



sulha  
SPA



## KUDADOO WELLNESS RETREAT

We don't like to brag but we really do have the most beautiful spa in the Maldives. Kudadoo Wellness Retreat is high up in the sky so you can soak up far-reaching ocean views and catch the breeze. We also have the first and only salt chamber in the Maldives. Our Lonu Cave is lined with mineral-rich Himalayan salt that's more than 1,000 years old and renowned for its healing qualities. All you have to do is lie back and breathe in its goodness. Bliss.

When you first arrive, you'll probably just want to rest. We've got that covered. We have curated the best treatments from around the world and our therapists have been carefully chosen not only for their outstanding skills but also for their genuine, caring natures and uncanny intuition so they know exactly what you need. You'll soon realise this talented team is what sets us apart from the rest and in next to no time you'll be feeling better than you have in years.

After a few days, you'll start wondering how you can keep that feeling once you've left our little oasis. We've got that covered too. Our fusion of ancient and modern therapies and easy-to-follow health tips will reset your body and mind so you'll continue to feel great back home; right up until the next time you can return to Kudadoo, your Maldivian home from home.

*Sulha Spa Sky above. Earth below. Peace within.*





## REST

We understand that you've come to paradise for a well-earned rest from the stresses of daily life. Kudadoo's tiffany-coloured ocean and bone-white beaches provide an instant shot of relaxation but we've also spent time creating the very best treatments to recharge your batteries. Or just talk to us. Our therapists are happy to customise or combine anything on the menu to ensure it's just how you like it, because you are on holiday after all.





## MASSAGES

The latest scientific studies suggest massage isn't just a shortcut to relaxation; it can be used to overcome medical conditions from anxiety to digestive disorders, and from stress to headaches. Here is our recommendation for the best "rest" techniques around.

### BALINESE

This is a relaxation massage with attitude, with lots of long gentle strokes as well as light pressure-point work and skin rolling to get your blood flowing and oxygenated. It's calming and refreshing - great for those who feel tired or a little low. (60 minutes)

### ORIENTAL

A free-flowing treatment that incorporates all the most relaxing elements of Balinese, Thai and Indian techniques, easing every bit of you from your head to your toes. Make it your go-to treatment to combat jet lag. (60 minutes)

### BE TOUCHED BY THE OCEAN

Our signature massage works heated herbal poultices along your body. It's incredibly soothing but add super-hydrating organic body balm and it also becomes the ultimate emotional stress buster. Ideal if you've overdone it at the gym or can't switch off from office mode. (75 minutes)

## TIMELESS REMEDIES

### THE SALT SOLUTION

In 1843, a Polish doctor noticed that salt mine workers didn't experience the respiratory issues or lung diseases that affected coal miners and halotherapy - salt therapy - was invented. Spending time in our Lonu Cave, breathing in the world's most healing salt air is the natural way to clear sinuses, your lungs and ease muscles, then surrender to our Himalayan salt stone therapy to feel completely cleansed and rested. (120 minutes)

### HARA BODYWORK

Hara means abdomen in Japanese. Physically, it is responsible for the all-important digestion that fuels your body. Emotionally, it governs your gut instincts. Your therapist uses gentle pressure and mindful breathing to kick - start this vital control centre into peak performance. (60 minutes)

### SOUND SHOWER

Gongs and Tibetan singing bowls are the trendy new way to meditate. Here's the science bit: the vibrational sound of these ancient instruments helps the listener access their theta brainwave state, the frequency of deep relaxation. It is an user-friendly way to calm the mind for those who find traditional meditation challenging. (60 minutes)

## INDULGENCES

### MALDIVIAN MELT

Coconut oil is Kudadoo's secret weapon for sunbathers. Studies show it blocks up to 20% of the sun's UV rays (not that we recommend you ditch conventional SPF) so combine a warm coconut oil massage and a body polish with freshly prepared coconut and your skin will be perfectly prepped to lap up our sunshine. (60 minutes)

### REJUVENATING FACIAL

If you've never used a Gua Sha stone, prepare to be amazed. It's an ancient Asian beauty tool that can increase microcirculation to the face by as much as 400% and is better than Botox for sculpting muscles and smoothing the complexion. Finish with a firming mask for maximum impact. (75 minutes)

### THE MAGIC WINDOW WORKOUT

Did you know there is a "magic window", post-workout, where you can eat pretty much anything you fancy because during this period your body does not convert food into fat? Book your instructor, pre-order your food and by the time you've showered and changed, your butler can be serving your starter on the villa deck.



## JOURNEYS

### HEAD-ONISTIC SPACE

You're in paradise but a million little worries mean your mind is still in top gear. Give us two hours and we'll apply the brakes. Start with breath work in the pure air of our Lonu Cave. Loosen up your muscles in the steam room, ready for a Thai massage. It's nicknamed lazy person's yoga because all you have to do is melt into the mat and let our therapist move your limbs into restorative poses. Finally, nurse your grey matter into neutral with a mindful head massage. (120 minutes)



## RESET

Twenty-four hours at Kudadoo feels like a month of R&R anywhere else so you'll soon have your old spark back. Our team of experts has put together some seriously special experiences to channel all your positive energy into focussed long-term wellness solutions to deploy back home. Or just talk to us. Our therapists are happy to customise or combine anything on the menu to ensure it's just how you like it, because you are on holiday after all.



## MASSAGES

Massage has a subtle role to play in supporting your emotional wellbeing. It can enhance mood and encourage confidence and clarity of thought. Here are our recommendations for the best “get-up-and-glow” techniques around.

### MUSCLE EASE

A classic Swedish massage that uses long strokes, kneading, deep tissue, vibration and tapping to stimulate your circulation and invigorate your muscles. Go for deeper pressure if you dare. Either way, this 60 minutes is the business for boosting energy levels. (60 minutes)

### AROMATHERAPY

The importance of our sense of smell is often underrated but studies show particular fragrances can affect everything from pain perception to memory recall. Choose the perfect blend of scented oils to lift your mood and increase your mental strength. (60 minutes)

### THAI

Lie back on the mat and let your therapist coax your body into poses in this more energetic style of “yoga” massage, designed to improve stamina, posture and flexibility. No oil, no lotions or potions, just an hour plugged in for a total recharge. (60 minutes)

## TIMELESS REMEDIES

### TIBETAN CHAKRA BALANCING MEDITATION

Combine the healing environment of the salt air in our Lonu Cave with the emotional release of chakra cleansing and colour therapy for a powerful sensation of overall positivity. (45 minutes)

### INTUITIVE HEALING

An immersive holistic treatment that incorporates both ancient and modern techniques for a unique wellbeing experience. (90 minutes)

**REIKI** This Japanese technique is so effective at alleviating anxiety and pain it is used by mainstream medical hospitals worldwide in post-operative care. It is a touch therapy that involves laying hands on, or close to, energy channels along the body to release blockages. It's perfect for those struggling with pressurised situations. (60 minutes)

### ZEN SHIATSU

This is a unique form of bodywork that uses acupressure, usually applied using fingers and thumbs but sometimes elbows to go deeper and re-invigorate the body's energy channels. It is a particularly effective therapy for improving sleep patterns. (60 minutes)



## INDULGENCES

### SOUND 'N' SALT

Our bodies are 60% water and water is particularly good at absorbing sound waves, which explains why the soothing vibrations of Tibetan singing bowls are effective so quickly. They also help the brain settle into a “theta” state of deep relaxation. Combine that sonic experience with the therapeutic benefits of our salt chamber and half an hour can feel as restorative as a whole night's sleep. (45 minutes)

### HYDRATING EARTH AND OCEAN COCOON

If you've overdone it in the sun, this treatment will get your body back to its best. Start with a cooling mist and compress before a hydrating aloe body wrap. While your skin soaks up all that healing nourishment, enjoy a mini facial and foot rub. The finishing hydrating oil makes this a complete body drench. (75 minutes)

### HEAVEN ON EARTH

Let the sound of the Tibetan singing bowls and a Balinese massage coax you into total relaxation, then banish fine lines with a facial using Africa's purest organic ingredients with anti-oxidant rich oils and active botanical essences that are absorbed into your epidermis for long-lasting anti-ageing results. (90 minutes)





## JOURNEYS

### TOP TO TOE REBOOT

Your feet are the foundation of your health so this sole-to-soul transformation starts with pressure-point reflexology to fire up your energy channels. Your therapist then harnesses the magic of Maldivian coconut to refine your skin with an invigorating body massage using 100% virgin coconut oil. A traditional Indian head massage with warm blended coconut oil infused with rosemary provides deep relaxation for your mind. Rest assured to experience a sparkling new version of you. (90 minutes)

## ADDITIONAL TREATMENTS

### THE LONU IMMERSION

Spend 25 minutes in our salt chamber, soaking up the healing minerals in the 1,000 year old Himalayan salt. Dip into a tropical bath and follow with your choice of massage, a pressure-point foot rub and a head massage. (120 minutes)

### MINDFUL HAIR AND SCALP RITUAL

Get your busy brain to slow down with a head, neck and shoulder massage that uses stimulating Indian techniques as well as warm coconut oil infused with rosemary, a herb that improves memory and guards against headaches. As an added bonus, your hair will feel thick and glossy afterwards too. (60 minutes)

### GLOW FACIAL

Boost your complexion and banish fine lines with ultra - effective organic ingredients such as antioxidant-rich pinotage grape seed oil, which helps repair and hydrate sun-damaged skin, and active botanical essences that penetrate deep layers of the epidermis for long-lasting anti-ageing results. (60 minutes)

### PERSONALISED YOGA SESSION

Address your specific health issues with poses and pranayama practice targeted to your concerns or just enjoy a relaxing class to improve flexibility and general wellbeing.

### PERSONALISED MEDITATION SESSION

A holiday is the ideal time to master the art of meditation and with growing concern about the damaging effect of the digital world on mental health, time spent learning effective techniques to switch off might prove your best investment ever.

### POWER OF THE MIND

### PERSONALIZED VISUALIZATION & COACHING SESSION

Not only Elite athletes are increasingly turning to visualisation to get the competitive edge over rivals, a simple tool that can have major mental and physical benefits. Learn the tricks for successful stress management. Reclaim your power and control over your life. Explore with our wellness result coach more holistic ways of living a balanced and peaceful life. Set achievable goals for short and longer-term personal development (available on specific dates)



