



essens

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WELLNESS AND SPA

M E N U





# MALDIVES INDULGENT EXPERIENCES

Our Essens Spa Maldivian Signature selections feature ingredients, plants, and herbs that are organic and native to the region. Drawing from local traditions and infused with a deep wellness focus, these treatments offer an authentic Maldivian experience. Discover a variety of indulgent therapies crafted exclusively for Atmosphere Kanifushi, each designed to promote relaxation and holistic well-being.

## Essens Spa Journey

USD 315 | 150 minutes

Indulge in a holistic coconut-inspired ritual designed to nourish and rejuvenate. This immersive experience includes a coconut body scrub, coconut oil massage, and hair care treatment, culminating in a relaxing coconut milk bath served with coconut-based refreshments.

A tropical escape for body, mind, and soul.

## Healing Touch Massage

USD 249 | 90 minutes

A rejuvenating experience that blends natural Maldivian ingredients with a skilled fusion of medium to firm pressure techniques, designed to ease tension and revive tired muscles. Warm Maldivian sand compresses gently soothe the body, melting away stress and anxiety while restoring harmony and vitality to the mind, body, and spirit. An uplifting ritual to leave you deeply relaxed and renewed.



## ESSENS SIGNATURE

Create unforgettable memories at Essens Spa as you embark on a journey of renewal in the heart of the Maldives. Step away from the demands of everyday life and immerse yourself in a sanctuary of serenity, where each treatment is thoughtfully designed to restore balance, uplift the spirit, and complete your Maldivian experience.

### Jade Essence Hot Stone Massage

USD 299 | 90 minutes

Experience profound relaxation with our Jade Essence Hot Stone Massage, a timeless therapy designed to melt away deep-seated tension and restore inner harmony. Utilising the healing properties of warm jade stones, this ancient ritual promotes detoxification, supports the body's natural defences, and is believed to slow cellular aging. Let the gentle warmth and energy of jade rejuvenate your body and calm your mind in this deeply restorative experience.

### Body Firming Massage

USD 265 | 75 minutes

USD 299 | 90 minutes

A luxurious sculpting massage using powerful Elemis Cellutox active body oil and Elemis Targeted Toning Body Moisturisers to contour the body, boost circulation, and smooth the skin. Experience a visibly firmer, more refined silhouette with every touch.





# ESSENS MASSAGE

At Essens Spa, each massage is a holistic ritual-celebrating the healing power of touch through a personalised journey. Designed to restore harmony and balance, our massages are tailored to your individual needs, nurturing both body and mind in a sanctuary of pure tranquility.

## Lymphatic Drainage Massage

USD 236 | 60 minutes

A gentle, rhythmic massage designed to stimulate the lymphatic system and encourage the natural detoxification of the body. Performed by a specially trained therapist, this treatment promotes the circulation of lymph fluid, helping to reduce water retention, eliminate toxins, and support overall immune function.

## Balinese Massage

USD 210 | 60 minutes

USD 262 | 90 minutes

A deeply relaxing full-body ritual inspired by the healing traditions of Bali. This massage combines gentle stretching, acupressure, and long flowing strokes with aromatic oils to release tension, improve circulation, and restore inner harmony. Perfect for soothing the body, calming the mind, and awakening the senses.

## Warm Bamboo Massage

USD 287 | 90 minutes

A soothing and aromatic full-body massage that melts away deep-seated muscular tension, stress, and anxiety. Enhanced with the gentle warmth of bamboo sticks, this fusion technique works to soften muscle tissue and stimulate blood circulation, leaving you feeling revitalised and balanced.



## Traditional Thai Massage

USD 274 | 90 minutes

*Rooted in the ancient healing arts of Thailand, this oil-free massage combines deep acupressure, and assisted yoga stretches to release tension and improve flexibility. It encourages the natural flow of energy through the body, restoring inner harmony and a profound sense of calm.*

## Herbal Tranquillity Compress Massage USD 262 | 90 minutes

*Immerse yourself in the therapeutic embrace of nature with this time-honored Thai ritual. Warm herbal compresses-infused with aromatic herbs, exotic spices, and delicate blossoms, are gently applied to the body. Paired with rhythmic massage techniques, this treatment soothes sore muscles.*

## Oriental Foot Massage

USD 185 | 60 minutes

*Drawing from the ancient wisdom of Chinese reflexology, this revitalising foot therapy stimulates key pressure points to enhance the body's natural energy flow. Combined with the healing properties of Gua Sha crystal techniques, it melts away fatigue, improves circulation, and restores a deep sense of balance, from sole to soul.*







ELEMIS  
FRANGIPANI MONOI  
BODY OIL  
hair, nail & body oil  
huile pour les cheveux, les ongles  
et le corps

# HIGH TOUCH BODY by ELEMIS

ELEMIS EXPERT™

## DEEP TISSUE TENSION-EASE MASSAGE

Renewed, Focused, and Grounded

USD 223 | 60 minutes

USD 274 | 90 minutes

Perfect for combatting a busy lifestyle, this full body massage offers more than just muscle relaxation; it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

ELEMIS EXPERT™

## PEACEFUL PREGNANCY MASSAGE

Nurture, Restore, and Calm

USD 236 | 60 minutes

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics formulated to be used safely during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.



ELEMIS EXPERT™

## ABSOLUTE FACE + BODY RITUAL

Restore, Rejuvenate, and Renew

USD 249 | 60 minutes

USD 325 | 90 minutes

USD 389 | 120 minutes

Immerse yourself in luxury with this tailored treatment. Choose your own combination of facial and body treatments, or let your therapist prescribe the perfect treatment to leave you feeling restored from head to toe.

## BESPOKE BODY

Deep Tissue Tension Ease Back Massage (30 min)

Deep Tissue Tension Ease Body Massage (60 min)

Cleansing Salt Scrub (30 min)

Cleansing Salt Scrub and Frangipani Body Wrap (60 min)

Cleansing Salt Scrub and Tension Ease Back Massage (60 min)

## BESPOKE FACE

Expert Touch or Tech Facial (30min)

Expert Touch or Tech Facial (60min)





# HIGH TOUCH FACIALS by ELEMIS



## ELEMIS EXPERT™ TOUCH RENEW FACIAL

Hydrate, Lift, and Firm

USD 262 | 60 minutes

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

## ELEMIS EXPERT™ TOUCH NOURISH FACIAL

Cleanse, Rebalance, and Revive

USD 249 | 60 minutes

Boost skin radiance with our triple-cleanse facial with a blend of Botanical -infused facial oils to leave your skin feeling nourished, rebalanced and revived.

## ELEMIS EXPERT™ TOUCH DEFINE FACIAL

Energise, Rejuvenate, and Sculpt

USD 249 | 60 minutes

USD 299 | 90 minutes

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.





# HIGH TECH FACIALS by ELEMIS

## ELEMIS EXPERT™ TECH LIFT + REJUVENATE FACIAL

Renew, Plump, and Tone

USD 274 | 60 minutes

Restore your skin's vitality with our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate, and Oxygen Infusion to plump. Skin will appear renewed, toned and lifted.

BIOTEC Technology:

Ultrasonic Peel for glowing skin

Microcurrent to lift the skin

Oxygen Infusion to plump the skin



## ELEMIS EXPERT™ TECH SMOOTH & POLISH

Reset, Resurface, and Brighten

USD 274 | 60 minutes

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energize and Galvanic technology to nourish, revealing bright, polished and smooth skin.

BIOTEC Technology:

Ultrasonic Peel for glowing skin

LED Light Mask to re-energize the skin

Galvanic technology to restore the skin

## ELEMIS EXPERT™ TECH SCULPT + FIRM FACIAL

Revitalise, Strengthen and Define

USD 287 | 60 minutes

USD 325 | 90 minutes

Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 6 BIOTEC technologies for a transformative facial experience like no other. Your complexion will be left revitalised, strengthened and defined.

BIOTEC Technology:

Cryotherapy for skin sculpting

Ultrasonic Peel for glowing skin

Microcurrent to lift the skin

Oxygen Infusion to plump the skin

LED Light Mask to re-energise the skin

Galvanic technology to restore the skin







## ESSENS BODY THERAPY

At Essens Spa, our Body Therapy rituals are thoughtfully crafted to restore vitality and glow to your skin while uplifting your senses. Each treatment concludes with a nourishing body cream application to seal in hydration and enhance lasting results. Recommended for all skin types.

### After-Sun Body Soother

USD 185 | 50 minutes

Soothe and replenish sun-kissed skin with a calming blend of aloe vera, cucumber, and yogurt. While the body mask cools and hydrates, enjoy a relaxing scalp massage. Finished with a gentle application of sugar and vanilla lotion to deeply moisturise and lock in hydration.

### Jamu Spice Renewal

USD 147 | 50 minutes

Inspired by traditional Balinese healing, this herbal body wrap harnesses the power of indigenous spices to promote muscle recovery, ease joint discomfort, and maintain flexibility, ideal for those with active lifestyles.

### Royal Lulur Polish

USD 147 | 50 minutes

This age-old beauty ritual combines sandalwood, turmeric, olive oil, and rice flour for gentle exfoliation. Infused with moisturising candlenut oil, it leaves your skin smooth, luminous, and visibly rejuvenated.





## COUPLE'S ESSENS EXPERIENCES

Designed for shared bliss, each of our couple's experiences is a harmonious journey of relaxation and reconnection. Select from rituals that awaken the senses, calm the mind, or restore balance-together.

### Elysian Indulgence

USD 799 | 140 minutes

A romantic escape to awaken the senses. This indulgent experience begins with a soothing Essens Bath Therapy, followed by a Balinese Massage and an ELEMIS Expert™ Nourish facial.

Includes: Essens Bath Therapy | Balinese Massage | ELEMIS Expert™ Nourish Facial

### Tranquil Essence

USD 839 | 150 minutes

A deeply purifying body ritual designed to detoxify, soothe, and harmonise. Begin with a coconut salt scrub and revitalising foot ritual, followed by a spirulina body mask. A warm herbal compress massage completes the experience.

Includes: Coconut Sea Salt Scrub | Spirulina & Aloe Body Mask | Herbal Compress Massage





*Relax the Mind  
Renew the Body  
Revive the Soul*



# AYURVEDIC WELLNESS

Ayurveda, the world's oldest holistic healing system, seeks balance between mind, body, and spirit. Essens Spa's Ayurvedic experiences are tailored to align your unique dosha, Vata, Pitta, or Kapha, for complete inner harmony.

## Shirodhara

USD 249 | 60 minutes

USD 299 | 90 minutes

Derived from the Sanskrit words "Shiro" (head) and "Dhara" (continuous flow), this deeply meditative Ayurvedic therapy involves a slow, rhythmic stream of warm herbal oil gently poured over the forehead. The treatment calms the nervous system, nurtures the mind, and enhances mental clarity, promoting profound relaxation, emotional balance, and inner stillness.

## Abhyanga Massage

USD 223 | 60 minutes

USD 262 | 90 minutes

From the Sanskrit word "Abhyanga", meaning "massaging the body", this ancient Indian Ayurvedic oil therapy is a rejuvenating ritual designed to heal and detoxify the body, mind, and spirit. Using rhythmic, sweeping strokes and warm herbal oils the treatment improves circulation, enhances vitality, and restores balance for holistic wellbeing.



## Marma Massage

USD 262 | 90 minutes

Derived from the Sanskrit word “Marma”, meaning “vital energy points”, this deeply restorative Ayurvedic therapy targets 107 key points throughout the body to awaken and balance your life force. Gentle yet precise pressure is applied to stimulate the flow of prana (vital energy), relieve blockages, and enhance overall vitality. The experience concludes with the soothing warmth of a herbal poultice, sealing in serenity and harmony.

## Kati Vasti

USD 134 | 30 minutes

From the Sanskrit word “Kati” meaning lower back, and “Vasti” meaning to contain, this Ayurvedic therapy is designed to provide targeted relief to the lumbar region. Warm, herbal infused oils are gently pooled within a handcrafted dough ring placed on the lower back, allowing deep nourishment and therapeutic absorption. This treatment soothes chronic back pain, releases muscle tension, and supports spinal health, offering a cocoon of pure relaxation and healing.

## Janu Vasti

USD 134 | 30 minutes

Derived from the Sanskrit word “Janu” meaning knee, and “Vasti” meaning to contain, this specialised Ayurvedic therapy focuses on restoring mobility and easing discomfort in the knee joints. Warm, medicated herbal oils are gently pooled within a soft dough ring placed around the knees, deeply penetrating the tissues to relieve pain, reduce stiffness, and enhance flexibility. A nurturing ritual that offers both therapeutic relief and a sense of grounded well-being.

## Shirobhyangam

USD 121 | 30 minutes

From the Sanskrit words “Shiro” meaning head and “Abhyanga” meaning massage, this deeply therapeutic treatment uses warm Ayurvedic oils to calm the mind and nourish the scalp. Designed to relieve stress, improve sleep quality, and stimulate circulation, it also strengthens hair roots and supports healthy hair growth. A serene ritual that brings clarity, relaxation, and rejuvenation to both body and mind.

## Udvarthanam Detox

USD 172 | 45 minutes

Derived from the Sanskrit word “Udvarthanam” meaning to elevate or promote upward movement, this Ayurvedic therapy is a revitalising full-body scrub using herbal powders, followed by a gentle steam treatment. It stimulates lymphatic flow, boosts metabolism, exfoliates the skin, and aids in detoxification. Perfectly designed to reduce stress, enhance vitality, and leave your body feeling light, smooth, and renewed in the serenity of the Maldives.





# WELLNESS MOVEMENT and MEDITATION

Private Sound Healing

USD 96 | 45 minutes

Private Yoga

USD 83 | 60 minutes

Meditation

USD 70 | 45 minutes

Pranayama (Breathing Exercise)

USD 70 | 45 minutes

Group Session

USD 57 | 60 minutes

## WELLNESS PACKAGES

Discover tranquillity at Essens, the heart of holistic healing and rejuvenation at Atmosphere Kanifushi Maldives. Our Wellness packages are designed to enhance your well-being, body, mind, and spirit, through personalised experiences rooted in timeless traditions. Choose from three transformative journeys; Yoga Retreat, Recharge, and Detox, each crafted to restore vitality, inner peace, and balance.

### Yoga Retreat

USD 609

Immerse yourself in serenity with our Yoga Retreat, an exclusive escape designed to cultivate inner peace and spiritual harmony. Perfect for those seeking balance, clarity, and deeper self-awareness.

Your Experience Includes:

- Wellness Consultation
- Shirodara 60 mins
- Balinese Massage 60 mins
- Meditation
- Private Sound Healing
- Private Yoga class
- Thermal Suites

## Recharge

USD 839

Pause. Breathe. Recharge. This bespoke program invites you to slow down and reconnect with your natural rhythm. In the serene surroundings of Atmosphere Kanifushi, experience the gift of conscious relaxation, where timeless rituals and soothing treatments restore energy and emotional balance.

### Your Experience Includes:

- Wellness consultation
- Abhyanga Massage 60 mins
- Herbal Tranquillity Compress Massage
- Jamu Spice Renewal
- Meditation
- Private Sound Healing
- Three Private Yoga classes
- Thermal Suites

## Detox

USD 1,349

Reset your body and spirit with our holistic Detox program, a transformative journey designed to purify, revitalise, and realign your inner balance. Through expert treatments and mindful rituals, experience deep cleansing, improved vitality, and renewed energy in the serene surroundings of Atmosphere Kanifushi.

### Your Experience Includes:

- Wellness Consultation
- Marma Massage
- Lymphatic Drainage Massage
- ELEMIS EXPERT™ Touch Nourish Facial
- Traditional Thai Massage
- Udvartanam Detox
- Meditation
- Two Private Sound Healing
- Four Private Yoga classes
- Thermal Suites
- One retreat follow up Consultation





## TEEN SPA by Essens

A thoughtfully curated collection of treatments designed especially for teens-featuring natural ingredients like nourishing fruit extracts, soothing botanicals, and gentle essential oils. Each therapy is tailored to nurture youthful skin, support growing bodies, and promote a calm, balanced mind.

### Cool Calm

USD 172 | 50 minutes

A gentle, refreshing facial specially designed for young, sensitive skin. Enriched with nourishing fruit extracts, this treatment soothes, hydrates, and restores natural balance-leaving the skin soft, clear, and radiant.

### Zen Mode

USD 172 | 50 minutes

This focused massage melts away tension from the back and shoulders with long, flowing strokes and kneading techniques. Finished with a calming foot massage, it's the perfect reset for both body and mind.

### Smooth and Soothe

USD 172 | 50 minutes

A coconut-based exfoliation treatment that smooths the back, arms, and legs, followed by a relaxing vanilla body wrap to deeply nourish and reveal a healthy, glowing complexion.

# ESSENS FINISHING TOUCHES

## Essens Elixir Manicure

USD 121 | 75 minutes

*Pamper your hands with this essential manicure that soothes, hydrates, and revitalises. Includes nail shaping, cuticle conditioning, and a relaxing hand massage. [Normal nail polish application is included.]*

## Essens Sole Serenity Pedicure

USD 121 | 75 minutes

*Relax and rejuvenate tired feet with our essential pedicure. Includes nail shaping, cuticle care, and a calming foot massage. [Normal nail polish application is included.]*

## Little ME (Kids' Mani / Pedi)

USD 70 | 45 minutes

*A gentle file and paint session designed for little ones, complete with a soothing sugar and vanilla cream massage. [Suitable for children under 10 years old.]*

## Add On Beauty

Colour Touch	USD 29
Nail Cut and File	USD 19
Callus Removal	USD 59
Nail Gel Application	USD 49
Remove Nail Gel	USD 49





# SALON by ESSENS

Woman's Hair Cut	USD 109
Man's Hair Cut	USD 70
Wash and Blow Dry – short to medium hair	USD 83
Wash and Blow Dry – long hair	USD 96
Make up	USD 159 – start from
Hair Do	USD 147 – start from
Hair Scalp Treatment	USD 172
Hair Colour Correction (consultation required):	
• Full Colour	USD 147 – start from
• New Growth	USD 96
• Full Highlights	USD 210 – start from

## Waxing

Underarms	USD 49
Bikini line	USD 59
Half leg	USD 69
Full leg	USD 99
Chest / Shoulder	USD 69
Full Back	USD 99

### Terms and Conditions

The prices, are presented in US dollars (USD), and are inclusive of 10% Service Charge and 16% Government Tax until 30 June 2025. Effective from 01 July 2025, prices are inclusive of 10% Service Charge and 17% Government Tax. Rates are subject to change without prior notice. For further information and reservations, please visit Essens Spa or dial #809 to contact the Spa Reception.

# SPA ETIQUETTE

## Hours of Service

Essens Spa is open daily from 10:00 AM to 9:00 PM.

## Scheduling an Appointment

To book your preferred treatment, please contact your personal butler/ Guest Relations Officer. We recommend booking in advance to ensure availability.

## Arrival Time

We suggest arriving at least 15 minutes prior to your appointment. Please note that late arrivals may result in reduced treatment time.

## Cancellation Policy

Cancellations or rescheduling require a minimum of 6 hours' notice. A 50% charge will apply for no-shows or late cancellations.

## Health Conditions

Kindly inform us of any medical conditions, allergies, recent surgeries, or injuries that may affect your treatment when making your reservation.

## Spa Attire

Locker and changing facilities are available. Sarongs, bathrobes, slippers, and disposable garments will be provided for your comfort.

## Gift

If you would like to purchase a gift voucher for someone special at Essens, whether for a specific treatment or a monetary value, please let us know. Monetary value vouchers can be redeemed for any spa service or retail product available.

## Tranquillity and Privacy

To maintain a serene environment, we kindly request that mobile phones be silenced upon entering the spa. Essens Spa is a whisper zone and a non-smoking area.

## Valuables

We advise leaving valuables in your in-room safe. Essens Spa is not liable for any loss or damage of personal belongings.

## Age Requirement

Guests must be 18 years or older to access spa facilities or receive treatments. Those under 18 must be accompanied by an adult.