



*Le SPA de*  
**CONSTANCE**



CONSTANCE  
**Halaveli Resort**  
MALDIVES

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**Constance Halaveli Resort**

## *Welcome to Spa de Constance*

**Serene Elegance  
Soulful Healing  
Joyful Living**

*A place of easeful relaxation, cleansing and rejuvenation.*

*A place created solely to soothe your senses, and nurture your body, mind and soul.*



## *Invite Joyful Living*

At Spa de Constance, Halaveli, each journey of healing will be unique and your personal Spa time may include elements of nutrition, bodywork, healing arts, fitness programs and 'nurturing from within' beauty treatments, according to how you feel.

Wellness Consultations are your invitation to embrace joyful living through Spa de Constance offerings.

Classic techniques are combined with ancient and modern, creating deeply restorative, relaxing and energising Spa experiences.

Personal trainers will advise, motivate and participate with you as you re-discover the pleasure of being fully energised and mobilised.

Once you are in our hands, we will guide you through the sequence of treatments and activities best suited to meet your needs for Body, Mind and Soul.

## *Healing in Harmony with Nature*

Our Skin to Within experiences draw from fruits of the earth, many of which are from the Maldives, and blended together for their therapeutic benefits.

Everything that touches your skin has been hand crafted and uses only the finest natural and organic ingredients from around the world.

Body Treatments each have their own custom blended oils, scrubs and wraps to enhance the techniques, and create a truly complete and magical spa experience especially for you.

## From Skin to Within

*The skin is the largest organ in the body. It is the barometer of our emotions and is the main link with all of our body's systems. It is this link which enables us to rebalance the intricate functioning of all that lies within, through body treatments with therapeutic natural oils, clays, salts and seaweeds.*

*Each of our exquisite Skin to Within experiences will work through your skin to target the areas your body needs most. The subtle healing properties of each blend of essential oils will work with the physical and the emotional, and combine with massage techniques to leave you feeling relaxed, uplifted, rejuvenated and transformed.*

### **Skin to Within Experience** 180 minutes

**Skin to Within Body Massage**

**Revive Coco Glow**

**Sublime Healing Wrap**

**Restore Hair Mask**

Complete body nurturing and re-balancing from top to toe, from skin to within. Our signature blend of oils, Elemi, Coriander, Lime, Coconut and Pomegranate are rich in anti-oxidants to protect your skin, are immune boosting, and will encourage feelings of euphoria. Delicate hints of Coriander, the herb of immortality and protection, will reignite sparks of creativity, whilst Elemi is said to balance the spiritual and the material, and invite mystical experiences.

### **Complete Earthjoy** 160 minutes

**Earthjoy Body Massage**

**Invigorate Salt Glow**

**Cool Earth Clay Wrap**

This combination of healing herbs, oils and treatments will bring far away dreamers back down to earth, and tease even the timid to sing with joy. Using oils of Vetiver, Ylang Ylang and Lemon to ground, bring feelings of sensuality, clarity and balance, this experience will release all signs of nervous tension, and is the natural choice for complete restoration.



## **Soulful Soothing** 160 minutes

**Soul Soothe Body Massage**  
**Softening Skin Polish**  
**Rosewood Warmth Wrap**

This soothing blend will touch the soul, caress the senses and heal the spirit. With oils of Benzoin, Rosewood, Cedarwood, Petitgrain and Rose to calm nervous tension and nourish skin, heart and soul, this sequence of body treatments is sensitively combined with powerful medicinal plants to bring nature's gifts of strength and renewal, and leave you feeling completely nurtured.

## **Purity Throughout** 160 minutes

**Ocean Purity Body Massage**  
**Revitalise Salt Glow**  
**Rejuvenate Spice Wrap**

A sequence of treatments created to give your whole system a chance to cleanse, release and revitalise with oils of Rosemary, Blue Camomile, Lavender and Black Pepper. This blend of oils work together as the most powerful natural cleansers and immune boosters, purifying the skin and reducing water retention and cellulite. This massage will stimulate your circulation and leave you with a sense of light and clarity.

## **Skin to Within Massages**

### **Skin to Within (90 minutes only)**

With our signature blend of oils, Elemi, Coriander, Lime, Coconut and Pomegranate, this aromapoint massage combines the subtle healing work of aromatherapy and targeted acupressure massage with a focus on spinal release.

### **Earthjoy**

Oils of Vetiver, Ylang Ylang and Lemon, using Balinese techniques to ground, bring feelings of joy, clarity and balance. With a combination of acupressure, kneading, stretching and rolling, this massage will release all signs of tension. Warm herbal poultices complete a sense of muscular release and invigoration.

### **Soul Soothe**

Oils of Benzoin, Rosewood, Cedarwood, Petitgrain and Rose, this soothing blend will touch the soul, caress the senses and heal the spirit. Using long flowing movements around the body, this massage truly nurtures and calms.

### **Meditative Indulgence**

Oils of Frankincense, Rosewood and Lime. With the indulgence of 4 hands, slow rhythmic movements combine with the hypnotic and euphoric properties of this oil blend to induce a state of relaxation so deep that it can only be likened to meditation... or perhaps heaven.

### **Space for Togetherness**

Oils of Sandalwood, Neroli, Rose, Bergamot and Champagne extract. Luxurious body treatment for couples, starting with an aroma bath, to encourage heart energy and synergise vibrations between one another. These exquisite oils have been used for centuries for their powerful connection with our emotions and their ability to heighten loving responses.



### **Ocean Purity**

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### **For Her with Harmony**

Oils of Clary Sage, Lavender, and Geranium each have a natural affinity with the intricate balance of the female endocrine system. Ask for soothing or energising massage depending on how you feel, and relax as oils restore a sense of harmony with all that surrounds you.

### **For Him with Vitality**

If your energy levels need a lift, and your body is feeling tired and tense, this dynamic massage with our blend of Ginger, Pomelo and Black Pepper oils, will tone, warm and invigorate your whole being, leaving you refreshed, relaxed and energised.

*All of our Skin to Within Body Massages except Skin to Within Body Massage can be 60 or 90 minutes.*

## **Classic Body Massages**

### **Nuad - Bo - Rarn 90 minutes**

The Ancient Art of Thai Healing, this clothed floor massage is often called yoga for lazy people. Rich in movement, acupressure points and stretching, this technique has been used for thousands of years, and will leave you feeling rejuvenated, relaxed, transformed, and possibly even taller.

### **Swedish Massage 60 or 90 minutes**

Dynamic massage using essential oils of Black Pepper, Ginger and Bitter Orange to balance kidney energy, soothe muscles and tone skin.

### **Hot Stone Healing 75 minutes**

The warmth of these stones enables deep muscle work, improves circulation releases tension and promotes relaxation.

### **Foot Massage 45 minutes**

Our fabulous foot cream with mango butter, cocoa butter, coriander and rosemary is almost good enough to eat. Working on reflex points on the soles of the feet, ankles and toes, this ancient practice can target specific organs and always leaves you floating on your feet.



## **Salt Glow Scrubs and Seaweed Wraps 80 minutes**

**Skin to Within Glow and Wrap**

**Earthjoy Glow and Wrap**

**Soul Soothe Glow and Wrap**

**Ocean Purity Glow and Wrap**

These wonderfully revitalising treatments not only leave your skin beautifully soft and smooth, they also improve circulation and stimulate the lymphatic system to release toxins.

The skin transports nutrients into the body and also transports toxins out. In order to support optimum functioning of the skin, we need to ensure hydration, nourishment and healthy flow of circulation through each layer. Application of a seaweed and white clay wrap, draws out toxins and feeds the skin with all it needs to replenish, retain elasticity and radiate health. Full body exfoliating massage, healing wrap and cool rain shower cleanse is completed with our deeply nourishing skin refine lotion.

This is your invitation to remind your skin how to breathe and glow with the radiance of youth.

## **Bath Soaks 30 minutes**

**Skin to Within Bath Soak**

**Space for Togetherness Bath Soak**

**Ila Bath Soak for Inner Peace**

**Ila Bath Soak for Cleansing**

Throughout history the healing properties of luxuriating in hot mineral and herbal baths have been honoured through ritual and ceremony.

## **Pre Sun and After Sun**

### **Pre Sun Body Polish 60 minutes**

Prepare and protect your skin for the sun with this beautiful body polish and deeply nourishing signature scrub. With the powerful protective properties of pomegranate oil, nourishment of jojoba oil, and the mineral nutrients of Andaman sea salt and Laminaria seaweed, your skin will be primed and protected for sun tanning.

### **After Sun Body Nourish 60 minutes**

When the skin has been exposed to sun, it can become dry and susceptible to cracks and irritation. It is important to replenish the protective layers, for the health of your skin and its proper functioning. This lavender and aloe vera wrap will not only restore your skin's balance, soothe and cool, it will also help your tan last longer.



## Ayurveda at Spa de Constance

### Paramita

*In Sanskrit Paramita means 'to go across', often in the sense of crossing a sea of pain or suffering. Paramitas are ways to correct imbalances in the doshas - vata, pitta and kapha, and in doing so bring equilibrium and joy.*

*Each of our treatments draw on traditional practices and herbal body treatments used and revered across South East Asia for centuries. A truly authentic taste of the Ancient Healing Arts originating from, and still practiced in this part of the world.*

### Shirodara 60 minutes

Warm herbal oil poured over brow chakra to induce a profound sense of relaxation.

### Abhyanga 60 or 90 minutes

Dynamic Ayurvedic body massage with warm herbal oil, this massage works around the whole of the body and leaves you feeling completely energised and refreshed. Powerful oils according to your dosha will be selected to restore your own body's natural balance.

### Shiroabhyanga 45 minutes

Using marma points all over the head, neck, face and shoulders, this traditional head massage will completely release all signs of tension and stress.

### Pindasweda 75 minutes

Traditional hot poultice body treatment using a mixture of rice, herbs and milk. The warmth of the poultice and the powerful scents of these exotic herbs will penetrate your whole being.



## ila at *Spa de Constance*

*The ancient earth is at the very heart of ila. Absolutely everything applied in ila treatments come from a plant or a mineral - and nothing else. They work on a deep level to restore, to nurture and to balance.*

### **Ananda Facial** 60 minutes

The techniques used in this facial open up the energy centres of your face. This is a healing and reviving treatment that will leave your skin with a beautiful glow and leave you blissfully relaxed.

### **Rainforest Facial** 60 minutes

This deep cleansing facial is a complete rejuvenation and regeneration of skin cells, using serums from the rainforest. Marma points combine to leave your skin soft, radiant and hydrated.

### **Kundalini Back Massage** 60 minutes

This back treatment is deeply soothing, and re balances your whole nervous system. Oils of Neroli, Jasmine, Cardamon and Patchouli are used in combination with ancient techniques of massage and healing.

### **Manipura Body Massage** 60 minutes

This treatment works by stimulating and balancing the solar 'sun' vitality within us. Through reflexology, marma massage, lymphatic drainage, and warm Himalayan herb poultices, this unique body massage ignites health and vitality.

### **ila Scrubs and Wraps** 60 minutes

Choose between ila Blissful Experience or ila for Energising and Detoxing. The combined friction of these body scrubs and the healing power of Himalayan salt will leave you looking and feeling truly radiant. To fully revitalize your skin, these exquisite wraps draw deeper toxins from the body.

### **ila Experience** 150 minutes

This complete experience re-awakens the body and spirit, for a euphoric feeling of calm. It combines the facial techniques, the body scrub and Manipura massage for a total feeling of revival in every sense.

## **Spa Hydro Therapy**

Our Sauna, Steam and Thermal Plunge Pools are complimentary for spa guests. We will guide you through how to gain the most benefit from each form of hydro therapy while you are in our hands. Please arrive 30 minutes prior to your scheduled spa appointment to enjoy our hydro therapy facilities.





## For Hands and Feet

Manicure  
French Manicure  
Pedicure  
French Pedicure  
Nurture and Heal For Hands and Feet

## For Silken Skin

Time Zone Waxing  
Silken Skin Waxing, book by the minute in consultation with our aesthetician.

## From Skin to Within

### For Beauty with Healing

Mineral Makeover  
Eye Brow Threading  
Eye Lash Tinting  
Eye Brow Tinting  
Bridal Beauty Makeover

### Ocean Salon

Wash and Blow Dry for Long Hair  
Wash and Blow Dry for Short Hair  
Salon Styling  
Clipper Cut  
Bridal Consultation  
Bridal Styling

## Yoga and Personal Training

1 to 1 Yoga  
1 to 1 Meditation  
1 to 1 Stretch Class  
1 to 1 Personal Training  
1 to 1 Kinesis Conditioning  
1 to 1 Tennis

## Journey Days

### 3 Day Wellness Journey

Consultation, 3 Spa Treatments, 1 one-to-one fitness session and 1 yoga session.

### 5 Day Wellness Journey

Consultation, 5 Spa Treatments, 3 fitness sessions and 2 yoga sessions.

### 7 Day Wellness Journey

Consultation, 5 Spa Treatments, 2 Paramita treatments, 3 fitness sessions and 4 yoga sessions.



## *Spa de Constance*

### **Spa Treatment Hours**

The spa pavilions and rooms are open from 9 am to 9 pm.

### **In Villa Massage**

Selected treatments are available for in villa massage.

### **How to Spa**

Spa de Constance is a place of peace and tranquility, and we ask that this be respected by leaving your mobile phones switched off.

### **How we Spa**

All of our spa products are natural and free from SLS and Parabens.

### **Smoking and Alcohol**

Smoking and consumption of alcohol within the spa is prohibited.

### **Cancellation Policy**

A 24-hour notice is required for us to re-schedule your appointments, subject to space availability. Any cancellation with less than 4 hours notice will incur a 50% cancellation fee. Please assist us with caring for all of our guests by contacting us if you are not able to make your appointment. In the event that this notification is not received a charge of 100% will be made. We thank you warmly in advance.

### **Payment**

All prices are quoted in US Dollars net. Prices are subject to change without prior notice, and are subject to service charge.

