

THE SPA



The Spa

AT A GLANCE

Location

Southern tip of Medhufushi Island
close to Water Villas

Service Hours

10:00am till 08:00pm

Phone Extension

336

Our over the Water Spa Pavilion is a sanctuary for total body relaxation and spiritual rebalance.

In keeping with the simplicity of island life, our holistic Spa has been designed to fulfill the needs of today's hectic society without making any compromises when it comes to the Asian way of unwinding and sensational body enjoyment.

You may also enjoy a treatment in the open air where the sun is shining down on your body and the sound of the lagoon waves are playing with your soul.

SPA TREATMENTS

All treatments offer a choice of our Signature Relaxing or Invigorating pure essential Oil Blends.

Our range of services are especially tailored to treat and shed all traces of fatigue and tension caused by today's busy and hectic lifestyle.

All our treatments are suitable for both ladies and gentlemen and treatments for couples are also available.

All prices are net and quoted in US\$ inclusive of 10% service charge and 8% government Tax



Medhufushi Spa

Conceptualized from pre-Olympian mythology,
drawing from nature's two great divinities,

the sun and the moon.

After her brother, Helios finishes his journey across the sky,
Selene, freshly washed in the waters of the earth-circling ocean,
begins her own journey.

As night falls upon the earth we are lit from the radiance
of her immortal head and golden crown.

As graceful as they are powerful,
the sun and the moon impress an active and fuelling force by which life exists today.

It is with this in mind that we ask you to
live every moment of life
as the sun rises,
and as the sun sets

"celebrate your inspirations..."

We welcome you to the Medhufushi Spa
and hope to impart our philosophy to you during your stay.

Anoint*

"a symbol to introduce a divine influence"

Such is our spa philosophy,
as therapists we cannot enjoy every moment of life without
believing passionately in everything we do.

It is with this in mind that we welcome you to
immerse your feet in
rose scented water and
take pleasure in our
signature welcome massage.

This is our complimentary gift to you with
selected Medhufushi Spa treatments.

**anoint is a complimentary ritual
specific to nominated treatments & packages*



Massage

Medhufushi Fusion*

A blend of five world massages, this signature treatment will promote good health by stimulating the body's energy flow.

MEDIUM

90 minutes

\$117.61

Maldivian Sand Massage*

Drawn from the Maldivian sand treatment this massage incorporates pure white sand to exfoliate and nourish tired skin.

Applied in firm rhythmic strokes this is a uniquely beautiful massage.

FIRM

60 minutes

\$117.61

Hot Stone*

A specialized massage using heated basalt stones inducing a deep relaxation while still focusing on areas of concern.

ALL PRESSURE

90 minutes

\$136.62

Balinese*

A rhythmic massage combining long strokes and palm pressure to relieve tension, improve blood flow, ease stress and calm the mind. A deeply relaxing path to health and harmony.

FIRM

60 minutes 90 minutes

\$89.10 \$117.61

Back Therapy

A deep tissue massage focusing on the tension areas of the body including back, neck and shoulders to dissipate any muscular tension.

FIRM

30 minutes

\$53.46

Duet*

A synchronized four hand massage destined to soothe your soul with its rhythmic technique and uplifting scent.

MEDIUM

60 minutes

\$148.50

Knowledge of Life*

Ayurveda, the ancient healing system of India harmonizes the body's rhythm with nature by massaging the intersections of our vital life force. Combined with Shirodhara and finishing with Indian Head Massage

MEDIUM

120 minutes

\$190.08

Classic Aromatherapy*

This sensory massage focuses on Swedish techniques promising to ease you gently into your spa journey with a choice of aromatic oils to relax, stimulate or balance.

SOFT

60 minutes

90 minutes

\$89.10

\$117.61

Leg revival*

A jet lag dream, this foot to knee massage incorporates reflexology and shiatsu to balance the body and increase circulation.

FIRM

60 minutes

\$89.10

Earth Mother*

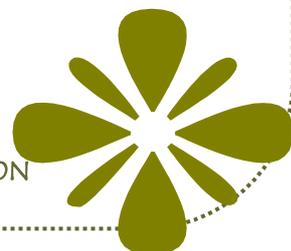
A specialized massage enhanced with warmed oil to relieve tension. Only available for woman in their second and third trimester.

SOFT

60 minutes

\$100.98

PLEASE NOTE THAT PRICES ARE QUOTED PER TREATMENT PER PERSON



Herbal Heat

Udhhvarthanam

"to raise or elevate"

Designed to induce perspiration, initiate weight loss, improve skin complexion and better the mobility of body joints. A fine medicated powder is applied over the body before being infused deep into the skin through a vigorous massage.

90 minutes

\$148.50

Navarakizhi

"enhancing movement"

Highly effective in enhancing strength, vitality and muscular aches. This treatment has been used for thousands of years combining medicated rice poultices and warmed herbal oils before being applied to the body.

90 minutes

\$148.50

Vatakazhi

"herbal pain relief"

A therapeutic bundle of herbs, selected for their ability to reduce aches and pains from arthritis, rheumatic joint pain, swelling and sprains, are soaked in warm herbal oils and applied over the body concentrating heat in areas of concern.

90 minutes

\$148.50

The Artist*

"a person whose creative work shows sensitivity and imagination"

The Medhufushi Spa encourages you to create your own spa experience.

Our spa host will assist you to tailor make a unique journey specific to your instruction.

Glow

Body Polish

30 minutes

Infuse

Body Cocoon

30 minutes

Immerse

Herbal Bath

30 minutes

Rejuvenate

Facial

75 or 90 minutes

Relax

Massage

30, 60 or 90 minutes

Hair Spa

Hair Treatment

60 or 75 minutes

Beautify

Hand & Feet Therapy

30, 60 or 90 minutes

3 hours

\$279.18

4 hours

\$356.40

5 hours

\$427.68

PLEASE NOTE THAT PRICES ARE QUOTED PER TREATMENT PER PERSON



Purify*

"uplift, stimulate & detoxify"

Glow

Polish away impurities with coconut, mint & calendula.

Infuse

Detoxify as you are enveloped in magnetic clay wrap brimming with green tea extracts.

Immerse

Steep in herbal waters infused with aromatic spices.

Relax

Balinese Massage

A rhythmic massage combining long strokes and palm pressure to relieve tension, improve blood flow, ease stress and calm the mind.

A deeply relaxing path to health and harmony.

2.5 hours

\$213.84

Nourish*

"relax, hydrate & renew"

Glow

Reveal silky skin with lavender & rose.

Infuse

Hydrate and relax as you are encompassed in rose geranium, rosemary and neem.

Immerse

Plunge into a deluxe combination of black pearl, aloe vera, seaweed, lavender & patchouli.

Rejuvenate

This treatment introduces the latest proven-effective anti-ageing discovery specifically formulated for the mature skin type. This rejuvenating facial rich with Ginseng extract, Sweet almond oil, Green tea extract, and Rosemary essential oil replenishes the skin while counteracting the signs of ageing.

3 hours *\$279.18*

Calm*

"soothe, compose & rejuvenate"

Glow

Gently smooth delicate skin with sandalwood & hibiscus.

Infuse

Heal sensitivity as you are engulfed in a lavender & rosemary veil.

Immerse

Steep in soothing lavender & rose waters.

Cool

Deep cleansing and nourishing, this facial shows a marked improvement in hyper pigmentation and sensitivity.

3 hours

\$279.18

Goddess of Fertility*

specialised therapies united together to protect, relax and nurture the mother to be

Relax

Earth mother.

A specialised massage enhanced with warmed oil to relieve tension.

Hair Spa

A traditional scalp & hair treatment used herbalised oils and therapeutic touch.

Renew

Refine tired hands and feet with an express manicure & pedicure. Refresh nails & cuticles and add a vibrant splash of colour.

3 hours

\$279.18

only available for ladies in their second and third trimester.

PLEASE NOTE THAT PRICES ARE QUOTED PER TREATMENT PER PERSON



The Gentleman*

.... the modern mans spa journey

Glow

Buff away impurities and brighten the skin with Arabica coffee & vanilla.

Herbal Heat

"enhancing movement"

Highly effective in enhancing strength, vitality and muscular aches. This treatment has been used for thousands of years combining medicated rice poultices

and warmed herbal oils before being applied to the body.

Immerse

Soak in warm waters and revive the tired soul as cinnamon and orange lighten the air.

Relax

Back Therapy

A deep tissue massage focusing on the tension areas of the body including back, neck and shoulders to dissipate any muscular tension.

*3 hours
\$255.42*

Romantic Rendezvous*

love for a lifetime

Relax

This sensory massage focuses on Swedish techniques promising to ease you gently into your spa journey with a choice of aromatic oils to relax, stimulate or balance.

Balance

This thorough facial is specialized and tailored to treat dry, dehydrated and devitalized skin as it is rich in natural ingredients like Aloe Vera and Avocado.

Immerse

In tranquil waters with aromatic lavender & rose.

Indulge

In a glass of sparkling wine

*3 hours
\$261.36
per person
two persons minimum*

PLEASE NOTE THAT PRICES ARE QUOTED PER TREATMENT PER PERSON



Natural Order*

Raw ingredients to enhance the spa journey

Calm

With a healing lavender body wash.

Glow

With hand refined Medhufushi Coconut to exfoliate and nourish.

Relax

A blend of five massages, this signature treatment will promote good health by stimulating the body's energy flow.

Rejuvenate

Your skin with a facial treatment that takes you back to nature. Your therapist will select from fresh ingredients including tomatoes, carrots, cucumber, green tea, pineapples and limes, and customize it to your skins needs.

*3 hours
\$255.42*

Sunburn Soother*

"cool, heal and relieve"

Calm

With a healing lavender body wash.

Infuse

While you are enveloped in an active & cooling mask rich in soothing aloe vera & mineral laden seaweed.

Immerse

In a cool bath with repairing rose and lavender.

Relax

With a marma point massage applied with a healing oil to calm the sting of sunburn.

*2 hours
\$172.26*

PLEASE NOTE THAT PRICES ARE QUOTED PER TREATMENT PER PERSON



Facials

A therapeutic deep cleansing facial designed for the specification of your skin type. It consists of natural ingredients to treat the skin at the deepest level. Specialized Balinese massage movements help oxygenated your skin whilst bringing relaxation to your body and mind.

Rehydrating

A thorough, irreplaceable deep cleansing treatment that will eliminate blackheads and congestion, leaving the skin feeling refreshed and rehydrated. This Rehydrating facial contains cucumber, geranium and Lavender extract. Cucumber extracts help to hydrate the skin and improves the complexion which is absorbed easily by the skin. Whilst Geranium extract reduces inflammation, encourages circulation and tightens the skin and Lavender extract helps to calm the skin and it reduces the signs of scarring and acne. This facial is recommended for normal to oily skin types.

60 minutes \$95

Soothing

Sensitive skin requires special care, specialized ingredients and subtle techniques. This gentle treatment mildly cleanses and exfoliates, while decongesting, diffusing redness and calming irritation. Jojoba oil is very effective in preventing and treating infection of the skin, it cleans and moisturizes the skin. Chamomile's extract have been used since ancient times for its calming and anti-inflammatory properties for skin treatments while camellia improves the elasticity, moisturizes and softens the skin. It is a transdermal carrier of cell rebuilding nutrients and bio-active compounds which repairs damage caused by dryness, sun exposure and aging.

60 minutes \$100

Rejuvenating

This treatment introduces the latest proven-effective anti-ageing discovery specifically formulated for the mature skin type. This rejuvenating facial rich with Ginseng extract, Sweet almond oil, Green tea extract, and Rosemary essential oil replenishes the skin while counteracting the signs of ageing. It also, relaxes wrinkles, increases hydration and skin's suppleness. The papaya enzyme in this treatment will break down inactive proteins and eliminates dead skin cells to help the skin glow. The bromelain extract softens the skin whilst the Rosemary extract naturally strengthens the capillaries and helps to slow the effects of ageing.

60 minutes \$ 113

Deep moisturizing

This thorough facial is specialized and tailored to treat dry, dehydrated and devitalized skin as it is rich in natural ingredients like Aloe Vera and Avocado. Aloe Vera contains a plethora of antioxidants including, beta carotene, vitamin C and E that can help improve the skin's natural firmness and keep the skin hydrated. Avocado helps to remove dead skin cells. This treatment moisturizes the skin without giving it a greasy feel. It is therefore perfect for any skin type. The fruit oils can be easily be absorbed by the skin, It penetrates deep into the layers of the skin and restores nutrients. In turn, this helps stimulate growth of new skin cells.

60 minutes \$113

PLEASE NOTE THAT PRICES ARE QUOTED PER TREATMENT PER PERSON



Hands & Feet

Absolute

"perfect, complete or pure"
90 minutes

Feet

Exfoliation
Mask
Nail & cuticle repair
Massage
Buff & polish
\$124.74

Hands

Exfoliation
Mask
Nail & cuticle repair
Massage
Buff & polish
\$124.74

Deluxe

"rich in quality"
60 minutes

Feet

Exfoliation
Nail & cuticle repair
Massage
Buff & polish
\$95.04

Hands

Exfoliation
Nail & cuticle repair
Massage
Buff & polish
\$95.04

Express

"rapid"
30 minutes

Feet

Nail & cuticle repair
Buff & polish
\$59.40

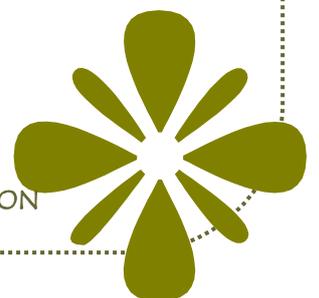
Hands

Nail & cuticle repair
Buff & polish
\$59.40

Essentials

"vitally necessary"
Waxing & tinting available

PLEASE NOTE THAT PRICES ARE QUOTED PER TREATMENT PER PERSON



Hair Spa Rituals

In true Ayurvedic tradition, hair is lavishly massaged with nourishing oils infused with precious herbs.

High in anti-oxidant properties this opulent ritual assists in calming the mind while nourishing and strengthening hair to a lustrous shine.

Herbal Scalp Massage*

A traditional scalp & hair treatment used herbalised oils and therapeutic touch.

60 minutes

\$95.04

Hair Rejuvenation*

A decadent combination of massage and mask to balance, nourish and strengthen making hair more resilient to environmental and chemical pollutants.

75 minutes

\$124.74

Natural Facial

Medhufushi's signature facial that takes you back to nature. We will use only natural ingredient with no harmful relying on nature life-force to deliver a vitamin and mineral to your skin

60 minute \$ 89.10

Element of Spa

"a touch of serenity....."

Be spoilt on the spa express with a selection of effective therapies

Choose from the list below:

Back Massage

A deep tissue massage focusing on the tension areas of the back.

Refresher Facial

A skin boost with nature's nectars to Cleanse and revive.

Reflexology

Pressure point foot massage to stimulate body balance.

Indian Head Massage

Pressure point therapy to reduce tension in the scalp, head & shoulders.

Manicure

file & polish.

Pedicure

file & polish.

2 x 30 minute treatments \$100.98

3 x 30 minute treatments \$148.50

4 x 30 minute treatments \$190.08

PLEASE NOTE THAT PRICES ARE QUOTED PER TREATMENT PER PERSON



Spa Information

Reservations

Advance bookings are highly recommended to secure your preferred date and time of treatment avoiding disappointment.

Spa Operation Hours

10:00am till 8:00pm.

Cancellation Policy

A 24 hour cancellation policy is in place to assist us in rescheduling your appointment. Any cancellation with less than 4 hours notice will incur a 50% cancellation fee and full charges will be imposed should you not attend your scheduled appointment.

Special Consideration

Guests who have high blood pressure, heart conditions, allergies, pregnant or have any other medical complications that may prevent them having a treatment in the spa are advised to consult their doctor before requesting any treatments. Kindly inform your Spa Host of any existing medical conditions.

Check In

Please be at the spa at least 15 minutes prior to your scheduled appointment to avoid any decreased treatment time.

Etiquette

To ensure the serenity of Medhufushi Spa, we respectfully request that all visitors keep noise to a minimum level. Electronic devices are also discouraged.

Attire

While the spa provides a robe, slippers and disposable underwear, it is recommended that your comfort, wear loose casual clothing during your visit.

Smoking and Alcohol

Please refrain from smoking and excessive consumption of alcohol within the spa.

Valuables

While a jewellery box is provided in the treatment room, we recommend that no jewellery be worn to the spa and accept no responsibility for the loss of money or valuables of any kind brought onto the premises.

