



## Spa Menu

### Intuitive Therapy

With our Intuitive therapy we have decided to eliminate the usual choreographed treatments allowing our therapists to work closer with you in terms of your needs and wants. We believe that this will create a healing space for both yourself and your therapist to establish increased awareness of your mind/body connection. Our Intuitive therapy can include focused massage on areas that require detailed attention, Reflexology and Energy work that would be the most beneficial for you

**Time based:**

**90 minutes    USD 250**

**120 minutes    USD 340**

**180 minutes    USD 540**

### Massage Therapy from around the Globe

**Balinese Massage** is a full-body, relaxing medium tissue holistic treatment using a combination of gentle stretches, acupressure and smooth flowing massage techniques to stimulate the flow of blood, oxygen and energy around your body, and bring a sense of wellbeing, calm and deep relaxation.

**60 minutes    USD 175**

**90 minutes    USD 210**

**Thai Massage** combines gentle or strong, yoga-like stretching – it has often noted as 'lazy man's basic yoga'. It works with muscle compression, joint mobilization, and acupressure of the muscles, tendons, pressure points and energy lines leaving you refreshed and energized.

**90 minutes    USD 210**

**Abhyanga** is an ancient Indian oil massage therapy for deep relaxation and healing. It gives a feeling of stability and warmth while decreasing the effects of aging, increasing circulation, moving lymph therefore aiding in detoxification and leaving your skin soft and smooth.

**60 minutes    USD 175**

**90 minutes    USD 210**

**Indian Head** is an ancient therapeutic treatment that has been practiced in India for thousands of years and is incredibly relaxing. Part of the Hindu health care practice of Ayurveda, Indian head massage focuses on your head, neck and shoulders leaving you deeply relaxed yet energized.

**45 minutes    USD 140**



**Swedish** is the best-known type of bodywork performed today. One of the primary goals of the Swedish massage technique is to relax the entire body focusing on improving circulation of blood and lymph and relaxing superficial muscles using a specific set of massage movements: effleurage, or sliding movements; petrissage, or kneading movements; friction, or rubbing; vibration and percussion. It traditionally also includes passive and active joint movements, stretching and bending joints with the assistance of the massage therapist.

**60 minutes USD 175**  
**90 minutes USD 210**

**Deep Tissue** focuses on stretching the fascia, a web of connective tissue that surrounds, supports and accesses all your muscles, bones, nerves and organs. This massage technique works layer by layer through connective tissue and muscles down to the deepest accessible layers to assist in correcting posture and create increased freedom of movement.

**60 minutes USD 195 Back Massage**  
**90 minutes USD 230 Full Body**

**Hot Stone** uses smooth, heated volcanic stones as an extension of their own hands, or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply. This therapy melts away tension, eases muscle stiffness and increases circulation and metabolism

**60 minutes USD195 Back Massage**  
**90 minutes USD230 Full Body**

**Pre/Postnatal** is a wonderful complementary choice for prenatal care. It has been specially designed for the pregnant or nursing mother to improve overall health, reduce stress and relieve muscle tension during this very special time.

**60 minutes USD 175**

## Scrubs and Wraps

### **Sodashi Detoxifying Marine Body Wrap**

Combining the richness of sea plants, algae, marine minerals and plant essences, this treatment is deeply detoxifying at all levels. A full body exfoliation with Sodashi's Organic Green Tea Salt Therapy Exfoliate softens the skin before a warm Sodashi Marine Body Mask is applied and the body is cocooned in a comforting wrap. A soothing scalp massage is performed for complete comfort and total relaxation. To finish, an enlivening lotion is massaged into the skin to leave the body feeling completely rejuvenated.

**80 minutes USD 190**

**Sodashi Refining Body Toner** begins with a full body exfoliation with Sodashi's Jojoba Bead Body Polish, followed by the application of a nurturing full body mask and comforting body wrap. A scalp massage is performed to complete the feeling of total relaxation. Sodashi's Refining Body Mask, rich in French Pink Clay and herbal extracts firms, tones and conditions the skin. This rejuvenating therapy is extremely beneficial in the treatment of scar tissue and stretch marks; it is safe and effective during pregnancy.

**60 minutes USD 170**

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**Sodashi Jetlag Recovery** is a balancing treatment for the face and body boosts and re-energizes the body's systems after travel. To reduce jetlag and fatigue a relaxing back massage is performed followed by a Himalayan salt exfoliation and warm aromatic compresses. This deeply reviving treatment is completed with a refreshing mini facial and application of Sodashi's signature Jetlag tonics.

**60 minutes    USD 170**

**Sodashi Sun Soother** uses soothing compresses of Lavender and Germanium plant essences gently placed over your body to calm redness and irritation. A cooling mist is spritzed on the skin to reduce body heat. Selections of treatment lotions are then applied to activate skin rejuvenation, moisturize, even skin tone and prevent any skin damage.

**45 minutes    USD 155**

**Soneva Jani Spa Coconut Scrub** is our local addition; a soothing and nourishing body therapy using coconut extracts to polish together with an application of Virgin coconut oil to reveal soft and radiant skin.

**45 minutes    USD 155**

## Facials by Sodashi

Sodashi products are 100% chemical free, luxurious and effective. In Sanskrit, Sodashi translates to "wholeness, purity and radiance" and these words aptly describe Sodashi products and unique spa treatments. Produced in Australia, Sodashi's skin and body care products and spa therapies use only natural sources from the earth and sea, including extracts and essential oils of the purest and highest grade.

### FACE THERAPY

These facials incorporate Sodashi's specialized facial massage technique

**Sodashi Thermal Infusing Facial** is an intensive boost of nature's most potent vitamins and minerals, incorporating Sodashi's exclusive Thermal Mask to maximize penetration of the essential ingredients into the deeper layers of the skin. This indulgent treatment is tailored to individual skin needs: to purify and deeply cleanse or to nourish. Hydrating and restoring forgotten elasticity and radiance, this is more than a facial – its nature's face lift.

**90 minutes    USD 205**

**Sodashi Marine Mineral Facial** utilizes the intelligence of marine plants to restore radiance and glow to the complexion. Tailored to each guest's unique skin type, it is the perfect treatment to oxygenate, tone and revitalize the skin.

**60 minutes    USD 175**

**75 minutes    USD 195**

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**Sodashi Samadara Ultimate Age-Defying Facial** uses a sequence of timeless, anti-aging techniques rooted in Ayurvedic healing traditions that are designed to reawaken the skin's natural healing energies. Turn back the hands of time and transform the skin with this intensely hydrating and nourishing treatment to increase firmness and elasticity, diminish the appearance of fine lines and restore a youthful glow. A Rose Quartz Crystal facial massage enables the powerful Samadara Ultimate Age-Defying Crème to penetrate deeply into the skin for maximum benefit.

**105 minutes USD 230**

**Sodashi Samadara Ultimate Age-Defying Eye Treatment** is the ultimate treatment for eyes in need of extra pampering. Petite rose quartz crystals are used to gently massage around the eyes to restore tone, remove tension from the eye area and reduce fine lines. Samadara™ Ultimate Age-Defying Eye Crème is applied under a mineral rich eye mask, which gently warms to enhance the absorption of plant essences in to the deeper layers of the skin. Timeless anti-aging techniques rooted in Ayurvedic healing traditions are performed over the eye area to complete this luxurious experience.

**45 minutes USD 185**

## Manicure and Pedicure by Spa Ritual

**Vegan, organic and against animal cruelty**

**SPA RITUAL** believes that slowing down is the path to enlightenment and is committed to creating earth sustaining products that relax, nourish, and reconnect mind, body, spirit. Only in a place unconstrained by time, envy or vanity can we experience our true selves. This place where we find Slow Beauty. Spa Ritual provides spa treatment products and resources to help you design and sustain a Slow Beauty Practice. We believe that what we put on our bodies is as important as what we put in our bodies.

**PROUDLY VEGAN & CRUELTY-FREE**, Spa Ritual is deeply committed to caring for all living creatures.

**CERTIFIED ORGANIC INGREDIENTS** are used in our formulations whenever possible. Certified organic plants are grown without synthetic herbicides, pesticides or GMO's.

|                           |                         |                      |
|---------------------------|-------------------------|----------------------|
| Manicure                  | <b>60minutes</b>        | <b>USD 80</b>        |
| Pedicure                  | <b>75minutes</b>        | <b>USD 95</b>        |
| Spa Manicure and Pedicure | <b>120 minutes</b>      | <b>USD 155</b>       |
| File and polish           | <b>30 or 45 minutes</b> | <b>USD 60/USD 75</b> |
| File and French polish    | <b>45mins</b>           | <b>USD 75</b>        |

## Waxing by Clean & Easy

Since its inception over a decade ago, clean & easy® has quickly risen to become a leader in the professional spa industry with its innovative roll-on waxing system, superb quality and variety of waxes. Clean & easy® recognizes the active and sometimes hectic lifestyle of today's women and we want to accommodate their schedule by offering fast, effective and easy methods of hair removal. The ease of use, quick application and effortless clean-up are key features that make this system a success.

|          |                   |                |
|----------|-------------------|----------------|
| Full leg | <b>60 minutes</b> | <b>USD 100</b> |
| Half leg | <b>30 minutes</b> | <b>USD 50</b>  |
| Bikini   | <b>30 minutes</b> | <b>USD 70</b>  |

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## Lifestyle Packages

**Family Wellness**  
Yoga and meditation

**Family Fitness beach obstacle course**  
Family or Couples body scrub

## MOVEMENT

**Personal Movement Training** is a private personal training session created specifically for you and your needs  
Build Muscle Strength and Endurance  
Back and Joint pain relief  
Cardiovascular Training

**60 minutes USD\$125**

**Private Yoga Sessions** are available for all guests, whether a novice or a yogi, we will work the yoga class around you and your needs. These sessions may be hosted at the Yoga pavilion, fitness center, beach or in the privacy of your villa

Yoga for Beginners

Dynamic Yoga

Yoga for Stress relief

Yoga for Children

Static Yoga

Yoga to relieve Back and Joint pain

Prenatal Yoga

**60 minutes USD\$125**

## Your Lifestyle Spa and Wellness experience with us...

Our **Soneva Jani Spa** is open from 10am through to 8pm

Our **Soneva Jani Movement Centre** is open from 6am – 11pm

(but do let us know if you would like us to open earlier or later)

We would kindly request that you arrive to the spa at least 15minutes prior to your treatment to complete our Lifestyle Consultation or to just enjoy our steam and sauna or our beautiful relaxation room overlooking the uninterrupted crystal blue seas.

Bookings and Cancellations can be made through your Mr/Ms Friday or to the Spa directly. If you need to cancel or modify a session, please advise the Spa or your Mr/Ms Friday at least 4 hours prior to your treatment or workout/yoga session

We suggest that you leave all valuables in your safe in your villa. In-Villa therapy has a surcharge of 20% of listed prices

Our Health Advice to ensure a healthy and safe Personal training session or Yoga workout, our Movement Specialist suggests eating no later than 60-90 minutes prior to your session. We would need you to complete our health and medical form, which is preferably submitted prior to your session. Please be aware that your information will be kept strictly confidential and will only be used in order to adjust your workout to any pre-existing, relative health conditions you may have.

\* All prices are quoted in USD\$ and are exclusive of 12 percent Governmental Taxes and 10 percent Service Charge

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