



FILITHEYO  
Island Resort



# Spa Menu

FILITHEYO ISLAND RESORT

don't forget  
to  
**PAMPER**  
yourself

### *FILITHEYO FUSION \**

A blend of five world massages. This signature treatment will promote good health by stimulating the body's energy flow.

FIRM

90 minutes \$114.84

### *MALDIVIAN SAND \**

Drawn from the Maldivian sand treatment, this massage incorporates pure white sand to exfoliate and nourish tired skin. Applied in firm rhythmic strokes, this is a uniquely beautiful massage.

FIRM

60 minutes \$ 95.70

### *HOT STONE \**

A specialized massage using heated basalt stones, inducing a deep relaxation while still focusing on areas of concern.

ALL PRESSURE

90 minutes \$ 133.98

### *BALINESE \**

A rhythmic massage combining long strokes and palm pressure to relieve tension, to improve blood flow, to ease stress and to calm the mind. A deeply relaxing path to health and harmony.

MEDIUM

60 minutes \$ 91.87

90 minutes \$ 114.84

### *BACK THERAPY \**

A deep tissue massage focusing on the tension areas of the body, including back, neck and shoulders to dissipate any muscular tension.

FIRM

30 minutes \$ 51.04

### *THAI MASSAGE \**

Performed in our open air pavilion, this traditional massage stretches the body and stimulates the meridians, promoting healing and rejuvenation for tired and strained body.

FIRM

90 minutes \$ 146.74

### *CLASSIC AROMATHERAPY \**

This sensory massage focuses on Swedish techniques, promising to ease you gently into your spa journey with a choice of aromatic oils to relax, stimulates or balance.

SOFT

60 minutes \$ 91.87

90 minutes \$ 114.84

### *LEG REVIVAL \**

A jet lag dream, this foot to knee massage incorporates reflexology & shiatsu to balance the body & to increase circulation.

FIRM

60 minutes \$ 91.87

### *EARTH MOTHER \**

A specialized massage enhanced with warmed oil to relieve tension, only available for woman in their second and third trimester.

SOFT

60 minutes \$ 102.08

### *Jet Lag Therapy \**

The massage therapy technique selected for the treatment are specifically chosen to relief suffering from soreness, smooth out the bump traveling, boost circulation and calm the nervous system.

MEDIUM

45 minutes \$ 67.63

# Herbal Heat

## KNOWLEDGE OF LIFE \*

Ayurveda, the ancient healing system of India, harmonises the body's rhythm with nature by massaging the intersections of our vital life force. Combined with Shirodhara and finishing with Indian head massage.

MEDIUM

120 minutes \$ 178.64

## UDHHVARTHANNAM \*

*"to raise or elevate"*

Designed to induce perspiration, initiates weight loss, improves skin complexion and better the mobility of body joints. A fine medicated powder is applied over the body before being infused deep into the skin through a vigorous massage.

90 minutes \$ 133.98

## NAVARAKIZHI \*

*"enhancing movement"*

Highly effective in enhancing strength, vitality and muscular aches. This treatment has been used for thousands of years combining medicated rice poultices and warmed herbal oils before being applied to the body.

90 minutes \$ 133.98

## VATAKAZHI \*

*"herbal pain relief"*

A therapeutic bundle of herbs, selected for their ability to reduce aches and pains from arthritis, rheumatic joints pain, swelling and sprains, are soaked in warm herbal oils and applied over the body concentrating heat to areas of concern.

90 minutes \$ 133.98

*All the prices are inclusive of 10% service charge & 16 % Government Tax*

# Facials

*A therapeutic deep cleansing facial design for specification of your skin type. It consist of natural ingredient to treat the skin at the deepest level. Specialized Balinese massage movements help oxygenated your skin whilst bringing relaxation for your body and mind.*

## REJUVENATING

Dedicated to rejuvenate the skin from environmental damage, extreme life style and cosmetic. It helps to restore the appearance of a younger age. The papaya enzyme in this treatment will break down inactive proteins and eliminates dead skin cell to help the skin glowing while the bromelain extract soften the skin and Rosemary extract will naturally strengthen the capillaries and helps to slow the effect of aging of your skin.

60 MINUTES \$ 121.22

## SOOTHING

This facial helps to heal and repair the sensitive and unbalanced skin tones. Chamomile's extract have been used since ancient times to calming and anti-inflammatory properties for the skin while Camellia improves the elasticity, moisture and soften the skin. Its transdermal carrier of cell rebuilding nutrients and bioactive compounds into the skin which is repair damage caused by dryness, sun exposure and aging.

60 MINUTES \$ 102.08

## REHYDRATING

This rehydrating facial contains of Cucumber, Geranium , and Lavender extract. Cucumber extract helps to hydrate the skin, improve the complexion which is absorbed easily by the skin. Whilst Geranium extract reduce inflammation, encourage circulation and tighten the skin. And Lavender extract helps to calm the skin and reduce the sign of scaring and acne. This facial recommended for oily and damaged skin.

60 MINUTES \$ 102.08

## DEEP MOISTURIZING

This facial delicates for dull skin as its contains of riches ingredients. Aloe vera contains a plethora of antioxidants, including beta carotene vitamin C and E, that can help improves the skin natural firmness and keep the skin hydrated. Its moisturized the skin without giving it a greasy feel, so its perfect for any skin type, while avocado help to remove dead skin cells from your body. The fruit oil can easily absorbed by the skin. It penetrates deep into the skin layers and restore nutrients. In turn, this helps to stimulates the growth of new skin cells. This facial is really suit for dry and rough skin.

60 MINUTES \$ 121.22

## NATURAL FACIAL

A facial treatment that takes you back to nature. Your therapist will choose fresh ingredients from tomatoes, carrots , cucumber, pineapple , and lime. And customize it to your need.

60 MINUTES \$ 95.70

## REFRESHER FACIAL

A skin boost with natures nectar to cleanse and to revive.

30 MINUTES \$ 51.04

*All the prices are inclusive of 10% service charge & 16 % Government Tax*



# *Sunburn Soother*

*“cool, heal, and relieve”*

Calm  
with a healing Lavender body wash.

Infuse  
while you are enveloped in an active & cooling mask,  
rich in soothing Aloevera & mineral laden seaweed.

Relax  
with a gentle massage, applied with healing oil  
to calm the sting of sunburn.

1 hours 30 minutes

\$ 133.98

*All the prices are inclusive of 10% service charge & 16 % Government Tax*

# Nature's Escape

## "at Al Fresco Spa"

*Feel the sea breeze on your skin & enjoy the best view on the island in your own private retreat.*

### MALDIVIAN SAND OCEANSIDE

Drawn from the Maldivian Sand treatment, this massage incorporates pure white sand to exfoliate and nourish tired skin. Applied in firm rhythmic strokes, this is a uniquely beautiful massage performed in our open air pavilion.

FIRM

60 minutes - \$ 95.70

### SEASCAPE

A spa combination MUST be provided in the best location ever ! Enjoy our traditional Maldivian Sand massage and combine with your choice of 30 minutes Refresher Facial or 30 minutes Foot Massage.

90 minutes \$ 133.98

### AL FRESCO EXPERIENCE

Enjoy almost any spa treatment in Al Fresco Spa for an extra \$5 Please ask your spa host.



*All the prices are inclusive of 10% service charge & 16 % Government Tax*





# Natural Element

## “ a touch of serenity ”

*Be spoilt on the spa express with a selection of efficient & effective therapies.  
Choose from the list below :*

### BACK MASSAGE

a deep tissue massage focusing on the tension  
areas of the back.  
30 minutes

### REFRESHER FACIAL

a skin boost with nature's nectar  
to cleanse and to revive.  
30 minutes

### REFLEXOLOGY

pressure point foot massage  
to stimulates body balance.  
30 minutes

### INDIAN HEAD MASSAGE

pressure point therapy to reduce tension in the  
scalp, head, & shoulder.  
30 minutes

### MANICURE

file & polish.

### PEDICURE

file & polish.

*2x30 minutes treatments \$ 91.87  
3x30 minutes treatments \$ 140.36  
4x30 minutes treatments \$ 165.88*

*All the prices are inclusive of 10% service charge & 16 % Government Tax*

# Natural Order \*

*Raw ingredients to enhance the spa journey.*

## CALM

with a healing  
lavender Body wash

## GLOW

with hand refined  
Filitheyo coconut  
to exfoliate and nourish

## INFUSE

your skin with an  
organic carrot & honey wrap  
making skin luminous

## RELAX

as a blend of five massage technique  
promotes good health by stimulating the  
body's energy flow

## REJUVENATE

your skin with a facial treatment that takes  
you back to nature. Your therapist will  
select from fresh ingredients including  
Tomatoes, carrots, cucumber, greentea,  
Pineapples, and lime, and customize it  
to your skin needs.

3.5 hours \$ 253.92



*All the prices are inclusive of 10% service charge & 16 % Government Tax*



# Nature's Wonderland \*

*The Filitheyo Spa encourage you to create your own spa experience.*

*Our spa host will tailor make a unique journey specific to your instruction.*

## BODY SCRUB

Fresh coconut  
Maldivian Sand  
(30 minutes)

## REJUVENATES

Natural Facial  
(60 minutes)

## REFRESHER FACIAL

(30 minutes)

## RELAX

Balinese Massage  
Classic Aromatherapy  
Leg revival  
(60 minutes)

2 hours  
\$ 197.40

3 hours  
\$ 253.92

4 hours  
\$ 297.31



*All the prices are inclusive of 10% service charge & 16 % Government Tax*



Love \*

*of lifetime*

GLOW

with a body polish  
to smooth and nourish the skin.

RELAX

with this sensory massage that focuses on Swedish techniques  
promising to ease you gently into your spa journey  
with a choice of aromatic oils to relax , stimulates  
and balance your body and mind.

INDULGE

in a glass of  
sparkling wine

*1.5 hours*

*\$ 159.50 per person*

*minimum two persons*



*All the prices are inclusive of 10% service charge & 16 % Government Tax*

# *Goddess of Fertility \**

*Specialized therapies united together to protect,  
relax and nurture the mother to be.*

## RELAX

*Earth Mother*

A gentle massage enhanced with  
warmed calming oil to relieve tension  
using abhyanga techniques and marma points.

## HAIR SPA

A traditional scalp & hair treatment  
using herbalised oils and therapeutic touch.

## RENEW

tired hands and feet  
with an express manicure & pedicure.  
refresh nails & cuticles and  
with vibrant splash of color.

*3 hours - \$ 232.23*

*only available for ladies in their second and third trimester  
treatments are adjusted to ensure safety of mother and baby*



*All the prices are inclusive of 10% service charge & 16 % Government Tax*

# *Hair Spa Rituals*

*In true Ayurvedic tradition, hair is lavishly massaged with nourishing oils infused with precious herbs.*

*High in anti-oxidant properties  
this opulent ritual assists  
in calming the mind while  
nourishing and strengthening hair  
to a lustrous shine.*

## HERBAL SCALP MASSAGE \*

A traditional scalp & hair treatment  
using herbalised oils and therapeutic touch

60 minutes - \$ 91.87

## HAIR REJUVENATION \*

A decadent combination of massage and mask  
to balance, nourish and strengthen, making hair  
more resilient to environmental and chemical pollutants.

75 minutes - \$ 114.84



*All the prices are inclusive of 10% service charge & 16 % Government Tax*



# Hands & Feet

## ABSOLUTES

"perfect, complete or pure"  
(90 minutes)

### Feet

exfoliation  
mask  
nail & cuticles repair  
massage  
buff & polish  
\$ 114.84

### Hands

exfoliation  
mask  
nail & cuticles repair  
massage  
buff & polish  
\$ 114.84

## DELUXE

"rich in quality"  
(60 minutes)

### Feet

exfoliation  
nail & cuticles repair  
massage  
buff & polish  
\$ 91.87

### Hands

exfoliation  
nail & cuticles repair  
massage  
buff & polish  
\$ 91.87

## EXPRESS

"rapid"  
(45 minutes)

### Feet

nail & cuticles repair  
buff & polish  
\$ 57.42

### Hands

nail & cuticles repair  
buff & polish  
\$ 57.42

*All the prices are inclusive of 10% service charge & 16 % Government Tax*

# Spa Information

## RESERVATION

Advance booking are highly recommended to secure your preferred date and time of treatment to avoid disappointment.

## SPA OPERATION HOURS

10am – 8pm

## CANCELLATION POLICY

A 24 hours cancellation policy is in place to assist us in rescheduling your appointment. Any cancellation with less than 4 hours notice will incur a 50% cancellation fee and full charges will be imposed should you not attend your scheduled appointment.

## SPECIAL CONSIDERATION

Guests who have high blood pressure, heart conditions, allergies, are pregnant or have any other medical complications are advised to consult their doctors before requesting any spa treatments. Kindly inform your spa host of any pre existing medical conditions or health concerns.

## CHECK IN

Please arrive at the spa at least 15 minutes prior to your scheduled appointment to avoid any decreased treatment time.

## ETIQUETTE

To ensure the serenity of Filithayo Spa we respectfully request that all visitors keep noise to minimum. Electronic devices are also discouraged.

## ATTIRE

The spa suggests that for your comfort to wear loose casual clothing during your visit.

## SMOKING & ALCOHOL

Please refrain from smoking and the excessive consumption of alcohol within the spa.

## VALUABLES

While a jewelry box is provided in the treatment room, we recommend that no jewelry be worn to the spa and accept no responsibility for the loss of money or valuables of any kind brought onto the premises.

