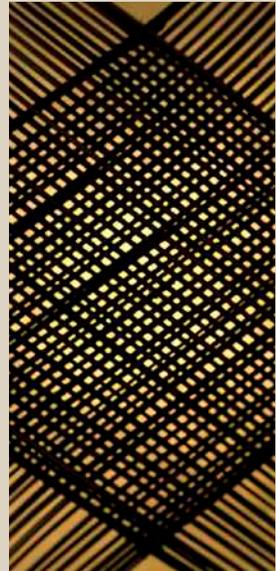




Veli in Dhivehi means sand.

Veli Spa, a truly Maldivian experience.
Our oils are derived from local coconuts.
Our pastes are made from indigenous herbs.
Our treatments are inspired by a traditional medicine practitioner.
Let the healing powers of the Maldives embrace you.



maldivian



dhivehi beys massages

Dhivehi Beys is traditional Maldivian herbal medicine that has been passed down from generation to generation. At Veli Spa, we have taken great care in preserving these ancient remedies by adapting them to modern day spa therapies.

Akarakaraa Theyo Dhemun | 60 mins or 90 mins | \$105 or \$135
Our Signature Massage

This full body oil massage, especially created for Veli Spa, can be tailored to your needs. A soft, medium or strong pressure whatever you desire. A hot sand poultice along with our healing signature oil, made with local herbs, will leave your skin soft, mind soothed and spirit lightened.

Lansimoo Theyo Dhemun | 45 mins | \$ 85
Back Neck and Shoulder Massage

So much tension can be held in our neck and shoulders and this massage concentrates on these problem areas. The use of hot poultices filled with Maldivian herbs will help to unravel the knots and soothe sore muscles.

Tamburu Fai | 60 mins | \$95
Foot Massage

Your feet deserve to be treated. After a wonderfully soothing massage to your feet and lower legs, we will apply a warm paste to your feet made from Tamburu found on most local islands.

renew



Baaru Gada | 60 mins or 90 mins | \$115 or \$140

Deep Massage

If it is a strong, deep massage that you are after, then this is definitely for you. By working on all muscles and connective tissue, we aim to release tension in sore and tight areas as well as enhance circulation.

Vas Meeru Massage | 60 mins or 90 mins | \$105 or \$135

Aromatic Massage

The healing properties of essential oils along with the therapeutic techniques of the therapists will leave you feeling refreshed, balanced and soothed. This massage can be taken with medium or light pressure.

Balinese Massage | 60 mins or 90 mins | \$105 or \$135

This traditional Balinese massage will boost your circulation and give you a light to medium muscular massage. Acupressure and kneading are two of the techniques used in this relaxing treatment.

Thai Massage | 60 mins or 90 mins | \$115 or \$140

An oil free massage straight from Thailand, sometimes called Lazy Man's Yoga. The stretches and deep pressure point massage is a perfect gift to the body, leaving you feeling awake and revived.

Slimming Massage | 60 mins or 90 mins | \$115 or \$140

This invigorating massage tones and refines the body's contours leaving a slimmer looking silhouette and smoother skin. Manipulative massage techniques (kneading and hacking) mobilizes tissue and helps to reduce fluid retention and stubborn fatty deposits.

Mother To Be Massage | 60 mins | \$115

If you are expecting a baby and in the second or third trimester, this massage has been especially made for you. The oils and massage techniques have yours and your baby's best interests at heart.

natural



scrubs & wraps

Pure Veli | 60 mins | \$140

A strong scrub with a cleansing wrap

This strong sea salt body exfoliation prepares your skin for the mineral ash clay wrap. During the wrap you will enjoy a head massage and an application of detoxing juniper berry oil.

Island Slumber | 60mins | \$140

A soft scrub with a cooling wrap

A gentle exfoliation using Elemental Herbology's sea salt and papaya scrub will gently shed dead skin cells. A cooling cucumber and aloe wrap follows, and while you are cocooned in the wrap your therapist will gently massage your head.

Spirit of the Maldives | 120 mins | \$230

A scrub, massage and facial

Uplifting and invigorating, our energizing treatment is designed to awaken the body and mind. The treatment starts with an intensive full body exfoliation, a choice of Baaru Gada (deep massage) or Balinese massage. We end with a Veli Glow facial.

Beach Preparation Polish | 45 mins | \$85

A body scrub

Prepare your body for the sun by buffing and nourishing your skin with a tropical cocktail of super foods. Then seal in the goodness with a cooling body hydrator leaving you ready for the beach.

Sun Soother | 45 mins | \$85

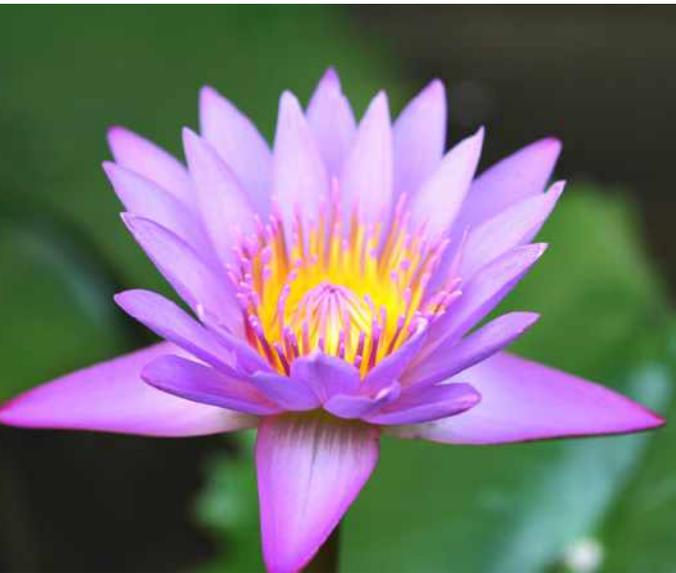
A body wrap for sun burn

To soothe sun drenched skin we will cover you in a cooling aloe and cucumber wrap before applying refreshing cold stones. Watermelon body tonic will leave your skin feeling cool, calm and refreshed.

Coconut Oil Hair Wrap | 45 mins | \$85

Warm locally sourced coconut oil is applied to the hair and scalp, followed by a truly relaxing pressure point head massage. The coconut oil is a superb conditioner for the hair. It restores lustre and acts as a protective barrier from the sun and sea water.

pure



Products from Elemental Herbology

The Islander | 60 mins | \$135

For combination skin

This facial incorporates plant proteins, vitamins, minerals and marine actives with lymphatic drainage massage to balance, clarify and restore. Perfect for combination skin.

Veli Glow | 60 mins | \$135

For dry skin

This skin brightening facial revives dull and lack lustre skin. Extracts of papaya enzymes infused with mineral rich sea salt and Kombuchka dissolves dead skin and brightens your complexion. A pressure point massage will leave your skin radiant and glowing.

SOS Sun Repair | 60 mins | \$135

For dry, mature and sunburned skin

This facial helps boost hydration and improve the skin's elasticity. It is restorative, being rich in soya proteins, marine collagen and plant peptides, all of which help to plump, hydrate and restore the skin.

Marine Detox | 60 mins | \$135

For oily and combination skin

For skin that requires an urgent purge, we employ cooling and clearing deep-cleansing marine actives, aromatic compresses, extractions and lymphatic drainage massage. The ultra purifying mask will leave your skin clean and clear.

Bio Rejuvenating Facial | 90 mins | \$185

Anti-aging

We start with a deep cleanse and an AHA exfoliation followed by a lymphatic drainage and acupressure massage. Various masks containing a combination of nutrients, vitamins, minerals, collagen and anti-oxidants will help to repair and rejuvenate. This treatment delivers both immediate and long lasting results.

enriching



manicure & pedicure

Veli Manicure | 60 mins | \$75

Soak your hands in a mineral rich bath before we shape, buff, colour, and nourish your nails. Essential oils and hydrating botanicals are massaged from elbows to fingertips. A true luxurious experience.

Veli Pedicure | 60 mins | \$75

Indulge your feet in a warm soak of purifying sea salts before we shape, buff, exfoliate and nourish your feet into true perfection. Combining a tropical scrub with a skin softening mango and shea butter wrap, a reviving acupressure massage and skillful colour application.

Both manicure and pedicure can be experienced at the same time.

add ons

Add To Your Treatment | 30 mins | \$40

Treat yourself to some extra time being spent on your favourite or troublesome area. Simply add one of the following to your treatment:

- Neck
- Shoulders
- Back
- Head
- Face
- Hands
- Feet

* Add ons can only be experienced when added to another treatment.

bold



Head Massage | 45 mins | \$85

Warm locally sourced coconut oil is applied to the scalp, followed by a pressure point head massage. The coconut oil is a superb conditioner for the hair and the massage is truly relaxing.

Tamburu Fai | 45 mins | \$85

Foot Massage

A strong massage to your feet and lower legs, always leaves you feeling refreshed. Your feet deserve to be treated.

Thai Massage | 60 mins or 90 mins | \$115 or \$140

An oil free massage straight from Thailand, sometimes called Lazy Man's Yoga. The stretches and deep pressure point massage is a perfect gift to the body, leaving you feeling awake and revived.

Facial For Him | 60 mins | \$135

A deep cleansing facial using marine actives, aromatic compresses, extractions and lymphatic drainage. An ultra purifying mask will leave your face clean and clear.

Manicure for Him | 60 mins | \$75

Cleansing, shaping and buffing the nails followed by a hydrating massage from elbows to fingertips. Both manicure and pedicure can be experienced at the same time.

Pedicure for Him | 60 mins | \$75

We soak and exfoliate your feet in warm salt water. Then shape and buff your nails followed by a deep scrub and enlivening foot massage.

unique



Thari da Shuga | For The Couple | 105 mins | \$400
Spa Under The Stars

An experience you will never forget. The stunning setting surrounded by the lapping Indian Ocean will have you marvelling at the night sky while receiving a gentle soothing massage.

Warm Maldivian coconut oil is poured from local cowrie shells, which in turn are used to soothe away any tensions.

Champagne and chocolate dipped fruits will be served to compliment your treatment as we leave you together to wonder at the stars.

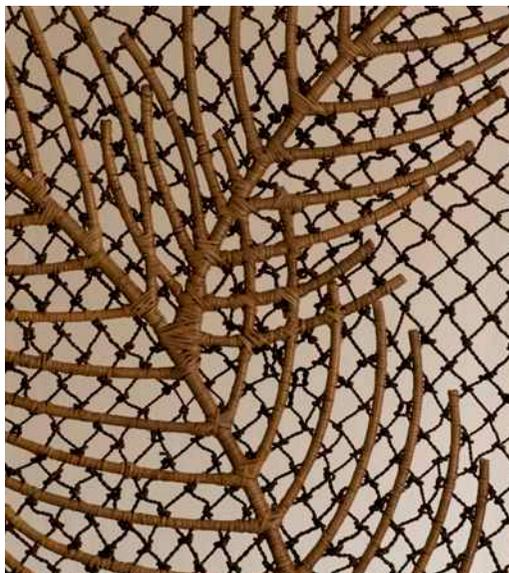
Levon's Treatment | 90 mins or 120 mins | \$140 or \$180
Bespoke Massage

This massage targets specific areas, whether for relaxation or for repair. Our highly skilled therapist Levon, will use all or any of the following therapeutic techniques during your treatment, depending on your needs.

- Classical Massage
- Gentle Stretching
- Trigger Point Release
- Joint Manipulation
- Deep Tissue Techniques
- Hot Towel Compress
- Thermal Stones

Yoga supports us in our daily lives physically, mentally, emotionally and spiritually. Yoga has many forms. Hatha Yoga, the most common style of yoga, combines three elements: physical poses (asanas); controlled breathing practiced in conjunction with asanas; and a short period of deep relaxation or meditation.

embracing



yoga & health

Yoga For Beginners | 60 mins or 90 mins | \$45 or \$60

If you are new to Yoga this introduction is perfect for you. This session will include some easy postures, breathing exercises and meditation.

Sunrise & Sunset Yoga | 60 mins or 90 mins | \$45 or \$60

Enjoy the sounds of the sea and the warmth of the sun while practicing yoga on the beach, either as the sun rises or as it sets. No experience necessary and all skill levels welcome. This session will include asanas (poses), pranayama (breathing) and meditation.

Power Yoga | 60 mins or 90 mins | \$45 or \$60

This dynamic yoga is for those who wish for more of a workout. The poses are performed without stopping and are combined with yogic breathing.

Yoga Nindra (Yogic Sleep) | 75 mins | \$50

Yoga Nidra is the extremely deep relaxation of the nervous system and healing of the body by allowing it to rest and recharge. This practice is done in the lying position.

Pranayama (Breathing) | 60 mins | \$45

Breathing

The technique of Pranayama is used to measure, control and direct the breath. The aim behind the technique is to restore and maintain the health of a person, while increasing the capacity of the lungs and directing more oxygen to the body as a whole.

Meditation | 60 mins | \$45

Meditation is the art of focusing your complete attention in one area that leads you to a state of peace and harmony.

Pre Natal Yoga | 60 mins or 90 mins | \$45 or \$60

Pre natal yoga is a wonderfully gentle way to embrace your pregnancy with a healthy and positive state of mind. Safe for both mother and baby.

Yoga For Back Pain | 60 mins or 90 mins | \$45 or \$60

This sequence is very safe for people with back issues and can help to alleviate pain when done regularly.

Yoga For Stress | 60 mins or 90 mins | \$45 or \$60

By practicing simple and easy yogic techniques, the body and mind begin to work in harmony making for a healthier and stress free life.

our yogi



Dimple

Dimple is a qualified yoga professional from India. She started her yoga practice in 2003 and gained a master's degree in yogic sciences from Dev Sanskriti University, India.

Dimple has lead many yoga retreats, workshops and seminars. She is actively involved in various yogic research and has presented various papers in national and international seminars on yoga. Her approach is towards holistic development of physical, mental, emotional and spiritual aspect of being.

how to veli



- To make a reservation, call extension 363 or visit us at Veli Spa.
- You are welcome to come to Veli Spa in your bathrobe or comfortable attire.
- Please arrive 5 - 10 minutes ahead of your treatment.
- Please leave your valuables in your villa.
- Children over the age of 14 years are welcome in Veli Spa.
- If you are unable to make your treatment, please inform us at least 6 hours prior, in order to avoid full payment.
- Veli is open from 8am - 8pm daily.
- Prices are in US\$ and subject to government taxes and service charge.