



Spa Menu

Sleep For those who wish to improve sleep quality and duration

Revived
Switch off Slumber
Renewed Sleep Recover
Rest Recharge Relax

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 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 improve sleep quality

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

Hyperbaric Oxygen Therapy

By: Soneva

Duration: 60 minutes

Components: Increases the amount of oxygen 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: 90 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

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

Nidraasana Sleep Ritual

By: Soneva

Duration: 90 minutes

Components: Foot soak and scrub, Ayurvedic herbal compress, Reiki, body massage and Indian head massage

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

Skin For those who wish to maintain skin health or address specific 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: *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 and nourished*

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, Vegan, Brown Sugar & Green Tea
Choice of Body Wrap: Milk, Avocado, Papaya & Honey*

By: Soneva

Duration: 60 minutes

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

Outcome: Softer, smoother and brighter skin

Soneva Skin Saviour

By: Soneva

Duration: 60 minutes

Components:

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

Quench Body Polish

By: Zents

Duration: 60 minutes

Components: Body exfoliation and moisturisation

Outcome: Smoother, deeply hydrated skin

Vitamin Therapy

By: Soneva

Duration: 90 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 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

Foot and Leg Therapy

By: Legology

Duration: 60 minutes

Components: Exfoliation, dry brushing, massage, reflexology and cupping

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

Hyperbaric Oxygen Therapy

By: Soneva

Duration: 60 minutes

Components: Increases the amount of oxygen 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: *90 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 blends

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 blends

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 indulgence

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 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 & Natural Body Wrap

Choice of Body Scrub: Coconut, Orange Yoghurt, Almond, Vegan, Brown Sugar & Green Tea

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

By: Soneva

Duration: 60 minutes

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

Outcome: Softer, 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 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

Nidraasana Sleep Ritual

By: Soneva

Duration: 120 minutes

Components: Foot soak and scrub, Ayurvedic herbal compress, Reiki, body massage and Indian head massage

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

Soneva Natural Body Scrub & Natural Body Wrap

Choice of Body Scrub: Coconut, Orange Yoghurt, Almond, Vegan, Brown Sugar & Green Tea

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

By: Soneva

Duration: 60 minutes

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

Outcome: Softer, smoother and brighter skin

Hyperbaric Oxygen Therapy

By: Soneva

Duration: 60 minutes

Components: Increases the amount of oxygen 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: 90 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

Our instructors at Soneva Soul have grown up surrounded by spiritual practices and teachings, studying yoga at numerous Indian ashrams and with the most renowned masters. 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.

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*

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*

Aerial Yoga

By: *Soneva*

Duration: *60 minutes*

Components: *Gentle yoga asanas in an aerial hammock*

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

Soneva Soul – Movement and Exercise

Our Soneva Soul programmes are playful, fun and inspirational exercise experiences that take you into the natural environment and blend movement with daily living. This approach removes the barrier to fitness and engages with people of all ages and abilities, from informal play to guided training. Our coaches and trainers offer sessions that are personalised to your needs and include guidance on exercise and nutrition.

Personal Training

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Consultation, fitness assessment and training*

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

Jungle Gym

By: *Soneva*

Duration: *60 / 90 minutes*

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

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

Soneva Soul – Specialist Therapies

Tibetan Therapy

By: *Sonam*

Duration: *60 / 90 minutes*

Components: *Tibetan ritual with warm herbal compress and full body massage*

Outcome: *Deeply relaxes the body and mind, reducing stress, boosting the immune system and improving concentration*

Traditional Vietnamese Cupping

By: *Ranee*

Duration: *60 / 90 minutes*

Components: *Full body massage and cupping therapy*

Outcome: *Soothes tension for a feeling of deep relaxation*

Tok Sen

By: *Suyada*

Duration: *60 / 90 minutes*

Components: *Full body massage with wooden tools*

Outcome: *Releases tension to relax and energise the body*

Javanese Indulgence

By: *Suwiyah*

Duration: *90 minutes*

Components: *Herbal steam with a neck and shoulder massage (suitable for women only)*

Outcome: *A unique experience with steam to soothe and restore*

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		
Sleep Remedy	90	230
Sudtana Scalp Ritual	60/90/120	230/250/340
Soneva Intuitive Therapy	120	340
Shirodhara	60	200
Meditation	45	100
Meditation and Sound Therapy	60	145
Nidraasana Sleep Ritual	90	290
Hyperbaric Oxygen Therapy	60	200
Vitamin Therapy	90	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 & Natural Body Wrap	60	200
Cleanse and Clarify Rhassoul Clay Body Wrap	60	200
Quench Body Polish	60	185
Soneva Skin Saviour	60	230
Vitamin Therapy	90	Various
Major Autohemotherapy	45	Various
Restore		
Soneva Intuitive Therapy	60/90/120	210/250/340
Soneva Atlas Massage (Balinese & Swedish)	60/90/120	185/220/385
Soneva Atlas Massage (Thai)	60/90	200/230
Cleanse and Clarify Rhassoul Clay Body Wrap	60	200
Energise		
Soneva Intuitive Therapy	60/90/120	210/250/340
Jet Lag Reviver	60	200
Jet Lag Express	30	125
Energise and Revive	60/90	185/230
Foot & Leg Therapy	60	185
Hyperbaric Oxygen Therapy	60	200
Vitamin Therapy	90	Various
Major Autohemotherapy	45	Various
Mindfulness		
Soneva Intuitive Therapy	60/90/120	210/250/340
Shirodhara	60	200
Meditation	45	100
Meditation & Sound Therapy	60	145
Sleep Remedy	90	230
Sudtana Scalp Ritual	60	230

* 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)
Balance		
Quench Body Massage	60/90	195/230
Sacred Body Rituals Signature Treatment	120	450
Soneva Intuitive Therapy	60/90/120	250/340/540
Meditation	45	100
Meditation and Sound Therapy	60	145
Abhyangam	60/90	210/250
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	60/90	195/230
Quench Body Polish	60	185
Soneva Intuitive Therapy	60/90/120	210/250/340
Soneva Natural Body Scrub & Natural Body Wrap	60	200
Experience		
Sacred Body Rituals Signature Treatment	120	450
Sudtana Scalp Ritual	60	230
Nidraasana Sleep Ritual	90	290
Soneva Natural Body Scrub & Natural Body Wrap	60	200
Hyperbaric Oxygen Therapy	60	200
Vitamin Therapy	90	Various
Major Autohemotherapy	45	Various
Soneva Soul – Yoga and Mindfulness		
Yoga	60	200
Meditation	45	100
Aerial Yoga	60	220
Soneva Soul – Movement and Exercise		
Personal Training	60/90	190/285
Jungle Gym	60/90	190/285
Soneva Soul – Specialist Therapies		
Tibetan Specialist Therapy	60/90	275/350
Traditional Vietnamese Cupping	60/90	285/390
Tok Sen	60/90	285/390
Javanese Indulgence	90	390

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