

# K·SPA

## THE MENU



KUDA FUSHI  
MALDIVES



*pure essence of ultimate wellbeing*

# SPA ETTIQUETTE

KUDAFUSHI-SPA operating hours are from 10.00 am until 8.00 pm daily.

Please arrive 15 minutes before your scheduled appointment for total relaxation.

Should you arrive late for your appointment your treatment time may have to be shortened or rescheduled.

We do request a minimum 6 (six) hours advance notice should you wish to reschedule or cancel an appointment. Any cancellation with less than 6 (six) hours notice will incur a 50% late cancellation fee. A 100% of the price will be charged for no-shows.

Smoking and consumption of alcohol are strictly prohibited in SPA area.

Children under 16 years old are not allowed to utilize SPA facilities and services.

All treatments are based on a strictly clean and therapeutic approach. We reserve the right to remove any guest from SPA premises for inappropriate behavior even though she/he was charged for the treatment.

Please also respect the comfort and privacy of other guests by turning off your mobile phone.

No cash payment is accepted, all charges will be credited to your room.

All the treatments in KUDAFUSHI-SPA are non-refundable, non-transferable and non-exchangeable.

Please let us know if you are pregnant or if you have significant health concerns when you book any treatments and you are also advised to consult the doctor before using spa facilities and treatments.

We shall not be responsible for any unforeseen allergic reaction from the treatment received.

We recommend that no jewelry be worn at SPA and we accept no-responsibilities for the loss of money or valuables brought to KUDAFUSHI-SPA.

Thank you and have a wonderful spa experience with us...





FOR INQUIRY OR RESERVATION PLEASE DIAL  
KUDAFUSHI-SPA AT EXTENSION 505

PRICES ARE QUOTED IN USD & SUBJECT TO  
10% SERVICE CHARGE & 16% GST



immerse yourself in peace

ultimate spa packages

create your own spa journey experience



## PEACE

3.5 hours / USD 245

Kudafushi Signature Massage  
Choice of body scrub & body wrap  
Choice of flower bath OR herbal bath  
Facial according to your skin needs

## COMFORT

3 hours / USD 175

Choice of 50 minutes massage  
Choice of body scrub OR body wrap  
Choice of manicure OR pedicure

## CALM

2.5 hours / USD 165

Choice of 50 minutes massage  
Choice of steam & sauna OR bath  
ritual  
Facial according to skin type

## JOY

2.5 hours / USD 165

Choice of steam & sauna OR bath  
ritual  
Facial according to your skin type  
Choice of manicure OR pedicure

## EVERLASTING

2 hours / USD 275

A special package dedicated for couple  
to bring you closer to your loved one.  
Choice of 50 minutes massage for two  
Traditional facial for Her & foot massage  
for Him

## BALANCE

2 hours / USD 125

Choice of 50 minutes massage  
Choice of body scrub OR body wrap

## PURITY

1.5 hours / USD 95

Choice of body scrub OR body wrap  
Choice of flower bath OR herbal bath

## BACK BEAUTY

1.5 hours / USD 95

Back & shoulder massage  
Back scrub & wrap

## COOLING

1 hour 15 min / USD 80

Cucumber body wrap  
Cucumber refresher facial

## SAND BODY RITUAL

50 min / USD 110

80 min / USD 130

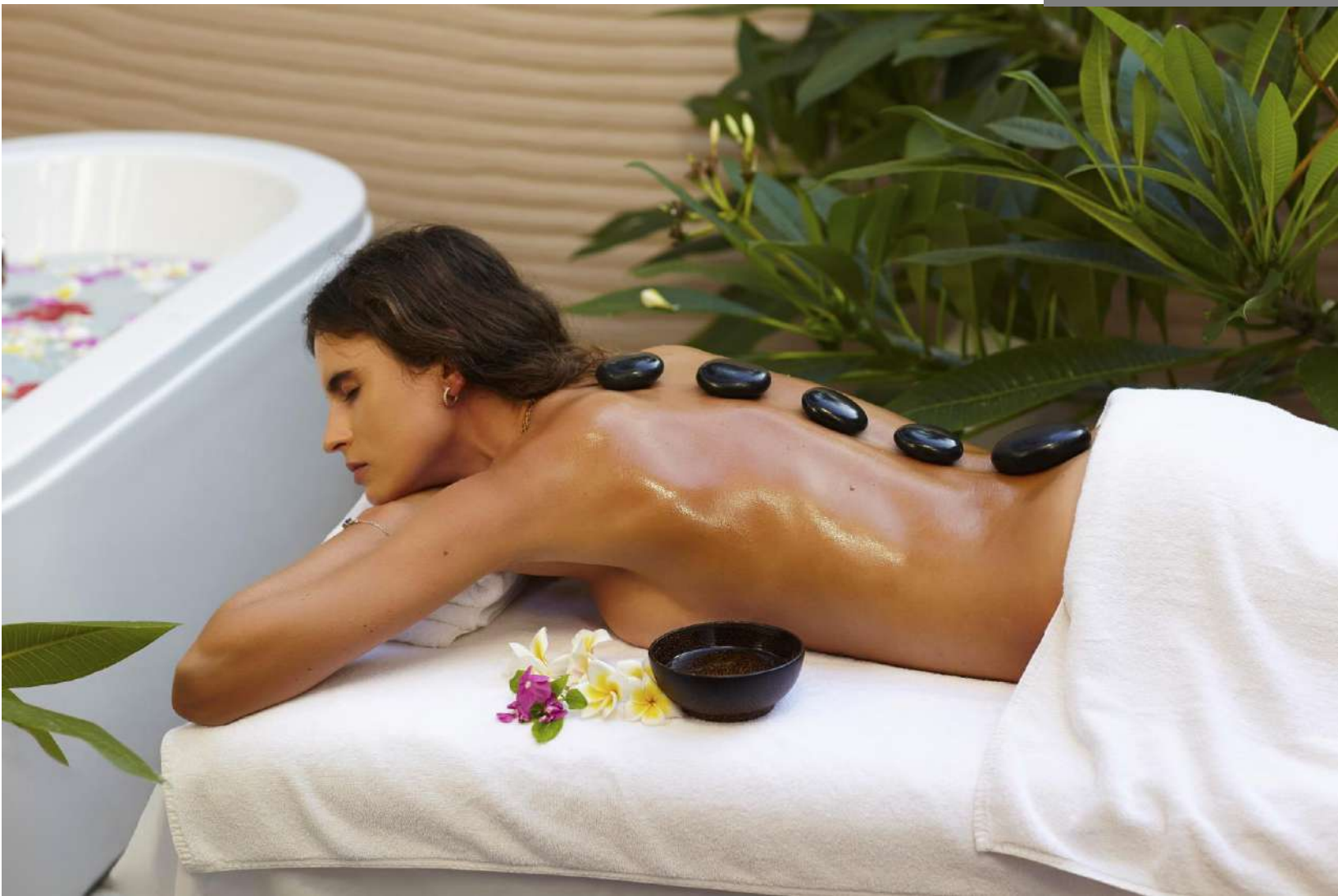
A unique body treatment ritual  
inspired by beauty of Maldives  
nature combines body massage with  
pure coconut oil followed  
by body scrub using pure white  
sand in open area on the beach to  
improve blood circulation, remove  
dead skin cells & nourish  
the skin with natural salt mineral.





restore your energy

therapeutic massage selection



## **KUDAFUSHI SIGNATURE MASSAGE**

**80 min / USD 110**  
**110 min / USD 130**

Immerse yourself in a sublime signature therapy inspired by the beauty of the island and its natural heritages. A signature therapeutic massage with gobolhi combines movements of waves, birds & fish.

## **HEALING MASSAGE**

**50 min / USD 75**  
**80 min / USD 95**

A dedicated holistic therapeutic body massage to restore your overall wellbeing. Feel your tense melts away with combination of massage techniques to bring back your vitality to balance.

## **KUDA FUSHI FUSHION MASSAGE**

**50 min / USD 145**

Feel the ultimate ecstasy of power by four trained hands of two therapists works together in synchronized movements in a unique fusion blended together to soothe your tired muscle and lift your energy level to reach your peak.

## **MARMA MASSAGE**

**50 min / USD 75**  
**80 min / USD 95**

Marma are centers for vital force Prana, the master power behind life process of human body. At marma sites toxins, stress and negative emotions get blocked causing diseases, swelling & pain. Let our therapist works on your marma sites to stimulate, adjust and improve energy flow.



## **ABHYANGGA MASSAGE**

**50 min / USD 95**  
**80 min USD 110**

A flowing rhythmical Ayurvedic massage to restore energy combining deeply healing and rhythmical techniques to rejuvenate the body.

Warm herbal oil is applied with varying amounts of pressure to restore the flow of prana (life force) and to stimulate the body's vital energy.

## **WARM STONE MASSAGE**

**80 min / USD 110**  
**110 min / USD 130**

Enjoy the warmth from the heated basalt stones massaged on your sore achy muscle penetrated to melt away layers of stress and induce deep relaxation. This is an ultimate treatment for a muscular tension.

## **LYMPHATIC DRAINAGE MASSAGE**

**80 min / USD 110**  
**110 min / USD 130**

A holistic therapeutic massage using special techniques such as scooping & pumping on specific lymph nodes & points in the body to promote a healthy lymphatic system.

Recommended for chronic pain, detoxification, reduction in fluid retention & edemas.

## **DEEP TISSUE MASSAGE**

**80 min / USD 110**  
**110 min / USD 130**

A therapeutic therapy that focuses on realigning deeper layers of muscles and connective tissues by physically breaking down the adhesions to relieve pain.

Recommended for chronically tense and contracted areas such as stiff necks, low back tightness and sore shoulders.



## MALDIVIAN MASSAGE

**50 min / USD 75**

**80 min / USD 95**

A signature Maldivian healing massage therapy combines dancing & stretching movement to detox, rebalance & rejuvenate body, mind & soul using a blend of organic local coconut oil infused with medical local herbs.

## BALINESE MASSAGE

**50 min / USD 75**

**80 min / USD 95**

Another signature therapy combines soothing long strokes and palm pressure to relieve tension, improve blood circulation and calm the mind. Leaving your entire body in equilibrium of inner peace and health.

## THAI MASSAGE

**50 min / USD 75**

**80 min / USD 95**

An ancient massage therapy incorporates stretching, compressions and pressure points focusing on body's main Zen or Energy channels to release blockage and improve flexibility. It is a unique blend technique of yoga, acupressure and reflexology.

## SWEDISH MASSAGE

**50 min / USD 75**

**80 min / USD 95**

A classical therapeutic massage movements works on stimulating blood flow and relieve muscle strain to relax, invigorate the entire body, mind and soul.

## DE-STRESS MUSCLE MASSAGE

**50 min / USD 75**

**80 min USD 95**

A therapeutic body massage designed to release tension of tight stressed & aching massage using deep kneading technique, friction & stretching. Recommended to improve blood circulation, warm the muscle & aid dispersion of lactic acid.

## FOOT MASSAGE

**50 min / USD 60**

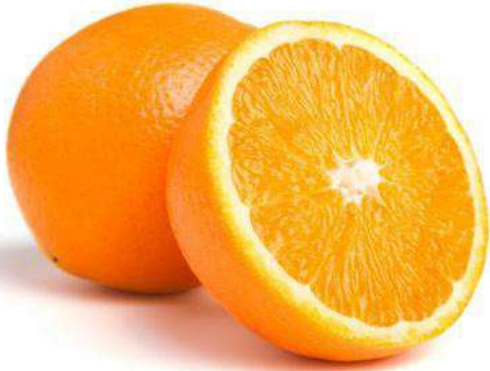
A jet lag dream, this foot to knee massage incorporates reflexology and shiatsu to balance the body and increase blood circulation. Recommended for conditions such as stress related problems, lack of energy, as well as digestive and nervous disorders.

## HEAD MASSAGE

**50 min / USD 75**

A dedicated relaxing therapy for your scalp and head areas to reduce headache and stress. Pure coconut oil will help to cool down your tension as well as promote hair growth and healthy.





refresh yourself

a la carte body treatment



## SELECTION OF BODY SCRUB

50 min / USD 65

### COFFEE

Natural scrub agent, with powerful ingredient of anti-aging and rich in antioxidants with various effects including soothing and purifying blemished skin. Recommended for cellulite problem.

### JASMINE

Especially to increase skin's elasticity and help balance moisture in the skin to naturally reduce dryness. Plus, its natural antibacterial properties protect skin from assault and aid skin's immunity.

### ORANGE

Powerful defender against oxidative stress and will keep the skin cells healthy by improving the production of collagen. It also enhances the ability of the skin to regenerate in order to maintain young and glowing appearance.

### GREEN TEA

An instant helps for dry skin and other skin problems. Deep moisturizing with skin healing properties as well as powerful antioxidant agent. Recommended for promoting skin regeneration.

### COCONUT & ALOE VERA

Maintain the skin stay moisturized, with the fat preventing moisture loss through the skin's pores. These fats give the skin a healthy, smooth and even tone.

## SELECTION OF BODY WRAP

50 min / USD 65

### CUCUMBER

With cucumis Sativus (Cucumber) fruit extract: the juice is composed largely of proteins, lipids, Vitamin C, and a variety of minerals, and possesses moisturizing and emollient properties. It also has an astringent effect, and can soothe and relieve puffy skin.

### GREEN TEA

A strong antioxidant effect that protects the skin from the damaging effect of free radicals, slows down the ageing process and makes your skin look youthful.

### COCONUT

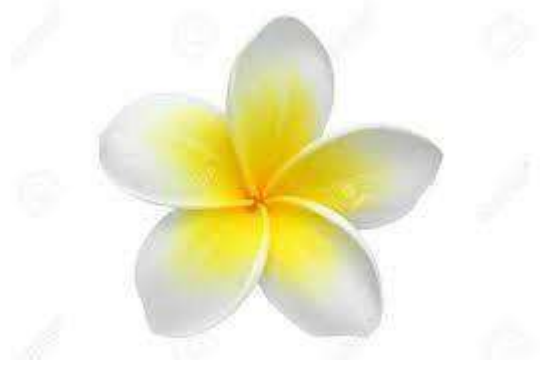
With mucifera (coconut) fruit extract which help the skin stay moisturized and beneficial to soothe irritated and dry skin. Many skin types can benefit from milk protein's nourishing and healing properties.

### MANGOSTEEN

Garcinia Mangostana (Mangosteen) peel extract to maintain healthy skin, anti-inflammatory, anti-allergy and antioxidant properties to reduce risk of various conditions such as skin inflammation, aging, and bacterial infections.

### TURMERIC

Curcuma Longa (Turmeric) Root Powder will help in both reversing and preventing photo-aging. It also a potent antioxidant that scavenges free radicals that are produced in our skin due to exposure to UV rays of the sun, pollution, and harsh chemicals.



**beautiful you**

**face, hair, nail and feet treatments**



## FACE

### TRADITIONAL FACIAL

50 min / USD 75

A truly beauty facial extravagance can be tailored to meet your individual needs using only selected fresh ingredients:

Cucumber for oily sensitive skin

Carrot for normal combinations skin

Tomato for dry skin

## MANICURE

50 min / USD 60

A traditional manicure treatment includes cleansing, nail grooming, exfoliation and a soothing hand massage leaving them radiant and glow, color application included.

## EXPRESS MANICURE

30 min / USD 40

## EXPRESS PEDICURE

30 min / USD 40

## NAIL ART

20 min / USD 20

## PEDICURE

50 min / USD 65

Pamper your weary soles with our revitalizing pedicure treatment includes cuticle and nail trimming, exfoliation, massage, and application of nail polish.

## FILE & POLISH

30 min / USD 35

Especially designed as quick beautifying ritual for your hands or feet so let our therapists fix your old polish and chipped nail!

## WAXING

Lip - USD 25

Eye brow - USD 25

Underarm - USD 40

Arms - USD 40

Bikini - USD 50

Half leg - USD 60

Full leg - USD 80

## ADDITIONAL FOR MEN

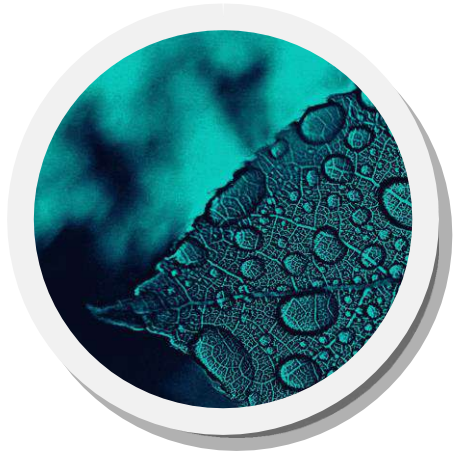
Chest - USD 60

Abdomen - USD 60

Half back - USD 60

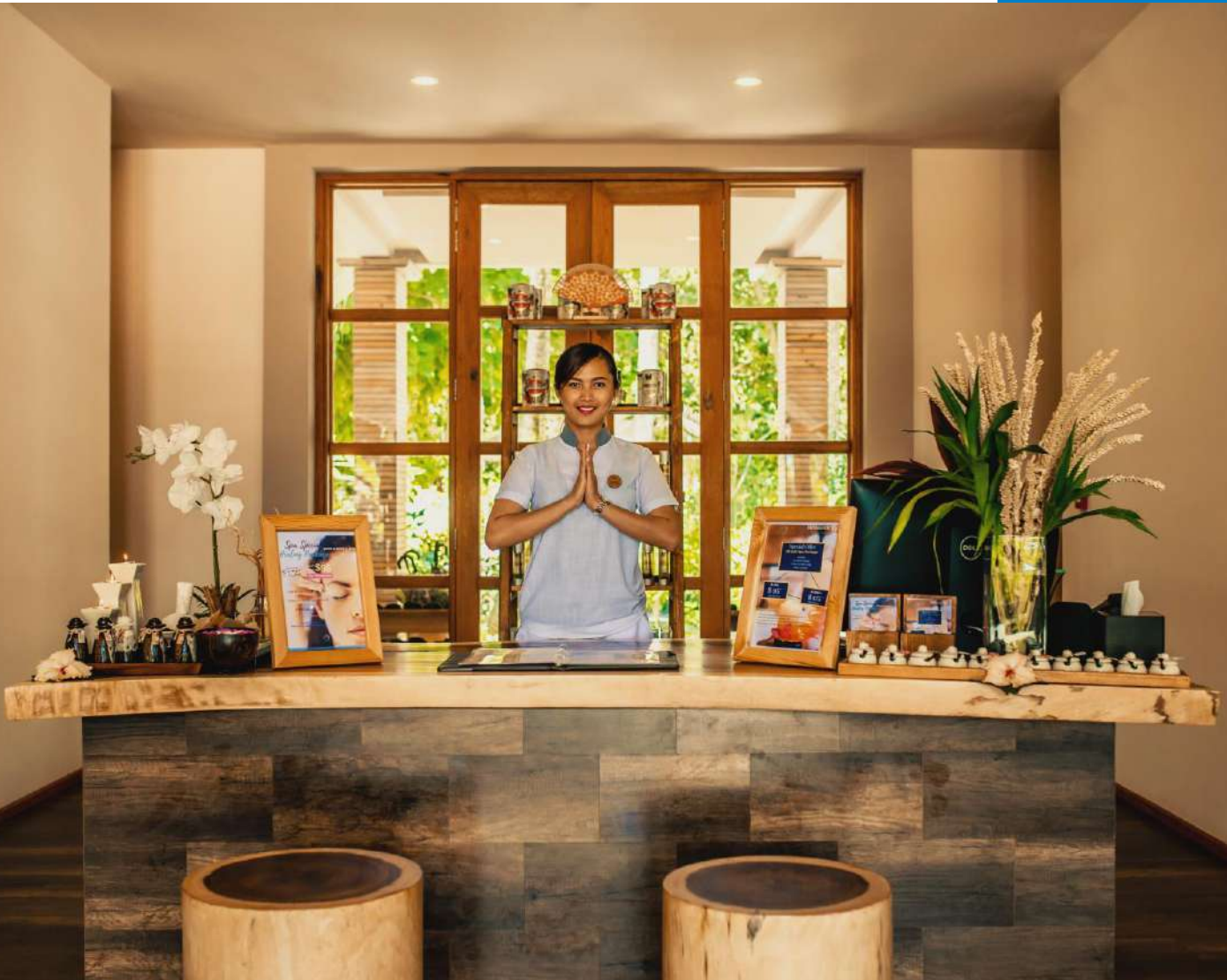
Full back - USD 80





it's spa time!

- sampler
- adds on
- short relaxing treatments



## MASSAGE

BACK, NECK & SHOULDER  
MASSAGE  
30 min / USD 50

FOOT RELAXER  
30 min / USD 40

SHIROABHYANGGA (INDIAN HEAD  
MASSAGE)  
25 min / USD 50

## FACIAL

TRADITIONAL REFRESHER FACIAL

30 min / USD 45

Enjoy immediate glowing results for your  
face!

## BATH

RITUAL OF BATH

with choice of flower bath or herbal bath

30 min / USD 40

Spa refreshment

RITUAL OF STEAM & SAUNA

with choice of scrub products

45 min / USD 50

Spa refreshment

STEAM & SAUNA

30 min / USD 35

## ON REQUEST

MASSAGE CLASS: LEARN HOW TO MASSAGE

## IN YOUR VILLA INDULGENCE

(in your villa treatment)

Available from 11 am - 6 pm. Last booking at 5 pm daily.

Additional 25% surcharge will be applied.

PLEASE CONTACT KUDAFUSHI-SPA RECEPTIONIST FOR  
FURTHER DETAILS