



SERVICES MENU

Individuality is the key, whether it's a case of simply being natural, having outstanding style or possessing immense charm – individual characteristics are what make each of us so special.

At Heavenly Spa by Westin we understand that our guests are unique individuals, often balancing a busy and sometimes complex lifestyle. Our Spa and Fitness facility is place to recover, rejuvenate, restart and recharge, and come out feeling renewed. We want our guests to leave the Spa, not only feeling physically better, but with a fresh outlook on life, with new insights and sense of clarity about where they are going, what they wish to accomplish, and what they value.

Spa treatments and Personal trainer assistance are available from 10:00 am until 10:00 pm daily.

Fitness Facilities – 24/7.

Please contact your butler or place your reservation directly from your room by dialing Ext. 432

PREPARING FOR YOUR SPA & WELLNESS EXPERIENCE

ARRIVING FOR YOUR APPOINTMENT

To make the most of your spa and wellness experience, we ask you to arrive 20 minutes prior to your scheduled appointment. This will give you time to check in, get ready, enjoy your welcome drink and start your relaxation early. In the unlikely event that you are running late, we will endeavor to conduct your treatment. However, please note that we maybe have to shorten your treatment time.

MEETING YOUR PERSONAL TRAINER & SPA THERAPIST

Your personal Trainer and Spa Therapist will conduct an consultation with you to ensure that you receive the most suitable treatment or to plan your wellness program. Please advise if you have any health concerns or if you have any special requests or requirements. You may consult with the Therapist directly about style and depth of pressure prior to your service. Please specify Therapist gender preferences at time of booking.

WHAT TO WEAR

For Spa treatments, we will provide you with comfortable disposable underwear, robe and slippers. You may wish to bring your swim wear to enjoy our swimming pool, sauna or steam room.

SMOKING AND ALCOHOL

The consumption of cigarettes and alcohol is not encouraged in any Spa & Wellness environment and is not advised before any spa treatment or service.

CLEANLINESS

Keeping our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after every service and treatment.

CHILDREN POLICY

Parents and guests with children are always welcome at The Westin Maldives Miriandhoo Resort. However, please be kindly aware that the entire Spa area is a whisper zone so that guests can have a quiet, relaxing and peaceful experience at this unique privacy. We kindly ask parents to supervise their children of any age while using our facilities. Minimum age for Spa Treatments is 16. Children under 16 years are not permitted to use sauna, steam room and Jacuzzi. Children under the age of 6 allowed in the kids' pool only. Children before the age of 16 may use the main swimming pool and must be supervised at all time by responsible adult. For the safety of your children and the comfort of other guests, this policy is strictly enforced.

ETIQUETTE

To ensure that all guests can enjoy the peace and harmony within the Spa & Wellness Facilities, we request that all guests keep noise level to a minimum and refrain from carrying cellular phones and other electronic devices.

VALUABLES

We regret that we cannot be responsible for any loss or damage of personal items. Lockers in the changing area and a vanity box in the treatment room are provided for your personal belongings. However, we recommend not wear any valuables while enjoying the spa services. For the protection of your clothing, we also ask that you wear the robes provided for your convenience.

GIFT CARDS & CERTIFICATES

Gift certificates for our Spa & Wellness services are available. For more details, please contact our Spa Receptionist or your butler.

CANCELLATION POLICY

Scheduled treatments are reserved especially for you. We require 6 hours advance notice in order to cancel or re-schedule your appointment with no charge. If your appointment is not cancelled within this notification period, it is considered confirmed. Any changes or cancellations made after the 6 hour window will incur a 50% cancellation fee. Full charges will be imposed for a "no-show". This policy also applies to gift card and certificate holders.

REFUND POLICY

Treatment packages are non-refundable, non-transferable and non-exchangeable. Unused products in their original packaging may be returned within 14 days for a full refund.

PAYMENT

All major credit cards are accepted. We do not accept any personal or traveler's checks. Any gift cards, vouchers, or certificates must be mentioned at time of booking.

All prices exclude 12% Government Tax and 10% Service Charge. Kindly note, the prices are subject to change without prior notice.

SENSORIAL JOURNEYS

For complete synergy and transformation of you feeling to the unique sensory we are welcoming you to the unique authentic world. The treatments will be performed using exclusive products formulated for Heavenly Spa by Westin, while lying atop a state-of-the-art bed surrounded by timeless scenario of Miriandhoo white coralline sands and pure turquoise water of Indian Ocean.

HEAVENLY SANCTUARY

90 minutes Single / For two – USD 250 / USD 400

An exquisite nourishing and protective ritual, offering the perfect treatment for all types of skin. The ritual begins with a replenishing body polish to deeply exfoliate and revitalize the skin, continues with a holistic cocooning following by aromatherapy bath ritual to restore energy levels, and concluding in a luxurious, embracing signature Heavenly full body massage.

MAGIC INDULGENCE

90 minutes Single / For two – USD 250 / USD 400

De-stressing, relaxing and mesmerizing ritual. Beautiful textures, luxury scent and indulgent approach renders this treatment a unique sensorial ritual for a complete sense of wellbeing. This precious journey begins with signature aromatic blend and magnesium-rich bath following by precious caressing top-to-toe massage and provides profound nourishment, improving circulation and oxygenation for face and body.

MALDIVIAN BLISS

90 minutes Single / For two – USD 250 / USD 400

We offer to you the gift of longevity, provided by powerful organic ingredients, targeted the primary causes of accelerated aging in the body. The signature treatment actively corrects visible imperfections, whilst prevents further damage. A complete face and body treatment begins with magnesium-rich bath, enhanced then with dynamic massage technique to stimulate energy flow, bestows health and vitality to tissues and immediate visible vibrant results to the skin.

LIVE HOLISTIC

BALINESE MASSAGE

60 minutes – USD 150
90 minutes – USD 180

Based on the holistic principles, this massage is perfect for soothing damaged tissue and relieving strained muscles and joints. Joining Aromatherapy, Acupressure and Reflexology, this massage works the deep tissues of the body and boosts circulation, aiming to aid in certain ailments like migraines, muscle pains, joint pains, sleep disorders, anxiety, stress, depression as well as allergies and breathing conditions.

SOOTHING BODY CARE

60 minutes – USD 150

While it takes several hours to complete sunburn exposure, you still have opportunity to rescue your damaged skin. The Heavenly Spa offers calming and restoring treatment, using nature's holy-grails to heal sun burn: Lavender – reduces pain and speed recovery, Aloe Vera contains active compounds to combat inflammation yet stimulating skin repair and grow, Neroli - provides deep and intense moisturizing effect and visible improvement towards flawless skin.

HOLISTIC BACK, FACE AND SCALP TREATMENT

60 minutes – USD 150
90 minutes – USD 180

This treatment combines deep cleansing exfoliation and a back massage with a truly holistic facial prescribed to suit your skin's specific condition and needs. An Oriental head massage helps clear the mind, calm the spirit and ease tensions.

FOOT REFLEXOLOGY

40 minutes – USD 100

Native-born holistic therapy involves gentle stimulation of acupressure points in the feet that have direct connections to various organs and glands. Energizing these points has a releasing effect on the body and helps to cleanse the lymphatic system. Your experience will start with renewal foot scrub to smooth and increase skin elasticity.

HANDS REFLEXOLOGY

40 minutes – USD 100

Various reflex points around our hands correlate to different body parts and organs. A pure holistic and effective therapy is recommended to eradicate various health issues. Applying a massage pressure technique to stimulating the vital points will aid to relieve stress, tension and imbalances of the body.

FACIAL GLOW

HEAVENLY INFINITY

60 minutes – USD 170
90 minutes – USD 200

The timeless rejuvenating care will deliver you a breathtaking experience with restoring, plumping and antioxidant effect. Holistic Ridoki massage technic will work to stimulate a large number of vital points to make your skin look after treatment visibly relaxed and brightly glowing. The facial contour becomes smoother and the age signs are softened.

ASPIRE

40 minutes – USD 140
60 minutes – USD 170

Bespoke facial solution according to your skin condition and concerns. Choose from Deep Cleansing, Intense Hydration, Organic Nourishment or Indulgent Aromatherapy to support a desired outcome. The treatment becomes exactly what you need it to be.

MAN SPACE

60 minutes – USD 150
90 minutes – USD 180

A deep cleansing and exfoliating facial for the modern men's needs. Specially designed to treat male skin, this treatment begins with a relaxing back exfoliation to ease stress and reduce tension in the mind and body. It balances the skin's natural oils, restores the skin's elasticity and minimizes fine lines. A relaxing yet stimulating face Nout Naa massage will work on your muscles leaving you looking fresh and revitalized.

BOOST WELL

Magnesium is one of the seven macro minerals, best absorbed through the skin that is responsible for us to function normally, including regulation of over hundreds of enzymatic reactions and biochemical activities. We use for our treatments high grade quality, purest magnesium formulations to elevate holistically your wellbeing through bridging together health, beauty and wellness.

REBIRTH RITUAL

90 minutes – USD 180

Multi-functional and multi-sensory magnesium exfoliation will remove dead cells for revealing a new brighter skin. A cozy wrap will work its magic to purify the epidermis and stimulate detoxification process. Full body massage will support your body where needed the most. In the evening it will conclude in the most relaxing effect, promoting a deep satisfying sleep throughout the night. If you receive this therapy in the morning, your body will be supported with energy on the cellular level, leaving you feeling replenished with calm strength and renewed energy.

WELL BODY

60 minutes – USD 150

The perfect complement to your diet and exercise routine. Detoxifying and extremely rejuvenating all-over body treatment assists in flushing out further impurities by using special detoxifying massage oil. Personalized treatment aimed at slimming and sculpting the most troublesome areas, along with specific steps to target cellulite, even the most resistant.

IMMUNITY RECHARGE

60 minutes – USD 150

This treatment has been specifically designed for reducing your stress level, significantly boosting immunity and stimulating production of endorphins. Invigoration Back, Neck & Shoulders massage will be followed by foot reflexology and concluded in relaxing scalp massage to ground and promote joyful sensation of body, spirit and emotions.

MIND DETOX

40 minutes – USD 100

Divine deeply relaxing magnesium scalp massage to promote healthy scalp function, stop hairs from thinning and falling, and stimulation the new healthy hairs re-growth.

EXPERT MESSAGES

HEAVENLY SPA SIGNATURE

60 minutes – USD 170
90 minutes – USD 200

What you look in the world influences that materialize. Based on this philosophy The Heavenly Spa by Westin ritualized Swedish massage experience will go far beyond of your expectations and will leave you feeling physically rested and mentally uplifted.

ASPIRE

60 minutes – USD 170
90 minutes – USD 200

An Art Massage with a holistic approach offers you individual bespoke body work solution, focusing solely on your needs. Just tell our experts how you want to feel when you leave us and they will customize your treatments which they think will be most beneficial to you. Kindly select the duration of your treatment from the options above.

To increase and prolong the treatments powerful effect, the magnesium enhancement is highly recommended for additional USD 15 only.

DEEP TISSUE UPLIFT

60 minutes – USD 150
90 minutes – USD 180

Excessive physical activity can cause deep muscular and joint distress. Our Deep Tissue uplifting massage helps to warm and relax the muscles and improve range of motion. Enjoy before physical activity to prevent injuries and after to help the speedy recovery of strained muscles.

MATERNITY TIME

60 minutes – USD 150

The ideal treatment for the special time of pregnancy as well as for the more critical times of post-pregnancy. Thanks to elasticizing, nourishing and rebalancing actions of the active ingredients, skin is restored, stretch marks are attenuated and discomfort due to swelling is reduced.

ZEN BAMBOO

60 minutes – USD 150

Enjoyable experience for anyone who enjoys a pleasant warming Relaxing Massage for overworking and sore muscles. Your therapist will use special massage technique to melt tension and stress away by increasing circulation, flushing out toxins for faster healing time and detoxification, releasing endorphins to promote sensation of overall wellbeing.

DE-STRESS AROMATHERAPY

40 minutes – USD 100

This deep back, neck and shoulder massage, reinforced by Aromatherapy healing properties, is designed to relieve stiff joints and muscle fatigue. Intensive techniques to warm, manipulate and ease tense muscles by using a variety of movements which help to reduce toxin build up in main concern areas.

HEAVENLY BEAUTY TOUCH

HEAVENLY MANICURE

70 minutes – USD 80

Pampering hands & nail treatment includes gentle exfoliation to silky skin, nail shaping, cuticle care, indulgent paraffin dip and Heavenly moisturizer application to hydrate your skin. Nail polish available upon request.

SPA MANICURE

40 minutes – USD 65

Essential manicure treatment includes nail shaping and cuticle care. Nail polish available upon request.

HEAVENLY PEDICURE

90 minutes – USD 100

Truly indulgent experience for your feet will start with magnesium-rich bath and followed by invigorating exfoliation for smooth and renewed skin.

Then your nails will be filed, cuticle hydrated and Heavenly moisturizer applied, using special lymphatic drainage massage technic for refreshed and renewed legs. Pleasantly warm paraffin dip will be the perfect final touch to improve circulation, smooth rough skin and deduces joints stiffness. Nail polish available upon request.

SPA PEDICURE

60 minutes – USD 80

Essential pedicure includes nail shaping, cuticle care and feet exfoliating. Nail polish available upon request.

NAIL POLISH APPLICATION

10 minutes – USD 15

WAXING available upon request.

TIMELESS TRADITIONS

MIRIANDHOO REVIVER

40 minutes – USD 100

We offer you traditional Maldivian experience for clean, smooth and supple skin. Indigenous organic coconut scrub will exfoliate, remove impurities, soften and moisturize your body skin, alleviating dryness and flaking.

WESTIN WORKOUT & LIFE STYLE

HEAVENLY LIVE STYLE CONSULTATION

40 minutes – USD 100

Based on individual Holistic Health Assessment a comprehensive consultation will be developed by your personal Wellness Counselor or Spa Therapist. It will include:

- a personalized wellness treatments program discussed and developed,
- guidelines regarding lifestyle and diet modification according to your unique constitution to maximize the health potential,
- dietary and herbal supplements will be advised according to your health profile,
- a personalized stress management plan will be created, including physical activity, meditation, breathing techniques, etc.

PERSONAL TRAINING AND WORKOUT SESSION

30 minutes one-to one training session	USD 45
60 minutes one-to one training session	USD 90
Course of 3 one-to-one training sessions	USD 230
Course of 7 one-to one training sessions	USD 500

Group session (up to 5 person) USD 30 per person

YOGA & MEDITATION

The Heavenly Spa by Westin team is happy to welcome you to enjoy our beautiful, unique and tranquil setting. To make your days at resort even more special and memorable, we would like to invite you to join and enjoy our free group Yoga & Meditation Therapy journey, guided from 6.30am to 7.30am.

During the one hour Yoga session you will experience

- Warm up
- Whole Body Stretching
- Surya Namaskar or Sun Salutation
- Body Part Training
- Passive Stretching
- Breathing Technique
- Meditation

For your privacy and convenience we will be happy to provide one hour private Yoga session for USD 90 only per person, USD 150 for a couple and USD 180 for a family.

Apart from all the components of the group session, the private class also includes passive stretches, unique relaxation and rejuvenation techniques, focused on your personal constitution.

Course of 3 private 60 minutes Yoga Classes
Single / For two / Family –
USD 230/ USD 370/ USD 440

Course of 7 private 60 minutes Yoga Classes
Single / For two/ Family –
USD 500/ USD 800/ USD 960

THE WESTIN MALDIVES MIRIANDHOO RESORT

Baa Atoll
Republic of Maldives

T +960.660.4444
F +960.660.4477

westin.com