



MAKUNUDU

ISLAND

AAVUN SPA

OPENING HOURS: 09:00 AM TO 07:00 PM

SURRENDER TO THE SENSATION OF COMPLETE RELAXATION AT AAVUN SPA, DISTURBED BY NOTHING BUT THE SOFT WHISPERS OF NATURE.

### Maldivian Journey

Indulge in a truly Maldivian experience. Starting with a massage, using pure indigenous coconut oil, followed by a full body exfoliation with an exotic blend of coconut & vanilla scrub. This treatment will deeply cleanse and moisturize your skin leaving it glowing, vibrant and flawless.

U\$ 115 (90min)

### Balinese Massage

A traditional massage using a combination of specific techniques designed to release tensions in the muscles. This boost to your circulation will help reduce stress levels and rebalance your body.

U\$ 75 (60min)

### Indian Head, Neck & Shoulder Massage

Based on the Ayurvedic system of healing, this massage aims to release stress, tension, fatigue, insomnia and headaches. The scalp is massaged to provide relaxation and relief from tension and mental fatigue.

U\$ 50 (30min)

*All the prices are subject to 10% service charge and 12% Government tax.*





### Swedish Massage

A classic European massage incorporating a variety of techniques to treat sore muscles, tension, stress and poor circulation. This is the ideal massage for those seeking to improve muscle tone and total relaxation.

U\$ 75 (60min)

### Relax & Refresh

A full body massage designed to improve circulation, treat aching muscles and relieve tension. Followed with a mini facial using cucumber and honey to soften, moisturize and hydrate your skin.

U\$ 115 (90min)

### Reflexology

Reflexology, otherwise known as zone therapy, is an alternative medicine involving application of pressure to the feet and hands with specific thumb, finger & hand techniques.

U\$ 50 (30min)

### Aroma Balm Massage

A gentle massage using Aroma Balm which blends together essential oil and vitamins to nourish and hydrate your skin. This unique formula will leave your skin soft and firm.

U\$ 80 (60min)



### Holistic Ayurvedic

Based on ancient Indian principles of ayurveda and pressure points, designed to heal the body and create a balance between mind, body and spirit.

U\$ 80 (60min)

### Kizhi

An Ayurveda treatment with some specialty using Herbal Pouch. The word "Kizhi" is taken from Malayam language from south india.

U\$ 80 (60min)

### Shiatsu Massage

Immerse in a massage that will ease and loosen the stress away. Shiatsu, Japanese for “finger pressure”, is a technique that use from pressure from the finger and palm to untangle the build up of stress.

U\$ 75 (60min)

### Deep Tissue Massage

Aimed at targeting the deeper muscles, this treatment is more focused with pressure. Releasing chronic muscle tension, knots and adhesions in order to increase flexibility. Recommended for sports enthusiasts

U\$ 115 (90min)

### Makunudu Aavun Signature Massage

A combination of Swedish, Shiatsu, Thai and Reflexology massages for a true relaxation of the body and mind.

U\$ 115 (90min)

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