



Spa Menu

Sleep For those who wish to improve sleep quality and duration

Revived
Switch off Slumber
Renewed Sleep Recover
Rest Recharge Relax

Sudtana Scalp Ritual

By: *Sudtana*

Duration: *60 minutes*

Components: *Scalp and facial massage with oil and herbal compress*

Outcome: *Traditional Thai therapies soothe and calm the mind*

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 relax the body and aid restful sleep*

Shirodhara

By: *Soneva*

Duration: *60 minutes*

Components: *Oil pour with medicated oils*

Outcome: *Rejuvenates and enhances the function of the central nervous system for deep relaxation that aids restful sleep*

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*

Hyperbaric Oxygen Therapy

By: Soneva

Duration: 60 minutes

Components: Increases the amount of O₂ in the body while under pressure

Outcome: A variety of outcomes including increased general health and wellness, increased energy, boost to the immune system, pain and stress relief, better regulated sleeping patterns, improved mental functions, and restoring, relaxing and rejuvenating effects

Vitamin Therapy

By: Soneva

Duration: 60 minutes

Components: Intravenous infusion with tailored blends of vitamins, minerals and amino acids

Outcome: Each outcome is unique to the Vitamin Therapy offered

Major Autohemotherapy

By: Soneva

Duration: 45 minutes

Components: A small amount of blood is taken, infused with ozone and reinjected into the body

Outcome: Improves body function, reduces inflammation and increases energy and mental clarity

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

Youthful
Hydrate Refresh
Exfoliate **Brighten** Cleanse
Rejuvenate

Skin Analysis

By: *Reveal*

Duration: *15 to 30 minutes*

Components: *Skin diagnostics with Reveal's RBX software*

Outcome: *Reveals the underlying structure of the skin*

Signature HydraFacial

By: *HydraFacial*

Duration: *30 minutes*

Components: *Cleanse, exfoliation, extraction and hydration*

Outcome: *Cleansed, hydrated and invigorated skin*

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, cleansed and nourished*

Living Beauty Signature Facial

By: *Amala*

Duration: *90 minutes*

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

Outcome: *Cleansed, hydrated and 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

Coconut / Coconut oil

By: Soneva

Duration: 45 minutes

Components: *Body exfoliation with locally-grown ingredients and body moisturisation*

Outcome: *Soft, smoother and brighter 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 the visible signs of cellulite*

Quench Body Polish

By: Zents

Duration: 60 minutes

Components: *Body exfoliation and moisturisation*

Outcome: *Smoother, deeply hydrated skin*

Vitamin Therapy

By: Soneva

Duration: 60 minutes

Components: *Intravenous infusion with tailored blends of vitamins, minerals and amino acids*

Outcome: *Each outcome is unique to the Vitamin Therapy offered*

Major Autohemotherapy

By: Soneva

Duration: 45 minutes

Components: *A small amount of blood is taken, infused with ozone and reinjected into the body*

Outcome: *Improves body function, reduces inflammation and increases energy and mental clarity*

Restore For those who wish to ease their muscles and relax

Freedom
Breathe Relaxed
Loosen **Free** Mobility
Release

Soneva Intuitive Therapy

By: Soneva

Duration: 60 / 90 / 120 minutes

Components: Full body massage

Outcome: A bespoke treatment that uses a combination of massage movements to relax the body and improve mobility

Soneva Atlas Massage

Balinese / Thai / Swedish

By: Soneva

Duration: 60 / 90 / 120 minutes

Components: Full body massage

Outcome: Each outcome is unique to the massage style, tailored to your treatment focus

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 the 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

Jet Lag Express

By: Amala

Duration: 30 minutes

Components: Body exfoliation, moisturisation and scalp massage

Outcome: Revitalises and refreshes the body

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

Hyperbaric Oxygen Therapy

By: Soneva

Duration: 60 minutes

Components: Increases the amount of O2 in the body while under pressure

Outcome: A variety of outcomes including increased general health and wellness, increased energy, boost to the immune system, pain and stress relief, better regulated sleeping patterns, improved mental functions, and restoring, relaxing and rejuvenating effects

Vitamin Therapy

By: *Soneva*

Duration: *60 minutes*

Components: *Intravenous infusion with tailored blends of vitamins, minerals and amino acids*

Outcome: *Each outcome is unique to the Vitamin Therapy offered*

Major Autohemotherapy

By: *Soneva*

Duration: *45 minutes*

Components: *A small amount of blood is taken, infused with ozone and reinjected into the body*

Outcome: *Improves body function, reduces inflammation and increases energy and mental clarity*

Mindfulness For those with active minds who wish to take a moment to reconnect

Peace
Stress Relax
Calm Rest
Tranquil Release

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 calm the mind

Shirodhara

By: Soneva

Duration: 60 minutes

Components: Oil pour with medicated oils

Outcome: Rejuvenates and enhances the function of the central nervous system for deep relaxation that calms an active mind

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

Sudtana Scalp Ritual

By: Sudtana

Duration: 60 minutes

Components: Scalp and facial massage with oil and herbal compress

Outcome: Traditional Thai therapies soothe and calm the mind

Balance For those who wish to restore their equilibrium

Release Comfort Rest Calm Peace

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: 120 minutes

Components: Intention setting, full body massage, Facial

Outcome: *Cleanses, nourishes and relaxes the body and balances and calms the mind*

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 relax the body and calm the mind*

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*

Abhyangam

By: Soneva

Duration: 60 / 90 minutes

Components: Full body massage

Outcome: *Deeply relaxes the body*

Shirodhara

By: Soneva

Duration: 60 minutes

Components: Oil pour with medicated oils

Outcome: *Rejuvenates and enhances the function of the central nervous system for deep relaxation that calms an active mind*

Pamper For those wanting a little TLC

Spoil Relax Luxury
Refreshed Treat
Rejuvenated Indulge
Pampered

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, cleansed and nourished*

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*

Personalised Facial

By: *Amala*

Duration: *60 minutes*

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

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

Sudtana Scalp Ritual

By: *Sudtana*

Duration: *60 minutes*

Components: *Scalp and facial massage with oil and herbal compress*

Outcome: *Traditional Thai therapies soothe and calm the mind*

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*

Quench Body Polish

By: Zents

Duration: 60 minutes

Components: Body exfoliation and moisturisation

Outcome: Smoother, deeply hydrated skin

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 relax the body and calm the mind

Soneva Natural Body Scrub

Coconut / Coconut oil

By: Soneva

Duration: 45 minutes

Components: Body exfoliation with locally-grown ingredients and body moisturisation

Outcome: Soft, smoother and brighter skin

Experience For those looking to try something new

Surprised Renewed Happy New Unique Relaxed Different

Sacred Body Rituals Signature Treatment

By: *Sacred Body Rituals*

Duration: *120 minutes*

Components: *Intention setting, full body massage, Facial*

Outcome: *Cleanses, nourishes and relaxes the body and balances and calms the mind*

Sudtana Scalp Ritual

By: *Sudtana*

Duration: *60 minutes*

Components: *Scalp and facial massage with oil and herbal compress*

Outcome: *Traditional Thai therapies soothe and calm the mind*

Soneva Natural Body Scrub

Coconut / Coconut oil

By: *Soneva*

Duration: *45 minutes*

Components: *Body exfoliation with locally-grown ingredients and body moisturisation*

Outcome: *Soft, smoother and brighter skin*

Hyperbaric Oxygen Therapy

By: *Soneva*

Duration: *60 minutes*

Components: *Increases the amount of O₂ in the body while under pressure*

Outcome: *A variety of outcomes including increased general health and wellness, increased energy, boost to the immune system, pain and stress relief, better regulated sleeping patterns, improved mental functions, and restoring, relaxing and rejuvenating effects*

Vitamin Therapy

By: *Soneva*

Duration: *60 minutes*

Components: *Intravenous infusion with tailored blends of vitamins, minerals and amino acids*

Outcome: *Each outcome is unique to the Vitamin Therapy offered*

Major Autohemotherapy

By: *Soneva*

Duration: *45 minutes*

Components: *A small amount of blood is taken, infused with ozone and reinjected into the body*

Outcome: *Improves body function, reduces inflammation and increases energy and mental clarity*

Soneva Soul Yoga and Mindfulness

Yoga is for everyone, whether you are young or old, getting fit or already athletic. Both a science and a practical system of self-culture, Yoga is a discipline of the mind, the senses and the physical body.

Our yoga instructors at Soneva Soul have grown-up surrounded by spiritual practices and teachings, studying Yoga at numerous ancient Indian ashrams and with India's most renowned Yoga masters.

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*

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*

Soneva Soul Ayurvedic Clinic

The Soneva Soul Ayurvedic Clinic is overseen by Dr Smitha. Appropriate clinical treatments are recommended according to your individual needs following a consultation. As each treatment is personalised to you, the below list represents a small sample of our full offering at the clinic.

Abhyangam

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Full body massage*

Outcome: *Deeply relaxes the body*

Shirodhara

By: *Soneva*

Duration: *60 minutes*

Components: *Oil pour with medicated oils*

Outcome: *Rejuvenates and enhances the function of the central nervous system for deep relaxation that calms an active mind*

Soneva Soul Therapeutic Biomodulation

Therapeutic biomodulation is the process whereby a change in cells or tissue occurs in response to a curative stimulus, allowing healthy people to improve their biological function.

Hyperbaric Oxygen Therapy

By: *Soneva*

Duration: *60 minutes*

Components: *Increases the body's O2 levels in a pressurised chamber*

Outcome: *A range of outcomes including: increased general health and wellness, increased energy, boost to the immune system, pain and stress relief, regulated sleeping patterns, improved mental function, and restorative, relaxing and rejuvenating effects*

Vitamin Therapy

By: *Soneva*

Duration: *60 minutes*

Components: *Vitamin-infused intravenous infusion*

Outcome: *Each outcome is unique to the Vitamin Therapy*

Vitamin Therapies:

- Immunity Amplifier
- Beverly Hills Blast
- Jetsetter's Shot
- Sommelier's Secret
- Slimming Boost
- Sun Soother
- Myers' Cocktail
- Relax and Recover
- Sweet Dreams
- Bespoke Vitamin Therapy

Major Autohemotherapy

By: *Soneva*

Duration: *45 minutes*

Components: *A small amount of blood is drawn, infused with medical-grade ozone, then intravenously re-infused into the body*

Outcome: *Improved body function, reduced inflammation, increased energy and better mental clarity*

Available as a single treatment but a course is recommended for the best results.

- Single Treatment
- Course of three
- Course of five

Components: *Full body energy massage and herbal steam*

Outcome: *Combines the Ratus and the Ibu Secret massage, to restore and rebalance the body and mind*

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.*

Price List

	Duration (mins)	Price USD
Sleep		
Sudtana Scalp Ritual	60	230
Soneva Intuitive Therapy	60	210
Soneva Intuitive Therapy	90	250
Soneva Intuitive Therapy	120	340
Shirodhara	60	200
Meditation	45	100
Hyperbaric Oxygen Therapy	60	200
Vitamin Therapy	60	Various
Major Autohemotherapy	45	Various
Skin		
Skin Analysis	15 to 30	Complimentary
Signature Hydrafacial	30	200
Deluxe Hydrafacial	60	325
Living Beauty Signature Facial	90	290
Advanced Firming Facial	60	230
Personalised Facial	60	230
Soneva Natural Body Scrub	45	155
Cleanse and Clarify Rhassoul Clay Body Wrap	60	200
Quench Body Polish	60	185
Vitamin Therapy	60	Various
Major Autohemotherapy	45	Various
Restore		
Soneva Intuitive Therapy	60	210
Soneva Intuitive Therapy	90	250
Soneva Intuitive Therapy	120	340
Soneva Atlas Massage	60	185
Soneva Atlas Massage	90	220
Soneva Atlas Massage	120	385
Cleanse and Clarify Rhassoul Clay Body Wrap	60	200
Energise		
Soneva Intuitive Therapy	60	210
Soneva Intuitive Therapy	90	250
Soneva Intuitive Therapy	120	340
Jet Lag Reviver	60	200
Jet Lag Express	30	125
Energise and Revive	60	185
Energise and Revive	90	230
Hyperbaric Oxygen Therapy	60	200
Vitamin Therapy	60	Various
Major Autohemotherapy	45	Various
Mindfulness		
Soneva Intuitive Therapy	60	210
Soneva Intuitive Therapy	90	250
Soneva Intuitive Therapy	120	340
Shirodhara	60	200
Meditation	45	100
Sudtana Scalp Ritual	60	230
Balance		
Quench Body Massage	60	195
Quench Body Massage	90	230
Sacred Body Rituals Signature Treatment	120	450
Soneva Intuitive Therapy	60	250
Soneva Intuitive Therapy	90	340
Soneva Intuitive Therapy	120	540

Price List

	Duration (mins)	Price USD
Meditation	45	100
Meditation and Sound Therapy	60	145
Abhyangam	60	210
Abhyangam	90	250
Shirodhara	60	200
Pamper		
Deluxe Hydrafacial	60	325
Manicure	60	90
Pedicure	60	100
Personalised Facial	60	230
Sudtana Scalp Ritual	60	230
Quench Body Massage	60	195
Quench Body Massage	90	230
Quench Body Polish	60	185
Soneva Intuitive Therapy	60	210
Soneva Intuitive Therapy	90	250
Soneva Intuitive Therapy	120	340
Soneva Natural Body Scrub	45	155
Experience		
Sacred Body Rituals Signature Treatment	120	450
Sudtana Scalp Ritual	60	230
Soneva Vedic Facial	90	250
Nidraasana Sleep Ritual	120	350
Soneva Natural Body Scrub	45	155
Hyperbaric Oxygen Therapy	60	200
Vitamin Therapy	60	Various
Major Autohemotherapy	45	Various
Soneva Soul Yoga and Mindfulness		
Yoga	60	200
Meditation	45	100
Soneva Soul Movement and Exercise		
Personal Training	60	190
Personal Training	90	285
Jungle Gym	60	190
Jungle Gym	90	285
Soneva Soul Ayurvedic Clinic		
Abhyangam	60	210
Abhyangam	90	250
Shirodhara	60	200
Soneva Soul Therapeutic Biomodulation		
Hyperbaric Oxygen Therapy	60	200
Vitamin Therapy		
Immunity Amplifier	90	315
Beverly Hills Blast	90	330
Jetsetter's Shot	90	275
Sommelier's Secret	90	315
Slimming Boost	90	375
Sun Soother	90	330
Myers' Cocktail	90	330
Relax and Recover	90	315
Sweet Dreams	90	330
Bespoke Vitamin Therapy	90	375
Major Autohemotherapy - Single Treatment	45	315
Major Autohemotherapy - Course of three	45	750
Major Autohemotherapy - Course of five	45	1,000