

# SPA MENU

EXPLORE SPA  
by *Le* MERIDIEN



# NAVIGATING YOUR EXPERIENCE

## DISCOVER INDULGENCE

Spa treatments are available daily from 09:00 to 21:00. To make your reservation directly from your room please dial Ext. 8556. To ensure that all guests can enjoy peace and harmony within the spa and wellness facilities, we request that all guests keep noise levels to a minimum and refrain from carrying cellular phones and other electronic devices.

## ARRIVAL FOR YOUR APPOINTMENT

To make the most of your spa and wellness experience, we ask you to arrive 20 minutes before your scheduled appointment. This will give you time to check in, get ready, enjoy your welcome drink, and relax quickly. In the unlikely event that you are running late, we will do our best to treat you. However, please note that we may reduce your treatment time. Some spa treatments may have a welcome foot ritual that is part of the treatment period.

## LATE ARRIVAL / CANCELLATION

We require 3 hours advance notice in order to cancel or reschedule your appointment without any charge. Any changes or cancellations with less than 3 hour window would incur a 20%. A no show will incur a 100% charge. This policy also applies to gift card and certificate holders.

## ATTIRE

We will provide you with comfortable disposable underwear, robe and slippers.

## HYGIENE

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after every service and treatment.

## CHILDREN POLICY

Minimum age for the regular spa treatments is 16. The special kids treatments are only for children between the age of 5 to 12 years. Children are allowed in the spa by appointment only and must be accompanied with a parent or guardian during their visit to Explore Spa.

## VALUABLES

We request that you store all your valuables in your villa or locker provided to you at the time of your service. Le Méridien Maldives Resort & Spa will not be held responsible for lost, stolen or misplaced item(s).

## GIFT CARDS AND CERTIFICATES

Gift certificates for our spa and wellness services are available. For more information, please contact the spa reception.

## PAYMENT

Any gift cards, vouchers, or certificates must be mentioned at the time of booking. All prices exclude 16% government tax and 10% service charge. Kindly note, the prices are subject to change without prior notice.



# MASSAGE

## ■ LE MERIDIEN CHAKRA ART

**90 MINUTES \$210.00**

Chakra Art comes to life! While you sip an energy balancing herbal tea, your feet will be soothed with our "welcome" foot massage. Following a gentle exfoliation, a rhythmical and deeply relaxing warm-oil massage helps to remove stagnant energy and activate the "Prana," or life force, which stimulates the Chakras and your body's vital energy. You are then enveloped in warm line sheets and your mind is transported with a soothing head-and-neck massage. You will be refreshed with cool towels and the journey will conclude with a full body moisturising massage to ensure that you leave the spa fully replenished, inspired and vibrant.

## ■ LE MERIDIEN FOUR HAND CHOREOGRAPHY

**60 OR 90 MINUTES \$230.00 / \$280.00**

With a passion for engaging all of the senses, enjoy a perfect composition of touch, scent, sound and light. Two therapists use choreographed movements, perfectly in sync, to lull you into a deep state of relaxation. This intoxicating rhythmic massage is paired with music, lighting and aromatic oils to engage all the senses and captivate the spirit.

## ■ LE MERIDIEN DISCOVERY MASSAGE

**60 OR 90 MINUTES \$180.00 / \$210.00**

Allow us to introduce our "local flavours!" Experience the unique local healing traditions that have shaped and guided the spirit of the communities surrounding the Indian Ocean. The healing and indigenous therapies are combined with a unique personal touch. There is always a level of surprise in your signature Discovery Massage. A blend of different modalities including aromatherapy and local rituals, the Discovery Massage is customised for your complete indulgence!

## **CLASSICAL RELAXING**

**60 OR 90 MINUTES \$150.00 / \$180.00**

This light to medium pressure massage uses long gliding strokes and kneading to induce a deep state of relaxation. While increasing circulation and flexibility, Swedish massage will also relieve stress, tension and muscle aches. This classic treatment utilises a variety of massage techniques and improves the skin's firmness and elasticity.

# MASSAGE

## **HEATED STONE 90 MINUTES \$210.00**

Specifically designed to overcome stress and encourage relaxation, this massage uses the heat of the stones to help muscles release tension faster than traditional massages. Heated stones along with Swedish massage techniques, improve circulation and energy flow to induces a deep state of tranquillity.

## **BALINESE 60 OR 90 MINUTES \$150.00 / \$180.00**

A combination of ancient therapeutic techniques works deeply to relieve muscles and joint pain, break down knotted tissue, and promote harmony between the body and mind. Balinese massage pushes along each individual muscle to give thorough stimulation to the soft tissues. All soft tissue work follows the course of the Chinese energy meridians, which improves self-healing powers and enhances circulation and lymphatic flow.

## **DEEP TISSUE 60 OR 90 MINUTES \$150.00 / \$180.00**

Using slow but firm strokes, this massage works intensely on deeper layers of muscle tissue. Targeted movements help strained or sore muscles expel toxins, which allows for rapid strengthening and healing. Increased blood flow oxygenates the body, refreshing and relaxing the muscles to the core.

## **TRADITIONAL THAI 60 OR 90 MINUTES \$150.00 / \$180.00**

Practised for centuries throughout Thailand, Thai massage is highly therapeutic, focusing on pressure points, energy lines, breath and basic body forces. Practised on a mat rather than a table, this unique massage relies on external stimulation through smooth guiding motions to stretch, compress, and apply torque to the musculoskeletal system. This treatment aids in creating energy and releasing blockages, which allows for deep relaxation.

## **MOTHER TO BE 60 OR 90 MINUTES \$150.00 / \$190.00**

Specially created for expecting mothers, this gentle massage helps to relieve stress on weight-bearing joints and soothe neck and back aches. Pure coconut oil is used to delicately ease overworked muscles and rejuvenate the body and mind.







# MASSAGE

## ADD-ON

### **BACK RELIEVER** **30 MINUTES \$80.00**

Focusing on the back using a combination of traditional massage techniques to relax tired back muscles, shoulder and neck. Our therapist expert hands will apply warm oil spice and herbal blends to relive back tension and aches.

### **REPLENISHING FOOT TREATMENT** **30 OR 60 MINUTES \$70.00 / \$110.00**

Find full-body relaxation. Inspired by Eastern philosophy, the belief that the feet mirror the entire body, this treatment uses specific Ayurvedic foot massage techniques to balance the body and release stress. We combine this indulgent experience with the restorative benefits of Omega-3 oils leaving feet soft and rejuvenated.

### **HEALING SCALP TREATMENT** **30 MINUTES \$70.00**

Stimulate the scalp and hair growth while expelling stress. Adapted from ancient Indian head massage, the treatment targets scalp, neck and décolletage with a blend of therapeutic oils.

# FACE

## ■ **LE MERIDIEN LIMITLESS FACIAL**

**90 MINUTES \$210.00**

The appearance and health of one's skin is directly related to one's emotional state, stress, and fatigue. Blending an intriguing combination of lifting massage with classic facial techniques, this facial therapy releases the most tired areas of the body. The treatment begins with a flowing back massage + enhanced by a hot smooth basalt stone placed on the solar plexus encouraging a connection with one's breath leading to a deep sensation of relaxation. The therapist will cleanse and hydrate the skin - designing a facial that caters to the unique qualities of one's skin.

## **THE SUNDARI FACIAL**

**60 MINUTES \$170.00**

Natural active ingredients are custom blended, based on a personal Dosha assessment, for intensive exfoliation, nutrient infusion and a renewed moisture balance; our pressure point stimulation for the face and scalp along with lymphatic stimulation completes the experience, creating healthy, radiant skin.

## **INTENSIVE HEALING FACIAL TREATMENT**

**60 OR 90 MINUTES \$170.00 / \$210.00**

Purify even the most delicate skin by sharing the benefits of Neem, known in India as the "pharmacy tree". Organic plant extracts combine with soothing oils to heal, hydrate and firm, restoring balance to sensitive or irritated skin, regaining strength and its youthful glow.

## **ESSENTIAL REPLENISHING FACIAL**

**60 OR 90 MINUTES \$170.00 / \$210.00**

Breathe new life into dry or stressed skin with this deeply nourishing, intensely hydrating facial. Our own Omega-3 complex uses naturally active ingredients to restore skin's lost lipids softening, renewing and awakening your natural glow.

## **AGE DEFYING FIRMING FACIAL**

**60 OR 90 MINUTES \$170.00 / \$210.00**

Reclaim your skin's youth. This advanced treatment featuring the regenerative properties of Gotu Kola feels luxurious but acts powerfully, instantly exfoliating, firming and improving skin's tone and texture. Combining focused massage therapies with our potent skin-tightening mask, the facial defies gravity and restores radiance.





**BRIGHTENING GLOW FACIAL**  
**60 MINUTES \$170.00**

A multi-faceted facial treatment that brightens, hydrates and gives an immediate luminous and ultra-refined complexion. A powerful blend of skin illuminating ingredients restore clarity and fade dark spots. This facial treatment includes advanced Kansa massage that delivers significant improvement in skin tone and clarity.

**GENTLEMEN'S FACIAL**  
**60 MINUTES \$170.00**

A targeted face, eye and neck treatment for the unique needs of men's skin using the healing power of Neem. Keeps skin fit with a nutrient infusion and intense enzyme exfoliation; firms, smoothes and energises; leaves skin cleansed, hydrated and fresh.

## ADD-ON

**EXPRESS FACIAL**  
**30 MINUTES \$85.00**

Soothe the skin before and after a sunny day on the beach with a reviving facial treatment. Gentle exfoliation and an enveloping massage are coupled with a customized mask tailored for each guest. Intensely nourished, hydrated and replenished and the skin regains its suppleness.

**BEAUTIFUL EYES TREATMENT**  
**30 MINUTES \$65.00**

Hydrate and firm delicate eye areas with this luxurious treatment. Signature massage techniques gently apply our proprietary anti-aging formula to soothe, hydrate and release stress.



# BODY

## ■ LE MERIDIEN EPICUREAN BODY WRAP

**90 MINUTES \$190.00**

Indulge in a delectable treat for the body that tantalises the senses. This richly scented body wrap uses a concoction of culinary delicacies to nourish the skin with natural nutrients while evoking your inner gourmand. Melding the delicate scents of essential oils with the exfoliating benefits of natural ingredients, an invigorating body polish is created to buff the skin. Fresh and sumptuous, the body is left infused with long-lasting sustenance and moisture.

## **ANTI-CELLULITE CONTOURING BODY TREATMENT**

**60 MINUTES \$140.00**

Cellulite is an esthetic problem and accumulates around the thighs, hips and stomach areas. Using sacred lotus extract, a high impact, active botanical which is known to result in a smoother and slimmer looking body, this anti-aging body repair treatment fights the build-up of cellulite in the body, tightens skin and prevents and improves the signs of premature ageing.

## **FIRMING BODY POLISH**

**60 MINUTES \$140.00**

Polish skin to a lustrous, silken glow. This nourishing, exfoliating treatment hydrates with Rosehip Seed Oil, firms and smoothes with Gotu Kola and Cardamom Oil, and dissolves stress for peace of mind and radiant skin.

## **FIRMING BODY ENVELOPMENT**

**90 MINUTES \$190.00**

True indulgence to beautify your whole being. The spa experience begins with an aromatic warm oil back massage with triphala or lotus oils; followed by full-body exfoliation with our Gotu Kola and walnut scrub; finishing with our unique skin-firming body mask. You are left rejuvenated, refreshed and toned, all over.

## **REPLENISHING BODY POLISH**

**60 MINUTES \$140.00**

Nourish and protect as you exfoliate and invigorate. Our treatment marries flaxseed oil, rich in Omega-3 fatty acids, with antioxidant-rich coconut powder nourishing by providing the oils that fully protect the skin. Lightly applying our own Omega-3+ complex, along with loquat body milk, reveals radiant and healthy skin.

# BODY

## REPLENISHING BODY ENVELOPMENT

**90 MINUTES \$190.00**

Layer upon layer of body-nourishing ingredients combine in the most luxurious of treatments. The journey: our welcoming back massage; full-body exfoliation with organic sugar and flaxseed oil; a nourishing soy and mango seed butter massage; an aromatic mask of vetiver, mimosa and babassu; finished lightly with our loquat body milk, all leaving the skin richly hydrated, smooth and soft.

## NEEM HEALING BODY POLISH

**60 MINUTES \$140.00**

Gently exfoliate with a soothing treatment ideal for sensitive skin. Finely ground date seeds and pumpkin enzymes together fully polish away surface skin cells. A layer of antioxidant-rich neem and blood orange body lotion moisturises, leaving the body nourished and protected.

## NEEM HEALING BODY ENVELOPMENT

**90 MINUTES \$190.00**

A complete detoxifying experience for mind and body. This Ayurvedic-inspired therapy layers healing and cleansing ingredients to purify skin in stages: first with our welcoming back massage; then full-body exfoliation with our neem and date seed body scrub; aromatic oil massage; and a nourishing therapeutic mask.

## AFTER SUN TREATMENT

**60 MINUTES \$150.00**

Specially designed for sunburnt and dry skin, this cooling after sun treatment, nourishes and invigorates the skin condition. This therapy includes an aloe vera and yogurt body wrap along with a gentle healing scalp massage.

# ADD-ON

## MALDIVIAN GLOW EXFOLIATION

**30 MINUTES \$85.00**

Traditional gentle coconut exfoliation blended with sea salt to exfoliate your skin. Coconut gifts a natural moisturizer, It is an excellent emollient while sea salts is high levels of magnesium which helps in increasing hydration. Enjoy the combination from the sea to the land of Maldives to bring a brighter glow to your summer skin.







# TRADITIONAL AYURVEDA

## **SHIRODHARA - JOURNEY TO SERENITY**

**60 MINUTES \$150.00**

A powerful and peaceful experience based on Ayurvedic healing therapy in use for thousands of years. A warm stream of oil is directed onto the forehead, it is then massaged into the hair and scalp to nourish and condition, while imparting deep relaxation.

## **INDIAN HEAD MASSAGE**

**30 MINUTES \$80.00**

This head massage brings a unique and traditional stress relieving practice to the western world. Using the healing properties of Neem oil and the cooling properties of eucalyptus oil, this scalp massage imparts a cooling sensation and brings an immediate sense of calm and relaxation.

## **ABHYANGA MASSAGE**

**60 OR 90 MINUTES \$160.00 / \$200.00**

This rhythmic and deeply relaxing massage rejuvenates by clearing stagnant energy using warm oils and varying amounts of pressure with a focus on restoring the flow of "Prana," the life force that stimulates your body's vital energy.

## **KANSA FULL BODY EXPERIENCE**

**60 OR 90 MINUTES \$180.00 / \$230.00**

The Kansa massage tool warms as it is massaged on the skin. It has been used for centuries to relieve stress, enhance health, increase energy, and leave skin glowing. Benefits include improved blood and lymph circulation, enhanced mobility, restored levels of Prana, sound and restorative sleep, bringing balance to your energies.

## **KANSA FACE, NECK & SHOULDERS**

**45 MINUTES \$100.00**

At the heart of the 45-minute treatment is the Kansa massage tool that helps to rebalance the three Doshas of Vata, Pitta and Kapha. Muscles of the face and neck are toned to improve skin condition and overall health.

## **KANSA FOOT TREATMENT**

**30 MINUTES \$80.00**

This relaxing massage involves the feet and lower legs with emphasis on Marma points, energy channels, and simple massage techniques. It helps to draw out excess heat, leaving the entire body refreshed and relaxed.

# PACKAGES

## **HEALING EXPERIENCE**

**120 MINUTES SINGLE OR COUPLE \$260.00 / \$450.00**

Created around the benefits of Neem, India's "pharmacy tree," the ritual blends therapeutic and aromatic herbs to balance and comfort the spirit, as it treats the body: first with a signature foot scrub; then full-body exfoliation; massage with a restorative oil, to release negative energy; and completed by an envelopment and bath.

## **REPLENISHING EXPERIENCE**

**120 MINUTES SINGLE OR COUPLE \$260.00 / \$450.00**

Infused with herbs and aromas that feed the body, this holistic ritual encompasses a signature foot scrub; full-body exfoliation; massage with a lush balm, to open the Marmas (the body's energy channels); and an envelopment and bath.

## **FIRMING BODY ENVELOPMENT**

**120 MINUTES SINGLE OR COUPLE \$260.00 / \$450.00**

Our active ingredients - cardamom, rose hips and Gotu Kola energise and revitalise as they improve the elasticity of the skin. The ritual begins with a signature foot scrub; followed by full-body exfoliation; massage with a stimulating, aromatic oil; and finished with an envelopment and bath.



# KID'S TREATMENT

Share the health benefits of a rejuvenating spa experience with your children through these specially designed therapies.

## **MAGIC MASSAGE**

**30 OR 60 MINUTES \$70.00 / \$100.00**

A lovely way to share holiday time, let the therapist know what classic massage your child wants and they will personalize it to make your little munchkin head off to dreamland.

## **FABULOUS FACIAL**

**30 MINUTES \$60.00**

Let their smile light up your life. Get seriously spoiled with this yummy fruit facial, gentle treatment for delicate skin.

## **COOL ME DOWN**

**30 MINUTES \$60.00**

Rejuvenate your skin after the sunny play day with pure aloe vera gel that will hydrate and cool you down.

## **TWINKLE TOES**

**30 MINUTES \$30.00**

Who doesn't love a foot massage, after a hard play day. With nourishing coconut oil this is not to be missed, for the princes' color on is optional.

## **MANI MAKEOVER**

**30 MINUTES \$30.00**

Color up the little fingers, this indulgent session includes nail shape and gentle hand massage using virgin coconut oil.







# HAIR AND NAILS

GENT'S HAIR CUT & WASH  
\$70.00

LADY'S HAIR CUT & WASH  
\$90.00

WASH & BLOW DRY  
\$70.00

HAIR TREATMENT & WASH  
\$100.00

WAXING

FOREARM / FULL ARM  
\$35.00 / \$45.00

UNDERARM  
\$40.00

PARTIAL LEG / FULL LEG  
\$45.00 / \$65.00

HAND & NAIL CARE

LE MERIDIEN MANICURE  
\$70.00

LE MERIDIEN PEDICURE  
\$80.00

SHAPE & POLISH  
\$30.00

GEL POLISH REMOVAL  
\$20.00

GEL POLISH  
\$20.00

# YOGA PACKAGE

## **PRIVATE YOGA SESSION**

**60 MINUTES SINGLE OR COUPLE \$60.00 / \$80.00**

## **4-DAY PRIVATE YOGA PACKAGE**

**60 MINUTES PER SESSION**

**SINGLE OR COUPLE \$180.00 / \$280.00**

## **7-DAY PRIVATE YOGA PACKAGE**

**60 MINUTES PER SESSION**

**SINGLE OR COUPLE \$300.00 / \$400.00**

## **SUN SALUTATION**

Surya Namaskar salute to the sun is a practice in yoga incorporating a flow sequence of 12 gracefully linked asanas to open up the energy pathways.

## **YOGA POSTURES**

Increase flexibility, muscle strength and tone, improve the respiratory, energy and vitality. Maintain a balanced metabolism and weight.

## **BREATHING EXERCISE**

Increase the alertness, concentrate, and boost the immune system, reduce the stress also clears the lungs.

## **MEDITATION**

Helps to improve the mental strength, wellbeing, calmness, relieves chronic stress, relaxes the mind, centers attention and sharpens concentration.

Packaged sessions are non-transferrable, non-refundable and any balance sessions will forfeit upon checkout.





# FITNESS

## **PERSONAL TRAINING**

**60 MINUTES SINGLE OR COUPLE \$50.00 / \$80.00**

## **4-DAY PERSONAL TRAINING PACKAGE**

**60 MINUTES PER SESSION**

**SINGLE OR COUPLE \$160.00 / \$260.00**

## **7-DAY PERSONAL TRAINING PACKAGE**

**60 MINUTES PER SESSION**

**SINGLE OR COUPLE \$280.00 / \$380.00**

## **FITNESS ACTIVITIES ON OFFER**

Weight training

TRX, bosu ball training

ABS contraction

HIIT training

Cardio track workout

Hour glass body work out

Lower body training

Health benefit program

Boxing

Aerobics

PNF stretching

Packaged sessions are non-transferrable, non-refundable and any balance sessions will forfeit upon checkout.

