

Welcome to Navasana spa

Navasana is the combination of two Sanskrit words: “nava” – the vessel and “asana” – a term associated with the practice of yoga, meaning a body position used to fortify as well as relax body and mind in a wholesome manner. This is the holistic journey of Navasana.

A treatment at our spa is a voyage towards inner and outer beauty and serenity using the local healing traditions and wisdoms together with other worldwide therapeutic treatments that purify, reward and rejuvenate body and mind, restoring your natural equilibrium.

Our spa is a sanctuary of purifying and well-being which is set in an inspiring Zen decor in the beautiful Indian Ocean. Its oriental charm will subliminate your senses as you drift on the soothing lullaby of its whispering waters and gentle breezes.

The spa is a haven of tranquility.

The setting and our treatments are inspired by a world of cultures and lifestyles which invite you to discover and indulge in time-honoured traditions. These secrets have been merged into lavish body and beauty treatments, all designed for and dedicated to your utmost relaxation.

Our therapists will help you to identify what your body and mind need to restore and enhance your natural beauty and energy. Under their knowledge of the body and their skillful hands, you will be relieved of all stress and fatigue held in the deeper layers of your body and mind in the course of everyday life. You will recover your glow and energy.

Treat yourself with one of our signature treatments, and enjoy the experience of an authentic rejuvenation ritual and replenish your body with fresh energy. Discover true relaxation at Navasana Spa

CONTENTS

SIGNATURE JOURNEYS

Navasana Signature Massage	1
Navasana Lullaby Ritual	1
Maldivian Romantic Journey	1
Ayurveda Retreat	1

THE INDULGENT TIME FOR TWO

Ultimate Joy in Paradise	2
Romantic Getaway	2
Detoxification Retreat	2
After Sun Soother (Facial and Body)	2

WELL BEING

Three Days of Balancing	3
Five Days of Purifying	3
Seven Days of Rejuvenating	4

MASSAGES

The Ultimate Aromatherapy Experience by Aromatherapy Associates	5
Intensive Muscle Release by Aromatherapy Associates	5
Body Refiner by Aromatherapy Associates	5
Four Hand Massage	5
Aroma Stone Massage	6
Aromatic Massage	6
Balinese Massage	6
Traditional Thai Massage	6
Thai Herbal Compress Massage	6
Swedish Massage	6
Sport Massage	7
Jet Lag Massage	7
Lymphatic Drainage Massage	7
Back, Neck, Shoulder Massage	7
Foot Massage	7

AYURVEDIC TREATMENTS

Marma Abhyanga Massage	8
Murradanda Massage	8
Indian Head Massage	8

BODY SCRUBS

Sea Salt Scrub	9
Coconut Scrub	9
Green Tea Scrub	9
Tamarind Scrub	9
Detoxifying Scrub	9

BODY WRAPS

Dead Sea Mud Wrap	10
Coconut Wrap	10
Green Tea Wrap	10
Seaweed Wrap	10
Detoxifying Wrap	10
Aloe Body Wrap	10

Facials / Facial Treatments BY AROMATHERAPY ASSOCIATES

Navasana Secret Element Organic Facial	11
Ultimate Aromatherapy Associates Facial	11
Age Repair Facial	11
Essential Rose Facial	11
Rose Infinity Facial	12
Soothing Facial	12
Deep Cleanse Facial	12
Instant Eye Repair	12

men's facial treatments BY AROMATHERAPY ASSOCIATES

The Refinery Ultimate Face and Body Treatment	13
The Refinery Essential Facial	13

Bath

Navasana Milky Bath Collection 14

steams

Ayurvedic Steam 14

Herbal Steam 14

IN-Room tReatmeNts

Traditional Thai Massage 14

Foot Massage 14

Balancing Milky Bath 14

Calming Milky Bath 14

Energizing Milky Bath 14

Detoxifying Milky Bath 14

Red Wine Milky Foaming Bath 14

BeaUtY sa lON

Hair Care 15

Nail Care 15

Waxing 15

spa etlQUette

Opening Hours 16

Arrival Time 16

Late Arrival 16

Spa Attire 16

Wet Zone 16

Valuables 16

Comfort 16

No Smoking 16

Sanctuary 16

Cancellation 16

Payment Method 17

Gratuity 17

Special Consideration 17

Special Notes 17

SIGNATURE JOURNEYS

Navasana Lullaby Ritual

120 minutes

Cocoon yourself in deep relaxation and harmony before you have a deep night's sleep. The In-Room Lullaby Ritual begins with a calming milky bath with floral petals, leaving your body heavenly soothed and de-stressed. The rich scent of the lavender essential oil in your room calms your mind from stress. This is followed by a head-to-toe Relaxing massage using carefully applied pressure techniques, kneading your muscles into relaxation. The scents of naturally blended aroma massage oils promotes a deep sense of calm, balancing the nervous system and easing an overactive mind. Comfortable bedding and good night sleep kits are provided to help to induce a great night's sleep.

- Floral Foot Ritual • Calming Milky Bath
- Relaxing Massage • Chamomile Tea with Bedtime Snack • Good Night Sleep Kit

Navasana Signature Massage

90 minutes

Exclusive to Navasana Spa is the combination of the Lomi Lomi – a traditional Hawaiian massage technique, and the Traditional Thai massage – one of the world's oldest healing therapies. This massage consists of a long firm continuous flowing stroke technique and Thai yoga stretching to unblock the energy flow and help loosen up tense muscles, to restore the balance and harmony of your body and spirit.

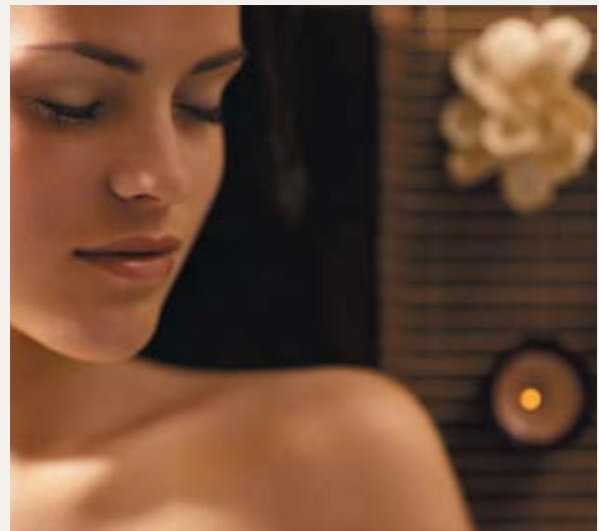
- Floral Foot Ritual • Navasana Signature Massage
- Refreshment

Maldivian Romantic Journey

180 minutes

Relax and pamper your entire body and feel completely rejuvenated by the secret healing properties of coconut. A milky bath will nourish and promote radiant and silky smooth skin, and a coconut scrub and wrap will purify and return your skin to a more natural state.

- Floral Foot Ritual • Balancing Milky Bath
- Coconut Scrub • Coconut Wrap
- Aromatic Massage • Refreshment



Ayurveda Retreat

150 minutes

Explore the world of Ayurveda. Your journey begins with Ayurvedic steam to help improve blood circulation and draw out toxins of the body. This is followed by an Indian head massage to liberate built-up stress and tension. We finish with a full body Marma Abhyanga massage to promote life force energy throughout the body, and a sense of well-being.

- Floral Foot Ritual • Ayurvedic Steam
- Indian Head Massage • Marma Abhyanga Massage
- Refreshment

the INDULGent time fOR tWo

Enjoy some indulgent time with your loved one, relaxing in a pampering treatment that will leave you with a truly memorable experience.



uLtiMate Joy iN paRadise

180 minutes

for her

- Floral Foot Ritual • Choice of Massage, Aromatic, Thai Herbal Compress or Sport • Rose Infinity Facial • Refreshment

for him

- Floral Foot Ritual • Choice of Massage Aromatic, Thai Herbal Compress, Sport or Swedish
- The Refinery Essential Facial • Refreshment

afteR suN sootheR

120 minutes

- Floral Foot Ritual • Aloe Body Wrap
- Facial Treatment

RoMaNtic getaway

180 minutes

- Floral Foot Ritual • Red Wine Milky Foaming Bath
- Aromatic Massage, choice of The Refinery Essential Facial or Deep Cleanse Facial by Aromatherapy Associates • Refreshment

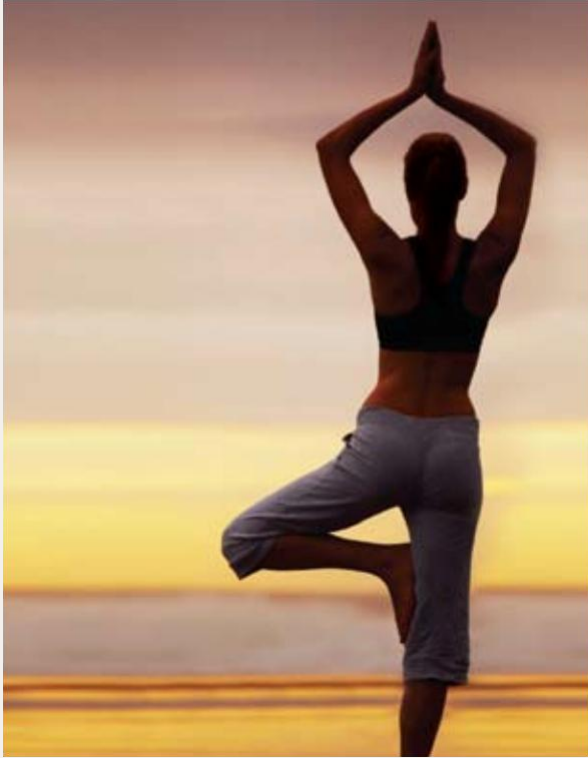
detoxification RetREAT

255 minutes

- Floral Foot Ritual • Detoxification Bath
- Detoxification Scrub • Detoxification Wrap
- Lymphatic Drainage Massage • Refreshment

W e I I B e I N G

Enjoy soothing yet energizing head-to-toe treatments. These programs encourage total purification and rejuvenation, and will leave you feeling revitalized and relaxed, and promote a calm sense of well-being.



thRee days of baLaNciNg

9 hours

Day 1

- Floral Foot Ritual • B alancing Milky Bath
- J et Lag Massage • Refreshment

Day 2

- Floral Foot Ritual • Choice of Body Scrub
- Choice of Body Wrap • Refreshment

Day 3

- Floral Foot Ritual • Navasana Secret Element
- Organic Facial • Choice of Body Wrap
- Refreshment

Daily Choice of Yoga or Meditation

Spa Gift

five days of puRifyiNg

12 hours

Day 1

- Floral Foot Ritual • Detoxifying Milky Bath
- Refreshment

Day 2

- Floral Foot Ritual • J et Lag Massage
- Refreshment

Day 3

- Floral Foot Ritual • Detoxification Scrub
- Detoxification Wrap • Refreshment

Day 4

- Floral Foot Ritual • Traditional Thai Massage
- Indian Head Massage • R efreshment

Day 5

- Floral Foot Ritual • Choice of 90 minute
- Aromatherapy Associates Facial • Refreshment

Daily Choice of Yoga or Meditation

Spa Gift

seven days of Rejuvenating

16.5 hours

Pamper yourself with a range of therapeutic treatments that reward and rejuvenate, while increasing vitality and creating wholeness of mind, body and spirit.

Day 1

- Floral Foot Ritual • Choice of Navasana's Signature Milky Bath Collection – Balancing, Calming, Energizing, Detoxifying or Red Wine Milky Foaming Bath • Refreshment

Day 2

- Floral Foot Ritual • Navasana Signature Massage • Refreshment

Day 3

- Floral Foot Ritual • Choice of Body Scrub
- Choice of Body Wrap • Refreshment

Day 4

- Floral Foot Ritual • Herbal Steam
- Traditional Thai Massage or Aromatic Massage
- Refreshment

Day 5

- Floral Foot Ritual • Choice of 90 minute Aromatherapy Associates Facial • Refreshment

Day 6

- Floral Foot Ritual • Aloe Body Wrap
- Refreshment

Day 7

- Floral Foot Ritual • Murradanda or Marma Abhyanga Massage • Refreshment

Daily Choice of Yoga or Meditation

Spa Gift

massaGe



the ultimate aROMaTherapy expeRIence by aROMaTherapy associates

90 minutes

This treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system with Swedish and neuromuscular techniques which relieve muscular tension and help with lymphatic drainage to encourage a healthy circulation. Stresses and strains aches are dissolved away.

• Floral Foot Ritual • The Ultimate Aromatherapy Experience Massage • Refreshment

intensive MuscLe ReLease by aROMaTherapy associates

90 minutes

An intensive massage that works deep into stiff, tight and aching muscles to instantly release pain and tension.

• Floral Foot Ritual • Intensive Muscle Release Massage • Refreshment

body RefiNeR by aROMaTherapy associates

60 minutes

A toning and slimming treatment which refines the body contours and eliminates excess fluids, leaving a slimmer silhouette and smoother skin.

• Floral Foot Ritual • Body Refiner Massage
• Refreshment

four hANd Massage

90 minutes

An ultimate and unforgettable massage experience, with two talented and skillful therapists working on your body to apply synchronized pressure through rhythmic movement leaving you with a sense of balance.

• Floral Foot Ritual • Four Hand Massage
• Refreshment

a R o M a s t o N e M a s s a g e

90 minutes

Our special preparation of essential oils coupled with smooth relaxing movements will release the heat contained in stones to deeper layers of the tissues, loosening muscular tightness and providing total relaxation and a sensation of peace and spiritual wellness.

- Floral Foot Ritual • Aroma Stone Massage
- Refreshment

a R o M a t i c M a s s a g e

90 minutes

The ancient art of aromatherapy soothes and relaxes both body and spirit. Experience the benefits of a soft to medium massage with a selection of blend essential oils – Balancing, Calming, Energizing and Detoxifying. These oils have therapeutic properties which ensure muscle relaxation, and harmonize bodily functions to improve circulation, digestion, respiration and finally bring deep relaxation.

- Floral Foot Ritual • Aromatic Massage
- Refreshment.

b a L i N e s e M a s s a g e

90 minutes

The ancient art of massage from the island of Bali, Indonesia that combines influences and techniques from various traditional medicine systems in Asia to create a physical and spiritual balance for your body and mind.

- Floral Foot Ritual • Balinese Massage
- Refreshment

t R a d i t i o N a L t h a i M a s s a g e

90 minutes

One of the world's most popular, centuries-old massages that combines firm acupressure and palm and thumb techniques administered to specific points along the body's meridian lines. Trapped energy is unblocked using rhythmic pressure on the body. Yoga postures and stretches release tension, activate circulation and increase vitality.

- Floral Foot Ritual • Traditional Thai Massage
- Refreshment

t h a i h e R b a L c o M P R e s s M a s s a g e

90 minutes

Traditional Thai massage where heated aromatic poultices of herbs are applied to the body, followed by a full-body massage to soothe and detoxify tired and aching muscles.

- Floral Foot Ritual • Thai Herbal Compress Massage
- Refreshment

s w e d i s h M a s s a g e

90 minutes

This traditional, classic massage with the five variations of massage strokes: gliding, kneading, friction, vibration and percussion increases circulation, stimulates the nervous system, removes metabolic waste products and promotes physical and mental well-being.

- Floral Foot Ritual • Swedish Massage
- Refreshment

sport Massage

90 minutes

Suitable before and after intense activity, this massage helps to prevent and relieve cramps and muscle pain. It soothes muscles, increases blood circulation, improves tone and flexibility. It also helps to eliminate lactic acid produced by tired muscles and accelerates recovery.

- Floral Foot Ritual • Sport Massage
- Refreshment

Jet Lag Massage

90 minutes

A pampering massage that boosts head-to-toe circulation by stimulating and invigorating the whole body circulation. The massage relieves the tiredness associated with travel and promotes a sense of deep relaxation. This is definitely a perfect massage for travelers after a long flight.

- Floral Foot Ritual • Jet Lag Massage
- Refreshment

Lymphatic drainage Massage

90 minutes

Soft, slow and rhythmic massage contributes to the regeneration of cells. It stimulates the circulation of the lymphatic system helping to eliminate excess fluids and toxins. This circulatory massage helps to reduce cellulite while stimulating blood circulation and the immunity system.

- Floral Foot Ritual • Lymphatic Drainage Massage
- Refreshment

back, Neck, shoulder Massage

60 minutes

This massage uses special techniques to treat areas of tension in the back, neck and shoulders to reduce aches, stiffness and tension. Aromatherapy acts on the mental elements of tension for a deeper relaxation.

- Floral Foot Ritual • Back, Neck, Shoulder Massage
- Refreshment

foot Massage

60 minutes

A concentration of relaxation points, each corresponding to bodily functions or organs, are found on the feet. The same method of relaxing pressure massage is applied in the soles of your feet in order to restore the body's energy flow. The whole body is relaxed and re-energized.

- Floral Foot Ritual • Foot Massage • Refreshment



MaRMa abhyaNgA Massage

90 minutes

Using a centuries-old technique, the Abhyanga full body massage focuses on the Marmas, significant Ayurvedic sites on the body that can be stimulated to promote life force energy throughout the body and eliminate mental and physical stress. Therapists use warm medicated herbal oil to soothe the body and mind.

- Floral Foot Ritual • Marma Abhyanga Massage
- Refreshment

iNdian head Massage

60 minutes

For this particular head massage, based on Ayurvedic principles, warm coconut oil is gently poured and massaged into the scalp with stimulating strokes and pressure point techniques to increase circulation and liberate all built-up stress and tension.

- Floral Foot Ritual • Indian Head Massage
- Refreshment

MuRRadaNda Massage

90 minutes

This therapeutic massage increases vitality and flexibility in the upper and lower back. The treatment begins with Ayurvedic oil applied on the back and the therapist uses a special massage technique on the cervical and lumbar areas to stimulate blood circulation, relaxing stiff or sore muscles and soothing pain on the back. This is followed by a perfectly heated sand pouch to help reduce aches and pains, leaving you refreshed and relaxed.

- Floral Foot Ritual • Murradanda Massage
- Refreshment

BodY sCRUBs



sea salt sCRub

60 minutes

Sea salt and olive oil gently cleanse pores and exfoliate to promote skin renewal as well as to reveal the softer, more youthful looking and healthier skin underneath.

• Floral Foot Ritual • Sea Salt Scrub • Refreshment

cocoNut sCRub

60 minutes

Coconut is known to be rich in Vitamin E and other anti-oxidants. This exfoliating scrub helps to remove dead skin cells, and stimulate skin microcirculation, leaving your skin feeling soft and smooth.

• Floral Foot Ritual • Coconut Scrub • Refreshment

gReeN tea sCRub

60 minutes

This scrub purifies your skin with the power of antioxidants and anti-inflammatory properties of green tea. It gently removes dull surface skin cells to allow more effective absorption of the moisturizer, leaving your skin purified, smooth and revitalized.

• Floral Foot Ritual • Green Tea Scrub • Refreshment

taMaRiNd sCRub

60 minutes

Indulge in the ancient oriental beauty secret of the tamarind scrub, famous for its richness in plant acid and vitamins. Its extract features outstanding properties of brightening and purifying. This scrub is used for deep cleansing to provide a natural glow. It draws out toxins and impurities, making the skin soft and preventing pigmentation. The oriental scent clears both mind and body.

• Floral Foot Ritual • Tamarind Scrub • Refreshment

deToxifyiNg sCRub

60 minutes

This blend exfoliation helps to stimulate the circulatory and lymphatic systems and assists in the elimination of toxins. It softens and refreshes the skin.

• Floral Foot Ritual • Detoxifying Scrub • Refreshment

B o d Y W R a p s



d e a d s e a M u d w R a p

60 minutes

Nourish your skin with this popular, mineral-rich mud wrap. Dead Sea mud has a high mineral concentration of magnesium, calcium and potassium. This mineral composition helps to nourish, detoxify and hydrate the skin as it relaxes your nerves.

- Floral Foot Ritual • Dead Sea Mud Wrap
- Refreshment

c o c o N u t w R a p

60 minutes

Enfold your body with this coconut wrap to nourish your skin with the richness of Vitamin E. This is suitable for sensitive and sun kissed skin. The coconut will help heal and cool your skin while the essential oil soothes and nourishes.

- Floral Foot Ritual • Coconut Wrap • Refreshment

g R e e N t e a w R a p

60 minutes

Experience cocooning your body with the powerful anti-oxidant properties of green tea. This wrap purifies and helps rid the body of toxins, promoting healthy skin and natural beauty.

- Floral Foot Ritual • Green Tea Wrap • Refreshment

s e a w e e d w R a p

60 minutes

The secret of thalassotherapy helps to eliminate toxins and impurities from your body. This plant revitalizes the skin with extremely powerful natural properties to increase circulation, cleanse and moisturize.

- Floral Foot Ritual • Seaweed Wrap • Refreshment

d e t o x i f y i n g w R a p

60 minutes

The properties in this rich wrap draws out toxins and impurities from the body, stimulating circulation and relieving fluid retention.

- Floral Foot Ritual • Detoxifying Wrap • Refreshment

a L o e b o d y w R a p

60 minutes

This cooling and calming treatment helps to heal, soothe and reduce the skin temperature. The Aloe Vera helps your skin to feel soft and smooth. This is an ideal treatment for sunburned skin or excessive sun exposure.

- Floral Foot Ritual • Aloe Body Wrap • Refreshment

facials / facial treatments

BY aROMaTherapy associates



Navasana secret element
organic facial

90 minutes

Inspired by the therapeutic power of nature, our secret element organic facial treatment incorporates the healing art of oriental remedies infused with classical aromatherapy to purify, balance, revitalize and make your facial skin firm. The rose aroma from the organic rose water soothes the senses and improves your skin's nourishment.

- Floral Foot Ritual • Navasana Secret Element Organic Facial • Refreshment

ultimate aROMaTherapy
associates facial

90 minutes

A bespoke facial that is designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts is applied with specifically designed massage techniques in order to restore and recondition the skin, leaving your complexion smooth and luminous.

- Floral Foot Ritual • Ultimate Aromatherapy Associates Facial • Refreshment

age Repair facial

90 minutes

This facial is an intensive treatment for aging skin. It features a unique dual layering of intensive masks, with specific lifting, plumping and firming massage to deliver instantly visible results.

- Floral Foot Ritual • Age Repair Facial • Refreshment

essential Rose facial

90 minutes

Luxurious rose oils help condition the skin and deeply nourish. The result is a smooth, radiant complexion and a relaxed state of mind.

- Floral Foot Ritual • Essential Rose Facial • Refreshment

Rose iNfINity facial

90 minutes

Achieve instant, long lasting results that noticeably lift, tone and firm the skin, leaving you with a flawless, healthy and younger looking complexion. The rose infinity facial harnesses the most advanced natural ingredients to reveal younger looking skin and a radiant complexion.

- Floral Foot Ritual • Rose Infinity Facial
- Refreshment

soothiNg facial

90 minutes

A truly soothing and calming facial suitable for irritated or inflamed skin, helping to reduce redness, nourish, sooth, and restore the skin's natural radiance.

- Floral Foot Ritual • Soothing Facial
- Refreshment

deep cLeaNse facial

60 minutes

An intensive treatment that incorporates steaming, extraction and hot towel compresses, alongside facial massage and a freshwater mud mask, leaving your skin clean fresh.

- Floral Foot Ritual • Deep Cleanse Facial
- Refreshment

iNstaNt eye Repair

30 minutes

Specialized massage techniques improve micro-circulation and drainage, helping to reduce puffiness, whilst natural plant extracts and oils work to leave the eyes fresh, bright and youthful.

- Floral Foot Ritual • Instant Eye Repair
- Refreshment

men's facial treatments

BY aRomatherapy associates



the RefiNeRy uLtiMate face aNd body tReatMeNt

90 minutes

Achieve a heightened state of relaxation and well-being with this treatment. Begin your experience with a back cleanse and exfoliation to refreshes the skin. Continue the journey with a stress relieving back massage and therapeutic Ayurvedic scalp massage to pinpoint areas of tension, bringing relief to tired or aching muscles. Then enjoy a deep cleansing facial using an exotic blend of the finest essential oils and effective natural botanicals unique to the Refinery range, while rebalancing your skin, leaving it bright, supple and refreshed.

• Floral Foot Ritual • The Refinery Ultimate Face and Body Treatment • Refreshment

the RefiNeRy esseNtial faciaL

60 minutes

When time is short and you need to look your best, this deep cleansing and brightening facial, will leave your skin looking clean and luminous. The results are a clear, clean and bright complexion, full of health and vitality

• Floral Foot Ritual • The Refinery Essential Facial • Refreshment

Bath / steams / IN-Room treatments



heRbaL steaM

30 minutes

Experience the energizing and refreshing therapeutic power of herbs. The hot steam will open the pores and allow the herbal vapors to enter the skin to draw toxins out, cleansing and nourishing the body and leaving the skin smooth and purified.

iN-RooM tReatMeNts

Traditional Thai Massage	90 minutes
Foot Massage	60 minutes
Balancing Milky Bath	30 minutes
Calming Milky Bath	30 minutes
Energizing Milky Bath	30 minutes
Detoxifying Milky Bath	30 minutes
Red Wine Milky Foaming Bath	30 minutes

Navasana Milky bath collection

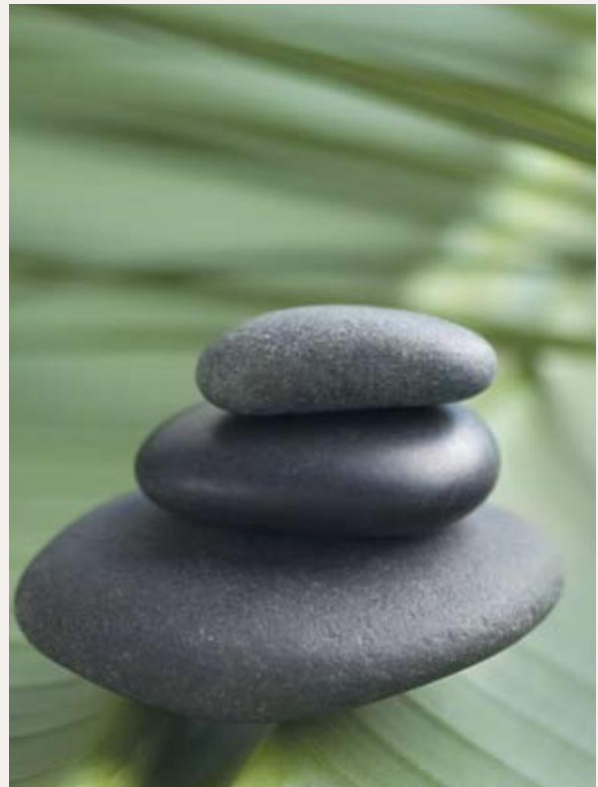
30 minutes

Select from Navasana's signature Milky Bath Collection – Balancing, Calming, Energizing, Detoxifying and Red Wine Milky Foaming. This relaxing floral milky bath helps balancing your mind, body and spirit.

ayuRvedic steaM

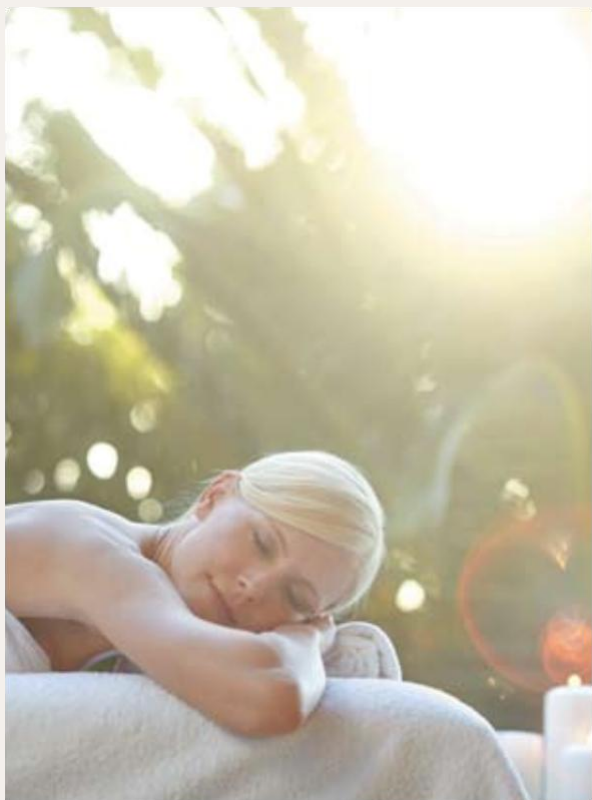
30 minutes

A well known Ayurveda, the old-healing system from India, aims to treat body, mind and soul while enhancing the sense of well-being. The healing properties from the therapeutic steam helps to improve blood circulation, and draw out toxins from the body to stimulate blood circulation, and relax and invigorate the body and mind.



BeaUtY saLoN

Our Salon offers a wide range of pampering beauty, hair, nail and depilatory waxing to suit your needs.



h a i R c a R e

Treat your hair with care with our high quality professional hair care products, Paul Mitchell at Navasana Spa.

Shampoo and Blow Dry

Shampoo, Cut and Blow Dry

Hair Trim

Hair Mask and Deep Conditioning

N a i L c a R e

Pamper your hand and feet with various offers using premium products from O.P.I .

Her – Manicure

Her – Pedicure

Her – French Manicure

Her – French Pedicure

File and Polish

Him – Manicure

Him – Pedicure

w a x i N g

A long time popular Lycon wax from Australia is available for you. Experience many types of service with effective results.

Basic Bikini

Brazilian

Half Leg

Full Leg

Under Arm

Full Arm

Eyebrow

Lip

spa eTIQUette

opeNiNg houRs

Navasana Spa opens daily from 10:00 am to 9:00 pm. Last treatment finishes at 9:00 pm.

aRRivaL tiMe

To fully enjoy your spa experience, please arrive 15 minutes prior to your scheduled appointment, in order to check-in, complete your health assessment form and take time to relax in our tranquil surroundings before your treatment. For the best results, and to relax and prepare your body for the treatments, we encourage you to take a shower prior to starting your spa treatment.

Late aRRivaL

Please plan your spa experience carefully as all treatments begin at the scheduled time. Arriving late will decrease the time of your treatment and the full treatment fee will still apply.

spa attire

We recommend wearing comfortable clothing or spa attire – a locker is provided for your personal belongings. Swimwear is required to be worn for spa facilities. Disposable underwear is available for body treatments. To avoid any discomfort during the treatment, please remove your contact lenses prior to entering the spa.

wet Zone

As a guest of Outrigger Konotta Resort Maldives, you are welcome to use our relaxation lounge and Hydro Pool. The minimum age requirement for access to the Wet Zone is 17 years old.

valuables

To prevent loss or damage, it is recommended that you leave all valuables in the safe deposit box in your room. The spa will not be responsible for any loss or damage of valuable items at the spa. A jewelry box is provided for you in your spa treatment room.

comfOrt

During any treatment, you should inform your massage therapist about your level of comfort; such as, room temperature, music volume, lighting, etc. Please note that it is a breach of spa etiquette to initiate suggestive or inappropriate behavior at any time while at the Spa or during treatments. If this occurs, the therapist has the right to end the massage immediately and inform management.

No sMoking

To keep the spa as a healthy and smoke free environment for all guests, smoking is not permitted in the Spa.

saNctuaRy

To help everyone enjoy the tranquil and peaceful environment, all the visitors must keep the place calm with noise to the minimum. Please respect the comfort and privacy of other guests by turning off your mobile phone.

caNceLLatioN

Four-hours cancellation notice is required to help the spa reschedule your appointment, subject to space availability. Any cancellation with less than four-hours notice will incur a 50% cancellation fee. Full charge will be imposed for 'no show'.

payMeNt Method

The spa accepts all major credit cards and cash. Hotel guests may charge their treatments to their room.

gRatuity

For your convenience, a 10% service charge and all applicable government tax will be added to your final bill of each treatment session. Personal gratuities are at your discretion.

speCiaL cONsideRatiON

Guests who have health conditions; such as, injuries, high blood pressure, heart conditions, allergies, pregnancy or other medical complications are advised to consult the doctor before signing up for any treatments. Please notify our spa receptionists of any existing medical conditions which could affect your treatment when making reservation.

speCiaL Notes

Guests are advised not to sunbathe after an aromatherapy treatment.

It is advisable for male guests to shave four hours prior to all facial treatments to ensure that maximum results are achieved.

All prices are in USD and are subject to 10% service charge and all applicable government taxes.

Prices are subject to change without prior notice. Treatments are available from 10:00 am to 9:00 pm. (last treatment finishes at 9:00 pm).

To make a reservation, please contact Navasana Spa.