



CALM

SPA SANCTUARY

Restore

THE SOUL

OUR SPA *Sanctuary*



Calm Spa Sanctuary takes inspiration from culture of the Maldives and the traditions of the East. Drawing from the energy of our lush natural island the quiet spaces are surrounded by tropical plants and majestic banyan trees. The bounty of the earth balances body, mind and soul.

A Maldives vacation offer wellbeing in the everyday and our Spa wellness offering works to enhance your relaxation and rejuvenation through bespoke treatments or a complete wellness journey.

Calm Spa Sanctuary offers additional spaces to enhance your treatment. Enjoy the complimentary herbal steam room, sauna, plunge pools and relaxation spaces before or after your treatment.



Signature Therapies

Signature Moksha

A holistic massage using a bamboo cane that works with both the body and mind to restore order to your energies. This full body massage is wonderful for releasing tension in the back. You will feel an overall improvement to your sense of wellbeing through opening the energy channels throughout the body.

Maldivian Dhivehi Beys

Dhivehi Beys, the traditional medicine of the Maldives, utilises native plants, *Velanbuli and Mirihi* that grow on our island. This treatment combines age old knowledge and modern techniques. As part of a full body massage a healing paste of these plants from the Manafaru gardens, blended with organic virgin coconut oil, is applied to your back. Heat packs allow the herbs to penetrate deeply while the massage continues.

Ayurvedic

A combination of Shirodhara and Abhyanga, this deeply relaxing massage works with warm oils and herbs to balance and promote well-being clearing the marma points in the body to detoxify, cleanse and release blocked energy. This purification improves circulation, boosts the immune system and rebalances the overall body and mind.

Chakra Balancing Massage

Treat the senses Maldives style with the feel of silky smooth Tiger Cowrie shells easing your muscles during this bespoke massage treatment. Once used as currency in these isles the unique shape of the shell, aided by organic coconut oil, enhances energy flow as they transfer their heat to your back muscles. This balancing treatment focuses on each chakra point incorporating long flowing strokes with circular movements. Precious crystals are used as an expression of your devotion in a lymphatic face massage to end your experience.

Massage Therapies

Hot Stone

Heat from hot river stones that are smoothed and applied allows the therapist allows a deep and intense relaxation in your muscles. It is effective at releasing tension and drawing toxins out of your system to restore balance in your body, mind and soul.

Balinese

This traditional massage improves your sleep pattern through promoting proper blood circulation. Using firm upward pressure point techniques, it also boosts your immunity system and rejuvenates tired muscles. It's the perfect massage to harmonise body and mind.

Intuitive Aromatherapy

This massage combines the power of essential oils with personalised massage therapy, benefiting both the mind and body. Gentle and soothing techniques are used in this massage which are both calming and uplifting to enhance your overall sense of wellbeing.

Deep Tissue

Deep muscle work using forearms, elbows, fingers and knuckles combined with stretching movements to ease muscle tension and re-awaken your senses. This is ideal for those with deep muscular tightness.

Thai Dry Stretch

An ancient healing traditional, this treatment designed to reveal exceptional flexibility and mobility. The Therapist uses their thumbs, palms, elbows, knees and feet to apply a combination of acupressure, gentle rocking, joint and spine mobilisation as well as yoga techniques to create deep stretching. Performed on a floor mattress with comfortable Thai pyjamas provided for you..

Lymphatic Drainage

Using very light pressure and slow, rhythmic movements, this procedure moves lymphatic fluids and eliminates toxins to detox your metabolism, remove stagnant fluids and improve early stages of cellulite.

Slimming Massage

This toning massage breaks down excess fatty tissues and reduces cellulite. Unlike a full body massage, the therapist primarily focusses on areas with cellulite for the duration of the massage. This treatment is a combination of vigorous techniques with dry herbal powder followed by a 20min steam bath helps improve the lymphatic flow, reduce water retention and encourage a sense of lightness in the body.

Mum to Be

Designed to ease the journey of nature's greatest miracle. Modified positions are used with specialised techniques that offer a host of benefits to mother and baby alike.

Couple's Connection Journey

Your vacation in paradise is the perfect opportunity to reconnect with your life partner. This treatment journey attunes you to your special bond and keep the unity of your souls. An aromatherapy massage awaits for deeper relaxation and finishes with a refreshing facial to enhance followed by jacuzzi bath release and recharge the body's energy lines. Your journey concludes with a platter of fresh fruit to nourish the body.

Add-ons

Enhance your experience with these 15-20 minute add-on therapies.

Shirodhara

Herbal Foot Massage & Reflexology

Bamboo Stick Back Massage

Ayurvedic Head Massage

Lymphatic Face Massage

Organic Eminence Therapies

We are proud to partner with Eminence Skin Care. Voted as Favourite Skin Care Line for 15 years running by American Spa Professionals Choice Eminence have made it a mission to make organic skin care that harnesses the power of nature. Many of the ingredients used in their products are grown in their own organic farms in Hungary and handpicked at the optimal time for potent healing and beautifying properties. Many of these ingredients are combined with pure waters drawn from a thermal hot spring lake containing minerals and trace elements found nowhere else on earth.

Eminence Hydrating Facial

Organic, deeply hydrating, plumping and softening. This treatment uses botanicals to leave you with a velvety, more radiant complexion, glowing with health. Improve the healthy look of your skin with hydrating ingredients for soft, supple and luminous results.

Eminence Age Corrective Facial

Reduce the appearance of fine lines and wrinkles with concentrated ingredients that increase firmness, provide long-lasting hydration and give skin a youthful-looking glow.

Eminence Skin Brightening Facial

Repair dry skin that has been exposed to the elements. Natural and organic ingredients hydrate and replenish after environmental exposure. improved skin texture and increase the moisture of the skin to sooth and calm sun exposed and sun burnt skin.

Eminence Stone Crop Revitalising Body Scrub

This full body treatment uses the power of stone crop, a succulent plant that offers many powerful properties. Not only does it help reduce pigmentation and lighten the complexion, but it also assists in regeneration, firming stressed skin, toning the epidermis, moisturising, helping reduce signs of aging and calming sensitive skin.

Eminence Mango Enzyme Body Mask

Active enzymes and vitamins in this body wrap infuse your skin with hydration and gently exfoliate to leave a refreshed look. Bask in a heavenly scent bubble and emerge with a fresh new skin.

Mind and Body Wellness

Relaxing Yoga

A delicious way to relax and soothe frayed nerves. Also known as Yin Yoga, this restorative practice uses bolsters, blankets, and blocks as props for passive poses to assist the body to experience the benefits of a pose with limited exertion.

Vinyasa Yoga

A creative form of yoga where poses are linked together with the breath in a flowing sequence. Salute the sun with a continuous flow of poses.

Ashtanga Yoga

This method of yoga involves synchronising breath with a progressive series of postures to produce internal heat and a purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind.

Pranayama (Breathwork) & Meditation

The combination of breathwork with meditation reaps the benefits of both techniques. Breathwork improves mental, emotional and physical well-being while meditation cultivates stillness, mindfulness, self-awareness and release of emotional blockages.

Chakra Meditation

This meditation focuses on balancing your chakras which aids in releasing blockages. It enhances inner peace, heightened mental awareness, stress relief and even better sleep.

Couples Yoga

Connect with your life partner through a series of poses designed to strengthen your bond and deepen your relationship. It establishes communication, trust and connection.

Yog Nidra

Promoting deep rest and relaxation, the practice of body scanning and breath awareness calms the nervous system, leading to reduced stress and better health. It cultivates multiple levels of well-being.

Stress Relief Meditation

Learn to stay centered and keep inner peace. The emotional and physical benefits of this teach a new outlook on your stressors, enhancing self-awareness and , reducing negativity.

Assisted Stretching

Breathe your way to a more flexible body with an assisted stretching session that will release tension and induce relaxation to increase muscle flexibility and range of motion. This is an excellent and necessary complement to all other forms of sport.

Salon Services

Spa Manicure
Spa Pedicure
Nails Reshape and Polish (*Hands or Feet*)
Shellac Manicure
Shellac Pedicure
Shellac Removal
Bridal Make Up & Hairstyling
Haircut & Style
Shampoo and Blow Dry
Men's Cut & Style
Beard Trimming and Shave

Nurturing Journeys

Harnn Anti-aging Facial

A natural antiaging facial experience that uses facial marma point stimulation to help increase your immunity and boost circulation. Cleansing, gentle exfoliation and moisturisation routines are combined with HARNN's Water Lily collection and Rice Callus Stem Cells Extract which helps nourish and slow the skin aging process.

Rejuvenating Facial

This is a perfect remedy for those who are looking for a quick refresher. Suitable for all skin types, this facial will leave you with a fresher and glowing appearance.

Body Scrub

A body scrub is the perfect way to start your vacation. Our herbal scrubs will remove dead skin cells and eliminate toxins to help with the perfect tan. Choose from:

Tropical Wood and Sugar and Body Refiner
Oriental Herb and Salt Body Polish
Nourishing Homemade Coconut and Coffee

Body Wrap

The healing cocoon of our herbal body wraps warm your body to promote muscle relaxation and cleanse pores. The perfect solution to nourish skin for a long-lasting tan and silky smoothness. Choose from:

Aloe Vera - great for sun kissed skin
Body Contouring

Mini Spa

Share the health benefits and the experience of a spa with your children through these special designed therapies for children aged 3 to 12 years.

Magic Body Massage

A lovely way to share the holiday time and introduce your children to the experience of massage. We use only pure coconut oil to spoil your prince or princess with a gentle relaxing massage.

Fabulous Facial

Let their smiles light up your life. With a chocolate face mask and cucumber eyes this fun filled facial is sure to please.

Fiddly Fingers or Twinkle Toes

This fun spa manicure and pedicure is a delightful experience. Hands or feet will be soaked and cleansed then the nails trimmed, and color applied if required.

Mom and Me

Mom's opportunity to spend some calm time with her prince or princess.

Mom - will enjoy any 60 minutes massage from our menu followed by a fingernail tidy and paint.

Me - will indulge in a specially designed massage using coconut oil followed by a fingernail paint

Dad and I

A good excuse for the Dads to try our Spa and spoil his prince or princess while doing so.

Dad - will enjoy any 60 minutes massage from our menu followed by an express pedicure

Me - will indulge in a specially designed massage using coconut oil followed by an express pedicure.

Mini Yoga

Let your little one show off their flexibility with a class of basic yoga poses. After they are all stretched out, they will finish with a short meditation practice.

Spa Etiquette

Opening Hours - Calm Spa Sanctuary is open from 10.00am until 7.00pm daily, the last bookings are at 5.45pm.

Spa Reservations and Information - Your spa treatments can be booked through your Thakuru, directly with the spa on ext. 618 or via the JA Manafaru App. Alternatively drop into the spa anytime to consult with our team.

We suggest you arrive at Calm Spa Sanctuary 15 minutes ahead of your confirmed reservation time to consultation to prepare for your treatment. To preserve the atmosphere of peace we kindly ask mobile phones to be on silent or left in your villa.

Attire - Changing facilities will be provided for you. You may wish to wear or take Swimwear with you to the Spa to allow you to enjoy our separate Plunge pools, Sauna, and Steam Rooms for both Male and Female guests.

Valuables - We recommend that you do not bring jewellery or any other valuables to the Spa and deposit them in your Villa's personal safe before making your way to the Spa.

Medical Consultation - We advise all guests who have high blood pressure, heart conditions, allergies, pregnant or have any other possible medical complications, to consult a doctor before reserving any treatment. Our Resort Doctor may be of assistance

Children and the Spa - Young guests are welcome to enjoy a selection of treatments under the supervision and approval of their legal guardians. Please request for a Kids' Spa Menu.

Pricing - All spa treatment prices shown are in US dollars and subject 27.6% Government taxes and Service charge.

Payment - Your treatment will be signed for and added to your Guest Villa account and will appear at the time of check-out from the resort.

Cancellations - Please be advised that you are required notify us of any changes or cancellations 4 hours prior to your scheduled appointment time to avoid a 50% cancellation charge. For any cancellation with less than 2 hours' notice or a 'no-show,' a full amount of spa treatments reserved will be applied.

Tipping - Tipping is not required however, should you wish to recognise any of our Associates you are welcome to do so. Should you wish to leave something for the entire JA Manafaru family, please kindly hand to one of our senior managers who will distribute across the entire team.

In-Villa Treatments

Kindly note a surcharge will be added to all treatments



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MALDIVES

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