



heavenly
BY WESTIN spa

Awaken
Your Senses

Rituals

MALDIVIAN BLISS

This ritual begins with Maldivian coconut exfoliation to remove the dead cells and enhances blood circulation, followed by a steam session and a massage intended to eliminate knots & tension. The therapy concludes with a relaxing bath, to leave you feeling holistically relaxed and rejuvenated.

SINGLE 120 MINUTES USD 300
COUPLE 120 MINUTES USD 500

HEAVENLY PRESERVE

The treatment commences with the detoxing process of applying green tea body scrub followed by green tea body wrap trailed by a relaxing Deep Tissue Uplift. By relieving muscle tension, this therapy can be both comforting and energizing.

SINGLE 120 MINUTES USD 275
COUPLE 120 MINUTES USD 450

ENCHANTED INDULGENCE

Uplifting and revitalizing, this traditional Balinese massage renews skin, boosts energy and awakens the senses. Essential oils complement the herbs and advance massage technique are used to ease muscle tightness. Complete with a perfect facial suiting your skin type, which elevates your mood.

SINGLE 120 MINUTES USD 300
COUPLE 120 MINUTES USD 500

HEAVENLY SPA REVIVER EXPERIENCE

This ritual begins with an exfoliating salt scrub and followed by full body Ayurvedic massage that uses warm oil to promote overall health and well-being. It involves rubbing the body down from head to toe with an herb infused oil specifically chosen to help balance the energies and end with soothing and relaxing facial treatments.

SINGLE 120 MINUTES USD 315
COUPLE 120 MINUTES USD 515

Exfoliate

This full-body exfoliating treatments include a shower and application of a body lotion moisturizer, leaving skin refreshed and velvety smooth. Each will condition the skin prior to any wrap and/or massage.

HEAVENLY SIGNATURE SCRUB

Green tea scrub to refines and renew tired and dull looking skin.

45 MINUTES USD 110

COCONUT BODY SCRUB

Maldives's special to nourish and hydrate skin.

45 MINUTES USD 100

SEA SALT SCRUB

Vigorous and uplifting.

45 MINUTES USD 100

Wraps

While cocooned in your wrap, your body restores its energy and your mind clears with the extra help of a soothing scalp massage. To finalize the treatment, we recommend that you follow with a massage of your choice.

ALOE VERA BODY WRAP

Cooling and healing after sun exposure.

45 MINUTES USD 100

GREEN TEA WRAP

Eliminates toxin and boosts circulation.

45 MINUTES USD 100

Dial "0" to contact Service Express® and make a reservation.

All prices are in USD and subject to 10% service charge and 16% Goods and Service Tax (T-GST).

Massages

Indulge in absolute relaxation and immerse yourself in authentic body treatments which induce deep rejuvenation. Aimed at releasing deep seated stress and uplifting the spirit, these treatments are coupled with scrubs/wraps, a great way to experience calmness.

DEEP TISSUE UPLIFT

Best for giving attention to certain painful, stiff "trouble spots" in your body. The therapist uses slow technique, deliberates stroke that focuses pressure on layers of muscles, tendons or other tissues deep under your skin.

60 MINUTES	USD 170
90 MINUTES	USD 205

TRADITIONAL BALINESE MASSAGE

Using a combination of gentle stretches, acupressure, reflexology and aromatherapy the traditional Balinese massage helps to stimulate the flow of blood, and brings a sense of wellbeing, calm and deep relaxation.

60 MINUTES	USD 165
90 MINUTES	USD 200

FOOT REFLOXOLOGY

This ancient massage therapy is designed to the whole being. As the therapist presses upon various reflex points in the feet, toxins are released and circulation is improved. Emerge feeling deeply rested and renewed.

60 MINUTES	USD 110
30 MINUTES	USD 70

HEAD AND SCALP

A gentle and stimulating technique, this treatment focuses on your head and scalp to ease strain.

30 MINUTES	USD 60
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HEAVENLY SPA SIGNATURE

A heated compress invites back muscles to relax before a Swedish massage leaves you feeling physically rested and mentally uplifted.

60 MINUTES	USD 185
90 MINUTES	USD 215

SPORT MESSAGE

This energizing sport massage combines Shiatsu and Reflexology techniques to address deep muscle tensions and give a vigorous boost to your physical and mental wellbeing.

60 MINUTES	USD 170
90 MINUTES	USD 205

ABHYANGGA MASSAGE

A traditional massage inspired by Ayurvedic techniques. Abhyanga means, "To spread oil over the body in all directions". Increases blood circulation and stimulates drainage of the lymphatic system.

60 MINUTES	USD 165
90 MINUTES	USD 200

MOTHER TO BE MESSAGE

An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

60 MINUTES	USD 165
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HEAVENLY TOUCH BACK MESSAGE

A deep tension relieving massage concentrating on the back, neck and shoulders.

30 MINUTES	USD 90
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Facial Treatments

PRO-VITAMIN AGE DEFY

Tackle fine lines and wrinkles with the age-defying benefits from an active protein of spirulina and algae that is enriched with pro-vitamin A. Targeted massage encourages optimum cellular function for immediate nourished and younger-looking skin.

60 MINUTES USD 180
90 MINUTES USD 200

HYDRATE ANTIOXIDANT FACIAL

Designed for sun-exposed, dry, sensitive, or damaged skin. A combination of vitamins, growth factors and antioxidant are applied to the face to infuse these ingredients deep into the skin to promote health and nourished skin.

60 MINUTES USD 180

PURIFYING FACIAL

This facial will optimize your well-being and cleanse your skin with a renewed freshness. This deeply detoxing treatment revitalizes tired, congested and stressed skin.

30 MINUTES USD 100
60 MINUTES USD 180

MEN FOCUS FACIAL

Targeted to address difficulties men commonly face, dullness and sensitivity. The face is deeply cleansed with extractions to clear clogged pores and leaving you with well-hydrated complexion.

60 MINUTES USD 180

Essential Care for Hands & Feet

Total relaxation is enjoyed through a foot and hand massage. Light feet make happy people and beautiful hands denote a refined person.

EXPRESS MANICURE

Nail cut & file, cuticles softener & removal, buff, base coat, polish & topcoat.

45 MINUTES USD 65

PEDICURE

Aroma foot soak, scrub, remove nail polish, cuticles softener & removal. Nail file, base coat, polish & topcoat.

60 MINUTES USD 90

SHAPE AND POLISH

30 MINUTES USD 30

Spa Kids

Young spa-goers will love Westin Kids Spa. It is a chance to be pampered with mini facials, manicures and pedicures and get Maldives beach ready with fun hair braiding too.

MINI FACIALS

Freshen up your face with this healthy mini facials.

30 MINUTES USD 40

TWINKLE TOES & FANCY FINGERS

Sparkle and shine with this manicure and pedicure, leaving fingers and toes party ready.

45 MINUTES USD 50

MOMMY & ME

Mini Massage and Yoghurt, Honey & Cucumber Facial (child under 14 years old)

60 MINUTES USD 160

HAIR BRAIDING

A girl's gotta have it, let us braid your hair for a full Maldives beach style.

20 MINUTES USD 25

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Etiquettes

Spa treatments and Personal Trainer assistance are available from 10AM until 8PM daily. Fitness Facilities – 24/7

Please contact your Thakuru or place your reservation directly from your room by dialing Ext. 432

To ensure that all guests can enjoy the peace and harmony within the Spa and Wellness facilities, we request that all guests keep noise level to a minimum and refrain from carrying cellular phones and other electronic devices.

ARRIVING FOR YOUR APPOINTMENT

To make the most out of your Spa and Wellness experience, we ask you to arrive 20 minutes prior to your scheduled appointment. This will give you time to check in, get ready, enjoy your welcome drink and start your relaxation early. In the unlikely event that you are running late, we will endeavor to conduct your treatment. However, please note that we will have to shorten your treatment time.

WHAT TO WEAR

For Spa treatments, we will provide you with comfortable disposable underwear, robe and slippers. You may wish to bring your swim wear to enjoy our sauna or steam room located at WestinWORKOUT.

SMOKING AND ALCOHOL

The consumption of cigarettes and alcohol is not encouraged in any Spa and Wellness environment and not advised before any spa treatment or service.

CLEANLINESS

Keeping our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after every service and treatment.

VALUABLES

We request that you store all your valuables in your room or locker provided to you at the time of your service. The Westin Maldives Miriandhoo Resort will not be responsible for lost, stolen or misplaced items.

GIFT CARDS AND CERTIFICATES

Gift certificates for our Spa and Wellness service are available. For more details, please contact our Spa Receptionist or your Thakuru.

CANCELLATION POLICY

We require 3-hour advance notice in order to cancel or re-schedule your appointment with no charge. Any changes or cancellations made after the 3-hour window will incur a 20% cancellation fee. This policy also applies to gift card and certificate holders.

REFUND POLICY

Treatment packages are non-refundable, non-transferable and non-exchangeable. Unused products in their original packaging may be returned within 14 days for a full refund.

PAYMENT

Any gift cards, vouchers, or certificates must be mentioned at the time of booking.

All prices are subject to service charge and government taxes which are currently 10% and 16% respectively. The prices as well as taxes are subject to change without prior notice.

Westin WORKOUT & Lifestyle

PERSONAL TRAINING AND

WORKOUT SESSIONS

60 MINUTES

SINGLE	USD 90
COUPLE	USD 150
FAMILY (UP TO 4 PAX)	USD 180

3 PERSONAL TRAINING SESSIONS

SINGLE	USD 230
COUPLE	USD 370
FAMILY (UP TO 4 PAX)	USD 440

7 PERSONAL TRAINING SESSIONS

SINGLE	USD 500
COUPLE	USD 800
FAMILY (UP TO 4 PAX)	USD 960

YOGA & MEDITATION

During one hour, you will experience:

- Warm up
- Whole Body Stretching
- Surya Namaskar (sun salutation)
- Asanas (postures)
- Breathing Technique
- Meditation

PRIVATE YOGA CLASS 60 MINUTES:

60 MINUTES PRIVATE YOGA CLASS

SINGLE	USD 90
COUPLE	USD 150
FAMILY (UP TO 4 PAX)	USD 180

3 PRIVATE 60 MINUTES YOGA CLASS

SINGLE	USD 230
COUPLE	USD 370
FAMILY (UP TO 4 PAX)	USD 440

7 PRIVATE 60 MINUTES YOGA CLASS

SINGLE	USD 500
COUPLE	USD 800
FAMILY (UP TO 4 PAX)	USD 960

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