



TAMARA

SPA & WELLNESS



LILY BEACH RESORT & SPA
AT HUVAHENDHOO, MALDIVES



TAMARA
SPA & WELLNESS

Welcome to Tamara Spa. A place for you to relax, renew, and revitalize your well-being during your stay. Experience the carefully selected treatments and let go of your worries and immerse yourself in serenity as the outside world drifts away.

Our signature massage ritual will start with a footbath followed by a relaxing time in a Jacuzzi, overlooking the serene blue water of the Indian Ocean.



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All prices are quoted in US dollars (USD) and subject to 10% Service Charge and 12% Tourism, Goods and Service Tax. Rates are subject to change without prior notice. For reservations, please call +960 668 0013 or Extension 855.

Massage Treatments

Indulge in exotic, luxurious, and unforgettable celebrations of relaxation and rejuvenation giving peace to both mind and body

TAMARA SIGNATURE MESSAGE

60 minutes without ritual / \$219 90 minutes with ritual / \$239 120 minutes with ritual / \$259

Signature fusions massage that seamlessly blended with various massage techniques such a Swedish, deep tissue, acupressure, sports massage, and stretching. Boost immune system, reduce stress, relaxation, improve blood circulation, body detoxification, and improve sleep quality.

HOT STONE MESSAGE

60 minutes without ritual / \$160 90 minutes with ritual / \$180

Heated stones incorporated with relaxing massage techniques, allowing your therapist to better relieve muscle tension with less pain. This full-body session is the perfect treatment to loosen tight muscles, relieve stress, and relax the body and mind.

BALINESE AROMATHERAPY MESSAGE

60 minutes without ritual / \$160 90 minutes with ritual / \$180

Traditional Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and “qi” (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation.

THAI MESSAGE

60 minutes without ritual / \$180 90 minutes with ritual / \$200

Exotic, rejuvenating, and the ultimate subliminal body workout. Using no oil, this firm massage aims to release tension, increase vitality and flexibility, and create wholeness of body, mind and spirit. It is a masterful fusion of Indian Ayurvedic stretching techniques and the Chinese method of deep tissue pressure point massage. It helps to release toxins, stimulate blood flow, realign the body and restore suppleness.

SPORTS MESSAGE

60 minutes without ritual / \$160 90 minutes with ritual / \$180

Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. It relieves chronic pain by speeding up the blood circulation and thus delivers fresh oxygen and nutrients to the muscles to help them repair and improve their condition.

FOOT MESSAGE

60 minutes without ritual / \$150 90 minutes with ritual / \$170

Experience in unparalleled luxury the deeply relaxing ritual of an authentic, traditional foot massage. This ancient art of healing applies pressure points on your tired feet to release tension, reduce fatigue and to improve the physical balance of your entire body.

HEAD MESSAGE

60 minutes without ritual / \$150 90 minutes with ritual / \$170

Leave the world behind with this soothing head, scalp, and neck massage. Designed to renew your focus. The stress and tension of an exhausting day will simply melt away.



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Available at our Spa Boutique

ELEMIS

DEFINED BY NATURE, LED BY SCIENCE



Powerful partners to keep your skin in peak performance

Gift certificate purchase is available for all spa treatments or at a value amount.
Please contact our spa reception for further details.

Ayurveda Treatments

A Sanskrit word - Ayus meaning 'life' and, Veda meaning 'sacred knowledge'

Ayurveda is a system of medicine designed to remove the imbalance of the physical body, while providing the mental clarity needed to change unproductive mindsets. Ayurveda recognises that all living creatures, whether human, plant, or animal, must live in harmony with nature in order to survive. Like the owner's manual of your car prescribes maintenance schedules for the long-term health of your car, Ayurveda speaks of daily and seasonal routines that ensure maximaln health, mental clarity, and longevity.

SHIRODHARA 60 minutes / **\$180** 90 minutes / **\$210**

Warm oil drips a steady stream on your forehead, drizzling over your scalp. Oil gently flows off your third eye, you literally feel as though your troubles are melting away. The treatment is also known to cure head, neck, and olfactory syndromes, insomnia, nervous disorders, and headaches caused by tension.

ABHYANGA 60 minutes / **\$180** 90 minutes / **\$210**

It is done with warm selected herbal oil. The oil is applied on the entire body, from the scalp to the soles of your feet. Combined with massage strokes, it's thought to promote overall health and wellness. The most popular massage in Ayurveda.

PADABHYANGAM 45 minutes / **\$130**

A traditional Ayurvedic therapy, involving the technique of the applying warm herb-infused oil over the feet, followed by a gentle massage. It is said to be part of the daily Ayurvedic regimen, called Dinacharya, for maintaining good health.

SHIROBHYANGAM 30 minutes / **\$130**

Performed by pouring a relaxing and gentle flow of herbal massage oil on the scalp, forehead, and neck. Followed by a gentle massage so the oil formulation on those parts of the body take effect. It is beneficial in reducing pain and stress.



Body Scrub

Delivered with a refreshing burst of freshness to your skin to bring about radiance and elevation of mood to match

SALT SCRUB (DETOX)

45 minutes / \$100

Salt scrub is a powerful detoxifier packed with the must have 84 minerals for your whole body. Our busy lives often result in tired, achy muscles, stress and environment related skin issues. It heals, soothes, and revitalizes your skin.

BROWN SUGAR SCRUB (HYDRATE)

45 minutes / \$100

Sweetness with a minty signature touch is all you need to get through the week, keeping this concept in mind our skincare developers have brought in hydrate scrub which leaves your skin feeling treated, healthy, and nourished.

LOVE POTION SCRUB (ROMANCE)

45 minutes / \$100

A calming feminine touch of flavors to your exfoliating session. Experience top quality ingredients coming together in a pampering, exfoliating body scrub. Just the touch will have you falling in love with the treatment.

SWEET ALMOND SCRUB (REJUVENATING)

45 minutes / \$100

A blend between high caffeine notes of Robusta coffee fine grains and 200 million years old trace minerals rich Himalayan pink rock salt that combined with organic cold pressed sweet almond oil to provide the best of scrubs ever known in the world.



Manicures & Pedicures

These rejuvenating treatments are done using the most lux products to give your nails a fresh look and feel to match your body's radiance

We offer a wide selection of manicure and pedicure services at Tamara Spa. Our specialist nail care treatments include infills, to cover any grooves and imperfections in your nails, filing and polishing, for a smooth, shiny finish, cuticle care, to remove any dry bits of skin, precision nail shaping and an extensive range of lacquer shades and gel finishes, for vivid, long-lasting colour.

TAMARA MANICURE	60 minutes / \$80
TAMARA MANICURE EXPRESS	45 minutes / \$60
TAMARA PEDICURE	60 minutes / \$80
TAMARA PEDICURE EXPRESS	45 minutes / \$60



Available at our Spa Boutique

FRELLA

ARTISTRY IN BEAUTY & WELLNESS



Feel good knowing you are taking a step towards a healthier, more beautiful skin, while moving towards a holistic approach in skin care.

Gift certificate purchase is available for all spa treatments or at a value amount.
Please contact our spa reception for further details.

SPA ETIQUETTE



To ensure an unforgettable and magical spa experience for you during your stay and to allow us to provide treatments to ensure satisfaction without any hitches do follow these guidelines.

Should I reserve my treatments?

Yes, either phone or visit the spa to book a reservation at your earliest convenience so we may accommodate your schedule.

When should I arrive?

Please arrive 15 minutes before the scheduled time to check-in and change.

What if I have special health considerations?

Please notify our Spa Manager or Receptionist before booking your treatments, if you have high blood pressure, allergies, and other physical ailments or disabilities or if you are pregnant. If you have any concerns at all, do let us know.

What do I wear during the treatment?

You may wish to wear your own bikini, or briefs, or we can provide you with hygienic disposable underwear. Choose what is comfortable for you. Our therapist will always use draping technique to respect your privacy.

What about my valuables?

Please leave your valuables in the safe of your villa, as we do not take any responsibility for any personal items.

What if I am late for my appointment?

Arriving late will simply limit the time of your treatment, thus lessening its effectiveness and pleasure. Your treatment will end on time so that the next guest will not be delayed.

What if I need to cancel my appointment?

The treatments you select are reserved specially for you. You will be charged 50% for your treatment if not cancelled six hours in advance.



YIN AND YANG YOGA

Yoga is the dance of every cell with the music of every breath that creates inner serenity and harmony.

Bring your experience at Lily to a higher level with raising your awareness, balance, invoking inner peace and create a harmonius union between the body, mind and soul. With our various styles of Yoga we bring you a perfect balance of Yin and Yoga practices. Immerse into classical traditional postures, breathwork and meditation based on ancient traditional knowledge.

TRADITIONAL HATHA YOGA

60 minutes / **\$65++**

Start your day with classical slower paced Yoga sessions to create calm, vibrant start of the day. This class includes classical poses (Asanas), Pranayama (Breathing techniques) and Meditation to help you develop flexibility, mobility, strength, balance and awareness.

ENERGISING VINYASA

60 minutes / **\$65++**

Awaken your senses, body and mind with this energizing Yoga flow that encourages mindful breathing, strength building and deep stretching.

SUNSET CHAKRA YOGA

60 minutes / **\$65++**

A blend of different yoga styles and traditions, to restore and bring balance to your energy centers. During this session we practice specific Yoga postures that are beneficial for the chakras in combination with meditation, chanting, mudras and breathing techniques. Join this healing sunset session to balance your life.

SUNSET YIN YOGA

60 minutes / **\$65++**

Quiet, meditative practice with long deep holding of postures, incorporating principles of Traditional Chinese Medicine. Emphasis is placed on five basic nature elements, bringing new energy flow and healing to specific meridians (energy channels), organs , connective tissues and fascia throughout the body.





BREATHWORK AND MEDITATION

60 minutes / **\$65++**

Breathwork is one of the most effective way to awaken your full potential and connect with your true Self. Learn specific breathwork practices and meditation to uplift, cleanse and balance your energy system, and calm your body and mind.

»Breath is life.«

PRIVATE YOGA SESSIONS

60 minutes / **\$65++** 90 minutes / **\$170++**

Take daily opportunity to deepen your practice and understanding the science of Yoga with a private session. Book a time with our expert yoga instructor to learn more about specific areas such as posture alignments, pranayama, philosophy and meditation. Are you working on particular pose that has been giving you trouble? Is there a specific goal you have been working toward? Do you have questions about special circumstances or suitable practices tailored to you? A private session could be just what you need.



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