

An aerial photograph of a tropical resort. In the foreground, several overwater bungalows with thatched roofs are arranged in a semi-circle around a central building. The water is a vibrant turquoise color. In the background, a long strip of land features more resort buildings and a row of overwater bungalows extending into the ocean. The sky is a clear, pale blue.


Blu Spa

A DIFFERENT
KIND OF BLU

WELCOME TO BLU SPA AT RADISSON BLU RESORT MALDIVES

A STYLISH AND MEMORABLE SPA EXPERIENCE

Close your eyes and breathe deeply... indulgently.
Nourish your soul with exquisite scents, warm smiles and
dreams of faraway places ...

Blu Spa offers stylish and relaxing spaces complemented
with bespoke spa treatments and attention-to-detail
services. Our ultimate desire is to provide you comfort,
indulgence and deliver meaningful and memorable moments.

Start your Blu Spa journey with a treatment of your choice
from our broad menu selection.

HOW TO SPA

SPA ETIQUETTE

We recommend that you leave all your jewellery and valuables in your villa's safety deposit box before coming to the spa. Please note that spa cannot take responsibility for lost or damaged personal items. Kindly note that the spa is a tranquil setting and a place, to relax, therefore we request that you leave your mobile phone and other electronic devices in your guest villa.

To ensure relaxation for all of our guests, we kindly request that everybody refrains from speaking loudly. Please note that the spa is an unsuitable environment for babies and children below three years of age. We try to ensure that all of our guests benefit from the tranquil surroundings, and we ask you to be mindful when bringing small children. Please refrain from smoking within the spa grounds. We like to provide a healthy environment for all our guests.

RESERVATIONS

We recommend you reserve your treatments in advance. Please visit us to make a reservation. The team at Blu Spa is happy to show you around and assist you in choosing treatments. Or you can contact Blu Spa on extension 1366, by dialling '0' to connect through ONE TOUCH SERVICE.

HOURS OF OPERATION & LOCATION

Blu Spa is open from 8.00 am to 10.00 pm. Please visit the spa, located near Crusoe's Restaurant, or call us on extension 1366 to make a reservation.

FACILITIES

We provide bathrobes and disposable underwear for your personal use during your visit.

ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and to have time to relax in our tranquil surroundings. Your time with us is precious, so we kindly ask that you arrive promptly so that you can fully enjoy the experience. Late arrivals may result in reductions of treatment duration if we are unable to reschedule the treatment due to the reservations of other guests.

PRECAUTIONS

Please advise us of any health complications, allergies or similar conditions that may affect your treatment. If you are pregnant, or if it has been less than three months since you gave birth, please notify our spa reception. Our pregnancy treatments are only available within the second and third trimesters and three months after delivery.

We recommend that you do not sunbathe directly after your spa treatment. Gentlemen are kindly advised to shave prior to facial treatments, but not immediately prior, to ensure the best results. Please remove contact lenses before facial treatments.

CHARGES

All treatments will be charged to your villa and will appear on your account at checkout. All prices are in USD, subject to a 10% service charge and any applicable government taxes.

CANCELLATIONS POLICY

Please allow at least 6 hours notice for cancellations to avoid a 50% charge. Cancellations without notice will incur 100% charge. If you arrive late, we will be required to shorten the length of your treatment in order to respect the next guest's reservation.

ESCAPE PACKAGES

SEA SERENITY (Signature)

US\$ 285

120 minutes

Unique sensory journeys to the heart of the oceans. Experiences suspended in time. Moments of pure bliss and absolute serenity for the body and mind.

- Coffee Scrub (30 minutes)
- Deep Relax Oil Massage (60 minutes)
- Express Facial (30 minutes)

ISLAND BLISS

US\$ 300

120 minutes

Enjoy the benefits of a coconut Sugar Scrub, with enhanced essential oils. Your skin regains its beauty in a dream like discovery of sunny climes. All Skin Type.

- Coconut Sugar Scrub (30 minutes)
- Deep Relax Oil Massage (90 minutes)

TROPICAL DREAM (Couple)

US\$ 540

150 minutes

Indulge in the middle of the Indian Ocean, a fruity paradise where an abundance of colour and the profusion of sweet scents to nourish you from top to toe. Our signature Coconut Scrub effectively removes the dead cells and a coconut oil massage give you a nourishing smooth skin.

- Coconut Scrub (30 minutes)
- Flower Bath (30 minutes)
- Coconut Oil Massage (90 minutes)

FLORAL DREAMS

US\$ 250

90 minutes

Floral Rose and the rose water accompany you at the start of this journey to enjoy the regenerative and anti ageing properties of rose flower extract which blends with essential oils for a deep relaxing effect. All Skin Types.

- Rose Body Scrub (30 minutes)
- Energize Oil Massage (60 minutes)

ROMANTIC SENSORY DREAM (Couple)

US\$ 440

120 minutes

Enjoy complete romantic pampering with your loved one in the privacy of your own spa suite. Surrender your bodies to luxurious Aromatherapy, Balinese or Swedish massages. Take a dip in our delicious aromatic herbal flower bath while sipping glasses of invigorating fresh juice. Calm your mind before enjoying personalised Aromatherapy Associates minutesi facials, carefully selected based on your skin types. A massage upgrade can be requested instead of the minutesi facial, if preferred. Enjoy this intimate time with your partner and give your bodies the relaxation they deserve.

- Love Portion Oil Massage (60 minutes)
- Aromatherapy Associates Express Facial (30 minutes)
- Romantic Flower Bath (30 minutes)



All prices are in USD and subject to 10% service charge & 16% Government Tax

INDIGENOUS MASSAGE THERAPIES

RE-BALANCING SIGNATURE MASSAGE

US\$ 163 / 250

60 | 90 minutes

Medium

With the special blend of our aromatic oil. Our skilled therapists will use special massage techniques and a variety of strokes to increase blood flow and circulation to help decrease tension in the muscles and promote relaxation.

Option to add:

- Healing Scalp 30 minutes
- Foot Therapy 30 minutes

RELAXING AROMATHERAPY

US\$ 150 / 225

60 | 90 minutes

Light

Let your body and soul relax with this gentle but powerful massage, using the art of movement combined with ancient aromatherapy oils, this rhythmic body massage uses gentle techniques to help restore harmony and relax the mind and body.

Option to add:

- Hot Stone 30 minutes
- Scalp & Neck Therapy 30 minutes

REGENERATING THAI

US\$ 163 / 250

60 | 90 minutes

Deep on back only

This centuries-old therapy, known as passive yoga uses pressure, kneading and Thai stretching for total relaxation of the back and legs. The back is revitalized, leaving you feeling calm and restored.

Option to add:

- Thai Herbal Poultice 30 minutes

BALINESE

US\$ 150 / 225

60 | 90 minutes

Deep & Firm

This holistic tradition Balinese massage combined with enveloping massage movements with long kneading strokes to release muscle tension and provide deep relaxation. Your feeling of well-being is enhanced while easing the mind and body.

Option to add:

- Healing Scalp 30 minutes
- Hot Stone 30 minutes

CLASSIC SWEDISH

US\$ 150 / 225

60 | 90 minutes

Deep

This classic deep massage promotes a sense of wellbeing by increasing your blood circulation and lymphatic flow. It also improves muscle tone and skin texture. Ideal for relieving deep muscular tension and aches and pains.

Option to add:

- Hot Stone 30 minutes
- Back & Shoulder Massage 30 minutes

ORIENTAL MASSAGE

US\$ 150 / 225

60 | 90 minutes

Medium Pressure

Influenced by Eastern philosophies and a holistic approach to healing, this therapeutic massage combines eastern and western techniques to improve flexibility and balance energy flow in the body.

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INDIGENOUS MASSAGE THERAPIES

HEALING SCALP TREATMENT STAND-ALONE
 US\$ 80 30 minutes

For mental clarity and relaxation, optional with oil or dry. This scalp massage increases blood circulation to the head to relieve tension, relax the mind and helps to strengthen hair roots.

BACK & SHOULDER
 US\$ 80 30 minutes

All Pressures

The treatment focuses on tight and stressed muscles in your back and shoulders to ease overall tension. Extensive localised pressure relaxes the lower and upper back, shoulders, and neck area.

FOOT TREATMENT STAND-ALONE
 US\$ 80 30 minutes

Soak / Exfoliation / Massage / Hydration

This revitalizing Slow Beauty Ritual relieves & rejuvenates tired feet. A scented salt soak softens and re-mineralizes. Skin is polished and renewed with a sugar exfoliation followed by a relaxing massage of the feet. A deeply hydrating foot Cream completes this ritual.



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INDIGENOUS MASSAGE THERAPIES

ABHYANGA
US\$ 170 / 220

60 | 90 minutes

Gentle and Firm

Dating back 5,000 years, this traditional rhythmic and deeply relaxing massage rejuvenates by clearing stagnant energy using warm oils and varying amounts of pressure with a focus on restoring the flow of “prana,” the life force that stimulates your body’s vital energy. As your nerves are soothed, you drift into a deep state of bliss.

KATI VASTI
US\$ 80

30 minutes

Practiced to ease lower back pain. A small circle of paste made from black gram or wheat flour is placed strategically on the lower back. Warmed oil is then poured into the depression created by the ring of paste.

GREEVA VASTI
US\$ 80

30 minutes

Specially prepared warm herbal oil is poured over the neck and retained inside the black gram paste boundary. Alleviates neck stiffness and upper back conditions.

JANU VASTI
US\$ 80

30 minutes

Recommended for chronic knee pain, stiffness, inflammation and injury. The treatment involves pouring of warmed oils over the knee area created by the ring of paste using gram flour.

ELAKIZHI (Herbal Poultrice)
US\$ 80

30 minutes

All prices are in USD and subject to 10% service charge & 16% Government Tax



INTIMATE BODY THERAPIES

Scrubs & Wraps

SMOOTH MY SKIN

US\$125

60 minutes

Choice of 6 types of scrub stories to effectively remove dead skin cells, result is smooth and silky:

- Coffee Scrub
- Coconut Sugar Scrub
- Love Portion Scrub
- Skin firming Cellulite Scrub
- Brown Sugar Scrub
- Coconut Glow

SOOTHING BODY WRAP

US\$ 135

60 minutes

Deeply soothing for skin over exposed to the sun. Cool down with a refreshing wrap of cucumber and aloe vera – perfect for those with sunburn or needing a chill down after a day in the sun.

SLIM & SCULPT MASSAGE

US\$ 225

90 minutes

This succession of deep and effective manoeuvres was created to dislodge both cellulite and stubborn fat while restoring skin tone. Cellulite is treated with Refining Oil , which has fat-burning effects. Deep-fat areas are treated with a sculpting massage, which is very effective for redefining, draining and toning the body.



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TREATMENT By AROMATHERAPY ASSOCIATES

Aromatherapy uses essential oils to help balance you both emotionally and physically. Helping with everyday ailments like stress, headaches, acne, hormonal imbalances, muscular aches, insomnia and low energy levels.

DETOX & REVIVE

US\$ 250

90 minutes

Deep & Firm.

Perfect therapy for cellulite prone skin, when you are dieting, feeling sluggish or lacking energy. The zesty Revive Morning blend of grapefruit, stimulating rosemary and diuretic juniper will leave you feeling deeply recharged.

ROSE HYDRATOR

US\$ 150

60 minutes

An intensely hydrating body wrap includes the layering of rich rose serum, oil and cream, leaving your body smooth and radiant.

INTENSE MUSCLE RELEASE MASSAGE

US\$ 175 / 250

60 | 90 minutes

Deep & Firm.

An intensive massage that works deep into stiff, aching muscles to instantly release pain and tension.

MATERNAL BLISS MASSAGE

US\$ 175 / 250

60 / 90 minutes

Light.

Nourishing and deeply relaxing massage for mothers to be. This treatment pays particular attention to tight shoulders and upper back.

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TREATMENT By AROMATHERAPY ASSOCIATES

FACIAL THERAPIES

AGE REPAIR
US\$ 200

90 minutes

An intensive treatment for ageing skin, including a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. This repairing and anti-ageing treatment works with natural oils and larch extract which stimulate collagen formation to deliver firmer skin.

DEEP CLEANSE
US\$ 185

60 minutes

A treatment to help drain away toxins leaving a super clean and fresh skin. With ylang-ylang, to help regulate sebum production and antibacterial lavender and tea tree, your face is cleansed and exfoliated and is followed by a deep cleansing mask to re-mineralise. The result is clean, refreshed and revitalized skin.

ESSENTIAL ROSE
US\$ 185

60 minutes

This sumptuous facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types. Aids in boosting your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented.



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ESPECIALLY FOR MEN

COMBINATION

FACE & BODY GROOMING RITUAL

US\$ 275 120 minutes

This luxurious treatment is designed to pamper, soothe and indulge the most discerning and particular guest. The treatment will commence with the 'Back facial', followed by full body massage and the age defence mini-facial.

FACE MEN'S ESSENTIAL

US\$ 185 60 minutes

A deep cleansing and brightening facial. To complement the relaxing properties of this treatment, a relaxing scalp massage is also performed, leaving you with a calm and comforted state of mind.

TONIC MASSAGE

US\$ 175 / 250 60 / 90 minutes

Deep & Firm

This tension-relieving massage delivered with strong, concentrated pressure, to enhance blood circulation, melt away congestion knots, ease stiffness from stress, sports and travel.



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BEAUTY BLISS HAND & FEET

MINDFUL MANICURE
US\$ 95

60 minutes

Experience a signature breathing ritual created to suit your mind, body, and spirit needs. Signature Slow Beauty massage will melt away tension and restore balance while delivering intense moisture to hands and arms. Nails are perfectly polished and finely groomed.

SLOW BEAUTY SIGNATURE MANICURE
US\$ 130

90 minutes

Slow Beauty Signature manicure begins with an opening breathing ritual that suits your mind, body, and spirit needs. Experience deep exfoliation followed by a beautiful arm and hand bathing experience to cleanse away any tension and stress. Arms and hands are enveloped in a moisture rich masque or a deep detoxifying masque to meet your specific need. The signature massage will restore balance while nails are finely groomed and perfectly polished.



MINDFUL PEDICURE
US\$95

60 minutes

Experience a signature breathing ritual created to suit your mind, body, and spirit needs. Soak your tired feet in dead sea salt and minerals while signature slow beauty massage will relieve your achy muscle and melt away tension. Nails are finely groomed and perfectly polished.

SLOW BEAUTY SIGNATURE PEDICURE
US\$ 130

90 minutes

Slow Beauty pedicure begins with an opening breathing ritual created to suit your mind, body, and spirit needs. The signature fragrance will allow you to travel through an aroma journey while ultra luxe exfoliating and masque treatments will renew and restore hydration, moisture and a youthful glow. Experience the signature slow beauty massage as it melts away tension and stress while nails are finely groomed and perfectly polished.



TEENS & KIDS

ALL ABOUT ME MASSAGE

Stress less with one of our muscle melting massage using our most elegant tea extract body lotion to melt off any knots, combat muscular aches and pains.

RELAX ME
US\$ 140 60 minutes

For full body.

SOOTHE ME
US\$ 75 30 minutes

Back, Neck and Shoulder.

FEET ME
US\$ 75 30 minutes

Foot & Legs.

ALL ABOUT ME FACE

Using the most gentle ingredient for our little gentlemen and ladies, these facials are ideal to deep cleanse the skin, revealing a fresh and luminous complexion.

HYDRATE ME
US\$ 85 60 minutes

For all skin types especially for teens.

FRESHEN ME
US\$ 55 30 minutes

For all skin types especially for kids.

ALL ABOUT ME NAILS

Using the most gentle ingredient for our little gentlemen and ladies, these facials are ideal to deep cleanse the skin, revealing a fresh and luminous complexion.

POLISH ME
US\$ 30 15 minutes

Just choose and show off your color of the day.

MANICURE
US\$ 35 30 minutes

Nail trim, cuticle care, massage and polish.

PEDICURE
US\$ 55 45 minutes

Nail trim, cuticle care, massage and polish.

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BLU SPA RETREAT

TO A LIFE IN

- 1 Day Program
- 3 Day Program
- 5 Day Program
- 7 Day Program

REST & RENEW

Relieving stress is an essential part of the retreat program. The program ranging from therapeutic massages to holistic activities such as yoga, Pilates. Full body massages experiences are particularly effective at removing tension from muscles, whilst holistic activities help with flexibility, improve muscle tone and strength and enhance your overall well-being. This relax, unwind include daily walks, meditation, sleep and breathe therapy.

3 DAYS

SLIM & SCULPT RETREAT

US\$ 550

DAY 1

- Slimming Treatment 90 minutes
- Fitness Training 30 minutes
- Detox Drink
- Wellness Cuisine Lunch or Dinner at Crusoes

DAY 2

- HIIT Session 30min
- Contouring and Firming Massage 60 minutes
- Detox Drink
- Wellness Cuisine Lunch or Dinner at Crusoes

DAY 3

- Pilates 60 minutes
- Anti Ageing facial 60 minutes
- Detox Drink
- Wellness Cuisine Lunch or Dinner at Crusoes

5 DAYS

PAMPERING SPA PACKAGE

US\$ 650

DAY 1: Hydrating Rose Scrub

60 minutes

DAY 2: Choice of Balinese or Deep Tissue Massage

60-minute

DAY 3: Hot Stone Massage

60 minutes

DAY 4: Facial By Aromatherapy Associates

60 minutes

DAY 5: Ultimate De-stress Massage

60 minutes



7 DAYS

RASAYANA PACKAGE

US\$ 765

DAY 1: Himalayan Salt Scrub

30 minute

DAY 2: Abhyanga Massage

60 minute

DAY 3: Elakizhi

60 minute

DAY 4: Abhyanga Massage

60 minute

DAY 5: Stanika Vasti Massage

60 minute

DAY 6: Kizhi

60 minute

DAY 7: Facial

60 minute

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BLU SPA RETREAT TO A LIFE IN BALANCE

PURIFICATION SPA DAY

US\$ 990

A day for your body and mind. Spend the day in the healing surroundings of a spa dedicated to wellness and recharging...

A day of Ayurveda, yoga, other traditional therapies and our purification diet. The benefits of these treatments include detoxification, pain relief, an enhanced immune system, more energy, improved blood circulation, and relief from insomnia, anxiety and stress. Ayurveda is known to be the 'Science of Life', which aims to prevent negative energies and to rejuvenate the body and mind. An inner journey, yoga creates a state of balance. Yoga postures, breathing exercises and meditation combine to unite the body and mind, creating a stronger, healthier and more flexible body. Most importantly, the practice creates positive energy that results in calmness and relaxation and increases willpower and concentration. The purification diet detoxifies and cleanses the body of the toxins that build up in daily life. A diet plan runs in conjunction with the gentle exercise of yoga, Ayurveda treatments and meditation. Food provides nourishment and strength and feeds the soul. A combination of all of these elements ensures a healthier outlook.



06.00 - 06.30	Meditation
06.30 - 07.00	Pranayama
07.00 - 08.00	Yoga Postures
08.30 - 09.00	Purification Breakfast
09.30 - 10.15	Detox Body Scrub
10.15 - 11.00	Detox Mud Wrap
11.00 - 12.30	Abhyanga Massage
12.30 - 14.30	Purification Lunch
14.30 - 15.15	Yoga Nidra
15.30 - 17.00	Detoxifying Body Massage
17.30 - 18.00	Yoga
18.15 - 18.45	Orange Milk Bath
19.00	Purification Dinner



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BLU SPA RETREAT TO A LIFE IN BALANCE

BREATHE PEACE OF MIND



Space for meditation provides the fundamental practice to achieve personal insight through self-awareness

CROSS-FINGERS BREATHE

- Sit or stand mindfully.
- Place your finger in the middle of the figure 8.
- Slowly follow the directions on the pattern for inhaling and exhaling.
- Repeat several times

CLAP & BREATHE

- Press hands flat together in front of your heart (the fireworks).
- Breathe in, and as you inhale, the rocket takes off up the centre of your body until arms are above your head.
- Clap.
- Then exhale out, with your fingers sparkling downward like an exploding firework.
- Repeat.

OCEAN BREATHING

- Using flat and firm hands, flatten each ear with a hand (*right hand on right ear, left hand on left ear*).
- Breathe deeply 5 times (you can change the number of times to reflect your population of students).

4-7-8 BREATHE

- 4-7-8 • Breathe in counting to 4.
- Hold while counting to 7.
- Breathe out counting to 8.
- Repeat



BLU SPA RETREAT TO A LIFE IN BALANCE

MOVE EXERCISE

Ranging from Yoga, Pilates, Boxing, Gym, with specialist fitness instructors. Choose your preference to help individually get the body moving and to feel good. Aims to strengthen the body, improve body shape, or increase your cardiovascular fitness and reduce aches and pains.

YOGA

The benefits of a regular yoga practice are wide-ranging. In general, a complete yoga workout can help keep your back and joints healthy, improve your overall posture, stretch and strengthen muscles and improve your balance.

As you learn to do yoga poses, you will be instructed to notice your breath and the way your body moves during the exercises. This is the foundation of a mind-body connection.

PILATES

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility.

The technique cultivates awareness of the body to support everyday movements that are efficient and graceful.

Trunk stability through core engagement is the most important aspect of Pilates training since it dictates how the body moves, not just in the studio or gym but in daily life.



BLU SPA RETREAT TO A LIFE IN BALANCE

JUICE AND SMOOTHIE

Organic juices, smoothies and snacks help to strengthen and nourish the body because they are loaded with micro and macro nutrients. They also provide valuable fiber which is vital to healthy digestion and a strong immune system

ENERGY

Ginger, carrot, green apple, red apple;

US\$ 21

SWEET & SPICY

Almond Milk, sweet potato, pear, maple syrup, cinnamon, pinch of Himalayan salt. Served over ice.

US\$ 21

ANTI-OXIDANT

Cucumber, celery, parsley, spinach, lemon;

US\$ 24

REJUVENATE

Carrot, kale, cucumber, celery, beet, green apple, lemon;

US\$ 24

DETOX

Lemon, kale, spinach, romaine, cucumber, parsley, celery, lemon;

US\$ 26

RENEW

Celery, apple, spinach, lime, ginger;

US\$ 26

HEAL

Pear, cucumber, spinach or chard, mint, turmeric, black pepper;

US\$ 26



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