



navasana







Navasana Spa offers wellness experiences, that helps to unite body, mind and wellbeing. A holistic approach to wellness, our exclusive and extensive range of treatments and services is created around the individual. Indulge in exclusive spa experiences and tailored rituals in Navasana spa's ultimate serene environment for relaxation and rejuvenation in luxury.

Navasana uses range of spa products such as essential oils, scrubs, and wraps procured from the purest sources. These amazing, blended products, in combination with our trained therapist, provide the essence of spirituality that begins with deep within.



COUPLES MOMENTS



PERFECT PARTNERSHIP

150 Minutes/ US\$ 439 (Price for 2 persons)

The tranquil surroundings and heavenly treatments will allow you to unwind and forget the world. Immerse yourself in ultimate exfoliation for smooth and radiant skin and prepare body for deeply relaxing massage, using aromatic oils inspired by nature. This tranquil experience concludes with hydrating facial for bright smooth and flawless skin. The sequence of treatment concludes with fruit platter complimented by glass of sparkling wine.

LUXURY LOUNGE

90 Minutes / US\$ 339 (Price for 2 persons)

Embrace this defining face and body ritual in romantic environment with your loved one, which leaves your skin silky smooth, intensely hydrated and naturally radiant. Indulge in deeply nourishing full body massage to restore natural balance and wellbeing. The treatment concludes with the express facial which helps revitalize and nourishes the skin while promoting deep relaxation. The sequence of treatment concludes with fruit platter complimented by glass of sparkling wine.

MOMENTS TO SAVOR

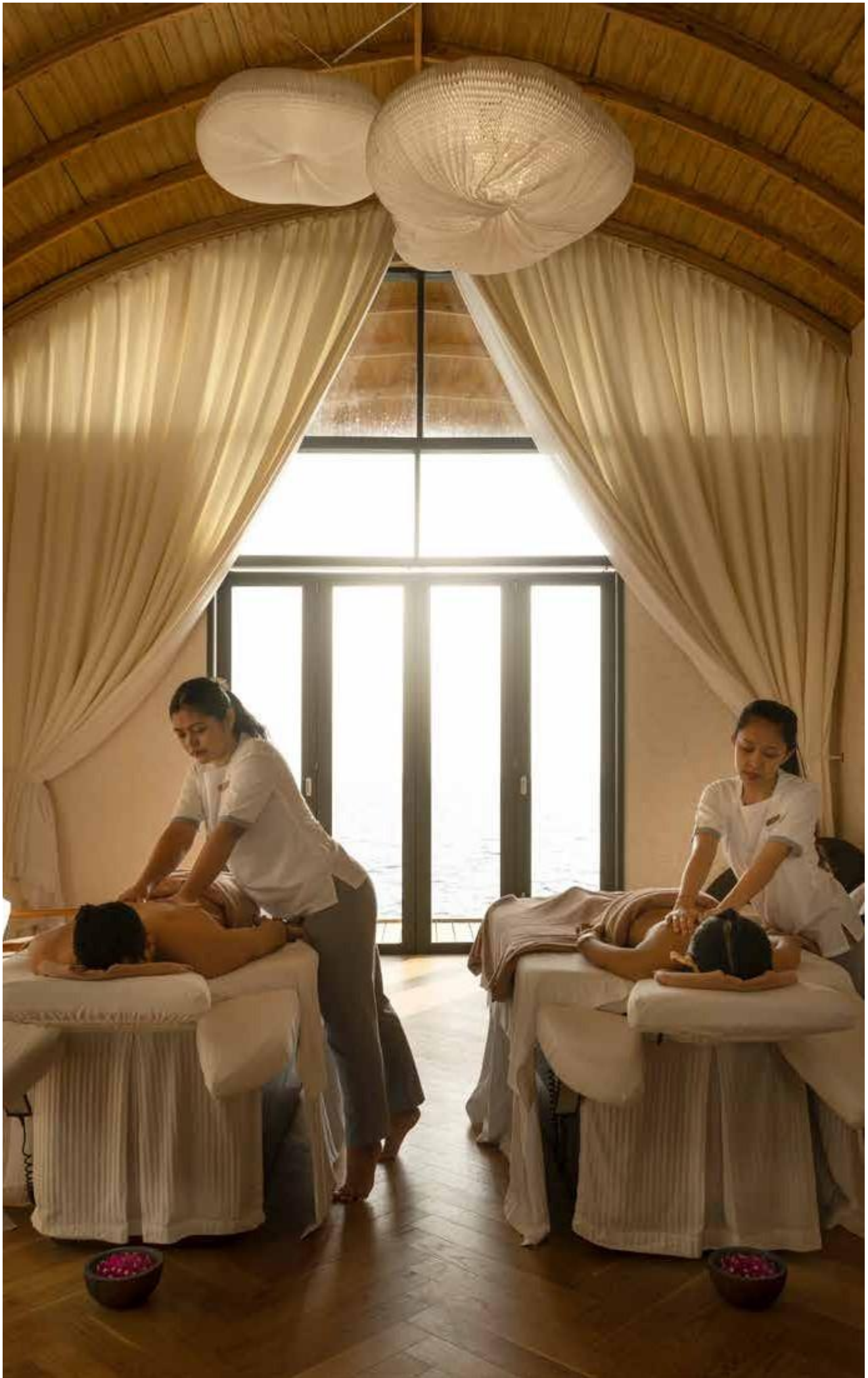
120 Minutes/ US\$ 340 (Price for 2 persons)

A voyage through complete relaxation begins with revitalizing body exfoliation leaving the skin soft, smooth and glowing. An energizing massage with traditional aromatherapy pressure points techniques to ease muscle tension and deep relaxation. The sequence of treatment concludes with fruit platter complimented by glass of sparkling wine.

Enhance your experience with a 45-minute tropical tidal bath/jacuzzi ceremony with pure floral aroma essences and a tropical refreshment - additional charge applicable.

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COUPLES MOMENTS



COUPLES DELIGHT

135 Minutes/ US\$ 449 (Couple price)

Stimulate your senses with a bespoke spa experience and enjoy precious time together, immersed in the aromas of pure essential oils. Begin with the specially designed full body scrub to reduce the appearance of cellulite by tightening and hydrating the skin. Relaxing massage which alleviates any tensions and connects you to the vital powers of nature's elements. The treatment concludes using pressurized water streams (Tidal Bath) for therapeutic effect and hydrotherapy activates the parasympathetic nervous system, lowering stress hormones. Experience with your partner sparkling wine, freshly made chocolates, fruits and takeaway spa gift for your spa experience at home.



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FACIAL EXPERIENCES



LE GRAND CLASSIQUE

60 Minutes / US\$ 119

A unique treatment based on the exclusive YonKa method involving mild, deep yet efficient cleansing in 5 varied steps. This treatment helps detoxify the skin, brighten and clarifies complexion and clearer skin texture.

HYDRALESSENCE

60 Minutes / US\$ 119

Nourishing and invigorating for the early signs of fine lines. This personalized care for hydrated skin intensely moisturizes, soothes and balances the skin. This high-performance skin care product will help skin rapidly regain its balance, suppleness and softness. A replenishing and thirst-quenching treatment leaves skin replenished, soothed and rebalanced, leaving it soft and beautiful.

TIME RESIST

60 Minutes / US\$ 129

The Time Resist facial combines manual techniques with the time resist products that meet specific needs for the more mature skin. A highly concentrated peel to boost cell renewal and ensure a long-lasting firming effect.

EXCELLENCE CODE

60 Minutes / US\$ 139

The Excellence Code facial is the premium anti-aging facial, treating every sign of age. It redensifies, tones and plumps the skin while evening out the complexion. This holistic treatment combines manual techniques with the use of innovative equipment to deliver visible, long-lasting results, leaving the skin regenerated, smoothed, firmed and lifted, with a brighter, more even complexion.

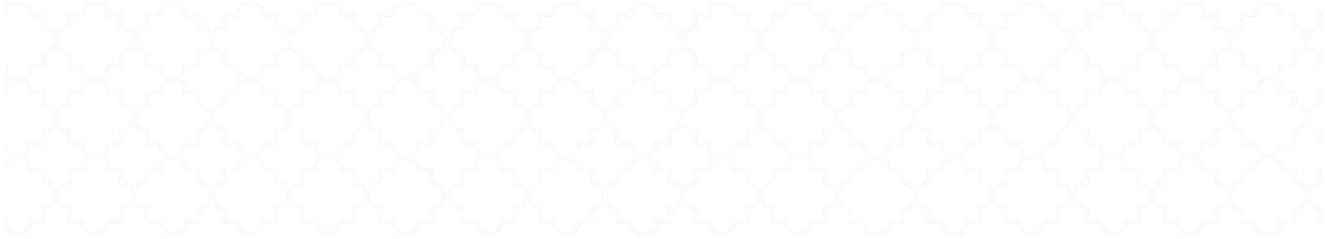
YONKA SKIN CARE FOR HIM MEN INTENSIVE

60 Minutes / US\$ 119

Designed with the modern man in mind, this treatment for men offers a specialized approach to skincare and relaxation. This treatment caters to the specific needs of men's skin, combining deep cleansing, hydration, and revitalization. From combating the signs of aging to shaving irritation, this treatment provides a therapeutic escape, ensuring a refreshed and more vibrant complexion.

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DETOX EXPERIENCE



TOTAL DETOX JOURNEY

90 Minutes / US\$ 155

A unique treatment which helps to eliminate toxins to leave you feeling revitalized. A sandalwood pink salt scrub, a natural detoxifier, helps intensively to detox the body and boost the immune system. Next, the full body rejuvenating massage using lavender oil helps in detoxification while therapist focuses on marma points, lymphatic drainage and chakra balancing. This invigorating treatment stimulates circulation and lymph flow and increases skin's ability to rebuild and replenish naturally.

HOT STONE MASSAGE

90 Minutes / US\$ 155

This ancient healing technique involves the use of heated stones for massage for therapeutic purposes. Our experienced therapist places basalt stones on specific points of the body which enhances circulation and aids in the elimination of toxins from the body. The warmth of the stones and rhythmic strokes of the massage helps in lowering cortisol levels, generate energy and provide deep relief to muscle tension.

DETOX HERBAL BAG MASSAGE

90 Minutes / US\$ 155

Warmed muslin bags containing a combination of the finest herbs are gently massaged into the body. The heat radiates through the body, providing deep relaxation and soothing aches and pains. This full body treatment reconditions and rejuvenates your skin by exfoliating the outer layers and nourishing deep within. Herbal bags offer a relaxing way to detox while powerful antioxidants stimulate the body's metabolism.

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AYURVEDA



ABHYANGAM

60 Minutes / US\$ 119

The traditional Ayurvedic treatment which helps in eliminating impurities, enhances sleep patterns and balances the body's energy. This holistic experience involves the application of warm medicated oil followed by rhythmic massage, which supports mental and physical wellbeing.

UDWARTHANAM

60 Minutes / US\$ 129

A specialized ayurvedic dry massage with herbal powders which helps to cleanse the skin while breaking down the subcutaneous fat in the body. The fusion of herbal powder and upward strokes in this treatment is beneficial for firming and toning.

KALARI

60 / 90 Minutes / US\$ 129 / US\$ 149

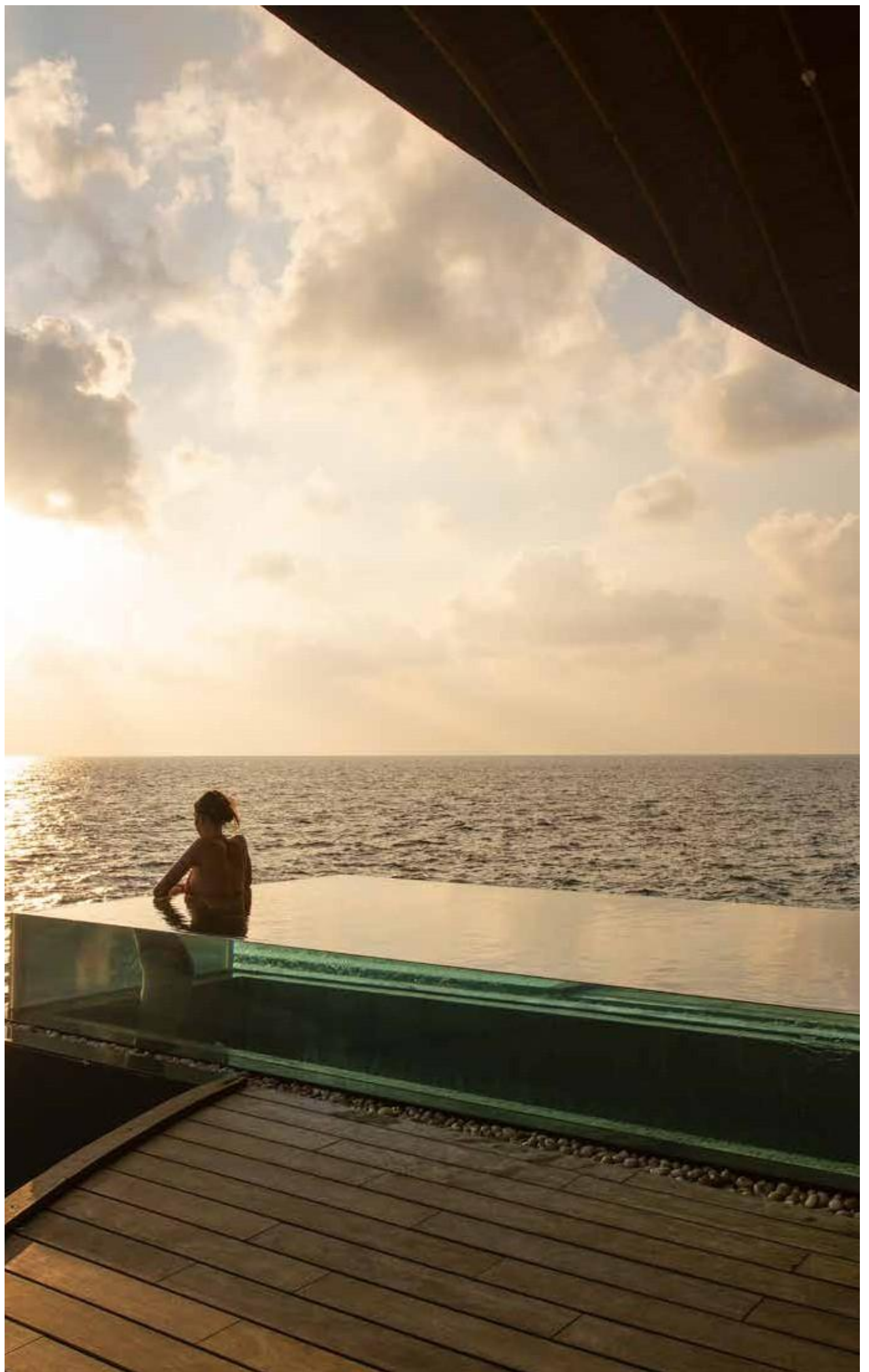
This ancient massage has dynamic physical techniques which provides a transformative experience and deeper connection between body, mind and spirit. The aim is to enhance muscle strength while stretching and manipulative techniques will help in improving flexibility and joint mobility.

ELAKKIZHI

60 / 90 Minutes / US\$ 129 / US\$ 149

A unique Indian ancient treatment that involves the use of heated herbal poultice made from various medicinal leaves, herbal powders and spices. Treatment begins with body massage followed by dipping the poultices in warm medicated oil and applying on the body. This therapy is effective in relieving pain due to musculoskeletal issues and helps in restoration of dosha balance associated with pain.

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NAVASANA MASSAGES



RELAXING FULL BODY MASSAGE

60 / 90 Minutes / US\$ 110 / US\$ 135

Rhythmic flowing movements which help to eliminate stress and calm the body and mind. A gentle pressure technique massage and chakra healing balances the whole nervous system, ease tension and promotes relaxation.

ENERGIZING FULL BODY MASSAGE

60 / 90 Minutes / US\$ 110 / US\$ 135

A circulation enhancing massage which eases muscular tension and helps in revitalizing the energy. The treatments include techniques such as cupping, friction movements, kneading and vibrations creating a sense of energy which radiates throughout the body.

DEEP TISSUE FULL BODY MASSAGE

60 / 90 Minutes / US\$ 110 / US\$ 135

A specialized deep stroke massage which helps in treating muscle stiffness and relax deep rooted tensions. This treatment involves slow firm strokes which enhance circulation, reduces muscle tensions and provide stress relieving relaxation.

SWEDISH MASSAGE

60 / 90 Minutes / US\$ 110 / US\$ 135

A light to medium pressure massage which promotes relaxation and ease muscle tension. The techniques used in the treatments such as effleurage, kneading, rhythmic tapping and friction movements improve circulation, enhance flexibility and reduce anxiety.



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BALINESE BLISS

75 Minutes / US\$ 140

A blend of several massage techniques such as acupressure, reflexology and stretching, which have both therapeutic and relaxing effects. This medium to deep pressure massage helps in chronic pain relief, deep muscle relaxation and improve energy flow in the body.

TRADITIONAL THAI MASSAGE

60 Minutes / US\$ 110

A massage performed in an attire provided by spa, uses techniques such as passive stretching, compression, acupressure and rhythmic rocking. The treatment helps in maintaining posture, boosts lymphatic flow and reduces stress and anxiety.

THAI BODY RENEW

90 Minutes / US\$ 135

Traditional Thai massage techniques in addition of oil massage, helps renewing the body, reducing tension and rejuvenating the energy.

SPORTS MASSAGE

60 / 90 Minutes / US\$ 130 / US\$ 149

A customized massage to soothe strained muscle groups that may include all aspects of massage determined by each guest's level of athleticism. Includes stretching, deep kneading and trigger point releasing. Great for the active and serious athletes to ease tension in tight muscles to improve mobility, stimulate healing and improving recovery time from intensive training.

PRENATAL BLISS

90 Minutes / US\$ 155

This organic wellbeing ritual promotes relaxation and a sense of tranquility while deeply hydrating and nourishing your skin. Nourishing Organic coconut extra virgin Oil is used to ease stress and tension with a top to toe body, face and scalp massage. Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported and restored.

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NAVASANA EXPRESS MESSAGES



FOOT MASSAGE/REFLEXOLOGY

30 Minutes / US\$ 59

A reflective, soothing and invigorating massage where pressure is applied on specific points which boosts circulation, relieve stress and tension and support the body's natural healing progression.

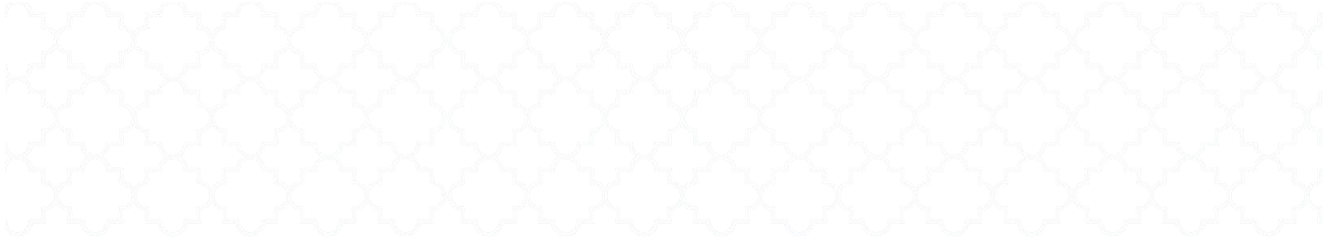
BACK MASSAGE

30 Minutes / US\$ 59

A great source of stress relief, this massage focused specifically on relieving tension and stiffness around neck, shoulder and back. The treatment helps in loosening tight muscles, increases lymph flow and encourages better posture.



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EXFOLIATING TREATMENTS



COFFEE COCONUT SCRUB

60 Minutes / US\$ 110

A luxurious invigorating scrub provides a radiant glow with the deep hydration of coconut oil. The treatment helps to brighten skin tone, reduces the appearance of cellulite and antioxidants helps with anti-aging benefits.

HIMALAYAN SALT & LAVENDER SCRUB

60 Minutes / US\$ 110

Mineral rich deep exfoliation, to remove dead skin cells, while lavender promotes relaxation, soothes skin irritations and enhances overall well-being.

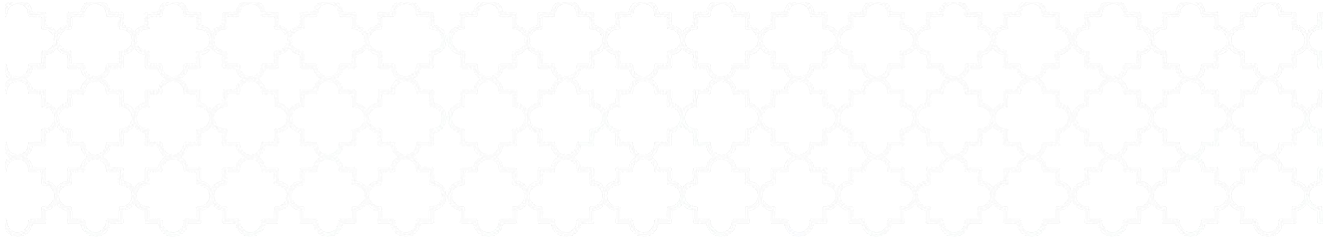
MORINGA & SEA SALT SCRUB

60 Minutes / US\$ 110

Nutrient rich exfoliating treatment made with moringa leaf powder and sea salt is enriched with antioxidants, anti-inflammatory and nourishing properties. It helps in fighting free radicals, reduces signs of aging and supports skin care and hydration.

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BODY WRAPS



SUN SOOTHE ALOE VERA WRAP

60 Minutes / US\$ 110

Pure aloe vera extract is applied on the skin which helps in hydration and calms irritated skin due to sun exposure. The wrap ends with the relaxing head massage followed by a coconut oil application which helps skin from oxidative stress.

MUD WRAP

60 Minutes / US\$ 110

A wrap which is incredibly refreshing, detoxifying and soothing. In this treatment therapeutic mud is applied to the body which helps to soothe muscles and joints, smooths skin for firmer look and improves the skin clarity.

DETOX HERBAL WRAP

60 Minutes / US\$ 110

This treatment is designed to flush out toxins, improve skin health and promote relaxation. The mix of natural herbs is applied on the body followed by head massage and the experience is end with the application of lavender oil to support body's natural process.

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NAVASANA SPA CARE PROGRAMS



Every guest is unique, and we acknowledge this by personalizing our Care Programs available here at our Spa. We have created 3- day and 5- day Programs, depending on the length of your stay and tailored to your needs. We combine wellness of body through our selection of body care, body contour and detox programs. Select your type of Program and allow us to select the program best suited for you.

BODY MIND SPIRIT

3 Day Program US\$ 287

- *Cell Renewal Firming Anti-Aging Facial*
- *Total Massage Journey of Detox Scrub*
- *Abhyangam Ayurvedic Massage*

5 Day Program US\$ 499

- *Cell Renewal Firming Anti-Aging Facial*
- *Foot Reflexology*
- *Total Massage Journey of Detox Scrub*
- *Abhyangam Ayurvedic Massage*
- *Relaxing Massage with Chakra Healing or Crystal Bowl Sound Healing*

DETOX CARE PROGRAM

3 Day Program US\$ 283

- *Total Massage Journey of Detox Scrub*
- *Detox Herbal Wrap*
- *Detox Herbal Bag Massage*

5 Day Program US\$ 499

- *Total Massage Journey of Detox Scrub*
- *Detox Herbal Wrap*
- *Hot Stone Massage*
- *Detox Herbal Bag Massage*
- *Lymphatic Drainage Massage or Choice of Your Massage*

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WELL-BEING CARE FOR SKIN & BODY

3 Day Program US\$ 278

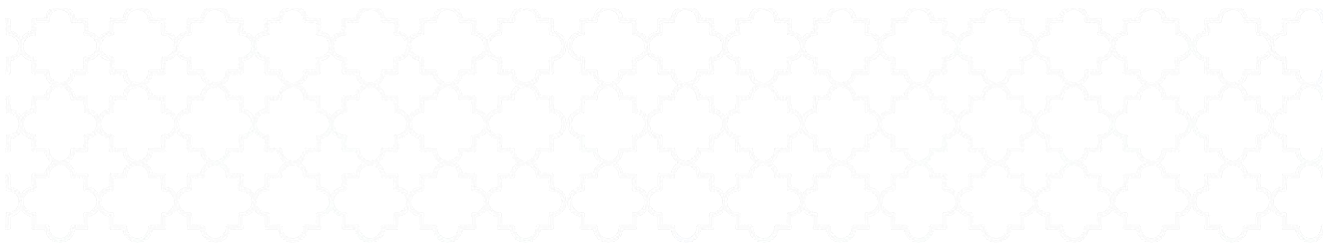
- *Cell Renewal Firming Anti-Aging Facial*
- *Balinese Bliss*
- *Foot Reflexology*

5 Day Program US\$ 499

- *Cell Renewal Firming Anti-Aging Facial*
- *Moringa and Sea Salt Scrub*
- *Balinese Bliss*
- *Relaxing Massage 60 min*
- *Foot Reflexology*



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WELLNESS PROGRAMS

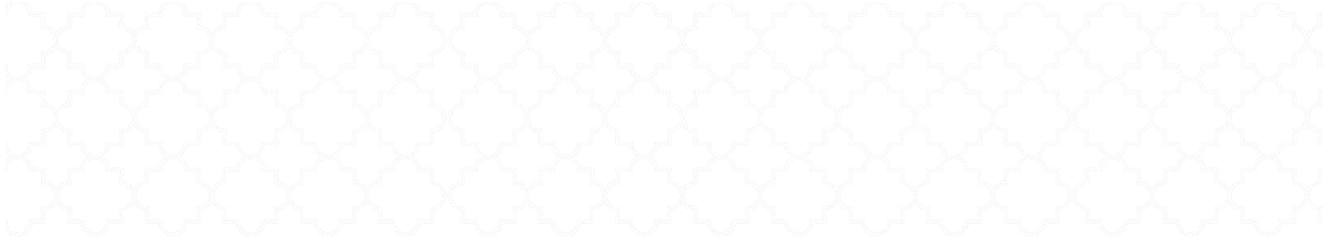


HEALING RETREAT

Healing Retreat focuses on relieving stress, and this program is designed for those seeking healing, release and rejuvenation. The retreat begins with a 30- minute consultation, Wellness Screening and over the course, you will be guided through a series of powerful therapeutic practices, daily ancient Yoga practices, and a sound healing therapy session, each tailored to release deep-seated emotional and physical blockage.

	<i>3 Nights</i>	<i>5 Nights</i>	<i>7 Nights</i>
Mediation/Sound healing (60 mins)	1	1	1
Personalized Yoga Session (60 mins)	1	2	2
Foot Reflexology (60 mins)	1	2	3
Head Massage (60 mins)	1	1	1
Pranic Healing (30 mins)	1	2	3
Relaxing Massage (60 mins)	1	2	3
Price Per Person	US\$ 499	US\$ 699	US\$ 850

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HOLISTIC FITNESS

Our focus on health and wellness through physical exercise and fun challenges to kick-start your metabolism. This isn't just about fitness, it's a carnival of fun and creating unforgettable experiences with vibrant activities. Holistic fitness packages can consist of everything from personalized fitness sessions to flexibility and stability or Pilates lessons.

	<i>3 Nights</i>	<i>5 Nights</i>	<i>7 Nights</i>
Wellness Consultation (30 mins)	1	1	1
Fitness Training/Yoga (60 mins)	1	2	2
Personalized Yoga Session (60 mins)	1	2	3
Foot Reflexology (60 mins)	1	1	1
Sports Massage (60 mins)	1	1	1
Percussion Therapy (30 mins)	1	2	3
Relaxing Massage (60 mins)	1	2	3
Price Per Person	US\$ 499	US\$ 699	US\$ 850

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HEALTH AND WELLNESS



60 Minutes/ US\$ 75 (per person)
60 Minutes/ US\$ 120 (per couple)

AERIAL YOGA

Combination of traditional yoga and acrobatics offers a gravity-defining journey, which elevates the practice of yoga. This form of hammock-assisted yoga allows for deeper stretches, creative inversions and enhances flexibility. Aerial yoga is accessible to all levels of practitioners, including beginners.

BUNGEE FIT

The low impact, high intensity cardio and resistance exercise while suspended by a specially designed bungee cord. Adrenaline filled workout challenges the muscles while cardio keeps your heart pumping.

SOUND HEALING

An ancient practice that harnesses the power of sound vibrations to promote healing and relaxation. We recommend that this transcendent experience should not be missed as this helps with anxiety, stress and overall mental well-being.

MEDITATION

Our yoga trainers will guide you through the meditation process which is simply a way for us to pause, calm and reset.

TRAMPOLINE/REBOUND

An engaging way to improve fitness while having fun. This low impact cardiovascular full body workout which helps tone the body and makes exercise enjoyable and encouraging.

WHEEL YOGA

Discover your spine's full potential and improve flexibility and balance. This form of yoga prevents injury, supports alignment and build core strength and balance.

FITNESS

Meet our personal trainer to meet your objectives and discover how to progress your cardiovascular, strength and flexibility.

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YOGA

Group Yoga Session

Free of Charge (as per resort schedule)

Private Session

60 Minutes/ US\$ 75 (per person)

Couple Session

60 Minutes/ US\$ 120 (per person)

The union between body, mind and soul. Yoga is an old age tradition that focuses on purity of thought and body as well as meditation or mindfulness. Physical postures (Asanas) have a beneficial effect on internal organs and increase vitality while breathing (pranayama) increases lung function and restore balance to reduce stress.



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COMPREHENSIVE BODY COMPOSITION ANALYSIS

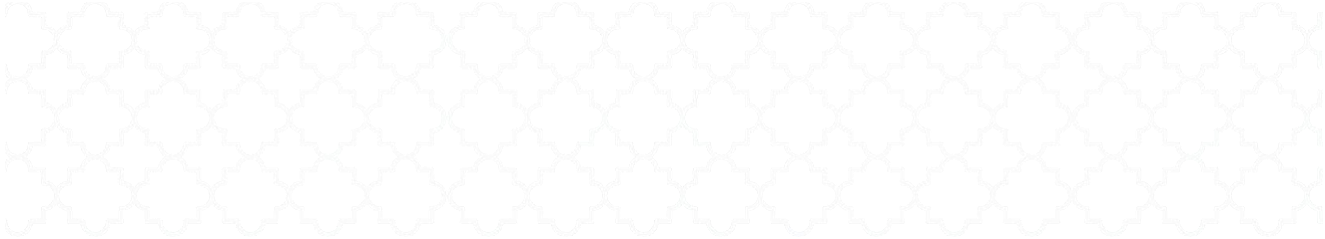


US\$ 99

This, Anovator AS comprehensive body composition analyzer test, offers over 11 essential health checks in a single non-invasive session. It measures various metrics such as body posture analysis, response assessment, visual acuity assessment, shoulder joint range of motion, SpO2, balance assessment. It also provides a detailed analysis of body composition, cardiopulmonary function, body fat percentage, muscle mass, blood pressure, and oxygen levels. This also supports comprehensive detection of body risk and will automatically collect accurate and reliable body data reports.



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HAND & FOOT EXPERIENCE



FOOT RETREAT RITUAL (SPA PEDICURE)

60 Minutes / US\$ 99

A foot treatment which begins with nail reshaping, gentle buffing, cuticle treatment and gentle exfoliation of the soles to remove dry skin and boost the natural finish to the nails. You will then be treated to a deeply relaxing massage of the lower legs, a double action foot mask around the legs to reduce swelling and soften tired feet.

HAND RETREAT RITUAL (SPA MANICURE)

60 Minutes / US\$ 89

This treatment is about nourishing, reconditioning and refining your hands and arms. This treatment includes shaping, cleaning and buffing the nails along with cuticle care. An exfoliation from the hand to elbow, followed by a deeply relaxing massage to enhance relaxation and skin hydration.

EXPRESS HAND AND FEET TREATMENT

Flawless filing, buffing and cuticle work is carried out with this indulgence quick fix.

EXPRESS MANICURE

30 Minutes / US\$ 49

EXPRESS PEDICURE

30 Minutes / US\$ 49

NAIL PAINT

US\$19

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SPA ETIQUETTE



The Spa is a non-smoking environment. We thank you for your cooperation and understanding. We request that all valuables remain stored in your villa whilst you are at the Spa. The Spa will not be responsible for lost, stolen or misplaced items. All spa treatments and facility prices are subject to change without notice. Spa is open for our guests from 9:00am till 8:00pm.

MOBILE PHONES

To respect the natural and peaceful environment, the use of cellular phones and other communication devices is prohibited within spa premises. Should you need to have them with you, we kindly ask that you make sure your cellular devices are switched off prior to entering the locker rooms and treatment areas.

NOISE LEVELS

Noise levels should be always kept to a minimum, especially when passing the Treatment Rooms and public areas.

AGE REQUIREMENTS

The minimum age for Spa treatments is 16 years and above. However, some treatments will be available under parents' supervision.

RESERVATIONS

We encourage our guests to schedule their appointments in advance to ensure that the preferred treatment and time or therapist is available. Same day bookings and walk-in appointments are always welcome, based on our availability. To schedule your appointment(s), please contact us directly or on ext. 4000 from your room or contact your Guest Service Associate.

CANCELLATION POLICY

Cancellation and changes of scheduled treatments are accepted up to 24 hours for wellness packages and 12 hours for spa treatments. For cancellation within 12 hours, a cancellation charge of 50% will apply and failure to notify you will be charged in full.

PRE-ARRIVAL

Spa prepping is an important part of your experience. This will relax your mind and prepare your body to receive the therapeutic of your ritual. We recommend that you arrive at least 30 minutes prior to your scheduled appointment time in order that you may relax and enjoy our facilities.

HEALTH CONSIDERATIONS

Although filling in the Health Questionnaire prior to your treatment, please feel free to discuss with your therapist any areas you would like to focus on, or avoid. We invite you to let the therapist know if you feel any discomfort during your treatment ritual. Please keep in mind that bodywork and massage are like the effects of exercise, in which toxins are freed from the lymphatic system and lactic acid is released from the muscles which may cause some soreness for a day or two after your visit.

WHAT TO WEAR

Unless the ritual description specifies otherwise, it is customary to arrive as you are. For the usage of wet area facilities such as steam, sauna and pool, swimwear is mandatory. We will supply you with towels for your use while in the wet areas, as well as a robe for you to wear while resting in our Spa lounge. During your treatment ritual, an under garment will be given to you for use. Throughout the time you are under the care of your therapist, your body will be draped with linen for your privacy.





**OUTRIGGER MALDIVES
MAAFUSHIVARU RESORT**

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