

The background of the entire image is a dense, repeating pattern of tropical leaves, including palm fronds and monstera-like leaves, in various shades of green against a dark blue background. The leaves are layered and overlapping, creating a lush, jungle-like texture.

*esKape*

S P A M E N U



## esKape Spa Menu

esKape. Detox. Destress.

Whether you are jet lagged, overworked, under-slept or partied out, esKape Spa promises the outcome you need and with the add-ons you want to get you back in the game.

# esKape Signatures

## Maldivian Ocean Dream Massage

90 mins \$150

Our signature massage triumphs over aches and pains. With a blend of specialised techniques from medium to firm pressure, this massage brings relief to tired muscles. A combination of deep pressure and stretching techniques to make you feel as good as new.

## Paradise-Me

120 mins \$210

Begin your journey with a cleansing coffee body scrub, prepare to float away while our therapist uses deep relaxation and stretching massage techniques. Ending off with a coconut milk ritual whilst listening to the sound of the waves.

30 mins Coffee Body Scrub, 60 mins Massage, 30 mins Coconut Milk Body Mask.

## Sea Coconut Secret

90 mins \$190

The humble Maldivian coconut is adored by the locals for its nourishing and soothing properties. You will find this treatment oh-so rejuvenating. Begin your journey with a foot ritual to treat your feet, which is then followed by a gentle exfoliation. The natural scrub ingredients include fragrant toasted coconut to renew, nourish and soften your skin, and to make you feel refreshed and shimmering.

All prices are subject to 10% Service Charge and 16% GST.



# My Kind of Massage

## Balinese

60 mins \$120 / 90 mins \$145

Enjoy a taste of Bali using traditional, ancient Balinese methods of massage. A combination of palm and thumb, that eases muscle tension, calms neural pathways, encourages circulation and reduces stress levels. Specially blended oils reinstate peace of mind with their unique calming and soothing qualities.

## Muscle Ease Massage

90 mins 160

A therapeutic massage using Thai style stretching techniques and deep relaxing strokes, feel the knots and tension slip away. This unique experience will make you feel completely energized and refreshed.

## Healing Aromatherapy

60 mins \$120 / 90 mins \$135

Bring your body back into alignment with its natural rhythm as it benefits from this soft, relaxing, wave-like massage with long, sweeping movements using palm pressure that soothes your body and mind. Choose from our selection of different aromatherapy oils.

All prices are subject to 10% Service Charge and 16% GST.

## Sports

60 mins \$130 / 90 mins \$150

A powerful massage designed to alleviate deep-seated tension and muscular stress. Using medium to firm pressure and stretching along with acupressure and deep movements, to increase blood circulation that will bring you a sense of freshness and revitalization.

## Detox Massage

90 mins \$160

Using a combination of cellulite and deep tissue movements to allow your body to remove those unwanted toxins. Our detox massage will also assist in strengthening muscles and improve circulation to aim at a healthier and more energetic you.

## Traditional Thai

90 mins \$150

Experience this traditional massage from Thailand. Combining acupressure techniques, it will increase blood circulation and strenghten yoga postures, improve mobility and flexibility of both muscles and joints.

## Warm Stone Massage

90 mins \$155

A therapeutic and rejuvenating massage using warm volcanic stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

All prices are subject to 10% Service Charge and 16% GST.

## Herbal Compress

90 mins \$155

Practiced for many years, this ancient art of healing promotes emotional and physical well-being. Warm Thai herbal compresses provide anti-inflammatory, antiseptic and anti-oxidant properties to relieve stress and fatigue.

## Both of You Naturally Nurtured

60 mins \$120 / 90 mins \$140

Nurture your skin when you need it most with this gentle restorative and entirely tailored massage. Ideal for expectant mothers after their first trimester.

## No More Cellulite

60 mins \$130

This stimulating massage targets cellulite-affected areas, reduces fluid retention and improves skin texture. Focusing on common problem areas such as your hips and thighs, this revitalizing treatment will alleviate and release toxin build-up and minimise the appearance of cellulite.

## Basic Massage Lesson for Two

90 mins \$150

Why not learn a relaxing massage technique for your loved ones? Give it a try and have fun!

All prices are subject to 10% Service Charge and 16% GST.



# Holistic esKape

## Lymphatic Drainage

60 mins \$120

This treatment uses hands-on massage technique designed to activate, stimulate and cleanse your lymphatic system. The pressure applied is very light and gentle. It will alleviate inflammation, water retention and help your body detoxify.

## Foot Reflexology

30 mins \$90 / 60 mins \$110

Alleviate stress and calm your body down with this effective treatment. The theory behind reflexology states that specific areas in your feet correspond to specific organs and vital body systems, and that by adding pressure to these points we are able to diffuse stress within the body.

All prices are subject to 10% Service Charge and 16% GST.

# esKape Bundles

## Blissful esKape

90 mins \$165

Start off with a Balinese herbal body mask made of natural ingredients, nutmeg, clove and ginger. Overcome muscle tension, uneven skin texture as our therapist lightly applies the mask to the body, followed by the traditional Balinese massage.

30 mins Herbal body mask, 60 Mins Balinese massage

## esKapism

90 mins \$185

Eskape. Relax. Renew.

Begin with a full-body exfoliation that makes your skin feel smooth and renewed. Then follow with our signature Maldivian Ocean Dream Massage using a variety of techniques that release deep seated knots and tension areas.

A choice of Body Scrub 30 mins, Maldivian Ocean Dream Massage 60 mins.

## esKape Detox

120 mins \$220

This fusion treatment creates a truly detoxifying experience which will ensure you are remineralised and detoxified. Spa therapist starts off with a technique to stimulate circulation preparing the skin for effective product absorption and toxin elimination and follows with a Detoxifying Seaweed Wrap and a long stroke flowing massage using Seaweed Oil with Fucus Serratus and Sweet Orange essential oil for further detoxification. Seaweed Wrap 60 mins, Lymphatic Drainage or No More Cellulite Massage 60 mins.

All prices are subject to 10% Service Charge and 16% GST.

# Reset Packages

120 MINS PER DAY

We believe in providing you with the best and most transformative experience possible. Our expertly trained team will escort you to one of our ten bespoke retreats located on the beach, ensuring that your spa experience is extraordinary.

## Rejuvenate Your Mind and Body

3 Days

\$525

5 Days

\$825

7 Days

\$1025

Customize your spa package, choose from any of the following

- Massages
- Facials
- Body Treatments

All prices are subject to 10% Service Charge and 16% GST.



## Couple esKape

### esKape to Romance

120 mins \$385

A choice of exfoliator for the skin renewal and restoration, which is followed with the Maldivian Ocean Dream massage leaving you rejuvenated. Finally, enjoy a glass of bubbly whilst daydreaming over the infinite view of the Indian Ocean.

30 mins Body Exfoliation, Maldivian Ocean Dream Massage 90 mins, 2 glasses of sparkling wine.

### Couple Bliss

120 mins \$395

esKape into deep relaxation by choosing either a rejuvenating or relaxing massage, followed by a warm body mask smoothed over the body. Pamper those tired over worked feet with our energizing foot reflexology. Complete your journey with a flower bath session while sipping on spa refreshments.

60 mins Massage of your choice, 20 mins Body Mask, 20 mins Foot reflexology, 20 mins Flower bath session

All prices are subject to 10% Service Charge and 16% GST.



## esKape Facials

### Brightening Facial

50 mins \$130

The must have facial treatment to give back the vitality and reveal a brighter, smooth, and radiant looking complexion

### Anti-Ageing Facial

60 mins \$150

Restore your skins balance with this luxury, skin rejuvenating treatment using a selection of anti-ageing products. Your skin will be visibly toned and brightened

### Mini - Facial

30 mins \$95

Cleanse, scrub, moisturize, for that quick glow!

All prices are subject to 10% Service Charge and 16% GST.

## It's All About Your Body

### Nourish and Glow

60 mins \$130

Reveal your smoothest, softest skin ever with this body exfoliation treatment finishing with the extensive application of the nourishing Gold Dry Body Oil that leaves your skin shimmering and glowing.

### Aloe Soothing Wrap

60 mins \$130

Wrap up your body with cucumber, yogurt and honey. These natural ingredients soothe, calm and cool the skin. Whilst you're cocooned, we'll give you a revitalising foot massage and envelope your body with Aloe Vera gel to soothe and dissipate the redness of the irritated skin. Suitable for all skin types.

### Seaweed Laminaria Remineralizing & Detoxifying Wrap

60 mins \$155

Cleanse, refine and remineralise your body. Start with dry brushing to stimulate the lymphatic system and activate body circulation, followed by a seaweed wrap of Laminaria Digitata and Spirulina that are rich in trace elements and nutrients, and high in anti-oxidants that are known for combating the formation of fat cells, providing a refined skin texture and eliminating the appearance of cellulite.

Seaweed Body Wrap, Seaweed Oil Application

All prices are subject to 10% Service Charge and 16% GST.

# Reset Your Soul!

## Coconut Dream

30 mins \$60

Cocoon your hair with melting coconut oil to soothe your scalp and ease away unwanted thoughts

- Head massage and coconut oil hair wrap

## Back to Life

30 mins \$50

Release those back knots and feel renewed

- Back massage using firm elbow strokes

## Sole Delight

30 mins \$60

Why not treat your feet with the ultimate pampering it deserves. Start with soaking then followed with a soothing foot mask and continue with an invigorating foot massage. Walk away with the perfect holiday feet

Enhance your treatments by adding on any of these services

Cannot be booked as a single service

All prices are subject to 10% Service Charge and 16% GST.



## Little VIP esKape

60 mins \$95

Whilst you are busy getting pampered, why not let your little ones get the same oh-so kool treatment. These are available for both teens and tots. Let them shine bright like a diamond!

### Kid's Pick & Mix

(For kids between 4 and 10 years old)

Back Neck & Shoulder, Foot Massage

30 mins each

All prices are subject to 10% Service Charge and 16% GST.



## esKape Beauty Bar

### Mani esKape or Pedi esKape

60 mins \$90 each

Give your hands and feet some love and care!

Inclusive of exfoliation, cuticles tidied, nails shaped, and nail colouring applied to perfection by OPI.

### Mini Manicure or Pedicure

30 mins \$45 each

For that quick fix!

Inclusive of nail shaping and nail colouring.

All prices are subject to %10 Service Charge and %16 GST.

All prices are subject to 10% Service Charge and 16% GST.



## Spa Etiquette

Spa services are available for guests of all ages. The Kids' Spa is available for kids between four and ten years old.

## Reservations

Walk-in appointments are welcome; however, guests are encouraged to make arrangements in advance. To schedule your appointment\*, please dial extension 4302.

\*Please advise us if you are pregnant or have other significant health considerations when booking your treatments. Pregnancy treatments are not allowed before the first trimester and not recommended 24 hours before and after travelling.

## Arrival & Check-in Procedures

We invite you to enjoy steam room before or after spa treatments. We request your arrival at least fifteen minutes prior to your treatment time, providing you with ample time to check-in and prepare for your spa experience. Should your arrival be delayed, please note that your treatment time will be reduced accordingly so that we may serve the next guest on time.

Late arrival will still result in full charge for your requested service, even though your actual treatment time may be reduced. We request that you do not bring jewellery or valuables to your spa experience. esKape Spa is not responsible for lost, stolen or misplaced items.

All prices are subject to 10% Service Charge and 16% GST.

## Cancellation Policy

Your reservations require that we schedule spa krew and hold appointment times just for you. As a courtesy and to avoid charges in full, we require a 24-hour notice should you need to change or cancel your reservation. If your cancellation request is submitted within less than 24 hours, a 50% charge will apply to your booking. If your cancellation request is submitted within less than 3 hours, a 100% charge will apply to your booking.

## Valuables

Safety boxes are also available in all our change rooms in the spa. However, we recommend you store your jewellery and valuable items in the safety box available in your room. While we endeavour to look after your belongings, we do not assume liability for any valuable items lost or stolen.

All prices are subject to 10% Service Charge and 16% GST.

# Enjoyed your esKape?

Hashtag it!

#MyKindOfPlace

#esKapeSpa

#AnythingButOrdinary

#KandimaMaldives

#JustPlay

Kandima  
MALDIVES