

# KANDOOMA SPA

Your wellbeing experts

Committed to the better balance of your body, soul and mind



COMO SHAMBHALA





Our garden spa sanctuary by COMO Shambhala is a world away from your worries. If you've had a long journey or here to forget work and the daily grind, we've got great treatments to de-stress, re-energise and totally unwind.

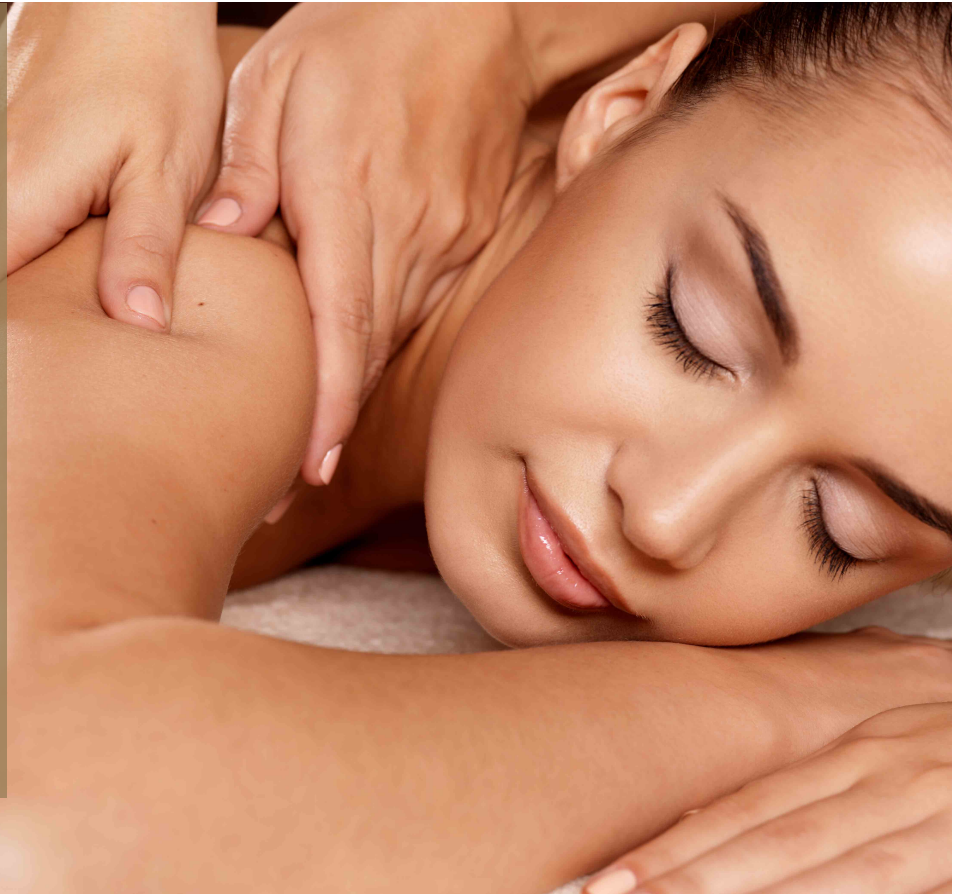
COMO Shambhala follows a healthy living philosophy that takes its inspiration from mythological roots: in ancient Buddhist texts, 'Shambhala' refers to a sacred place of bliss.

COMO Shambhala advocates that such tranquility need not be found in any specific location but with the right tools, it can be discovered within oneself - by empowering one's body, mind and spirit. We embrace lifelong learning and development, and offer the very best to the discerning.

A wellness-orientated lifestyle brand, COMO Shambhala incorporates a range of massage oils, body care, hair care, home and travel products. Based on the principles of aromatherapy, we make the products using only high-grade pure essential oils. All products are free of Sodium Laurel Sulphate, parabens, silicones and synthetic substances including artificial colour and fragrance.

## MASSAGE THERAPIES

At Kandooma Spa, a massage is a truly individual journey where you will discover the power of touch, a personalised experience to harmonise and balance your body. Our massage therapies are designed with your specific needs in mind. Whether you prefer light or firm pressure or a stimulating treatment opposed to a soothing one, we will mould the treatment to suit your wishes.



## MASSAGE THERAPY

### COMO SHAMBHALA MASSAGE (60 / 90 minutes)

A nurturing massage using our signature blended massage oil to calm the mind and rejuvenate the body.

### DEEP TISSUE MASSAGE (60 / 90 minutes)

A restorative full body massage that aids in releasing deeply held patterns of tension, removing toxins, relaxing, soothing and thereby encouraging muscles to operate at full capacity. The techniques used in this massage create a prolonged state of reduced muscular tension by applying deep muscle compression and cross fibre friction to increase blood and lymphatic flow.

### INDONESIAN MASSAGE (60 / 90 minutes)

A wonderful introduction to traditional Indonesian therapy, this massage incorporates rolling and kneading strokes to rejuvenate the body. It provides a good therapeutic workout whilst also invoking deep relaxation.

### THAI MASSAGE (60 / 90 minutes)

By applying pressure along the meridians, this treatment unblocks trapped energy and improves vitality. Often referred to as passive yoga, it stretches joints and balances all the major muscle groups of the body. No oil is used during this treatment and Thai pyjamas are provided.





### INDIAN HEAD MASSAGE (60 / 90 minutes)

An excellent treatment for relieving stress-induced tension in the head, neck and shoulder areas. This treatment also incorporates a gentle facial massage.

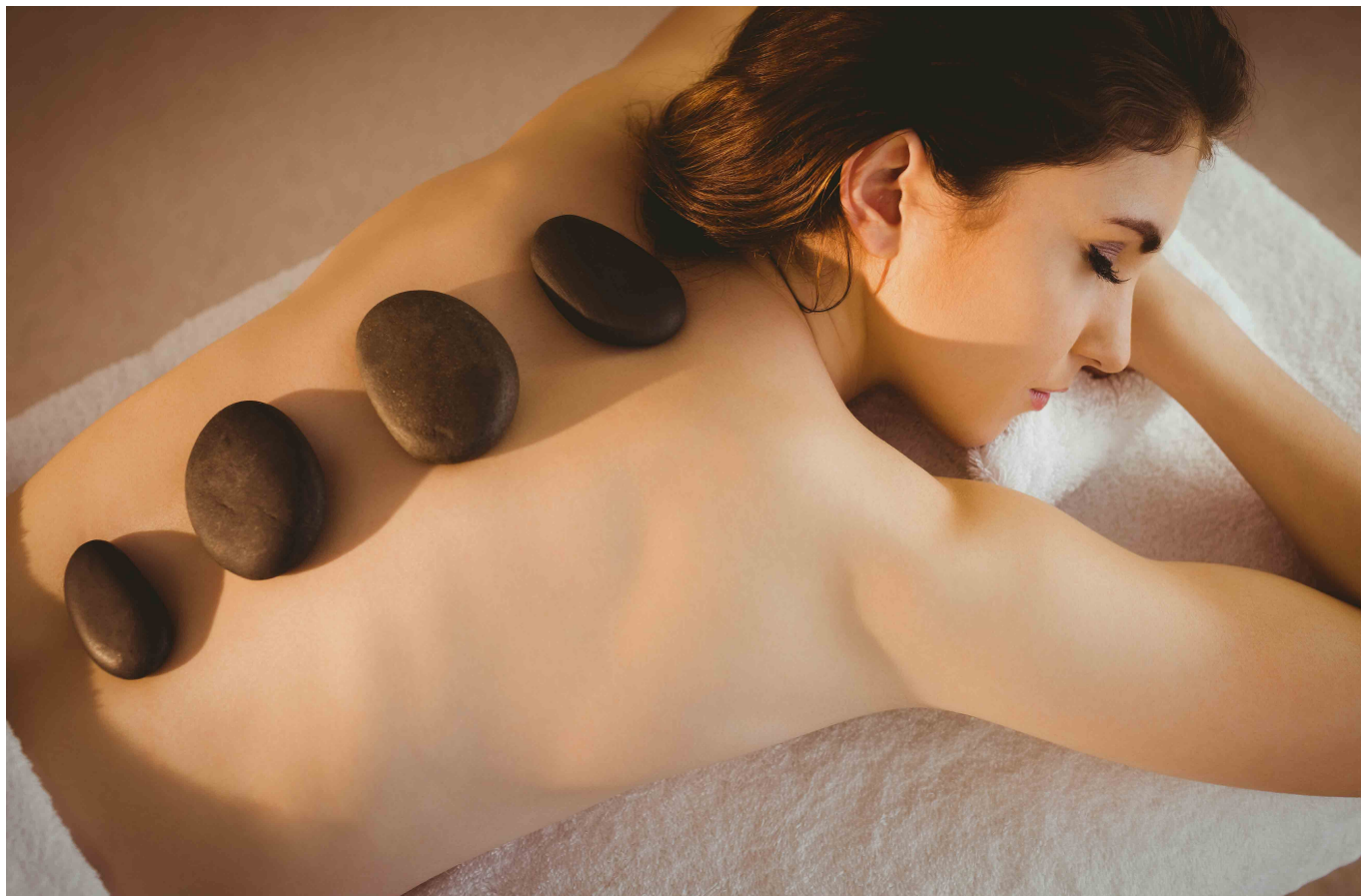
### REFLEXOLOGY (60 / 90 minutes)

Reflexology recognises how our feet have points that correspond to the organs and functions of the body which, when stimulated, can rectify imbalances, helping the body to repair itself. The technique of applying gentle pressure to the reflex points is ideal after a day of walking or travelling.

### HOT RIVER STONE MASSAGE (90 / 120 minutes)

A powerfully therapeutic massage utilising hot and smooth, oiled river stones. The hot stones glide along muscles, warming and loosening knots, correcting tensions at the deepest level. This melting sensation promotes a profound sense of relaxation.





## BODY CARE

Indulge in an exclusive and stimulating experience for your senses while you soak with our especially created baths. If you prefer to “detox” allow your body a short rest and recuperation from all the pollutants that surround us in the modern world with our purifying treatments to naturally cleanse your body. Allow our spa team to prepare everything for you just soak in, relax and unwind.





## BODY CARE

### COMO SHAMBHALA BATH (120 minutes)

This cleansing treatment works to gently exfoliate and soften the skin. After dry brushing the body, a specially prepared COMO Shambhala body scrub infused with shea butter, essential oils, almond, coconut, macadamia nut oils is applied to the body. After rinsing in an invigorating bath, this treatment concludes with a relaxing COMO Shambhala Massage.

### JAVANESE ROYAL LULUR BATH (120 minutes)

Lulur is a beauty ritual from the royal palaces of central Java. This gentle exfoliating treatment begins with an Indonesian massage. A body scrub with aromatic mixed spices precedes the application of cooling yoghurt and a relaxing bath. This treatment concludes with a soothing application of body lotion.

### COMO SHAMBHALA SUN SOOTHER (75 minutes)

This soothing and comforting face and body treatment is designed specifically for use after excessive sun exposure. The treatment is designed to nourish the skin while reducing heat and redness. Holistic ingredients such as blood orange, aloe vera, apricot kernel oil and shea butter are used to protect, heal and comfort damaged skin.

*\*Option of a 30 minute massage add on.*

### REJUVENATING BODY TREATMENT (90 minutes)

This treatment is inspired by the traditions of ancient philosophy. Dosha assessment, a process used to determine your body type, will be carried out prior to your treatment to ensure your needs are met. The treatment begins with an Abhyanga back massage using herbal oil. This will be followed by an exfoliation and the application of a herbal oil-based mask. The process will be repeated on the front of your body, before concluding with a therapeutic facial and hydration massage.

### SACRED LOTUS BODY TREATMENT (90 minutes)

This treatment has been developed specifically to provide tone and firmness to slack areas of skin. The treatment starts with a nourishing oil application and Abhyanga back massage, followed by a full body enzyme scrub and firming, peptide-infused body mask to exfoliate and detoxify the skin. The treatment concludes with a vigorous contouring massage using Sacred Lotus lotion. This treatment works by increasing circulation to the skin, naturally toning and smoothing the visible outer layers.



## SUNDĀRI FACIALS

SUNDĀRI combines adherence to Ayurvedic principles based on an ancient eastern philosophy with the finest quality ingredients from nature, delivering a holistic approach to wellness that result in outer radiance and inner serenity.

SUNDĀRI is an essential part of a lifestyle that enables you to achieve harmony and balance in mind, body and spirit.



## FACIAL CARE

### SUNDĀRI AGE DEFYING FIRING FACIALS (60 minutes)

Reclaim your skin's youth with this advanced facial featuring the regenerative properties of gotu kola, which feels luxurious and acts powerfully to instantly exfoliate, firm and improve your skin's tone and texture.

### SUNDĀRI INTENSIVE HEALING FACIAL (60 minutes)

This facial is suitable for very sensitive skin and utilises the purifying benefits of neem, known in India as the 'pharmacy tree'. Organic plants extracts combine with soothing oil to heal, hydrate and firm – restoring balance to sensitive or irritated skin, helping it regain strength and its youthful glow.

### SUNDĀRI ESSENTIAL SUPPLIFYING FACIAL (90 minutes)

Breathe new life into dry or stressed skin with this deeply nourishing, intensely hydrating facial. Our own Omega3+ complex uses naturally active ingredients to restore lost skin lipids – softening, renewing and awakening your natural glow.

### SUNDĀRI GENTLEMEN'S FACIAL (75 minutes)

A targeted face, eye and neck treatment for the unique needs of men's skin – using the healing powers of Neem to support the skin with nutrient infusion and intense enzyme exfoliation to firm, soothe and hydrate the skin.

### SUNDĀRI BEAUTIFUL EYES (30 minutes)

Hydrate and firm delicate eye areas with this luxurious treatment, assisted by the penetration of age-defying formulas to soothe puffiness, hydrate and relieve tired eyes.

### SUNDĀRI FIRING NECK TREATMENT (30 minutes)

Reclaim a firm, healthy appearance for the neck and décolletage after exposure to the elements. An active exfoliation with enzymes and bamboo extract reduces roughness, uneven pigment and loose skin. An energising mask and massage, utilising the rejuvenating effects of gotu kola leave skin firm, smooth and restored.



## BEAUTY THERAPY

Rediscover perfect hands and feet. A gentle exfoliation treatment followed by a massage to restore natural moisture and improve skin texture.



## BEAUTY THERAPY

### WAXING

Full legs  
Half legs  
Bikini line  
Underarms

### NAIL CARE: MANICURE AND PEDICURE

Nourishing treatments for hands and feet which include an aromatic foot soak, scrub and soothing massage.







## SPA ETIQUETTE

### HOURS OF SERVICE

Treatments: 9.00am to 9.00pm

### RESERVATIONS

Reservations can be made at the Kandooma Spa reception or by dialing extension 7166 on your in-room telephone. We suggest that you schedule your appointments in advance to obtain your preferred time.

### ADMISSION

All guests wishing to use the services and facilities of Kandooma Spa must be aged 16 or older, unless accompanied by an adult. Guests who have booked spa treatments have complimentary use of the changing room facilities, jacuzzi and steam room on the days of their treatments. Guests using these facilities without a spa treatment appointment for that day will be charged.

### ARRIVAL

We recommend that you arrive at least 15 minutes prior to your appointment time in order to relax and enjoy our facilities. Arriving late will limit the time of your treatment. For your first visit to Kandooma Spa, you will be asked to complete a brief, confidential consultation card. Please notify the spa reservation team before booking any treatment if you have any physical ailments, allergies or disabilities, or are taking and medication

### CANCELLATION POLICY

Should you wish to cancel an appointment, please let us know at least four hours beforehand or a 50% cancellation fee will be charged. No-shows will also be charged at the full treatment price.

### VALUABLES

Locker facilities are provided, though we advise you not to bring any valuables during your visit. Kandooma Spa accepts no responsibility for the loss of money or valuables of any kind.

### CHARGES

All services are subject to 10% Service Charge and prevailing government taxes.

### GRATUITIES

In appreciation of outstanding service, gratuities for staff may be left at your discretion. For your convenience, gratuities may be charged directly to your room.





AN **IHG**® HOTEL

KANDOOMA  
MALDIVES

Holiday Inn Resort® Kandooma Maldives | Kandooma Fushi | South Male Atoll | Republic of Maldives  
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