

Finding peace in a sanctuary of inspired living



Centara Grand Island Resort & Spa Maldives

Our spa treatments are inspired by island traditions combined with the healing touch of Thai and Balinese therapists. Adopting the concept of 'skin food' in treatment recipe, natural ingredients that are good enough to eat are applied to detoxify and nourish the skin.

Each day is dedicated to time to rest, relax and discover a feeling of peace. One can choose from therapies ranging from rejuvenation packages, pampering & indulgence body treats to multi day programmes focusing on physical and mental wellbeing.

Hours:
9.00 – 21.00 hrs.

Island signatures

Our spa's signature programme comprised of a series of rejuvenating therapies incorporating island rituals and local herbs.

"Bride Radiance"

4.5 hrs / USD 420

Weddings are a magical time. Our Bridal package will help you to get ready and prepared to be your best while allowing quiet moments to relax and get recharged.

- Coconut Sea Salt Body Glow
- Sea Champagne Body Contour Wrap
- Aromatherapy Massage
- Healthy Spa Snacks
- Jurlique Intense Recovery Facial and Absolute Eye Bright Care
- Classic Pedicure & Manicure served with a glass of champagne
- Personal Powder Room Service : Bridal Hair and Make up on Wedding Day
(Treatment duration excludes personal powder room service)

"Kurumba" (Maldivian Signature Spa Journey)

3.0 hrs / USD 350

Celebrating the island's customs and the revitalizing benefits of sea elements, this signature journey gives you the much needed retreat to sooth the spirit and rejuvenate the body.

- Marine Algae Mud Wrap & Soothing Head Massage
- Coconut Sea Salt Body Glow
- Maldivian Signature Massage

"Wanalee" (Translates as a Thai Royal Treat)

3.0 hrs / USD 300

Inspired by traditional healing rituals, Thai herbs and traditional massage techniques are incorporated to detoxify, and rejuvenate the body.

- Siamese Herbal Scrub
- Galangal Firming Wrap
- Choice of Oil Massage or Nuat Thai
- Thai Herbal Facial

"Mandi Lulur" (Balinese Rituals)

2.5 hrs / USD 250

A tribute to the unique culture of Balinese traditions, package includes the infamous 'Lulur spice' exfoliation process beneficial for healthy skin

- Traditional Balinese Massage
- Lulur Body Polish
- Yogurt Body Splash
- Lulur Floral Bath



Spa retreat programmes

De- Stress Retreat (3 Day Programme)

USD 580

- 1 Aromatherapy Massage with personalised blended essential oils
- 1 Shirobhyanga (Indian Head Massage)
- 1 Restorative Foot Therapy
- 1 Executive De- Stress Massage (A therapy focusing on back, shoulder and arm) Ideal for those who spend a long time in front of computers.
- 1 Jurlique Sun Sensitivity Facial
- 1 Coconut Sea Salt Body Glow
- 1 Red Rice Sunburn Soothing Wrap
- Refreshing Juice at Relaxation Lounge
- 1 Meditation CD

Longevity & Rejuvenation Retreat (2 Day Programme)

USD 500

- 1 Deep Tissue with Herbal Clay Pot compress relive muscular pain
- 1 Traditional Thai Massage
- 1 Jurlique Herbal Marine Facial
- 1 Tamarind & Sesame Detoxifying Scrub
- 1 Galangal Body Firming Wrap
- Refreshing Juice at Relaxation Lounge
- 1 Meditation CD



Couple spa experience

A retreat to pamper yourself and your loved one with therapies inspired by indigenous traditions. Designed for couples seeking intimate surroundings, our luxurious couple spa suites include private hydrotherapy soaking tubs for a romantic spa experience.

"Honeymoon Retreat" (translated as Heaven for Two)

5.0 hrs / USD 800

Float away to another dimension when you surrender your senses to a deeply rejuvenating & grounding experience

- Lime & Orange Blossom Luxurious Soak, serve with a glass of champagne
- Thai Herbal Detoxifying Body Polish
- Marine Algae Mud Wrap
- Healthy Spa Cuisine
- Maldivian Signature Massage
- Thai Herbal Facial

"Niran Nirvana"

3.5 hrs / USD 650

Translates as Heaven for two, individual therapies is tailored for Him and Her.

For Him

- Steam Therapy
- Luxurious Citrus & Coconut Milk Soak
- Tamarind & Sesame Detoxifying Scrub
- Athletic Touch (Deep Tissue Massage) - (Other Options are available)
- Jurlique Facial Formula for Men

For Her

- Steam Therapy
- Luxurious Citrus & Coconut Milk Soak
- Sea Champagne Body Contour Wrap
- Aromatherapy Massage (Other Options are available)
- Jurlique Intense Recovery

"Sea Serenity"

3.5 hrs / USD 650

A head to toe rejuvenation using sea minerals to revitalize and tone the body.

- Ocean Citrus Polish
- Chakra Balancing Rain Shower
- Marine Algae Mud Wrap
- Ayurvedic Scalp Massage
- Aromatherapy Massage (Other Options are available)



Massages

Personalise your spa experience with own choice of oil blends specific to your needs.

- Maldivian Signature Oil (Relaxing & Balancing) : Cinnamon & Sandalwood Essential Oils
- Ayurvedic Balanced Oil (Calming & Grounding) : Lavender & Rosewood Essential Oils
- Muscles Ache Relief (Nourishing & Uplifting) : Petigrain & Eucalyptus Essential Oils
- Anti Cellulite (Toning & Firming) : Orange & Black Pepper Essential Oils

Thai Harmony (Cenvaree Four Hands Signature)

90 min / USD 160

A signature Four Hand Massage performed by 2 therapists in unison, this unique journey coordinates a blend of Thai, Swedish, Balinese and Reflexology rituals using deep rhythmical movements to leave you feeling completely renewed in every sense.

Nuat Thai (Royal Thai Massage)

90 min / USD 145

Traditional Thai massage over the clothes targets pressure points and relieves muscular aches and pains. Our stretching technique is applied to loosen joints and tone muscles, followed by a steamed herbal poultice to rejuvenate the whole body.

Hot Stone Massage

90 min / USD 145

Hot stones glide smoothly over the body concentrating on muscle aches and tensions through deep heat penetration.

Traditional Balinese Massage

60 min | 90 min / USD 110 | USD 145

A firmer massage featuring long strokes, skin rolling, deep kneads and foot reflexology. Muscles Ache Relief massage oil is recommended in this treatment to release muscles tensions and nourish skin tissues.

Aromatherapy Massage

60 min | 90 min / USD 110 | USD 145

A full-body massage with aromatic oils, focusing on muscle relaxation and the harmony of body and mind. Smooth and soothing movements will gently lull you into a realm of tranquil dreams, leaving you totally rejuvenated. Personalise your spa journey with your own choice of essential oils.

- Calming & Soothing : Lavender & Chamomile Essential Oils
- Muscles Ache Relief : Petigrain & Eucalyptus Essential Oils
- Uplifting & Revitalizing : Sage & Peppermint Essential Oils



Swedish Massage

60 min | 90 min / USD 110| USD 145

Designed with the sports enthusiast in mind, this massage is effective for loosening tight muscles and relieving aches associated with strenuous activity or exercise. Light or medium pressure is customised to your personal needs

Athletic Touch (Deep Tissue)

60 min | 90 min / USD 110| USD 145

Perfect for the athletic individual who requires body work to release muscle tension and increase joint flexibility. Aimed to target knots, this session will bring relief to tired muscles. Light or medium pressure is customized to your personal needs.

Hai Muea (Village Rituals for Back Relief)

60 min / USD 110

Inspired by household healing traditions, this muscle relief ritual was invented by our master therapists using deep tissue, Swedish, and stretching techniques to relax tired muscles of the back, shoulders and neck. Take pleasure in a delightful back compress aided by our therapist's expert hands and warm garden herbs. Perfect for those seeking a Traditional Thai experience.

Restorative Foot Therapy

60 min / USD 95

An invigorating therapy to expel negative energy while restoring balance from head to toe, in this treatment the feet are bathed, scrubbed with Lime & Mint detoxifier and massaged with tired leg cream. A hot Ginger & Clove Mask is applied to moisten dry skin while you surrender to a relaxing head massage. The Treatment concludes with an application of herbal gel



Ayurvedic therapies

All programs begin with Ayurvedic Lifestyles consultation to explore physical, mental and emotional health which will help us to tailor make each treatment to treat energy imbalances.

Marma Abhyanga Massage

60 min | 90 min / USD 110 | USD 145

A rejuvenating massage using Ayurvedic medicated oils to alleviate mental and physical stress, the Marma Abhyanga massage includes pressure points to stimulate vital energy points, to promote the life force energy throughout the body and mind. This therapy is renowned for its ability to stimulate the body's own natural cleansing processes.

Shirodhara

60 min / USD 120

Based on the ancient teaching of Ayurvedic medicine, soothing herbal oils flow in a continuous stream on the 'third eye' (forehead) to lull your senses into a deep ocean of calm. The therapy improves mental clarity while it relaxes the whole body. Treatment is ideal for those seeking relief from Insomnia, jet lag or mental stress.

Shirobhyanga (Indian head massage)

45 min / USD 90

Using warm herbal oils, this therapy sweeps away tension in the head and shoulders. A perfect, relaxing treatment after a busy day of meetings or activity.



Ayurvedic rejuvenation programme

Ayurvedic Rejuvenation 3 hr Programme

180 min / USD 315

Objectives:

- To rejuvenate the mind & body by relieving stress.
- Program will focus on releasing body toxins and allow the body to rest and recover.

- Lifestyles Analysis (Dosha Consultation)
- 1 Ayurvedic Treatment : Abhyanga Massage
- 1 Ayurvedic Treatment : Shirobhyanga (Indian Head Massage)
- 1 Ayurvedic Treatment : Udvartanum (Detoxifying & Anti Cellulite Herbal Scrub)
- Refreshing Juice at Relaxation Lounge
- Swedana (Steam Therapy)
- Ayurvedic Balancing Tea

Ayurvedic Balancing 3 hr Programme

180 min / USD 315

Objectives:

- Helps you to restore harmony within.
- Aims at reducing fatigue and provides relief to insomnia, migraine or anxiety.

- Lifestyles Analysis (Dosha Consultation)
- 1 Ayurvedic Treatment : Abhyanga Massage
- 1 Ayurvedic Treatment : Shirodhara
- Relaxation Time with Foot Massage
- Refreshing Juice at Relaxation Lounge
- Swedana (Steam Therapy)
- Ayurvedic Balancing Tea



Fabulous face

Skin Detoxification

90 min / USD 140

The queen of plant essence (Signature Facial)

Treatment combines local facial massage techniques with a deep cleanse, tone, scrub, mask along with organic aromatherapy facial oil to relax facial muscles. Traditional ingredients such as lemongrass, tamarind, oatmeal, cucumber are used to promote silky smooth complexion.

Anti Aging

60 min / USD 140

Jurlique intense recovery

An intensive facial to treat sun damaged and nutrient deprived skin with natural antioxidants derived from organic herbs and plant oils. Facial includes cleansing, exfoliation, steaming followed by an intense recovery mask to revitalize skin and wrinkle softening cream to soften appearance of fine lines.

***Recommend add on specialty:**

Jurlique absolute eye bright

30 min / USD 65

A therapy aims to firm, brighten and refresh the delicate skin around the eye area. Using Arnica and Elder cream to ease tired eyes and gently refine eye contours.

Jurlique Herbal Marine Facial

60 min / USD 125

A gentle and luxurious facial blended with spirulina and organic herbs to provide essential vitamins to benefit tired, dehydrated skin. Facial is effective in restoring a natural radiance to the face

Soothing Sunburn

45 min / USD 110

Jurlique sunburn sensitivity facial

A therapy to prolong tan, prevent peeling and saturate your skin with a much needed moisture boost. Lavender hydrating mist is used to soothe and calm sun-stressed skin, followed by a delicate hydrating application of Calendula & Witch Hazel cream to repair skin.



Body treats experience

Adopting the concept of 'skin food' in treatment recipe, natural ingredients that are good enough to eat are applied to detoxify and nourish the skin.

Siamese Detoxifier

105 min / USD 175

A traditional body care customised for detoxification results will exfoliate, smooth and refine the texture of skin. The package features a herbal remedy scrub of turmeric, lemongrass and citrus peel followed by a detoxifying herbal wrap to promote luminescent skin.

- Siamese Herbal Scrub
- Hot Herbal Clay Wrap
- Skin Moisturizing with Aloe Vera Shea Butter

Botanical Bliss

105 min / USD 175

A signature creation of Spa Cenvaree designed for women to reveal healthy beautiful skin. Using the essence of botanical plants such as flower pastels balanced with honey, oatmeal and ground rice as a gentle scrub. We then use the eastern technique of warm galanga wrap with blends of Tumeric and Black pepper to reduce cellulite and water retention. Treatments are paired with Ayurvedic Head Massage to rebalance energy flow.

- Botanical Bliss Body Scrub
- Galanga Firming Wrap
- Ayurvedic Scalp Massage

Anti Cellulite

105 min / USD 175

A perfect package to improve lymph flow and melt away cellulite. A warm seaweed mud wrap infused with green tea & cucumber extract aids to reduce water retention and flush out toxins. These are followed by a deep tissue massage designed to treat cellulite and boost skin firmness.

- Herbal Steam
- Sea Champagne Body Contour Wrap
- Anti-Cellulite Massage

Instant Smooth

105 min / USD 175

Skin is gently polished with Golden Sesame & Thai Honey to restore smoothness. Your skin is then re-mineralised with strawberry & banana smoothie wrap whilst you escape into deep relaxation with a head massage. A final touch of hydrating lotion to review luminous skin.

- Honey Sesame Seed & Almond Polish
- Cream De La Cream Smoothie Wrap & Ayurvedic Scalp Massage
- Skin Moisturizing with Aloe Vera Shea Butter

Sun Secrets

105 min / USD 175

Following the healing wisdom of ancient traditions, a soothing wrap of red rice and ground herbs cooked in milk is applied to promote healing for sun exposed skin. This is followed by the application of fresh aloe vera & cucumber gel to cool the skin. Perfect for after sun care.

- Red Rice Sunburn Soothing Wrap & Ayurvedic Scalp Massage
- Aloe Vera & Cucumber Hydrating Application



Exclusive for him

Stress Relief

120 min / USD 200

Ideal for those wanting a retreat to release tension.

Begins with a Swedish massage combining vigorous strokes, trigger point and stretching techniques on the areas of the body that accumulate the most stress and tension. Session is then followed by a rejuvenating Jurlique Men's Facial, leaving you refreshed from head to toe.

Chill Out

120 min / USD 200

Bring the most valuable strategy to the tee, your golf fit body. Package begins with a cooling mint stone scrub to smooth rough skin. Your therapist then combines the curative elements of warm coconut compress with muscle melt massage to ease tight muscles and stimulate blood stimulation.

Sleep Well

90 min / USD 150

Designed to help you recover from travel fatigue or insomnia due to time zone changes, this treatment includes a body massage with your choice of aroma oils to promote relaxation, followed by an Ayurvedic scalp massage to improve circulation to the head.

Anti Stress & Deep Cleanse

60 min / USD 130

Jurlique facial formula for men

A facial personalised for men. Specific men's products are combined with our unique cleansing regime to provide essential vitamins to benefit tired, dehydrated skin. Facial includes a face massage and a soothing face mask to relieve razor burn.

Sole Delight

60 min / USD 65

A super hydrating foot care for Men. Feet are cleansed with a detoxifying Citrus & Neem bath soak followed by exfoliation with Lime & Sugar scrub. Treatment includes a pedicure for a refined look.

Men's Sports Manicure

60 min / USD 65

Session includes all of the pampering of a classic manicure with hand exfoliation, nail clipping and cuticle maintenance, leaving your nails a clean and professional look.



Spa nails for her

CLASSIC LINE

Classic Cosmo Manicure or Pedi Beauty

60 min / USD 65

- A basic maintenance for beautiful hands or feet. Hands will be exfoliated and hydrated, cuticles tidied, nails shaped and painted to perfection.

Classic Combo

- Manicure & Pedi Beauty (Duration will be advised by Spa)

80 min / USD 120

FRENCH ELEGANCE

Everlasting Frenchie (French Manicure or French Pedicure)

60 min / USD 75

- Basic nail care includes hands or feet exfoliation, nail shaping, cuticle maintenance, and a French Manicure or Pedicure painting with nail polish followed by gorgeous French manicure or pedicure.

Scalp and hair care

- Rambut Mandi (Balinese Hair Cream Bath)

60 min / USD 90

- Gotu Kula & Neam (Ayurvedic Hair Remedy to Promote Hair Growth)

60 min / USD 90

Hair therapies include your choice of mini Hand Massage or Foot Massage during hair mask.



Spa salon

Bridal Make up (day of wedding)

USD 100

Whether you would like an elegant and sophisticated look – or something that reflects the latest beauty trends, leave it with us. We will tailor the make- up to your specific desires. The exact color shades will apply to match your skin tone then the perfect sumptuous eye, lip and cheek colours.

- Includes 1 Trial Run

Bride Hair Style (day of wedding)

USD 80

- Includes 1 Trial Run

Personal powder room service (Bridal Hair & Make-up Package)

USD 160

Sit back and relax as our beautician complete your look with hair and make-up customized to fit your style.

- Includes 1 Trial Run for Bride Hair Style and Make Up

Hair Services

- Shampoo, Cut and Blow Dry (Ladies)
- Shampoo & Blow Dry (Ladies)
- Shampoo & Cut (Men)

Start from USD 45

USD 30

USD 30

