



## 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

### 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

## 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:** Reve

**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

### 24k Gold Age-Defying Facial

**By:** Subtle Energies

**Duration:** 90 minutes

**Components:** Combines collagen and elastin boosting actives, with ingredients such as Mogra, Queen of Jasmynes and 24k Gold

**Outcome:** Brings a radiant glow to the skin and reduces fine lines and wrinkles

### 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

**Duration:** *60 minutes*

**Components:** *Aloe vera and cucumber are applied to the skin, recommended for hydration and sunburns*

**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*

*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

### 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

*Balance* For those who wish to restore their equilibrium

Release  
Comfort Rest  
Calm Peace

### Blissful Marma Massage

**By:** *Subtle Energies*

**Duration:** *60/90 minutes*

**Components:** *Long, firm, flowing movements along with marma therapy and chakra balancing techniques to align vital energy centres*

**Outcome:** *Enhances overall wellbeing while relieving stress related tension*

### 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*

### Abhyangam

**By:** *Soneva*

**Duration:** *60 / 90 minutes*

**Components:** *Full body massage*

**Outcome:** *Deeply relaxes the body*

*Pamper* For those wanting a little indulgence

Relax  
Spoil 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

## Quench Body Polish

**By:** Zents

**Duration:** 60 minutes

**Components:** Body exfoliation and moisturisation

**Outcome:** Smoother, deeply hydrated skin

## Hair Salon Menu

**Cut**

*Women's hair cut*

*90 minutes, including head massage*

*Men's hair cut*

*60 minutes*

**Blow Dry**

*Wash and blow dry (short/medium hair)*  
60 minutes

*Wash and blow dry (long hair)*  
60 minutes

*Wash and blow dry (curly hair)*  
90 minutes

**Treatments**

*Add-on Treat Me boosters to improve hair growth and condition*

*Moisture*  
5 minutes

*Strength*  
5 minutes

*Thickening*  
5 minutes

*Anti-ageing*  
5 minutes

**Extras**

*Head massage*  
15 minutes

*Dry shoulder massage*  
15 minutes

**Styling**

*Straightening*  
60 minutes

*Curl or wave*  
60 minutes

*Braiding*  
60 minutes

*Bun*  
90 minutes

*Up-do*  
90 minutes

**Children's Hair (up to age 14)**

*Hair cut*  
60 minutes

*Girls' package*  
60 minutes



## *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*

### *Aerial Yoga*

**By:** *Soneva*

**Duration:** *60 minutes*

**Components:** *Gentle yoga asanas in an aerial hammock*

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

### *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*

## *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*

## Mat Pilates

**By:** *Soneva*

**Duration:** *60 minutes*

**Components:** *Sessions done on a mat using your own body weight whilst concentrating on the abdominals, lower back muscles, pelvic floor, hips and glutes*

**Outcome:** *Improve core strength, flexibility, mobility, balance and muscle tone*

## Pilates with equipment

**By:** *Soneva*

**Duration:** *60 minutes*

**Components:** *Various pieces of equipment such as the Reformer, Cadillac and Wunda Chair*

**Outcome:** *Provides a whole body workout and assists with rehabilitation, mobilising the spine and increasing the body's range of movement*

## *Soneva Soul – Specialist Therapies*

### Traditional Indonesian Ratus

**By:** *Canca*

**Duration:** *45 minutes*

**Components:** *Herbal steam and neck and shoulder massage*

**Outcome:** *A unique experience as the steam soothes and restores*

### Ibu Secret Massage

**By:** *Canca*

**Duration:** *60 / 90 minutes*

**Components:** *Full body energy massage (with optional stomach and chest massage)*

**Outcome:** *Nurtures and rebalances the body*

### Wanita Healing

**By:** *Canca*

**Duration:** *105 minutes*

**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*

### Natural Facial

**By:** *Thuy*

**Duration:** *60 minutes*

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

**Outcome:** *Soothed, brighter skin*

### Traditional Vietnamese Cupping

**By:** *Thuy*

**Duration:** *60 / 90 / 120 minutes*

**Components:** *Full body massage and cupping therapy*

**Outcome:** *Releases tension and energises the body*

### Organic Herbal Ball Massage

**By:** *Thuy*

**Duration:** *60 / 90 / 120 minutes*

**Components:** *Full body massage and herbal ball compress*

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

### Hilot Banana Leaf Massage

**By:** *Yuli*

**Duration:** *90 minutes*

**Components:** *Warming compress and full body massage*

**Outcome:** *Relaxes and removes tension from the body*

## Tok Sen

**By:** Piyada

**Duration:** 60 / 90 minutes

**Components:** Full body massage with wooden tools

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

## Singaporean Stomach Massage

**By:** Piyada

**Duration:** 30 / 60 minutes

**Components:** Stomach massage with Thai meridian points

**Outcome:** Eliminates negative emotions and stimulates the digestive system

## Cosmic Healing Therapy

**By:** Piyada

**Duration:** 90 minutes

**Components:** Full body massage with wooden tools

**Outcome:** An energy-based therapy with a personalised massage to address specific needs and concerns

## Traditional Chinese Foot Massage

**By:** Piyada

**Duration:** 60 minutes

**Components:** Foot cleanse and pressure point foot massage

**Outcome:** A personalised treatment that works on the body's reflex zones to create a sense of relaxation or increased energy

## So Soay

**Duration:** 90 minutes

USD 390++

**Components:** Herbal steam and full body exfoliation and back, neck and shoulder massage using Sudtana Oil

**Outcome:** Cleansing and detoxifying, resulting in glowing, smoother skin and relaxed mind and body

### Add-On

#### Sudtana Express Facial

**Duration:** 30 minutes

USD 155++

**Components:** Express facial with Sudtana product from Thailand includes cleansing, exfoliation, mask and facial massage

**Outcome:** Complete skin rejuvenation

## *Your Wellness Experience at Soneva Jani*

- 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.
- 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. Our Movement Specialist recommends that you eat no later than 60 to 90 minutes before your session.

## Price List

	Duration (mins)	Price (USD)
<b>Sleep</b>		
Sleep Remedy	90	230
Sudtana Scalp Ritual	60	230
Shirodhara	60	200
Meditation	45	100
Meditation and Sound Therapy	60	145
Nidraasana Sleep Ritual	90	290
<b>Skin</b>		
Skin Analysis	15 to 30	Complimentary
Signature HydraFacial	30	200
24k Gold Age-Defying Facial	90	290
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
Soneva Skin Saviour	60	230
<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 and Leg Therapy	60	185
Soneva Atlas Massage (Balinese & Swedish)	60/90/120	185/220/385
Soneva Atlas Massage (Thai)	60/90	200/230
<b>Balance</b>		
Blissful Marma Massage	60/90	230/260
Quench Body Massage	60/90	195/230
Sacred Body Rituals Signature Treatment	120	450
Abhyangam	60/90	210/250
<b>Pamper</b>		
Deluxe HydraFacial	60	325
Manicure	60	90
Pedicure	60	100
Quench Body Polish	60	185
<b>Hair Salon</b>		
<b>Cut</b>		
Women's hair cut	90	125
Men's hair cut	60	80
<b>Blow Dry</b>		
Wash and blow dry (short/medium hair)	60	50
Wash and blow dry (long hair)	60	80
Wash and blow dry (curly hair)	90	110
<b>Treatments</b>		
Add-on Treat Me boosters to improve hair growth and condition		
Moisture	5	25
Strength	5	25
Thickening	5	25
Anti-ageing	5	25

\* 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>Extras</b>		
Head massage	15	50
Dry shoulder massage	15	50
<b>Styling</b>		
Straightening	60	100
Curl or wave	60	100
Braiding	60	150
Bun	90	100
Up-do	90	200
<b>Children's Hair (up to age 14)</b>		
Hair cut	60	45
Girls' package	60	150
<b>Soneva Soul – Yoga and Mindfulness</b>		
Yoga	60	200
Aerial Yoga	60	220
Meditation	45	100
Meditation and Sound Therapy	60	150
<b>Soneva Soul – Movement and Exercise</b>		
Personal Training	60/90	190/285
Jungle Gym	60/90	190/285
Mat Pilates	60	
Private Training		250
Group class, 2 to 6 guests maximum		80 per person
Pilates with equipment	60	
Private Training		300
<b>Soneva Soul – Specialist Therapies</b>		
Traditional Indonesian Ratus	45	235
Ibu Secret Massage	60/90	285/390
Wanita Healing	105	440
Natural Facial	60	285
Traditional Vietnamese Cupping	60/90/120	285/390/470
Organic Herbal Ball Massage	60/90/120	285/390/470
Hilot Banana Leaf	90	390
Tok Sen	60/90	285/390
Singaporean Stomach Massage	30/60	155/285
Cosmic Healing Therapy	90	390
Traditional Chinese Foot Massage	60	285
So Soay	90	390
- Add on Sudtana Express Facial	30	155

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