



Spa Menu

Sleep For those who wish to improve sleep quality and duration

Revived
Switch off Slumber
Renewed Sleep Recover
Rest Recharge Relax

Sleep Remedy

By: Zents

Duration: 90 minutes

Components: Body scan, pranayama and full body massage

Outcome: Releases tension from the body and mind, aiding in restful sleep

Sudtana Scalp Ritual

By: Sudtana

Duration: 60 minutes

Components: Scalp and facial massage with oil and herbal compress

Outcome: Traditional Thai therapies soothe and calm the mind

Shirodhara

By: Soneva

Duration: 60 minutes

Components: Oil pour with medicated blends

Outcome: Rejuvenates and enhances the function of the central nervous system for deep relaxation

Meditation

By: Soneva

Duration: 45 minutes

Components: Breathwork and mindful techniques

Outcome: Regulates the nervous system for a deep sense of relaxation and peace within the body and mind

Meditation and Sound Therapy

By: *Soneva*

Duration: *60 minutes*

Components: *Breathwork, mindful techniques and sound therapy, using gongs and crystal and Tibetan singing bowls*

Outcome: *Induces a deep state of calm and overall wellbeing*

Nidraasana Sleep Ritual

By: *Soneva*

Duration: *90 minutes*

Components: *Foot soak and scrub, Ayurvedic herbal compress, Reiki, body massage and Indian head massage*

Outcome: *Relaxes the body and mind for improved quality of sleep*

Skin For those who wish to maintain skin health or address specific concerns

Youthful
Hydrate Refresh
Exfoliate **Brighten** Cleanse
Rejuvenate

Skin Analysis

By: Reve

Duration: 15 to 30 minutes

Components: Skin diagnostics with Reveal's RBX software

Outcome: Reveals the underlying structure of the skin

Signature HydraFacial

By: HydraFacial

Duration: 30 minutes

Components: Cleanse, exfoliation, extraction and hydration

Outcome: Hydrated and invigorated skin

24k Gold Age-Defying Facial

By: Subtle Energies

Duration: 90 minutes

Components: Combines collagen and elastin boosting actives, with ingredients such as Mogra, Queen of Jasmynes and 24k Gold

Outcome: Brings a radiant glow to the skin and reduces fine lines and wrinkles

Living Beauty Signature Facial

By: Amala

Duration: 90 minutes

Components: Cleanse, exfoliation, mask, massage and hydration

Outcome: Visibly radiant skin

Advanced Firming Facial

By: Amala

Duration: 60 minutes

Components: Cleanse, exfoliation, mask, massage and hydration

Outcome: Immediate firming effect, with smoother, more radiant skin

Personalised Facial

By: Amala

Duration: 60 minutes

Components: Cleanse, exfoliation, mask, massage and hydration

Outcome: A bespoke treatment to address specific skin concerns

Soneva Natural Body Scrub & Natural Body Wrap

Choice of Body Scrub: Coconut, Orange Yoghurt, Almond, Vegan, Brown Sugar & Green Tea

Choice of Body Wrap: Milk, Avocado, Papaya & Honey

By: *Soneva*

Duration: *60 minutes*

Components: *Body exfoliation with locally-grown ingredients and body moisturisation*

Outcome: *Softer, smoother and brighter skin*

Soneva Skin Saviour

Duration: *60 minutes*

Components: *Aloe vera and cucumber are applied to the skin, recommended for hydration and sunburns*

Outcome: *Calmed and balanced skin*

Cleanse and Clarify Rhassoul Clay Body Wrap

By: *Amala*

Duration: *60 minutes*

Components: *Body exfoliation, wrap and moisturisation*

Outcome: *Detoxifying treatment, improving skin texture and visible signs of cellulite*

Energise For those who need an energy boost

Recharge
Motivate Stimulate
Awake Invigorate
Revitalise

Soneva Intuitive Therapy

By: Soneva

Duration: 60 / 90 / 120 minutes

Components: Full body massage

Outcome: A tailored treatment that uses a combination of massage movements to energise the body and revive the mind

Jet Lag Reviver

By: Amala

Duration: 60 minutes

Components: Body brush, full body massage and scalp massage

Outcome: Energises and refreshes body and mind

Jet Lag Express

By: Amala

Duration: 30 minutes

Components: Body exfoliation, moisturisation and scalp massage

Outcome: Revitalises and refreshes the body

Energise and Revive

By: Zents

Duration: 60 / 90 minutes

Components: Back, neck and shoulder massage, scalp massage, foot reflexology and acupressure

Outcome: Restores and revitalises the body

Foot and Leg Therapy

By: Legology

Duration: 60 minutes

Components: Exfoliation, dry brushing, massage, reflexology and cupping

Outcome: Revives tired legs and feet, with instant contouring and lightening effects from the first treatment

Soneva Atlas Massage

Balinese / Thai / Swedish

By: Soneva

Duration: 60 / 90 / 120 minutes

Components: Full body massage

Outcome: Each outcome is unique to the massage style, tailored to your treatment focus

Balance For those who wish to restore their equilibrium

Release
Comfort Rest
Calm Peace

Blissful Marma Massage

By: *Subtle Energies*

Duration: *60/90 minutes*

Components: *Long, firm, flowing movements along with marma therapy and chakra balancing techniques to align vital energy centres*

Outcome: *Enhances overall wellbeing while relieving stress related tension*

Quench Body Massage

By: *Zents*

Duration: *60 / 90 minutes*

Components: *Full body massage*

Outcome: *Biodynamic flower essences calm the nervous system and detoxify the body, while shea butter deeply nourishes the skin*

Sacred Body Rituals Signature Treatment

By: *Sacred Body Rituals*

Duration: *120 minutes*

Components: *Intention setting, full body massage, facial*

Outcome: *Cleanses, nourishes and relaxes the body and balances and calms the mind*

Abhyangam

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Full body massage*

Outcome: *Deeply relaxes the body*

Pamper For those wanting a little indulgence

Relax
Spoil Luxury
Refreshed Treat
Rejuvenated Indulge
Pampered

Deluxe HydraFacial

By: HydraFacial

Duration: 60 minutes

Components: Lymphatic drainage, cleanse, exfoliation, extraction and hydration, booster and LED therapy

Outcome: Anti-ageing treatment, leaving the skin feeling firmer, brighter and nourished

Manicure

By: Soneva

Duration: 60 minutes

Components: File, cuticle work, scrub, massage and polish

Outcome: Hydrated hands and well-groomed nails

Pedicure

By: Soneva

Duration: 60 minutes

Components: File, cuticle work, scrub, massage and polish

Outcome: Hydrated feet and well-groomed nails

Quench Body Polish

By: Zents

Duration: 60 minutes

Components: Body exfoliation and moisturisation

Outcome: Smoother, deeply hydrated skin

Hair Salon Menu

Cut

Women's hair cut

90 minutes, including head massage

Men's hair cut

60 minutes

Blow Dry

Wash and blow dry (short/medium hair)
60 minutes

Wash and blow dry (long hair)
60 minutes

Wash and blow dry (curly hair)
90 minutes

Treatments

Add-on Treat Me boosters to improve hair growth and condition

Moisture
5 minutes

Strength
5 minutes

Thickening
5 minutes

Anti-ageing
5 minutes

Extras

Head massage
15 minutes

Dry shoulder massage
15 minutes

Styling

Straightening
60 minutes

Curl or wave
60 minutes

Braiding
60 minutes

Bun
90 minutes

Up-do
90 minutes

Children's Hair (up to age 14)

Hair cut
60 minutes

Girls' package
60 minutes

Soneva Soul – Yoga and Mindfulness

Our instructors at Soneva Soul have grown up surrounded by spiritual practices and teachings, studying yoga at numerous Indian ashrams and with the most renowned masters. Yoga is for everyone, whether you are young or old, getting fit or already athletic. Both a science and a practical system of self-culture, yoga is a discipline of the mind, the senses and the physical body.

Yoga

By: *Soneva*

Duration: *60 minutes*

Components: *Gentle stretches, breathwork and movement*

Outcome: *Improved flexibility and a restored sense of balance within the body and mind*

Aerial Yoga

By: *Soneva*

Duration: *60 minutes*

Components: *Gentle yoga asanas in an aerial hammock*

Outcome: *Further enhances flexibility while flying in the air*

Meditation

By: *Soneva*

Duration: *45 minutes*

Components: *Breathwork and mindful techniques*

Outcome: *Regulates the nervous system for a deep sense of relaxation and peace*

Meditation and Sound Therapy

By: *Soneva*

Duration: *60 minutes*

Components: *Breathwork, mindful techniques and sound therapy, using gongs and crystal and Tibetan singing bowls*

Outcome: *Induces a deep state of calm and overall wellbeing*

Soneva Soul – Movement and Exercise

Our Soneva Soul programmes are playful, fun and inspirational exercise experiences that take you into the natural environment and blend movement with daily living. This approach removes the barrier to fitness and engages with people of all ages and abilities, from informal play to guided training. Our coaches and trainers offer sessions that are personalised to your needs and include guidance on exercise and nutrition.

Personal Training

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Consultation, fitness assessment and training*

Outcome: *Tailored sessions that address your individual concerns or goals*

Jungle Gym

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Open-air training at the island Jungle Gym*

Outcome: *Tailored sessions that address your individual concerns or goals*

Mat Pilates

By: *Soneva*

Duration: *60 minutes*

Components: *Sessions done on a mat using your own body weight whilst concentrating on the abdominals, lower back muscles, pelvic floor, hips and glutes*

Outcome: *Improve core strength, flexibility, mobility, balance and muscle tone*

Pilates with equipment

By: *Soneva*

Duration: *60 minutes*

Components: *Various pieces of equipment such as the Reformer, Cadillac and Wunda Chair*

Outcome: *Provides a whole body workout and assists with rehabilitation, mobilising the spine and increasing the body's range of movement*

Soneva Soul – Specialist Therapies

Traditional Indonesian Ratus

By: *Canca*

Duration: *45 minutes*

Components: *Herbal steam and neck and shoulder massage*

Outcome: *A unique experience as the steam soothes and restores*

Ibu Secret Massage

By: *Canca*

Duration: *60 / 90 minutes*

Components: *Full body energy massage (with optional stomach and chest massage)*

Outcome: *Nurtures and rebalances the body*

Wanita Healing

By: *Canca*

Duration: *105 minutes*

Components: *Full body energy massage and herbal steam*

Outcome: *Combines the Ratus and the Ibu Secret massage, to restore and rebalance the body and mind*

Natural Facial

By: *Thuy*

Duration: *60 minutes*

Components: *Cleanse, exfoliation, massage, mask and moisturisation*

Outcome: *Soothed, brighter skin*

Traditional Vietnamese Cupping

By: *Thuy*

Duration: *60 / 90 / 120 minutes*

Components: *Full body massage and cupping therapy*

Outcome: *Releases tension and energises the body*

Organic Herbal Ball Massage

By: *Thuy*

Duration: *60 / 90 / 120 minutes*

Components: *Full body massage and herbal ball compress*

Outcome: *Soothes tension for a feeling of deep relaxation*

Hilot Banana Leaf Massage

By: *Yuli*

Duration: *90 minutes*

Components: *Warming compress and full body massage*

Outcome: *Relaxes and removes tension from the body*

Tok Sen

By: Piyada

Duration: 60 / 90 minutes

Components: Full body massage with wooden tools

Outcome: Releases tension to relax and energise the body

Singaporean Stomach Massage

By: Piyada

Duration: 30 / 60 minutes

Components: Stomach massage with Thai meridian points

Outcome: Eliminates negative emotions and stimulates the digestive system

Cosmic Healing Therapy

By: Piyada

Duration: 90 minutes

Components: Full body massage with wooden tools

Outcome: An energy-based therapy with a personalised massage to address specific needs and concerns

Traditional Chinese Foot Massage

By: Piyada

Duration: 60 minutes

Components: Foot cleanse and pressure point foot massage

Outcome: A personalised treatment that works on the body's reflex zones to create a sense of relaxation or increased energy

So Soay

Duration: 90 minutes

USD 390++

Components: Herbal steam and full body exfoliation and back, neck and shoulder massage using Sudtana Oil

Outcome: Cleansing and detoxifying, resulting in glowing, smoother skin and relaxed mind and body

Add-On

Sudtana Express Facial

Duration: 30 minutes

USD 155++

Components: Express facial with Sudtana product from Thailand includes cleansing, exfoliation, mask and facial massage

Outcome: Complete skin rejuvenation

Your Wellness Experience at Soneva Jani

- Soneva Soul is open daily from 10:00 to 20:00.
- We kindly request that you arrive at the spa at least 15 minutes before your treatment to complete our Lifestyle Consultation.
- Bookings and cancellations can be made through your Barefoot Guardian or directly with the Spa. If you need to cancel or modify a session, please advise the Spa or your Barefoot Guardian at least Four hours in advance to avoid a full charge being applied to your account.
- We suggest that you leave all valuables in the safe in your villa.
- Please note that In-Villa Therapies have a 20% surcharge on our listed prices.
- To ensure a safe and healthy yoga or personal training session, we request that you complete our health and medical form, ideally submitted before your session. Please be aware that your information will be kept strictly confidential and will only be used to adapt your workout to account for any pre-existing health conditions. Our Movement Specialist recommends that you eat no later than 60 to 90 minutes before your session.

Price List

	Duration (mins)	Price (USD)
Sleep		
Sleep Remedy	90	230
Sudtana Scalp Ritual	60	230
Shirodhara	60	200
Meditation	45	100
Meditation and Sound Therapy	60	145
Nidraasana Sleep Ritual	90	290
Skin		
Skin Analysis	15 to 30	Complimentary
Signature HydraFacial	30	200
24k Gold Age-Defying Facial	90	290
Living Beauty Signature Facial	90	290
Advanced Firming Facial	60	230
Personalised Facial	60	230
Soneva Natural Body Scrub & Natural Body Wrap	60	200
Cleanse and Clarify Rhassoul Clay Body Wrap	60	200
Soneva Skin Saviour	60	230
Energise		
Soneva Intuitive Therapy	60/90/120	210/250/340
Jet Lag Reviver	60	200
Jet Lag Express	30	125
Energise and Revive	60/90	185/230
Foot and Leg Therapy	60	185
Soneva Atlas Massage (Balinese & Swedish)	60/90/120	185/220/385
Soneva Atlas Massage (Thai)	60/90	200/230
Balance		
Blissful Marma Massage	60/90	230/260
Quench Body Massage	60/90	195/230
Sacred Body Rituals Signature Treatment	120	450
Abhyangam	60/90	210/250
Pamper		
Deluxe HydraFacial	60	325
Manicure	60	90
Pedicure	60	100
Quench Body Polish	60	185
Hair Salon		
Cut		
Women's hair cut	90	125
Men's hair cut	60	80
Blow Dry		
Wash and blow dry (short/medium hair)	60	50
Wash and blow dry (long hair)	60	80
Wash and blow dry (curly hair)	90	110
Treatments		
Add-on Treat Me boosters to improve hair growth and condition		
Moisture	5	25
Strength	5	25
Thickening	5	25
Anti-ageing	5	25

* All prices are quoted in USD (\$), and are subject to an additional 16% government tax and 10% service charge.

Price List

	Duration (mins)	Price (USD)
Extras		
Head massage	15	50
Dry shoulder massage	15	50
Styling		
Straightening	60	100
Curl or wave	60	100
Braiding	60	150
Bun	90	100
Up-do	90	200
Children's Hair (up to age 14)		
Hair cut	60	45
Girls' package	60	150
Soneva Soul – Yoga and Mindfulness		
Yoga	60	200
Aerial Yoga	60	220
Meditation	45	100
Meditation and Sound Therapy	60	150
Soneva Soul – Movement and Exercise		
Personal Training	60/90	190/285
Jungle Gym	60/90	190/285
Mat Pilates	60	
Private Training		250
Group class, 2 to 6 guests maximum		80 per person
Pilates with equipment	60	
Private Training		300
Soneva Soul – Specialist Therapies		
Traditional Indonesian Ratus	45	235
Ibu Secret Massage	60/90	285/390
Wanita Healing	105	440
Natural Facial	60	285
Traditional Vietnamese Cupping	60/90/120	285/390/470
Organic Herbal Ball Massage	60/90/120	285/390/470
Hilot Banana Leaf	90	390
Tok Sen	60/90	285/390
Singaporean Stomach Massage	30/60	155/285
Cosmic Healing Therapy	90	390
Traditional Chinese Foot Massage	60	285
So Soay	90	390
- Add on Sudtana Express Facial	30	155

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