



FIYAVALHU  
RESORT MALDIVES

*Spa*  
**MENU**





### **BALINESE MASSAGE**

Re-awaken your senses and find yourself in a complete state of calm. A traditional Balinese massage is a seamless blend of acupressure, skin rolling and firm, smooth strokes which are combined in a full body massage.

60mins / USD 84.00

90mins / USD 105.00



### **TWIN MASSAGE**

Twin massage offers a fully-clothed, strong, dry pressure massage combined with gentle yoga-style stretching techniques that re-awaken the body's energy flow.

60mins / USD 105.00

90mins / USD 126.00



### **AROMA MASSAGE**

An aromatherapy massage is used for a variety of different reasons, including relaxation, pain management, and improve mood. These are also some basic benefits of Massage therapy. Additional essential oil is though to enhance such benefits.

120mins / USD 105.00



### **FOOT REFLEX**

His or Her foot treatment begins with a cooling seawater foot bath to help relax and relieve swollen feet, followed by a foot reflex massage based on the ancient art of stimulating pressure points on the feet related to specific organs – working on those reflex points promotes health in those organs via the body's energetic pathways. The treatment promotes circulation; it is deeply relaxing with benefits that can be felt throughout the body. It is a good choice to alleviate tired and heavy feet and legs after a long flight or if you don't want to get oil on your body or in your hair!

60mins / USD 70.00

90mins / USD 105.00



### **SWEDISH MASSAGE**

Increase energy with a reviving upper body massage focusing on key areas to relieve muscle tension. Ideal for those requiring focused attention on the back whilst enjoying a complete face, scalp and shoulder massage.

60 mins / USD 105.00



### **SHIATSU MASSAGE**

Shiatsu is a highly therapeutic body therapy based on the beliefs of Traditional Chinese Medicine and combines a pressure point massage along the body's meridian system (system of energy pathways) and the five-phase theory system (five elements). In addition, Shiatsu also incorporates a number of mobilization exercises for the body leaving you feeling completely rejuvenated.

60mins / USD 90.00

90mins / USD 112.00



## **BODY SCRUB**

The first step to any successful body care and massage, scrubs prepare your skin to receive the bounty of the next treatments. They remove in no time the dry dead cells on the surface of your skin and along with them the first layer of stress to leave you with an overall refreshing and light sensation and an amazing silky smooth toned skin. Our Signature Body Scrubs are all made with local and natural products for you to enjoy an authentic Maldivian spa experience.

90 mins / USD 105.00



## **MANICURE**

Your nails will be shaped, cuticles tidied and hydrated, followed by a sea salt exfoliation, a massage of the hands and arms with a nourishing cream to restore natural moisture and improve the texture of your skin. Nail varnish is applied upon request.

30mins / USD 60.00

45mins / USD 70.00



## **PEDICURE**

Transform your feet with our nail and cuticle care, and then enjoy an invigorating sea salt polish to refresh and relax with a foot and lower leg massage to soften and nourish your skin whilst boosting your circulation relieving tired or swollen feet. Nail varnish is applied if requested.

30mins / USD 60.00

45mins / USD 70.00



## **TRADITIONAL FACIAL**

Ideal for soothing sensitive and irritated skin by using plant extracts, and Roman chamomile, rose and lavender flower essences. Your skin is re-hydrated and your shoulders are massaged for additional relaxation.

60mins / USD 90.00



## **COUPLE MASSAGE**

Re-awaken your senses and find yourself in a complete state of calm. A traditional Balinese massage is a seamless blend of acupressure, skin rolling and firm, smooth strokes which are combined in a full body massage.

Balinese Massage & Facial (1 hour, 30 Minutes)

90 mins / USD 180.00 per couple nett



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