



Spa Menu

Sleep For those who wish to improve sleep quality and duration

Revived
Switch off Slumber
Renewed Sleep Recover
Rest Recharge Relax

Nidraasana Sleep Ritual

By: Soneva and Roger Moore

Duration: 90 / 120 minutes

Components: Foot soak and scrub, aromatic sand poultice, Reiki, body massage and facial pressure point massage

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

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 gua sha

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*

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*

Soneva NeoLift Deluxe Facial

By: *Soneva*

Duration: *120 minutes*

Components: *Comprehensive facial with sculpting massage techniques*

Outcome: *Radiant skin and firmed muscles*

Soneva NeoLift Facial with Buccal Massage

By: *Soneva*

Duration: *90 minutes*

Components: *Facial cleanse and buccal massage*

Outcome: *Relaxed, lifted and sculpted facial muscles*

Soneva NeoLift Facial without Buccal Massage

By: *Soneva*

Duration: *75 minutes*

Components: *Cleansing and lifting facial massage*

Outcome: *Muscle manipulations and lymphatic drainage techniques for a brightened and lifted complexion*

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*

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 Jasmines 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, Brown Sugar, Green Tea, Coffee & Oat

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

By: *Soneva*

Duration: *60 minutes*

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

Outcome: *Softer, smoother and brighter skin*

Soneva Skin Saviour

By: *Soneva*

Duration: *60 minutes*

Components: *Aloe, cucumber and iced compresses are applied to areas with sunburn, followed by a facial massage using cold rose quartz crystals*

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

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, leg and foot massage and cupping

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

Balance For those who wish to restore their equilibrium

Release
Comfort Rest
Calm Peace

So Soul

By: Soneva

Duration: 90 minutes

Components: Integrative treatment combining Ayurvedic and traditional massage movements, Craniosacral holds and Auricular Acupressure

Outcome: A deeply relaxing and therapeutic treatment to ease pain, improve wellbeing and reduce stress

So Fusion

By: Soneva

Duration: 90 minutes

Components: Full body treatment starting with dry massage techniques, followed by a herbal poultice and oil massage

Outcome: Improvement in blood circulation, muscle tension is eased and flexibility is increased

Reiki

By: Soneva

Duration: 60 minutes

Components: Full body energy work treatment

Outcome: Restore holistic balance, experience deep relaxation, reduced stress and enhanced wellbeing

Back Reviver

By: Soneva

Duration: 60 / 90 minutes for full body massage

Components: Back exfoliation, warming back mask, back, neck and shoulder massage incorporating warm poultice

Outcome: Back, neck and shoulder tension will be relieved and stress reduced

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: 90/120 minutes

Components: Intention setting, cleanse with Palo Santo & California White Sage, body scan, full body massage and facial with botanical extracts and mushrooms

Outcome: Reduce stress and anxiety, promote physical and emotional wellbeing as well as reduce pain

Abhyangam Classical

By: Soneva

Duration: 60 / 90 minutes

Components: Full body traditional massage using medicinal oils provided by one therapist

Outcome: Deeply relaxes the body

Pamper For those wanting a little indulgence

Relax
Spoil Luxury
Refreshed Treat
Rejuvenated Indulge
Pampered

Four Hand Massage

By: *Soneva*

Duration: *90 minutes*

Components: *Full body massage provided by two therapists*

Outcome: *Body and mind feel relaxed, and tension is removed*

Balinese Massage

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Full body massage using long palm strokes and soft to medium pressure*

Outcome: *Body and mind feel relaxed, and tension is removed*

Thai Massage

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Dry, full body massage using a combination of pressure points and stretching techniques*

Outcome: *Body feels energised and reduction in muscle tension*

Swedish Massage

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Traditional massage involving long, kneading movements combined with rhythmical percussion*

Outcome: *Body feels energised yet relaxed*

Atlas Massage

By: *Soneva*

Duration: *90 minutes*

Components: *Full body massage using massage techniques inspired from around the world*

Outcome: *Body feels energised as well as relaxed and destressed*

Deep Tissue Massage

By: Soneva

Duration: 60 / 90 minutes

Components: Full body massage using oil and deep pressure using arms and elbows

Outcome: Muscle tension is removed from the body

Hot Stone Massage

By: Soneva

Duration: 60 / 90 minutes

Components: Full body massage using hot volcanic basalt stones

Outcome: Muscle tension is removed from the body; circulation is stimulated, and flexibility is increased

Pre & Post Pregnancy Massage

By: Soneva

Duration: 60 / 90 minutes

Components: Full body massage involving light, soothing movements

Outcome: Tension from key areas is reduced and the body will feel relaxed

Quench Body Polish

By: Zents

Duration: 60 minutes

Components: Body exfoliation and moisturisation

Outcome: Smoother, deeply hydrated skin

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

File & Polish

By: Soneva

Duration: 30 minutes

Components: Nail file and polish application

Outcome: Well-groomed nails

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

*Natural face mask
15 minutes*

*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 Mindful Practices

From yoga and meditation classes with ashram-trained yogis, to high-performance athletic training with experienced coaches in state-of-the-art fitness centres, our programmes and practices are playful, inspirational and effective. Utilising the natural environment to blend movement with daily living, our coaches offer services to help you on your wellbeing journey.

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*

Personal Training

By: *Soneva*

Duration: *60 minutes*

Components: *Consultation, fitness assessment and training*

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

Natural Movement

By: *Soneva*

Duration: *60 minutes*

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

Outcome: *Learning to move as nature intended for enhanced physical and mental health*

Jungle CrossFit

By: Soneva

Duration: 60 minutes

Components: Individual or group high intensity training to develop strength and endurance

Outcome: Tailored sessions that address your individual concerns or goals

Private Bootcamp

By: Soneva

Duration: 60 minutes

Components: Private high intensity fitness session at various locations around the island

Outcome: Increased strength and cardiovascular fitness

MetCon

By: Soneva

Duration: 60 minutes

Components: Metabolic conditioning through high intensity interval training

Outcome: Increased strength and cardiovascular fitness

Mat Pilates (Group Training)

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

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 – Resident Specialists

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*

Traditional Vietnamese Cupping

By: *Thuy*

Duration: *60 / 90 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*

Balancing Holistic Massage

By: *Thuy*

Duration: *60 / 90 minutes*

Components: *Personalised wellbeing massage with sound and vibrational therapy*

Outcome: *Body and mind are relaxed in this unique treatment using singing bowls*

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

Diwali Snan

By: Yogesh

Duration: 90 / 120 minutes

Components: A traditional ritual using the finest of herbs and essential oils to cleanse, scrub and massage the body

Outcome: A unique experience with the skin feeling soft and body relaxed

Panchamrut Abhishek

By: Yogesh

Duration: 60 / 90 minutes

Components: Body treatment with milk or coconut milk, honey, ghee and tulsi leaves

Outcome: Body is relaxed and skin nourished

Garhane

By: Yogesh

Duration: 60 minutes

Components: Reiki with sound vibrational therapy

Outcome: Intense relaxation with profound sense of wellbeing

Meditation with Chanting

By: Susma

Duration: 45 minutes

Components: Sound meditation with traditional Bhutanese chanting

Outcome: A relaxing experience resulting in a balanced state of peace and calm

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)
Sleep		
Nidraasana Sleep Ritual	90/120	290/390
Sleep Remedy	90	340
Sudtana Scalp Ritual	60	240
Shirodhara	60	250
Meditation	45	150
Meditation and Sound Therapy	60	190
Skin		
Skin Analysis	15 to 30	Complimentary
Soneva NeoLift Deluxe Facial	120	350
Soneva NeoLift Facial with Buccal Massage	90	260
Soneva NeoLift Facial without Buccal Massage	75	230
Deluxe HydraFacial	60	275
Signature HydraFacial	30	200
24k Gold Age-Defying Facial	90	320
Living Beauty Signature Facial	90	320
Advanced Firming Facial	60	230
Personalised Facial	60	230
Soneva Natural Body Scrub & Natural Body Wrap	60	240
Soneva Skin Saviour	60	240
Cleanse and Clarify Rhassoul Clay Body Wrap	60	240
Energise		
Soneva Intuitive Therapy	60/90/120	240/340/420
Jet Lag Reviver	60	230
Energise and Revive	60/90	240/340
Foot and Leg Therapy	60	220
Balance		
So Soul	90	340
So Fusion	90	340
Reiki	60	230
Back Reviver	60/90	240/340
Blissful Marma Massage	60/90	240/340
Quench Body Massage	60/90	240/340
Sacred Body Rituals Signature Treatment	90/120	340/450
Abhyangam Classical	60/90	240/340
Pamper		
Four Hand Massage	90	540
Balinese Massage	60/90	240/340
Thai Massage	60/90	240/340
Swedish Massage	60/90	240/340
Atlas Massage	90	340
Deep Tissue Massage	60/90	240/340
Hot Stone Massage	60/90	240/340
Pre & Post Natal Massage	60/90	240/340
Quench Body Polish	60	155
Manicure	60	110
Pedicure	60	130
File & Polish	30	70

* 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)
Hair Salon		
Cut		
Women's hair cut	90	185
Men's hair cut	60	95
Blow Dry		
Wash and blow dry (short/medium hair)	60	90
Wash and blow dry (long hair)	60	120
Wash and blow dry (curly hair)	90	120
Treatments		
Add-on Treat Me boosters to improve hair growth and condition		
Moisture	5	25
Strength	5	25
Thickening	5	25
Anti-ageing	5	25
Extras		
Natural face mask	15	50
Head massage	15	50
Dry shoulder massage	15	50
Styling		
Straightening	60	100
Curl or wave	60	100
Braiding	60	150
Bun	90	100
Up-do	90	200
Children's Hair (up to age 14)		
Hair cut	60	45
Girls' package	60	150
Soneva Soul – Movement & Mindful Practices		
Yoga	60	190
Aerial Yoga	60	210
Meditation	45	150
Meditation and Sound Therapy	60	190
Personal Training	60	190
Natural Movement	60	190
Jungle CrossFit	60	190
Private Bootcamp	60	190
MetCon	60	190
Mat Pilates		
Private	60	250
Group Class, 2 to 6 guests maximum	60	80
Pilates with Equipment		
Private	60	300
Soneva Soul – Resident Specialists		
Traditional Indonesian Ratus	45	235
Ibu Secret Massage	60/90	285/390
Wanita Healing	105	440
Traditional Vietnamese Cupping	60/90	285/390
Organic Herbal Ball Massage	60/90	285/390
Balancing Holistic Massage	60/90	285/390
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
Diwali Snan	90/120	390/470
Panchamrut Abhishek	60/90	285/390
Garhane	60	285
Meditation with Chanting	45	235

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