



DUNIYESPA  
AWAKEN BODY AND SOUL

SPA & WELLNESS SERVICES



## WELCOME TO DUNIYE SPA

**“You are not a drop in the ocean, you are the entire ocean in a drop” - *Rumi***

At Duniye Spa our passion is wellness. We believe in the power of connection between mind and body along with the incredible healing powers of the nature surrounding us. We invite you to step into and be surrounded by the haven of serenity and calm that we have created, designed to enhance your journey to mindful and joyful living.

In Maldivian culture, Duniye means “universe” and this name was chosen as it epitomises what we stand for: A universal approach to wellness, with treatments inspired by the very best of ancient and modern expertise from around the globe. Whether you seek to make some healthy lifestyle changes, find some simple daily practices to pamper body & soul or look to rejuvenate and revitalize yourself from the inside out, we are here to work alongside you, always fine-tuning our methods with a customized approach based on your particular needs.

Connection with self, body and nature is something that is often missing in our daily and frequently busy lives. At Duniye Spa we offer you a soothing moment of calm, an opportunity to slow down, relax and be taken care of and perhaps to be inspired and guided by our talented team of healers. We invite you to experience total well being as we work to help you discover a deep sense of calm, joy and connectedness.

We believe that beauty and well being begins on the inside and therefore all products used at Duniye Spa are the result of careful and thoughtful consideration. At Duniye Spa we use chemical-free, organic and high-quality ingredients with a focus on locally produced coconut oil. Our product line is the result of the latest scientific research in the field of organic skin care. Highly effective ingredients such as peptides, Matrixyl, Cranberry extract, KigaliAfricana – just to name a few - ensure that only the best is given to your skin. Our HealingEarth™ products are developed in line with fair trade and sustainability principles and are 100% organic certified.

Suspended over the dazzling lagoon on the sunset side of the island, here secluded spa treatment rooms await in tropical huts built on stilts over the water. Just meters above the surface of the lagoon, we invite you to drift off into a state of bliss as you listen to the music of the waves beneath you.

Allow us to share our passion for beauty, healing and well being with you. We welcome you to experience all we have to offer as we assist you on your path to holistic, joyful and healthy living.

In warmth,

*Renate Hermes*

**Renate Hermes  
Group Spa Director, Duniye Spas**





## **SIGNATURE TREATMENTS\*\***

Includes our Asian inspired traditional and refreshing foot ritual to unwind and connect.

### **SENSE OF TOUCH**

Our signature massage: a sense seducing escape from daily life. Combining the world's best massage techniques; inspired by African and oriental healing traditions, expect a deeply relaxing and uplifting massage experience. Ginger and Lemongrass herbal poultices are used to evoke a warm, nutrient rich relaxation to tense muscles. This massage works with the body's natural energy system to harmonise the energy flow. Utilizing our miracle African Potato body balm to revive your senses whilst enriching your skin with anti-oxidants and deep hydration.

### **HEAVEN ON EARTH**

The ultimate face & body ritual: Unwind & de-stress with this heavenly combination. Drift away with a Balinese Massage to stimulate the natural balance of body, mind and soul. Enjoy our Healing Earth™ Glow & Radiance Facial, while celestial sounds of our Tibetan singing bowls deepen your relaxation. Rejuvenated, uplifted and deeply relaxed you will walk on clouds after this blissful experience.

### **MALDIVIAN ISLAND PARADISE**

Our bespoke top to toe Signature Ritual uses the essences of 100% pure organic coconut native to the Maldives. Experience profound and deep relaxation; enjoy smooth and hydrated skin and shiny, lustrous hair with the tropical scent of coconut.

- Freshly ground coconut-vanilla body polish
- Coconut hair mask combined with an Indian head massage using coconut oil infused with rosemary.
- Tropical full body massage with 100% virgin coconut oil.

### **\*\* OUR RECOMMENDATION**

Complete with a tropical bath soak with pure floral aromas essences and tropical refreshment.





### **COUPLES INDULGENCE\*\***

Includes our Asian inspired traditional and refreshing foot ritual to unwind and connect.

### **FULL MOON MAGIC**

An enchanting ritual to share with your loved one, captivates all of your senses, alleviates any tensions and connects you to the vital powers of nature's elements.

- Your choice of a full body massage.
- Freshly prepared body polish.
- Indulgent Indian head and foot massage.
- Tropical Bath Ceremony.
- Healing Earth™ Bio Active Mini Facial.
- Fruit platter complimented by Champagne.
- Spa gift for your spa experience at home.

### **HONEYMOON INDULGENCE**

Embrace this defining body ritual in a romantic setting with your loved one. After our signature foot-bath: For her: A choice of Balinese or Oriental massage, Pinotage Body Polish, a deeply nourishing Indian head massage enriched with rosemary infused warmed coconut oil. For him: A deep tissue Back or Muscle Ease Massage, followed by an invigorating Ginger-Lemongrass Body Polish, encapsulated by a relaxing foot massage.

### **HIM & HER Romantic Indulgence!**

Romantic Indulgence! Enjoy precious time together immersed with the aromas of pure essential oils and indulge in a restoring & calming Balinese Massage, followed by champagne to savour this treatment.

### **\*\* OUR RECOMMENDATION**

Complete with a tropical bath soak with pure floral aromas essences and tropical refreshment.



## MASSAGES OF THE WORLD

### BALINESE MASSAGE

A gentle and calming massage using acupressure, skin rolling and relaxing strokes to soothe, restore and calm the mind and body.

### MUSCLE EASE MASSAGE

Invigorating deep tissue massage using Swedish massage techniques to wring away tension and stress, with the option of deeper pressure.

### STRESS RELIEVER BACK MASSAGE

A therapeutic, deeply relaxing massage focusing on the back and upper body area: traditional healing herbs (poultices) are used for profound deep healing and release of muscle tension.

### AROMATHERAPY MASSAGE

A holistic massage, using a personalised blend of massage oil tailored to your mood and feelings to bring upon peace and tranquility to your body, mind & soul. Using gentle rhythmic strokes this massage promotes lymphatic drainage and healing.

### ORIENTAL MASSAGE

A therapeutic blend of free flowing massage techniques including Balinese, Thai and Indian head massage to experience the release of muscle tension, greater movement and renewed energy.

### THAI MASSAGE

Energising and uplifting, this 'yoga' massage opens joints, increases energy flow and muscle flexibility; improving postural body alignment (no oil used).

### MASSAGE 'A LA CARTE'

Tailor your massage to focus purely on your areas of choice to address tension and discomfort in specific muscle groups, choose your timing and your preferred massage style for a truly unique and personalised experience.

## BODY CARE

### CELLU-SLIM CAPPUCCINO BODY RITUAL FIRM & TONE

The complete body experience using an innovative blend of coffee and Body Complex 3TM to improve micro circulation, eliminating stretch marks and to reduce the appearance of cellulite. This treatment includes a full body exfoliation as well as a thermo cellulite slim mask. Enjoy firm, toned and smooth skin as a result. Let your senses drift away with the captivating sense of cappuccino.

\*For best results we recommend this treatment two times per week

### HIMALAYAN SALT STONE THERAPY DETOX & REJUVENATE

Beginning with a detoxifying foot ritual, this highly relaxing and re-mineralizing massage incorporates warmed, ethically sourced Himalayan Salt Stones that contain 84 mineral trace elements, which reduce stress, tension, pain and inflammation. The skin is naturally exfoliated by the stones leaving the skin smooth and hydrated. Experience a deep sense of balance and wellbeing.

### TROPICAL ALOE VERA RITUAL HEAL & REPAIR

Too much sun? Let the purest natural remedies cool, repair and restore your skin. For your body a cooling and healing Aloe wrap to restore and heal damaged skin. For your face hydra-boost skin care that restores radiance and structure to the epidermis.

### COCONUT BODY POLISH EXFOLIATE & MOISTURISE

A soothing back massage with warm coconut oil prepares the skin for freshly prepared coconut body polish to provide you with a moisturising exfoliation leaving your skin glowing and bright. The perfect preparation for a day on the beach.

### GINGER LEMONGRASS BODY POLISH STIMULATE & RELIEVE TENSION

An invigorating and stimulating ginger lemongrass polish prepared with fresh ginger to improve skin circulation, releases muscle tension and exfoliates. Great after an active day! Includes tension releasing back massage.

*Enhance with a facial cleanse and exfoliation.*



## **FACIAL CARE**

Facials by HEALING EARTH™ premium 100% organic product brand includes the highly celebrated antioxidant-rich pinotage grape seed oil and most active botanical essences.

Skin fit is a technique created to stimulate deep muscles in the face with the use of traditional Gua Sha stones, Rose Quartz and Jade Rollers.

Stimulating, firming and lifting the skin to reinvigorate muscles and promote graceful aging.

### **SKIN FIT - VITA FIRMING FACIAL**

Suitable for all skin types, but of particular beneficial for mature, dry or dehydrated skin. Improves skin elasticity, minimizing visibly fine lines and the onset signs of aging. With the use of Matrixyl™ & Cranberry in combination with tri-enzyme fruit acids; the skin is deeply exfoliated promoting the restructuring process of collagen and the vitamin boost to visibly revive the youthful and radiant appearance of your skin.

### **SKIN FIT - BIO ACTIVE FACIAL**

Suitable for him & her; oxygenated skin, long lasting deep hydrating facial that restores skin brilliance and radiance through highly concentrated pure organic serums tailored to your individual skin concerns. The facials are customized to your skin type to ensure visible results. Our skin therapist will advise the best treatment options for you.

### **ENHANCER - BEAUTIFUL EYES**

Complete your facial with the new technology of EyeSlices™; reduces puffiness, dark circles, redness, lines and wrinkles, bringing luminosity to the eye area.

## **HOLISTIC WELL BEING**

Restore your vital energy with our range of traditional therapies, mindfulness practices, yoga and meditation.

### **SOUND BATH**

Sound is vibration, and vibration touches every part of our physical being. Sound is heard not only through the ears, but through every cell of the body. Fall into a deep state of relaxation, meditation, and healing as your expert therapist uses a set of Himalayan singing bowls to balance your body, mind and soul.

### **REIKI**

Renowned Japanese technique for stress reduction and relaxation; awakens the body's innate healing ability, by 'laying on hands' allowing life force energy to flow and release blockages. As a result feel a deep sense of calm, peace & well-being.

### **REFLEXOLOGY**

Treat your feet with whole body benefits. Working on your foot reflex points to restore balance and support the body's own healing.

### **INTUITIVE BLEND**

Experience an intuitive holistic treatment with one of our specialised therapists leading your self healing journey with their touch, includes specialised knowledge of reflexes, osteopathy, sound therapy and reiki to provide a sense of deep relaxation and healing therapy.



## PREGNANCY BEAUTY CARE

With your bundle of joy on the way, now is the time to take a moment to relax and indulge in treatments specifically designed with you and your baby in mind.

### HOLISTIC WELL-BEING REIKI

Renowned Japanese technique for stress reduction and relaxation. Awakens the body's innate healing ability, by 'laying on hands' allowing life force energy to flow and release blockages. As a result feel a deep sense of calm, peace & well-being.

### DELUXE SPA MANICURE

Luxurious conditioning care for your hands with all elements of a traditional manicure to leave hands soft and smooth and nails beautiful. Includes a nourishing hand-arm massage with the tropical scent of frangipani to nourish the skin. Nail polish application is included if desired.

### DELUXE SPA PEDICURE

Pamper your feet with an aromatic foot soak and scrub, followed by a traditional pedicure and foot massage with nourishing frangipani lotion to leave your feet feeling revitalised and hydrated. Nail polish application included if desired.

### ENHANCER - BEAUTIFUL EYES

Complete your facial with the new technology of EyeSlices™: reduces puffiness, dark circles, redness, lines and wrinkles, bringing luminosity to the eye area.

***Please note that if you are in your first trimester (first three months) of pregnancy, the safety of yourself and your baby are our highest priority we therefore do not perform any treatment during the first trimester.***

## PREGNANCY BODY CARE

### MOMS ISLAND PARADISE

Top to toe coconut ritual using the essences of 100% pure organic coconut native to the Maldives. Experience profound and deep relaxation; enjoy smooth and hydrated skin and shiny, lustrous hair enhanced with the tropical scent of coconut.

- Mothers massage with 100% virgin coconut oil.
- Coconut hair mask combined with an indian head massage using coconut oil.
- Freshly ground coconut-vanilla body polish.

### MOTHERS MESSAGE

A unique massage treatment to soothe away the stress & aches of pregnancy; focusing on the lower back, lower legs & feet. Supportive cushions ensure a comfortable yet effective massage – safe for you and your baby.

### COCONUT BODY POLISH

Beginning with a back massage to relieve tension in the back followed by a freshly prepared coconut body polish is applied to provide you with a moisturising exfoliation leaving your skin glowing and bright.

### COCONUT OIL HAIR & FACE ELIXIR INDIAN TRADITION FOR SHINY HAIR

Warm locally sourced coconut oil massaged into scalp and hair. Followed by an Indian head, shoulder neck massage. Complimented with a luxurious vitamin rich face massage using jojoba & argan oil to leave the skin with a youthful glow.



## BEAUTY CARE

### SOUL 2 SOLE

Warm blended coconut oil infused with rosemary is massaged into your scalp, neck and shoulders following Indian traditions to relieve tension and deeply hydrate the hair. Completing the journey of the soul with a sole pressure point reflexology to stimulate energy zones and reflex areas throughout the body. This treatment leaves you in bliss from head to toe.

### COCONUT HAIR CRÈAM BATH

A traditional hair treatment infused with the hydration of coconut to leave the hair silky smooth, a perfect treat after a day in the sea. A warm blend of coconut oil is massaged into the scalp nourishing and softening the hair. Followed by a coconut hair mask wrapped in heated towels to deeply soften and hydrate even the driest hair. Perfectly completed with a neck and shoulder massage and application of hydrating coconut or frangipani lotion. Expect soft, shiny hair with the tropical scent of coconut.

### DELUXE SPA MANICURE

Luxurious conditioning care for your hands with all elements of a traditional manicure to leave hands soft and smooth and nails beautiful. Includes a nourishing hand-arm massage with the tropical scent of frangipani to nourish the skin. Nail polish application is included if desired.

### DELUXE SPA PEDICURE

Pamper your feet with an aromatic foot soak and scrub, followed by a traditional pedicure including the removal of unwanted dry skin and callouses completed by a foot massage with refreshing peppermint lotion to leave your feet feeling revitalised and hydrated. Nail polish application included if desired.

### SALON TREATMENTS

Please refer to our salon service list. Services such as waxing, eyebrow shaping, hair & make up are available.

## ADD ON SERVICES

To further enhance any of your spa treatments, add on your selection of the below services to any treatment on the spa menu.

### BACK, NECK & SHOULDER MASSAGE

An invigorating deep tissue massage focusing on the back area, using massage techniques designed to wring away tension and stress.

### EXPRESS FACIAL

A treat for your face with the elements of a traditional facial, using our organic products - short and sweet!

### INDIAN HEAD MASSAGE

#### COCONUT OIL MASSAGE FOR SHINY HAIR

Warm locally sourced coconut oil with rosemary infusion is massaged into the scalp and hair. Followed by an Indian head neck and shoulder massage. Coconut oil is a natural conditioner and provokes new shine; aids in the protecting the hair from the sun and sea.

### WANT MORE TREATMENT TIME?

Choose from the time options from our price list and customize your treatment.

## HOW TO SPA

- Opening hours 10am to 8pm, treatments after these timings are subject to an extra charge of \$25 per person.
- Kindly shower prior to treatment to remove sunscreen.
- To enjoy the full spa experience, please come to the spa 15 minutes prior to your appointment.
- Our cancellation policy is 6 hours; we regret that 50% charge will be made for treatments cancelled with less than six hours notice and 100% charge will apply for no-show.
- Packaged offers are not refundable, not transferable and pre-booking is required.
- All prices subject to 12% GST (Goods & Service Tax).





  
**DUNIYESPA**  
AWAKEN BODY AND SOUL

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**SIGNATURE TREATMENTS**

Sense of Touch	75 min	per person US\$ 132
Heaven on Earth	90 min	US\$ 156
Maldivian Island Paradise	120 min	US\$ 204

**COUPLES INDULGENCE**

Full Moon Magic	135 min	per couple US\$ 420
Honeymoon Indulgence	105 min	US\$ 342
Him & Her	75 min	US\$ 240

**MASSAGES OF THE WORLD**

Balinese Massage	60 / 90 min	per person US\$ 114 / US\$ 148
Muscle Ease	60 / 90 min	US\$ 114 / US\$ 148
Stress Reliever Back Massage	60 / 90 min	US\$ 114 / US\$ 148
Aromatherapy Massage	60 / 90 min	US\$ 114 / US\$ 148
Oriental Massage	60 / 90 min	US\$ 114 / US\$ 148
Thai Massage	60 / 90 min	US\$ 114 / US\$ 148
Massage A La Carte	60 / 90 min	US\$ 114 / US\$ 148

**BODY CARE**

Cellu-Slim Cappuccino Body Ritual - <i>Firm &amp; Tone</i>	75 min	per person US\$ 130
Himalayan Salt Stone Therapy - <i>Detox &amp; Rejuvenate</i>	75 min	US\$ 128
Tropical Aloe Vera Ritual - <i>Heal &amp; Repair</i>	75 min	US\$ 128
Coconut Body Polish - <i>Exfoliate &amp; Moisturise</i>	60 min	US\$ 102
Ginger Lemongrass Body Polish - <i>Stimulate &amp; Relieve Tension</i>	60 min	US\$ 102

**FACIAL CARE**

Skin Fit - Vita Firming Facial	75 min	per person US\$ 118
Skin Fit - Bio Active Facial	60 min	US\$ 110
Enhancer - Beautiful Eyes - top-up of any facial		US\$ 9.50
Enhancer - Beautiful Eyes - for your home care (10x use)		US\$ 16.50

**HOLISTIC WELL-BEING**

Sound Bath	60 min	per person US\$ 104
Reiki	60 min	US\$ 104
Reflexology	60 min	US\$ 104
Intuitive Blend	60 min	US\$ 114

**PREGNANCY BEAUTY CARE**

Holistic Well-being - Reiki	60 min	per person US\$ 104
Deluxe Spa Manicure	65 min	US\$ 62
Deluxe Spa Pedicure	65 min	US\$ 62

**PREGNANCY BODY CARE**

Moms Island Paradise	120 min	per person US\$ 204
Mothers Massage	60 min	US\$ 114
Coconut Body Polish	60 min	US\$ 102
Coconut Oil Hair & Face Elixir	45 min	US\$ 72

**BEAUTY CARE**

Soul 2 Sole	60 min	per person US\$ 114
Coconut Hair Cream Bath	60 min	US\$ 114
Deluxe Spa Manicure	60 min	US\$ 62
Deluxe Spa Pedicure	60 min	US\$ 62
NCLA Gelous Polish Application		US\$ 10

**ADD-ON SERVICES**

Back, Neck & Shoulder Massage	30 min	per person US\$ 56
Express Facial	30 min	US\$ 56
Indian Head Massage - Coconut Oil Massage for Shiny Hair	30 min	US\$ 56

**WANT MORE TREATMENT TIME?**

Choose from the following time options and customise your treatment.

Can only be added to treatments from this service menu:	30 min	US\$ 40
	45 min	US\$ 58