



CHAVANA
— SPA —



Adaaran Select Meedhupparu

Journey of the Senses 2 hrs 25 mins \$179

Immerse yourself in an unforgettable journey of the senses. Citrus Footbath ~ Lime Body Wash and Choice of Botanical Body Polish ~ Jacuzzi or Aromatherapy Bath ~ Traditional Balinese Massage ~ Refresher Facial.

Frangipani Body Glow 2 hrs \$169

Entice your body to an exfoliation with a difference. Warmed oils drizzled over your body ~ sumptuous ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger, massaged into the skin to slough away dryness ~ shower ~ embalm the body with ELEMIS Frangipani Monoi Body Oil ~ receive a relaxing mini facial whilst wrapped in the fragrant cocoon ~ Traditional Balinese Massage.

Heaven & Earth 1 hr 20 mins \$139

This treatment package begins with a Traditional Balinese Massage to unwind and is followed with a Refresher Facial to leave you glowing.

Spa Discovery 1 hr 20 mins \$139

Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Traditional Balinese Massage ~ ELEMIS Taster Facial.

Chavana Massage 1 hr 20 mins \$139
50 mins \$125

Chavana's signature massage is a fusion of global techniques performed by two therapists at the one time.

Tension Relief Massage 1 hr 20 mins \$125

Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. It relieves chronic pain by speeding up the blood circulation and thus delivers fresh oxygen and nutrients to the muscles to help them repair and improve their condition.

Sun Soother Wrap 45 mins \$119

Although designed to ease and heal sunburned skin, this wrap is a delightfully refreshing treatment that delivers hydrating, balancing, anti-inflammatory and healing properties to any skin. Begin with a compress of chilled lavender-infused towel, followed by a cooling and hydrating banana leaf wrap that combines cucumber and lavender essential oil with a good dose of bliss, courtesy of a divinely relaxing foot massage. Shower off, and then immerse your now-soothed body into an anti-inflammatory bath infused with green tea and lavender essential oil. Finish off with a soothing and healing application of stabilised Aloe Vera gel.

Traditional Balinese Massage 1 hr 20 mins \$109
50 mins \$79

Passed down through the generations this massage is designed to loosen tight muscles and improve energy flow through the body.

Asian Foot Massage 50 mins \$79

Inspired by a selection of different Asian massage styles, this combination of strokes stimulates circulation, relieves tired and painful feet.

Purity Facial 50 mins \$79

Using fresh ingredients prepared daily in the Spa kitchen. This facial treatment delivers cleaner, healthier and smoother skin.

Spa Pedicure 1 hr 15 mins \$69
Spa Manicure 1 hr \$59

A spa treatment designed for the hands and feet. Includes a hand or foot soak, nail care, nail polish and a relaxing hand and arm or lower leg massage.



ELEMIS Pro-Collagen 1 hr \$125

Age Defy

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS Superfood 1 hr \$95

Pro-Radiance

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

ELEMIS Anti-Blemish 1 hr \$95

Mattify & Calm

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

ELEMIS Sensitive Skin 1 hr \$95

Soother

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

**Independent Clinical Trials.*

ELEMIS Body Nectar 45 mins \$75

Nourishing Wrap - Frangipani

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS Intensely Cleansing 45 mins \$75

Salt Scrub - Lime and Ginger

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Gift Certificate

Gift certificate purchase is available for all spa treatments or at a value amount. Please contact our Spa Reception for further details.

Homecare & Gifts

Luxury skin and body care products along with beautiful gifts are available at our spa boutique.

All prices are quoted in US Dollars (USD) and subject to 10% Service Charge and 12% Tourism, Goods and Service Tax. Rates are subject to change without prior notice.

All prices are quoted in US Dollars (USD) and subject to 10% Service Charge and 12% Tourism, Goods and Service Tax. Rates are subject to change without prior notice.

Spa Basics

Should I reserve my treatments?

Yes, either phone or visit the spa to book a reservation at your earliest convenience so we may accommodate your schedule.

When should I arrive?

Please arrive 15 minutes before the scheduled time to check-in and change.

What if I have special health considerations?

Please notify our Spa Manager or Receptionist before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities, or if you are pregnant. If you have any concern at all, let us know.

What if I'm late for my appointment?

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

What do I wear during my treatment?

You may wish to wear your own bikini or briefs, or we can provide you with hygienic disposable briefs. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

What about my valuables?

We advise guests not to bring valuables to the Spa as we do not accept liability for loss.

What if I need to cancel a spa reservation?

The treatments you select are reserved especially for you. Guests will be charged 50% for treatments not cancelled six hours in advance.

What about payment for spa services?

You may charge spa services to your hotel bill. We accept only VISA, MASTER, AMEX and MAESTRO cards.

Chavana Spa
Adaaran Select Meedhupparu
Raa Atoll,
Republic of Maldives
Tel : +960 658 7700
Fax : +960 658 5500
Email : meedhupparu@chavanaspa.com
www.chavanaspa.com

