



NOKU SPA

NOKU SPA IS MORE THAN JUST SPA

Enter on a journey of a unique combination of wellness to give you a truly holistic experience.

Once you are with us, you will be the most important person in the world and no amount of pampering, care and expertise will be spared.

All our treatments and wellness activities are designed to have therapeutic value and will be carefully tailored to your needs.

THEY REALLY ARE ALL ABOUT YOU!

NOKU Maldives

Kudafunafaru • Noonu Atoll • Republic of Maldives

T: +960 656 1010 | F: +960 656 2020 | E: h3-re@nokuhotels.com

www.nokuhotels.com/maldives

Body Massage @ Noku Spa

KASHI NOKU SIGNATURE MASSAGE

120 minutes

US\$ 299 per couple

Restore your skin's luster with this amazing local coconut scrub followed by hydrating tropical coconut oil massage. This treatment uses a blend of finest quality natural ingredient to suit your individual needs, leaving your skin soft and supple whilst releasing your stress with a scalp massage, followed by a Maldivian coco hair wrap.

Package includes:

- Foot ritual
- Local coconut scrub
- Shooting body massage with local coconut oil
- Maldivian coco hair wrap

LOTUS AROMA MASSAGE

60 Minutes

US\$ 139 per person

90 Minutes

US\$ 169 per person

Discover the ancient art and allure of aromatherapy, with this gentle and shooting massage style combined with the healing essences of our unique aromatherapy blend stimulate your sense and relax your body and mind.

HOT STONE MASSAGE

90 Minutes

US\$ 189 per person

Hot stone therapy rebalances the body by use of "Black Basalt "stones placed on specific cakra points to bring about perfect harmony within the body. By applying pressure to these points, you are able to stimulate these organs that some believe results in better health.

ENERGIZING DIVINE MASSAGE

60 Minutes

US\$ 149 per person

90 Minutes

US\$ 179 per person

A deep tissue massage, sometime our bodies need a little jump start, for stiff muscle, fatigue, jetlag, or simply those days when you have had enough of it all.

Body Massage @ Noku Spa

BABY BUMPS

60 Minutes

US\$ 129 per person

A deeply nourishing body treatment designed to target areas prone to stress and tension during pregnancy.

HIBISCUS RELAXING MASSAGE

60 Minutes

US\$ 129 per person

90 Minutes

US\$ 159 per person

This classic deep relaxing massage promotes a sense of well – being by increasing your blood circulation and by improving muscle tone, skin texture and total relaxation. Ideal for reliving muscular tension and pains.

BACK, NECK & SHOULDER

30 Minutes

US\$ 70 per person

For those who would like to spend more time on this high stress area. It's is also a way to restore your wellbeing after the exhaustion of long travel and physical activities.

THAI MASSAGE

60 Minutes

US\$ 149 per person

90 Minutes

US\$ 179 per person

Harmonize your body energies by combine acupressure and traditional Thai massage stretching posture. Enjoy this deep from of massage, which is an art with ancient traditions that uses therapy on pressure points, muscle and ligament, whilst gently stretching. The body is elongated and relieved of tension creating a wonderful sense of well- being.

TRADITIONAL BALINESE MASSAGE

60 Minutes

US\$ 139 per person

90 Minutes

US\$ 169 per person

Restoring and calming experience combining long flowing strokes with acupressure and stretching. Guaranteed to relieve stress, improve blood circulation and calm the mind.

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Body Treatment @ Noku Spa

COFFEE BODY SCRUB

30 Minutes

US\$ 69 per person

60 Minutes

US\$ 119 per person

This an exceptional skin softening body exfoliation combine sea salt, arabica coffee bean peppermint essential oil to leave your skin moisturized, smooth and soft.

KURUMBA BODY BUFF

30 Minutes

US\$ 69 per person

60 Minutes

US\$ 119 per person

This personalized body wrap is a tailor – made experience designed to comfortably raise the temperature, nourish the skin and increase the effect and absorption of the wrap.

Beauty Care @ Noku Spa

CELLULAR RENEWAL FACIAL

60 Minutes

US\$ 149 per person

A deeply hydrating formula for mature skin using a local product to rejuvenate and tone the skin.

NATURAL FACIAL

60 Minutes

US\$ 129 per person

This facial is very classic and using natural ingredients is very good to refresh your skin.

ESENTIAL MANICURE / PEDICURE

60 Minutes

US\$ 89 per person

Maintain an amazing result and keep nails in good condition.

Wellness Private Sessions @ Noku Spa

60 Minutes

US\$ 89 per person

Discover the path to Wellness in the heart of an island paradise at NOKU Maldives. Following a philosophy of sustainable wellbeing, our programs aim to guide you in the ways of healthy living, both on the island and beyond. Stretch Therapy is a ground breaking new way to stretch that is distinct from yoga and traditional stretching. It is an intuitive way of working with your body to get amazing improvements in posture, flexibility, movement, performance and energy. Stretch Therapy works on the fascia, releasing the body from pain, stiffness, limitation and helping to create a naturally healthy body, which is strong, flexible and graceful.

Personal Training Lesson @ Noku Gym

60 Minutes

US\$ 89 per person

A fusion of the mind and body based on the reawakening of dormant muscle and brain cells, Fitness training gives us the opportunity to live a life where the gap between functional motion and enlivened thought has been bridged.

BENEFIT

- Increases mind body awareness
- Adaptable to many ages, fitness levels and needs
- It's a super-efficient workout.
- Combination of cardio and strength training.
- At any fitness level, it's challenging.
- It will increase your flexibility.
- You'll achieve better balance.

Wellness Program Package

US\$ 319 per couple

NOKU Wellness brings together an array of indulgent experiences transiting to a holistic offering. With flexibility and perfectly tailored to individual needs, it provides an ideal opportunity to enjoy various exceptional treatments and programs available at NOKU Maldives. From rejuvenating fitness and yoga classes and personalized spa treatments, guests can discover the many ways to complete wellbeing. Each program is personally packaged and tailored to individual requirements.

PACKAGE INCLUDE

Partner yoga sessions	45 minutes
Personal training lesson	45 minutes
Personalized full body massage	60 minutes

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How to Spa

Reservations

To schedule an appointment for your perfect treatment, please contact our Noku Spa team who will provide the best recommendations for you. To ensure your preferred time and service is available, we recommend that you book your treatment in advance by dialing extension "254" to Spa Reception or extension "0" to our guest host.

Noku spa opening hours

Noku Spa is open daily from 10.00 AM to 08.00 PM and the last treatment will commence at 07.00 PM.

Arrival

Please allow sufficient time before your treatment to complete a Spa Consultation Form and/or Health Questionnaire. We recommend that you arrive up to 30 minutes prior to the appointment so that allow plenty of time to fill in our health assessment form.

Spa Etiquette

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile-phone free zone, and smoke free-zone

Pregnancy

We have specially designed treatment for expectant woman or nursing mothers. Please allow our spa team to guide you in selecting the most suitable treatments during special time.

Cancellation Policy

If you plan changed and you wish to cancel your appointment, kindly let us know at least 4 hours prior to initial appointment time. Any treatment later will be charged at 50% of the respective rate; no show will be charged at 100% of the rate.

Above prices are subject to 10% Service Charge and 12% GST