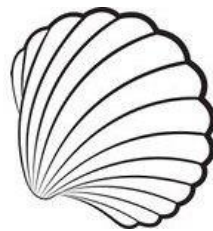


# SPA Treatments



## NEW 8 TREATMENTS SPA PACKAGE SELECTION

We value each of our guest needs and to maximize your choices we offer a list of 15 treatments from which you can choose 8 that you can enjoy individually or as a combination every time you visit our Spa. You may opt to try each treatment or repeat depending on your needs and comfort.

### Treatment Selection

- Thai Massage
- Balinese Massage
- Hot Stone Massage
- Swedish Massage
- Back and Shoulder Massage
- Foot Reflexology
- Abhyanga Ayurvedic Massage
- Champissage
- Traditional Filipino "Hilot" Massage
- Scubaspa Sports Massage
- Scubaspa Glowing Facial
- Japanese Shiatsu
- Scubaspa Body Scrub
- Scubaspa Body Mask
- After Sun Aloe Vera Treatment

## MASSAGES

- **Thai Massage 55 min** **120 \$**

Thai Massage is a firm, dry massage which combines the traditional Indian Ayurvedic stretching techniques to release tension, re-align the body and restore suppleness, with the Chinese method of deep tissue pressure point massage, which stimulates blood flow to release toxins.
- **Balinese Massage 55 min** **120 \$**

This is a traditional therapy which is known to strengthen and heal the body, combining stretching, long strokes, skin rolling and palm-and-thumb pressure techniques. Flowing and graceful, the Balinese Massage relieves tension, improves blood flow and eases stress.
- **Hot Stone Massage 55 min** **120 \$**

Therapeutic and relaxing, warmed stones glide across the body in long, soothing strokes to ease stiffness and release tension. The heat penetrates the muscles for deep relaxation. Stones are also placed on the energy points of the body, to stimulate energy flow.
- **Swedish Massage 55 min** **120 \$**

This classical European technique which manipulates muscles with the use of aromatic massage oils is relaxing and invigorating. Swedish Massage stimulates blood circulation and is known to be efficacious in treating the lymphatic, muscular and nervous systems.
- **Back & Shoulder Massage 40 min** **90 \$**

This is an enjoyable energetic massage which releases deeply held tensions in the upper body. Working on all the muscles in the neck, shoulders, scalp and face, this massage brings relief from stress and leaves you feeling deeply relaxed.
- **Foot Reflexology 30 min** **90 \$**

This ancient art of massaging the feet, also stimulates specific pressure points in this area, which corresponds to the whole body. This opens and clears the energy pathways, which improves circulation and leaves you feeling grounded, energized and renewed.

- **Abhyanga Ayurvedic Massage 55 min** **120 \$**  
 Known as the mother of all massages. This Ayurvedic treatment involves the liberal use of warmed herbal oils chosen specifically for your body type or Dosha. Using a dynamic and flowing technique Abhyanga is an ancient massage style designed to balance body and mind. Excellent to reduce stress and re-energize.
  
- **Champissage 40 min** **120 \$**  
 This Ayurvedic scalp and hair massage is a calming treatment that stimulates the scalp, nourishes the hair roots and hair, relieves mental fatigue, helps enhance mental clarity and focus, and balances and nourishes the emotions.
  
- **Scubaspa Sports Massage 55 mins** **120 \$**  
 Massage offering perfect for those who are engage in life's more active pursuits. Slow, deep and firm pressure strokes, trigger point work and joint mobilization techniques are used to release tight areas while hot oil and thermal pad application increases the local circulation boosting release of toxins. This massage is created to address the most common need of vacationers – a deeply relaxing spa treatment journey that gives them the added hype for life.
  
- **Traditional Filipino "HILOT' Massage 45 min** **120 \$**  
 An age-old a Filipino Massage that centers on the meridian points or the energy flow on the body. Is used the repetitive thumb technique that rejuvenate and relax strength and stressed bodies. Its ancient healing strokes bring back the nutritive energy known as "CHI" through specific acupuncture points. Characterized by slow and deliberate strokes and removal of blockages or Lamig (lactic acid formation). Highly recommended for individuals with upper back aches and stress related pain and anxiety.
  
- **Scubaspa Glowing Facial 40 minutes** **120 \$**  
 A celebration of beauty and wellness. A pampering facial treatment that can heal troubled and healthy conditions. Composed of cleansing, exfoliations, facial massage, facial mask and deep moisturization that make your face shine with a youthful glow.

- **Spa Manicure 60 min** **60 \$**  
We offer a complete care treatment for beautiful and healthy looking hands and nails. The treatment consists of file, soak, cuticle work and scrub as well as mask and nail polish.
- **Spa Pedicure 60 min** **60 \$**  
The complete care treatment for beautiful feet comprises of a Foot Ritual to smooth and rejuvenate the skin followed by a nail polish. This treatment is exceptionally relaxing.

## Introduction of new deluxe 7 treatments selection for 2017

Following our research, newest trends, passion and uniqueness of our floating spa in tropical Maldives we would like to introduce new, exciting and modern treatments that blend perfectly with boat's activities and philosophy.

Below deluxe treatment selection cannot be exchanged with package selection

- Japanese Shiatsu
  - Warm Bamboo Massage
  - Hawaiian Lomi-Lomi Massage
  - Lava Shell Massage
  - After Sun Aloe Vera Treatment
  - Marble Cold Stone Massage
  - Combination of Hot Stone & Bamboo Massage
- **Japanese Shiatsu 50 min** **120 \$**  
A Japanese-style pressure point technique based on the concept of acupuncture. This massage works on vital energy points resulting in balanced CHI (life force energy). Uses thumb pressure and dry massage technique.

- Warm Bamboo Massage 55 min** **120 \$**  
 Uses a combination of long and short bamboo canes, with deep tissue massage techniques, using aromatherapy oil. This 55-minute is traditionally used for healing and relaxation which puts you in a deeper state of calm, leaving you thoroughly relaxed from head to toe, and giving you a tremendously soothing experience
- Hawaiian Lomi-Lomi Massage 55min** **120 \$**  
 Ancient spiritual type of body work that facilitates the nurturing and healing of the body, mind and spirit. It incorporates smooth, broad strokes of forearms, providing long, continuous, soothing, and flowing strokes from head to toe, from the left side of the body to the right side like waves washing over you. These movements make it difficult for your mind to track therefore enabling you to relax, zone out and simply be open to receiving aloha spirit of love. Hawaiian Lomi-Lomi has been described as “The Rolls Royce of Massages”
- Lava Shell Massage 55min** **120 \$**  
 Indulge in our new massage treatment using the world’s first self-heating massage tool, Lava Shells. These eco-friendly, 100% authentic Tiger Clam Shells are hand-selected from the islands of Philippines. Comes with patented minerals which then emits heat, allowing therapist to provide a continuous and seamless body massage.
- After Sun Aloe Vera Treatment 30min** **50 \$**  
 This treatment soothes, repairs and rejuvenates the skin after exposure from the sun’s harmful rays. It also smoothens and tones your epiderm.
- Marble Cold Stone Massage 55min** **120 \$**  
 Cold stones promote circulation and act as a powerful decongestant for the body. By promoting circulation, a cold stone treatment can ease inflamed tissues, decrease muscle spasms, and can reduce swelling or fluid build-up. Unlike with the use of ice, cold stone treatments will not severely desensitise the skin. The overall effect of a treatment is the reduction of tension with a simultaneous feeling of invigoration