Coconut
spa
Maldives

Some advice for your comfort

What should I wear when going to the Spa and during my treatment ?

We will provide you with kimono, slippers, and hygienic disposable lingerie. Alternatively, our treatments may be enjoyed while wearing your own underwear, choose whatever is the most comfortable for you.

When should I arrive for my treatment ?

Please arrive 10 minutes before your scheduled check-in time, you will therefore be able to change without haste and taste our cold tea of the day offered before treatment.

What if I have special health treatment consideration ?

Please notify our SPA Manager before booking your treatments if you have high blood pressure, allergies, physical ailments, disabilities, or if your are pregnant.

What if I am late for my appointment ?

Arriving late will limit the time available for your treatment. Programs are carefully planned to accommodate each and every one, we kindly request you to be punctual.

Cancellation Policy

Should you wish to modify or cancel a reservation, we should be grateful if you could notify us at least 3 hours in advance, in order to avoid paying a cancellation fee.

Time to relax, unwind and feel good

A visit to a SPA should be an enjoyable experience in the best possible conditions. Should it concern the room temperature, massage pressure or volume of the music, please do not hesitate to ask your therapist to adjust them to your best comfort levels.

Where should I keep my valuables ?

It is recommended not to bring any valuables, such as jewelry that needs to be removed prior to Spa treatments, and we must remind you that we are not responsible for any items lost or stolen.

Massages

Discovery Massage 30 minutes - US$ 90.09

For an immediate stress and tension release effect, this massage concentrates on the back and the legs, easing muscle aches, stretching joints, improving flexibility where most of the body tension is accumulated.

Balinese Traditional Massage 50 minutes - US$ 128.70 / 1h30 - US$ 205.92

The Asian Traditional massage is a full body massage using palm pressure and long gentle strokes while applying a unique blend of natural essential oils. This combination stimulates your blood circulation, improves energy flow and drains tensions away.

Head, Back and Shoulders Massage 50 minutes - US$ 128.70

Starting from the back to stimulate the blood circulation this massage continues with the neck and shoulders to relieve muscular pain and drain tensions away. It is then concentrated on the head to effectively ease out accumulated stress and to enhance relaxation.

Back and Stones Massage 50 minutes - US$ 128.70

Starting with a shiatsu and traditional massage to warm the body, the stones are then applied on your back in such a way as to relieve your muscles from pain and tension. Back and stones massage is especially adapted for back problems, achieving a feeling of well being and perfect relaxation.

Warm Stones Massage 1h30 - US$ 205.92

A full body massage starting with a traditional massage and lomi-lomi and then continues with the warm stones. Smooth and warm stones glide across your body in long, flowing strokes. The heat helps to relax the muscle and has a shooting effect on your emotions. Stones are positioned on the various energy body points to develop the healing potential

Taxes & Service Charge included

Massages

Shiatsu 50 minutes - US$ 128.70

The Shiatsu Massage is a digito-puncture technique using pressure point massage without oil to release tight nodules and produce a deep relaxed feeling. This massage is a real revival for the body and mind increasing energy level intensified by a few stretching movements.

Swedish Massage 50 minutes - US$ 128.70

Using warm oil, heated up in a bottle and poured all over your body, the Swedish massage is designed to harmonize the corporal functions, such as blood circulation, breathing and mind relaxation. Soft and long strokes (lomi-lomi) envelop all the body from feet to head creating an overall relaxation of the body and soothing effect.

Four Hands Massage 50 minutes - US$ 205.92

The ultimate sensation with this massage provided by two therapists working together in perfect harmony that creates overall well being. The perfect synchronization will balance the pressure of the whole body improving circulation. The four hand massage is a combination of shiatsu, traditional massage and lomi-lomi leaving your entire body re-energized and intensely relaxed.

Coconut Spa Signature 1h30 - US$ 205.92

This massage exclusively created by Coconut Spa is our Signature. A relaxing combination of 5 massages, starting with 10 minutes of Shiatsu, followed by 25 minutes of long strokes and deep skin massage along with 10 minutes of warm stone massage on your back. Another 20 minutes of Swedish massage to harmonize your corporal functions and 25 minutes reflexology to bring you this deep feeling of overall comfort.

Foot Reflexology 30 minutes - US$ 90.09 / 50 minutes - US$ 128.70

An ancient healing therapy as blissful as it is beneficial; a foot therapy on the reflex point can restore the natural flow of body energy and improve your health. Recover physical and mental harmony with this wonderful treatment that will send waves of deep relaxation through your entire body.

Taxes & Service Charge included

Facials

Natural Asian Facial 50 minutes - US$ 128.70

Using only Bio natural products, the face is cleansed and gently exfoliated to eliminate all the dead cells on the surface of the skin. While purifying with a gel mask, relax and unwind with a hand and feet massage. This treatment will effectively restore and hydrate your skin, leaving your face fresh, youthful and restored.

Deep Cleansing Facial 50 minutes - US$ 128.70

Indulge, relax and refresh; our professional therapist will do the rest; deep cleansing, exfoliation, steam, vacuum, pore extraction, mask application, all completed by our exclusive facial, head, neck and shoulder massage combined with acupressure. Moisturizer will end your treatment leaving your skin's appearance smoother and more radiant.

For a long lasting result of our facials, we recommend you to use the products applied by our therapist during your treatment. All ranges are available in our spas' boutiques.

Hair Treatment

Mask, Treatment and Massage 50 minutes - US$ 128.70

A natural traditional mask is massaged onto your scalp to nourish and revitalize your hair. During the treatment a head and shoulder massage is given so that your blood circulation is stimulated and brings relaxation.
To maximize the benefits of the mask, the hair is not blown dry leaving it shiny and soft to the touch.
Our choice of Natural Mask:
- Avocado : Nourishing, for broken fragile or dry hair
- Aloe Vera : To bring back shine and softness, for dry and damaged hair

Taxes & Service Charge included

Body Treatments

Harmony Body Scrub 50 minutes - US$ 128.70

Using local harvested coconut with cinnamon, the body is gently exfoliated leaving your skin moisturized and renewed.

Serenity Body Scrub 50 minutes - US$ 128.70

A mixture of Lavender and Ylang-ylang, specially blended to refresh and leave your skin smooth and soft. Lavender is a plant known for its calming effect and is recommended for sensitive skins.

Sensation Body Scrub 50 minutes - US$ 128.70

Made from finely grated Vanilla mixed with Ginger to rejuvenate your skin and give you a sensation of freshness and wellbeing.

Energy Body Scrub 50 minutes - US$ 128.70

A traditional Indonesian royal court beauty ritual made of citrus and tangerine. This deliciously aromatic scrub will improve your skin as it gently exfoliates.

Chocolate Body Scrub 50 minutes - US$ 128.70

Give yourself a special treat without a calorie. Our natural chocolate body scrub combining cocoa, rice and almond powder will in an instant develop all your senses while stimulating, refining, smoothing and moisturizing your skin.

All our scrubs are followed by a soft and relaxing application of body lotion

Papaya Body Wrap 50 minutes - US$ 128.70

Have your body gently rubbed and then wrapped with a mixture of fresh blended papaya and our signature French red clay. After a long day in the sun, with this perfect combination of natural products, the “Papaya Body Polish” is sure to leave the skin of your body and face glowingly fresh and rejuvenated.

Taxes & Service Charge included

Body Treatments

Sun Lover 50 minutes - US$ 128.70

After your day spent in the sun, come and enjoy our Special Sun Lover to calm, soothe and rehydrate your skin.
Sun Lover treatment is specially designed to fight against sun burn and the ageing of the skin.
This treatment includes

- Lavender Body Wash for gentle cleansing
- Cucumber and Honey Body Conditioner, for cooling and soothing
- Aloe Vera Body Lotion, to ease sunburn, prevent skin peeling and to lock in the moisture

Anti-Cellulite Treatment - 1h30 - choice of 1 - 3 or 5 treatments

1 Treatment US$ 205.92
3 Treatments US$ 566.28
5 Treatments US$ 900.90

This efficient treatment will help you to reduce the cellulite by an activation of the blood circulation, using a special range of products adapted to your requirements. We start with dynamic and powerful frictions with a body scrub made from almond powder and pure essential oils to release the toxins, followed by a mud mask made from crushed volcanic stones, clay, sea weed and essentials oils brushed onto your all body to purify the skin. The treatment is finally completed by a vigorous massage to cover your body with a unique blend of pure essential oils of basil, fennel and lemon, well known for their interaction against cellulite.

For a better result we recommend our 5 treatments package, taken one per day.

Taxes & Service Charge included

Hands & Feet Treatments

Spa Manicure 50 minutes - US$ 90.09

Give your hands and nails a well deserved care with our Hands Beauty treatment. Starting with the basics nail cut, file and cuticle repair, your hands are then gently exfoliated for a silky feeling. A nourishing cream is applied with a gentle massage to restore the moisture and improve the texture of your skin. Your hands feel hydrated, smooth and soft with a great youthful look.

Spa Pedicure 50 minutes - US$ 90.09

Cool, energize and revive your feet with our Feet Beauty Treatment. Comprising of the classical pedicure treatment with nail cut, file, cuticle repair and soothing foot soak of essential oils; it is then followed by a peppermint scrub that will relieve your tired or swollen feet. Finally, to stimulate blood circulation a foot massage is applied with a refreshing lotion. Your feet are hydrated, fresh and soothed.

Nail Polish US$ 19.30

Nail Art (from per nail) US$ 3.86

Taxes & Service Charge included

Spa Packages

Sensation Package 1h40 - US$ 231.66

Choice of Body Scrub
Swedish Massage

Energy Package 1h40 - US$ 231.66

Balinese Traditional Massage
Reflexology or Foot Massage (50 mn)

Serenity Package 2h20 - US$ 296.01

Coconut Spa Signature
Natural Asian Facial

Harmony Package with 2 Therapists 1h40 - US$ 373.23

Four Hands Massage
Natural Asian Facial & Reflexology or Foot Massage (30 mn)

Satin Skin Package 2h30 - US$ 347.49

Choice of Body Scrub
Balinese Traditional Massage
Natural Asian Facial

Taxes & Service Charge included

Spa Packages

2 Days Package US$ 308.88

Day 1 – Balinese Traditional Massage
Day 2 – Natural Asian Facial & Reflexology or Foot Massage (30 mn)

3 Days Package US$ 617.76

Day 1 – Choice of Body Scrub & Swedish Massage
Day 2 – The Coconut Spa Signature
Day 3 – Natural Asian Facial & Reflexology
or Foot Massage (30 mn)

5 Days Package US$ 836.55

Day 1 – Choice of Body Scrub & Natural Asian Facial
Day 2 – Swedish Massage
Day 3 – Balinese Traditional Massage & Reflexology or Foot Massage (30mn)
Day 4 – Head, Back and Shoulder Massage
Day 5 – Four Hands Massage

Taxes & Service Charge included

Romantic Packages

Adam + Eve Package 1h30 - US$ 373.23 / Couple

Pamper yourself and your beloved one
this holiday with the Adam and Eve's Package…..
A step towards paradise…..
Indulge in various treatments

- Aromatherapy Foot Bath
- Discovery Massage
- Refresher Facial
- Aromatherapy Flower Bath

Bliss Package 2h10 - US$ 501.93 / Couple

Foot Ritual (10mn)
Balinese Traditional Massage (50mn)
Natural Asian Facial (50mn)
Aromatherapy Bubble Bath (20mn)

Plenitude Package 2h30 - US$ 579.15 / Couple

Foot Ritual (10mn)
Coconut Spa signature (90mn)
Refresher Facial (30mn)
Aromatherapy Bubble Bath (20mn)

Paradise Package 2h30 - US$ 579.15 / Couple

Foot Ritual (10mn)
Balinese Traditional Massage (90mn)
Reflexology or Foot Massage (30mn)
Aromatherapy Bubble bath (20mn)

Taxes & Service Charge included

Romantic Packages

Delight Package 3h - US$ 733.59 / Couple

Foot Ritual (10mn)
Choice of body scrub (50mn)
Balinese Traditional Massage (50mn)
Natural Asian Facial (50mn)
Aromatherapy Bubble Bath (20mn)

Chocolate Package 1h30 - US$ 205.92 / Single
1h30 - US$ 373.23 / Couple

Smell…….
Feel…….
Appreciate…….
Discover the Pleasure ……
The Unique Sensation of.……..
Chocolate…..
Your skin is soft, smooth and re-hydrated,
Sense the difference after our chocolate treatment comprising of:

- Chocolate Body Scrub
- Discovery Chocolate Massage
- Aromatherapy Chocolate Bath

Taxes & Service Charge included

An Introduction to Ayurveda

Ayurveda, which translates as "knowledge of life," dates back 5,000 years to the ancient Sanskrit texts, the Vedas. Ayurveda is a system of healing that examines physical constitution, emotional nature, and spiritual outlook in the context of the universe.

According to the philosophy, universal life force manifests as 3 different energies or Doshas, known as

VATA, PITTA, KAPHA

We're all made up of a unique combination of these three forces. Though everyone has some of each, most people tend to have an abundance of one or two of the Doshas. This unique combination is determined at the moment of conception, and is your own personal blueprint, or prakriti (nature).

As you move through life, the proportion of each of the three Doshas constantly fluctuates according to your environment, your diet, the seasons, the climate, your age, and many other factors. As they move into and out of balance, the Doshas can affect your health, energy level, and general mood.

For all Ayurveda Treatments, a special blend of essential oils and herbs will be used according to your Dosha type.

Indian Tradition Massages

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Warm Oil Massage - Abhyanga 50 minutes - US$ 128.70

The warm oil massage is inspired from the Indian traditional massage called Ayurveda. It is a technique employed to stimulate and balance the Dosha (the spiritual part of the body). This mental and body relaxation treatment is provided with a special blend of essential oils, with healing properties, warmed just before its application on the body. It helps to improve sleep, eliminate toxins and brings relaxation and comfort.

Shirodhara 50 minutes - US$ 128.70

In Sanskrit, "Shir" means head and "Dhara" means flux. Shirodhara is the slow pouring out of a constant flow of warm sesame oil on one very precise point of the forehead. Shirodhara relieves tensions, improve the perception of the senses and attenuates anxiety, anguish, stress, concentration difficulties and insomnia.

Shirodhara with Hair Treatment 1h30 - US$ 205.92

To complete your treatment and enhance the benefit of your complete relaxation, an additional head massage with shampoo and hair conditioner will leave your hair lustrous and soft.

Foot Reflexology 30 minutes - US$ 90.09 / 50 minutes - US$ 128.70

An ancient healing therapy as blissful as it is beneficial; a foot therapy on the reflex point can restore the natural flow of body energy and improve your health. Recover physical and mental harmony with this wonderful treatment that will send waves of deep relaxation through your entire body.

Taxes & Service Charge included

Herbal Pouch Massage - Kizhi 50 minutes - US$ 128.70 / 1h30 -US$ 205.92

Hot compress massage is commonly used to increase blood circulation and stimulate the vital energy of body and mind. This re-energizing massage starts with a combination of stretching movements and
palm pressure points. Once the body is warmed up, aromatic heated herbal bag is applied on your body, for an instant relaxing and soothing effect providing great relief to muscular aches and pains. Soothing lotion is then rubbed on your body to complete this detoxifying treatment

Herbal Body Scrub - Udvartana 50 minutes - US$ 128.70

Herbal body scrub adapted to your Dosha type will enhance your body's natural circulation and eliminate the toxins. Your skin is deeply revitalized, supple and nourished.

Herbal Bath - Sana Bath 20 minutes - US$ 25.74

Herbal baths relax the body, stimulate blood flow, calm the emotions, moisturize the skin, aid digestion, and heal various other complaints.

Refresher Facial 30 minutes - Mukhalepa US$ 90.09

A great introduction to facial treatment using for principal ingredients: pure honey mask and cucumber, leaving your skin feeling smooth and radiant. Enjoy the benefits of these natural ingredients with an age-old reputation for skin healing, softening, and moisturizing.

Taxes & Service Charge included

Spa Packages

Detox Package 2 h - US$ 231.66

Udvartana -Herbal Body Scrub
Kizhi - Herbal Massage
Sana Bath - Herbal Bath

Detox Indulgence Package 2h20 - US$ 334.62

Udvartana -Herbal Body Scrub
Pina sweda - Herbal Body Wrap
Kizhi - Herbal Massage
Sana Bath - Herbal Bath

Balance Package 1h40 - US$ 231.66

Abhyanga- Warm oil Massage
Shirodhara

Balance Indulgence Package 2h20 - US$ 296.01

Abhyanga - Warm oil Massage
Shirodhara with hair treatment

2 Days Package (4 treatments) US$ 379.66

Day 1 – Warm Oil Massage Abhyanga (50 min) + Foot Reflexology (30 min)
Day 2 – Shirodhara + Hair treatment (1h30)

3 Days Package (7 treatments) US$ 592.02

Day 1 – Herbal Body Scrub (45 min) + Herbal Body Wrap (20 min) + Herbal Bath (20 min)
Day 2 – Warm Oil Massage (50 min) + Refresher Facial (30 min)
Day 3 – Shirodhara + Hair treatment (1h30)

5 Days Package (11 treatments) US$ 913.77

Day 1 – Herbal Body Scrub (45 min) + Herbal Body Wrap (20 min) + Herbal Bath (20 min)
Day 2 – Warm Oil Massage (50 min) + Refresher Facial (30 min)
Day 3 – Herbal Pouch Massage (50 minutes) + Foot Reflexology (30 minutes)
Day 4 – Shirodhara + Hair treatment (1h30)
Day 5 – Discovery Massage (30 min) + Foot Reflexology (50 min)

Taxes & Service Charge included