



CALME
SPA SANCTUARY



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Our Calm Spa Sanctuary

Calm Spa Sanctuary is inspired by the rich heritage of the Maldives and the healing traditions of the East. Set within the natural energy of our lush island, the spa's quiet pathways wind through tropical foliage and centuries old banyan trees, creating a space where nature gently restores balance to body, mind, and spirit.

At JA Manafaru, wellbeing is part of everyday island life. Our spa experiences are designed to deepen your sense of relaxation and renewal, whether through personalised treatments or a thoughtfully crafted wellness journey.

To elevate your visit, Calm Spa Sanctuary also features complimentary wellness facilities. Guests are welcome to enjoy the herbal steam room, sauna, plunge pools, and serene relaxation areas before or after their treatment, creating the perfect pause between energy and calm.



Signature Therapies

Signature Moksha

90 min | USD 220 ++

The Signature Moksha Massage is a holistic treatment that uses warm bamboo canes to gently realign the body and calm the mind. This full body therapy melts deep tension, especially across the back, while opening energy pathways to restore flow and balance. You'll leave feeling lighter, centred, and deeply renewed from within.

Maldivian Dhivehi Beys

90 min | USD 240 ++

Rooted in the traditional healing wisdom of the Maldives, this treatment draws on native island plants such as Velanbuli and Mirihi, freshly sourced from our Manafaru gardens. Blending age old Dhivehi Beys practices with modern therapeutic techniques, the treatment begins with a full body massage. A warm, healing paste of these herbs mixed with organic virgin coconut oil is then applied to the back, followed by heat packs that allow the botanicals to deeply penetrate and soothe. The experience restores balance, eases tension, and celebrates the natural remedies of the islands.

Ayurvedic

90 min | USD 200 ++

A harmonious blend of Shirodhara and Abhyanga, this deeply restorative treatment uses warm herbal oils to balance the body and calm the mind. Gentle rhythmic massage helps clear the marma points— detoxifying, cleansing, and releasing blocked energy. The process supports improved circulation, strengthens the immune system, and brings the entire system back into a state of natural equilibrium and wellbeing.

Chakra Balancing Massage

90 min | USD 220 ++

Experience a Maldivian inspired ritual using warm Tiger Cowrie shells to ease tension and encourage energy flow. Combined with organic coconut oil, the shells' natural heat helps balance each chakra through flowing and circular massage movements. The treatment concludes with a crystal infused lymphatic face massage for a final touch of clarity and harmony.



Massage Therapies

Hot Stone

90 min | USD 220 ++

Warm, smooth river stones melt deep tension in the muscles, allowing for profound relaxation and ease. The heat helps release stress, improve circulation, and draw out toxins—restoring balance to the body, mind, and soul..

Herbal Poultice Massage

60 / 90 min | USD 180 / 220 ++

A revitalising heat based therapy that cleanses the body and eases muscular tension. The treatment begins with a stimulating scalp massage, followed by rhythmic massage techniques combined with warm herbal poultices. This purifying experience helps relieve back pain, reduce inflammation, and restore overall vitality.

Balinese Massage

60 / 90 min | USD 160 / 200 ++

A traditional healing massage that improves circulation, supports better sleep, and rejuvenates tired muscles. Using firm pressure point techniques and long, flowing movements, it helps boost immunity and restore harmony between body and mind.

Intuitive Aromatherapy Massage

60 / 90 min | USD 160 / 200 ++

A personalised massage that blends therapeutic essential oils with gentle, soothing techniques. Calming yet uplifting, this treatment nurtures both mind and body, enhancing overall wellbeing and emotional balance.

Deep Tissue Massage

60 / 90 min | USD 180 / 220 ++

A targeted treatment using forearms, elbows, and focused pressure to relieve deep muscular tension. Combined with stretching techniques, it helps release tightness, improve mobility, and leave the body feeling reenergised.

Thai Dry Stretch

60 / 90 min | USD 180 / 220 ++

An ancient healing practice designed to improve flexibility and mobility. Using acupressure, gentle rocking, joint mobilisation, and yoga inspired stretches, the therapist works with thumbs, palms, elbows, knees, and feet to create deep, restorative movement. Performed on a floor mattress with comfortable Thai pyjamas provided.



Massage Therapies

Lymphatic Drainage

60 min | USD 160 ++

A gentle, rhythmic treatment using light pressure to stimulate lymph flow and support the body's natural detox process. This technique helps remove stagnant fluids, boost metabolism, and improve the early appearance of cellulite.

Slimming Massage

70 min | USD 180 ++

A targeted toning treatment designed to break down fatty deposits and reduce the appearance of cellulite. Focusing primarily on concern areas, the therapist uses vigorous techniques with dry herbal powders to stimulate circulation. The session concludes with a 20-minute steam bath to enhance lymphatic flow, reduce water retention, and leave the body feeling lighter and more sculpted.

Mum-to-Be Massage

60 min | USD 160 ++

A nurturing treatment designed to support the body during pregnancy. Using specialised techniques and comfortable, modified positions, this massage eases tension and promotes wellbeing for both mother and baby.

Couples Connection Journey

120 min | USD 500 ++

A shared escape designed to deepen your bond in paradise. The journey begins with a relaxing aromatherapy massage that harmonises your energies, followed by a refreshing facial to brighten and awaken the skin. A soothing jacuzzi bath then helps release tension and restore flow along the body's energy lines. Your experience concludes with a nourishing platter of fresh fruit—an intimate moment to reconnect and unwind together.



Add-ons

Enhance your experience with these 15 to 30 minute add on therapies.

Shirodhara	30 min USD 85 ++
Herbal Foot Massage and Reflexology	30 min USD 85 ++
Bamboo Stick Back Massage	30 min USD 85 ++
Ayurvedic Head Massage	15 / 30 min USD 40 / 85 ++
Lymphatic Face Massage	15 / 30 min USD 40 / 85 ++



Organic Eminence Therapies

We are proud to partner with Eminence Organic Skin Care, voted Favourite Skin Care Line for 15 consecutive years by the American Spa Professionals' Choice Awards. Eminence is committed to harnessing the healing power of nature through pure, organic ingredients—many grown on their certified organic farms in Hungary and handpicked at peak potency.

These botanicals are blended with mineral rich thermal spring waters unique to the region, creating highly effective treatments that nourish, rejuvenate, and transform the skin naturally.

Eminence Hydrating Facial

60 min | USD 180 ++

A deeply hydrating and nourishing organic facial that plumps, softens, and restores moisture. Using potent botanicals, this treatment leaves the skin velvety, radiant, and glowing with natural health. Ideal for achieving a supple, luminous complexion.

Eminence Age Corrective Facial

75 min | USD 220 ++

A rejuvenating treatment that targets fine lines and wrinkles using concentrated, firming botanical actives. This facial delivers long-lasting hydration, improved elasticity, and a youthful, radiant glow

Eminence Skin Brightening Facial

60 min | USD 180 ++

A soothing restorative treatment for skin exposed to sun and the elements. Organic botanical formulas hydrate, replenish, and calm irritation while improving texture and moisture levels. Ideal for soothing sun-exposed or sun-burnt skin and restoring a brighter, healthier glow.

Eminence Mango Enzyme Body Mask

45 min | USD 150 ++

A luxurious body wrap infused with active enzymes and vitamin rich botanicals that hydrate, gently exfoliate, and renew the skin. Wrapped in the uplifting aroma of ripe mango, you'll emerge with smoother, fresher, beautifully revitalised skin.

Eminence Mango Enzyme Body Mask

45 min | USD 160 ++

A luxurious body wrap infused with active enzymes and vitamin rich botanicals that hydrate, gently exfoliate, and renew the skin. Wrapped in the uplifting aroma of ripe mango, you'll emerge with smoother, fresher, beautifully revitalised skin.



Mind and Body Wellness

Relaxing Yoga

60 min | USD 80 ++

A soothing yin-style practice designed to calm the mind and ease tension. Using bolsters, blankets, and blocks, passive poses are held comfortably to allow the body to release stress and experience deep relaxation with minimal effort.

Vinyasa Yoga

60 min | USD 90 ++

A dynamic, breath led practice where poses flow smoothly from one to the next. This energising sequence—often centred around sun salutations—builds heat, strength, and fluidity while keeping the mind focused and calm.

Ashtanga Yoga

60 min | USD 80 ++

A structured and energising practice that synchronises breath with a progressive series of postures, generating internal heat and a cleansing sweat. This powerful method detoxifies the body, improves circulation, builds strength, and cultivates a calm, focused mind.

Pranayama & Meditation

60 min | USD 80 ++

A grounding practice that blends mindful breathwork with guided meditation. Pranayama supports mental, emotional, and physical wellbeing, while meditation cultivates stillness, clarity, and self-awareness. Together, they help release emotional blockages and create a deeper sense of inner balance.

Chakra Meditation

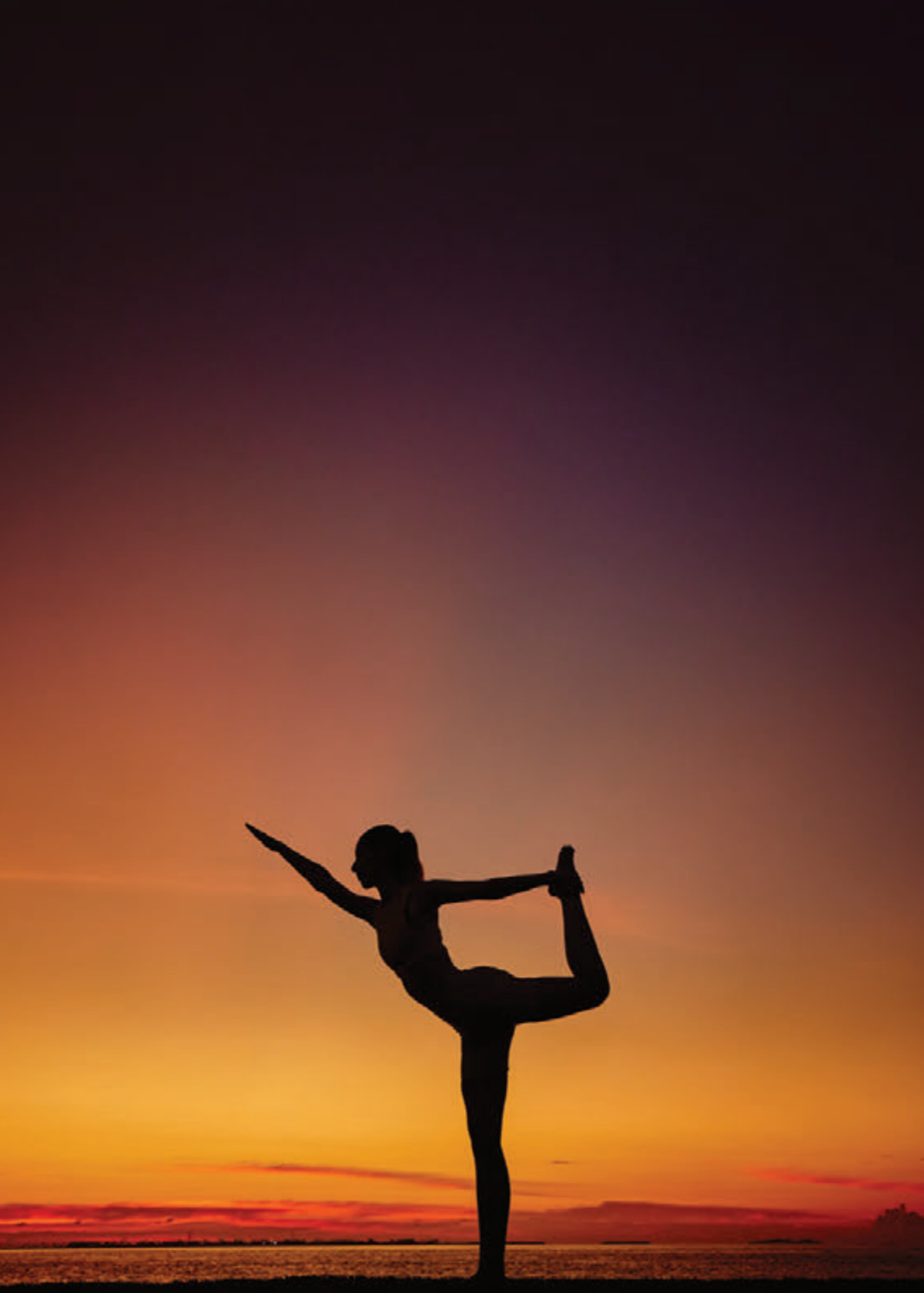
60 min | USD 100 ++

A guided practice that focuses on aligning and balancing the chakras to release energetic blockages. This meditation promotes inner peace, mental clarity, stress relief, and improved sleep.

Couples Yoga

60 min | USD 80 ++

A shared practice designed to strengthen your bond through mindful movement. Partner poses encourage communication, trust, and connection, helping you deepen your relationship while supporting each other through each stretch and flow.



Mind and Body Wellness

Yoga Nidra

60 min | USD 80 ++

A deeply restorative practice that uses body scanning and breath awareness to calm the nervous system. This guided rest reduces stress, promotes better sleep, and supports overall wellbeing on multiple levels

Stress Relief Meditation

60 min | USD 100 ++

A calming practice that helps you stay centred and maintain inner peace. Through guided awareness, it offers emotional and physical benefits—shifting how you respond to stress, enhancing self awareness, and reducing negative thought patterns.

Assisted Stretching

60 min | USD 100 ++

A guided stretching session that helps release tension, improve flexibility, and increase range of motion. Using breath and gentle assistance, this treatment supports relaxation and is an ideal complement to any sport or fitness routine



Salon Services

Spa Manicure	60 min USD 90 ++
Spa Pedicure	75 min USD 100 ++
Nail Reshape and Polish (Hands or Feet)	30 min USD 70 ++
Shellac Manicure	75 min USD 120 ++
Shellac Pedicure	75 min USD 130 ++
Shellac Removal	30 min USD 50 ++



Nurturing Journeys

Harnn Anti-Aging Facial

60 min | USD 220 ++

A naturally rejuvenating facial that uses gentle marma point stimulation to boost circulation and support immunity. This treatment combines cleansing, soft exfoliation, and deep hydration with HARNN's Water Lily collection and Rice Callus Stem Cell Extract—helping nourish the skin, improve firmness, and slow visible signs of aging.

Rejuvenating Facial

30 min | USD 100 ++

A quick, refreshing treatment suitable for all skin types. This facial revitalises tired skin, leaving you with a fresher, brighter, and naturally glowing appearance.

Body Scrub

45 min | USD 150 ++

A revitalising way to begin your island escape. Our herbal body scrubs gently exfoliate to remove dead skin cells, boost circulation, and detoxify—preparing your skin for a smoother, more even tan.

Choose from:

🌿 Tropical Wood and Sugar Body Refiner

🌿 Oriental Herb and Salt Body Polish

🌿 Nourishing Coconut and Coffee Scrub

Body Wrap

60 min | USD 160 ++

A soothing herbal cocoon that warms the body, relaxes the muscles, and deeply cleanses the pores. This treatment nourishes the skin, enhances hydration, and supports a long lasting, silky smooth tan.

Choose from:

🌿 Aloe Vera – ideal for sunkissed or sensitive skin

🌿 Body Contouring – designed to tone and refine the body



Mini Spa

Introduce your little ones to the joy and wellbeing benefits of spa time. These specially designed therapies for children aged 3 to 12 offer a safe, soothing, and fun way to relax while nurturing healthy self care habits.

Magic Body Massage

30 / 50 min | USD 100 / 130 ++

A gentle, relaxing massage designed to let children enjoy a little holiday pampering. Using only pure coconut oil, this soothing treatment is a delightful way to introduce your little prince or princess to the comfort and calm of spa time.

Fabulous Facial

30 / 50 min | USD 100 / 130 ++

A fun, feel good facial featuring a chocolate mask and cool cucumber eyes. A playful way to pamper your little one and let their natural glow shine even brighter.

Fiddly Fingers or Twinkle Toes

30 min | USD 70 ++

A fun mini manicure or pedicure experience for little ones. Hands or feet are gently soaked and cleansed, nails are neatly trimmed, and a pop of colour can be added for an extra touch of sparkle.

Mom & Me

90 min | USD 450 ++

A beautiful opportunity for Mom to enjoy calm, quality time with her little prince or princess. Mom – Enjoy any 60 minute massage from our spa menu, followed by a fingernail tidy and polish.

Me – Indulge in a gentle, specially designed coconut oil massage, finished with a fun fingernail paint.

A sweet bonding ritual made for relaxation and togetherness.

Dad & Me

90 min | USD 450 ++

A perfect reason for dads to unwind at the spa while sharing a special bonding moment with their little prince or princess.

Dad – Enjoy any 60 minute massage from our menu, followed by an express pedicure.

Me – Indulge in a gentle, specially designed coconut oil massage, finished with an express pedicure.

A relaxed and meaningful experience made for father–child time.

Mini Yoga

30 min | USD 50 ++

A playful introduction to yoga, where little ones can explore simple stretches and fun poses. After warming up their flexibility, the session ends with a short, calming meditation to help them relax and unwind.



Spa Etiquette

Opening Hours

Calm Spa Sanctuary is open daily from 10:00am to 7:00pm, with the last appointment at 5:35pm.

Spa Reservations & Information

Appointments may be booked through your Thakuru, directly with the spa at ext. 618, via the JA Manafaru App, or by visiting the spa reception.

We recommend arriving 15 minutes before your scheduled treatment for consultation and preparation. To maintain a peaceful atmosphere, please keep mobile phones on silent or leave them in your villa.

Attire

Changing facilities are provided. You may bring swimwear to enjoy the plunge pools, sauna, and steam rooms, available separately for male and female guests.

Valuables

Please refrain from bringing jewellery or valuables to the spa. We recommend storing them in your villa's personal safe.

Medical Considerations

Guests with high blood pressure, heart conditions, allergies, pregnancy, or other health concerns should consult a doctor before booking any treatment. Our Resort Doctor is available for guidance.

Children & the Spa

Young guests are welcome to enjoy selected treatments with guardian approval and supervision. A dedicated Kids' Spa Menu is available upon request.

Pricing

All spa prices are in US Dollars and subject to government taxes and service charge

Payment

Treatments may be signed to your villa account and will appear on your final bill at checkout.

Cancellations

Please notify us at least 5 hours prior to any change or cancellation to avoid a 50 percent cancellation fee.

Cancellations within 2 hours or a no show will incur the full treatment charge.



Spa Etiquette

Tipping

Tipping is not required. Should you wish to acknowledge an associate, you are welcome to do so. For contributions to the entire JA Manafaru team, please hand your gratuity to any senior manager for fair distribution..

In-Villa Treatments

A surcharge applies to all treatments conducted in the villa.

