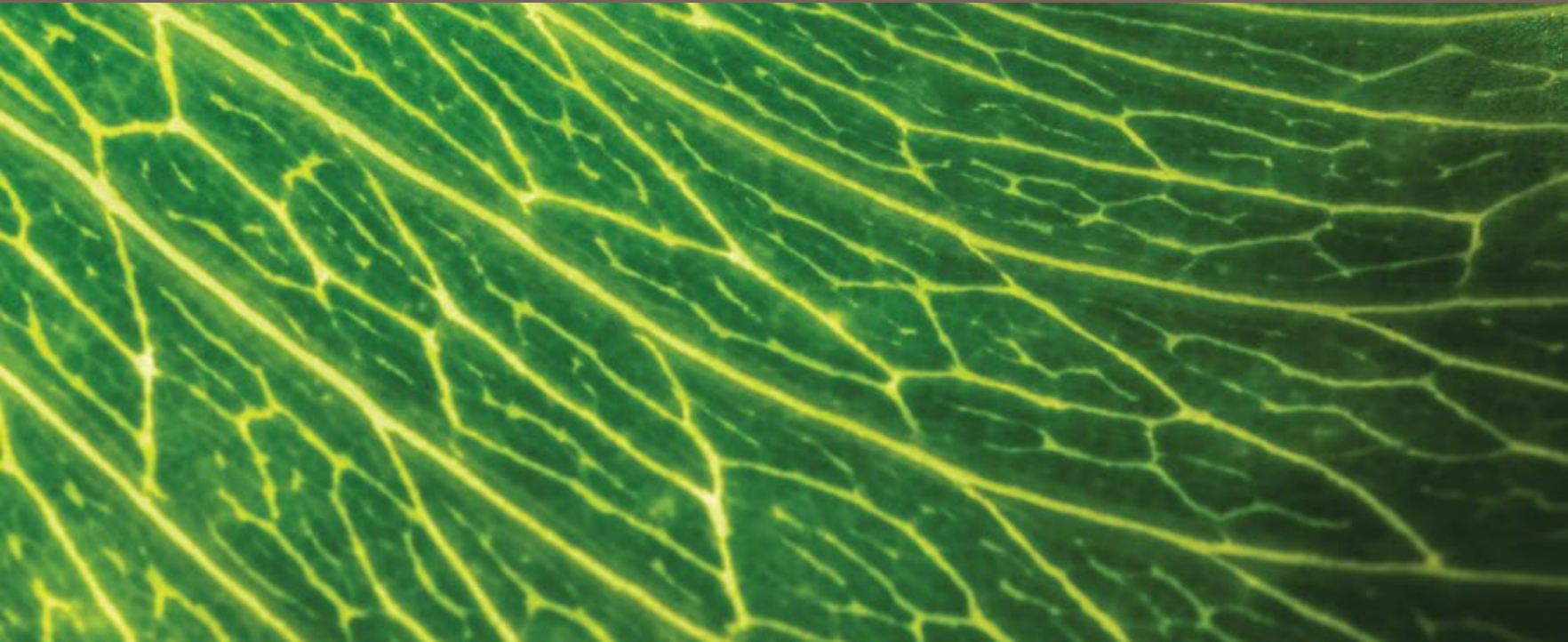



veli spa
KURUMBA MALDIVES





A Maldivian inspired spa.

In Dhivehi - the language of the Maldives - Veli is a precious word that refers to sand – an essential element of life, originating from the timeless and natural interaction of coral and sea.

True to its roots, Kurumba's Veli Spa has been a pioneer in its implementation of traditional Maldivian treatments and herbal products as a part of its extensive range of wellness therapies. With our latest treatments with traditional Asian therapies to energy healing treatments, Veli Spa invites guests to enjoy the feeling of full relaxation while perched above the colourful coral and crystal waters that inspire the spa's healing philosophy.

At Veli Spa, we aspire to offer our guests inspiring and enriching treatments to renew their appreciation of life.

Our oils are derived from local coconuts. Our pastes are made from indigenous herbs, our treatments are inspired by a local medicine man.





maldivianmassages

AKARAKARAA THEYO DHEMUN TOP SELLER

60 mins or 90 mins

Our signature massage

This full body oil massage, especially created for Veli Spa, can be tailored to your needs. A soft, medium or strong pressure whatever you desire. A hot sand poultice along with our healing signature oil, made with local herbs, will leave your skin soft, mind soothed and spirit lightened.

HAVAADHU BEYS DHEMUN SIGNATURE TREATMENT

120 mins

A complete detox treatment recommended to relieve muscular tension

An energizing treatment to relieve muscular tension and improve blood circulation. This treatment includes an exfoliating herbal scrub of exotic spices and herbs from Maldives, a heat-stimulating wrap that will aid in detoxifying, followed by a revitalizing lymphatic drainage massage. Finally relax with a detox drink. This enriching experience leaves you with a renewed sense of self.

LANSIMOON THEYO DHEMUN

45 mins

Back, neck and shoulders massage

So much tension can be held in our neck and shoulders and this massage concentrates on these areas. The use of hot poultices filled with Maldivian herbs will help to unravel the knots and soothe sore muscles.

HULHUHULHUGA MODUN

60 mins or 90 mins

A special full body treatment concentrating on joints and tense zones. The therapist will apply the warm green paste made from Velamboli and the Tamburu veyo, the plant have been known amongst the indigenous population of the Maldivian islands for hundreds of years. The benefits of this treatment is to release muscle tension, back pain or joint are aching.

TAMBURU FAI

60 mins

Foot massage

Your feet deserve to be treated. After a wonderfully soothing massage to your feet and lower legs, we will apply a warm paste to your feet made from Tamburu found on most local islands. Treat your feet and you treat the whole body.

maldivian



BALINESE MASSAGE TOP SELLER

60 mins or 90 mins

This traditional Balinese massage will boost your circulation and give you a light to medium muscular massage. Acupressure and kneading are two of the techniques used in this relaxing treatment.

AROMATIC MASSAGE

60 mins or 90 mins

The healing properties of essential oils along with the therapeutic techniques will leave you feeling refreshed, balanced and soothed. This massage can be taken with medium or light pressure.

DEEP MASSAGE TOP SELLER

60 mins or 90 mins

If it is a strong, deep massage that you are after, then this is definitely for you. By working on all muscles and connective tissue, we aim to release tension in sore and tight areas as well as enhance circulation.

FULL BODY HOT STONE MASSAGE NEW

75 mins or 90 mins

Hot Stone Massage is a therapy to help you relax and ease tense muscles. This massage uses heated stones to generate energy and create a sense of balance and calm, as well as giving relief to deep-seated muscle tension.

HILOT AND MALAY FUSION MASSAGE

60 mins or 90 mins

An authentic massage that focuses on ancient methods passed down through the generations of Philippines and Malay cultures. Warmed coconut oil or herbal oil with banana leaves are placed over the body to detect the tension, imbalances and blockages in your body. It allows the Urut and Hilot techniques to improve your emotional, physical and spiritual well-being.

BESPOKE MASSAGE

90 mins

Our highly skilled therapists target specific areas with this massage, whether for relaxation or for repair. They will use all or a combination of some of the following therapeutic techniques during your treatment, depending on your needs: Classic Massage, Gentle Stretching, Trigger Point Release, Joint Manipulation, Deep Tissue Techniques, Hot Towel Compress and Thermal Stones, amongst others.

global

THAI MASSAGE

60 mins or 90 mins

An oil free massage straight from Thailand, sometimes called Lazy Man's Yoga. The stretches and deep pressure point massage is a perfect gift to the body, leaving you feeling awake and revived.

SLIMMING MASSAGE

60 mins or 90 mins

This invigorating massage with Maldivian herbal oil tones and refines the body's contour. Manipulative massage techniques (kneading and hacking) will mobilize and help reduce fluid retention and stubborn fatty deposits.

MOTHER TO BE MASSAGE

60 mins or 90 mins

If you are expecting a baby and in the second or third trimester, this massage has been especially made for you. The oil and massage techniques have yours and your baby's best interests at heart.

RAN ONU THEYO DHEMUN

90 mins

A unique and effective deep pressure treatment, offering to soothe sore muscles, increase blood circulation and bring a sense of deep relaxation. A mix of warm Golden Bamboo Sticks of various lengths and thickness is used to apply pressure, kneading and stroking techniques in order to work out the muscle tension.



Enjoy the gentle sea breeze brushing your body while the sound of the lapping water surrounding our Outdoor Pavilion, sends you to sleep. A perfect way to feel the Maldives.





outdoormassages

SPA UNDER THE STARS **TOP SELLER**

105 mins per person

An experience you will never forget. The stunning setting surrounded by the lapping Indian Ocean will have you marvelling at the night sky while receiving a gentle soothing massage. Warm Maldivian coconut oil is pure from local cowrie shells, which in turn are used to soothe away any tensions.

Bubbles or sparkling juice and chocolate dipped fruits will be served to compliment your treatment as we leave you together to wonder at the stars.

FULL BODY MASSAGE

60 or 90 mins

A soft, medium or strong pressure can be taken with this relaxing massage. The healing properties of essential oils along with the sound of the Ocean, will leave you feeling refreshed, balanced and soothed.

SCRUB AND MASSAGE

90 mins

A gentle sand and coconut scrub is offered, followed by a dip in the sea to remove the scrub. After a shower, we finish with a full body massage using locally sourced coconut oil.

FOOT MASSAGE

60 mins

As you sit in the comfort of our Outdoor Pavilion gazing at the clear waters of the Indian Ocean, your feet are gently massaged. During this massage you may order a drink from the bar.*

outdoor



scrubs&wraps

VELI CLEANSE **TOP SELLER**

75 mins

A strong scrub with a cleansing wrap

A detoxifying and cleansing treatment. The bamboo body exfoliation prepares your skin for the wrap. Choose from a clay and green tea wrap, or a milk, coconut and vanilla wrap to cool, hydrate and nourish your skin.

VELI ENRICH

75 mins

A hydrating scrub with a warm wrap

A hydrating and warming treatment. The coconut exfoliation will be followed by a ginger wrap to improve blood circulation, cellulite and also muscle tension.

VELI EXFOLIATION

45 mins

Prepare your skin

A body scrub with a choice of coffee, coconut or tea extract. Prepare your body for the sun by buffing and nourishing your skin.

VELI SUN SOOTHER

45 mins

For sun damaged skin

A soothing body wrap for sun-drenched skin, using cooling homegrown aloe vera & cucumber. We finish with a vanilla and shea butter balm leaving your skin feeling cooler and calmer.

VELI COCONUT OIL HAIR WRAP

45 mins

Hair conditioner

Warm locally sourced coconut oil is applied to the hair and scalp, followed by a truly relaxing pressure point head massage and upper back massage. The coconut oil is a superb conditioner for the hair. It restores lustre and acts as a protective barrier from the sun and sea water.

scrubs&wraps





facials

THE ISLANDER TOP SELLER

60 mins

For oily and combination skin

This facial incorporates plant proteins, vitamins, minerals and 4-tea elixir. We offer a lymphatic drainage massage to balance, clarify and restore. Perfect for combination skin.

VELI GLOW

60 mins

For dry skin

This facial revives dull and lack lustre skin. Extracts from black tea, squalene (derived from olives) and honey, dissolves dead skin and brightens your complexion. A pressure point massage will leave your skin radiant and glowing.

GREEN TEA

30 mins

Instant facial

This green tea facial is a revitalizing and relaxing treatment, ideal for pampering and giving the face a quick touch of refreshing radiance.

SOS SUN REPAIR

60 mins

For sun damaged skin

This facial helps boost hydration and improve the skin's elasticity. It is restorative, being rich in chamomile, white lily, green tea and collagen, all of which help to plump, hydrate and restore the skin.

REJUVENATING*

90 mins

Anti-aging

We start with a deep cleanse, a peel and an acupuncture massage to encourage cell renewal. Special firming and remodelling facemask will help to repair and rejuvenate the skin. This treatment delivers both immediate and long lasting results.

**A back massage is included with this facial.*

facials





manicure & pedicure

MANICURE FOR HER

60 mins

Soak your hands in a mineral rich bath. We shape, buff, colour, and nourish your nails. Essential oils and hydrating botanicals are massaged from elbows to fingertips. A true luxurious experience.

MANICURE FOR HIM

50 mins

Cleansing, shaping and buffing the nails followed by a hydrating massage from elbows to fingertips.

PEDICURE FOR HER

60 mins

Indulge your feet in a warm soak of purifying sea salts. We shape, buff, exfoliate and nourish your feet into true perfection. Combining a tropical scrub with a skin-softening mango and shea butter wrap, a reviving acupressure massage and skilful colour application.

PEDICURE FOR HIM

50 mins

We soak and exfoliate your feet in warm salt water. Then shape and buff your nails followed by a deep scrub and enlivening foot massage.

POLISH ONLY

30 mins

Hands or feet.



Both manicure and pedicure can be experienced at the same time.

manicure



addons

ADD TO YOUR TREATMENT *

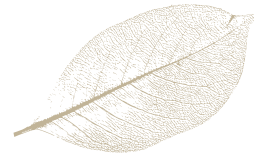
30 mins

Treat yourself to some extra time being spent on your favourite or troublesome area. Simply add one of the following to your treatment:

- Neck
- Shoulders
- Back
- Head
- Face
- Hands
- Feet

** Add ons can only be experienced when added to another treatment*

addons



yoga & wellness

PRIVATE YOGA SESSION

Yoga supports us in our daily lives physically, mentally, emotionally and spiritually. Yoga has many forms. Hatha yoga, the most common style of yoga, combines three elements: physical poses (Asana); controlled breathing practiced in conjunction with asana and a short period of deep relaxation or meditation.

YOGA FOR BEGINNERS AT YOGA PAVILION

60 mins

If you are new to Yoga, this introduction is perfect for you. This session will include some easy postures, breathing exercises and meditation.

SUNRISE OR SUNSET YOGA

60 mins

Enjoy the sounds of the sea and the warmth of the sun while practicing yoga on the beach, either as the sun rises or as it sets. No experience necessary and all skill levels are welcome. This session will include asana (poses), pranayama (breathing) and meditation.

wellness

YOGA NINDRA (YOGIC SLEEP)

30 mins

Yoga Nindra is the extremely deep relaxation of the nervous system and healing of the body by allowing it to rest and recharge. This practice is done in the lying position.

PRANAYAMA (BREATHING)

30mins

The technique of Pranayama used to measure, control and direct the breath. The aim behind the technique is to restore and maintain the health of a person, while increasing the capacity of the lungs and directing more oxygen to the body as a whole.

MEDITATION

30mins

Meditation is the art of focusing your complete attention in one area that leads to a state of peace and harmony.

PRE NATAL YOGA

60mins

Prenatal yoga is a wonderfully gentle way to embrace your pregnancy with a healthy and positive state of mind. Safe for both mother and baby.





packages

ROMANCE

120 mins

A couples' treatment

A coconut body scrub with a chocolate body wrap followed by aromatic massage to complete your relaxation.

SPIRIT OF THE MALDIVES

120 mins

A scrub, massage and facial

Uplifting and invigorating, our energizing treatment is designed to awaken the body and mind. The treatment starts with an intensive full body exfoliation, a choice of deep massage or Balinese massage. We end with a facial suited for your skin type.

THREE DAYS - PAMPERING PACKAGE

Day 1 : Choice of 45 mins Body Scrub Coffee,
Coconut or Tea extract

Day 2 : Balinese 60 mins

Day 3 : Thai Massage 60 mins

FOUR DAYS - RELAXATION PACKAGE

Day 1 : Akarakaraa 60 mins

Day 2 : Aromatic Massage 60 mins

Day 3 : Hilot and Malay Fusion Massage 60 mins

Day 4 : Outdoor - Full Body Massage 60 mins

FIVE DAYS - TRANQUIL PACKAGE

Day 1 : Akarakaraa 60 mins

Day 2 : Ran Onu Theyo Dhemun 90 mins

Day 3 : Sunrise or Sunset Yoga 60 mins

Day 4 : Balinese Massage 60 mins

Day 5 : Veli Glow facial or The Islander facial
60 mins

SIX DAYS - VITALITY PACKAGE

Day 1 : Veli Exfoliation 45 mins

Day 2 : Aromatic Massage 60 mins

Day 3 : Thai Massage 60 mins

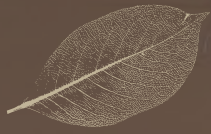
Day 4 : Deep Massage 60 mins

Day 5 : Outdoor - Full Body Massage 60 mins

Day 6 : Manicure or Pedicure

** A complimentary glass of fresh juice will be served in our relaxation area after any of the above packages.*

packages



howtoveli

- Please arrive 15 minutes prior to your treatment.
- Kindly leave your valuables in your villa.
- Children over the age of 12 years are welcome in Veli Spa.
- If you are unable to make your treatment, please inform us at least 6 hours prior, in order to avoid a late cancellation penalty.
- Veli Spa is open daily from 09:00 - 20:00hrs.

**TO MAKE A RESERVATION,
PLEASE CALL EXTENSION 363
OR VISIT US AT VELI SPA**



Price List



USD

Akarakaraa Theyo Dhemun	60 minutes	122 ++
Akarakaraa Theyo Dhemun	90 minutes	150 ++
Lansimoon Theyo Dhemun	45 minutes	85 ++
Havaadhu Beys Dhemun	120 minutes	203 ++
Hulhuhulhuga Modun	60 minutes	122 ++
Hulhuhulhuga Modun	90 minutes	150 ++
Tamburu Fai	60 minutes	93 ++
Balinese Massage	60 minutes	122 ++
Balinese Massage	90 minutes	150 ++
Aromatic Massage	60 minutes	110 ++
Aromatic Massage	90 minutes	146 ++
Deep Massage	60 minutes	126 ++
Deep Massage	90 minutes	154 ++
Full Body Hot Stone Massage	75 minutes	130 ++
Full Body Hot Stone Massage	90 minutes	154 ++
Hilot and Malay Fusion Massage	60 minutes	122 ++
Hilot and Malay Fusion Massage	90 minutes	150 ++
Bespoke Massage	90 minutes	166 ++
Thai Massage	60 minutes	126 ++
Thai Massage	90 minutes	166 ++
Slimming Massage	60 minutes	122 ++
Slimming Massage	90 minutes	150 ++
Mother To Be Massage	60 minutes	126 ++
Mother To Be Massage	90 minutes	154 ++
Ran Onu Theyo Dhemun	90 minutes	150 ++
Spa Under The Stars	105 minutes	483 ++
Outdoor Full Body Massage	60 minutes	134 ++
Outdoor Full Body Massage	90 minutes	162 ++
Outdoor Scrub and Massage	90 minutes	162 ++

Prices are in USD and do not include 16% Government Taxes and 10% Service Charge

Price List



USD

Outdoor Foot Massage	60 minutes	126++
Veli Cleanse	75 minutes	146++
Veli Enrich	75 minutes	146++
Veli Exfoliation	45 minutes	89++
Veli Sun Soother	45 minutes	89++
Veli Coconut Oil Hair Wrap	45 minutes	85++
The Islander Facial	60 minutes	122++
Veli Glow Facial	60 minutes	122++
Green Tea Facial	30 minutes	55++
SOS Sun Repair Facial	60 minutes	142++
Rejuvenating Facial	90 minutes	175++
Manicure For Her	60 minutes	85++
Manicure For Him	50 minutes	80++
Pedicure For Her	60 minutes	97++
Pedicure For Him	50 minutes	89++
Nail Polish Only	30 minutes	25++
Add To Your Treatment	30 minutes	45++
Yoga For Beginners at Yoga Pavilion	60 minutes	50++
Sunrise or Sunset Yoga	60 minutes	50++
Yoga Nindra (Yogic Sleep)	30 minutes	37++
Pranayama (Breathing)	30 minutes	37++
Meditation	30 minutes	37++
Pre Natal Yoga	60 minutes	50++
Romance	120 minutes	369++
Spirit Of The Maldives	120 minutes	227++
Pampering Package	03 days	288++
Relaxation Package	04 days	406++
Tranquil Package	05 days	434++
Vitality Package	06 days	483++

Prices are in USD and do not include 16% Government Taxes and 10% Service Charge

Kurumba
MALDIVES