



## 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)
<b>Sleep</b>		
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
<b>Skin</b>		
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
<b>Restore</b>		
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
<b>Energise</b>		
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
<b>Mindfulness</b>		
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)
<b>Balance</b>		
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
<b>Pamper</b>		
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
<b>Experience</b>		
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
<b>Soneva Soul – Yoga and Mindfulness</b>		
Yoga	60	200
Meditation	45	100
Aerial Yoga	60	220
<b>Soneva Soul – Movement and Exercise</b>		
Personal Training	60/90	190/285
Jungle Gym	60/90	190/285
<b>Soneva Soul – Specialist Therapies</b>		
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.