



SPA & WELLNESS

Na(adhu
PRIVATE ISLAND
MALDIVES



Personalised spa experiences that encompass the essence of the island boasting an exclusive and luxurious journey.

HOW TO SPA Spa experiences will be carried out in the comfort of our treatment room on Naladhu Private Island.

Reservations

We recommend making an advanced reservation for your spa treatments through your Kuwaanu or Personal Spa Specialist. • Your reservation will be reconfirmed a day in advance. Please let your Kuwaanu know the most convenient time to meet with your Personal Spa Specialist. We always try our best to accommodate requests for individual therapists/specialists based on their availability.

Preparation

For ladies, no preparation is necessary. For men, we recommend shaving prior to a facial treatment to reduce skin irritation and maximise comfort. Other treatments require no preparation.

Spa Attire

If required for the treatment, disposable underwear will be provided.

Health Concerns

If you are pregnant or have any pre-existing conditions or allergies, please inform our team before booking any spa treatments or using the spa facilities. Kindly advise your therapist before your treatment commences. This will ensure your safety before having any treatments.

In-Residence Services are available upon request *(additional charges will apply)*

CANCELLATION POLICY: Should you need to cancel or reschedule your treatment, we do require a minimum of 24 hours' notice to avoid being charged 50% of the treatment fee. No shows will be charged 100% of the treatment fee.

Conscious of global changes we have amended our operating procedures in response to COVID 19 and these procedures have been implemented to ensure your comfort and safety throughout your spa experience.



SIGNATURE EXPERIENCES

Naladhu Signature Massage

(90 minutes)

Evoking a profound state of relaxation this massage experience involves an intuitive sense of connection. Your therapist will use carefully seasoned aroma oils and a signature sequence of Eastern and Western techniques to re-open the body's natural energy flow. A personalised approach that focuses on your physical and emotional wellbeing.

Essence of Naladhu

(90 minutes)

This signature experience encapsulates the essence of Naladhu Island, an exclusive intimate retreat enriched with luxurious gems. Your spa journey begins with a gentle body exfoliation, brightening tone and improving texture. Further indulge in a deeply relaxing, yet revitalising healing massage. Using an aromatic blend perfectly complemented to enhance stress relief, reduce tension, and fatigue.

Includes: Foot Ritual • Invigorating Body Scrub & Body Massage



MASSAGE EXPERIENCES

Naladhu Healing Massage

(60/90 minutes)

Our signature massage is a gateway to calming the mind and rejuvenating the body. A blend of warm oils specifically designed to uplift your senses and a traditional western massage modality using medium pressure and stimulating movements to transition into mental calmness and physical prosperity.

Stress Release Massage

(75 minutes)

A customised massage to help alleviate tension in the most stress-prone areas. Your therapist targets your areas of concern with a massage that instantly relieves discomfort and tension. Complemented with a mini foot and hand reflexology fusion to create a perfect balance leaving you centred and connected.

Deep Tissue Massage

(60/90 minutes)

A restorative deep tissue massage designed to ease aching muscles and alleviate stress. Choose your preferred massage blend from a variety of sweet, sensually sharp and floral aromas.

Hot Stone Massage

(75 minutes)

Heated volcanic stones and a stunning blend of essential oils are used in this massage. The heat from the stones helps to relieve muscle or joint tension and increase blood circulation creating a balance of calm and wellbeing. This treatment is perfectly designed to promote a profound state of relaxation.

Abhyanga

(60/90 minutes)

A treatment that draws healing wisdom from ancient Ayurvedic tradition. Warm oils are blended with medicinal herbs for healing and detoxifying the body. Rhythmic massage techniques are applied to work along the meridian lines and restore the flow of vital energy.

Beautiful Island Couples Massage

(75 minutes)

Your journey commences with a delicate hand and foot ritual. A Naladhu Healing Massage is the perfect addition to your getaway restoring the flow of energy, complemented with Thai body stretches and an uplifting scalp massage.

Includes: Foot & Hand Ritual • Body Massage • Stretch & Scalp Massage



BODY EXPERIENCES

Choose from a variety of body scrubs and wraps designed to regenerate skin cells, boost the lymphatic and immune system, improve the tone and texture of the skin and help with balancing stress and anxiety.

BODY COCOON

(90 minutes)

Purify your body and deeply replenish your skin with this personalised body scrub and wrap combination. Start your journey with a full-body exfoliation to help rid of dry skin and stimulate blood circulation. Your journey will continue with a delicate wrap experience - enriched with minerals and antioxidants to help with hydrating, firming and detoxing. A scalp and foot massage will complement your body cocoon.

Includes: Foot Ritual • Body Scrub • Body Wrap

BODY SCRUBS

Elemis Intensely Cleansing Salt Scrubs

(60 minutes)

Fragranced salt gently sloughs away dead skin and encourages the regeneration of new cells, leaving a smooth and responsive canvas to absorb a deeply nourishing body oil.

BODY WRAPS

Essence White Coconut

(60 minutes)

Indulgently rich and gloriously fragranced, this clay-based wrap rejuvenates the skin and combats the effects of modern life with the healing benefits of coconut.

Elemis Thousand Flower Detox Wrap

(60 minutes)

Relax in a cocoon of deeply nourishing green tea balm that stimulates the elimination process for powerful detoxification and naturally healthy skin.

Includes: Foot Ritual • Body Wrap • Scalp Massage



FACIAL EXPERIENCES

FACE TOUCH BY ELEMIS

Experience a healing fusion, where touch and technology are turbo-charged by the power of minerals, plants and active natural aromatics. Defy the hands of time with clinically proven anti-wrinkle, radiance and resurfacing facials for instant results.

Pro-Collagen Age Defy

(70 minutes)

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged padina pavonica and red corals. Targeted massage encourages optimum cellular function for nourished, younger-looking skin. An additional scalp ritual complements your facial.

Benefits: Soothes, Nourishes, Refines

Pro-Definition Lift And Contour

(70 minutes)

Powered by breakthrough technology, this facial helps restore the architecture of the face using the protein nutrients in plant actives which help the extracellular matrix, creating a profoundly sculpted and youthful effect. An additional scalp ritual complements your facial.

Benefits: Lifts, Contours, Sculpts

BIOLOGIQUE RECHERCHE

The Biologique Recherche skincare program is formulated with highly active botanical ingredients that deliver immediate and visible results. Each facial is customised to your individualized skin type and condition.

Essence of Youth

Soin Lift CVS

(75 minutes)

Enjoy a glowing, youthful visage with this pampering all-round treatment. A multi-faceted approach to revitalising skin. Exfoliates, lifts, restructures, firms, hydrates and protects against external aggressors. Recommended for most skin types. An additional foot ritual complements your facial.

Plump and Renew

Soin MC110

(75 minutes)

This restorative treatment plumps up the facial volume and reduces the appearance of fine lines. Firming strokes improve blood circulation as they lift and tighten the skin, while a deep cleansing treatment, oxygenating spray and formulated serums restructure the underlying epidermis. An additional foot ritual complements your facial.

Deluxe Caviar

Soin Caviar Intégral

(100 minutes)

A gorgeous facial journey hydrating and firming your skin for a revitalised look. Refine pores and replenish moisture in sun-kissed skin by tapping into the regenerating properties of caviar. A pampering treatment that promotes a youthful, radiant glow. An additional foot and scalp ritual complements your facial.



WELLNESS AT NALADHU

The success of a healthy lifestyle comes from the commitment to achieving your wellness goals.

VITAMIN INFUSIONS

Cocoon Medi Spa's Vitamin IV infusions are formulated to help guests rejuvenate while promoting prevention and long-term wellbeing. Each IV infusion is designed to target specific goals which include nutrient deficiencies, hydration, detox, immune health, anti-aging and energy boost. Enjoy in the comfort of your house.

Complete Anti-Aging

A powerful hit of antioxidants with antiaging properties to support skin and health. Vitamin B Complex, Glutathione, Selenium and the miracle skin ingredient Alpha-Lipoic Acid with collagen and Vitamin C.

Wellbeing

A perfect balance of vitamins and minerals for your wellbeing.

Hair, Nails and Skin

This powerful nutrient and mineral cocktail will hydrate, brighten and strengthen the hair, skin and nails. It provides anti-inflammatory benefits to reduce breakouts while providing moisture retention and improved skin elasticity. This formula will also detoxify and cleanse vital organs, beautifying them from the inside out.

WELLNESS SCREENING AND CONSULTATION

(90 minutes)

Our wellness consultations promote education to better understand lifestyle habits that can affect your health while target specific goals such as detox, anti-aging, immune health, weight management, mindfulness, and general wellbeing.

Provide you with a personalised road map to wellbeing by inviting you to share your wellness goals and health concerns through assessment of your current diet, lifestyle and medical history. Each consultation includes a personalised Nutrition & Lifestyle report and the option to add a full analysis of your body composition.



PERSONALISED MOVEMENT

Our movement sessions are designed to be mindful and fun with a particular emphasis on technique and body alignment. Each session is personalised to meet your wellness goals.

Personal Training (60 minutes)

Our resident personal trainer will help put together a bespoke personal training program suited to your individual requirements and fitness goals; helping you achieve your desired results in an effective and safe way.

Yoga and Pranayama (60 minutes)

Our resident yoga instructor will guide you through gentle stretches to more advanced poses, combining consultations and one-to-one sessions that teach bespoke breathing techniques and postures



PRICELIST

SIGNATURE EXPERIENCES

Naladhu Signature Massage <i>(90 minutes)</i>	USD 330
Essence of Naladhu <i>(90 minutes)</i>	USD 320
Naladhu Healing Massage <i>(60/90 minutes)</i>	USD 235/295
Stress Release Massage <i>(75 minutes)</i>	USD 270
Deep Tissue Massage <i>(60/90 minutes)</i>	USD 270/330
Hot Stone Massage <i>(75 minutes)</i>	USD 270
Abhyanga <i>(60/90 minutes)</i>	USD 245/305
Beautiful Island Couples Massage <i>(75 minutes)</i>	USD 540

BODY EXPERIENCES

Body Cocoon <i>(90 minutes)</i>	USD 320
Elemis Intensely Cleansing Salt Scrubs <i>(60 minutes)</i>	USD 185
Essence White Coconut <i>(60 minutes)</i>	USD 195
Elemis Thousand Flower Detox Wrap <i>(60 minutes)</i>	USD 195

FACIAL EXPERIENCES

Face Touch By Elemis Pro-Collagen Age Defy <i>(70 minutes)</i>	USD 215
Pro-Definition Lift And Contour <i>(70 minutes)</i>	USD 215
Biologique Recherche Essence of Youth Soin Lift CVS <i>(75 minutes)</i>	USD 245
Plump and Renew Soin MC110 <i>(75 minutes)</i>	USD 245
Deluxe Caviar Soin Caviar Intégral <i>(100 minutes)</i>	USD 320

WELLNESS AT NALADHU

VITAMIN INFUSIONS

Complete Anti-Aging	USD 370
Wellbeing	USD 305
Hair, Nails and Skin	USD 305

WELLNESS SCREENING AND CONSULTATION

<i>(90 minutes)</i>	USD 305
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PERSONALISED MOVEMENT

Personal Training <i>(60 minutes)</i>	USD 150
Yoga and Pranayama <i>(60 minutes)</i>	USD 125

All prices are in US dollars and inclusive of 10% service charge and 12% GST.