

merana

# SPA MENU

## HEALTH AND WELLNESS

Marena Spa is inspired by ancient rituals infused with quality ingredients from nature alongside modern skin and beauty advancements.

Merana takes a holistic approach to treatments for rejuvenation, relaxation and overall mind, body and soul balance.

Our opening hours are 10.00am until 9.00pm each day.

If you would like to experience the spa outside of these hours, please let us know with a minimum of 48 hours' notice.



## RELAXATION DECK

## HOW TO SPA AT MERANA

### **Can I get an expert recommendation?**

It is our pleasure. One of our highly skilled professional spa Therapists will perform your customized evaluation in order to recommend the perfect spa experience to address your specific needs.

### **When should I arrive at the spa?**

Please be sure to arrive at least 15 minutes prior to your appointment. Our desire is for you to thoroughly enjoy each and every minute of your visit at the spa without any hindrance.

### **How should I dress?**

Come as you like. Upon your arrival we will provide you with a luxurious robe and comfortable sandals. We suggest that you also bring your bathing suit to enjoy our Wellness Centre.

### **Cell Phones**

To fully provide you with the most memorable and customized experience, we request that you turn off all electronic devices during your stay at the spa.

### **Payment Options**

All spa services can be charged to your room and pay upon checking out please note there is a 10% service and 16% GST which is an addition charge to all prices. in schedule or treatment type to be made with a minimum of a 4-hour notice to avoid a 50% charge (charged to your room).

### **Special Needs**

Since your safety is our utmost concern, we ask you to please notify the spa Manager and your Therapist of any special assistance or medical conditions you may have, such as allergies, high blood pressure, heart conditions, diabetes, pregnancy, etc.

### **Cancellations**

We are mindful of your time and ask that you reciprocate. We require cancellations, changes

## MALDIVES INDULGENT EXPERIENCES

Our Merana Spa Maldivian Signature selections utilise ingredients, plants and herbs that are organic and indigenous to the region, using local traditions with a wellness focus. Explore a variety of indulgent experiences that have been created for your relaxation and wellbeing, which are deeply rooted in spa tradition, culturally connected and exclusive to Vakkaru.

### Vakkaru Spa Journey (150 minutes)

US\$370++

An immersive full-body journey inspired by the finest natural healing and moisturising elements of the coconut. The journey begins with coconut lime body scrub followed by coconut oil massage and coconut oil hair care experience and finally, this unique ritual continues with coconut milk bath with coconut-based nourishments served during your bath.

### Healing Touch Massage (90 minutes)

US\$235++

Natural Maldivian ingredients are combined with advanced fusion of the medium to firm pressure massage techniques to refresh tensed and tired muscles. The natural warm Maldivian sand compresses will melt away feelings of anxiety and stress, restore balance, and bring back vitality to mind, body and spirit.

### Holistic Signature Experience (120 minutes)

US\$300++

An experience begins with dry body brushing to encourage blood and lymphatic circulation, followed by the body wrap of your choice ( Vitamin C+C Or Algae Mask) to gently get rid of the impurities and provide rehydration to your skin. Traditional Balinese massage will complete the body recovery, uses a combination of gentle stretches, acupressure and reflexology to stimulate the flow of blood and oxygen around your body.

## COUPLES JOURNEYS

Escape to a place where romance reigns and every experience inspires tempting indulgence you won't be able to resist sharing! Our all-day luxury signature treatment journeys are designed to reignite your love and passion, inspire a sublime sense of wellbeing and decadently pamper you from head to toe.

### Couple Escape Massage (120 minutes)

US\$550++

Perfectly suited to ease tension while falling into a state of deep relaxation, this package includes a Signature Couples Massage enhanced with aroma essential oils of your choice. At the end of the treatment, couples will be invited to immerse in a silky milk bath and enjoy a glass of champagne and exotic fruit platter.



COUPLE TREATMENT ROOM

## MERANA SIGNATURE PACKAGES

Personalised Package  
120 minutes      US\$300++

We are delighted to offer specific treatments to your preferred physical, emotional and therapeutic experience, depending on your desires.

Treatment choices include:

60-minute Body Polish, 60-minute Body Massage OR  
60-minute Body Wrap, 60-minute Body Massage OR  
60-minute Body Massage, 60-minute Facial

### Time For You

Reserve the desired spa time during your holidays and our spa team will ensure the most suitable treatment selection just for you. It is the most flexible and convenient way to get the most out of your experience and maximise your treatment results.

5 Hours      US\$800++  
7 Hours      US\$1,100++  
9 Hours      US\$1,400++



WELLNESS AREA

## MERANA MASSAGES

At Merana Spa, a massage is a holistic experience which discovers the power of touch through a personalised experience to harmonise and balance your body.

### Signature Massage (90 minutes)

US\$220++

Be pampered by an aromatherapy massage using essential oils to achieve therapeutic benefits either to relax, detoxify, tone or stimulate. This massage is soft to medium pressure where soothing, long strokes and thumb pressure are applied in tandem to relax your body.

*Pressure: Soft to Medium*

### Herbal Poultice Massage (90 minutes)

US\$235++

A warm herbal compress filled with organic herbs is steamed and applied directly to the body with a variety of specialised techniques. The heat, combined with the herbs are absorbed by the body and help to reduce aches & pains, increase lymphatic drainage and improve skin condition.

*Pressure: Medium to Firm*

### Sweet Dream Massage (60/90 minutes)

US\$185++/US\$220++

Relax your body, ease stiffness and sore muscles, a soothing massage which will help relax nervous system and recover the body's internal balance to help you ease into a good night's sleep.

*Pressure: Soft to Medium*

### Balinese Massage (60/90 minutes)

US\$185++ / US\$220++

An authentic tension release massage with a combination of palm strokes, skin rolling, knuckling and thumb pressure to loosen connective tissue stimulates the lymphatic system and blood flow.

*Pressure: Medium to Firm*

## MERANA MASSAGES

### Deep Tissue Massage (60/90 minutes)

US\$185++/ US\$235++

Focuses primarily on deeper layers of muscles and connective tissue by exerting intense pressure through forearms, elbow and knuckles. This massage lightens tightness, treat pain, improve muscle recovery and joint mobilisation thereby re-educating the muscle to operate at full capacity.

*Pressure: Firm Pressure*

### Thai Massage (60/90 minutes)

US\$185++/US\$235++

An energising, full clothed dry massage, using passive stretching and firm-rhythmic pressing movements along the body's energy lines to increase flexibility, relieve muscle and joint tension and balance the body's energy.

*Pressure: Medium to Firm*

### Volcanic Stone Massage (90 minutes)

US\$235++

A full body massage technique that uses basalt stones to instil a deep level of calm while relaxing tight muscles, clearing blockages and stagnations in the body and melting stress away.

## MERANA MASSAGES



### Oriental Massage (90 minutes)

US\$235++

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.

*Pressure: Medium to Firm*

### Indian Head Massage (45 minutes)

US\$120++

Based on the Ayurvedic technique, this traditional Indian massage focuses on the scalp, neck and shoulder. Good for stimulating blood circulation and increasing mobility and flexibility in the neck and shoulders, this massage is ideal for reducing stress and tension.

### Chocolate Massage (30/60 minutes)

US\$90++/US\$185++

For those looking to truly indulge, this luxurious full-body treatment with a chocolate twist may be just what you need. Enjoy the many benefits of chocolate, known for its effects of being an effective anti-oxidant, helping to strengthen the immune system, and giving an anti-cellulite effect.

### Mother-to-be (60 minutes)

US\$185++

Using unscented oils to ease backache, stiff neck, leg cramps and swelling during your pregnancy. Working along the spine on the side position with an adjustable soft pillow and warm coconut oil prepare to ensure your comfort.

### Power Back Massage (30 minutes)

US\$95++

A combination of traditional Swedish massage technique for those who prefer a medium to firm pressure massage using long strokes, palm gliding, wringing and kneading techniques.

### Foot Massage (30/60 minutes)

US\$ 95++ / US\$185++

A pressure point massage concentrating on specific reflex points on the feet that reflect organs within the body. The pressure points when stimulated assist in restoring the free flow of energy throughout the entire body.

## MERANA FACIALS

### Diamond Intense by Natura Bissé (90 minutes)

US\$240++

An anti-ageing treatment designed to leave you looking radiant, with a firmer, rejuvenated and peachy complexion. The facial improves skin texture and helps fade fine lines in one session.

*Tips: Dry and mature skin*



### Citrus Essence by Natura Bissé (60 minutes)

US\$200++

Diminish visible signs of premature ageing and bring a healthy vibrancy back to sun-damaged skin with this anti-oxidant facial that uses 100% pure vitamin C to stimulate collagen production and enhance the skin's natural firmness.

*Pressure: Oily & Combination Skin*

### Skin Comfort by Natura Bissé (60 minutes)

US\$200++

Soothing facial treatment with the benefits of chamomile, elderberry and green tea extract for sensitive skin. Strengthens the self-defence mechanism and preserves the natural hydration of the skin.

*Tips: Sensitive skin*

### Gentlemen's Facial by Natura Bissé (60 minutes)

US\$200++

A deep cleansing facial that helps by unblocking clogged pores and relieving congestion. The skin then goes through an invigorating ritual that helps to improve its tone, clarity and overall complexion, leaving it to feel totally refreshed and balanced.

*Tips: All Skin*

### Essential Eyes by Natura Bissé (30 minutes)

US\$95++

An intense treatment that relieves puffiness and dehydration around the eye contour area using a Micro-nized Algae Eye Mask and eye pressure point massage to nourish and brighten.

*Tips: All Skin*

## MERANA BODY TREATMENTS

These delicate cleansing and moisturising body exfoliate are made specially selected to remove impurities, prevent dryness and treat inflammation to reveal a radiant complexion of your skin. These treatments concludes with the application of body cream to further enhance the results..

*Tips: All Skin*

### Citrus Drench - Vitamin C+C Scrub by Natura Bissé (60 minutes) US\$160++

Highly concentrated vitamin C emulsions body scrub to remove dead skin, promotes new cell growth and protect the skin against dryness and premature aging.

### Diamond Rose Scrub by Natura Bissé (60 minutes) US\$160++

A smoothing and nourishing body exfoliation using the exquisite fragrance of Damask rose oil. The perfect ritual to recover your skin's natural suppleness, radiance and elasticity while restoring your overall well-being.

### Green Tea Scrub (60 minutes) US\$160++

Tighten and tone the skin with this refreshing scrub using green tea, known for its anti-oxidant properties, and reduces inflammation.

### Lemon Grass Body Scrub (60 minutes) US\$160++

This Lemongrass body scrub will not only exfoliate your skin but wake up skin with its energizing scent. You will find that it will not strip the moisture from your skin and leave it radiant and smooth.

### Organic Aloe Body Wrap (60 minutes) US\$160++

Healing, moisturising organic Aloe Vera combined with nourishing algae and soothing Lavender for a skin-quenching experience. Includes a luxurious scalp, neck and foot massage..

*Tips: Sunburnt and dry skin*

Algotherapy Contour by  
Natura Bissé (90 minutes)  
US\$230++

A fusion of 3-marine algae with exceptional hydrating firming and detoxifying properties. Starting with a sea salt & grape seeds body scrub, your body is then coated with our algae body mask and cocooned in a heated blanket, this treatment is perfect to minimise congestion and accelerate the renewal of skin cells.

Vitamin C+C Ascorbic Soufflé  
by Natura Bissé (90 minutes)  
US\$230++

The application of powerful anti-oxidant rich body mask with multiple sources of vitamins, helps in the fight of free radicals and enzymes penetrate your pores and nourish your skin.

*Tips: 30 minute C+C body scrub, 60-minute C+C ascorbic soufflé body wrap followed by body cream.*



## MERANA FINISHING TOUCHES

A brand born out of passion and perfected technology, Christina Fitzgerald meticulously formulated and designed each product with purpose and personalised element, with every detail designed to luxuriate. With over three decades of journey creating an extraordinary experience, the brand earned the reputation of ‘manicurist to the stars’.

### Classic Manicure

US\$80++

Soothe and moisturise your arms and hands with an essential manicure. All hand treatments include nail shaping and cuticle conditioning complete with a relaxing hand massage.

*(Color application is included)*

### Luxury Spa Manicure

US\$ 120++

Indulge with our full suite of exclusive hand and nail treatment. Including our unique hand mask and deeply nourishing cuticle therapy, combined with our extensive range of radical products for intensive cuticle repair, exfoliation, colour, nail strengthening, gel damage repair, hand massage and more.

*(Color application is included)*

### Classic Pedicure

US\$95++

Soothe and moisturise your legs and feet with an essential pedicure. All foot treatments include nail shaping and cuticle conditioning complete with a relaxing foot massage.

MANICURE



## PEDICURE

### Luxury Spa Pedicure

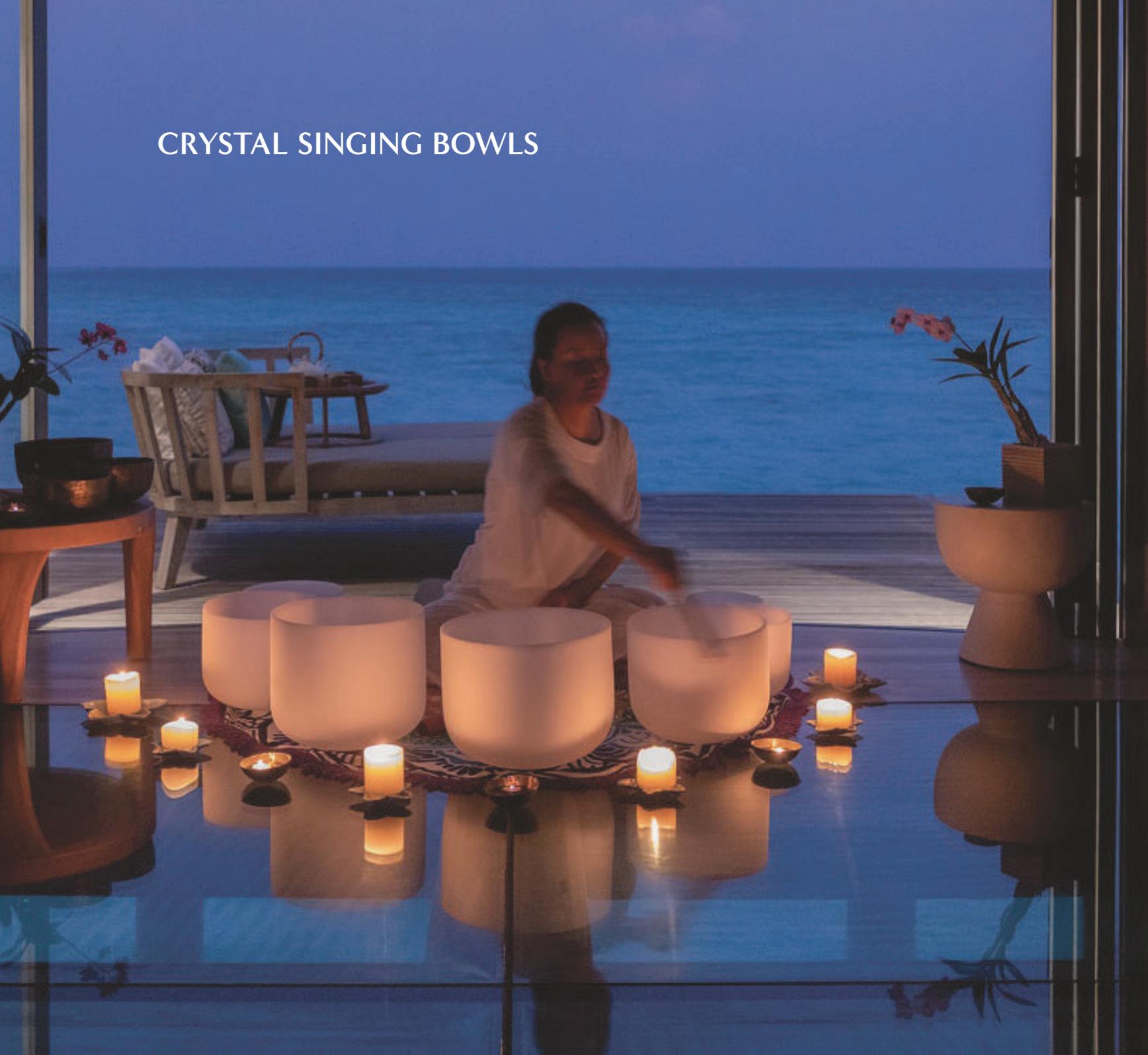
US\$130++

Re-charge with the complete package of intensive foot and heel therapy. A deeply nourishing treatment combined with Christina Fitzgerald skincare range, to buff, smooth, massage, renew and invigorate. Includes the rejuvenating foot mask and intensive heel repair, leaving your feet velvety smooth.

*(Color application is included)*

Color Touch	US\$20++
Cut & File	US\$20++
Nail Gel Application	US\$40++
Nail French Gel	US\$50++
Remove Nail Gel	US\$20++

# CRYSTAL SINGING BOWLS



## MERANA HEALING JOURNEY (120 minutes)

**US\$280++ per person**

**US\$500++ per couple**

Experience a journey in movement and stillness to reach deep relaxation of your body, mind and soul. Merana Healing Journey allows you to reconnect with yourself, de-stress and find your inner peace with a series of physical postures, breathing exercises and calming sounds of the crystal singing bowls. Lie back, relax, let the deep resonating vibrations from the bowls wash over you and re-balance your body's natural vibration.

**Treatment includes choice of:**

60-minute Sun Salutation Yoga (Morning session) or Ashtanga Yoga (Evening session)

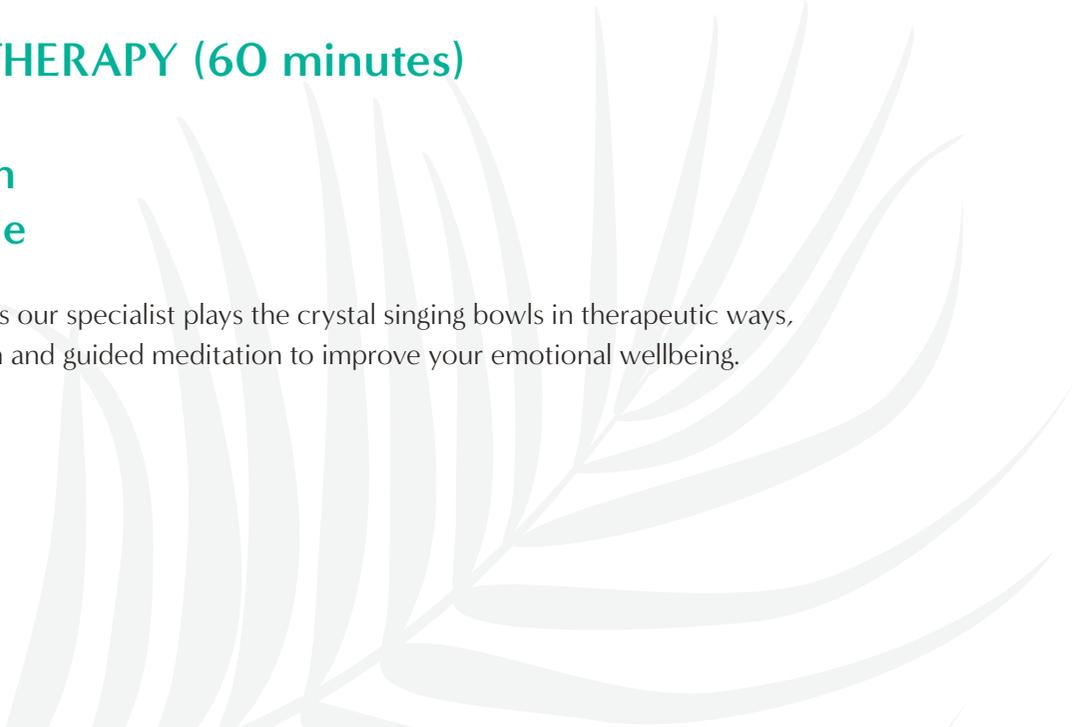
60-minute Sound therapy (Crystal singing bowls)

## SOUND HEALING THERAPY (60 minutes)

**US\$180++ per person**

**US\$300++ per couple**

Bring your mind to a serene state as our specialist plays the crystal singing bowls in therapeutic ways, combined with deep self-reflection and guided meditation to improve your emotional wellbeing.



## MERANA BEAUTY SERVICES

### HAIR CARE FOR HER

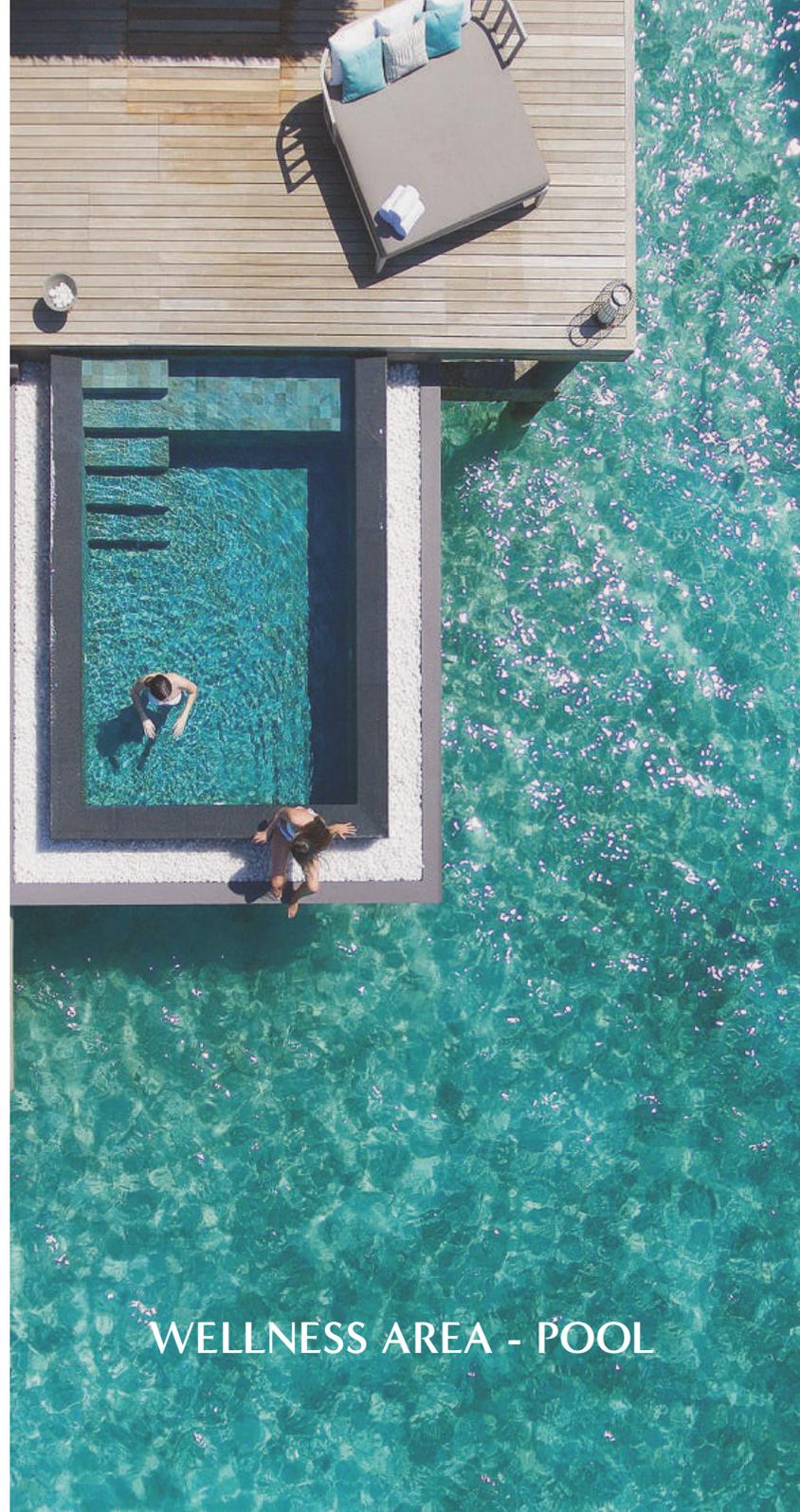
Wash, Cut and Blow-dry	US\$95++
Wash and Blow-dry	US\$65++
Hair Style	US\$150++

### HAIR CARE FOR HIM

Gent's Haircut	US\$50++
Beard Shave & Style	US\$70++
Beard Trim	US\$20++
Cut and Shave	US\$85++

### MAKE UP

Day Make Up	US\$150++
Bridal Make Up & Hair Style	US\$850++



WELLNESS AREA - POOL

## SPA ETIQUETTE

### **Access**

Yoga pavilion, sauna, steam room, Jacuzzi, cold plunge pool, spa changing, and relaxation areas are available within Merana. To maintain a relaxing atmosphere, these facilities are accessible to all resort guests, with certain capacity at a times.

### **Appointment**

To schedule your indulgent spa treatment at your preferred time please contact us at Merana and we will be delighted to guide you to the most desirable treatment and therapist.

### **Attire**

Merana offers changing facilities where bathrobes, slippers and disposables are provided. As nudity is not permitted in the Maldives we respectfully request that you wear a bathing suit to use the Jacuzzi, steam and sauna.

### **Cancellation**

Please advise us no less than three hours prior to your scheduled treatment time. If you are unable to cancel as stated, please understand that a fee will apply of 50% of the scheduled services.

### **Etiquette**

Our environment is designed for tranquillity, peace and serenity. We ask that you do not use your mobile phone or other electrical equipment which may disturb other guests.

### **Gift**

If you would like to purchase a gift voucher for someone special at Merana for any treatment or monetary value please let us know. Monetary value vouchers may be redeemed for any service or retail product available.

### **Gratuities**

A 10% compulsory Service Charge is added to your spa bill. It is not expected that you would add further gratuities to your experience in Merana.

## SPA ETIQUETTE

### **Health**

Kindly advise us of any health conditions, allergies or injuries which could affect your treatment when making your reservation. This allows us to assist you in selecting the best experience for you and allows us to prepare for any amendments that may need to be made to a treatment or room set up.

### **Homecare**

Your therapist may advise you on the products applied during your treatments. Should you wish to purchase any of these to take home with you, Merana team will be delighted to assist.

### **Hygiene**

Safety, health and cleanliness are our dedication and promise to you and to ourselves. All our equipment is cleaned, sanitised and sterilised after each use.

### **In-Villa Spa**

An enhancement charge will be incurred should you wish to have your spa treatments or yoga session in your private villa, please ask us when making your Spa appointment. In-villa spa treatment is subject to US\$50 surcharge per person per treatment.

### **Pregnancy**

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time. Please be aware that we are unable to perform any massage or body treatments on expectant mothers within their first trimester (under 12 weeks pregnant) or prior to your first scan.

### **Time**

We recommend you arrive 20 minutes prior to your scheduled appointment to discuss your requirements and complete your lifestyle consultation details. Arriving early will also allow you to enjoy our facilities. Please note that late arrivals may result in a reduction of treatment time.

## SPA ETIQUETTE

### **Pricing**

All pricing is quoted and charged in US\$. Pricing is subject to 10% Service Charge and 16% GST.

### **Tobacco**

Merana is a non-smoking environment.

### **Valuables**

Merana is not responsible for any loss of valuables at any time on the spa premises. We recommend you leave valuables in your villa or in your locker. Please remember to take any valuables put in your robe pockets after your treatment.

### **Liability**

Merana shall not be liable for any accident and injury suffered by a guest during their treatments.

### **Wellness Center**

Wellness center is an exclusive establishment with a tranquil environment designed for your body and mind rejuvenation. Our Wellness center is equipped with steam, sauna, warm Jacuzzi, cold plunge pool and sun-deck overlooking the ocean. Wellness Center is complimentary for spa guests. To maintain an environment that is serene and conducive for relaxation, kids between the age of 10 & 16 are only allowed to enter the area from 10:00am till 3.00pm. During their time in the Wellness Area, they must be accompanied by a parent at all times.



**RELAXATION DECK  
WITH OCEAN VIEWS**



merana