

SHUI TREATMENT MENU

Shui Signature Treatments

Chocolate-Orange Romance

Couples / Singles

90 min

This Chocoholic's dream comes true.

Starts off with body exfoliation with rich almond chocolate mixed with fresh orange peels followed by a luscious chocolate butter and orange body massage, a pure delight for the senses. It ends off immersing yourself in a relaxing Milk bath sipping on a cup of steaming hot or refreshingly cold chocolate drink of your choice. Last but not the least, you will further be lathered with white chocolate moisturizer on your whole body, inducing an Endorphin rush which will leave you feel delightfully happy.

Veli Modun

Couples / Singles

90 min

(Traditional Maldivian Sand Massage)

A true traditional treatment not to be missed!

Gentle exfoliation with pure sand of our pristine Manafaru beachsides. The soft white sand opens the pores, melting the tension – invigorating and energizing your body amidst alleviating any aches and pains through its healing properties of the sea salts. This is followed by a soothing massage using virgin Maldivian coconut oil further nourishing the skin. This traditional treatment has been used for centuries to treat nerve problems such as paralysis or chronic pain.

Facials

Luxurious Caviar & Pearl Facial

60 min

A lavish treatment with pure Caviar Extract and crushed Pearls plus a revolutionary blend of phyto-extracts: Escutox™. Promoting rejuvenation by dramatically reducing facial expression lines and wrinkles. Leaving your face fully revitalized and hydrated, thus resulting in a firmer, youthful, glow. Definitely for dry mature skin types.

Skin Fit Caviar Facial For Him

60 min

Empower your skin to withstand the maturing process with this proven-effective advanced treatment specifically formulated for men. Rejuvenating Caviar and repairing freeze-dried Escutox replenish skin while counteracting time aggressors. Visibly promotes healthy, youthful skin.

Deep Hydration Plantomer Facial

60 min

A combination of hydrating benefits of Seaweed with revitalizing Propolis, a natural healing and desensitizing substance. Soothing, nourishing and calming, it renders skin refreshed, healthy and undeniably radiant. Recommended for all skin types, dramatically improves skin especially when irritated or ultra-sensitive.

Executive Men's Facial

60 min

A man's face has precise needs, from enlarged pores to increased sensitivity due to shaving. This specifically designed facial combines hydrating French seaweed with healing botanical ingredients, leaving the skin smooth, revitalized and less sensitive to shaving and aggressive environments.

O2ptimal Oxy-Vital Facial

60 min

This oxygenating facial treatment increases the cells' intake of oxygen to allow brighter, more vibrant skin. A soothing ampoule is applied followed by the lift-off oxygen mask to stimulate the production of collagen and Elastin for firmer skin tone. A natural answer to healing traumatized skin. A gentle deep cleansing procedure is included in this treatment. This facial includes a calming, anti-inflammatory lift-off mask.

Gentle Water Lily Moisture Surge Facial

60 min

This powerful but ultra-gentle blend of hydrating ingredients will put out the fire from too many sun-rays. Your thirsty skin absorbs a rich blend made from exotic water lilies and pure green tea. It increases the skin's own healing properties and comfortably cools damaged and sunburned skin. Recommended for tired, sensitive and damaged skin. This facial includes a rich hydrating gel mask.

Gentle Deep Cleansing Facial

60 min

A deep conditioning facial with Pevonia Cleansing Ritual, followed by a soothing Face Massage with their Tri-phase rejuvenating and healing massage cream, and end off with your individually selected Pevonia Care Cream. Truly promotes a healthy & balanced skin.

Icy Ginkgo Biloba Eye Mask

45 min

This is an effective pure plant freeze-dried eye mask enriched with Ginkgo Biloba that uses ice therapy to effectively relieve dark circles and puffiness for refreshing, radiant and visibly firm eyes. This eye mask can be booked as a soothing and relaxing addition to any of our facials.

Specialty Massages

4 Hands Fusion Massage

60 min

An ultimate indulgence performed simultaneously by two therapists. Four hands will work on your whole body, soothing away tension in a rhythmic manner to create a state of overall sheer harmony.

Slimming Massage

60 min

Shui's slimming massage aids in the elimination of water retention whilst relieving tired muscles, thus improving bodily circulation further to firming the skin. Using special extracts of luxurious natural aroma lends draining and firming properties to refine problem areas.

La Stone Therapy

90 min

An alternative therapy of the Eastern world's regime of sciences for thousands of years. This massage with warm basalt stones based on the Chakras of the body is known to promote a harmonizing and cleansing effect allowing for a meditative state of quietude and calm.

Herbal Stamp Massage

60 min

Using warmed pouches of steamed herbs and spices, pressed against the body's meridians; this unique therapy brings welcome relieve to tired muscles. The resulting medicinal heat will be felt emanating through your body, inducing calm and relaxation.

Classical Massages

Thai Yoga Massage

60 min / 90 min

An ancient tradition, originally practiced only in Thai temples by Buddhist monks well versed in the art of healing. It is described as “Yoga Massage” for its stretching and bending movements and is ideal for anyone who desires increased energy flow and flexibility.

Japanese Shiatsu

60 min / 90 min

A pressure points technique based on the concept of acupuncture. Pressure is applied to various body points along energy pathways enhancing the free flow of Chi.

Balinese Massage

60 min / 90 min

The foundations of Balinese culture, applied through generations. Thumb rolling, long strokes motions, it invigorates the whole body clearing bodily meridian lines and leaving you in total bliss of relaxation.

Deep Tissue Massage

60 min / 90 min

Firm pressure and using specific customized techniques to release tensions, blockages and knots built up over time – not for the frail of hearts.

Swedish Massage

60 min / 90 min

This therapeutic massage is a perfect way to soothe your body as it works predominantly with the muscles and joints, utilizing long rhythmic strokes, kneading, cupping and rolling methods.

Aromatherapy Massage

60 min / 90 min

This light massage utilizes pure aromatic essential oils made from flowers, plants and herbs to balance the mind, body and spirit while relieving stress and jet lag immediately through its slow rhythmic movements.

Head, Neck & Shoulder Therapy

45 min / 60 min

A highly effective quick pick up technique to alleviate discomfort of the neck and shoulder, performed while you are seated. A true instant relief for tense and overworked muscles.

Anti Stress Back Massage

45 min / 60 min

When all you need is a quick dose of tension-relief for the back, this is the remedy. Deep thumb pressure and smooth massage movements on the back will help relieve muscle tension and encourage relaxation.

Foot Massage

45 min / 60 min

Another ancient practice famous for its beneficial effects. Focusing entirely on your feet and sole, our therapist will identify and stimulate points that correspond to specific parts of the body, helping to relieve stress and promote relaxation.

After Sun Body Treatments

All After Sun Body treatments include a soothing scalp massage for complete relaxation.

Soothing Water Lily Moisture Surge Wrap

60 min

Instantly relieve your sun damaged or sensitive skin with this deeply moisturizing treatment, created from the European White Lily and pure Green Tea. With its healing properties, it alleviates your skin's burning and stinging sensation while desensitizing and decreasing skin temperature.

After Sun Cucumber Body Heal

50 min

The amazing natural properties of fresh cucumber and pure honey eliminate excess heat from your body, providing an instant relief to sun damage or dehydrated skin. While the natural ingredients hydrate thirsty skin, a tender head massage will soothe your senses. We will finish this healing treatment with a calming lotion.

Body Cocoons

All Body Cocoons include a soothing scalp massage for complete relaxation.

Detox Green Coffee Cocoon

60 min

This powerful Anti-Cellulite Treatment with its active ingredients aids to break down adipose tissue, activating maximum hydration and firmness, while thoroughly hydrating and deeply moisturizing the skin.

To reap ultimate benefits, add a purifying Slimming Massage

90 min

Energizing Aromatic Moor Cocoon

60 min

This scientifically-proven holistic, healing black Magma Moor Mud is rich in natural vitamins, minerals and enzymes. Excellent for sore muscles, aches and pains by stimulating your body's circulation as it evaporates stress – leaving you in a harmonized state of health and mind.

To reap ultimate benefits, add an invigorating Deep Tissue Massage

90 min

Pevoia De-Stress Aromatherapy Cocoon

60 min

Breathe in tranquility while your body relaxes and let the stress slip away. Natural herbal essential oils are applied in a warm, aromatic treatment, chosen to stimulate your body's own ability to release stress and restore peace and well-being to your body, mind and soul.

To reap ultimate benefits, add a soothing Aromatherapy Massage

90 min

Body Scrubs

All Body Scrubs include a soothing scalp massage for complete relaxation.

Re-Hydrating Fresh Coconut Scrub

45 min

This fine paste, made from freshly grated coconut, is perfect for sensitive skin. The coconut fibers will gently exfoliate without pulling out your tan and provide deep nourishment for skin cells especially after the effects of sun and salt water.

Toning Coffee & Orange Body Scrub

45 min

Enjoy a powerful blast of coffee on the body, a true potent free radical scavenger and cell detoxifier, blended with fragrant fresh oranges. Its brisk, scrumptious aroma refreshes tired muscles and invigorates the spirit. Delicious freshly ground coffee provides deep skin exfoliation that leaves the skin incredibly firm & soft.

Energizing Spice Scrub

45 min

A combination of Sandalwood, nutmeg, cinnamon, cloves and ginger are ground together in a traditional pestle and mortar. The finished spicy blend will induce a comfortable heat in your body, increasing blood circulation, while gently exfoliating the skin.

Pure Honey and Sesame Body Glow

45 min

The grounded sesame seeds invigorate, while honey makes your skin soft as silk, inducing a radiant glow all over your body. These properties are well suited for mature yet sensitive skin types.

Silky Skin Body Scrub

45 min

With natural Jojoba granules, Rose Essential Oil, Chamomile and Soapwort, blended together to exfoliate dead cells, thus removing accumulated residues and skin impurities while stimulating superficial circulation. This wonderful scrub finishes off with Body Moisturizer Cream or Oil Spray, rendering your skin silky without any greasy residue. Perfect for restoring skin moisture and elasticity – with an alluring scent.

Body & Soul

Yoga & Meditation Sessions *(upon request)*

per Group Session / 60 min
Private Classes (Single or Couple) / 60 min

This ancient form of specific breathing techniques coupled with prescribed body postures derives from the Indian word for 'union', the union between one's individual consciousness and the Universal Consciousness or between the body and the mind. It is the art of living a healthy, balanced, peaceful and contented life. Conceived by the great Sages in their quest for self-realization, it has come to be recognized during its long travels from the hermitage to the cities as a philosophy of life, a code of conduct as well as a way of living that is capable not only of ensuring physical well-being, mental peace and harmony, but also the spiritual uplifts of man. Meditation is an integral part of many yoga techniques, but can also be used as a separate way to enhance the inner sense of well-being. Through absolute focus of the mind and relaxation of the body, it is possible to obtain a state of never-before-known inner freedom and peace.

If you are interested in inner purification, spiritual growth as well as numerous health benefits like lowering blood pressure, improving sleep or just plain reduction of overall stress levels, come and join our internationally certified Yoga Guru in one of his sunrise or sunset Yoga and Meditation sessions.

Shui Specials For Lovers

Shui Seduction

Couples

180 min

The ultimate indulgence to share with your most loved one. Begin the 'Seduction' with a purifying steam to cleanse the body. Then lay back and savor the pleasures of our Romantic Couple's Massage using our specially blended oil with the most exotic aromas. Our skilled therapists will work harmoniously to take you on a journey that you will treasure forever. To complete this whole body ceremony, you will be treated to a gentle, yet deeply cleansing facial followed by a refreshing eye mask. A Romantic Flower Bath surrounded by candle lights and topped off with a glass of wine to tingle your emotions ends this heavenly opulence.

- Hydrotherapy
- Romantic Couple's Massage
- Gentle Deep Cleansing Facial
- Icy Ginkgo Biloba Eye Mask
- Romantic Flower Bath
- Wine & Candle-lit Decoration

Honeymoon Indulgence

For Couples

145 min

Enjoy new found love or revitalize your relationship with this enchanting package especially created for the lovebirds amongst our guests! Get prepared for your luxurious extravagance with a relaxing footbath, followed by a full body massage according to your specific Doshas. After having been smothered all over with your favorite body scrub, just lay back with your partner, splashing in the flower bath whilst savoring delicious fresh fruit and a glass of wine.

- Hydrotherapy
- Aromatherapy Footbath
- Romantic Couple's Dosha Massage
- Choice of Body Scrub
- Aromatherapy Flower Bath
- Fruit Platter
- 2 Glasses of Wine

Shui – Especially For Her

Pure Bliss For New Mums And Mums-To-Be

140 min

(If you are pregnant or less than 3 months after giving birth and would like to enjoy any of our spa treatments, please consult with our Doctor first. We kindly ask you to also bring a certificate of no objection from your family doctor allowing you to use the spa facilities.)

Especially designed with expecting Mothers and post-birth Mothers in mind, this simple ritual will reinforce the feminine glow in you. We will start with your choice of Nourishing Avocado or Strengthening Ginseng Hair Crème Bath, after which our Hair Stylist will add a glamorous touch to your holiday hair style. To finish your blissful treatment, enjoy a relaxing Hand and long stroke Leg Massage.

- Choice of Hair Crème Bath
- Wash & Blow-Dry including Hairstyling
- Hands & Legs Long-stroke Massage

Luxurious Caviar & Pearl Facial

60 min

Deep Hydration Plantomer Facial

60 min

Detox Green Coffee Cocoon

To reap ultimate benefits, add a purifying Slimming Massage

60 min

90 min

La Stone Therapy

90 min

Aromatherapy Massage

60 min

90 min

Silky Skin Body Scrub

45 min

Shui – Especially For Him

Shui Business Break 150 min
In our desire to create the ultimate haven for today's Gentlemen looking to escape from the hustle and bustle of corporate life, we have designed this package specifically for Men Only!

Men are all too often prone to tensions and blockages in their sensitive back area. For all those suffering from chronic stress, this package will provide you welcome relieve from your everyday ailments and release you refreshed and strengthened, ready to dive back into everyday life until your next escape to Shui!

- Hydrotherapy
- Revitalizing Back Scrub
- Empowering warm Mud Wrap
- Anti-Stress Back Massage

Skin Fit Caviar Facial For Him 60 min

Executive Men's Facial 60 min

4 Hands Fusion Massage 60 min

Deep Tissue Massage 60 min
90 min

Energizing Aromatic Moor Cocoon 60 min
to reap ultimate benefits, add an invigorating Deep Tissue Massage 90 min

Energizing Spice Scrub 45 min

Shui – Especially For Younger Guests

Princess For The Day

140min

Let her come and be pampered as a little Princess should!

Specifically designed for our younger spa guests, this treatment starts with a bubbly and delicious smelling bath followed by a cleansing and delicate mini facial. When her hair is beautified, she can choose between a deluxe Manicure or Pedicure. Her transformation will be finished by dressing her up in a complimentary traditional Maldivian Sarong.

A complimentary serving of a generous helping of Kid's favorite – Ice Cream – is of course included!

- Bubble Bath
- Mini Facial
- Hair Styling
- Choice of Manicure or Pedicure
- Complimentary Maldivian Sarong
- Complimentary serving of Ice Cream

Li'Mud-Man

75min

Splash in the Mud and have Fun! The little Man will be handed a bowl of mud and a brush and is then free to paint all over his body. To clean it off, he will then enjoy his own mud bath, followed by a relaxing mini massage.

To take care of the Mud-Man's appetite, a complimentary serving of a delicious Chocolate Mud Cake is included.

- Do-It-Yourself Mud Mask
- Moor Mud Bath
- Aromatherapy Mini-Massage
- Complimentary serving of Mud Cake

Five Elements Packages

All Five Elements Packages begin with a session of Hydrotherapy and finish with a revitalizing Healthy Spa Drink to enhance benefits.

WATER

(All Birth Years, ending with the number 2 or 3)

Revitalizing Package

120 min

The Water Element correlates with Winter.

This is the darkest and coldest time of the year, when activity in the plant kingdom occurs only deep in the roots. In the individual, the Water Element represents energetic reserves, the will to survive, courage, our ability to procreate, movement and flow, self actualization, willpower, trust and faith.

Enjoy this deeply refreshing and rejuvenating special to re-balance the Water element within you. The hydrating full body wrap will nourish cells thirsty for energy while this rich facial returns youthful glow and radiance to your skin.

- Hydrotherapy
- Soothing Water Lily Moisture Surge Wrap
- Deep Hydration Plantomer Facial
- Healthy Spa Drink

FIRE

(All Birth Years, ending with the number 6 or 7)

Vitality Package

140 min

The Fire Element corresponds to Summer.

This is the time of greatest warmth and light, the longest days, the greatest activity and luxuriant growth. In the individual, Fire correspondences include the ability to establish relationships, express love and sexuality, expansiveness, enthusiasm, passion, playfulness, joyfulness, warmth and relaxation.

Our body brushing ritual will stimulate your circulation and prepare your skin for the following detoxifying body wrap that fights cellulite before you can even detect any irregularities on your body. Followed by a soothing Herbal Stamp Massage that will calm your body and prolong the effects of the slimming cocoon.

- Hydrotherapy
- Body Brushing Ritual
- Detox Green Coffee Cocoon
- Herbal Stamp Massage
- Healthy Spa Drink

Five Elements Packages – continued...

All Five Elements Packages begin with a session of Hydrotherapy and finish with a revitalizing Healthy Spa Drink to enhance benefits.

METAL

(All Birth Years, ending with the number 0 or 1)

Purification Package

150 min

The season of the Metal Element is Autumn.

This is a time of decreasing light, increasing cold and shorter days. Trees lose their leaves as they withdraw their energy internally. In the individual, the Metal Element represents internal resolve and strength, self worth, self esteem, vitality and endurance, as well as the ability to let go of emotional upsets and grudges. Metal also represents the biological and spiritual Father.

Indulge your entire being with this invigorating and purifying package. The Anti-Stress Body Cocoon will stimulate your body to release all tension, transferring you to a state of complete relaxation. This is followed by a gentle facial to restore balance to your skin and a gentle Balinese sampler massage that will rid your body of the last remaining aches and pains.

- Hydrotherapy
- Pevonia De-Stress Aromatherapy Cocoon
- Gentle Deep Cleansing Facial
- Sampler Balinese Massage
- Healthy Spa Drink

EARTH

(All Birth Years, ending with the number 8 or 9)

Nourishment Package

165 min

The season for the Earth Element is Late Summer.

This is harvest time when food is plentiful and the warmth and golden light of the Late Summer days create a sense of relaxation and contentment. In the individual, Earth corresponds to nourishment, contentment, harvesting what is needed for self and others, stability, security, empathy and caring. Earth corresponds to the biological mother, as well as Mother Earth.

Start this wholesome special with a gentle body scrub that will restore healthy glow to your skin. Then we will wrap your body entirely into deeply nourishing moor mud, in the process alleviating any aches or soreness you might have sensed before. This is followed with a Deep Tissue Massage and you won't be able to feel any built-up blockages or tensions any longer.

- Hydrotherapy
- Pure Honey & Sesame Body Glow
- Energizing Aromatic Moor Cocoon
- Deep Tissue Massage
- Healthy Spa Drink

Five Elements Packages – continued...

All Five Elements Packages begin with a session of Hydrotherapy and finish with a revitalizing Healthy Spa Drink to enhance benefits.

WOOD

(All Birth Years, ending with the number 4 or 5)

Stimulating Package

170 min

The Wood Element corresponds to Spring.

This is a time of new growth, increasing activity and longer days. In the individual, Wood corresponds to having a vision of the future, having the ability to organize, plan and initiate action, and to express emotions, including anger, in a healthy manner.

Our invigorating Wood special starts with a dry body brushing to prepare your skin for the following deeply exfoliating coffee & orange body scrub. Your face will be thoroughly revitalized with a refresher facial and the beneficial addition of a cooling eye mask. Finish this package with a sampler Deep Tissue Massage to eliminate any blockages built up over time and you will emerge full of restored energy.

- Hydrotherapy
- Body Brushing Ritual
- Toning Coffee & Orange Body Scrub
- Gentle Refresher Facial
- Icy Ginkgo Biloba Eye Mask
- Sampler Deep Tissue Massage
- Healthy Spa Drink

Shui Voyages

All Shui Voyages include use of Hydrotherapy & Fresh juice

Journey Around The World

7 Days

Enjoy an eclectic mix of treatments from around the world in this unique 7 day package. When you finish your journey, you will be more than just relaxed – you will be re-vitalized, nourished and a whole new you, inside and out!

Bali	Energizing Herbal Scrub Jamu Herbal Stamp Massage	45 min 60 min
Sweden	Icy Ginkgo Biloba Eye Mask Swedish Massage	45 min 60 min
Canada	Body Brushing Ritual Energizing Aromatic Moor Cocoon Deep Tissue Massage	20 min 60 min 60 min
India	Choice of Marma Massage or Udvartanam Detox Treatment	60 min
Thailand	Thai Yoga Massage	60 min
Maldives	Re-Hydrating Fresh Coconut Scrub Hot Coconut Oil Scalp Massage	45 min 30 min
Europe	Gentle Water Lily Moisture Surge Facial La Stone Hands & Feet Therapy	60 min 30 min

Shui Voyages – continued...

All Shui Voyages include use of Hydrotherapy & Fresh juice

Island Vacation

5 Days

This amazing package will add that special glamorous touch to your island vacation. Indulge yourself in a variety of exotic treatments, restoring youthful glow to your skin while deeply nourishing your entire body.

Day 1	Veli Modun – Traditional Maldivian Sand Massage	90 min
Day 2	After-Sun Water Lily Moisture Surge Wrap Including Balinese Massage	90 min
Day 3	Re-Hydrating Virgin Coconut Island Scrub Gentle Coconut Oil Massage	45 min 60 min
Day 4	La Stone Therapy Nourishing & Hydrating Hair Crème Bath	90 min 60 min
Day 5	Choice of French Manicure or French Pedicure	60 min

Weekend Escape (From Head to Toe)

3 Days

Even if you choose only a short weekend getaway, you can find enough time to refresh your body, from head to toe. Treat yourself to a thorough detoxification, followed by a complete beautification of your face, hands and feet.

Day 1	Body Brushing Ritual Detox Green Coffee Cocoon Slimming Massage	20 min 60 min 60 min
Day 2	4 Hands Fusion Massage Choice of Manicure or Pedicure	60 min 60 min
Day 3	Deep Hydration Plantomer Facial Wash & Blow Dry	60 min 60 min

Optional Add-Ons

Free Your Mind Scalp Treatment

40 min

A very relaxing head massage and scalp re-conditioning treatment designed to stimulate pressure points and increase blood flow to the scalp and hair. Natural botanicals help condition, revitalize and restore a healthy scalp and hair.

Body Brushing Ritual

20 min

This dry body brushing ritual will improve the circulation to prepare your body for any following treatment and instigate thorough detoxification.

Icy Ginkgo Biloba Eye Mask

30 min

This highly effective pure plant freeze-dried eye mask enriched with Ginkgo Biloba uses ice therapy to effectively relieve dark circles and puffiness for refreshed, radiant and visibly firm eyes.

This eye mask can be booked as a soothing and relaxing addition to any of our facials.

Aromatherapy Bath

20 min

Immerse yourself in our deliciously sensuous Aromatherapy Bath and nourish your mind and spirit.

Milk Bath

20 min

Soak in this beneficial blend of milk and honey and let go of any worries troubling you. The milk and its derivatives contain lactic acid, which will also help to exfoliate and soften your skin.

Hydrotherapy

30 min

Our Hydrotherapy Area includes Jacuzzi, Steam Room, Sauna and Chilled Pools. Enjoy the beneficial qualities of the dry or of the moist heat or relax in our beautiful Jacuzzi, letting go of all your everyday worries and tuning into the Maldivian Island Spirit. Our Hydrotherapy is provided complimentary with any spa treatment booking. Please pre-book its use at the time of scheduling your spa treatment. We recommend an average time of 30 minutes prior to your treatment in our hydrotherapy area.

Ayurveda

Ayurveda teaches that each individual has its own unique balance of three subtle energies or doshas: wind (vata), bile (pitta), and mucus (kapha) which are responsible for regulating the functions in the mind-body system. These doshas are created by interaction of the Ayurvedic Five Elements: Air and Space forming the Vata nature, Fire and Water forming Pitta nature, and Water and Earth forming Kapha nature. All these energies need to be in harmony to promote physical, emotional, and spiritual well being.

We kindly ask you to consult with our Ayurveda Doctor before booking any Ayurveda treatments to obtain your personal recommendations.

Udvarthanam Detox Treatment

60 min

Udvarthanam is a highly effective detoxifying treatment using a special herbal powder to thoroughly exfoliate your whole body – particularly areas with cellulite build up. This exfoliating massage encourages break up of excess deposits and improves blood circulation to enhance the skin's structure and appearance. This treatment is followed by a traditional steam bath with Ayurvedic herbs to detoxify and nourish the body.

Marma Massage

60 min

A 'Marma' is a junction of ligaments, vessels, muscles, bones, and joints. The Therapist uses his/her hands and feet to apply a special oil enriched with Ayurvedic herbs and roots to stimulate the Marma points on your body through skill full massage techniques with the help of an extended rope for support. A mind, body and spirit experience with the power to induce an amazing sense of inner well being.

Sirodhara

90 min

Sirodhara is considered one of the most powerful Ayurvedic treatments available. This treatment starts with an invigorating full body massage to balance the energies using warm Ayurvedic herbal oil. A steady stream of specially enriched oil is continuously poured on the forehead area also known as the third-eye. It has a reflex balancing effect on the deepest recesses of the brain and induces a blissful state of mind and expanded awareness. This treatment is highly effective if continued for 3 sessions.

Njavarakizhi

60 min

An ancient ritual from India used to purify and strengthen your body. Warm Ayurvedic Njavara rice poultices cooked in milk decoction is applied over your body to balance individual Doshas after a gentle body massage. Njavarakizhi can help alleviate joint pain, rheumatism, high blood pressure, and high cholesterol.

Dosha Massage

60 min

Just as Western medicine believes that there are three body types, so do Ayurvedic practitioners: wind (vata), bile (pitta), and mucus (kapha) that are responsible for regulating the functions in the mind-body system. Dosha massage also known as 'Abhyanga' in India is performed with warm herbal oils infused with Ayurvedic herbs suited to the respective body constitution. This is a soothing, rhythmic massage in which therapists work with warm oil to the body to enhance the immune system and encourage the removal of accumulated toxins.

Ayurveda – continued...

Urovasthi

60 min

Warm medicated oil is kept over the chest area. This therapy is an effective treatment for any respiratory problem, heart diseases and muscular chest pain.

Kativasthi Lower Back Oil Bath

60 min

Kativasthi is an excellent Ayurvedic treatment to ease lower back pain. Warm oil is poured on the lower back area and retained inside molded flour dough. The ingredients of the oil, especially enriched with Ayurvedic herbs and roots, concentrate their properties to reduce lower back and spinal ache.

This treatment is highly effective if continued for 3 sessions.

Podikkizhi

60 min

Podikkizhi is a method of therapeutic sweating. The body is fomented thoroughly with linen bags (kizhis) containing horsegram, blackgram, sesame seeds and curative ingredients, powdered and tied up in bundles.

After fomentation, your body will be wiped clean with a towel. This is followed by a short period of rest and then a bath. Podikkizhi is good for ailments due to disrupted Vata and Kapha doshas.

Indian Head, Neck & Shoulder Massage

35 min

An invigorating massage which directly affects your muscles, nerves, and mind. Marma points located on the head, neck, and shoulder are stimulated while you are comfortably seated. Two different herbal oil blends are used for this treatment with distinct healing properties to relieve tense muscles, increase blood circulation around the head and reduce hair loss.

Ayurvedic Herbal Scrub & Bath

35 min

We have selected this herbal scrub & bath because of its natural cleansing and nourishing properties. Enriched with Vetiver, Sandalwood, and Green Gram flour this Ayurvedic bath will detoxify, nourish, and restore your skin's natural properties.

We recommend this herbal scrub & bath for deep cleansing after a full body massage performed with oil or after a body wrap to complement the treatment.

Additional Ayurveda Health Care can be administered upon request after consultation with our Ayurveda Doctor.

Ayurveda Packages

We kindly ask you to consult with our Ayurveda Doctor before booking any Ayurveda treatments to obtain your personal recommendations.

All Ayurveda Packages include Hydrotherapy where recommended by our Ayurvedic Doctor for ultimate peace of mind.

Ayurveda Sirodhara Package Three Sessions 270 min

Sirodhara is an excellent Ayurvedic cleansing therapy. This treatment starts with an invigorating full body massage to balance the energies. Warm Ayurvedic herbal oil is then continuously poured on the forehead area also known as the third-eye. It has a reflex balancing effect on the deepest recesses of the brain and induces a blissful state of serenity and expanded awareness.

Ayurveda Marma Package 125 min

A wonderful spa package to create a deep state of physical, mental and emotional equilibrium.

- Ayurvedic Doctor Consultation
- Hydrotherapy
- Marma Massage
- Energizing Herbal Scrub
- Aromatherapy Bath

Ayurveda Dosha Package 200 min

This healing Ayurveda all-body package will induce complete relaxation – making you lose track of time.

- Ayurvedic Doctor Consultation
- Hydrotherapy
- Dosha Massage
- Udvarthanam Detox Treatment
- Ayurveda Dosha Facial
- Aromatherapy Bath

Ayurveda Retreats

All Ayurveda Retreats begin with a Consultation with our Ayurvedic Doctor and include Yoga Session & use of Hydrotherapy where recommended by our Ayurveda Doctor as well as choice of Spa juice drink or herbal drink to maximize benefits.

7 Day Ayurveda Retreat

Day 1: Sirodhara	90 min
Day 2: Indian Head, Neck & Shoulder Massage Njavarakizhi	35 min 60 min
Day 3: Marma Massage	60 min
Day 4: Choice of Njavarakizhi or Kativasthi	60 min
Day 5: Dosha Massage	60 min
Day 6: Udvarthanam Detox Treatment	60 min
Day 7: Ayurveda Dosha Facial	60 min

5 Day Ayurveda Retreat

Day 1: Marma Massage	60 min
Day 2: Indian Head, Neck & Shoulder Massage Energizing Herbal Scrub	35 min 45 min
Day 3: Dosha Massage	60 min
Day 4: Udvarthanam Detox Treatment Aromatherapy Bath	60 min 20 min
Day 5: Ayurveda Dosha Facial	60 min

Ayurveda Retreats – continued...

All Ayurveda Retreats begin with a Consultation with our Ayurvedic Doctor and include Yoga Session & use of Hydrotherapy where recommended by our Ayurveda Doctor as well as choice of Spa juice drink or herbal drink to maximize benefits.

3 Day Ayurveda Retreat

Day 1: Marma Massage	60 min
Day 2: Udvarthanam Detox Treatment	60 min
Day 3: Dosha Massage	60 min
Ayurveda Dosha Facial	60 min

Beauty Salon

Traditional Mehendi Henna Tattoo

seasonal/upon request

Mehendi is the art of creating designs on the skin using henna paste. Temporary Mehendi Henna tattoos have been in use for over 5000 years for beauty and body art. From ancient rituals to a typically Indian custom and an indispensable part of a bride's make-up, Mehendi has developed into a fashionable beauty statement, connecting folklore with contemporary art.

Traditionally Mehendi is applied on the hands and feet. Today as Mehendi has become popular all over the world, it is applied on the upper arms, back, around the belly button as well as on the hands and feet.

French Manicure or French Pedicure

60 min

We will give your hands or feet the same luxurious treatment as in our Deluxe Spa Manicure & Pedicure, but will add that extra sophisticated touch by giving you the perfect well-groomed and natural look of the French Nail Design.

Deluxe Spa Manicure

60 min

Enjoy this luxurious manicure to clean and nourish hands and nails. Your nails are first shaped and a nourishing cuticle softener massaged into the cuticles to work away trapped dirt.

This is followed with a relaxing hand massage and thorough nail-buffing to induce a stunning shine. For the finishing touch, your therapist will apply a hydrating mask leaving your hands soft and beautiful.

Deluxe Spa Pedicure

60 min

Let your feet reveal their natural beauty with this deep cleansing pedicure. You are welcomed with a cooling and refreshing footbath and then your feet are gently exfoliated using a nourishing foot scrub to stimulate weary feet.

Your nails and cuticles are then groomed followed by a nourishing foot mask and a soothing foot massage to stimulate tension points on your feet.

Strengthening Ginseng Hair Crème Bath

60 min

Recommended for all types of dark hair, this strengthening Crème Bath enriched with Rosemary and Ginseng fortifies roots, returning a silky luster to your hair.

Nourishing Avocado Hair Crème Bath

60 min

Recommended for light and normal hair, this nourishing Crème Bath enriched with Lemon and Avocado nurtures dull and dry hair leaving your hair soft and smooth to the touch.

Hair Services

Sunny Highlights	Wash & Blow-Dry (any style) Long Hair
Full Hair Coloring	Wash & Blow-Dry (any style) Short Hair
Hair Tinting	Ladies Hair Cut, Wash & Blow Dry
Hair Straightening	Ladies Hair Trimming
Hair Curling (non permanent)	Gents Hair Trimming
Style Dry or Roller Setting	Hair Style & Make Up

Hair Removal

Bikini Waxing	
Brazilian Bikini Waxing	
Full Leg Waxing	
Half Leg Waxing	Eye Brow Threading
Full Arms Waxing	Facial Hair Threading
Under Arms Waxing	Upper Lip Threading
Brow Shaping (Wax)	
Upper Lip Waxing	
Men's Back or Chest Waxing	

Spa Etiquette

Shui is open from 10.00 am to 10.00 pm.
Please visit the spa reception located between the main lobby and the turtle club or call us at Extension 200 to make a reservation.

ARRIVAL TIME

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings.
Late arrivals will limit your treatment time as we need to end on time in order not to delay the next guest.

HYDROTHERAPY

We are happy to provide complimentary use of our hydrotherapy area, including Jacuzzi, steam room, sauna and chilled pools, to all guests who have booked a treatment in the spa.
Please pre-book its use at the time of scheduling your spa treatment.
We recommend an average time of 30 minutes prior to your treatment in our hydrotherapy area.

HOW TO SPA SAFELY

We recommend that you do not sunbathe before or after any spa treatment (especially hair removal treatments, body scrubs or aromatherapy treatments) for a minimum of twelve hours.
Gentlemen are kindly asked to shave 5 hours prior to all facial treatments to ensure that maximum results will be achieved.
If you are pregnant or less than 3 months after giving birth and would like to enjoy any of our spa treatments, please consult with the Resort Doctor first. We kindly ask you to also bring a certificate of no objection from your family doctor allowing you to use the spa facilities.

SPA CLOTHING

We provide Bathrobes, Slippers and disposable panties for your personal use during your visit to our spa.
You may also wish to wear your bikini during your treatments.
Whichever you choose, our therapists will make sure that your privacy is respected at all times.

ELECTRONIC-FREE ZONE

Kindly note that the spa is an electronic-free zone. As such, we do not allow the use of mobile phones or any type of audio, photographic or video recording equipment.

HOLISTIC ENVIRONMENT

Please refrain from smoking within the spa grounds as we would like to provide a healthy environment for all our guests.

JEWELRY

We recommend that you leave all jewelry and valuables in your villa before coming to the spa.
Kindly note that the spa cannot be responsible for loss or damage of personal articles or misplaced items.

CHILDREN

Please note that the spa is an unsuitable environment for babies and small children.
We try to ensure that all our guests benefit from the tranquil surroundings and ask you to be mindful of this when bringing young children to this location.
We are happy to provide 50% discount on all treatments booked for children under the age of 12.

CHARGES

All treatments will be charged to your villa and appear on your account at the time of check out.

CANCELLATION POLICY

Please allow at least 4 hours notice for cancellations to avoid a 50% cancellation charge;
Cancellations without notice will incur a 100% charge.

All prices, treatments and packages are subject to change without prior notice.