 minutes	138.00 ++	Wash & Blow Dry	30/60 mins	30.00 ++/55.00++
Foot Relief	30 minutes	50.00 ++	Beard Style & Shave	20 minutes	25.00 ++
Quattro Mani 4 Hands *	60 minutes	170.00 ++	Hair Braiding	15 minutes	25.00 ++
Warm Bamboo *	75 minutes	170.00 ++	Nail Polish	20 minutes	30.00 ++
Relaxation Duo *	90 minutes	170.00 ++	Bridal Makeup & Stylist	100 minutes	150.00 ++
Veyo Modun *	75 minutes	170.00 ++			
			STAY LITTLE LONGER 'Add-On		
AYURVEDA			Aroma Floral Bath	20 minutes	25.00 ++
Sirodhara*	60 minutes	150.00 ++	Hydrotherapy	30 minutes	30.00 ++
Kativasthi	60 minutes	138.00 ++	Hands or Foot Ritual	15 minutes	20.00 ++
Abhyanga	60 minutes	120.00 ++	Scalp Massage	15 minutes	20.00 ++
Indian Head Massage	30 minutes	55.00 ++			
			KIDS SPECIAL		
BODY WORKS			Express Aroma Massage	30 minutes	35.00 ++
Aloe Vera After Sun	45 minutes	75.00 ++	Honey Cucumber Facial	20 minutes	25.00 ++
Anti Cellulite Scrub	45 minutes	65.00 ++	Mini Mani Padi	20 minutes	25.00 ++
Re-hydrating Coconut Scrub	45 minutes	55.00 ++	Bon-bon Chocolate Scrub	20 minutes	25.00 ++
Coffee Body Scrub	45 minutes	55.00 ++			
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<sup>\*</sup> Massages applicable for \$50 credit.
All prices are in US Dollars, subject to a 10% service charge and 17% T-GST.













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www.sunsiyam.com

A SUN SIYAM RESORT



# BLUE

A space to Relax, Rest and Reconnect with your inner vitality, through holistic Spa & Wellness experiences with Love and Joy.

We are at the BLUE Indian ocean, our holistic treatments are with influences from around the world including India, China, Thai, Bali, Tibet, and Maldives.

We take on their traditions and concepts to create truly genuine, personal, pure and authentic Spa and Wellness experiences.



# THE BLUE® SIGNATURE RITUAL

#### **INNER RESET RITUAL 90 Minutes**

For the authentic and personalized experience at Blue Olhuveli Romance. This ritual starts with a eucalyptus and geranium steam bath to cleanse and release fatigue. Followed by Prana Vitality body massage with energy-enhancing essential oils of geranium and patchouli that will leave your mind, body and spirit sparkling with vitality and the experience will finish with a crystal healing facial yoga to reset and balance your energy level.

#### FROM ADDU TO THE BLUE 90 Minutes

A deeply nourishing treatment using organic warm coconut oil to soothe and condition the skin. Begin with hydrotherapy, footbath ritual followed by Dhivehi theyo demun massage to detoxify and stimulate your lymphatic system. Continue with exfoliate fresh coconut & pink Himalayan Salt scrub that will deliver its pure nutrients while gently smoothing your skin.

#### **CALM OASIS 90 Minutes**

Unwind and rejuvenate with our Calm Oasis treatment, a 90-minute escape from the stresses of everyday life. This comprehensive treatment includes a 60-minute full-body massage, tailored to ease muscle tension and promote deep relaxation, paired with a nourishing foot massage to soften and soothe your skin.



# JOURNEY TO THE BLUE

#### TAKE ME TO THE MOON (Couple) 150 Minutes

One of the ultimate spa experiences for couples, you should try with your loved one! This package includes Hydrotherapy, foot bath ritual, side-by-side Balinese full body massage, followed by a full body exfoliation to revive your tired skin to give pure radiance. This journey is completed with rose petals, milk bath and a bottle of sparkling wine to celebrate the love and joy together.

#### IMMERSE YOURSELF (Single) 120 Minutes

Take time out of a busy sightseeing schedule for some pampering and self-care. Begin the journey with foot bath ritual followed by ocean blue body renewal, garden of deep body massage to release deeply held patterns of tension and will pacify your mind. Crystal healing facial yoga will plum up the skin and smooth away wrinkles

#### 3 DAYS TO KERALA 60 Minutes/Session

Ayurvedic medicine is one of the world's oldest medical practices and remains one of the favorites in India's traditional health care systems. The ancient Indian medical practice, also known as Ayurveda, is based on ancient writings that rely on a "natural" and holistic approach to physical and mental health

Day 1 - Abhyanga

Day 2 - Shirodara

Day 3 - Kativasthi



# AUTHENTIC BLUE® SELECTION

#### **GARDEN OF DEEP 80 Minutes**

This full body massage uses Swedish and deep tissue massage techniques. The aroma of lemongrass melts tensions away while Sweet Orange and Vetiver helps to create inner peace. This treatment is very helpful for people who hold a lot of tension in their body and mind.

#### WAT PHO STRETCH 80 Minutes

This dry massage can relieve joint stiffness, increases flexibility, and revives energy level. Your therapist will apply strong pressure, using thumbs and palms, along the energy meridians to guide you and your body through this 5,000-year-old self-healing tradition.

#### KARUNA KAYA 60 Minutes

An effective full-body treatment which releases deeply held patterns of tension deeply relaxes you and pacifies your mind. This massage uses the weight and radiant warmth of the stones and is combined with calming essential oils.

#### PRANA VITALITY ENERGY 60 Minutes

This full body massage helps reduce fatigue and restore physical and mental strength. Invigorating massage therapy with energy-enhancing essential oils of geranium and patchouli will leave your mind, body and spirit sparkling with vitality.



#### **BALINESE SLIDE 60 Minutes**

This massage originated from the Island of God's "Bali". A combination of gentle stretches, acupressure, Swedish and aromatherapy massage techniques are used to stimulate the flow of blood circulation. This massage brings a sense of wellbeing, calm and deep relaxation.

#### **DHIVEHI THEYO DEMUN 60 Minutes**

A deeply nourishing Maldivian treatment using organic warm coconut oil to sooth and condition your skin, followed by an infused herbal compress. This gentle massage encourages relaxation of body & mind.

#### **KUNDALINI BACK THERAPY 60 Minutes**

This back, neck and shoulder massage increase your energy and spiritual level by awakening the dormant energy in the base of your spine known as Kundalini. Warm herbal poultices are massaged into the back whilst sound healing and chakra balancing lift away your tension.

#### QI FOOT RELIEF 30 Minutes

Focusing entirely on your feet, our therapist will identify and stimulate points that correspond to specific parts of the body, helping to relieve stress. This ancient Chinese practice is famous for its beneficial effects.



# THE BLUE® BODY RENEWAL

#### **AFTER SUN IMMERSION 45 Minutes**

This treatment harnesses the healing powers of pure aloe vera to restore sun exposed, dehydrated and damaged skin. A refreshing Aloe Vera body wrap and conditioning scalp massage

#### MARINE ALGAE WRAP 45 Minutes

100% pure and natural patented micronized marine algae, rich in minerals, vitamins and trace elements, helps to reduce or fully eliminate problems with acne and cellulite

#### OCEAN BLUE BODY RENEWAL SCRUB 45 Minutes

This ocean blue scrub pairs the incomparable exfoliating power of marine salt with nourishing oils to reveal a refined skin texture with a velvety feel.

#### SANDALWOOD LULUR SCRUB 45 Minutes

A traditional Javanese royal beauty ritual. This scrub will soften and refine your skin as it gently exfoliates. Ideal for all skin types

#### **ANTI CELLULITE SCRUB 45 Minutes**

This exfoliation and decadent coffee and orange scrub helps to reduce visibility of cellulite. Packed with anti-oxidants, it is sure to leave your body smooth and healthy looking.



## **AYURVEDA**

#### **SIRODHARA 60 Minutes**

Aimed to cure headaches, sinusitis, anxiety, premature hair graying, insomnia, and depression. An abhyanga full body massage using warm Ayurvedic herbal oil followed by poured Ksheerbala tailam on the forehead area also known as the third eye.

#### **ABHYANGA 60 Minutes**

This massage is performed with warm herbal oil infused with Ayurvedic herbs, reaching deeper tissue and bones and will detoxify the body by stimulating lymphatic drainage.

#### **KATIVASTI 60 Minutes**

The most powerful Ayurvedic treatment to ease lower back pain and spinal ache. Our therapist will pour warm oil inside a dough which will be built around the lower back combined with a body massage with warm Murivenna oil.

#### **INDIAN HEAD MASSAGE 30 Minutes**

This treatment has distinct healing properties to relieve tense muscles, headache, increase blood circulation around the head and reduce hair loss.



## **FACE THERAPY**

#### **RENEWED RECOVERY 50 Minutes**

Calming & Renewing, this facial is ideal for hormone imbalance and acne skin types.

#### AGE RESTORE ANTI-AGEING 50 Minutes

Anti-Ageing & Repairing, ideal for mature, irritated or rosacea prone skin.

#### SKIN DRINK FACE THERAPY 50 Minutes

To detox the skin  $\delta$  to release tension, ideal for dry, dull or congested skin.

#### MEN'S KUNYE FACE THERAPY 30 Minutes

A tailor-made treatment for men, this purifying and youthful facial is Ideal for stressed insomnia or exhausted skin.

#### CRYSTAL HEALING FACIAL YOGA 30 Minutes

This facial will plum up the skin and smooth away wrinkles. Joyous Jade is one of the most famed healing crystals known for bringing lashings of good luck with Mental & Emotional Healing Properties.



# BEAUTY & GLOSSY

HAIR & NAIL
BLUE® Manicure or Pedicure 45 Minutes
Polish-Up 20 Minutes
Wash and Blow Dry 30 Minutes
Make-up 50 Minutes
Hair Style (Curly or straightening) 50 Minutes
Bridal Package 100 Minutes
Beard Style & Shave 20 Minutes
Men's Hair Cut 30 Minutes
Ladies' Haircut 45/60 Minutes

STAY LITTLE LONGER 'Add-On Aroma Floral Bath 20 Minutes Hydrotherapy 20 Minutes Hand or Foot Ritual 15 Minutes Scalp Massage 15 Minutes



Opening Hours: 9 am - 7 pm

#### SPA COMFORT & AMBIENCE

The spa environment is one of tranquility and relaxation. Please respect the quiet and privacy of other guests by speaking in a soft voice or simply enjoying the silence. Cell phones and other electrical devices are discouraged, and ring tone are silenced and switched to vibrate mode while enjoying the spa. Smoking is prohibited throughout the spa.

#### **RESERVATION**

For scheduling appointments or for further information, please contact our spa reception at

Ext . 2112

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Please notify the spa concierge of any health conditions, allergies or injuries that could affect your treatment or use of the spa facilities.

#### ARRIVAL TIME

Please arrive at the spa reception at least 30 minutes prior to your first scheduled appointment. This allows us to have consultation with you to understand any of your concerns and to allow you to check-in, change to spa attire and unwind for your treatment.

#### SPA ATTIRE

Spa attire and a locker for your personal belongings will be provided to you to your comfort. Swim wear is required for plunge pool.

#### LOSS OR DAMAGE

A personal locker will be provided to keep your valuables. However, it is recommended that all valuables are left in your Villa safe. The management and staff accept no responsibility for any loss or damage of valuables to your personal article in the spa premises.

#### **CANCELLATION POLICY**

Please allow at least three hours' notice for cancellation or rescheduling of your treatments. Cancellations with less than three hours' notice of the appointment time will incur a 100% charge.

#### PAYMENT METHODS

Blue Olhuveli Romance guests may charge their treatments to their Villa account.





BLUE® SIGNATURE RITUAL		THE BLUE BODY RENEWAL		USD
		19 After Sun Immersion	45 Min	69.00
DESCRIPTIONS		20 Marine Algae Body Wrap	45 Min	79.00
	USD	21 Ocean Blue Body Renewal scrub	45 Min	59.00
BLUE® SIGNATURE RITUAL		22 Sandalwood Lulur ( Scrub )	45 Min	55.00
1 Inner Reset Ritual*	90 Min 169.00	23 Anti Cellulite Scrub	45 Min	55.00
2 From Addu to the Blue*	90 Min 169.00			
3 Calm Oasis*	90 Min 179.00	FACE THERAPY		
JOURNEY TO THE BLUE®		24 Renewed Recovery	50 Min	92.00
4 Take me to the moon (Couple) *	150 Min 490.00	25 Age Restore Anti-Ageing	50 Min	92.00
5 Emmerse yourself (Single) *	120 Min 219.00	26 Skin Drink Face therapy	50 Min	92.00
6 3Days to Kerala*	180 Min 315.00	27 Mens Kunye face therapy	30 Min	65.00
		28 Crystal Healing Facial Yoga	30 Min	55.00
AUTHENTIC BLUE® SELECTION				
7 Garden of Deep*	80 Min 179.00	BEAUTY & GLOSSY		
8 Wat Pho stretching*	80 Min 125.00	29 BLUE® Manicure or Pedicure	45 Min	55.00
9 Karuna Kaya*	60 Min 139.00	30 Polish-Up	20 Min	30.00
10 Prana Vitality Energy	60 Min 109.00	31 Wash & Blow Dry (short/long hair)	30/60 Min	35.00/59.00
11 Balinese Slide*	60 Min 145.00	32 Make-up	50 Min	75.00
12 Dhivehi Theyo Demun*	60 Min 135.00	33 Hair Style (Curly or straightening)	50 Min	76.56
13 Kundalini Back Therapy*	60 Min 125.00	34 Bridal Package	100 Min	155.00
14 QI foot relief	30 Min 58.00	35 Beard style & Shave	20 Min	25.00
		36 Men's' Haircut	30 Min	45.00
AYURVEDA		37 Ladies Hair Cut (short/long hair)	45/60 Min	55.00/59.00
15 Shirodhara*	60 Min 149.00	STAY LITTLE LONGER - Add-on		
16 Abhyanga	60 Min 126.00	38 Aromatherapy Bath	20 Min	35.00
17 Kativasthi	60 Min 125.00	39 Hydrotherapy	30 Min	35.00
18 Indian head massage	30 Min 45.00	40 Hand or Foot Ritual	15 Min	25.00
		41 Scalp Massage	15 Min	25.00

Prices are in USD and are subject to a 10% Service charge and 17% applicable government taxes.