

CALM 
SPA SANCTUARY

Restore
THE SOUL



OUR SPA *Sanctuary*



Our island's Calm Spa Sanctuary is inspired by the ancient and beautiful architecture of Southeast Asia. Quiet spaces, surrounded by lush gardens, where the elements of running water soothe and prepare you for the journey to be undertaken by body, mind, and soul.

The principal disciplines of our Spa & Wellness Sanctuary are rooted in Ayurveda. Originating in India over 5,000 years ago, Ayurveda is considered by most learned scholars as the Earth's oldest healing science and translates in English as "The Science of Life".

Just as everyone has a unique fingerprint, each person has a particular pattern of energy flow; an individual combination of physical, mental, and emotional characteristics, that make them unique and are aligned at conception and stay dominant throughout one's physical life.

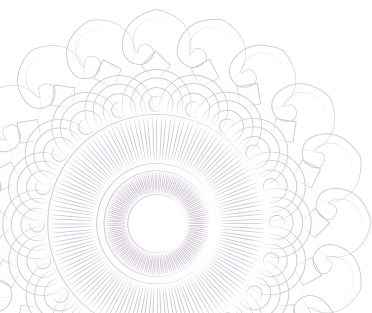
Wellness Journeys assist in the prevention or correction of interruptions to the energy flows of the 'self' and encourages gentle health maintenance by restoring the energy balance in one's life when interruptions or blocks occur.

Ayurveda philosophy believes that the entire cosmos is an interplay of the energies of the five great elements; Space, Air, Fire, Water and Earth.

The Doshas; Vata, Pitta and Kapha are combinations of these five elements that manifest as patterns in all creation. In the physical body, Vata is the subtle energy of movement, Pitta the energy of digestion and metabolism and Kapha forms the body's structure.

All of us have qualities of the three Doshas but one is usually primary, one secondary and one less prominent. The causes of energy imbalance in Ayurveda are viewed as an excess or deficiency in the Doshas and treatments are presented to re-align these energies.

At Calm Spa Sanctuary, all our experiences outline benefits in the form of individual treatments, or in a more curated spa wellness journey. Your Wellness Guide remains at your disposal to explain the process of each experience and the benefits of each Dosha, to ensure ongoing positive wellness habits can be adopted on your return home.



Each of these ancient "Wellness Journeys" also includes a 30-minute well-being consultation, a mindfulness activity and herbal foot ritual as well as a healing tea, both before and after your journey. This ritual is included in the final treatment duration listed.

Usage of the herbal steam room, sauna and plunge pools is also encouraged after every Wellness Journey therapy (subject to current COVID-19 guidelines) and are a further addition to the time duration listed with our compliments.

Moksha Signature Treatment

90 minutes

A holistic massage that works with both the body and mind to create a heightened awareness of self. Emphasis is placed on the area of the back, which is the center of Sushumna energy which enhances overall wellness improvement by opening individual energies throughout the body. This therapeutic journey is about observation and subsequent release. It is used to slow down the mind to release stress, improve relaxation and restore order to the vital energies.

Abhyanga ॐ

90 minutes

This deeply relaxing massage works with warm oils and herbs to balance personal Doshas and promotes well-being by concentrating on the 108 Marma points in the body to detoxify, cleanse and release blocked energy. This purification improves circulation and boosts the immune system to improve overall Prana. This journey can open many doors as well as emotions to attain a heightened calmness and 'sense of being'. This therapy is recommended for all who are looking to rebalance the overall body and mind.

Shirodhara

90 minutes

Allow the soothing and continuous flow of warm herbal oil to gently pour over the forehead in a right to left motion, reducing mental stress, slowing the heart rate, inducing calmness and total relaxation. The flow of oil awakens the energy of the inner mind and Prana begins to flow freely opening mental clarity, decisiveness, intuition, and spiritual awareness. This treatment is complemented with an Ayurvedic head massage, which is designed to alleviate anxiety, headaches as well as enhance deep, restful sleep.

Moksha, Abhyanga and *Shirodhara* are journeys that complement each other and are encouraged to be booked together over three days for enhanced benefits to all areas of the mind, body and spiritual wellness.

Choorna Swedana

90 minutes

This Ayurveda therapy uses a traditional heated compress containing several organic and beneficial herbs and spices such as ginger, turmeric and lemongrass. This journey's main benefit is to create stillness in the body through heat and Vedic practices. Alleviating muscles aches and pains by unblocking the energy lines through warmth and pressure. Thus, allowing Prana to flow, restoring balance and ultimate awakening. Choorna Swedana is the perfect match for fitness or postural related muscle pain and can help alleviate the symptoms of fatigue.

Greeva Vasti or Kati Vasti

90 minutes

A holistic journey that is directly applied to the area of concern in the neck / shoulders / upper back or lower back, where we hold so much of our daily tension. Your guide will pinpoint the Marma points affected by the obstacles to your body's natural healing and apply warm, beneficial Ayurvedic oils directly to the affected area. This therapy is as old as time and relieves stiffness in not only the affected area but stress to secondary points of the body.

Greeva Vasti - concentrates on the upper back / neck and shoulders

Kati Vasti - concentrates on the lower back

Greeva or Kati Vasti is a perfect match for alleviating migraine, stress related muscle tension / joint pain in the upper / lower back, head, and shoulders.

DESTINATION WELLNESS

Journeys

Not only will you find 'Metta Bhavana' within the walls of the Calm Spa Sanctuary, but you will also find this at two beautiful and magical destinations around the private island. These spaces have been specifically chosen because of their location; one facing sunrise and the other facing sunset. You do not have to see the rising or the setting of the sun but only 'know' the energy that aligns these wonders are ever-present.

Ayana

125 minutes

Representing the 'positive pathway' for one's life journey in Sankrit, these tactile therapies ease the body into deep levels of relaxation with concentration on the facial muscles to soothe the mind, releasing tension and evoking inner calmness and beauty.

This journey begins at the Spa Sanctuary, where you will be met by your Wellness Guide to explain your positive pathway before being escorted through the gardens to your private treatment venue.

The treatment commences with a natural face lift or 'face yoga', which has been practiced in India for thousands of years. This helps to relax and strengthen the facial muscles and stimulates the replenishment of collagen.

The treatment continues with your breathing connection and an aromatherapy massage, which concentrates on releasing areas of blocked energy and ultimately allows Prana to re-flow throughout the body. Following this is a lymphatic face massage, which takes inspiration from 'Prakriti,' known to support the rejuvenation of cell renewal and youthfulness.

To conclude, a herbal tea ritual will be performed to allow you some personal self-reflection time, before retracing your steps along the secret pathway and through the gardens, back to Calm Spa Sanctuary.

Ayana is available by prior arrangement and reservations are naturally subject to availability. We can accommodate this beautiful experience at 15:00 daily.

Ananda

120 minutes

Translating to mean 'joy' or 'blissfulness' in Sanskrit, this is our wish to you on your life's journey.

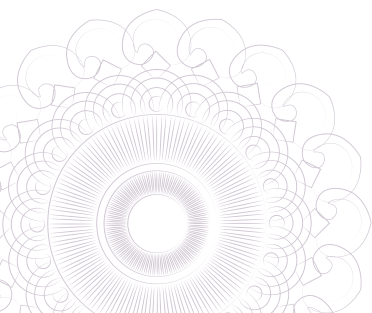
To put you at ease, your Wellness Guide will prepare your consultation at Calm Spa Sanctuary before escorting you to the Banyan Tree Garden. This space houses one of the oldest Banyan Trees on the island and just beyond is the shoreline, where waves lap as the sun begins to cool down en-route to sunset.

To relax, your experience will begin with Pranayama combined with the sounds of sea waves and the island's breeze. This will be accented by the Tibetan singing bowl, preparing you for deeper relaxation.

The second stage of the journey is the process of self-renewal. An Ayurvedic head massage followed by aromatherapy massage using warm herbal oils will help you release stress and toxins, which relaxes the body and allows imbalances to be rectified.

To signal the conclusion of the treatment, a soothing herbal tea ritual will be performed to allow you some reflection time. When you are ready your guide will escort you back to the Sanctuary.

Ananda is available by prior arrangement and reservations are naturally subject to availability. We can accommodate this beautiful experience at 15:00 daily.



FAMILY *Journey*



In today's world, it is becoming increasingly important to introduce the holistic benefits of wellness to our children. Mindfulness and well-being play a pivotal role in teaching children the tools to relax and steer away from stress related thinking or negative energies.

Only child friendly, mild, and organic products which include virgin coconut oil, island garden plants and herbs are used in these treatments to protect the skin from any possible irritation.

Mummy & Me or Daddy & Me

105 minutes

Spend the day with your little one in the comfort of Calm Spa Sanctuary, where both of you will enjoy a holistic Aromatherapy massage followed by a rejuvenating facial in our 'together room'.

Should an alternative to a massage be required, a scented bubble foot soak followed by a simple pedicure is available.

These treatments are suitable for children aged 4 to 11 years of age.

For children 12 years and above, we would recommend a Moksha therapy as a well-balanced experience.

COUPLE'S CONNECTION *Journey*



Sneha Sangum

180 minutes

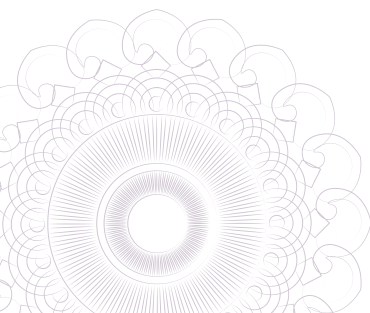
This experience offers the opportunity for life partners to spend time together; improving openness, balance, respect, emotional connection, and trust, to ultimately attune into the unique attributes of their special bond, keeping alive the unity of two souls.

After your welcome to Calm Spa Sanctuary your Wellness Guide will escort you to the pavilion for your Dosha consultation. This will be followed by your couple's yoga practice to balance the body, meditation to offer stillness and a purification ritual to remove any negative energies.

You will then make your way to your secluded 'together room' where your herbal tea will be served before your bathing ritual begins. In your own time, your connection mantra scrolls are affirmed.

Onward therapies of body and herbal foot massages await for deeper relaxation. Finish with a refreshing facial to enhance, release and recharge the body's energy lines.

To conclude your time together, your Wellness Guide has organised some Dosha Aharas to nourish the body at a restful space within the spa garden.





NURTURING *Journeys*

Experience a journey that is not just about enhancing the outer appearance, but also balances the inner beauty by activating your Marma points which are recognised neuro-lymphatic points where the lymph glands are stimulated. Combined with the benefits of organic ingredients designed to have a remedial effect on your skin, these nurturing experiences include 30 minutes of pre-treatment consultation followed by a wellness activity suited to your Dosha.

Mukha Lepam

90 minutes

A natural anti-aging facial experience that uses facial Marma point stimulation to help to increase your immunity, relieve muscle stiffness, and boost circulation. Cleansing, gentle exfoliation and moisturisation routines are combined with HARNN's Water Lily collection, known for its natural anti-aging benefits and Rice Callus Stem Cells Extract that helps nourish and slow the skin aging process.

Udvarthanam

90 minutes

In the fight with environmental and physiological factors, our skin is constantly getting damaged and degenerated, resulting in dull, tired, and unhealthy looking skin.

Thus, a routine herbal body exfoliation has long been part of Ayurveda's deep-cleansing philosophy and is highly recommended to eliminate toxins more efficiently, remove dead cells and allow skin regeneration.

By choosing the right body scrub according to your Dosha, this will not only de-stress your mind but also promote overall well-being.

*Tropical Wood Sugar and Body Refiner - (advisable for Kapha & Pitta Dosha)

*Oriental Herb Salt Body Polish - (advisable for Vatta & Pitta Dosha)

Tan Lepa

90 minutes

A herbal body wrap is applied as a nourishing cocoon, to gently remove dead skin cells and to improve the skin's ability to hydrate itself. The combined therapeutic mask of the body wrap contains active ingredients that help the skin absorb nutrients, while helping to warm your body, promote muscle relaxation, and sweat to clean your pores.

Choosing the right body wrap is beneficial to address Dosha imbalances.

*Aloe Vera Wrap - Advisable for Pitta Dosha

*Body Contouring - Advisable for Kapha Dosha

*Purifying - Advisable for Vatta Dosha

ENHANCE YOUR EXPERIENCE AND ADD ON THESE THERAPIES TO YOUR WELLNESS JOURNEY

Herbal Foot Massage & Reflexology	40 minutes
Rejuvenating Facial	30 minutes
Bamboo Stick Back Massage	15 minutes
Ayurvedic Head Massage	15 minutes
Lymphatic Face Massage	15 minutes
Wellness Journey Enhancement: Plunge pool, Herbal Steam room, Sauna room	Complimentary

MIND AND BODY WELLNESS

Private Yoga Session (per person)	60 minutes
Guided Meditation with Pranayama (per person) ☸	60 minutes
Daily Morning Fitness Pavilion*	Complimentary
Reiki Energy Healing Session with our Reiki Master	45 minutes
Shared Plunge Pool, Sauna and Steam Room (per person) <i>(access may be granted by prior reservation but remains subject to availability)</i>	60 minutes

**Our morning shared Yoga experience is for up to eight guests who have pre-booked the experience. The session lasts for 45 minutes, and mats, towels and water are provided for your comfort on the Yoga Terrace. Charges may apply for 'No Shows' where another guest has missed out on this opportunity. Should the weather be adverse, the yoga will be moved indoors to the Stretching Studio. Naturally, this experience is subject to availability and at the resort's discretion.*

CALM SPA

Sanctuary Etiquette

SPA OPERATIONAL HOURS

Calm Spa Sanctuary is operational from 10:00 to 20:00 with the last treatment bookable at 18:30.

SPA RESERVATIONS AND INFORMATION

For your convenience, please ask your Guest Experience Host for assistance with Calm Spa Sanctuary reservations or dial EXT 618 from your villa telephone. One of our Wellness Guides is on hand to talk with you in person during operational hours.

Kindly arrive at Calm Spa Sanctuary fifteen minutes ahead of your reservation and confirmed timing for your pre-treatment consultation. Out of respect for our patrons and associates, mobile phones, smoking and loud or raised voices are not permitted in Calm Spa Sanctuary. Disregard for Covid-19 Guidelines or any form of lewd or disrespectful behavior will not be tolerated.

ATTIRE

Should you have reserved any Spa Journey, changing facilities will be provided for you. You may wish to dress in or bring swimwear with you to the Spa for your after-treatment experience to allow you to enjoy our Plunge pools, Sauna and Steam rooms for both Male and Female patrons.

VALUABLES

We recommend that you do not bring jewellery or any other valuables to the spa and deposit them in your Villa's personal safe before making your way to the spa.

MEDICAL CONSULTATION

We advise all guests who have high blood pressure, heart conditions, allergies, are pregnant or have any other possible medical conditions, to consult a doctor before reserving any treatment. Our Resort Doctor may be of assistance if they are on the island. Kindly note, that our Wellness Guides are not Medical Practitioners.

CHILDREN AND THE SPA

Our spa is predominantly an adult sanctuary and we recommend that you avoid bringing children under the age of 12 years to the spa unless they are participating in a Family Journey experience. Young guests are welcome to enjoy a selection of treatments under the supervision and approval of their legal guardian.

ALL-INCLUSIVE MEAL PLAN BENEFITS 🌀

Guests residing on an All-Inclusive Meal Plan are entitled to a 15% discount on our Abhyanga Wellness Journey, as well as our Guided Meditation Mind and Body Wellness practice once during their stay.

PRICING

All spa treatment prices shown are nett. Inclusive of a 12% Government T-GST and 10% Service Charge. The Resort reserves the right to add/amend/delete offerings at any time for any reason.

PAYMENT

We do not accept physical cash transactions and you will be required to sign your treatment bill, which in turn will be added to your Guest Villa account and will appear at the time of check-out from the resort.

CANCELLATIONS

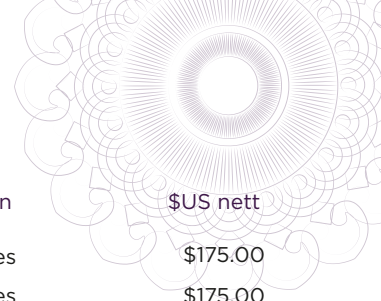
Please be advised that we have a 4-hour cancellation policy. We require that you notify us of any changes or cancellations 4 hours prior to your scheduled appointment time to avoid a 50% cancellation charge. For any cancellation with less than 2 hours' notice or a 'no-show', the full amount of spa treatments reserved will be applied.

TIPPING

You are under no obligation, however, should you feel the service of your Wellness Guide or any of our Associates, went over and above to look after you during your treatment or stay, please feel free to gift a token to them personally. Should you wish to leave something for the entire JA Manafaru family, please kindly hand to one of our senior managers who will ensure it is disseminated accordingly.



TREATMENT & WELLNESS *Price List*



Spa Wellness Journeys

	Duration	\$US nett
Moksha - Calm Spa Sanctuary's Signature Treatment	90 minutes	\$175.00
Abhyanga ☸	90 minutes	\$175.00
Shirodhara	90 minutes	\$175.00
Choorna Swedana	90 minutes	\$175.00
Greeva Vasti - concentrates on the upper back / neck and shoulders	90 minutes	\$175.00
Kati Vasti - concentrates on the lower back	90 minutes	\$175.00

Each of these ancient "Wellness Journeys" include a thirty-minute well-being consultation, a mindfulness activity, an herbal foot ritual and healing tea within your final treatment duration.

Rituals are subject to update / change at any time, for any reason due to evolving Covid-19 requirements under the Maldives Health Protection Agency.

Destination Wellness Journeys

	Duration	\$US nett
Ayana	125 minutes	\$220.00
• Spa Consultation	15 minutes	
• Face Yoga	15 minutes	
• Breathing Connection	5 minutes	
• Aromatherapy Massage	60 minutes	
• Lymphatic Face Massage	15 minutes	
• Herbal Tea Ritual	15 minutes	
Ananda	120 minutes	\$220.00
• Spa Consultation	15 minutes	
• Pranayama or Sound Therapy	15 minutes	
• Aroma Therapy Massage	60 minutes	
• Ayurveda Head Massage	15 minutes	
• Herbal Tea Ritual	15 minutes	

Family Journey

These treatments are suitable for children aged 4 to 11 years of age.

	Duration	\$US nett
Mummy & Me or Daddy & Me	105 minutes	\$230.00
• Aromatherapy Massage	60 minutes	
• Rejuvenating Facial	30 minutes	
• Herbal Tea Ritual	15 minutes	
Alternative for Children;		
• Scented Bubble Foot Soak & Basic Pedicure	60 minutes	

Couple's Connection Journey

	Duration	\$US nett
Sneha Sangum	180 minutes	\$675.00
• Dosha Consultation	15 minutes	
• Couples Yoga	15 minutes	
• Couples Meditation	10 minutes	
• Purification Ritual	5 minutes	
• Bathing Ritual and Love Affirmations	15 minutes	
• Aromatherapy Massage	60 minutes	
• Herbal Foot Ritual	15 minutes	
• Dosha Aharas	15 minutes	
• Refreshing Facial	30 minutes	

TREATMENT & WELLNESS *Price List*



Nurturing Journeys

Each of these ancient "Nurturing Journeys" include a thirty-minute well-being consultation, a mindfulness activity, an herbal foot ritual and healing tea within your final treatment duration.

Rituals are subject to update / change at any time, for any reason due to evolving Covid-19 requirements under the Maldives Health Protection Agency.

	Duration	\$US nett
Mukha Lepam - Natural Antiaging Facial	90 minutes	\$185.00
Udvarthanam - Herbal Body Scrub	90 minutes	\$185.00
Tan Lepa - Herbal Body Wrap. <i>Your choice of the following...</i>		
*Aloe Vera Wrap - Advisable for Pitta Dosha	90 minutes	\$185.00
*Body Contouring - Advisable for Kapha Dosha	90 minutes	\$210.00
*Purifying - Advisable for Vatta Dosha	90 minutes	\$260.00

ENHANCE YOUR EXPERIENCE (ADD-ON)

	Duration	\$US nett
Herbal Foot Massage & Reflexology	40 minutes	\$80.00
Rejuvenating Facial	30 minutes	\$80.00
Bamboo Stick Back Massage	15 minutes	\$25.00
Ayurveda Head Massage	15 minutes	\$25.00
Lymphatic Face Massage	15 minutes	\$25.00
Shared Plunge Pool, Sauna and Steam Room (access per person with any 'Wellness Journey' reserved)	60 minutes	Complimentary

MIND AND BODY WELLNESS

	Duration	\$US nett
Private Yoga Session (per person)	60 minutes	\$110.00
Guided Meditation with Pranayama (per person) ॐ	60 minutes	\$110.00
Daily Morning Group Yoga	45 minutes	Complimentary
Reiki Energy Healing Session by our Reiki Master	45 minutes	\$110.00
Shared Plunge Pool, Sauna and Steam Room (per person) (access may be granted by prior reservation but remains subject to availability)	60 minutes	\$110.00

• All prices are shown in USD and net - inclusive of 10% Service Charge and 16% Tourism Goods and Service Tax (T-GST).

Please refer to the Calm Spa Sanctuary menu for Terms & Conditions.