

# FILITHEYO SPA

We believe in the miracle of nature.  
Not just because its existence is the cycle  
that sustains our life.

It is nature that demonstrates  
through the seasons how  
to overcome obstacles and triumph.

It is these life experiences that  
bring us awareness to our inner self  
and reflective of the magic in our surroundings.

With this philosophy in mind  
we invite you to our spa to

***“embrace nature”***

**anoint\***

*“a symbol to introduce a divine influence”*

we welcome you to  
immerse your feet in  
rose scented water and  
take pleasure in our  
signature welcome massage.

This is our complimentary gift to you  
with selected Filithayo Spa treatments.

*\*anoint is a complimentary ritual  
specific to nominated treatments & packages*

# massage

## **Filithayo Fusion\***

A blend of five world massages, this signature treatment will promote good health by stimulating the body's energy flow.

*MEDIUM*

*90 minutes*

*\$80*

## **Maldivian Sand\***

Drawn from the Maldivian Sand Treatment this massage incorporates pure white sand to exfoliate and nourish tired skin.

Applied in firm rhythmic strokes this is a uniquely beautiful massage.

*FIRM*

*60 minutes*

*\$65*

## **Hot Stone\***

A specialised massage using heated basalt stones inducing a deep relaxation while still focusing on areas of concern.

*ALL PRESSURE*

*90 minutes*

*\$90*

## **Balinese\***

A rhythmic massage combining long strokes and palm pressure to relieve tension, improve blood flow, ease stress and calm the mind. A deeply relaxing path to health and harmony.

*FIRM*

*60 minutes*                      *\$60*

*90 minutes*                      *\$80*

## **Back Therapy**

A deep tissue massage focusing on the tension areas of the body including back, neck and shoulders to dissipate any muscular tension.

*FIRM*

*30 minutes*

*\$35*

## **Duet\***

A synchronised four hand massage destined to soothe your soul with its rhythmic technique and uplifting scent.

*MEDIUM*

*60 minutes*

*\$90*

## **Knowledge of Life\***

Ayurveda, the ancient healing system of India, harmonises the body's rhythm with nature by massaging the intersections of our vital life force. Combined with shirodhara and finishing with Indian Head Massage

*MEDIUM*

*120 minutes*

*\$115*

## **Classic Aromatherapy\***

This sensory massage focuses on Swedish techniques promising to ease you gently into your spa journey with a choice of aromatic oils to *relax, stimulate or balance.*

*SOFT*

*60 minutes*                      *\$60*

*60 minutes*                      *\$80*

## **Leg Revival\***

A jet lag dream, this food to knee massage incorporates reflexology & shiatsu to balance the body & increase circulation.

*FIRM*

*60 minutes*

*\$60*

## **Earth Mother\***

A specialised massage enhanced with warmed oil to relieve tension.

only available for woman in their second and third trimester.

*SOFT*

*60 minutes*

*\$69*

# herbal heat

### **Udhvarthanam\***

*“to raise or elevate”*

Designed to induce perspiration,  
initiate weight loss, improve skin complexion  
and better the mobility of body joints.

A fine medicated powder is applied over  
the body before being infused deep  
into the skin through a vigorous massage.

*90 minutes*

*\$95*

### **Navarakizhi\***

*“enhancing movement”*

Highly effective in enhancing strength,  
vitality and muscular aches. This treatment  
has been used for thousands of years

combining medicated rice poultices

and warmed herbal oils before

being applied to the body

*90 minutes*

*\$95*

### **Vatakazhi\***

*“herbal pain relief”*

A therapeutic bundle of herbs, selected for their  
ability to reduce aches and pains from arthritis,  
rheumatic joint pain, swelling and sprains,  
are soaked in warm herbal oils and applied over the  
body concentrating heat to areas of concern.

*90 minutes*

*\$95*

### **Natures' Remedy\***

*“personalised bundles”*

Select from an array of organic herbs, roots, spices and fruits.

Combined to your specification to heal a variety of ailments,

the raw bundles are steamed and finally dipped in oil

before being applied to the body in rhythmic movements

allowing the nutrient rich poultice to seep into the skin.

*90 minutes*

*\$95*

## **natures escape**

at al fresco spa

*Feel the sea breeze on your skin & enjoy the best view on the island in your own private retreat*

All prices are quoted in US dollar  
and subject to 10% service charge

**Maldivian Sand Oceanside\***

Drawn from the Maldivian Sand Treatment this massage incorporates pure white sand to exfoliate and nourish tired skin.

Applied in firm rhythmic strokes this is a uniquely beautiful massage performed in our open air pavilion.

*FIRM*

*60 minutes*

*US\$65.00*

**Seascape \***

A spa combination MUST provided in the best location ever!

Enjoy our traditional Maldivian Sand Massage and combine with your choice of

30 minute Refresher Facial

or

30 minute Foot Massage

*90 minutes*

*US\$85.00*

**Al Fresco Experience**

Enjoy almost any spa treatment in the Al Fresco Spa

for an extra \$5

Please ask your Spa Host.

# natural element

*"a touch of serenity....."*

Be spoilt on the spa express with a selection of efficient & effective therapies

Choose from the list below:

## **Back Massage**

a deep tissue massage  
focusing on the tension  
areas of the back.

## **Refresher Facial**

A skin boost with  
natures nectars to  
Cleanse and revive.

## **Reflexology**

Pressure point foot massage  
to stimulate body balance.

## **Indian Head Massage**

Pressure point therapy  
to reduce tension in the  
scalp, head & shoulders.

## **Manicure**

File & polish

## **Pedicure**

File & polish

<i>2 x 30 minute treatments</i>	<i>\$65</i>
<i>3 x 30 minute treatments</i>	<i>\$95</i>
<i>4 x 30 minute treatments</i>	<i>\$125</i>

All prices are quoted in US dollar  
and subject to 10% service charge

# nature's wonderland\*

The Filitheyo Spa encourage you to create your own spa experience.  
Our spa host will tailor make a unique journey specific to your instruction.

## **Glow**

Body Polish  
30 minutes

Lime & Coconut  
Sandalwood, Hibiscus & Frangipani  
Arabica Coffee & Vanilla

## **Infuse**

Body Cocoon  
30 minutes

Marine  
Hyper Magnetic Clay  
Rose Geranium

## **Rejuvenate**

Facial  
90 minutes

Pearl  
Mango  
Clove  
Natural (60)

## **Relax**

Massage  
60 minutes

Balinese  
Classic Aromatherapy  
Leg Revival

## **Beautify**

Hand & Feet Therapy  
60 minute

Manicure  
Pedicure

*2 hours*  
*\$130*

*3 hours*  
*\$175*

*4 hours*  
*\$210*

All prices are quoted in US dollar  
and subject to 10% service charge

# natural order\*

*Raw ingredients to enhance the spa journey*

## **Calm**

with a healing  
lavender body wash

## **Glow**

with hand refined  
Filitheyo coconut  
to exfoliate and nourish

## **Infuse**

your skin with an  
organic carrot & honey wrap  
making skin luminous

## **Relax**

as a blend of five massage techniques  
promote good health by stimulating the  
body's energy flow.

## **Rejuvenate**

your skin with a facial treatment that takes  
you back to nature. Your therapist will  
select from fresh ingredients including  
tomatoes, carrots, cucumber, green tea,  
pineapples and limes, and customize it  
to your skins needs.

*3.5 hours*

*\$170.00*

All prices are quoted in US dollar  
and subject to 10% service charge

# love\*

*of a lifetime ....*

## **Glow**

with a body polish to  
smooth and nourish skin.

## **Relax**

with this sensory massage that focuses on Swedish techniques  
promising to ease you gently into your spa journey  
with a choice of aromatic oils to  
relax, stimulate or balance.

## **Indulge**

in a glass of  
sparkling wine

*2 hours*

*\$120*

*per person*

*two person minimum*

# sunburn soother\*

*"cool, heal and relieve"*

## **Calm**

with a healing  
Lavender body wash

## **Infuse**

while you are enveloped in  
an active & cooling mask  
rich in soothing aloe vera  
& mineral laden seaweed.

## **Relax**

with a marma point massage  
applied with healing oil  
to calm the sting of sunburn.

*1.5 hours*

**\$95**

All prices are quoted in US dollar  
and subject to 10% service charge

# goddess of fertility\*

*specialised therapies united together to protect, relax and nurture the mother to be*

## **Relax**

### Earth Mother

A gentle massage enhanced with warmed calming oil to relieve tension using abhyang techniques and marma points.

## **Hair Spa**

A traditional scalp & hair treatment using herbalised oils and therapeutic touch

## **Renew**

tired hands and feet  
with an express manicure & pedicure.  
Refresh nails & cuticles and  
with a vibrant splash of colour.

*3 hours*

**\$155**

only available for ladies in their second and third trimester  
treatments are adjusted to ensure safety of mother and baby

# facials

5000 years ago, the sages transcended higher knowledge, bringing to us eternal health and beauty.

Om Veda draws from the heart of Ayurvedic writings, made from the goodness of herbs, flowers, natural minerals, extracts of wood, root and bark cultivated and grown in the traditional Ayurvedic way, specially selected to bring life to your skin.

## **Kapha**

### **Clove Multi Refine Facial\***

Cloves, lemon, orange & ayurvedic clay to draw out impurities and brighten the complexion  
*congested / acne / oily*  
90 minutes \$95

## **Vata.**

### **Mango Revival Treatment\***

The ultimate in anti aging this nourishing treatment combines the skin softening properties of rose and regenerative properties of indian ginseng.  
*mature / sun damaged.*  
90 minutes \$95

## **Pitta**

### **Royal Pearl Facial\***

Calming & nourishing, this facial shows a marked improvement in hyper pigmentation evening out the complexion  
*pigmentation / sensitive.*  
90 minutes \$95

## **Natural Facial**

A facial treatment that takes you back to nature. Your therapist will choose fresh ingredients from tomatoes, carrots, cucumber, green tea, pineapples and limes, and customize it to your needs.  
60 minutes \$70

# hair spa rituals

In true Ayurvedic tradition,  
hair is lavishly massaged with  
nourishing oils infused with precious herbs.

High in anti-oxidant properties  
this opulent ritual assists  
in calming the mind while  
nourishing and strengthening hair  
to a lustrous shine.

## **Herbal Scalp Massage\***

A traditional scalp & hair treatment  
using herbalised oils and therapeutic touch

*60 minutes*

*\$69*

## **Hair Rejuvenation\***

A decadent combination of massage and  
mask to balance, nourish  
and strengthen, making hair  
more resilient to environmental  
and chemical pollutants.

*75 minutes*

*\$85*

## **Henna Treatment\***

A combination of precious herbs  
including amla, neem & brahmi to  
strengthen, nourish & intensify tresses.

*\*not suitable for fair hair*

*75 minutes*

*\$85*

# hands & feet

## **Absolute**

*"perfect, complete or pure"*

*90 minutes*

### **Feet**

exfoliation

mask

nail & cuticle repair

massage

buff & polish

\$80

### **Hands**

exfoliation

mask

nail & cuticle repair

massage

buff & polish

\$80

## **Deluxe**

*"rich in quality"*

*60 minutes*

### **Feet**

exfoliation

nail & cuticle repair

massage

buff & polish

\$60

### **Hands**

exfoliation

nail & cuticle repair

massage

buff & polish

\$60

## **Express**

*"rapid"*

*30 minutes*

### **Feet**

nail & cuticle repair

buff & polish

\$35

### **Hands**

nail & cuticle repair

buff & polish

\$35

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# spa information

## **Reservations**

Advance bookings are highly recommended to secure your preferred date and time of treatment avoiding disappointment.

## **Spa Operation Hours**

10am – 8pm

## **Cancellation Policy**

A 24 hour cancellation policy is in place to assist us in rescheduling your appointment. Any cancellation with less than 4 hours notice will incur a 50% cancellation fee and full charges will be imposed should you not attend your scheduled appointment.

## **Special Consideration**

Guests who have high blood pressure, heart conditions, allergies, are pregnant or have any other medical complications are advised to consult their doctors before requesting any spa treatments. Kindly inform your spa host of any pre existing medical conditions or health concerns.

## **Check In**

Please arrive at the spa at least 15 minutes prior to your scheduled appointment to avoid any decreased treatment time.

## **Etiquette**

To ensure the serenity of the Filitheyo Spa we respectfully request that all visitors keep noise to a minimum. Electronic devices are also discouraged.

## **Attire**

The spa suggest that for your comfort to wear loose casual clothing during your visit.

## **Smoking & Alcohol**

Please refrain from smoking and the excessive consumption of alcohol within the spa.

## **Valuables**

While a jewelry box is provided in the treatment room we recommend that no jewelry be worn to the spa and accept no responsibility for the loss of money or valuables of any kind brought onto the premises.