





Solasta
— SPA —

An aerial photograph of a beach. The top half of the image shows deep turquoise water with some darker spots. The bottom half shows a wide, light-colored sandy beach. The water meets the sand with gentle, white foam waves. The overall tone is serene and calm.

*In pursuit of the ephemeral,
the stillness of being*



Time is a travelling companion. It hastens with us, and slows when we let it.
Each moment is subtly transformative, creating memories and adding to our personal blueprint.

Solasta Spa is dedicated to these moments – to stillness, the release of tension, the childlike liberation of unfettered movement. A moment to catch your breath; another to expel it. To defiantly dispel fatigue, or wholeheartedly embrace it. To revel in the freedom of a quiet mind.

Spa treatments are like alchemy for the soul – transforming earthbound elements into sublime experiences.
Sourced from around the world, presented with conviction by our spa professionals and yogis.

Meet with our intuitive spa team to customise an immersive, personal collection of therapies that addresses you and the world within you, as you lose yourself in the majesty of the Maldives.
Bathe in the horizon; breathe in the sea breeze; bask in the stillness.

Solasta Spa Journeys

Elan: Spa Morning Dawn of Senses

Steam bathing, body brush, Maison Caulières massage and face cleansing

A stimulating ritual that awakens body and soul. Begin with an invigorating body brush, followed by a cleansing facial. In an immersive steam bath, infusions of light mint, bramble, nettle and Alchemilla purify the body and stimulate energies within. This journey pairs perfectly with sunrise freedom yoga, interspersed with intense morning vitality-laced shots.

Your Song: Afternoon Spa Laze

Omorovicza facial and scrub, flower head bath, Maison Caulières massage

A complete and indulgent collection that includes an Omorovicza Radiance facial seasoned with a salt and mud scrub, pure floral therapeutic bathing and a massage accentuated with the essences of broom and honey. The result is warmth and friendliness – a sense of fragrant nostalgia. Delightful respite, with light nutrition and dreamy, fragrant tisanes.

Quiet Calm: Evening Sun Gaze

Seasonal body exfoliation, gentle mineral wrap, cooling leg compresses and full-body massage

This playful, caring ritual is inspired by summer fields and seasonal cycles of warmth. Indulge in a fig, bergamot and rose soft scrub, rinsed away with cooling aromatherapy towels. A gentle nutrient-rich body wrap pampers the skin, coaxing the body into rebooting depleted energy and restoring its natural bio-rhythms. Mint leg compresses and stimulating massage intertwined with broom flowers and honey scented dry oils soften the mood. Reminiscent of a kiss by the sun.

The Stress Melter

Personal meditation, yoga and customised massage

Finding the path to meditate is not always easy. This is a one-to-one (or two) yoga and meditation class to practice in unison with personal attention given to the best techniques and to identifying practices that work for you. In combination with well-paced massage and olfactory infusions to nudge you along, this journey designed to be transformative in the moment and instructive for subsequent personal practice. Embark in the spa or at your house. The choice is yours.

Quench


Bathing, cooling body wrap, scalp relief massage and face quench

For after-sun skin relief and tan preservation. Skin refreshment: bathing in calming essences to cool the psyche and lessen the heat. The following cucumber and yoghurt body wrap drenches the skin in soothing moisture, while the scalp is massaged to release tension and flood follicles with nutrients. A radical recovery balm and face-moisture quench are the final flourishes to complete skin preservation and seal in the sun's kiss.

The Immunity Boost

Steam bathing, the crown, head and scalp treatment, anti-inflammatory wrap and golden skin plumping or moor mud facial

A unique Omorovicza collection that releases long-held tension in muscles, stimulating an improved immune response and better healing. Steam and aromatherapy relieve congestions while an anti-inflammatory wrap treats the physical body – with focus on the crown, relieving scalp stress and nurturing the hair. The facial is holistically applied to stimulate facial muscle bounce, releasing long-held toxins and vitalising the face. A head-to-toe energetic treatment.



*Come as you are,
when you please*

Our journeys are designed for excellent results. You may also prefer an individually created, immersive spa experience. Ask us about penetrating transformative massages, deeply restoring face care, steam or fragrance baths, skin buffing, toe polish, foot henna or any other treatment that interests you. Give us an approximate time of day, and our team will design your personal spa journey from any of the à la carte spa therapies – in any order and intensity you require.

Please note that we consider sun exposure with all our journeys and will adjust accordingly, replacing skin stimulants with cooling washes and gentle balms as necessary.



Massage Menu

A massage at the hands of an experienced, intuitive therapist is a time-honoured journey of enchantment. At Solasta Spa, this journey is abetted by Omorovicza Hungarian healing techniques and ingredients, coupled with the elemental infusions of Maison Caulières.

The Maison Caulières

Clarity: it so often eludes us. But there are ways to summon and strengthen it. In this classical European massage, healing hands ease tension and spark circulation. Infused oils and warm honey are a soothing balm, as their sweet floral aroma uplifts the spirit. Circulation improves, nourishing the senses and restoring energy to the entire body.

Thai

An ancient path to healing, a message guides your body through a series of yoga-like stretches and pressure-point therapy in this traditional Thai massage. Safe in the care of an expert practitioner, you'll experience a restored sense of balance as ligaments are drawn and joints aligned. Refreshed and reinvigorated, brimming with natural energy. Thai massage clothing is provided.

The Omorovicza

Beauty brand, Omorovicza, has harnessed the healing power of Hungary's mineral-rich waters and infused it into an exclusive range of healing oils. Deep muscle massage dissolves tension and promotes circulation, enhanced by quartz stones and lymphatic drainage techniques.

Spinal Connection: Volcanic Stone Healing

The weight of responsibility builds over time. Pressure mounts, bears down upon us. Settles into our bones. Cast off that burden. This treatment harnesses elemental energies – hot volcanic stone – to promote circulation and inner balance. Flowing massage enhances circulation and lymph flow for greater benefit.

Hot Poultice

Unburdened, through better lymph and blood circulation. Soothing stiff joints, improving flexibility and firming up skin in the process. Inspired by Ayurvedic healing traditions, a treatment of warming poultices filled with minerals, healing herbs and essential oils of lavender, chamomile and marigold are worked into the body along energetic pathways. Rhythmic massage strokes soothe muscles and soften old wounds.

Mum-to-be*

A specialised massage therapy adapted to feed the skin and senses of the expectant mother. Emotionally balancing, healing, and renewing, essential rosehip oils nourish and reinforce the skin, protecting against stretch marks. This rejuvenating treatment also nourishes the soul, realising a profound sense of inner peace.

** Available after the first trimester*

Omorovicza Face Therapies

Mineral-rich soil from Lake Heviz in Hungary. Earthen hues – shimmering and black. The restorative properties of these natural resources are redundant, until they penetrate the skin and enhance its function. Our facial treatments harness the expertise of Omorovicza, with their patented healing concentrate and bio-available formulas. These strengthen the skin, restore balance and enhance cellular activity.

Fresh Faced

Deep-pore cleanse and balance

Your therapist uses mineral-rich Hungarian mud to draw impurities out of the skin, stimulating micro-circulation and adding nourishment. As the skin softens and smoothenes, a scalp and shoulder massage inspires. Inner wellbeing, outer vitality – double the refreshment.

Heart of Gold

Repair, plump and hydrate

A rose-scented gold mask infused with three forms of hyaluronic acid to plump and nourish the skin. Bio-available gold – delivered with a lifting and firming Hungarian face massage, a flutter of rose quartz wands and the application of cooling eye globes – strengthens the skin and repairs micro-damage. The final flourish is a subtle sprinkling of shimmering gold oil.

Bright Blue Diamond

Brighten, firm and strengthen

Diamond peptides prolong the life of healthy skin, repairing skin cells. The result is greater elasticity, stronger skin and overall youthful exuberance. A traditional Hungarian facial mask accelerates oxygen infusion for lift and vitality. Cooling eye globes refresh the eyes, while a scalp massage draws oxygen into hair follicles. The result is a more vibrant, lustrous complexion.

Holistic Face

Lift, contour and refresh

This caring, holistic face therapy harnesses lifting and drainage massages, releasing toxins buried deep facial muscles. It de-puffs and increases radiance, enhancing facial contours, softening fatigue and easing jaw tension. Maison Caulières essential oils are a joyful addition, cleansing the skin for a softened expression and fresh visage. Repeatedly administered over the course of several days, this treatment is ideal for those with deep-set facial tension from spending hours in front of a screen.





Spa Sanctum

Our secluded and private steam bathing rooms offer herbal cleansing steam to enhance breathing, stimulate blood and lymph circulation, relieve muscular stress and enliven the immune system. Solasta Spa curates a collection of healing minerals and hydrating muds to infuse the skin, warm muscles and ease tension.

Base Layer Spa

Body soaping, healing mud and honey crème massage

Your therapist will use black soap, organic linen exfoliating cloths and natural brushes to cleanse, brush and buff the skin. It's then smoothed in warming, nutrient-rich mud, bathed in infused steam and massaged with a honeyed cream. This is curated spa experience serves as a base layer, to ease you into a state of soulful relaxation.

Moor Mud

Body scrub, wrap and massage

This is a classic Hungarian wrap-up, beginning with an invigorating sea-salt skin brushing. Hungarian mud and a capsicum-peptide rub clear away dead skin cells, before the refreshed skin is lathered in a detoxifying Omorovicza mask. The treatment completes with a scalp and stone massage, enhanced with aromatic oils.

Moor Skin

Soft scrub and massage

A tonic that refines the skin. Bathed in healing moor mud and active peptides infused with a firming collagen-boosting body oil that invigorates and promotes elasticity, the skin is clarified and softened.

Green Spring

Foot and leg refreshment

This protective treatment harnesses the healing, anti-oxidant benefits of green, essential oils infused with French mint, thyme and rosemary. It stimulates the senses and invigorates the skin, reviving circulation and a sparkling lightness of foot. The final stroke is an application of smooth and soothing Maison Caulières honey cream.

Flower of Guerande

Ancestral French body paste

Fleur de sel of Guerande is blended with carefully chosen essential oils in a traditional body exfoliant. It's gently massaged into the skin to impart energy, cleansing and replenishing weary cells – lifting the veil of dullness and dryness. A luxurious soft finishing powder leaves skin intoxicatingly fragrant.



Spa Lights

This is our collection of ‘spa lights’ – impromptu treatments designed to increase radiance and hone focus. Each is ephemeral, but profound. They’re often included in our spa journey, but can be administered whenever you wish, however you desire.

Face Cleansing

Select from Omorovicza’s iconic, curated formulas – from a detoxifying Moor Mud cleanse to a rose gold lift or bright blue diamond immersion. Each is naturally sourced and bio-available. Witness the true power of this healing line of mineral skincare products in a short facial that cleanses deeply. Then consider exfoliating or proceeding with a prepping mask or massage to enliven the complexion.

The Crown

A scalp, face and neck massage, followed by acupressure and a stimulating scalp rub to stimulate circulation and feed the soul. A hair bio-energy mud-mask application nourishes with vital vitamins and minerals. We call this ‘the crown’ of all spa treatments, as it focuses on the head and hair – dispelling the fog of fatigue.

Reflexology

Classical foot therapy heals the body by stimulating reflex points in the feet. It’s essential for those struggling to relax, especially when combined with one of our massage treatments. It’s also ideal for anyone who’d prefer not to disrobe. Repeated over several days, the results can be profound.

Classically Back

A concentrated, targeted treatment designed to relieve blocked spinal energy and relax shoulder muscles. This back massage can be tailored to incorporate any of our massage techniques for the best outcome.

Brushing Balm

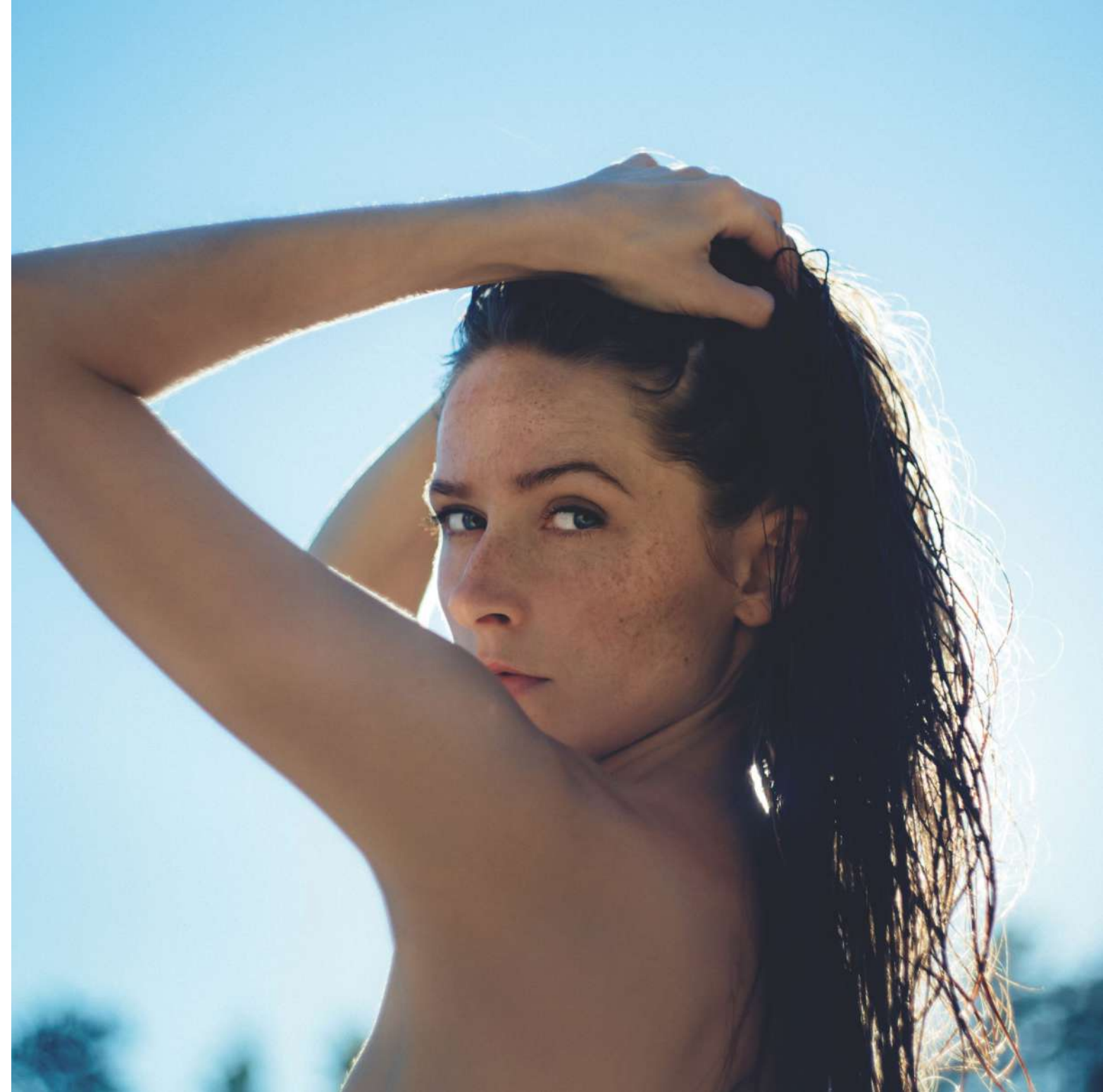
Imagine being brushed, buffed and massaged by a sequence of natural brushes of varying sizes and textures. This treatment stimulates the skin, drains fluid and smoothly buffs and polishes the skin with a honeyed, sun-warmed balm.

At the Down of Senses

This calming, utterly enjoyable foot massage exerts deep and flowing movements into the fascia of the foot and lower leg. It harnesses reflex points in the feet to stimulate the body’s natural healing ability, restoring balance.

Bathing Belles

Our spa pavilions include expansive open-air bathing terraces with space to accommodate one or two people. Bathed in stunning views of the sky and sea, you’ll sink into the surroundings for a truly immersive, soul-restoring experience, complete with fragrant rose, uplifting mint and other therapeutic herbs and flora.





Free the Feet

Some spa treatments inspire the soul; others indulge its fancies. Free the Feet treatments are a veneer applied to revelation. Gel Effect formulations offer a lustrous, plumped finish without the need for UV. Strong, glossy nails, clad in gem-coloured gels or naturally nude and buffed. A polish – both literal and figurative – that will not chip or fade.

Honey

Manicure

A summer-garden treatment for hands and nails. French Garden oils and balms infused with broom, mint, rose and honey actively calm the senses, destressing and softening the skin and reducing split nails. This soft and scented manicure includes polish.

Show your Hand

Hand Treatment Manicure

Begin with a fig, bergamot and rose soft-scrub that illuminates the skin. Follow this with expert cuticle and nail-treatment preparations. Proceed with mint compresses, an exquisitely detailed hand and wrist massage with warm enveloping wax masks to soothe joints and return the hand to a happier, relaxed state. A canvas prepped to be painted, polished and styled.

Free the Feet

Foot Treatment Pedicure

Cooling mint compresses and therapeutic oils infused with French thyme and rosemary are woven into this refreshing foot treatment. Cuticles are conditioned with an aromatic, nutrient-rich paste, while the lower legs and feet are prepped and vitalised for a honey and warm-wax wrap. This is followed foot and leg massage and a choice of a glossy finish or natural buff for a truly liberating experience.

Rock and Salt

Pedicure

A buffing, no-polish pedicure that treats dry, cracked skin. Files, salts and balms are used to soften soles, effectively re-hydrating and revitalising the foot. A penetrating foot massage follows, with a honey-cream application for cracked heels.

Gloss

Honey manicure, pedicure, spa treatment

A decadent pairing: Free the Feet pedicure and a glossy hand treatment, with polish if you please. Follow this with the spa light treatment of your choice. A relaxing way to socialise with a friend, or even to indulge in the silence.

Nourishing Gel Removal and Repair

A nurturing polish removal for gel nails. This treatment improves nail moisture content and restore smoothness, leaving nails in optimal condition after gel removal.

Polish

A quick and freeing fix. Perfectly paint pre-prepared nails, or repair chipped polish. This treatment does not include gels.

Henna stencilling

A trifling indulgence for the Bohemian-at-heart. A fleeting decoration as simple or elaborately ornate as you desire. Our therapists will advise on henna applications, and a test patch may be required 24 hours in advance.

For Him

A selection of masculine spa therapies crafted to suit his needs, and ripe for adaptation. Each of these treatments have been carefully curated and are entirely customisable.

Base Layer Spa

Body Soaping, Hot Healing Mud and Bamboo Massage

Using black soap, organic linen exfoliating cloths and natural brushes, your therapist will cleanse, brush and buff the skin – before smoothing it over with warmed, nutritious mud. A penetrating steam infusion follows, proceeded by a forest-and-flora-infused Maison Caulières massage. Free your mind with this curated, base-level spa sequence.

Moor Mud Face Clean

Face Mask, Face, Scalp and Shoulder Massage

Our mineral-rich Hungarian moor mud mask draws out impurities and cleanses deeply while nourishing the skin. A Hungarian facial massage soothes, while improving micro-circulation through the skin. This face therapy includes a scalp and shoulder massage to relieve tension and stress.

Back Reviver

Back Exfoliation, Thermal Mud Mask, Foot and Back Massage

This begins with a deep-cleansing back exfoliation designed specifically for me, followed by a warm thermal mud mask to draw out impurities. After a relaxing foot massage that calms nerve endings and stimulates a healing response, the treatment concludes with a firm back massage.

The Good Sport

A dedicated sports-style massage for focused, deep-muscular treatment, injury prevention and trapped lactic acid. Arrive post- or pre-workout for an intense, bespoke massage using warming oils.

Rock and Salt Pedicure

This is a buffing, no-polish pedicure that treats dry, crackled skin. Files, salts and balms are used to soften soles, effectively rehydrating and revitalising the foot's skin. The finale is a penetrating foot massage followed by an application of honey cream for cracked heels.

Groom

Nail grooming, cuticle refining and natural nail buffing, with attention to dry skin on the hand dryness. This is a manicure for refined, glowing hand presentation.





The Yoga Pavilion

Our overwater yoga pavilion is a sala to the sea and sky. An untethered space where the body is refined, and consciousness augmented. The grace of movement, focused poise and body alignment draw practitioners in, healing wounds within and mending injuries without. Come create an alternate space where you can escape the pressures of daily life.

Yoga comes in myriad styles and practices, honed and refined over millennia. This traditional practice represents a living, breathing journey to wellness, undertaken by countless generations that have gone before. Modern interpretations build upon this traditional foundation.

But yoga is ever and always a personal experience. It transforms us – even as we shape and experiment with its execution.

At Solasta Spa, we offer the opportunity to practice yoga in any way you please: classical Hatha postures and breathing; Ashtrang 6 series; flowing Vinyasa; slow, extended holds for joint mobility strength of Yin; or Aerial yoga poses another angle. The parameters are as varied and profound as your practice.

Our yogis offer expertise, inspiration and encouragement as they escort you along a path of personal expression through yogic practice and meditation. If you have any questions at all, you can ask them directly – or enquire with Solasta Spa before your visit.

We host Freedom Yoga each morning and evening. Salute the sun at dawn or bid it farewell as it journeys across the meridian. Of course, the timing of these sessions changes with the seasons. Ask your butler for the current sunrise and sunset schedule. Your butler or spa reception will also be delighted to arrange personal yoga, meditation or gym-training sessions on your behalf.



Spa Etiquette

While spa treatments are available at any time of day or night with advance booking, our normal opening hours are from 8am to 8pm daily.

Come as you are. Our spa pavilions are private, and we provide all bathrobes, slippers and anything else you may need.

Each pavilion has its own changing room, toilet and shower for your convenience.

The steam room and outdoor bathing area of each pavilion can be booked in addition to your spa treatment at a charge.

For yoga practice, comfortable clothing that allows unimpeded movement is a necessity. If you're unsure of what to wear, your house master will be happy to advise.

Contact your house master to schedule or rebook a spa treatment. Likewise, our spa team will be happy to assist.

The house master will co-ordinate your arrival at the spa and let you know in advance when to be ready for collection.

We recommend that men shave prior to a facial. Body shaving is not recommended before body treatments (such as wraps and scrubs).

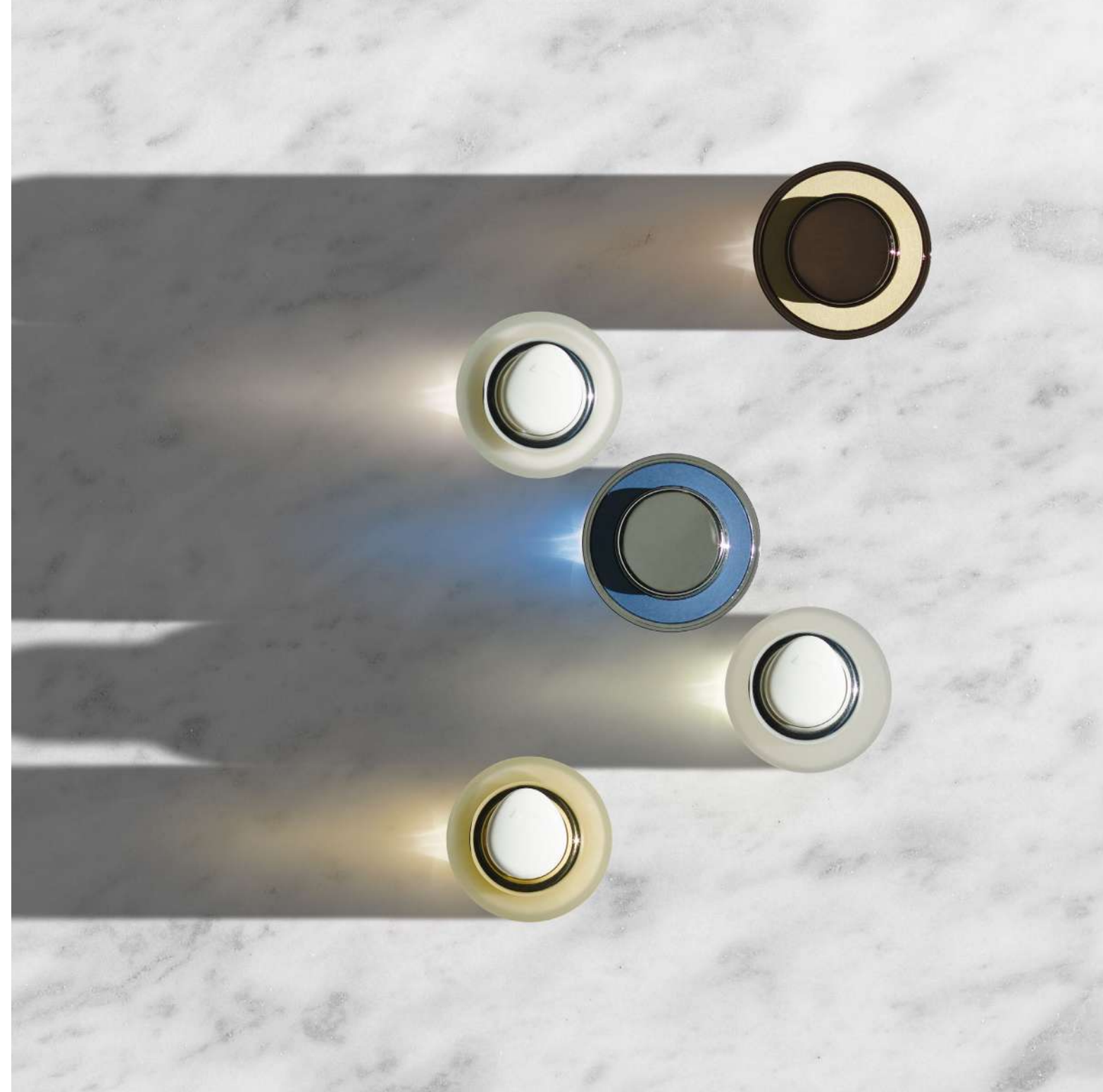
We ask that you leave all valuables in the house safe when visiting the spa.

Guests must be at least 16 years old to enjoy the Spa. Those aged 6 through 15 are permitted to enjoy treatments as long as a parent or guardian (over the age of 18) is present with them in the treatment room.

Many of our spa treatments can be enjoyed in the comfort of your own house; a supplement of \$100 is charged for this.

After-hours treatments will be charged at an additional 50% supplement.

We ask that you tell us all about yourself in a brief pre-consultation so that we can better tailor your treatment to your needs.





www.thenautilusmaldives.com

