



EMERALD
MALDIVES RESORT & SPA

The Emerald Spa

A MEMBER OF



THE LEADING HOTELS
OF THE WORLD

By going back to the source
and listening to the earth's secrets
we can live in serenity, harmony,
and balance.

Lead your body and mind on a journey of inner
and outer peace at Emerald Spa, achieving
true synergy of the mind, body, and soul.

Open every day from 09:00 - 21:00

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Couple Massage Room
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Ayurvedic Massage Room
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Beauty Treatment Room
.....

Relaxation Area
.....

Retail Boutique
.....

Spa Facilities



Massages...

Emerald Signature Massage

This exclusive massage using a combination of techniques improves blood circulation, release muscular tension, and lure you into a state of deep relaxation.

Treatment duration: 90 mins

Golden Bamboo Cane Massage

A unique massage which utilized bamboo cane to help soothe sore muscle, loosening and ease tension, increase blood circulation and promote deep relaxation. A mix of bamboo cane with different lengths is use for accurate gliding strokes and kneading deeper and firmer to improve mobility and reduce pain.

Treatment duration: 90 mins

Thai - Shiatsu Massage

No oil is used in this classic ritual Thai style massage. Pressure is medium to strong concentrating on the body pressure points and body stretching.

Treatment duration: 60/90 mins

Hot Stone Massage

This massage is a warmed stone treatment combined with essential oils and manual massage, creating a deep sense of relaxation.

Treatment duration: 75/90 mins

Tension Release Massage

A strong massage technique focusing on the deeper layers of the body tissue, releasing the tensions through long slow strokes.

Treatment duration: 60/90 mins

Aromatherapy Massage

Wash away your stress with gentle movement's blend with choice of aromatherapy oils that will incorporate into a personalized massage to provide an exquisite inhalation experience.

Treatment duration: 60/90 mins

Asian Head Massage

Inspired from ancient healing system of Ayurveda, this shoulder, neck, back, arm and scalp massage are designed to relieve symptoms of anxiety and depression, relieve sleeplessness, and renew energy level.

Treatment duration: 60 mins

Massages...

Balinese Massage

Centuries of experience has blended massage techniques to stimulate blood flow and increase oxygen level on the body by incorporating gentle stretch, acupressure, and reflexology with aromatherapy massage oil to bring sense of wellbeing, calm the mind and profound relaxation.

Treatment duration: 60/90 mins

Mother to be Massage

This Massage has been especially tailored to mothers on second and trimester of pregnancy. The movements help to prevent insomnia, reduce muscle cramp, and soothe the nervous system.

Treatment duration: 90 mins

Sculpting Massage

Ideal for those who concerned by the appearance cellulite on the body, this stimulating treatment crafted to target fluid retention, stubborn fatty deposit, and uneven skin texture.

Treatment duration: 60 mins

Tender Feet Relax

Relaxing and stimulating techniques are used by applying pressure to the feet, resulting in increased blood circulation, and promoting specific body and muscular functions.

Treatment duration: 60 mins

Add On

- Head Massage
- Foot Massage
- Back Massage
- Express Facial

Treatment duration: 30 mins



Ayurvedic...

Abhyanga Massage

The medicated herbal oil application, it is a program where the oil is liberally applied using medium & gentle strokes in the downward direction. The mere soaking of the body in the prescribed oil for said duration on a regular basis yield wide ranging benefit such as a good appetite. Alertness during the day good sleep at night and reduces stressed level.

Treatment duration: 60 mins

Shirodhara Massage

Shirodhara is a classic and well established Ayurvedic Procedure. Slowly and steadily dripping medication on the forehead. This procedure induces a released stress awareness that results in a dynamic Psycho-somatic balance, and it is combine with abhyanga massage movements.

Treatment duration: 75 mins

Manal Kizhi

Manal kizhi also known as Sand bundle massage. It's a healing technique that incorporation of warm herbal oils with warm sand poultice glide over the body to reduce pain and stiffness and relief body aches.

Treatment duration: 75/90 mins

Udwartanam

A therapeutic treatment which performed through the vigorously application of warmed dry herbal powders to eliminate obstinate fat deposit on the body. It is also invigorating the skin through exfoliation and promote fresh and healthy skin.

Treatment duration: 45 mins

Marma Massage

This traditional Ayurvedic massage technique is focus on the vital energy points of the body which can both relaxing and invigorating. It will help to release stagnant energy, releasing the blockage and stimulate the internal organs & hormones which help to reach better state of health.

Treatment duration: 60/90 mins

Chorna Swedanam

It's a healing therapy technique which provides relief though application of medicated oils in a small linen pouch to reduce join pain and stiff muscle also suitable for orthopedic ailment.

Treatment duration: 75/90 mins

Kateevashsti

This ayurvedic therapy is specially tailored to treat lower back or lumbo-sacral pain. A gentle massage on lower back followed with warm herbal oil poured and retain within herbal paste which result in easing the muscular spams, soften ligament, reduce pain and inflammation.

Treatment duration: 45 mins



Scrubs & Wraps...

Elemis Body Nectar Nourishing Wrap

The velvety texture of the monoi oil offers super hydration, quenching thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and conditioning oils do their works.

Treatment duration: 60 mins

Hydrating Clay Body Wrap

A hydrating treatment to prepare your skin ready for the sea and sun. Full body exfoliation will be followed by choice of green tea or ginger clay body wrap to improve blood circulation and hydrate your skin.

Treatment duration: 60 mins

Elemis Intensely Cleansing Salt scrub

Choice of Fragranced Salt will gently slough away dead skin cells, encouraging the regeneration of new cells and delivering smooth and invigorated skin.

Treatment duration: 45 mins

Sun Soother Aloe Wrap

To soothe the sun kissed skin, this cooling therapy is the finest way to experience the soothing power of nature. Soothing body compress and nourishing fresh cucumber will help to soothe your skin whilst blissful scalp massage is performed by our professional therapist.

Treatment duration: 45 mins

Emerald Nourishing Hair Wrap

Warm and nutritious oil is applied into hair and scalp followed by pressure point on the head will leave your hair nourished and smooth.

Treatment duration: 45 mins

Body Rituals...

Exotic Nectar Body Glow

A blissful body ritual with exotic nectar salt scrub followed by special tailored movements to promote deep relaxation and restore the energy flow and end with Elemis facial.

Treatment duration: 120 mins

Emerald Signature Rituals

Embrace moment with yourself with this beautiful treatment which will leave you relax, revive, and rejuvenate.

Treatment duration: 120 mins

Balancing Ritual

Restore and balance your skin elasticity with this blissful treatment. The journey begins with dry body brush and application of nourishing clay wrap followed by choice of relaxing full body oil massage and completed with face pressure point and head and scalp massage with warm coconut oil.

Treatment duration: 120 mins

Detoxifying Ritual

Detox and rejuvenate the body and mind with this treatment which specially designed to improve the texture and appearance of the skin, boosting the lymphatic system and metabolism, body contouring and skin softening. The treatment begins with full body exfoliation continue with choice of green tea or ginger clay wrap and experience a blissful head and scalp massage while your body is cocooned. The treatment ended by detoxifying massage.

Treatment duration: 120 mins

Skin Nourishing Ritual

Nourishing yet relaxing, this treatment is specially tailored to increase moisture in the skin, improved blood circulation and relieve muscle tension. It starts with fragrance salt exfoliation followed by nourishing clay body wrap and finished with relaxing back Massage.

Treatment duration: 90 mins



Facial Treatments...

Elemis Pro-Collagen Age Defy

Treat fine lines and wrinkles with the age-defying benefits of marine charged Padina Pavonica and red coral. Targeted massage encourages optimum cellular function of nourished, younger looking skin.

Treatment duration: 90 mins

Elemis Superfood Pro-Radiance

A nutritional boost rich in superfood and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives to leave skin plumper, radiance and lit up with good health.

Treatment duration: 60 mins

Elemis Sensitive Skin Soother

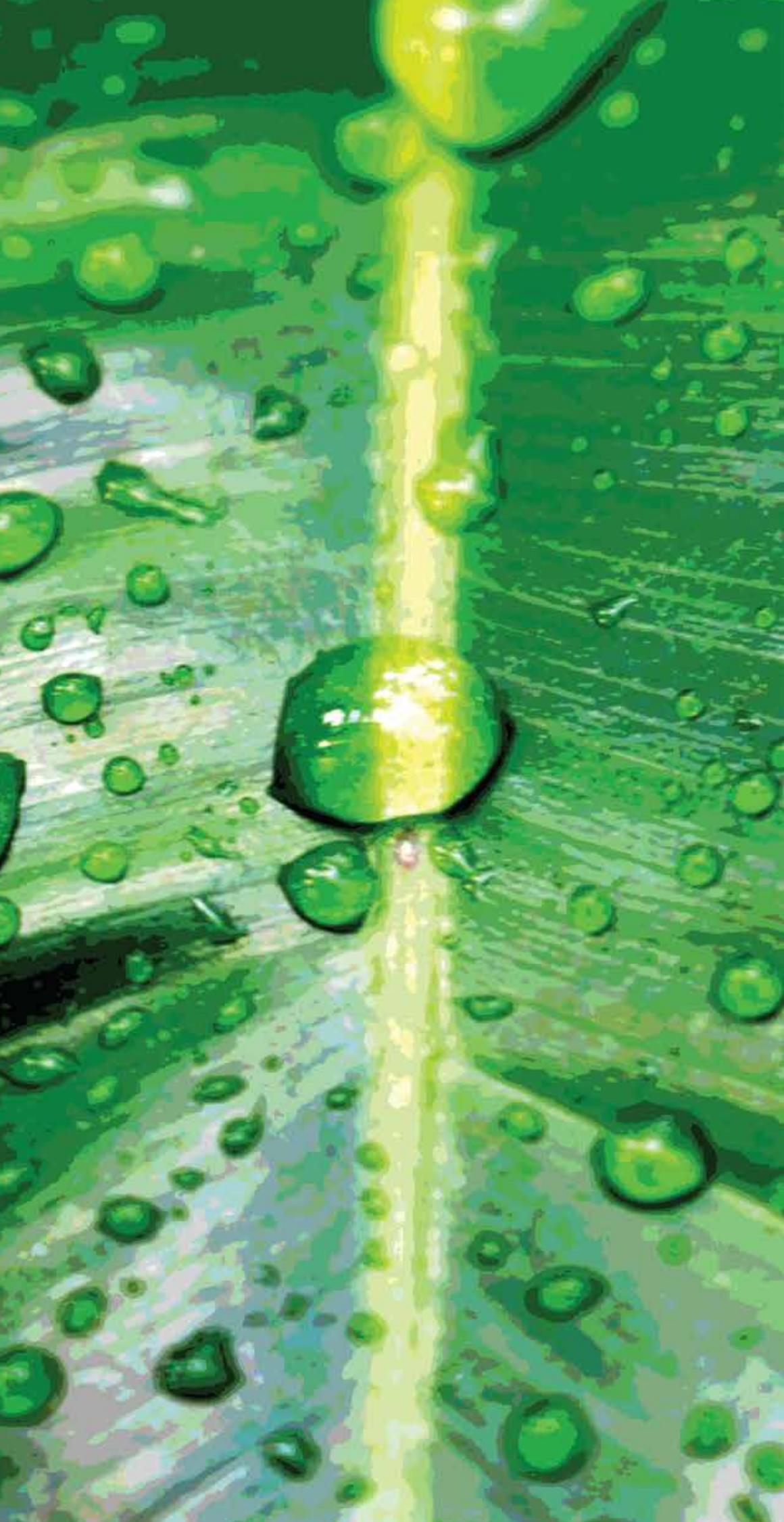
Fragile skin needs special attention. A soothing massage technique help reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable, and calm.

Treatment duration: 60 mins

Elemis Peptide 24/7 Skin Sync

Target tired skin with this radiance -restoring Peptide 24/7 facial. Powerful botanical formulations are combined with specialist massage techniques to replenish skin with a well- rested glow.

Treatment duration: 60 mins



Beauty Treatments...

Manicure

The hands or nails are cleaned, trimmed, and shaped to your preference. A relaxing hand massage completes the treatment before the application of nail polish or nail buff.

Treatment duration: 60 mins

Pedicure

The feet first given a bergamot footbath, nail trimmed, nail scrubbed, and shaped according to your preference. The treatment completed with a relaxing feet massage before application of nail polish or nail buff.

Treatment duration: 60 mins

Express File & Polish

Express file and polish for hand and feet

Treatment duration: 30 mins

Gel Polish hand Or Feet

Add-on from regular manicure or pedicure

Treatment duration: 15 mins

Waxing...

Bikini Line

Brazilians

Under Arm/Upper Lip

Full Legs

Half Legs

Back/Chest

For Our Little Guests...

Mini Me body treatment

Experience a yummy package that includes chocolate or Mango clay wrap continue with full body massage for your little one.

Treatment duration: 75 mins

Mini Me Massage

Gentle full body massage for our little guest with scented massage oil. Leave your kids relaxed after their activities.

Treatment duration: 45 mins

Treat the little feet

This treatment is focus on the feet after whole day of activities. It includes foot scrub and mask. A gentle feet massage will complete the treatment.

Treatment duration: 30 mins

Kids Manicure OR Pedicure

Little nails to be treated with delightful experience. First the nails will be trimmed, continue with scrub followed by massage and nails polished with their favorite color.

Treatment duration: 30 mins

Terms & Conditions

- Available for kids ages 5 - 11 years Old.
- Children must be supervised by a guardian when visiting the spa

Spa Etiquette...

Etiquette

To Maintain a relaxing environment so guests can enjoy the peaceful sanctuary of Emerald Spa, we request that visitors keep noise to the minimum. Children are not allowed at the spa unless they are having treatment and accompanied by an adult. Cellular phones and electronic devices are discouraged.

Attire

Please arrive at the spa wearing comfortable, light clothing or bathrobe. Disposable undergarments are available and must be worn during spa treatment.

Spa Treatment hours

The Spa is open from 09:00 am to 21:000 pm daily. Last treatment finished at 20:30 pm.

Check-in

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment times. A late arrival will result in shortened treatment in order not to affect other guests.

Reservation

Advance bookings prior to your arrival are recommended to secure your preferred date and time of treatment. Please dial extension **585** to make reservation or visit Emerald Spa.

Cancellation Policy

6-hours cancellation notice is required to help us re-schedule your appointment, subject to space availability. With fewer than 6 hours' notice or no show, you will be charge full.

Special Consideration

Guest who has high blood pressure, heart conditions, are pregnant or have any other medical complications are advised to consult their doctors before signing up for any spa services. Please make your spa therapist aware of any medical conditions.

Valuables

Lockers for valuable are provided in the spa changing rooms, but we recommended that no jewelry to be worn at the spa. Management and staff accept no responsibility for the loss off money or valuables or any kind brought into the spa premises.

Refund Policy

Treatment package are non- exchangeable.

Payment

Hotel guests may charge the treatments to the room account.

Price List

Massages

	Minutes	USD
Emerald Signature Massage	90	209
Golden Bamboo Cane Massage	90	195
Thai-Shiatsu Massage	60/90	145/190
Hot Stone Massage	75/90	155/190
Tension Release Massage	60/90	145/190
Aromatherapy Massage	60/90	145/190
Asian Head Massage	60	145
Balinese Massage	60/90	145/190
Mother to be Massage	60/90	145/190
Sculpting Massage	60	145
Tender Feet Relax	60	145

Massages Add On

	Minutes	USD
Head Massage	30	65
Foot Massage	30	65
Back Massage	30	65
Express Facial	30	80

Ayurvedic

	Minutes	USD
Abhyanga Massage	60	145
Shirodhara Massage	75	159
Manal Kizhi	75/90	159/195
Udwartanam	45	118
Marma Massage	60/90	145/190
Chorna Swedanam	75/90	159/195
Kateevashsti	45	118

Scrubs & Wraps

	Minutes	USD
Elemis Nectar Nourishing Wrap	60	155
Hydrating Clay Body Wrap	60	149
Elemis Intensely Cleansing Salt Scrub	45	118
Sun Soother Aloe Wrap	45	118
Emerald Nourishing Hair Wrap	45	109

Body Rituals

	Minutes	USD
Exotic Nectar Body Glow	120	295
Emerald Signature Rituals	120	255
Balancing Rituals	120	255
Detoxifying Rituals	120	279
Skin Nourishing Rituals	90	215

Facials Treatment

	Minutes	USD
Elemis Age Defying Facial	90	219
Elemis Superfood Pro-Radiance	60	169
Elemis Sensitive Skin Soother	60	169
Elemis Peptide 24/7 Skin Sync	60	169

Price List

Beauty Treatments

	Minutes	USD
Manicure	60	85
Pedicure	60	95
Express File & Polish	30	45
Gel Polish (add-on)	15	25

Waxing

	Minutes	USD
Bikini Line	60	45
Brazilians	60	85
Under Arm/Upper Lips	30	35
Full Legs	60	85
Half Legs	45	45
Back/Chest	60	85

For Our Little Guests

	Minutes	USD
Mini Me Body Treatment	75	135
Mini Me Massage	45	75
Treat The Little Feet	30	50
Kids Manicure Or Pedicure	30	40

All prices are quoted in USD and subjected to 10% Service Charge and 12% Tourism Goods and Service Tax

