



JAVVU
SPA

CREATING SPACE TO GROUND, UNFOLD
&
EXPAND MIND, BODY AND SOUL.

User

HEWLETT-PACKARD [Company address]

Reviving treatments that indulge and inspire.
A harmonious place where pampering leads to restoring.

Our modern-day sanctuary, nestled in the tranquility of
jungle surroundings, offers a road-map to wellness recovery
and authentic healing for bodies, minds and souls.

Whether to relax, beautify or move, we believe in exploring
today's lifestyles and habits to reset roots of pure wellbeing
with luxury, pioneering treatments and products.

Allow us to guide you.

Opening hours:

Javvu Spa	10am – 6pm
Alchemy Bar	10am – 6pm
Fitness Center	6am – 7pm
Nail Bar	10am – 6pm
Light Therapy Room	10am – 6pm



DIVEHI BEYS

Traditional Maldivian medicine-inspired treatments.

Unveiling some of the healing secrets of Maldivian traditional medicine, known as 'Dhivehi Beys' - these natural remedies and healing traditions have been developed over the centuries; passed on by word of mouth from generation to generation. Nowadays, only few traditional healers remain in the Maldives. However, Dhivehi Beys treatments are still popular amongst the local population and many Maldivians would travel far for treatments.

This wellness treatments utilises indigenous Maldivian spices and herbs grown in Amilla's organic gardens such as 'thamburu' and 'mirihi' to help create deeply restorative and healing treatments.

THAMBURU & MIRIHI BEYS DHEMUN Back Detox & Pain Reliever | 60/90 mins

This 60 or 90-minutes treatment combines the power of Maldivian herbs with various massage techniques to treat discomfort such as muscle stiffness, swelling, neck and back pain as well as support the recovery from jetlag symptoms and 'heavy legs'.

For this special treatment, Thamburu and Mirihi leaves are made into a paste and applied to the guest's back. Both plants have powerful anti-inflammatory and analgesic action, which helps with muscle inflammation and pain, while the massage techniques focus on releasing muscle tension and reducing swelling.



MASGULHA FILUVA BEYS Deep Muscle Release | 90/120 mins

This 90 or 120-minutes treatment aims at stimulating an extremely deep muscle relaxation.

The massage oil used in this process is homemade and infused with various local spices such as fonithoshi, mirus, aseymirus and karanfoo.

These ingredients are all known for their strong anti-inflammatory and warming effects, and in combination with the bamboo cane stick used in the massage, it supports muscle recovery, making it the perfect treatment for very active people and professional athletes.



PURE MASSAGE

By Beata Aleksandrowicz.



Founded in 2002 by Beata Aleksandrowicz, Pure Massage was the first company in London dedicated solely to massage therapy and soon became synonymous with the highest quality in massage, gaining recognition from the press and acknowledged by clients as the best available on the market.

Beata is an expert in massage and the creator of the Aleksandrowicz System, a training that provides spas worldwide with a modern concept of massage training.

Amilla Fushi invests on yearly training and revisions to ensure the highest quality and integrity are maintained in the treatments. Beata is a powerful advocate of educating people about the importance of touch, massage and spiritual growth.

Body Pure Massage | 60/90/120 mins

Combining different massage techniques deeply rooted in both Eastern and Western traditions, this massage progressively re-trains the body to relax and release tension, Blending modalities such as deep tissue, Swedish massage, myofascial release, trigger point therapy, Thai stretches and energy work, the treatment addresses the natural rhythms and self-healing abilities of the body.

Back Pure Massage | 30/45/60 mins

The perfect remedy to aches and pains, this massage refreshes and strengthens muscles in the neck, shoulders and back.

“Mom To Be” Pure Massage | 60/90 mins

A massage to celebrate nature’s greatest symbiosis. Specialised techniques, dedicated positions and a host of mutual benefits for mother and baby.

Revitalising Face Pure Massage | 45/60 mins

Headaches and tension dissolve with this soothing massage. Unique in its techniques, some say it even rivals Botox in terms of age-defying, rejuvenating power.



THE CLASSICS

“Your body is not a temple, it’s an amusement park. Enjoy the ride.” Anthony Bourdain

Intuitive Massage | 90/120 mins

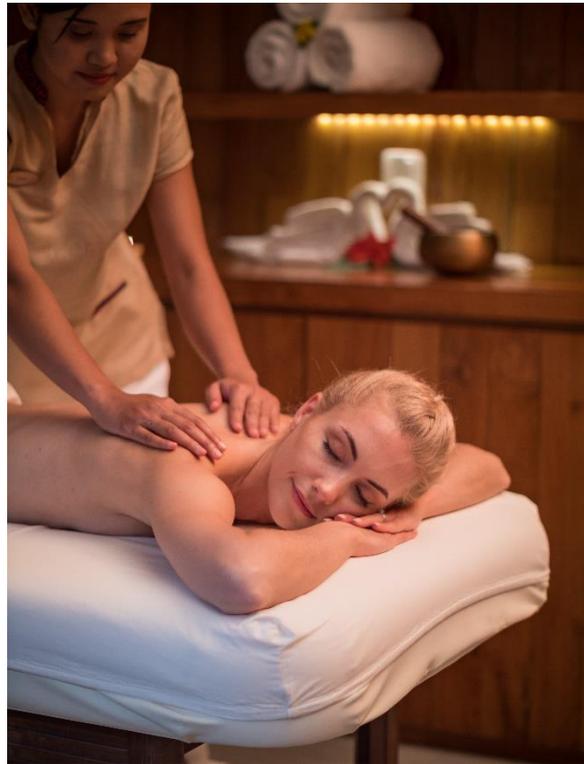
Allow the skilled hands of our highly trained therapists to scan your body and identify instinctively areas in need of care and special attention. The ultimate customisation of body massage.

Hot Stone Therapy | 90/120 mins

One of the best therapies to treat muscle stiffness faster and deeper. Warm basalt stones are used on the body in combination with customised massage techniques for an instant extremely deep release. Great to improve the quality of sleep.

Slimming Massage | 60/90 mins

A specialized advanced massage designed to assist in cellulite reduction and lymphatic drainage using firm pressure and cupping tools.



Balinese Massage | 60/90 mins

An exquisite massage that combines flowing movements, gentle stretching, acupressure and reflexology. Relaxing palm strokes and thumb pressure make it the perfect treatment to regain harmony between body and mind.

Thai Massage | 90/120 mins

An ancient healing tradition that combines targeted acupressure, stimulation of energy lines and assisted stretches and Yoga postures. The massage is performed with clothes on a floor mattress.

Foot Reflexology | 30/60 mins

An ancient practice cultivated over many millennia is still at work in the art of reflexology. A wave of wellness washes over the body as new energy flows in.

Traditional Indian Head Massage | 30 mins

Treat your crowning glory with a centenary tradition that will melt away all tensions from head, neck and shoulders.

BODYWORKS

“The human body is the best work of art” Jess C. Scott

Anti-Cellulite Coffee Scrub | 30 mins

Fortified with an organic blend of coffee, raw cacao, coconut oil and green, this exfoliant will leave your skin feeling completely rejuvenated. A powerful cocktail of antioxidant to fight cellulite and dead skin!

Detox Energising Scrub | 30 mins

Ideal for when you're feeling run down or sluggish, this cure-all scrub mixes juniper berry and lemongrass to boost your energy field and immune system, while high mineral content detoxifies and stimulates, leaving you feeling happy and free.



Detox Body Wrap | 30 mins

A mix of algae is applied onto the body to stimulate the elimination of toxins, excess of liquid and metabolic waste. Best combined with a scrub or a body massage.

Lymphatic Hydro-Stimulation | 20 mins

This procedure is to be combined with a body scrub or body wrap: performed on a marble bed, massage draining techniques are applied to rinse off the product with the aid of a flow of warm water. The combination is beautifully soothing.

Anti-Cellulite Leg Treatment | 45 mins

Get rid of the uncomfortable feeling of heaviness and swelling after long travels. With focus on cooling, firming and soothing, this outstanding Margaret Dabbs treatment will transform your legs, leaving them smooth, slender and silky. Red carpet ready!

Sunburn Rescue | 60 mins

A spritz of soothing rose mist followed by a calming, cooling massage with chilled heart shaped rose quartz crystals. This is combined with a cocooning Aloe Vera gel wrap that replenishes and calms the skin while gently refreshing body and face.

Chakra Wellbeing | 120 mins

This treatment invokes profound relaxation through a blend of chakra-balancing essential oils – each designed to address one of your body's seven centres of spiritual power. It's enhanced with a body scrub, a gentle back massage, an Ananda facial and the pouring of warm, soothing oil over the third eye.



RESTORE YOUR SKIN

“With mirth and laughter let wrinkles come.” - Merchant of Venice, William Shakespeare

Firming Collagen Facial | 90 mins

This treatment uses a 70% solution of naturally soluble collagen – a life-restoring serum that leaves your skin feeling and looking youthful while reviving its strength and elasticity.

OxyLift Renewal Facial | 90 mins

This exclusively designed facial promotes natural cell regeneration and renewal. Pioneering anti-ageing products are applied onto the skin through the Advanced Oxygen Concentrator for brighter, fuller and firmer skin.



Hydrating Facial | 60 mins

Blissful rejuvenation that nourishes and hydrates the skin. Emerge with a velvety, more radiant complexion, glowing with health.

Mini Oxy-Boost Facial | 30 mins

Great treatment to ensure deep restoration of the skin: a wonderful quick fix for dehydrated skins that have been in the sun and ocean for too long. Also good to treat sunburn and acne, giving an instant visible brightening and plumping effect.



Add-ons | 15 mins

Oxygen Boost

A cooling stream of pure, unadulterated oxygen bathes the skin, along with a highly concentrated burst of hyaluronic acid serum.

Eye Reviver

Restores energy and vitality to tired, puffy eyes.

Instant Lift

Advanced, soothing massage strokes create a lifted and toned visage with immediate effect.

RESTORE YOUR BEAUTY

"Beauty is the illumination of the soul." – John O'Donohue

MARGARET DABBS NAIL SPA

Anti-Ageing Manicure | 60 mins

Luxurious anti-ageing hand care by Margaret Dabbs for transcendent treatments followed by a blissful hand massage.

Anti-Ageing Pedicure | 60 mins

Unique Margaret Dabbs award-winning products to instantly nourish and illuminate your feet. A transformative treatment with long-lasting results.

Nail Shape & Polish | 20 mins

HAIR COUTURE

Blow Dry | from 45 mins

Begin with a nourishing wash and conditioning, followed by an indulgent blow-dry for a glamorous photo finish. The time required and price charged for this treatment varies depending on hair length.

Nourish & Repair Hair Treatment | 45 mins

Intensively hydrating products that conditions the hair from the inside out. A micro-steamer intensifies the effect to ensure maximum penetration of the products and deliver the best care for your hair. With a wonderful signature scent that steals you away to the perfect holiday bliss!

Haircut & Hairstyling

Available on request.

BARBERSHOP

Traditional Wet Shave | 20/30 mins

This treatment rekindles the timeless male-grooming tradition. The indulgently smooth finish is one of life's simple pleasures.

Gentlemen's Facial | 30 mins

For gentlemen only, this facial uses the highest quality products – specifically designed for men – to exfoliate, hydrate and nourish the skin.

Haircut | 30/40 mins

Beard Design | 30/40 mins

Children's Haircut | (2-13 years) | 20/30 mins



RESTORE YOUR SENSES

“Lose your mind and come to your senses.” – Fritz Perls

Magical lights, intriguing colors and soothing vibrations combine to stimulate the senses.

Clinically proven to both refresh the attention and help bring the mind at rest, the Sensora uses one of the most advanced colored-light system in the world, recharging the brain's electrical field and positively interacting with various bio-rhythms such as brainwaves, breath and heartbeat.

The perfect solution to:

- Achieve both deeper relaxation and enhanced alertness
- Peak performance
- Treat anxiety and stress
- Reduce chronic pain, fibromyalgia, arthritis
- Improve depression and burnout, chronic fatigue
- Fight insomnia
- Balance physical and mental health



RELAX SERIES

Aqualight | 25 mins

Based on the water element, blue tones dominate with stimulation of the 2nd chakra - associated with sensuality and creativity - and 5th Chakra - associated with expression and communication.

Night Light | 25 mins

Sleep-inducing session to facilitate deep restorative sleep, extremely powerful to treat insomnia and overcome traumas.

BALANCE SERIES

Rainbows | 5-10-15-20 mins

A balanced colour bath sweeping through the different vibrations of the full spectrum of colours, each presented in equal amounts, ensuring an overall harmonising effect.

Quantic Dream | 10 mins

A wonderful combination of relaxing and energising elements facilitates a restful state of the mind, ending with a powerful “brain reset”.

ENERGY SERIES

Chakra Journey | 25 mins

Harmonic stimulation of the 7 energy centers through multi-sensorial elements carefully tuned in harmony with the Chakras.

Restoring Fibonacci | 25 mins

Based on Fibonacci's mathematical series, this session presents a unique rhythm that brings order to the body. Excellent to fight annoying symptoms of jet lag and long travels.

Rainbow Body | 25 mins

A gradual transformative journey in four phases, gradually flowing deeper, and emerging into gracefulness. It can be used as an energetic detox of the nervous system, useful in case of anxiety and depression.

BRAIN FOCUSED SERIES

Gamma Series | 10 mins

These exceptional brainwaves are still much of a mystery to scientists, but are proven to be linked to the highest mental and physical performance, boosting self-control, memory, cognitive system and spiritual alertness.

Lateral Lights Therapy | 10 mins

This session is based on the powerful form of light therapy developed in Russia by Dr. A.P. Chuprikov and works on individually rebalancing the two hemispheres of the brain, either with a relaxing or stimulating approach.