



Spa Menu

Sleep For those who wish to improve sleep quality and duration

Revived
Switch off Slumber
Renewed Sleep Recover
Rest Recharge Relax

Nidraasana Sleep Ritual

By: Soneva and Roger Moore

Duration: 90 / 120 minutes

Components: Foot soak and scrub, aromatic sand poultice, Reiki, body massage and facial pressure point massage

Outcome: Relaxes the body and mind for improved quality of sleep

Sleep Remedy

By: Zents

Duration: 90 minutes

Components: Body scan, pranayama and full body massage

Outcome: Releases tension from the body and mind, aiding in restful sleep

Sudtana Scalp Ritual

By: Sudtana

Duration: 60 minutes

Components: Scalp and facial massage with oil and gua sha

Outcome: Traditional Thai therapies soothe and calm the mind

Shirodhara

By: Soneva

Duration: 60 minutes

Components: Oil pour with medicated blends

Outcome: Rejuvenates and enhances the function of the central nervous system for deep relaxation

Meditation

By: Soneva

Duration: 45 minutes

Components: Breathwork and mindful techniques

Outcome: Regulates the nervous system for a deep sense of relaxation and peace within the body and mind

Meditation and Sound Therapy

By: Soneva

Duration: 60 minutes

Components: Breathwork, mindful techniques and sound therapy, using gongs and crystal and Tibetan singing bowls

Outcome: Induces a deep state of calm and overall wellbeing

Skin For those who wish to maintain skin health or address specific concerns

Youthful
Hydrate Refresh
Exfoliate **Brighten** Cleanse
Rejuvenate

Soneva NeoLift Deluxe Facial

By: Soneva

Duration: 120 minutes

Components: Comprehensive facial with sculpting massage techniques

Outcome: Radiant skin and firmed muscles

Soneva NeoLift Facial with Buccal Massage

By: Soneva

Duration: 90 minutes

Components: Facial cleanse and buccal massage

Outcome: Relaxed, lifted and sculpted facial muscles

Soneva NeoLift Facial without Buccal Massage

By: Soneva

Duration: 75 minutes

Components: Cleansing and lifting facial massage

Outcome: Muscle manipulations and lymphatic drainage techniques for a brightened complexion

Deluxe HydraFacial

By: HydraFacial

Duration: 60 minutes

Components: Lymphatic drainage, cleanse, exfoliation, extraction and hydration, booster and LED therapy

Outcome: Anti-ageing treatment, leaving the skin feeling firmer, brighter and nourished

Signature HydraFacial

By: HydraFacial

Duration: 30 minutes

Components: Cleanse, exfoliation, extraction and hydration

Outcome: Hydrated and invigorated skin

Celluma Light Therapy

By: Soneva

Duration: 30 minutes

Components: Phototherapy using LED light therapy

Outcome: Red and near-infrared wavelengths used to brighten and restore the skin, as well as facial rejuvenation, hair loss, acne, wound healing and general pain reduction for muscles, joints and arthritis.

24k Gold Age-Defying Facial

By: *Subtle Energies*

Duration: *90 minutes*

Components: *Combines collagen and elastin boosting actives, with ingredients such as Mogra, Queen of Jasmine and 24k Gold*

Outcome: *Brings a radiant glow to the skin and reduces fine lines and wrinkles*

Living Beauty Signature Facial

By: *Amala*

Duration: *90 minutes*

Components: *Cleanse, exfoliation, mask, massage and hydration*

Outcome: *Visibly radiant skin*

Advanced Firming Facial

By: *Amala*

Duration: *60 minutes*

Components: *Cleanse, exfoliation, mask, massage and hydration*

Outcome: *Immediate firming effect, with smoother, more radiant skin*

Personalised Facial

By: *Amala*

Duration: *60 minutes*

Components: *Cleanse, exfoliation, mask, massage and hydration*

Outcome: *A bespoke treatment to address specific skin concerns*

Soneva Natural Body Scrub & Natural Body Wrap

Choice of Body Scrub: Coconut, Orange Yoghurt, Almond, Brown Sugar, Green Tea, Coffee and Oat

Choice of Body Wrap: Milk, Avocado, Papaya, Honey, Coffee & Oat

By: *Soneva*

Duration: *60 minutes*

Components: *Body exfoliation and body wrap using locally-grown ingredients*

Outcome: *Softer, smoother and brighter skin*

Soneva Skin Saviour

By: *Soneva*

Duration: *60 minutes*

Components: *Aloe, cucumber and iced compresses are applied to areas with sunburn, followed by a facial massage using cold rose quartz crystals*

Outcome: *Calmed and balanced skin*

Cleanse and Clarify Rhassoul Clay Body Wrap

By: *Amala*

Duration: *60 minutes*

Components: *Body exfoliation, wrap and moisturisation*

Outcome: *Detoxifying treatment, improving skin texture and visible signs of cellulite*

Energise For those who need an energy boost

Recharge
Motivate Stimulate
Awake Invigorate
Revitalise

Soneva Intuitive Therapy

By: Soneva

Duration: 60 / 90 / 120 minutes

Components: Full body massage

Outcome: A tailored treatment that uses a combination of massage movements to energise the body and revive the mind

Jet Lag Reviver

By: Amala

Duration: 60 minutes

Components: Body brush, full body massage and scalp massage

Outcome: Energises and refreshes body and mind

Energise and Revive

By: Zents

Duration: 60 / 90 minutes

Components: Back, neck and shoulder massage, scalp massage, foot reflexology and acupressure

Outcome: Restores and revitalises the body

Foot and Leg Therapy

By: Legology

Duration: 60 minutes

Components: Exfoliation, dry brushing, leg and foot massage and cupping

Outcome: Revives tired legs and feet, with instant contouring and lightening effects from the first treatment

Balance For those who wish to restore their equilibrium

Release Comfort Rest Calm Peace

So Soul

By: Soneva

Duration: 90 minutes

Components: Integrative treatment combining Ayurvedic and traditional massage movements, Craniosacral holds and Auricular Acupressure

Outcome: A deeply relaxing and therapeutic treatment to ease pain, improve wellbeing and reduce stress

So Fusion

By: Soneva

Duration: 90 minutes

Components: Full body treatment starting with dry massage techniques, followed by a herbal poultice and oil massage

Outcome: Improvement in blood circulation, muscle tension is eased and flexibility is increased

Reiki

By: Soneva

Duration: 60 minutes

Components: Full body energy work treatment

Outcome: Restore holistic balance, experience deep relaxation, reduced stress and enhanced wellbeing

Back Reviver

By: Soneva

Duration: 60 / 90 minutes for full body

Components: Back exfoliation, warming back mask, back, neck and shoulder massage incorporating warm poultice

Outcome: Back, neck and shoulder tension will be relieved and stress reduced

Blissful Marma Massage

By: Subtle Energies

Duration: 60/90 minutes

Components: Long, firm, flowing movements along with marma therapy and chakra balancing techniques to align vital energy centres

Outcome: Enhances overall wellbeing while relieving stress related tension

Quench Body Massage

By: Zents

Duration: 60 / 90 minutes

Components: Full body massage

Outcome: Biodynamic flower essences calm the nervous system and detoxify the body, while shea butter deeply nourishes the skin

Sacred Body Rituals Signature Treatment

By: Sacred Body Rituals

Duration: 90 / 120 minutes

Components: Intention setting, cleanse with Palo Santo & California White Sage, body scan, full body massage and facial with botanical extracts and mushrooms

Outcome: Reduce stress and anxiety, promote physical and emotional wellbeing as well as reduce pain.

Abhyangam Classical

By: Soneva

Duration: 60 / 90 minutes

Components: Full body traditional massage using medicinal oils provided by one therapist

Outcome: Deeply relaxes the body

Pamper For those wanting a little indulgence

Spoil Relax Luxury
Refreshed Treat
Rejuvenated Indulge
Pampered

Four Hand Massage

By: *Soneva*

Duration: *90 minutes*

Components: *Full body massage provided by two therapists*

Outcome: *Body and mind feel relaxed, and tension is removed*

Balinese Massage

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Full body massage using long palm strokes and soft to medium pressure*

Outcome: *Body and mind feel relaxed, and tension is removed*

Thai Massage

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Dry, full body massage using a combination of pressure points and stretching techniques*

Outcome: *Body feels energised and reduction in muscle tension*

Swedish Massage

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Traditional massage involving long, kneading movements combined with rhythmical percussion*

Outcome: *Body feels energised yet relaxed*

Atlas Massage

By: *Soneva*

Duration: *90 minutes*

Components: *Full body massage using massage techniques inspired from around the world*

Outcome: *Body feels energised as well as relaxed and destressed*

Deep Tissue Massage

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Full body massage using oil and deep pressure using arms and elbows*

Outcome: *Muscle tension is removed from the body*

Hot Stone Massage

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Full body massage using hot volcanic basalt stones*

Outcome: *Muscle tension is removed from the body; circulation is stimulated, and flexibility is increased*

Pre & Post Pregnancy Massage

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Full body massage involving light, soothing movements*

Outcome: *Tension from key areas is reduced and the body will feel relaxed*

Quench Body Polish

By: *Zents*

Duration: *60 minutes*

Components: *Body exfoliation and moisturisation*

Outcome: *Smoother, deeply hydrated skin*

Manicure

By: *Soneva*

Duration: *60 minutes*

Components: *File, cuticle work, scrub, massage and polish*

Outcome: *Hydrated hands and well-groomed nails*

Pedicure

By: *Soneva*

Duration: *60 minutes*

Components: *File, cuticle work, scrub, massage and polish*

Outcome: *Hydrated feet and well-groomed nails*

File & Polish

By: *Soneva*

Duration: *30 minutes*

Components: *Nail file and polish application*

Outcome: *Well-groomed nails*

Soneva Soul – Movement & Mindful Practices

From yoga and meditation classes with ashram-trained yogis, to high-performance athletic training with experienced coaches in state-of-the-art fitness centres, our programmes and practices are playful, inspirational and effective. Utilising the natural environment to blend movement with daily living, our coaches offer services to help you on your wellbeing journey.

Yoga

By: *Soneva*

Duration: *60 minutes*

Components: *Gentle stretches, breathwork and movement*

Outcome: *Improved flexibility and a restored sense of balance within the body and mind*

Aerial Yoga

By: *Soneva*

Duration: *60 minutes*

Components: *Gentle yoga asanas in an aerial hammock*

Outcome: *Further enhances flexibility while flying in the air*

Meditation

By: *Soneva*

Duration: *45 minutes*

Components: *Breathwork and mindful techniques*

Outcome: *Regulates the nervous system for a deep sense of relaxation and peace*

Meditation & Sound Therapy

By: *Soneva*

Duration: *60 minutes*

Components: *Breathwork, mindful techniques and sound therapy, using gongs and crystal and Tibetan singing bowls*

Outcome: *Induces a deep state of calm and overall wellbeing*

Personal Training

By: *Soneva*

Duration: *60 minutes*

Components: *Consultation, fitness assessment and training*

Outcome: *Tailored sessions that address your individual concerns or goals*

Natural Movement

By: *Soneva*

Duration: *60 minutes*

Components: *Open-air training at the island Jungle Gym*

Outcome: *Learning to move as nature intended for enhanced physical and mental health*

Jungle CrossFit

By: *Soneva*

Duration: *60 minutes*

Components: *Individual or group high intensity training to develop strength and endurance*

Outcome: *Tailored sessions that address your individual concerns or goals*

Private Bootcamp

By: Soneva

Duration: 60 minutes

Components: Private high intensity fitness session at various locations around the island

Outcome: Increased strength and cardiovascular fitness

MetCon

By: Soneva

Duration: 60 minutes

Components: Metabolic conditioning through high intensity interval training

Outcome: Increased strength and cardiovascular fitness

Soneva Soul – Resident Specialists

Javanese Indulgence

By: Suwiyah

Duration: 90 minutes

Components: Herbal steam with a neck and shoulder massage

Outcome: A unique experience with steam to soothe and restore

Kunye

By: Dorji

Duration: 60 / 90 minutes

Components: Traditional Bhutanese treatment involving the application of oil, working on muscle joints, meridian lines and tendons

Outcome: Body and mind is relaxed, and tension is soothed

Sorig Meditation

By: Dorji

Duration: 30 minutes

Components: Back, neck and shoulder massage using sound therapy and chanting

Outcome: Physical and mental tension is removed from the body and mind

Restorative Rose

By: Dorji

Duration: 30 minutes

Components: Facial cleanse and massage using rose quartz

Outcome: Relaxing treatment where the skin is brightened and rejuvenated

Cooling Eye Treatment

By: Tshering

Duration: 30 minutes

Components: A soothing accupressure eye massage is followed by a cooling eye poultice for those who have 'tech eyes' or eye strain

Outcome: Tension is removed and eyes are refreshed

Phochoka Treatment

By: Tshering

Duration: 45 minutes

Components: Warm packs, poultices, accupressure and reflexology to treat hormonal areas

Outcome: To relieve the effects of hormonal and menstrual cramps, restoring balance to the body

Your Wellness Experience at Soneva Fushi

- Soneva Soul is open daily from 10:00 to 20:00.
- We kindly request that you arrive at the spa at least 15 minutes before your treatment to complete our Lifestyle Consultation.
- Bookings and cancellations can be made through your Barefoot Guardian or directly with the Spa. If you need to cancel or modify a session, please advise the Spa or your Barefoot Guardian at least four hours in advance to avoid a full charge being applied to your account.
- We suggest that you leave all valuables in the safe in your villa.
- Please note that In-Villa Therapies have a 20% surcharge on our listed prices.

Price List

	Duration (mins)	Price (USD)
Sleep		
Nidraasana Sleep Ritual	90/120	290/390
Sleep Remedy	90	340
Sudtana Scalp Ritual	60	240
Shirodhara	60	250
Meditation	45	150
Meditation and Sound Therapy	60	190
Skin		
Soneva NeoLift Deluxe Facial	120	350
Soneva NeoLift Facial with Buccal Massage	90	260
Soneva NeoLift Facial without Buccal Massage	75	230
Deluxe HydraFacial	60	275
Signature HydraFacial	30	200
Celluma Light Therapy	15/30	40/75
24k Gold Age-Defying Facial	90	320
Living Beauty Signature Facial	90	320
Advanced Firming Facial	60	230
Personalised Facial	60	230
Soneva Natural Body Scrub & Natural Body Wrap	60	240
Cleanse and Clarify Rhassoul Clay Body Wrap	60	240
Soneva Skin Saviour	60	240
Energise		
Soneva Intuitive Therapy	60/90/120	240/340/420
Jet Lag Reviver	60	230
Energise and Revive	60/90	240/340
Foot & Leg Therapy	60	220
Balance		
So Soul	90	340
So Fusion	90	340
Reiki	60	230
Back Reviver	60/90	240/340
Blissful Marma Massage	60/90	240/340
Quench Body Massage	60/90	240/340
Sacred Body Rituals Signature Treatment	90/120	340/450
Abhyangam Classical	60/90	240/340
Pamper		
Four Hand Massage	90	540
Balinese Massage	60/90	240/340
Thai Massage	60/90	240/340
Swedish Massage	60/90	240/340
Atlas Massage	90	340
Deep Tissue Massage	60/90	240/340
Hot Stone Massage	60/90	240/340
Pre & Post Natal Massage	60/90	240/340
Quench Body Polish	60	155
Manicure	60	110
Pedicure	60	130
File & Polish	30	70

* All prices are quoted in USD (\$), and are subject to an additional 16% government tax and 10% service charge.

Price List

	Duration (mins)	Price (USD)
Soneva Soul – Movement & Mindful Practices		
Yoga	60	190
Aerial Yoga	60	210
Meditation	45	150
Meditation and Sound Therapy	60	190
Personal Training	60	190
Natural Movement	60	190
Jungle CrossFit	60	190
Private Bootcamp	60	190
MetCon	60	190
Soneva Soul – Resident Specialists		
Javanese Indulgence	90	390
Kunye	60/90	285/390
Sorig Meditation	30	155
Restorative Rose	30	155
Cooling Eye Treatment	30	155
Phochoka Treatment	45	235

** All prices are quoted in USD (\$), and are subject to an additional 16% government tax and 10% service charge.*