

## Signature Experiences

### So Secret

**By:** Soneva - Created exclusively for Soneva Secret guests  
**Duration:** 90 minutes  
**Price:** USD Three Hundred and Forty  
**Components:** Foot Ritual, full body exfoliation, full body massage, followed by herbal poultice  
**Outcome:** Body feels rejuvenated, muscles relaxed and mental tension is eased  
*\*Available in the Spa only*

### So Fusion

**By:** Soneva  
**Duration:** 90 minutes  
**Price:** USD Three Hundred and Forty  
**Components:** Full body massage with firm pressure, beginning with dry massage techniques, continuing with herbal poultice and oil massage  
**Outcome:** Improvement in blood circulation, muscle tension is eased and flexibility is increased

### Soneva Atlas Massage

**By:** Soneva  
**Duration:** 90 minutes  
**Price:** USD Three Hundred and Forty  
**Components:** Full body massage using massage movements from around the world  
**Outcome:** Relaxed, yet energised and de-stressed

### Soneva Intuitive Therapy

**By:** Soneva  
**Duration:** 60 / 90 / 120 minutes  
**Price:** USD Two Hundred and Forty/USD Three Hundred and Forty/USD Four Hundred and Twenty  
**Components:** Full body massage  
**Outcome:** A personalised treatment that uses a curated combination of massage movements to treat the body according to your specific concerns

### Soneva Natural Body Scrub

**By:** Soneva  
**Duration:** 45 minutes  
**Price:** USD One Hundred and Seventy  
**Components:** Body exfoliation with locally-grown, natural ingredients  
**Outcome:** Softer, smoother and brighter skin  
*\*Available in the Spa only*

## Back Reviver

**Duration:** 60 minutes  
**Price:** USD Two Hundred and Forty  
(Full body massage upgrade is available, 90 minutes USD Two Hundred and Sixty)  
**Components:** Back exfoliation, back, neck and shoulder massage incorporating hot stones on the back.  
**Duration:** Ideal for those with back, neck and shoulder tension as well as those working at a desk.  
Muscle tension will be relieved, and stress reduced  
*\*Available in the Spa only*

## Soneva Skin Saviour

**Duration:** 60 minutes  
**Price:** USD Two Hundred and Forty  
**Components:** Cold compress, aloe vera and cucumber are applied to the skin, recommended for hydration and sunburn  
**Outcome:** Skin is calm and soothing  
*\*Available in the Spa only*

## Nidraasana Sleep Ritual

**By:** Soneva  
**Duration:** 90 minutes  
**Price:** USD Two Hundred and Ninety  
**Components:** Foot soak and scrub, Reiki, body massage and Indian head massage  
**Outcome:** Relaxes the body and mind for improved quality of sleep

## Soneva Jet Lag Treatment

**By:** Soneva  
**Duration:** 90 Minutes  
**Price:** USD Two Hundred and Sixty  
**Components:** Dry body brush, silicone cup, lymphatic massage and lemongrass essential oil  
**Outcome:** Reduced fluid retention and swelling, detoxification and improved immunity

## Massages

### Deep Tissue Massage

**Duration:** 60 / 90 minutes  
**Price:** USD Two Hundred and Forty/USD Three Hundred and Forty  
**Components:** Full body massage using oil and deep pressure by the arms and elbows  
**Outcome:** Muscle tension is removed from the body

### Swedish Massage

**Duration:** 60 / 90 minutes  
**Price:** USD Two Hundred and Forty/USD Three Hundred and Forty  
**Components:** Traditional massage involving long kneading movements combined with rhythmical percussion  
**Outcome:** Body feels energised yet relaxed

### Pre & Post Natal Massage

**Duration:** 60 / 90 minutes  
**Price:** USD Two Hundred and Forty/USD Three Hundred and Forty  
**Components:** Full body massage involving light, soothing movements  
**Outcome:** Tension from key areas are reduced and the body will feel relaxed

### Thai Massage

**Duration:** 60 / 90 minutes  
**Price:** USD Two Hundred and Forty/USD Three Hundred and Forty  
**Components:** Dry, full body massage using combination of pressure points and stretching techniques  
**Outcome:** Body feels energised and reduction in muscle tension

### Balinese Massage

**Duration:** 60 / 90 minutes  
**Price:** USD Two Hundred and Forty/USD Three Hundred and Forty  
**Components:** Full body massage using long palm strokes and soft to medium pressure  
**Outcome:** Body and mind feel relaxed, and tension is removed

## Foot and Leg Massage

**Duration:** 45 minutes  
**Price:** USD One Hundred and Forty  
**Components:** Massage to the feet and legs according to your preferred pressure  
**Outcome:** Feet and legs will feel lighter and tension is removed

## Head, Neck and Shoulder Massage

**Duration:** 45 minutes  
**Price:** USD One Hundred and Seventy  
**Components:** Head, neck and shoulder massage with or without oil and according to your preferred pressure  
**Outcome:** Physical and mental stress is removed from targeted areas, and quality of sleep can also be improved



## Facials

### Soneva Neo Lifting Facial

<b>By:</b>	Soneva
<b>Duration:</b>	<ul style="list-style-type: none"><li>• 75 minutes (facial cleanse and lifting facial massage without buccal massage)</li><li>• 90 minutes (facial cleanse and lifting facial massage with buccal massage)</li><li>• 120 minutes (includes full facial treatment)</li></ul>
<b>Price:</b>	USD Two Hundred and Thirty / USD Two Hundred and Sixty / USD Three Hundred and Fifty
<b>Outcome:</b>	Skin is brightened and lifted, and facial tension is removed using a variety of precise muscle manipulations and lymphatic drainage techniques

### 24K Gold Age-Defying Facial

<b>By:</b>	Subtle Energies
<b>Duration:</b>	60 / 90 minutes
<b>Price:</b>	USD Two Hundred and Thirty/USD Three Hundred and Twenty
<b>Outcome:</b>	The skin is invigorated with the healing properties of Morgia to boost collagen and stimulate cell renewal, which when combined with the restorative powers of 24k gold leaf, revive the face and neck and reduce fine lines and wrinkles

## Ayurveda

### Abhyanga Classical

**Duration:** 60 / 90 minutes  
**Price:** USD Two Hundred and Forty/ USD Three Hundred and Forty  
**Components:** Full body massage with medicated oil

Abhyanga is an Ayurvedic massage in which medicated oils are applied over the body with customised light to medium pressure.

### Shiroabhyanga

**Duration:** 30 / 60 minutes  
**Price:** USD One Hundred and Ten/USD One Hundred and Seventy Five  
**Components:** Head massage with medicated oil

This Ayurvedic head massage uses light to medium, circular strokes using special medicated oil applied to the scalp. Head massages are one of the most important techniques in Ayurveda; they stimulate nerve centres and relieve stress and tension throughout the body.

### Padaabhyanga

**Duration:** 30 / 60 minutes  
**Price:** USD One Hundred and Ten/USD One Hundred and Seventy and Five  
**Components:** Foot massage with medicated oil

This foot massage aims to heal the vital body points known as marma, which include soothing the nerves. It also helps to activate the immune system, and can prevent the early onset of any kind of physical and mental degeneration.



## Vitamin Therapy

Feel rejuvenated with our specially curated selection of vitamin therapies that can enhance your mind, body and soul from the inside out. All infusions require a consultation prior to administration.

### Bespoke Vitamin Therapy

**Duration:** 60 minutes  
**Price:** USD Three Hundred and Seventy Five

One of our most popular and best-selling vitamin therapies. Work with your wellness provider to build acustomised nutrient formulation that targets your exact wellness needs.

### Immunity Booster

**Duration:** 60 minutes  
**Price:** USD Three Hundred and Seventy Five

Boost your immune system to combat whatever life might throw at you, by using IV Vitamin C, which has been shown to fight infections. Used in combination with immune-supporting minerals and antioxidants, your immune system will be running better than ever.

### Fatigue Eraser

**Duration:** 60 minutes  
**Price:** USD Three Hundred and Seventy Five

Fight stress and fatigue head-on. This targeted therapy is packed full of potent amino acids, minerals and B Vitamins to help alleviate the effects of daily life and jet lag.

### Beauty Elixir

**Duration:** 60 minutes  
**Price:** USD Three Hundred and Seventy Five

Feel beautiful inside and out with this antioxidant, Vitamin C and mineral-rich formula that gives your cellsthe tools needed to fight signs of ageing, restore collagen and brighten your skin, leaving you feeling younger and more confident than ever.

### Slimming Lift

**Duration:** 60 minutes  
**Price:** USD Three Hundred and Seventy Five

Give your metabolism a kick start to break down fats and eliminate toxins with this specially formulated infusion of carnitine, minerals, magnesium and B Vitamins.

## Sommelier's Secret

**Duration:** 60 minutes  
**Price:** USD Three Hundred and Seventy Five

Indulging should never put a damper on your stay. Feel revitalised and ready to take on a new day with a blend of B Vitamins, minerals and amino acids to erase your hangover blues.

## NAD+

**Duration:** 120 minutes  
**Price:** USD Seven Hundred

Do you wish you had the energy of your younger self? Give your cells a boost while also improving mood, athletic performance and overall brain health with this naturally occurring molecule.

## High-Dose Vitamin C

**Duration:** 120 minutes  
**Price:** USD Four Hundred and Fifty

Boost your immune system, reduce inflammation, reduce fatigue and improve overall health with this action-packed antioxidant treatment.

## Vitamin Injection

**Duration:** 5 minutes ~~Price:~~ USD Eighty  
**Components:** Injection

Choose from pre-made formulas or have one custom designed by our naturopathic doctor for a quick boost with ingredients such as glutathione and high-dose vitamin C.





## Mindfulness and Movement

### Yoga

**Duration:** 60 minutes  
**Price:** USD One Hundred and Ninety  
**Components:** Gentle stretches, breathwork and movement  
**Outcome:** Improved flexibility and a restored sense of balance within the body and mind

### Meditation

**Duration:** 60 minutes  
**Price:** USD One Hundred and Fifty  
**Components:** Breathwork and mindful techniques  
**Outcome:** Regulates the nervous system for a deep sense of relaxation and peace

### Personal Training

**Duration:** 60 minutes  
**Price:** USD One Hundred and Ninety  
**Components:** Consultation, fitness assessment and training  
**Outcome:** Tailored sessions that address your individual concerns or goals



## Soneva Junior Spa

### Junior Massage

**Duration:** 30 / 60 minutes  
**Price:** USD Eighty/USD One Hundred and Thirty

Using coconut oil, long, soft, relaxing strokes are used to relax and remove any areas of tension

### Mini Manicure

**Duration:** 30 minutes  
**Price:** USD Eighty

Nail file and shape, hand and arm massage using coconut oil and nail polish

### Mini Pedicure

**Duration:** 30 minutes  
**Price:** USD Eighty

Nail file and shape, foot and leg massage using coconut oil and nail polish



## Your Wellness Experience at Soneva Secret

- The Spa is open daily from 10:00 to 20:00.
- Sauna and Steam are available daily from 10:00 to 20:00.
- Sauna and Steam are available for those over the age of 16
- All medical conditions must be discussed with the wellness team before using the thermal facilities.
- 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.
- In-Villa treatments will be available from 10:30 to 19:00
- Some treatments will require approximately 60 minutes ingredient preparation by our therapists
- Soneva Junior treatments are available for children 12 and over
- For children aged 12 – 16, a parent or guardian must accompany during the treatment
- All prices are quoted in USD (\$), and are subject to an additional 16% government tax and 10% service charge