



COCO PALM
dhuni kolhu · maldives



COCO
SPA





Welcome to Coco Spa

Sunny, unique and picturesque, in the midst of white sands, dazzling crystal clear turquoise waters, tall palms leaning towards the sea is Coco Palm Dhuni Kolhu, a spa resort which offers tranquil spaces, created to indulge in personal desires for beauty, well-being and relaxation.

Discover the benefits of therapies from Indonesia, Thailand and India, with a collection of Ayurvedic-inspired products which truly enhances the unique Coco spa experience.

Be our guest in your own home and experience the goodness of our Spa treatments at your Villa if preferred.

To enrich your experience further on the invaluable secrets of the ocean and deep down treasures of algae at Coco spa, indulge yourself in the well-being treatments from Thalgo Cosmetics, a renowned marine-based brand from France.

Soak up the benefits of these products made from exploring deep oceans for their rich resources and gathering inspiration and creativity to offer ultimate healing power of the oceans through each treatments.

Let us transport you in to a world of marine treatments for absolute relaxation of body, mind, soul and an intense, lasting feeling of well-being.



Reservations

We recommend you schedule your spa treatments in advance. Our spa team will gladly assist you in choosing the treatment of your choice.

Arrival

We recommend that you arrive 10 minutes prior to your appointment in order to complete your health assessment form and relax before starting your treatment.

Preparing for your treatment

To avoid irritation, shaving is not recommended prior to body treatments. For your safety, please remove contact lenses prior to facial services.

For men, please shave prior to all facial treatments to ensure that maximum results are achieved.

Please shower prior to your treatment to enhance oil absorption and the overall experience.

Health Conditions

Please advise us of any health conditions that may affect your treatment.

Cancellations and Late Arrival

As a courtesy to other guests, please provide 5 hours' notice if you must cancel or reschedule your appointment.

Less than 5 hours' notice of cancellation will result in a charge of 100% of the treatment price.

Spa Etiquette

If you arrive late, the length of your treatment will be shortened to end as scheduled, allowing our therapists to take their next scheduled appointment on time.

Recommendations

We recommend that you leave all jewellery in your villa before coming to the spa. We kindly request that you refrain from using mobile phones in the spa to ensure a tranquil environment.

Charges

All treatments will be charged to your villa, and appear on your account at the time of check out.

Gratuities

In appreciation of services, gratuities may be given at your discretion.

Hours of Operation

Spa Treatments: 10:00 - 20:00

Spa Boutique: 10:00 - 20:00

Yoga: 08:30 - 19:00

Fitness Centre: 08:00 - 20:00

- Prices are subject to 10% service charge and 16% TGST
- For more details please dial Ext 165



Journey to Maldives

110 min | \$ 285 per couple

Capturing the true essence of Maldivian charm, tranquillity and beauty, this 'Journey to the Maldives' ritual will rekindle your senses and lead you to a place of synchronized harmony.

Island Foot Bath

A purifying foot ritual, infused with rich aromatic lime essential oils, starts your journey to total relaxation.

Island Seashell Massage

Continue with a unique massage using Maldivian coconut oil drizzled over seashells, where they smoothly glide along the contours of the body, providing a unique sensation and relieving muscle tension.

Coconut & Vanilla Body Scrub

A full body exfoliation ritual follows, invigorating and revitalizing the body, using an exotic blend of coconut and vanilla to deeply cleanse and moisturize. Skin will appear radiant and flawless.

Face & Scalp Treatment

While reaping the benefits of the wrap and scrub, enjoy a calming scalp and face massage, enhancing relaxation by releasing tension.

Lime Bath

After a refreshing shower, enjoy a local Kurumba (young coconut) whilst you immerse in a soothing lime bath soak, helping to remove impurities from the skin and promote cellular renewal.

To finish, moisturizer is applied, leaving your body feeling refreshed and your skin glowing and hydrated.



Body Massages

Detox Massage

50 min | \$ 80

Purifies the body

This purifying massage helps to eliminate toxins, decongest tissues and assists the body in regaining its vitality. At the end of the treatment you feel refreshed as your circulation is improved, your back is deeply relaxed and the skin feels fantastic.

Balinese Massage

50 min | \$ 75

Boosts circulation

This traditional full body massage uses a combination of rigorous techniques in one session, designed specifically to ease knotted muscles and release tension by working deeply into the tissue and targeting all of the muscle groups.

Coco Fusion Massage

50 min | \$ 80

Delivers combined healing

Using a combination of techniques, this treatment merges the art of five different traditional massage skills: Shiatsu, Thai, Balinese, Swedish and Reflexology. Providing you with all the benefits of combined healing and leaving you feeling completely relaxed.



Body Massages

Prenatal Massage

50 min | \$ 80

During Pregnancy

Prepare your mind and body for this very special time. With gentle and delicate strokes this treatment has a draining effect and relieves joint tension by reducing swelling and heaviness. This treatment is safe for any lady that is 12 weeks pregnant or more.

Foot Massage

50 min | \$ 65

Soothes & Relaxes

Stimulating the pressure points on the feet that correspond to different parts of the body, this treatment improves circulation and provides an extreme sense of relaxation.

4-Hands Massage

50 min | \$140

The ultimate in pure indulgence. Two therapists work in synchronized harmony using relaxing, rolling and deep massage techniques to release tension from your whole body leaving feeling totally relax.



Body Massages

Aromatherapy

50 min | \$ 75

Relaxing Massage Ritual

Treat yourself to gentle massage using aroma oil that wonderfully nourishes your skin and protect your skin from dryness, pollution and prevent from dehydration and loss of moisture. Focus on your muscular tension and stress ideal the mind, body and soul.

Back, Neck & Head Massage

30 min | \$ 50

Stress Relieving

This massage aims at releasing accumulated stress in the tissues, muscles and joints of the back, neck and back. It is ideal for relieving stress, tension, fatigue, insomnia and headache.

Lomi - Lomi Massage

80 min | \$ 110

Harmonizes mind and body

This spectacular treatment draws on three different cultures to deliver an intensely relaxing and calming experience. The massage is specifically designed to expel fatigue from the body as well as rid it of daily stress and tension, in order to restore balance in the mind and body.



Body Massage

Deep Tissue Massage

80 min | \$120

For sport enthusiasts

Aimed at targeting the deeper tissue structures of muscle and connective tissue, this treatment offers a specialised massage that uses intense pressure. The skilled therapist works to release chronic muscle tension, knots and adhesions in order to increase flexibility and relax the body.

Thai Massage

80 min | \$120

Targets pressure points

This full body treatment involves passive yoga-like stretching and pressure point massage along the body's major energy channels to help release blocked energy, relieve tension, increase flexibility and align the body's skeletal structure.

This treatment does not require oil application.

Warm Stone Massage

80 min | \$120

Promotes healing

Warm essential oils are drizzled over the skin and volcanic stones are used, applying a gentle pressure which results in a nurturing and enhanced healing effect. This massage helps to release tight muscles and energy pathways, promoting a calming effect on the nervous system, leaving you feeling completely balanced.



Ayurvedic Touch

Abhyanga Massage

80 min | \$ 124

Soothes the mind, body & soul

A welcoming foot ritual initiates this profoundly relaxing massage. Warm oil enriched with fragrant Indian spices is then applied with long deep rhythmical strokes, stimulating the body's vital energy. The treatment concludes with a scalp and face Mar-massage, targeting facial pressure points.

Shiro-Abhyanga Massage

80 min | \$ 135

Restores balance to the body

This is a powerful therapeutic experience based on Ayurvedic healing therapy that has been used for thousands of years. The concept of Shirodhara aims to relax the body and open the third eye. The treatment begins with a foot ritual, followed by a relaxing Abhyanga full body massage, before the forehead is drizzled with a steady stream of warm oils. A scalp massage is then performed to enhance deep relaxation.

KatiVasti

50 min | \$ 65

This is special ayurvedic treatment for lower backache or sciatica of different etiology. Warm ayurvedic oil is held on affected area on the lumbosacral region.

GreevaVasti

50 min | \$ 65

Special ayurvedic treatment for various neck complaints including cervical spondylitis, I.V. disc prolapses, arthrosis, etc.

JanuVasti

50 min | \$ 65

JanuVasti is another warming-up therapy with herbal oil, however, this one is aimed specifically at the knees and the surrounding muscular system. This treatment can relax the deep muscles in the mentioned part and decrease pain and stiffness.



Hands & Feet

Classic Manicure

50 min | \$ 55

Classic Pedicure

50 min | \$ 60

Boutique

The Coco Spa Boutique offers you a selection of luxury organic home care available for purchase. Open during Coco Spa's hours of operation.

Relaxation Area

We are delighted to offer you complimentary use of the Jacuzzi & Fitness Center open during Coco Spa's hours of operation.



Active Wellness

Sunrise Yoga

Designed for those who enjoy a nearly start to the day, Sunrise Yoga includes gentle movements, breathing techniques, stretching and sun salutation to help revitalize the body. The special sequences of yoga asanas help to create a positive mood and a feeling of wellbeing, all while reducing stress and stiffness in the body.

Ashtanga Yoga

The most famous aspect of Ashtanga yoga is the postures or 'asanas' which are used to strengthen, stretch, and tone the body as part of yogic practice. During a Ashtanga yoga session, the yoga master will move through a number of these poses, holding them for varying amounts of time and working in a set order to ensure that muscle groups are slowly warmed up and evenly worked.

Pranayama

Pranayama is the science of controlling your breathing through systematic breathing sequences. Learn the process of regulating your breathing and gain control of the Prana, the vital life force; helping to achieve longevity.

Meditation

Learn relaxation and breathing techniques which help to control stress, clear your mind and enhance the power of creativity. Connect with your higher self and invoke a state of deep silence whilst restoring energy and inner awareness.



◀ TREATMENT ROOM

◀ HAMAHIMEYAMA

◀ RAKKATHERIKA

◀ HAKATA

Active Wellness

Yoga Nidra for Relaxation

Yoga Nidra is a highly powerful ancient meditation technique. In yoga Nidra, you are not only able to enjoy the complete physical, mental and emotional relaxation but are also able to explore the tremendous powers hidden within the deeper layers of the subconscious and unconscious mind. Yoga Nidra delivers a deep relaxation whereby the mind is in the unique state of between being asleep and awake.

Sunset Yoga

A combination of various yoga techniques are offered at sunset to help you unwind and relax in a beautiful tranquil environment.

Yoga Classes

60 min | \$35 (One-One \$ 50)

Fitness Experience

We are glad to offer you complimentary use of the fitness centre which is set up with state-of-the-art equipment for a wide variety of workouts from cardiovascular to weight training.





Well Being by Thalgo Active Wellness





Face Treatments

Source Marine Ritual

60 min | \$ 100

A moisture boosting delight for all skin types but particularly dehydrated. After a relaxing welcome massage, your skin is gently cleansed and exfoliated. A deeply-hydrating serum is applied with Thalgo's signature Heart of the Ocean massage, after which a moisturizing mask delivers intense and lasting hydration. An application of Hydra Marine 24h Gel Cream completes the treatment and leaves the skin rehydrated, its texture improved and the complexion smooth, plump and radiant.

Purete Marine Ritual

60 min | \$ 100

This is a complete rebalancing treatment for oily/combo skin. After a relaxing welcome massage, the skin is treated to a deep cleansing and thoroughly exfoliated. A purifying serum is applied with Thalgo's signature Heart of the Ocean massage, recreating the rhythmic motions of the sea to relax the facial muscles and relieve tension in the arms, shoulders and neck.

This is followed by an application of an oil absorbant mask which helps to lift away impurities. After an application of the finishing product, your skin is left soft, matte and perfectly balanced.



Face Treatments

Cold Cream Facial

60 min | \$100

A haven of comfort for dry / sensitive skin. After a relaxing welcome massage, your skin is gently cleansed and exfoliated. A concentrate, rich in algae extracts and replenishing oils, is gently infused into the skin with Thalgo's signature Heart of the Ocean massage, recreating the rhythmic motions of the sea to relax the facial muscles and relieve tension in the arms, shoulders and neck. After which a mask application bathes the skin in pure nourishment for even the most sensitive of skins. The treatment finishes with an application of nourishing, soothing cream to soften, soothe and restore comfort to dry, very dry and sensitive skins.



Body Treatments

3 Algae Body Wrap

60 min | \$ 120

This is the signature body treatment of Thalgo. The original marine algae wrap, rich in minerals, vitamins, trace elements and micro nutrients. The Plasmalg Gel is an antiseptic which is pure marine algae in gel form that allows deeper and effective penetration of the active ingredients. The marine algae wrap relaxes the muscles and joints and eliminates metabolic wastes through perspiration. It incorporates the use of the thermal blanket to accelerate perspiration of the body thus enhancing the detoxification process. This treatment activates circulation, increases metabolism and relieves aches and pains. An excellent bodywrap for general well-being, total relaxation, refining the figure and breaking fatty deposits. Recommended as a prelude before all body slimming and body toning treatments.

Marine Prelude

60 min | \$ 120

A deluxe exfoliation treatment which combines natural Sea salts and Dead Sea mud, a perfect treatment before a sun tan. An ideal treatment for sports persons. Eliminates dead skin cells, helps smooth skin roughness, refines skin texture and invigorates the entire body by activating micro-circulation. Also includes a 10 minute foot reflexology as a part of the treatment. A thermal blanket if used in this treatment can enhance the penetration process of the active ingredients.

Cold Cream Marine Ritual

60 min | \$ 85

A treatment for a dry to very dry skin, soothe feelings of tightness and discomfort and leave skin feeling soft, supple and velvety smooth once more. This is a one product treatment, massage, a thick layer of 2-in-1 Massage-Body



Thalgo Spa Ritual

Polynesia Journey

100 min | \$ 130.00

Take your client to an exotic and luxurious journey for a complete sense of well being and relaxation. This ritual has four steps.

- 1. Exotic Island Body Scrub** - White sand from Bora Bora, sea salt, coconut shell to intensely exfoliate and smooth the skin, the Algo-Monoi Sargassum complex and Vanilla Tahitensis for relaxation. Plus plant oils of apricot, jojoba and almond to nourish and soften the skin.
- 2. Lagoon Bath Pebble** - A pebble that “fizzes” when in contact with water, soothing marine complex, white water-lily, essential oils of citrus for a moisturizing and relaxing action.
- 3. Mahana Massage Oil / Sand Tuipoonis / Water Pillows** - an incredibly relaxing massage with warm sand that are highly relaxing for body and mind and 2 water pillows will create a watery sensation and relax stressed area.
- 4. Polynesia Sacred Oil** - This dry Monoi-based oil nourishes and moisturizes the skin, sublimely enhanced with a subtle veil of golden pearl.



Coco Premium



Prodige des Océans Face and Body Ritual / Coco Premium

120 min | \$ 175.00

A supreme Beauty and Let-Go Experience, a journey of pure well-being and a revitalizing escape.

Rediscover flawless skin with Thalgo's Prodige des Océans Ritual, the first marine treatment for absolute perfection that provides the unique power of 5 Oceans to infuse the skin with 100% marine nutrients for a perfectly radiant and even skin tone.

A complete face and body treatment where innovation and technique meets luxury and emotion.

The ritual starts with a Welcome ceremony followed by gentle Korean relaxation to harmonize the body, followed by an iconic massage inspired by Kobido, a Japanese massage technique which helps in toning, draining and relaxing the skin.

The secret in the effectiveness of the Ritual is a wealth of specific marine professional products and its iconic movements for total letting-go of the mind and body.



Quick Treatments

Illuminating Radiance Treatment

30 min | \$ 50

Reveal your skin's beauty and radiance in just 30 minutes! The facial begins with a cleanse and exfoliation, after which the Ultra Radiance Mask is applied. An Energizing digitopressure massage helps the smoothing and radiance-boosting active ingredients absorb into the skin. The application of Absolute Radiance Concentrate to the face and neck awakens the skin and the treatment is finished with a skin-type appropriate cream, leaving the complexion fresh and glowing with radiance.

Thalgo 3 Algae Facial

40 min | \$ 30

Experience a true marine beauty treat with this signature algae facial, suitable for all skin types. Following a relaxing welcome massage, the skin is gently cleansed and exfoliated. A mask of pure natural seaweed, known for its beauty-enhancing properties, is then applied to remineralize and revitalize the skin. Thalgo's Heart of the Ocean massage with movements which recreate the rhythmic motions of the sea relaxes the facial muscles and relieves tension before an application of serum and moisturizer appropriate for your skin type complete the treatment, leaving your complexion soft, radiant and beautiful.



Quick Treatments

Relaxing Eye Treatment

30 min | \$ 30

This ultra-relaxing treatment begins with a cleansing and gentle massage of the eye area using a specific eye concentrate. The appropriate eye products are then used around the eye contour area to reduce puffiness and dark circles and to gently smooth out any lines or wrinkles. To finish, Thalgo Silicium Eye Cream is applied. The result is an instant rejuvenation of the eye contour area.

Purity Exfoliation

30 min | \$ 60

A body exfoliation that rids the skin of its impurities in depth, improves cell renewal, smoothens and hydrates. The red alga from the scrub stimulates the micro-circulation of the body. The exfoliation is then completed with the specific finishing product for intense hydration or deep nourishment. The skin regains its softness and radiance and active ingredients are more easily absorbed.

Milk Bath

20 min | \$ 30

This most sensual and soothing Egyptian Precious Milk bath ritual to relax and calm your senses.

