MANAFARU
MALDIVES

CALME
SPA SANCTUARY

WHERE NATURE RESTORES BALANCE

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 thoughtfully curated wellness journeys.

To elevate your visit, Calm Spa Sanctuary offers complimentary wellness facilities. Guests are invited 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.

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Scientific Approach to the Health

Epigenetic Testing

60 min | USD 150++

The science of hair follicle testing has long been used to gain a snapshot of the body's nutritional state. We partner with Cell-Wellbeing to bring this advanced technology to JA Manafaru as an enhancement to your wellbeing journey.

A sample of three to four live hairs is collected by our trained team and analysed using specialised equipment. The data is sent to a laboratory in Germany, where a detailed 36-page report is generated. This report provides insights into optimal nutrition, foods to avoid, vitamin and mineral levels, amino acids, fatty acids, environmental stressors, and resistance factors.

Vitamin and Mineral Checking

30 min | USD 35++

Vitastiq PRO is an advanced, non-invasive electronic device using the EAV (Electroacupuncture According to Voll) method to analyse trends in ten essential vitamins and minerals.

The pain-free device is applied to acupuncture points on the fingers and delivers real-time results. As your body's nutritional needs change daily, this service is included in all wellness packages. Based on your results, our team will recommend a bespoke juice to restore nutrient balance.

Face Scan

30 min | Complementary

Facial Skin Analyzer provides precise, real-time assessment to evaluate hydration levels, pigmentation, wrinkles, and overall skin health - including the condition of the deeper skin layers.



Alchemy Bar

Bath Tub Tea Making Class

30 min | Complimentary
Create your own personalised bath tea using herbs freshly picked from our spa garden, blended with aromatic essential oils. Take home a complimentary sachet of your custom blend.

Face Lift DIY Class

30 min | Complimentary
Learn professional techniques to naturally lift, tone, and rejuvenate the face with hands-on guidance for a radiant look you can maintain at home.

Lip Balm Making Class

30 min | USD 30++
Create a nourishing lip balm using shea butter, vitamin E, and peppermint. Take home one ready-to-gift balm.

Candle Making Class

30 min | USD 30++
Craft your own hand-poured candle to take home and enjoy.

Soap Making Class

45 min | USD 30++
Create a luxurious handcrafted soap using natural ingredients.

Scrub Making Class

30 min | USD 30++
Learn to make a rejuvenating coffee and yoghurt body scrub to take home.

Matcha Tea Ceremony

30 min | USD 30++
Immerse yourself in the Japanese art of Matcha tea. Wear a traditional yukata and be guided through the ceremonial preparation for a mindful, authentic experience.

Sunday Morning Tea

30 min | Complimentary
Nature has provided remedies for everything. Herbal waters were described as “liquid balance” for body and mind, meant to be sipped, not rushed. A selection of different types of tea is available.



Signature Therapies

Signature Moksha
90 min | USD 220++

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

Kurumba Massage
90 min 220 USD++

Experience a unique island ritual combining warm coconut oil and smooth coconut shells that glide gently across the skin to ease tension, nourish the body, and restore deep relaxation. A soothing journey inspired by the natural beauty of the Maldives.

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 experience begins with a full-body massage. A warm healing paste of these herbs, infused with organic virgin coconut oil, is then applied to the back, followed by heat packs to allow the botanicals to deeply penetrate and soothe. This restorative ritual eases tension, restores balance, and celebrates the natural remedies of the islands.

Jungle Massage
60 min | USD 210++

This exclusive treatment takes place in Ananda, a hidden jungle sanctuary near the island's ancient banyan tree. Flowing massage techniques are combined with the healing presence of nature, creating a deeply grounding and immersive experience.

Chakra Balancing Massage
90 min | USD 220++

A Maldivian-inspired ritual using warm Tiger Cowrie shells to ease muscular 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 facial massage for a final touch of clarity and harmony.

Candle Massage
90 min | USD 240++

Following a relaxing 60-minute classical massage, warm, melted massage candle oil is gently drizzled and massaged into the skin. This deeply nourishing ritual leaves the body luxuriously soft, hydrated, and enveloped in a sense of calm.



Organic Seaweed Skincare from Scotland

Inspired by the pure waters of Scotland's Outer Hebrides, ishga combines sustainably hand-harvested seaweed with science-led skincare to create high-performance treatments rich in minerals, vitamins, and antioxidants. Each experience harnesses the restorative power of the ocean to nourish the skin and reconnect body and mind with nature.

Tides of Change

90 min | USD 280++

Inspired by the pure waters of Scotland's Outer Hebrides, ishga combines sustainably hand-harvested seaweed with science-led skincare to create high-performance treatments rich in minerals, vitamins, and antioxidants. Each experience harnesses the restorative power of the ocean to nourish the skin and reconnect body and mind with nature.

Ultimate Luxury Facial

90 min | USD 250++

An indulgent facial harnessing the regenerating and hydrating benefits of Hebridean seaweed. Three active masks exfoliate, nourish, and protect the skin, while lifting facial massage, warm sea salt and seaweed poultices, and lymphatic drainage techniques leave the face and upper body revitalised, replenished, and radiant.

ishga Facial

55 min | USD 200++

A restorative facial suitable for all skin types, using the collagen-supporting and antioxidant properties of Hebridean seaweed. Designed to brighten and balance skin tone, improve texture, and protect against environmental stress, this treatment leaves the complexion refreshed, healthy, and luminous.

All ishga treatments are accompanied by the soothing sounds of the Hebrides,
creating an immersive journey inspired by Scotland's Outer Hebrides.

ALL PRICES ARE IN USD AND SUBJECT TO TAXES (TGST) AND SERVICE CHARGE.

Massage therapies

Massage Therapies

Hot Stone

90 min | USD 220++

Warm, smooth river stones melt deep muscular tension, allowing for profound relaxation and ease. The therapeutic heat releases stress, improves circulation, and helps draw out toxins—restoring balance to 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 using 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 designed to improve circulation, support restful sleep, and rejuvenate tired muscles. Firm pressure-point techniques combined with long, flowing movements help boost immunity and restore harmony between body and mind.

Intuitive Aromatherapy Massage

60 / 90 min | USD 160 / 200++

A personalised massage blending therapeutic essential oils with gentle, soothing techniques. Calming yet uplifting, this treatment nurtures both body and mind, 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 release deep muscular tension. Combined with stretching techniques, it helps improve mobility, relieve tightness, and leave the body feeling re-energised.

Nuat Phaen Boran - 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 in the spa garden on a floor mattress, with comfortable Thai pyjamas provided.

Luk Pra Kob - Thai Massage with herbal balls

60 / 90 min | USD 200 / 240++

An ancient art of Thai massage, performed in traditional Thai pyjamas without the use of oils. This therapeutic ritual combines gentle assisted stretching, rhythmic pressure, and soothing warm herbal compresses to release muscle tension, improve flexibility, and restore balance. A deeply relaxing wellness experience designed to rejuvenate the body and calm the mind.

Japanese Shiatsu

60/90 min |USD180/220$++

A traditional Japanese therapy that combines rhythmic finger pressure and gentle stretching to release tension, restore balance, and promote deep relaxation and overall well-being. This ancient healing practice is rooted in traditional Chinese medicine concepts, including the flow of Qi life energy through the body's meridians.

Japanese Shiatsu with Thai Ancient Tok Sen Therapy

90 min - 250 USD ++

Experience an ancient Thai healing technique combining 60 minutes of traditional Japanese Shiatsu acupressure with 30 minutes of Tok Sen wooden-hammer therapy. Rhythmic tapping along the body's energy lines helps release tension, restore balance and promote deep relaxation.

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 detoxification process. This technique helps reduce fluid retention, 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 on key 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 massage designed to support the body during pregnancy. Using specialised techniques and comfortable, modified positions, this treatment gently 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 to harmonise your energies, followed by a refreshing facial to brighten and awaken the skin. A soothing jacuzzi bath then releases tension and restores energy flow, before concluding with a nourishing platter of fresh fruit—an intimate moment to reconnect and unwind together.

Four-Hand Massage

60 min | USD 295++

Indulge in a harmonious four-hand massage where two therapists work in perfect synchrony, mirroring each other's movements to elevate relaxation and restore inner balance.

Royal Thousand Hands Dry Massage

60 min | USD 500++

Adorn a traditional kimono as five master therapists perform a synchronised shiatsu massage, meticulously stimulating every point of the body. Tension dissolves, circulation is invigorated, and you emerge completely renewed in body and spirit.

Ancient ayurvedic and Tibetan treatments

Ancient Ayurvedic treatments

Ayurvedic

90 min | USD 220++

A harmonious blend of Third Eye-opening Shirodhara and Abhyanga, this deeply restorative treatment features a continuous stream of warm herbal oil gently poured onto the forehead to calm the mind and awaken inner clarity. The rhythmic full-body massage helps clear the marma points, detoxifying, cleansing, and releasing blocked energy. This therapeutic combination enhances circulation, supports immune strength, and restores the body to its natural state of balance and wellbeing.

Ksheeradhara

90 min | USD 240++

A deeply restorative Ayurvedic experience combining Ksheeradhara—warm, herbal-infused milk gently poured over the forehead—with a soothing full-body Abhyanga massage. This nurturing ritual calms the nervous system, relieves stress, and restores balance to the body and spirit.

Pinda Sweda

90 min | USD 240++

Warm, herb-filled poultices are gently applied to the body with nourishing medicated oil. This treatment eases muscular tension, detoxifies the skin, improves circulation, and promotes overall balance and vitality.

Kati Vasti

90 min | USD 250++

A traditional Ayurvedic therapy in which warm medicated oil is poured and retained over the lower back. This deeply soothing treatment relieves tension, nourishes spinal tissues, eases stiffness, and supports spinal health.

Four-Hand Snigdha Udvarthanam

60 min | USD 295++

A synchronised Ayurvedic treatment performed by two therapists using herbal powders, either dry or blended with Dosha-specific nourishing oils. This invigorating treatment detoxifies the body, stimulates circulation, improves skin texture, and leaves the body feeling light, energised, and revitalised.

KuNye Massage

45 / 60 / 90 min | USD 180 / 220 / 250++

Experience the therapeutic benefits of KuNye, a traditional Tibetan massage that blends warm oils, rhythmic massage techniques, and gentle stretches. This deeply balancing treatment eases tension, enhances circulation, and promotes overall wellbeing.

Horme

30 / 60 min | USD 150 / 200++

A Mongolian healing therapy using warm herbal-infused butter or oil, gently applied with cotton bundles. This deeply soothing treatment helps release tension, support restful sleep, and promote profound relaxation and nervous system balance.

Rlung Neutralizer

45 min | USD 150++

Traditional Tibetan massage designed to calm and neutralise rlung (wind energy), soothing the mind and nervous system. This deeply grounding treatment helps relieve anxiety, restlessness, and mental fatigue while restoring emotional balance and inner calm.



Add-ons

Shirodhara

30 min | USD 85++

A calming Ayurvedic ritual where a gentle stream of warm oil is poured over the forehead to quiet the mind, ease stress, and promote deep relaxation.

Herbal Foot Massage & Reflexology

30 min | USD 85++

A grounding treatment focused on the feet, combining herbal-infused massage with reflexology techniques to stimulate energy pathways and restore balance throughout the body.

Bamboo Stick Back Massage

30 min | USD 85++

A targeted back treatment using warm bamboo sticks to release muscular tension, improve circulation, and ease stiffness in the spine and shoulders.

Ayurvedic Head Massage

15 / 30 min | USD 40 / 85++

A soothing head, neck, and shoulder massage using Ayurvedic techniques to relieve mental fatigue, reduce stress, and encourage clarity and relaxation.

Lymphatic Face Massage

15 / 30 min | USD 40 / 85++

A gentle facial massage designed to stimulate lymphatic drainage, reduce puffiness, and enhance skin tone while promoting a refreshed and radiant complexion.



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 dedicated 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 naturally nourish, rejuvenate, and transform the skin.

Eminence Hydrating Facial

60 min | USD 180++

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

Eminence Age Corrective Facial

75 min | USD 220++

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

Eminence Skin Brightening Facial

60 min | USD 180++

A soothing, restorative facial for skin exposed to sun and environmental stressors. Organic botanical formulas hydrate, replenish, and calm irritation while improving texture and moisture balance—ideal for sun-exposed or sun-burnt skin seeking renewed brightness and vitality.

Japanese Kobido Face Lift

60 min | USD 220++

An advanced facial ritual that instantly lifts and sculpts the face using strong massage techniques, ice-cold Gua Sha, buccal massage, and Thai body techniques. This dynamic treatment stimulates circulation, tones facial muscles, and promotes a naturally lifted, youthful appearance.

Mind and Body Wellness

Mind and Body Wellness

Relaxing Yoga

60 MIN | USD 80++

A soothing yin-style practice designed to calm the mind and ease physical tension. Using bolsters, blankets, and blocks, passive poses are held comfortably, allowing 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 seamlessly from one to the next. This energising sequence—often centred around sun salutations—builds heat, strength, and fluidity while maintaining mental focus and calm.

Ashtanga Yoga

60 min | USD 80++

A structured and invigorating 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 blending 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 meditation focusing on aligning and balancing the chakras to release energetic blockages. This practice 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, allowing you to 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 using guided body scanning and breath awareness to calm the nervous system. This conscious state of rest reduces stress, supports better sleep, and promotes overall wellbeing on physical, mental, and emotional levels.

Stress Relief Meditation

60 MIN | USD 100++

A calming guided practice designed to help you remain centred and maintain inner peace. Through focused awareness, this meditation shifts how you respond to stress, enhances self-awareness, and reduces negative thought patterns.

Assisted Stretching

60 min | USD 100++

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

Trataka

45 min | USD 50++

Experience Trataka, an ancient yogic eye-cleansing practice that rejuvenates the eyes, relieves mental fatigue, and restores inner calm, clarity, and focus.



Salon Services

Spa Manicure

60 MIN | USD 90++

A relaxing manicure experience that includes nail shaping, cuticle care, exfoliation, and moisturising massage, leaving hands beautifully groomed and refreshed.

Spa Pedicure

75 MIN | USD 100++

A revitalising pedicure combining nail care, exfoliation, callus treatment, and a soothing foot massage for soft, smooth, and well-conditioned feet.

Nail Reshape and Polish (Hands or Feet)

30 min | USD 70++

A quick grooming treatment focused on reshaping the nails and applying polish for a clean, polished finish.

Shellac Manicure

75 min | USD 120++

A long-lasting manicure featuring Shellac polish, combining high shine with durability for beautifully maintained nails.

Shellac Pedicure

75 min | USD 130++

A flawless pedicure finished with Shellac polish for extended wear, high gloss, and a perfectly groomed look.

Shellac Removal

30 min | USD 50++

A gentle and professional removal of Shellac polish to maintain healthy nails.



Nurturing Journeys

Rejuvenating Facial

30 MIN | USD 100++

A quick yet refreshing facial suitable for all skin types. This revitalising treatment awakens tired skin, leaving the complexion fresher, brighter, and naturally glowing.

Japanese Head Spa

60 MIN | USD 160++

A deeply relaxing scalp ritual combining gentle cleansing, soothing Shiatsu massage, and nourishing care to refresh the scalp, release tension, and restore harmony to the mind and body. Experience the art of Japanese wellness for ultimate relaxation. Deep conditioning, a hair mask, and neck, shoulder, arm, and hand massages are included.

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 support detoxification—preparing the skin for a smoother texture and a more even, lasting tan.

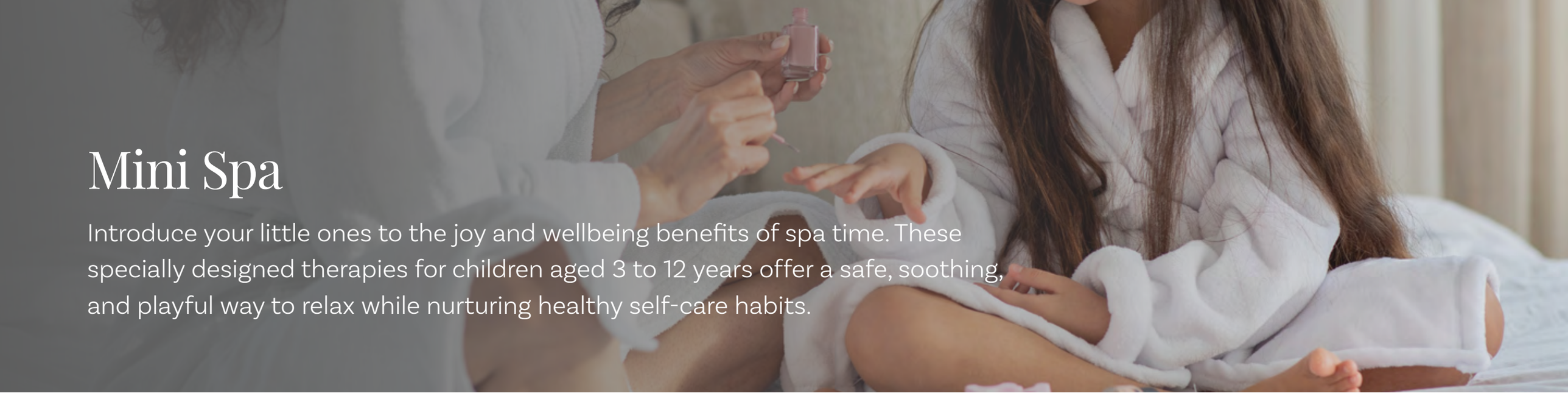
Choose from:

- Oriental Herb and Salt Body Polish
- Nourishing Coconut and Coffee Scrub

Body Wrap

60 min | USD 160++

A soothing herbal cocoon therapy enriched with Aloe Vera to relax muscles, detoxify the skin, and restore hydration. This nurturing treatment leaves the skin silky smooth and radiant, making it ideal for sensitive or sun-kissed skin.



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 years offer a safe, soothing, and playful way to relax while nurturing healthy self-care habits.

Magic Body Massage

30 / 50 min | USD 100 / 130++

A gentle and relaxing massage created especially for children. Using only pure coconut oil, this soothing treatment introduces your little prince or princess to the comfort and calm of spa time in a nurturing and enjoyable way.

Fabulous Facial

30 / 50 min | USD 100 / 130++

A fun, feel-good facial featuring a chocolate mask and cool cucumber eye pads. A playful pampering experience that lets your little one relax while their natural glow shines even brighter.

Fiddly Fingers or Twinkle Toes

30 min | USD 70++

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

Mom & Me

90 min | USD 450++

A beautiful bonding experience for mothers and children to enjoy calm, quality time together.

Mom – Enjoy any 60-minute massage from our spa menu, followed by a fingernail tidy and polish.
Me – Indulge in a gentle coconut-oil massage specially designed for children, finished with a fun fingernail paint.

A sweet ritual created for relaxation and togetherness.

Dad & Me

90 min | USD 450++

A meaningful spa experience designed for fathers and children to unwind and connect.

Dad – Enjoy any 60-minute massage from our spa menu, followed by an express pedicure.
Me – Enjoy a gentle coconut-oil massage specially designed for children, followed by an express pedicure.

A relaxed and memorable experience made for special father-child time.

Mini Yoga

30 min | USD 50++

A playful introduction to yoga where children explore simple stretches and fun poses. The session concludes with a short, calming meditation to help them relax, refocus, and unwind.

Spa Etiquette

OPENING HOURS CALM SPA SANCTUARY IS OPEN DAILY FROM 10:00AM TO 7:00PM,
WITH THE LAST APPOINTMENT SCHEDULED AT 5:30PM.

Spa Reservations & Information

Appointments may be booked through your Thakuru, directly with the spa at extension 618, via the JA Manafaru App, or by visiting the spa reception.
We recommend arriving 15 minutes prior to your scheduled treatment to allow time for consultation and preparation. To preserve the tranquillity of the spa, kindly keep mobile phones on silent or leave them in your villa.

Attire

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

Valuables

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

Medical Considerations

Guests with high blood pressure, heart conditions, allergies, pregnancy, or other health concerns are advised to consult a doctor before booking treatments. Our Resort Doctor is available for guidance.

Children & the Spa

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

Pricing

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

Payment

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

Cancellations

Kindly notify us at least 5 hours in advance of any change or cancellation to avoid a 50% cancellation fee.
Cancellations within 2 hours of the appointment time or no-shows will incur the full treatment charge.

Tipping

Tipping is not required. Should you wish to recognise an individual associate, you are welcome to do so. For contributions intended for 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 privacy of your villa.

Contact Information

RESERVATIONS
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JAresortshotels.com

RESORTS
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