

Coconut Spa



Overview and Price List

www.coconutspa.com

Dear customers,

Coconut Spa is established in several resorts and you will find this brochure displayed in all our Spas, therefore kindly note:

- Local Taxes, Service Charge other Hotel Taxes, will be added to our prices
- All treatments mentioned in this brochure may not be available in some of our Spas

For further details please contact the Spa reception of your Hotel - Resort.



How to Spa

Some advice for your comfort

What should I wear when going to the Spa and during my treatment?

We will provide you with kimono, slippers, and hygienic disposable lingerie. Alternatively, our treatment may be enjoyed while wearing your own underwear, choose whatever is the most comfortable for you.

When should I arrive for my treatment?

Please arrive 10 minutes before your scheduled check-in time, you will therefore be able to change without haste and then you can sample our cold tea of the day offered before treatment.

What if I have special health treatment consideration?

Please notify our SPA Manager before booking your treatments if you have high blood pressure, allergies, physical ailments, disabilities, or if you are pregnant.

What if I am late for my appointment?

Arriving late will limit the time available for your treatment. Programs are carefully planned to accommodate each and every one, we kindly request you to be punctual.

Cancellation Policy

Should you wish to modify or cancel a reservation, we should be grateful if you could notify us at least 3 hours in advance, in order to avoid paying a cancellation fee.

Time to relax, unwind and feel good

A visit to a SPA is time put aside for you and you should enjoy the experience in the best possible conditions. Should it concern the room temperature, massage pressure or volume of the music, please do not hesitate to ask your therapist to adjust them to your best comfort levels.

Where should I keep my valuables?

It is recommended not to bring any valuables, such as jewelry that needs to be removed prior to Spa treatments, and we must remind you that we are not responsible for any items lost or stolen.



Massages

Discovery Massage

30 minutes – US\$ 70

For an immediate stress and tension release effect, this massage concentrates on the back and the legs, easing muscle aches, stretching joints, improving flexibility where most of the body tension is accumulated.

'Kayu' Back Massage

30 minutes – US\$ 70

Using wooden elements, this back massage allows a more targeted pressure to be applied; intensifying the deep relaxation of muscle tissues to alleviate tensions and let your stress dissolves under expert strokes.

Balinese Traditional Massage

50 minutes – US\$ 100

1h30 – US\$ 160

The Asian Traditional massage is a full body massage using palm pressure and long gentle strokes while applying a unique blend of natural essential oils. This combination stimulates your blood circulation, improves energy flow and drains tensions away.

Head, Back and Shoulders Massage

50 minutes – US\$ 100

Starting from the back to stimulate the blood circulation this massage continues with the neck and shoulders to relieve muscular pain and drain tensions away. It is then concentrated on the head to effectively ease out accumulated stress and to enhance relaxation.

Back and Stones Massage

50 minutes – US\$ 100

Starting with a shiatsu and traditional massage to warm the body, the stones are then applied on your back in such a way as to relieve your muscles from pain and tension. Back and stones massage is especially adapted for back problems, achieving a feeling of well being and perfect relaxation.

Warm Stones Massage

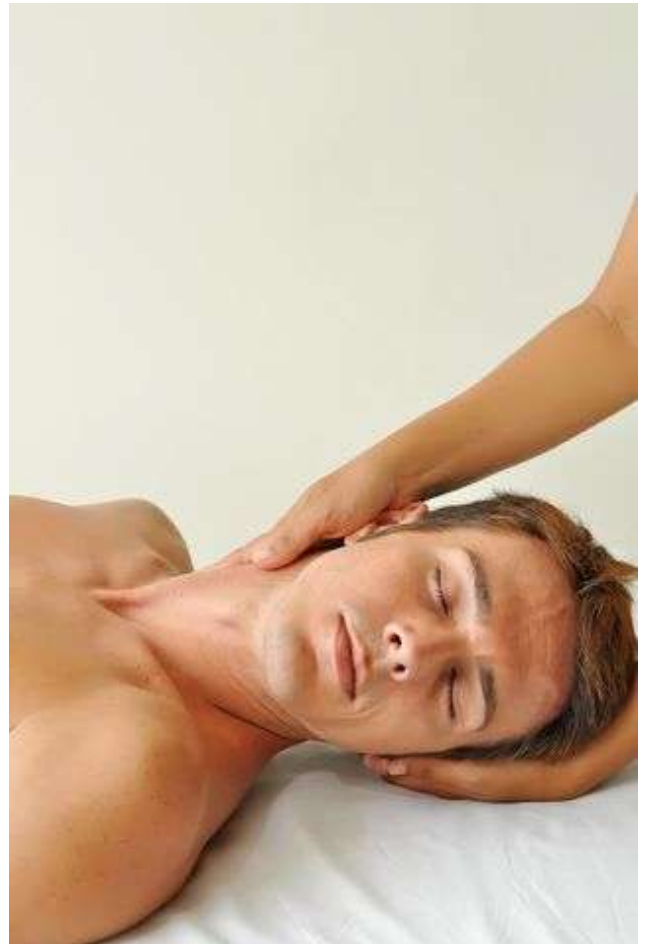
1h30 – US\$ 160

A full body massage starting with a traditional massage and lomi-lomi and then continues with the warm stones. Smooth and warm stones glide across your body in long, flowing strokes. The heat helps to relax the muscle and has a soothing effect on your emotions. Stones are positioned on the various energy body points to develop the healing potential.

Shiatsu

50 minutes – US\$ 100

The Shiatsu Massage is a digito-puncture technique using pressure point massage without oil to release tight nodules and produce a deep relaxed feeling. This massage is a real revival for the body and mind increasing energy level intensified by a few stretching movements.



Massages

Swedish Massage

50 minutes – US\$ 100

Using warm oil, heated up in a bottle and poured all over your body, the Swedish massage is designed to harmonize the corporal functions, such as blood circulation, breathing and mind relaxation. Soft and long strokes (lomi-lomi) envelop all the body from feet to head creating an overall relaxation of the body and soothing effect.

Four Hands Massage

50 minutes – US\$ 160

The ultimate sensation with this massage provided by two therapists working together in perfect harmony that creates overall well being. The perfect synchronization will balance the pressure of the whole body improving circulation. The four hand massage is a combination of shiatsu, traditional massage and lomi-lomi leaving your entire body re-energized and intensely relaxed.

Coconut Spa Signature

1h30 – US\$ 160

This massage exclusively created by Coconut Spa is our Signature. A relaxing combination of 5 massages, starting with 10 minutes of Shiatsu, followed by 25 minutes of long strokes and deep skin massage along with 10 minutes of warm stone massage on your back. Another 20 minutes of Swedish massage to harmonize your corporal functions and 25 minutes reflexology to bring you this deep feeling of overall comfort.

Foot Reflexology

30 minutes – US\$ 70

50 minutes – US\$ 100

An ancient healing therapy as blissful as it is beneficial; a foot therapy on the reflex point can restore the natural flow of body energy and improve your health. Recover physical and mental harmony with this wonderful treatment that will send waves of deep relaxation through your entire body.

Foot Massage

30 minutes – US\$ 70

50 minutes – US\$ 100

This foot massage using centuries old tradition techniques will increase circulation, reduce tensions, and bring a revival feeling of lightness on the legs and feet, giving your whole body this incredible sensation of a perfect harmony within yourself.



Massages from Another World

INDIA

Warm Oil Massage

50 minutes – US\$ 100

The warm oil massage is inspired from the Indian traditional massage called Ayurveda. It is a technique employed to stimulate and balance the Dosha (the spiritual part of the body). This mental and body relaxation treatment is provided with a special blend of essential oils, with healing properties, warmed just before its application on the body. It helps to improve sleep, eliminate toxins and brings relaxation and comfort.

Shirodhara

50 minutes – US\$ 100

In Sanskrit, "**Shir**" means head and "**Dhara**" means flux. Shirodhara is the slow pouring out of a constant flow of warm sesame oil on one very precise point of the forehead. Shirodhara relieves tensions, improve the perception of the senses and attenuates anxiety, anguish, stress, concentration difficulties and insomnia.

Shirodhara with Hair Treatment

1h30 – US\$ 160

To complete your treatment and enhance the benefit of your complete relaxation, an additional head massage with shampoo and hair conditioner will leave your hair lustrous and soft.

Indian Traditions Package

Warm oil Massage

1h40 – US\$ 180

Shirodhara

Warm oil Massage

2h20 – US\$ 230

Shirodhara with hair treatment



Body Treatment

Body scrub

Harmony Body Scrub

50 minutes – US\$ 100

Using local harvested coconut with cinnamon, the body is gently exfoliated leaving your skin moisturized and renewed.

Serenity Body Scrub

50 minutes – US\$ 100

A mixture of Lavender and Ylang-ylang, specially blended to refresh and leave your skin smooth and soft. Lavender is a plant known for its calming effect and is recommended for sensitive skins.

Sensation Body Scrub

50 minutes – US\$ 100

Made from finely grated Vanilla mixed with Ginger to rejuvenate your skin and give you a sensation of freshness and wellbeing.

Energy Body Scrub

50 minutes – US\$ 100

A traditional Indonesian royal court beauty ritual made of citrus and tangerine. This deliciously aromatic scrub will improve your skin as it gently exfoliates.

Chocolate Body Scrub

50 minutes – US\$ 100

Give yourself a special treat without a calorie. Our natural chocolate body scrub combining cocoa, rice and almond powder will in an instant develop all your senses while stimulating, refining, smoothing and moisturizing your skin.

All our scrubs are followed by a soft and relaxing application of body lotion

Body Wrap

Papaya Body Wrap

50 minutes – US\$ 100

Have your body gently rubbed and then wrapped with a mixture of fresh blended papaya and our signature French red clay. After a long day in the sun, with this perfect combination of natural products, the "Papaya Body Polish" is sure to leave the skin of your body and face glowingly fresh and rejuvenated.



Body Treatment

Sun Lovers

Sun Lover

50 minutes – US\$ 100

After your day spent in the sun, come and enjoy our Special Sun Lover to calm, soothe and re-hydrate your skin.

Sun Lover treatment is specially designed to fight against sun burn and the ageing of the skin.

This treatment includes

- ✓ Lavender Body Wash for gentle cleansing
- ✓ Cucumber and Honey Body Conditioner, for cooling and soothing
- ✓ Aloe Vera Body Lotion, to ease sunburn, prevent skin peeling and to lock in the moisture

Anti-cellulite

Cellulite Treatment – 1h30 – choice of 1 – 3 or 5 treatments

1 Treatment	US\$ 160
3 Treatments	US\$ 440
5 Treatments	US\$ 700

This efficient treatment will help you to reduce the cellulite by an activation of the blood circulation, using a special range of products adapted to your requirements. We start with dynamic and powerful frictions with a body scrub made from almond powder and pure essential oils to release the toxins, followed by a mud mask made from crushed volcanic stones, clay, sea weed and essentials oils brushed onto your all body to purify the skin. The treatment is finally completed by a vigorous massage to cover your body with a unique blend of pure essential oils of basil, fennel and lemon, well known for their interaction against cellulite.

For a better result we recommend our 5 treatments package, taken one per day.



Facials

Refresher Facial

30 minutes – US\$ 70

A great introduction to facial treatment using for principal ingredients: pure honey mask and cucumber, leaving your skin feeling smooth and radiant. Enjoy the benefits of these natural ingredients with an age-old reputation for skin healing, softening, and moisturizing.

Natural Asian Facial

50 minutes – US\$ 100

Using only Bio natural products, the face is cleansed and gently exfoliated to eliminate all the dead cells on the surface of the skin. While purifying with a gel mask, relax and unwind with a hand and feet massage. This treatment will effectively restore and hydrate your skin, leaving your face fresh, youthful and restored.

Deep Cleansing Facial

50 minutes – US\$ 100

Indulge, relax and refresh; our professional therapist will do the rest; deep cleansing, exfoliation, steam, vacuum, pore extraction, mask application, all completed by our exclusive facial, head, neck and shoulder massage combined with acupressure. Moisturizer will end your treatment leaving your skin's appearance smoother and more radiant.

For a long lasting result of our facials, we recommend you to use the products applied by our therapist during your treatment. All ranges are available in our spas' boutiques.



Hair Treatment

Mask, Treatment and Massage

50 minutes – US\$ 100

A natural traditional mask is massaged onto your scalp to nourish and revitalize your hair. During the treatment a head and shoulder massage is given so that your blood circulation is stimulated and brings relaxation.

To maximize the benefits of the mask, the hair is not blown dry leaving it shiny and soft to the touch.

Our choice of Natural Mask:

- ✓ Avocado: Nourishing, for broken fragile or dry hair
- ✓ Aloe Vera: To bring back shine and softness, for dry and damaged hair

Hands & Feet Treatments

Spa Manicure

50 minutes – US\$ 70

Give your hands and nails a well deserved care with our Hands Beauty treatment. Starting with the basics nail cut, file and cuticle repair, your hands are then gently exfoliated for a silky feeling. A nourishing cream is applied with a gentle massage to restore the moisture and improve the texture of your skin. Your hands feel hydrated, smooth and soft with a great youthful look.

Spa Pedicure

50 minutes – US\$ 70

Cool, energize and revive your feet with our Feet Beauty Treatment. Comprising of the classical pedicure treatment with nail cut, file, cuticle repair and soothing foot soak of essential oils; it is then followed by a peppermint scrub that will relieve your tired or swollen feet. Finally, to stimulate blood circulation a foot massage is applied with a refreshing lotion. Your feet are hydrated, fresh and soothed.

Nail Polish US\$ 15

Nail Art (from per nail) US\$ 3



Spa Packages

Sensation Package Choice of Body Scrub Swedish Massage	1h40 – US\$ 180
Energy Package Balinese Traditional Massage Reflexology or Foot Massage (50 mn)	1h40 – US\$ 180
Serenity Package Coconut Spa Signature Natural Asian Facial	2h20 – US\$ 230
Harmony Package with 2 Therapists Four Hands Massage Natural Asian Facial Reflexology or Foot Massage (30 mn)	1h40 – US\$ 290
Satin Skin Package Choice of Body Scrub Balinese Traditional Massage Natural Asian Facial	2h30 – US\$ 270
2 Days Package Day 1 – Balinese Traditional Massage Day 2 – Natural Asian Facial & Reflexology or Foot Massage (30 mn)	US\$ 240
3 Days Package Day 1 – Choice of Body Scrub & Swedish Massage Day 2 – The Coconut Spa Signature Day 3 – Natural Asian Facial & Reflexology or Foot Massage (30 mn)	US\$ 480
5 Days Package Day 1 – Choice of Body Scrub & Natural Asian Facial Day 2 – Swedish Massage Day 3 – Balinese Traditional Massage & Reflexology or Foot Massage (30mn) Day 4 – Head, Back and Shoulder Massage Day 5 – Four Hands Massage	US\$ 650



Romantic Packages

Adam & Eve Package

1h30 – US\$ 290 / Couple

Pamper yourself and your beloved one this holiday with the Adam and Eve's Package.....

A step towards paradise.....

Indulge in various treatments

- ✓ Aromatherapy Foot Bath
- ✓ Discovery Massage
- ✓ Refresher Facial
- ✓ Aromatherapy Flower Bath

Bliss Package

2h10 – US\$ 390 / Couple

Foot Ritual (10mn)

Balinese Traditional Massage (50mn)

Natural Asian Facial (50mn)

Aromatherapy Bubble Bath (20mn)

Plenitude Package

2h30 – US\$ 450 / Couple

Foot Ritual (10mn)

Coconut Spa signature (90mn)

Refresher Facial (30mn)

Aromatherapy Bubble Bath (20mn)

Paradise Package

2h30 – US\$ 450 / Couple

Foot Ritual (10mn)

Balinese Traditional Massage (90mn)

Reflexology or Foot Massage (30mn)

Aromatherapy Bubble bath (20mn)

Delight Package

3h – US\$ 570 / Couple

Foot Ritual (10mn)

Choice of body scrub (50mn)

Balinese Traditional Massage (50mn)

Natural Asian Facial (50mn)

Aromatherapy Bubble Bath (20mn)

Chocolate Package

1h30 – US\$ 160 / Single

1h30 – US\$ 290 / Couple

Smell.....

Feel.....

Appreciate.....

Discover the Pleasure

The Unique Sensation of.....

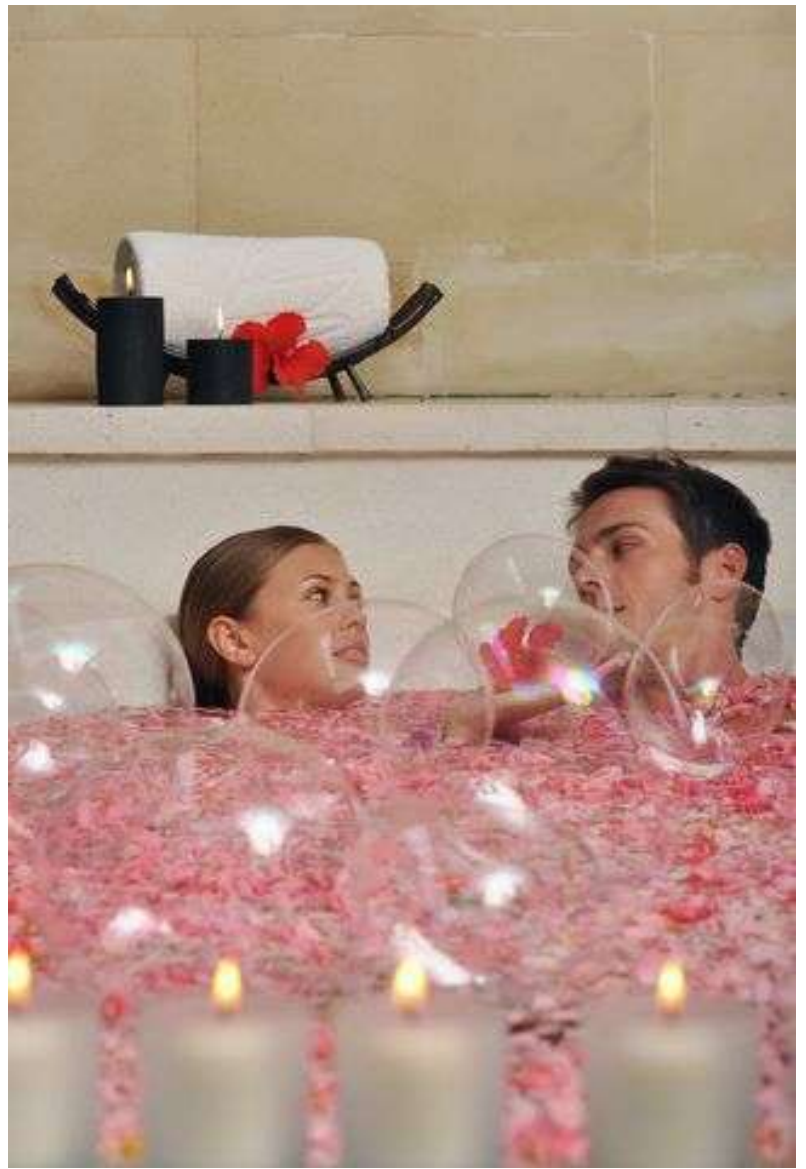
Chocolate.....

Your skin is soft, smooth and re-hydrated,

Sense the difference after our chocolate treatment

comprising of:

- ✓ Chocolate Body Scrub
- ✓ Discovery Chocolate Massage
- ✓ Aromatherapy Chocolate Bath



AN INTRODUCTION TO AYURVEDA

Ayurveda, which translates as "knowledge of life," dates back 5,000 years to the ancient Sanskrit texts, the Vedas.

Ayurveda is a system of healing that examines physical constitution, emotional nature, and spiritual outlook in the context of the universe.

According to the philosophy, universal life force manifests as three different energies, or Doshas, known as

VATA, PITTA, KAPHA

We're all made up of a unique combination of these three forces. Though everyone has some of each, most people tend to have an abundance of one or two of the Doshas.

This unique combination is determined at the moment of conception, and is your own personal blueprint, or *prakriti* (nature).

As you move through life, the proportion of each of the three Doshas constantly fluctuates according to your environment, your diet, the seasons, the climate, your age, and many other factors.

As they move into and out of balance, the Doshas can affect your health, energy level, and general mood.

For all Ayurveda Treatments, a special blend of essential oils and herbs will be used according to your Dosha type.



Massages

'Kayu' Back Massage – Kayu

30 minutes – US\$ 70

Using wooden elements, this back massage allows a more targeted pressure to be applied; intensifying the deep relaxation of muscle tissues to alleviate tensions and let your stress dissolves under expert strokes.

Warm Oil Massage – Abhyanga

50 minutes – US\$ 100

The warm oil massage is inspired from the Indian traditional massage called Ayurveda. It is a technique employed to stimulate and balance the Dosha (the spiritual part of the body). This mental and body relaxation treatment is provided with a special blend of essential oils, with healing properties, warmed just before its application on the body. It helps to improve sleep, eliminate toxins and brings relaxation and comfort.

Shirodhara

50 minutes – US\$ 100

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Shirodhara with Hair Treatment

1h30 – US\$ 160

To complete your treatment and enhance the benefit of your complete relaxation, an additional head massage with shampoo and hair conditioner will leave your hair lustrous and soft.

Herbal Pouch Massage – Kizhi

50 minutes – US\$ 100

1h30 – US\$ 160

Hot compress massage is commonly used to increase blood circulation and stimulate the vital energy of body and mind. This re-energizing massage starts with a combination of stretching movements and palm pressure points. Once the body is warmed up, aromatic heated herbal bag is applied on your body, for an instant relaxing and soothing effect providing great relief to muscular aches and pains. Soothing lotion is then rubbed on your body to complete this detoxifying treatment.

Foot Massage – Pedi Karma

30 minutes – US\$ 70

50 minutes – US\$ 100

This foot massage using centuries old tradition techniques will increase circulation, reduce tensions, and bring a revival feeling of lightness on the legs and feet, giving your whole body this incredible sensation of a perfect harmony within yourself.





All prices are subject to additional 10% service charge and 12 % TGST

Facial and Body Treatments

Refresher Facial – Mukhalepa

30 minutes – US\$ 70

A great introduction to facial treatment using for principal ingredients: pure honey mask and cucumber, leaving your skin feeling smooth and radiant. Enjoy the benefits of these natural ingredients with an age-old reputation for skin healing, softening, and moisturizing.

Herbal Body Scrub – Udvartana

50 minutes – US\$ 100

Herbal body scrub adapted to your Dosha type will enhance your body's natural circulation and eliminate the toxins. Your skin is deeply revitalized, supple and nourished.

Herbal Body Wrap – Pina sweda

50 minutes – US\$ 100

Kaffir lime, nutmeg, essential oils of black pepper, lemon and lemongrass are the basic products of our treatment. Applied onto your skin, this detoxifying treatment stimulates your skin; aids lymphatic flow and boosts circulation.

Herbal Bath – Sana Bath

20 minutes – US\$ 20

Herbal baths relax the body, stimulate blood flow, calm the emotions, moisturize the skin, aid digestion, and heal various other complaints.





All prices are subject to additional 10% service charge and 12 % TGST

Packages

Detox Package

2 h – US\$ 180

Udvaartana -Herbal Body Scrub

Kizhi - Herbal Massage

Sana Bath - Herbal Bath

Detox Indulgence Package

2h20 – US\$ 260

Udvaartana -Herbal Body Scrub

Pina sweda - Herbal Body Wrap

Kizhi - Herbal Massage

Sana Bath - Herbal Bath

Balance Package

1h40 – US\$ 180

Abhyanga - Warm oil Massage

Shirodhara

Balance Indulgence Package

2h20 – US\$ 230

Abhyanga - Warm oil Massage

Shirodhara with hair treatment

2 Days Package (4 treatments)

US\$ 295

Day 1 – Warm Oil Massage **Abhyanga** (50 min) + Foot Massage (30 min)

Day 2 – Shirodhara + Hair treatment (1h30)

3 Days Package (7 treatments)

US\$ 460

Day 1 – Herbal Body Scrub (45 min) + Herbal Body Wrap (45 min) + Herbal Bath (20 min)

Day 2 – Warm Oil Massage (50 min) + Refresher Facial (30 min)

Day 3 – Shirodhara + Hair treatment (1h30)

5 Days Package (11 treatments)

US\$ 710

Day 1 – Herbal Body Scrub (45 min) + Herbal Body Wrap (45 min) + Herbal Bath (20 min)

Day 2 – Warm Oil Massage (50 min) + Refresher Facial (30 min)

Day 3 – Herbal Pouch Massage (50 min) + Foot Massage (30 min)

Day 4 – Shirodhara + Hair treatment (1h30)

Day 5 – Kayu Massage (30 min) + Foot Massage (50 min)



Maldives

All prices are subject to additional 10% service charge and 12 % TGST