



# Coconut spa

Maldives



Overview and Price List

[www.coconutspa.com](http://www.coconutspa.com)

# How to Spa

## Some advice for your comfort

### **What should I wear when going to the Spa and during my treatment?**

We will provide you with kimono, slippers, and hygienic disposable lingerie. Alternatively, our treatment may be enjoyed while wearing your own underwear, choose whatever is the most comfortable for you.

### **When should I arrive for my treatment?**

Please arrive 10 minutes before your scheduled check-in time, you will therefore be able to change without haste and then you can sample our cold tea of the day offered before treatment.

### **What if I have special health treatment consideration?**

Please notify our SPA Manager before booking your treatments if you have high blood pressure, allergies, physical ailments, disabilities, or if you are pregnant.

### **What if I am late for my appointment?**

Arriving late will limit the time available for your treatment. Programs are carefully planned to accommodate each and every one, we kindly request you to be punctual.

### **Cancellation Policy**

Should you wish to modify or cancel a reservation, we should be grateful if you could notify us at least 3 hours in advance, in order to avoid paying a cancellation fee.

### **Time to relax, unwind and feel good**

A visit to a SPA is time put aside for you and you should enjoy the experience in the best possible conditions. Should it concern the room temperature, massage pressure or volume of the music, please do not hesitate to ask your therapist to adjust them to your best comfort levels.

### **Where should I keep my valuables?**

It is recommended not to bring any valuables, such as jewelry that needs to be removed prior to Spa treatments, and we must remind you that we are not responsible for any items lost or stolen.

# Massages

## **Discovery Massage**

**30 minutes**

For an immediate stress and tension release effect, this massage concentrates on the back and the legs, easing muscle aches, stretching joints, improving flexibility where most of the body tension is accumulated.

## **'Kayu' Back Massage**

**30 minutes**

Using wooden elements, this back massage allows a more targeted pressure to be applied; intensifying the deep relaxation of muscle tissues to alleviate tensions and let your stress dissolves under expert strokes.

## **Balinese Traditional Massage**

**50 minutes**

**1h30**

The Asian Traditional massage is a full body massage using palm pressure and long gentle strokes while applying a unique blend of natural essential oils. This combination stimulates your blood circulation, improves energy flow and drains tensions away.

## **Head, Back and Shoulders Massage**

**50 minutes**

Starting from the back to stimulate the blood circulation this massage continues with the neck and shoulders to relieve muscular pain and drain tensions away. It is then concentrated on the head to effectively ease out accumulated stress and to enhance relaxation.

## **Back and Stones Massage**

**50 minutes**

Starting with a shiatsu and traditional massage to warm the body, the stones are then applied on your back in such a way as to relieve your muscles from pain and tension. Back and stones massage is especially adapted for back problems, achieving a feeling of well being and perfect relaxation.

## **Warm Stones Massage**

**1h30**

A full body massage starting with a traditional massage and lomi-lomi and then continues with the warm stones. Smooth and warm stones glide across your body in long, flowing strokes. The heat helps to relax the muscle and has a soothing effect on your emotions. Stones are positioned on the various energy body points to develop the healing potential.

## **Shiatsu**

**50 minutes**

The Shiatsu Massage is a digito-puncture technique using pressure point massage without oil to release tight nodules and produce a deep relaxed feeling. This massage is a real revival for the body and mind increasing energy level intensified by a few stretching movements.



# Massages

## **Swedish Massage**

**50 minutes**

Using warm oil, heated up in a bottle and poured all over your body, the Swedish massage is designed to harmonize the corporal functions, such as blood circulation, breathing and mind relaxation. Soft and long strokes (lomi-lomi) envelop all the body from feet to head creating an overall relaxation of the body and soothing effect.

## **Four Hands Massage**

**50 minutes**

The ultimate sensation with this massage provided by two therapists working together in perfect harmony that creates overall well being. The perfect synchronization will balance the pressure of the whole body improving circulation. The four hand massage is a combination of shiatsu, traditional massage and lomi-lomi leaving your entire body re-energized and intensely relaxed.

## **Coconut Spa Signature**

**1h30**

This massage exclusively created by Coconut Spa is our Signature. A relaxing combination of 5 massages, starting with 10 minutes of Shiatsu, followed by 25 minutes of long strokes and deep skin massage along with 10 minutes of warm stone massage on your back. Another 20 minutes of Swedish massage to harmonize your corporal functions and 25 minutes reflexology to bring you this deep feeling of overall comfort.

## **Foot Reflexology**

**30 minutes**

**50 minutes**

An ancient healing therapy as blissful as it is beneficial; a foot therapy on the reflex point can restore the natural flow of body energy and improve your health. Recover physical and mental harmony with this wonderful treatment that will send waves of deep relaxation through your entire body.

## **Foot Massage**

**30 minutes**

**50 minutes**

This foot massage using centuries old tradition techniques will increase circulation, reduce tensions, and bring a revival feeling of lightness on the legs and feet, giving your whole body this incredible sensation of a perfect harmony within yourself.

# Massages from Another World

## INDIA

### Warm Oil Massage

**50 minutes**

The warm oil massage is inspired from the Indian traditional massage called Ayurveda. It is a technique employed to stimulate and balance the Dosha (the spiritual part of the body). This mental and body relaxation treatment is provided with a special blend of essential oils, with healing properties, warmed just before its application on the body. It helps to improve sleep, eliminate toxins and brings relaxation and comfort.

### Shirodhara

**50 minutes**

In Sanskrit, "**Shir**" means head and "**Dhara**" means flux. Shirodhara is the slow pouring out of a constant flow of warm sesame oil on one very precise point of the forehead. Shirodhara relieves tensions, improve the perception of the senses and attenuates anxiety, anguish, stress, concentration difficulties and insomnia.

### Shirodhara with Hair Treatment

**1h30**

To complete your treatment and enhance the benefit of your complete relaxation, an additional head massage with shampoo and hair conditioner will leave your hair lustrous and soft.

## Indian Traditions Package

Warm oil Massage  
Shirodhara

**1h40**

Warm oil Massage  
Shirodhara with hair treatment

**2h20**





# Body Treatment

## Body scrub

### Harmony Body Scrub

**50 minutes**

Using local harvested coconut with cinnamon, the body is gently exfoliated leaving your skin moisturized and renewed.

### Serenity Body Scrub

**50 minutes**

A mixture of Lavender and Ylang-ylang, specially blended to refresh and leave your skin smooth and soft. Lavender is a plant known for its calming effect and is recommended for sensitive skins.

### Sensation Body Scrub

**50 minutes**

Made from finely grated Vanilla mixed with Ginger to rejuvenate your skin and give you a sensation of freshness and wellbeing.

### Energy Body Scrub

**50 minutes**

A traditional Indonesian royal court beauty ritual made of citrus and tangerine. This deliciously aromatic scrub will improve your skin as it gently exfoliates.

### Chocolate Body Scrub

**50 minutes**

Give yourself a special treat without a calorie. Our natural chocolate body scrub combining cocoa, rice and almond powder will in an instant develop all your senses while stimulating, refining, smoothing and moisturizing your skin.

*All our scrubs are followed by a soft and relaxing application of body lotion*

## Body Wrap

### Papaya Body Wrap

**50 minutes**

Have your body gently rubbed and then wrapped with a mixture of fresh blended papaya and our signature French red clay. After a long day in the sun, with this perfect combination of natural products, the "Papaya Body Polish" is sure to leave the skin of your body and face glowingly fresh and rejuvenated.





# Body Treatment

## Sun Lovers

### Sun Lover

**50 minutes**

After your day spent in the sun, come and enjoy our Special Sun Lover to calm, soothe and re-hydrate your skin.

Sun Lover treatment is specially designed to fight against sun burn and the ageing of the skin.

*This treatment includes*

- ✓ Lavender Body Wash for gentle cleansing
- ✓ Cucumber and Honey Body Conditioner, for cooling and soothing
- ✓ Aloe Vera Body Lotion, to ease sunburn, prevent skin peeling and to lock in the moisture

## Anti-cellulite

### Cellulite Treatment – 1h30 – choice of 1 – 3 or 5 treatments

**1 Treatment**

**3 Treatments**

**5 Treatments**

This efficient treatment will help you to reduce the cellulite by an activation of the blood circulation, using a special range of products adapted to your requirements. We start with dynamic and powerful frictions with a body scrub made from almond powder and pure essential oils to release the toxins, followed by a mud mask made from crushed volcanic stones, clay, sea weed and essentials oils brushed onto your all body to purify the skin. The treatment is finally completed by a vigorous massage to cover your body with a unique blend of pure essential oils of basil, fennel and lemon, well known for their interaction against cellulite.

For a better result we recommend our 5 treatments package, taken one per day.

# Facials

## **Refresher Facial**

**30 minutes**

A great introduction to facial treatment using for principal ingredients: pure honey mask and cucumber, leaving your skin feeling smooth and radiant. Enjoy the benefits of these natural ingredients with an age-old reputation for skin healing, softening, and moisturizing.

## **Natural Asian Facial**

**50 minutes**

Using only Bio natural products, the face is cleansed and gently exfoliated to eliminate all the dead cells on the surface of the skin. While purifying with a gel mask, relax and unwind with a hand and feet massage. This treatment will effectively restore and hydrate your skin, leaving your face fresh, youthful and restored.

## **Deep Cleansing Facial**

**50 minutes**

Indulge, relax and refresh; our professional therapist will do the rest; deep cleansing, exfoliation, steam, vacuum, pore extraction, mask application, all completed by our exclusive facial, head, neck and shoulder massage combined with acupressure. Moisturizer will end your treatment leaving your skin's appearance smoother and more radiant.

**For a long lasting result of our facials, we recommend you to use the products applied by our therapist during your treatment. All ranges are available in our spas' boutiques.**





# Hair Treatment

## **Mask, Treatment and Massage**

**50 minutes**

A natural traditional mask is massaged onto your scalp to nourish and revitalize your hair. During the treatment a head and shoulder massage is given so that your blood circulation is stimulated and brings relaxation.

To maximize the benefits of the mask, the hair is not blown dry leaving it shiny and soft to the touch.

## **Our choice of Natural Mask:**

- ✓ Avocado: Nourishing, for broken fragile or dry hair
- ✓ Aloe Vera: To bring back shine and softness, for dry and damaged hair

# Hands & Feet Treatments

## **Spa Manicure**

**50 minutes**

Give your hands and nails a well deserved care with our Hands Beauty treatment. Starting with the basics nail cut, file and cuticle repair, your hands are then gently exfoliated for a silky feeling. A nourishing cream is applied with a gentle massage to restore the moisture and improve the texture of your skin. Your hands feel hydrated, smooth and soft with a great youthful look.

## **Spa Pedicure**

**50 minutes**

Cool, energize and revive your feet with our Feet Beauty Treatment. Comprising of the classical pedicure treatment with nail cut, file, cuticle repair and soothing foot soak of essential oils; it is then followed by a peppermint scrub that will relieve your tired or swollen feet. Finally, to stimulate blood circulation a foot massage is applied with a refreshing lotion. Your feet are hydrated, fresh and soothed.

## **Nail Polish**

## **Nail Art**

# Spa Packages

## **Sensation Package**

Choice of Body Scrub  
Swedish Massage

**1h40**

## **Energy Package**

Balinese Traditional Massage  
Reflexology or Foot Massage (50 mn)

**1h40**

## **Serenity Package**

Coconut Spa Signature  
Natural Asian Facial

**2h20**

## **Harmony Package with 2 Therapists**

Four Hands Massage  
Natural Asian Facial  
Reflexology or Foot Massage (30 mn)

**1h40**

## **Satin Skin Package**

Choice of Body Scrub  
Balinese Traditional Massage  
Natural Asian Facial

**2h30**

## **2 Days Package**

Day 1 – Balinese Traditional Massage  
Day 2 – Natural Asian Facial & Reflexology or Foot Massage (30 mn)

## **3 Days Package**

Day 1 – Choice of Body Scrub & Swedish Massage  
Day 2 – The Coconut Spa Signature  
Day 3 – Natural Asian Facial & Reflexology or Foot Massage (30 mn)

## **5 Days Package**

Day 1 – Choice of Body Scrub & Natural Asian Facial  
Day 2 – Swedish Massage  
Day 3 – Balinese Traditional Massage & Reflexology or Foot Massage (30mn)  
Day 4 – Head, Back and Shoulder Massage  
Day 5 – Four Hands Massage



# Romantic Packages

## Adam & Eve Package

1h30 / Couple

Pamper yourself and your beloved one this holiday with the Adam and Eve's Package.....

A step towards paradise.....

Indulge in various treatments

- ✓ Aromatherapy Foot Bath
- ✓ Discovery Massage
- ✓ Refresher Facial
- ✓ Aromatherapy Flower Bath

## Bliss Package

2h10 / Couple

Foot Ritual (10mn)

Balinese Traditional Massage (50mn)

Natural Asian Facial (50mn)

Aromatherapy Bubble Bath (20mn)

## Plenitude Package

2h30 / Couple

Foot Ritual (10mn)

Coconut Spa signature (90mn)

Refresher Facial (30mn)

Aromatherapy Bubble Bath (20mn)

## Paradise Package

2h30 / Couple

Foot Ritual (10mn)

Balinese Traditional Massage (90mn)

Reflexology or Foot Massage (30mn)

Aromatherapy Bubble bath (20mn)

## Delight Package

3h / Couple

Foot Ritual (10mn)

Choice of body scrub (50mn)

Balinese Traditional Massage (50mn)

Natural Asian Facial (50mn)

Aromatherapy Bubble Bath (20mn)

## Chocolate Package

1h30 / Single

1h30 / Couple

Smell.....

Feel.....

Appreciate.....

Discover the Pleasure .....

The Unique Sensation of.....

Chocolate.....

Your skin is soft, smooth and re-hydrated,

Sense the difference after our chocolate treatment

comprising of:

- ✓ Chocolate Body Scrub
- ✓ Discovery Chocolate Massage
- ✓ Aromatherapy Chocolate Bath