Spa Menu

Intuitive Therapy

With our Intuitive Therapy we have decided to eliminate the usual choreographed treatments allowing our therapists to work closer with you in terms of your needs and wants. We believe this will create a healing space for both yourself and your therapist to establish increased awareness of your mind/body connection. Our Intuitive Therapy can include focused massage on areas that require detailed attention, reflexology and energy work that would be the most beneficial for you.

90 minutes	*USD 250*
120 minutes	*USD 340*
180 minutes	*USD 540*

Massage Therapy from Around the Globe

Balinese Massage is a full body, relaxing medium tissue holistic treatment using a combination of gentle stretches, acupressure and smooth flowing massage techniques to stimulate the flow of blood, oxygen and energy around your body, and bring a sense of wellbeing, calm and deep relaxation.

60 minutes	*USD 185*
90 minutes	*USD 220*

Thai Massage combines gentle or strong, yoga like stretching. It has often noted as 'lazy man's basic yoga.' It works with muscle compression, joint mobilization, and acupressure of the muscles, tendons, pressure points and energy lines leaving you refreshed and energized.

60 minutes	*USD 200*
90 minutes	*USD 230*

Indian Head Massage is an ancient therapeutic treatment that has been practiced in India for thousands of years and is incredibly relaxing. Part of the Hindu health care practice of Ayurveda, Indian head massage focuses on your head, neck and shoulders leaving you deeply relaxed yet energized.

45 minutes USD 160

Swedish Massage is the best known type of bodywork performed today. One of the primary goals of a Swedish massage is to relax the entire body focusing on improving circulation of the blood and lymphatic system and relaxing muscles using a specific set of massage movements: effleurage, or sliding movements; petrissage, or kneading movements; friction, or rubbing; vibration and percussion. It traditionally also includes passive and active joint movements, stretching and bending joints with the assistance of the massage therapist.

60 minutes USD 175
90 minutes USD 210

Deep Tissue Massage focuses on stretching the fascia, a web of connective tissue that surrounds, supports and accesses all your muscles, bones, nerves and organs. This massage technique works layer by layer through connective tissue and muscles; down to the deepest accessible layers to assist in correcting posture and create increased freedom of movement.

60 minutes USD 195
90 minutes USD 225

Hot Stone Massage uses smooth, heated volcanic stones as an extension of the therapists' own hands, or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply. This therapy melts away tension, eases muscle stiffness and increases circulation and metabolism

90 minutes USD 230

Pre/Postnatal Massage is a wonderful complimentary choice for prenatal care. It has been specially designed for the pregnant or nursing mother to improve overall health, reduce stress and relieve muscle tension during this very special time.

60 minutes USD 185

Scrubs and Wraps

Sodashi Detoxifying Marine Body Wrap
Combining the richness of sea plants, algae, marine minerals and plant essences, this treatment is deeply detoxifying at all levels. A full body exfoliation with Sodashi's Organic Green Tea Salt Therapy Exfoliate softens the skin before a warm Sodashi Marine Body Mask is applied and the body is cocooned in a comforting wrap. A soothing scalp massage is performed for complete comfort and total relaxation. To finish, a revitalizing lotion is massaged into the skin to leave the body feeling completely rejuvenated.

80 minutes USD 195

Sodashi Refining Body Toner begins with a full body exfoliation with Sodashi's Jojoba Bead Body Polish, followed by the application of a nurturing full body mask and comforting body wrap. A scalp massage is performed to complete the feeling of total relaxation. Sodashi's Refining Body Mask, rich in French Pink Clay and herbal extracts firms, tones, and conditions the skin. This rejuvenating therapy is extremely beneficial in the treatment of scar tissue and stretch marks; it is safe and effective during pregnancy.

60 minutes USD 185

Sodashi Jetlag Recovery is a balancing treatment for the face and body boosts and re-energizes the body's systems after travel. To reduce jetlag and fatigue a relaxing back massage is performed followed by a Himalayan salt exfoliation and warm aromatic compresses. This deeply reviving treatment is completed with a refreshing mini facial and application of Sodashi's signature Jetlag tonics.

60 minutes USD 185

Sodashi Sun Soother uses soothing compresses of lavender and geranium plant essences gently placed over your body to calm redness and irritation. A cooling mist is spritzed on the skin to reduce body heat. Selections of treatment lotions are then applied to activate skin rejuvenation, moisturize, even skin tone and prevent any skin damage.

45 minutes USD 165

Soneva Jani Spa Coconut Scrub is our local addition; a soothing and nourishing body therapy using coconut extracts to polish together with an application of Virgin coconut oil to reveal soft and radiant skin.

45 minutes USD 155

Add on any of following 30 minute treatment to create your own special package to suits your individual needs.

Sodashi Scalp Treatment A luxurious & moisture rich Sodashi scalp mud will be massaged into your scalp, helping to release pressure & tension. This treatment helps to balance & cleanse the scalp, as well as encourages healthy hair growth.

30 minutes USD 100

Foot Massage Treatment performed on the soles of your feet to create a profoundly relaxing experience.

30 minutes USD 70

Back, Neck & Shoulder Massage This massage focuses on the typical stress & tensions points.

30 minutes USD 95

Express Facial Cleansing, exfoliating and massage are performed, leaving you feeling refreshed and radiant.

30 minutes USD 100

Ayurvedic Therapy

Abhyanga is an ancient Indian oil massage therapy for deep relaxation and healing. It gives a feeling of stability and warmth while decreasing the effects of aging, increasing circulation, moving lymph therefore, aiding in detoxification and leaving your skin soft and smooth.

60 minutes USD 195
90 minutes USD 250

Shirodhara Pouring warm herbal medicated oil over the third eye chakra, the vital energy point located in the center of forehead, helps improve blood circulation, increase oxygen levels, nutrients, and energy flow to the brain, activating depressed areas of brain, alleviating fatigue, depression, mental stress, and improving concentration powers.

60 minutes USD 200

Podikizhi Therapy Small linen bags filled with medicated powder made from different herbal plants are heated and applied all over the body to induce sweating. The bags are applied by the therapist on different parts of the body. This treatment relieves joint and muscular pain, stiffness, numbness, disc problems, arthritis and different paralytic conditions, improves circulation and reduces swelling.

60 minutes USD 220
90 minutes USD 260

Facials by Sodashi

Sodashi products are 100% chemical free, luxurious and effective. In Sanskrit, Sodashi translates to "wholeness, purity and radiance" and these words aptly describe Sodashi products and its unique spa treatments. Produced in Australia, Sodashi's skin and body care products and spa therapies use only natural sources from the earth and sea, including extracts and essential oils of the purest and highest grade.

FACE THERAPY
These facials incorporate Sodashi's specialized facial massage technique

Sodashi Thermal Infusing Facial is an intensive boost of nature's most potent vitamins and minerals, incorporating Sodashi's exclusive Thermal Mask to maximize penetration of the essential ingredients into the deeper layers of the skin. This indulgent treatment is tailored to individual skin needs: to purify and deeply cleanse or to nourish. Hydrating and restoring forgotten elasticity and radiance, this is more than a facial – its nature's face lift.

90 minutes USD 205

Sodashi Marine Mineral Facial utilizes the intelligence of marine plants to restore radiance and glow to the complexion. Tailored to each guest's unique skin type, it is the perfect treatment to oxygenate, tone and revitalize the skin.

60 minutes USD 175
75 minutes USD 195

Sodashi Samadara Ultimate Age-Defying Facial uses a sequence of timeless, anti-aging techniques rooted in Ayurvedic healing traditions that are designed to reawaken the skin's natural healing energies. Turn back the hands of time and transform the skin with this intensely hydrating and nourishing treatment to increase firmness and elasticity, diminish the appearance of fine lines and restore a youthful glow. A Rose Quartz Crystal facial massage enables the powerful Samadara Ultimate Age-Defying Crème to penetrate deeply into the skin for maximum benefit.

105 minutes USD 230

Sodashi Samadara Ultimate Age-Defying Eye Treatment is the ultimate treatment for eyes in need of extra pampering. Petite rose quartz crystals are used to gently massage around the eyes to restore tone, remove tension from the eye area and reduce fine lines. Samadara™ Ultimate Age-Defying Eye Crème is applied under a mineral rich eye mask, which gently warms to enhance the absorption of plant essences in to the deeper layers of the skin. Timeless anti-aging techniques rooted in Ayurvedic healing traditions are performed over the eye area to complete this luxurious experience.

45 minutes USD 185

Manicure and Pedicure by Spa Ritual

Vegan, Organic and Against Animal Cruelty

SPA RITUAL believes that slowing down is the path to enlightenment and is committed to creating earth sustaining products that relax, nourish, and reconnect mind, body, and spirit. Only in a place unconstrained by time, envy or vanity can we experience our true selves. In this place where we find Slow Beauty. Spa Ritual provides spa treatment products and resources to help you design and sustain a Slow Beauty practice. We believe that what we put on our bodies is as important as what we put in our bodies.

PROUDLY VEGAN & CRUELTY-FREE, Spa Ritual is deeply committed to caring for all living creatures.

CERTIFIED ORGANIC INGREDIENTS are used in our formulations whenever possible. Certified organic plants are grown without synthetic herbicides, pesticides or GMO's.

Manicure	*60minutes*	*USD 90*
Pedicure	*75minutes*	*USD 100*
File and Polish	*30 or 45 minutes*	*USD 75*

Waxing by Clean & Easy is Available on Request

Spa Experiences

Togetherness Unwind together in the privacy of one of our couple's massage rooms.
Treatments includes: Steam, sauna, thirty minutes full body green tea, coconut & mint exfoliation followed by sixty minutes Swedish massage.

90 minutes USD 400 (For Couple)

Inspiring a lifetime of rare experiences

Ultimate Indulgence Treatments includes: Refining body toner (Jojoba Bead body polish followed by the application of a nurturing full body mask), 60 minutes Balinese massage followed by a 30 minute facial massage focused on relaxing the facial muscles.

150 minutes USD 350 (For Single)

Ayurvedic Retreat Treatments includes: Podikizhi Therapy (Small linen bags filled with medicated powder made from different herbal plants are heated and applied all over the body to relieves joint and muscular pain, stiffness, numbness, disc problems, arthritis and different paralytic conditions, improves circulation and reduces swelling) followed by Shirodhara (Pouring warm herbal medicated oil over the third eye chakra).

105 minutes USD 330 (For Single)

Soneva Spa Journey

A Blissful Day (1 day Spa Package)
Day 1: 60 minutes Intuitive Therapy followed by 60 minute Marine Mineral Facial

USD 300

A New You (Two Day Spa Package)
Day 1: 60 minutes Refining Body Toner (full body exfoliation with Jojoba bead & body wrap with French pink clay)
Day 2: 60 minutes Balinese Massage followed by 30 minutes Express Facial (cleansing, exfoliating and face massage)

USD 370

Detoxifying (3 Day Spa Package)
Day 1: 45 minutes private yoga session followed by 45 minutes foot & hand reflexology
Day 2: 30 minutes private meditation session followed by 80 minutes Detoxifying Marine Mineral Body wrap
Day 3: 60 minutes Abhyanga followed by 30 minutes Shirodhara.

USD 665

Deep Tissue Massage 90 min (6 x session)

USD 1150

Balinese Massage 60 min (6 x session)

USD 925

MOVEMENT

Private Yoga Sessions are available for all guests, whether a novice or a yogi, we will work the yoga class around you and your needs. These sessions may be hosted at the yoga pavilion, fitness center, beach or in the privacy of your villa.

Private Yoga / Pranayama (For single) 60 minutes USD 150

Private Yoga / Pranayama (For couple) 60 minutes USD 195

Meditation 45 minutes USD 100

Your Lifestyle Spa and Wellness Experience with Us...

Our **Soneva Jani Spa** is open from 10am - 8pm
Our **Soneva Jani Movement Centre** is open from 6am – 11pm
(but do let us know if you would like us to open earlier or later)

We would kindly request that you arrive to the spa at least 15 minutes prior to your treatment to complete our Lifestyle Consultation or to just enjoy our steam and sauna or our beautiful relaxation room overlooking the uninterrupted crystal blue seas.

Bookings and cancellations can be made through your Mr./Ms. Friday or to the spa directly. If you need to cancel or modify a session, please advise the spa or your Mr./Ms. Friday at least 4 hours prior to your treatment or workout/yoga session.

We suggest that you leave all valuables in your safe in your villa. In-Villa therapy has a surcharge of 20% of listed prices.

Our health advice to ensure a healthy and safe personal training session or yoga workout - our Movement Specialist suggests eating no later than 60 - 90 minutes prior to your session. We would need you to complete our health and medical form, which is preferably submitted prior to your session. Please be aware that your information will be kept strictly confidential and will only be used in order to adjust your workout to any pre-existing, relative health conditions you may have.

* All prices are quoted in USD$ and are exclusive of 12 percent Governmental Taxes and 10 percent Service Charge

Children's Corner

Create a memorable day at the Gathering Spa for your children by letting them enjoy a variety of spa treatments.

Children's Massage
Pamper your little princes and princesses with a gentle & relaxing full body massage with pure virgin coconut oil.

30 minutes USD 60

Yummy Coconut
Gentle all over body scrub using fresh coconut which will leave skin super soft and exfoliate at the same time.

30 minutes USD 50

Pretty Me
Begin with a soak followed by red tea rose hand scrub and finish with a gentle massage with green tea, lemongrass & rosemary lotion and choice of nail polish.

30 minutes USD 40

Fancy feet
Begin with a soak followed by black tea, orange & clove foot scrub and finish with a gentle massage with green tea, lemongrass & rosemary lotion and choice of nail polish.

30 minutes USD 40

Spoil me
Begin with gentle head massage with warm coconut oil followed by relaxing feet massage.

30 minutes USD 60