



CALM
SPA & SALON

A WORLD OF

Tranquil Relaxation

AND PEACEFULNESS



Signature Spa Rituals

ROMANTIC SPA GETAWAY FOR COUPLES

Begin with an exotic body exfoliation to get soft, glowing skin and then enjoy a massage with organic coconut oil for total relaxation. A rejuvenating ELEMIS skin booster facial completes this journey, performed in our private couples suite.

Duration: 110 MIN

COUPLES SPA RETREAT (3-DAY PROGRAMME)

Unwind in our couples suite with a body exfoliating ritual and nourishing Maldivian Massage. Relax on day two with a Signature Massage and cocooning hair treatment. Finally, look forward to a massage of your choice and a skin booster facial.

Duration: 240 MIN (3 x 80 MIN) per person

MANAFARU SIGNATURE ESCAPE

Submit yourself to our therapist's specialised touch, as your skin rekindles its glow during a natural coconut polish. It is followed by our Manafaru Signature Massage, leaving your mind, body and soul in a perfect state of harmony.

Duration: 110 MIN

ELEMIS COUTURE TOUCH

Condition your skin and muscles with this all-embracing experience. Combine any ELEMIS facial with your personalised Signature Massage.

Duration: 130 MIN

CALM SIGNATURE JOURNEY

Surrender to the gentle Ayurvedic Massage, followed by classic Shirodhara as a warm flow of herbal oil is poured on your forehead to awaken the sixth chakra of intuition. Relieve tension and improve clarity of mind with this traditional Indian journey.

Duration: 80 MIN



Massages

MANAFARU SIGNATURE MASSAGE

Feel the warmth of natural coconut oil on your skin as the key pressure points of your body are activated. Tailored to suit your needs, your therapist will draw upon your chosen massage styles to create a customised treatment.

Duration: 50/80 MIN

MALDIVIAN MASSAGE

Relax your mind as natural, organic coconut oil is applied in fluid, synchronized movements. Long light gliding strokes that are rhythmic and flowing will help you drift into a deeply relaxed state.

Duration: 50 MIN

DEEP TISSUE BACK MASSAGE

This restorative massage is specifically designed for tight, stressed and aching muscles. Deep pressure strokes are combined to alleviate muscle tension on the back, neck and shoulder area.

Duration: 45 MIN

SHIRODHARA

Clear your mind and enter a deep state of relaxation as a consistent flow of warm herbal oils poured over the forehead or 'third eye', awakens the sixth chakra of intuition. This treatment is accompanied by a tender scalp massage and is believed to reduce anxiety, insomnia and headaches.

Duration: 45 MIN

HOT STONE MASSAGE

Experience the sensation of smooth heated rocks with warm oil gliding along your muscles, correcting tensions at the deepest level. The heat can be both deeply relaxing and help warm up tight muscles.

Duration: 80 MIN

THAI MASSAGE

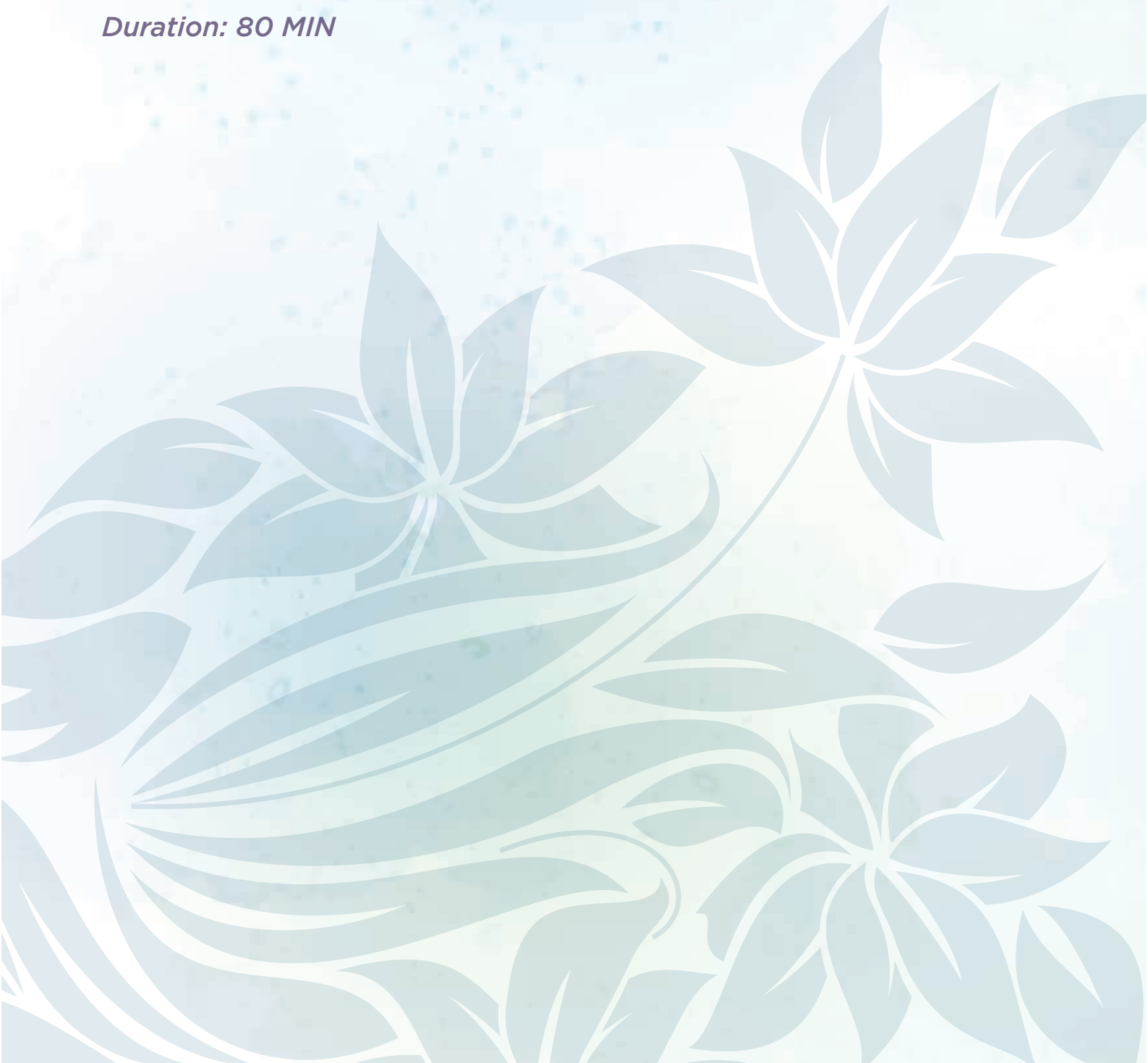
Boost energy, improve flexibility and ease tension through the combination of gentle yoga-style stretching techniques and knowledge of acupressure points. This no oil, dry massage, will stretch and stimulate pressure points along the body's energy meridians.

Duration: 50 MIN

ELEMIS PEACEFUL PREGNANCY MASSAGE

Performed on a pear-shaped bean bag that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

Duration: 80 MIN





Body Treats

ELEMIS CELLUTOX BODY WRAP

Detoxify and kick-start your body. Refine the appearance of cellulite and relieve the discomfort of fluid retention while cocooned in a comforting wrap, which is followed by a foot massage.

Duration: 80 MIN

ELEMIS MUSCLE EASE BODY WRAP

Warm your muscles with the special ingredients of this aromatic seaweed wrap which eases the pain associated with arthritis, fatigue and aching muscles.

Duration: 80 MIN

JA MANAFARU SIGNATURE POLISH

Discover the Maldivian secret to beautiful, radiant skin with our homemade coconut polish, followed with an intensely hydrating lotion to bring back hydration to the skin after being in the sun.

Duration: 50 MIN

ELEMIS INTENSELY CLEANSING SALT SCRUB

Your choice of fragrance salt is gently used to prepare your skin to absorb the deeply nourishing body lotion; leaving you with velvety, soft skin. Choose from Frangipani or Lime and Ginger.

Duration: 40 MIN



ELEMIS Facials

ELEMIS have been leading the way in innovative, professional therapies and formulations for over 25 years. Our experienced therapists are trained to intuitively nurture your wellbeing, treat your skin and achieve tailor-made results, with our very own JA Manafaru welcome touch to each ELEMIS facial.

ELEMIS PRO-COLLAGEN AGE DEFY

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

**Independent Clinical Trials*

Duration: 80 MIN

ELEMIS PRO-DEFINITION LIFT AND CONTOUR

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

Duration: 80 MIN

ELEMIS DYNAMIC RESURFACING PRECISION PEEL

Clinically proven* to target the signs of ageing and uneven skintone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

**Independent Clinical Trials*

Duration: 60 MIN





Mens Focus

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. Calm Spa responds with high performance therapies designed to restore energy, dynamism and lustre to male skin and body.

SPRING BACK

Take advantage of a deep-cleansing body brushing and exfoliation ritual to help stimulate circulation and cell renewal. This stress-relieving back treatment is followed by a Deep Tissue Back Massage to release tensions accumulated over time.

Duration: 50 MIN

ELEMIS HIGH PERFORMANCE SKIN ENERGISER

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration and decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

Duration: 80 MIN

ELEMIS TIME FOR MEN

Opt for a combination of grooming and relaxation. This treatment includes a full body massage to revitalize the senses as well as an ELEMIS High Performance Skin Energiser facial that rehydrates and decongests the skin.

Duration: 130 MIN



Add-Ons

Duration: 30 MIN

DELUXE FOOT REFLEX

De-stress and stimulate your body's own healing system with this treatment, where the foot reflex points are activated by deep thumb-rubbing for an overall feeling of wellbeing.

EXOTIC SCALP MASSAGE

Embrace a tranquil state of mind that enhances mental clarity, through a series of massage movements around the scalp.

AFTER SUN RE-TREAT

Hydrate your skin with a cooling Aloe Vera treatment to gently soothe and cool sunburned skin.

SKIN BOOSTER FACIAL

Renew your skin with this cleansing and nourishing quick-fix treatment, which gives you a smooth complexion and radiant glow.

Salon

- Trim
- Wash
- Shampoo and Cut
- Blow Dry

HAIR TREATMENT

Reward your tresses with a radiant hair and scalp treat that also lifts the spirit. First, your scalp is massaged with a rich cream to stimulate circulation and release tension. Steaming follows to hydrate and preserve suppleness. Your therapist then slowly massages your shoulders and upper arms before finally washing, applying hair tonic and drying.

For a special occasion or a bit of island flair, let our professionals give you a new look.

- Wedding or Evening Style
- Day or Evening Make-over

Seven-Day Manafaru Journey

Duration: 520 MIN

Make the most of every day you spend at JA Manafaru. Transform, relax and completely renew throughout your stay. This series of carefully selected treatments is designed to introduce you to our most popular therapies.

Day 1: Unwind

Shower – Floral Foot Ritual – Jet Lag Massage – Refreshment

Day 2: Cleanse

Floral Foot Ritual – Skin Nourishing Bath – ELEMIS intensely cleansing salt scrub – Shower – Refreshment

Day 3: Restore

Shower – Thai Massage or Ayurveda Massage & Shirodhara – Refreshment

Day 4: Detox

Floral Foot Ritual – ELEMIS Cellutox Body Wrap – Shower – Refreshment

Day 5: Recovery

Floral Foot Ritual – Indian Head Massage & Hair Deep Conditioning – Foot Reflexology – Refreshment

Day 6: Renew

Floral Foot Ritual – Maldivian Massage – Skin Booster Facial – Refreshment

Day 7: Rejuvenate

Floral Foot Ritual – JA Manafaru Signature Scrub – Manafaru Signature Massage – Refreshment



Spa Etiquette

- Please arrive at least 15 minutes prior to your treatment in order to complete your health assessment form. Arriving late could decrease the time of your treatment.
- We recommend that you leave all jewellery in the safe of your villa before coming to the spa.
- Please give at least 4 hours' cancellation notice on individual treatments and 24 hours' notice on packages, to avoid a 100% cancellation charge.
- For men, please shave at least 6 hours prior to all facial treatments to ensure maximum results and to avoid potential irritation.
- Smoking and using mobile phones are not permitted in the spa.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications, are advised to consult the doctor before booking any treatments.
- Please notify our spa receptionists of any existing medical condition.

Price list



SIGNATURE SPA RITUALS MINS USD

Romantic Spa Getaway for Couples	110	550
Couples Spa Retreat (3 Day Programme)	240	1,250
Manafaru Signature Escape	110	260
ELEMIS Couture Touch	130	310
Calm Signature Journey	80	240

MASSAGES

Manafaru Signature Massage	50/80	145/195
Maldivian Massage	50	130
Deep Tissue Back Massage	45	130
Shirodhara	45	145
Hot Stone Massage	80	195
Thai Massage	50	145
ELEMIS Peaceful Pregnancy Massage	80	185

BODY TREATS

ELEMIS Cellutox Body Wrap	80	230
ELEMIS Muscle Ease Body Wrap	80	230
JA Manafaru Signature Polish	50	155
ELEMIS Intensely Cleansing Salt Scrub	40	110

ELEMIS FACIALS

ELEMIS Pro-Collagen Age Defy	80	210
ELEMIS Pro-Definition Lift and Contour	80	210
ELEMIS Dynamic Resurfacing Precision Peel	60	180

MENS FOCUS

Spring Back	50	140
ELEMIS High Performance Skin Energiser	80	210
ELEMIS Time For Men	130	310

ADD-ONS

Deluxe Foot Reflex	30	70
Exotic Scalp Massage	30	70
After Sun Re-Treat	30	70
Skin Booster Facial	30	70

SALON

Trim		40
Wash		50
Shampoo and Cut		80
Blow Dry		100
Hair Treatment		100
Wedding or Evening Style		100
Day or Evening Make-over		100

SEVEN-DAY

MANAFARU JOURNEY	520	1,450
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Prices are in USD and inclusive of 10% service charge & 12% government charges



For bookings or enquiries, please call Calm Spa & Salon
on 418 or ask your villa host.
email: calmspa.mv@jaresorts.com

jaresortshotels.com