



## Spa Menu

### Intuitive Therapy

Our Intuitive Therapy eliminates the usual, choreographed treatments, enabling our therapists to work closer with you to meet your needs and wants. We believe this creates a healing space where both you and your therapist can establish an increased awareness of your mind-body connection. Intuitive Therapy can include focused massage on areas that require specific attention, as well as reflexology and energy work.

*90 minutes USD 250++*

*120 minutes USD 340++*

*180 minutes USD 540++*

### Massage Therapy from Around the Globe

**Balinese Massage** is a full-body, medium tissue treatment. It uses a combination of gentle stretches, acupressure and smooth, flowing massage techniques to stimulate the flow of blood, oxygen and energy around your body, bringing a sense of wellbeing, calm and deep relaxation.

*60 minutes USD 185++*

*90 minutes USD 220++*

**Thai Massage** combines gentle and strong stretches and is often likened to a basic form of Yoga. The movements use muscle compression, joint mobilisation and acupressure of the muscles, tendons, pressure points and energy lines, to leave you feeling refreshed and energised.

*90 minutes USD 230++*

**Abhyangam** 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 ageing, increasing circulation and moving lymph, helping the body detoxify and leaving your skin soft and smooth.

*60 minutes USD 210++*

*90 minutes USD 250++*

**Indian Head Massage** is an ancient therapeutic treatment that has been practiced in India for thousands of years. An integral part of Ayurvedic wellbeing, this massage focuses on your head, neck and shoulders to leave you feeling deeply relaxed yet energised.

*45 minutes USD 160++*

**Swedish Massage** is one of the best-known bodywork techniques. It aims to relax the entire body and improve the circulation of blood and lymph by using a specific set of massage movements: effleurage (sliding movements); petrissage (kneading movements); friction or rubbing; and vibration and percussion. During a traditional Swedish massage, the therapist will also use passive and active joint movements, stretching and bending the joints.

*60 minutes USD 185++*

*90 minutes USD 210++*



**Deep Tissue Massage** focuses on stretching the fascia, the web of connective tissue that surrounds, supports and accesses all of the body's muscles, bones, nerves and organs. Working layer by layer, through the connective tissue and muscles into the deepest accessible layers, this massage technique helps to correct posture and increase your freedom of movement.

*60 minutes    USD 195++    Back Massage*  
*90 minutes    USD 225++    Full Body*

**Hot Stone Massage** features smooth, heated volcanic stones that are placed on the body or used as an extension of the therapist's hands. As well as being deeply relaxing, the hot stones warm up tight muscles, enabling the therapist to work more deeply. This treatment melts away tension, eases muscle stiffness and boosts the body's circulation and metabolism.

*90 minutes    USD230++*

**Pre- and Post-natal Massages** are a wonderful, complementary choice for expectant or new mothers. They are specially designed to improve overall health, reduce stress and relieve muscle tension during this very special time.

*60 minutes    USD 185++*

## Scrubs

**Soneva 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++*

**Subtle Energies Soothe and Replenish Body Rescue** Soothe, nourish and repair the skin with this deeply cooling and hydrating treatment. Ideal for dry, sun-exposed or damaged skin, this calming face and body therapy includes a hydration mask, enriched with aloe vera and antioxidants to reduce redness and fight free radical damage. The treatment ends with an intensive serum and butter to restore skin cells.

*60 minutes    USD 200++*

## Facials by Subtle Energies

**Subtle Energies Soothe and Enrich Advance Antioxidant Facial** Designed for dry, sensitive or damaged skin, this intensely calming and restorative facial delivers a nutrient-rich elixir to revitalise the complexion. Following a deep cleanse and purification, the skin is infused with advanced antioxidants and essential fatty acids to fight free radical damage, protecting it from visible signs of ageing. A relaxing and soothing marma massage delivers an active serum of neem, coriander seed and rhu khus to increase collagen and hyaluronic acid production, then a botanical hydration mask locks this precious moisture into the skin.

*60 minutes    USD 230++*

**Subtle Energies Wild Kashmir Facial** This detoxifying facial uses wild turmeric to purify and exotic Kashmir lavender to soothe, restore and refresh the complexion and optimise your wellbeing. Ideal for tired, congested and stressed skin, toxins are eliminated through a double cleanse, followed by an exfoliation with saffron and frankincense, and a purifying mud mask made of Vedic herbs and extracts.

*60 minutes    USD 230++*



**Subtle Energies 24k Gold Age-Defying Facial** This exotic facial invigorates the skin and restores emotional balance, using the healing properties of Mogra, the Queen of Jasmines, to boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24K gold leaf, this sensory experience penetrates and revives the deep layers of the skin, reducing fine lines and wrinkles. This treatment uplifts the spirit and creates a positive glow both inside and out.

60 minutes  
90 minutes

USD 240++  
USD 290++

## Manicure and Pedicure

**Manicure**

60 minutes USD 90++

**Pedicure**

75 minutes USD 100++

**File and Polish**

30 minutes USD 60++

**File and French Polish**

45 minutes USD 75++

## Movement

**Personal Movement Training** is tailored to address your fitness and wellness needs. These private sessions can include:

- Building muscle strength and endurance
- Back and joint pain relief
- Cardiovascular training

*Please refer to our Wellness Specialist menu for more details and prices.*

**Private Yoga Sessions** are available for every age and ability, whether you are a novice or an experienced Yogi. Each session is personalised to you, and can be hosted at our Yoga Pavilion, on the beach, or in the privacy of your villa. Please refer to our Wellness Specialist menu for more details and prices.

## 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 Butler or directly with the Spa. If you need to cancel or modify a session, please advise the Spa or your Barefoot Butler at least 4 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 25% surcharge on our listed prices.
- To ensure a safe and healthy Yoga or personal training session, we request that you complete our health and medical form, ideally submitted before your session. Please be aware that your information will be kept strictly confidential and will only be used to adapt your workout to account for any pre-existing health conditions you may have. Our Movement Specialist recommends that you eat no later than 60 to 90 minutes before your training or Yoga session.

*\* All prices are quoted in USD (\$), and are subject to an additional 12% governmental taxes and 10% service charge*



## Children's Corner

An unforgettable spa day for our youngest guests, with a range of fun, age-appropriate treatments.

### **Children's Massage**

Pamper your little ones with a gentle and relaxing full body massage using pure virgin coconut oil.

*30 minutes*    *USD 60++*

### **Yummy Coconut**

A gentle, all-over body scrub using fresh coconut to exfoliate and leave delicate skin feeling super soft.

*30 minutes*    *USD 50++*

### **Pretty Me**

A hand soak is followed by a gentle scrub and massage, and a choice of nail polish.

*30 minutes*    *USD 40++*

### **Fancy Feet**

A foot soak is followed by a gentle scrub and massage, and a choice of nail polish.

*30 minutes*    *USD 40++*

### **Spoil Me**

A soothing, gentle head massage using warm coconut oil is followed by a relaxing foot massage.

*30 minutes*    *USD 60++*