

Serenity  
spa





Blissful relaxation for body, mind and soul takes place in our four over-water treatment suites and Yoga pavilion, which offers inspiring views of ocean and sky.

Our holistic treatment menu incorporates healing powers of plants combined with entrancing healing traditions from Africa, using local herbs and plants. Emphasis is placed on therapeutic and natural spa therapies using products by Elemis, TheraNaka and Coola.



# Serenity Spa Ceremonies

Experience the secrets of relaxation for mind, body and soul

## Serenity Spa Lavender and Lime ceremony

BY THERANAKA | US\$350 PER PERSON

Relaxing Lavender and uplifting lime touches have your senses drifting into beautiful bliss in no time. This ceremony begins with a full body exfoliation, followed by an idyllic immersion into a luxurious milk bath in preparation for an indulgent full body massage, with its roots originating in African tribal influences of our region.

- 30 min African Earth Body Exfoliation
- 30 min River Rapids Milk Bath
- 60 min East African Wood Massage

## Serenity Spa Taster Experience

BY THERANAKA | US\$205 PER PERSON

A heavenly 'Spa taster' uniting two of our wonderful spa treatments guaranteed to melt away stresses and place you into a full retreat mood. Trigger points on your back, neck and shoulder areas are ironed out before you can relax with a refreshing mini Facial.

- 30 min back massage with African Wood Dumbbells
- 30 min TheraNaka Facial

## Submerge your Senses

BY ELEMIS 2 HRS 30 MIN | US\$420

Perfect for an 'in-between activities escape' where you can ease into a muscle releasing bath by Elemis while rehydrating with a fresh fruit juice and some locally roasted coconut slices. A full body dry-skin brushing experience increases lymphatic circulation and prepares the skin for a full body intuitive massage by your therapist.

- 30 min Muscleasing Bath with refreshing fruit juice and roasted coconut slices
- 30 min gentle full body brushing
- 1 hr 30 min relaxing full body intuitive massage

## Romantic Spa Retreat for Couples

BY ELEMIS 2 HRS 30 MIN | US\$830 FOR 2 PEOPLE

For a romance loving couple to explore the far depths of utter relaxation together by immersing into this ceremony designed to ease away all tensions, leaving both relaxed, refreshed and rejuvenated.

- 30 min Tropical Coconut Sand Scrub
- 30 min steam and bath with fruit and bubbles
- 60 min Elemis Freestyle Deep Tissue Massage
- 30 min Elemis Booster Facial

## Early Bird Cleansing

RITUAL 2 hrS | US\$235

The early rising spa goer would love this interactive Spa Ritual. Enjoy a healthy juice in your Villa at 06.30 before joining our complimentary sun salutation yoga class with our Resident Yogi. Your therapist will then usher you into your private treatment room where you enjoy the steam room while the cleansing TheraNaka mud prepares your body for the following tension relieving back, neck and shoulder massage.

- Health juice in your Villa at 06.30
- 45 min sun salutation yoga class at 07.00
- 30 min Musclease Mud Application with steam and refreshing shower
- 45 min TheraNaka Vigour Back Massage

## Clarifying Body and Senses

2 HRS 15 MIN | US\$390

This ceremony has been created for the individual who feels somewhat run down and is in need of a treatment designed to re-energise and uplift by ridding the body of excessive toxin build up. A steam bath prepares the skin for a detoxifying full body wrap after which a detox bath with refreshment and Abhyanga oil massage conclude the ceremony for a renewed you.

- 15 min Steam Bath
- 30 min Thousand Flowers Detox Wrap by Elemis
- 30 min Detoxifying Bath by Elemis with detox drink
- 60 min Abhyanga Massage with Detoxifying Treatment Oils



## Create your own Spa Programme

Compile your own Spa Story with a daily indulgence at the Serenity Spa. Choose from at least three daily indulgences from the selection below for your uniquely private Spa Journey.

### Rejuvenate

30 MIN SALT GLOW, 30 MIN BATH | US\$190

### Relax

15 MIN STEAM, 75 MIN THAI/SWEDISH/BALINESE MASSAGE | US\$230

### Revive

60 MIN INTUITIVE JET LAG MASSAGE | US\$195

### Refresh

15 MIN STEAM, 60 MIN SPECIFIC WRAP, 15 MIN SHOWER | US\$365

### Realign

30 MIN HEAD MASSAGE, 30 MIN FOOT MASSAGE | US\$190

### Release

60 MIN THAI/SWEDISH/BALINESE MASSAGE, 30 MIN BOOSTER FACIAL | US\$280

### Renew

30 MIN COCONUT SCRUB, 60 MIN MASSAGE | US\$280



# Face

Beauty is not in the face, beauty is a light in the heart

KHLIL GIBRAN

## Elemis Pro Definition Lift and Contour

75 MIN | US\$230

The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells found in Edelweiss and Tiger Grass help support the extra-cellular matrix. The structure of the skin is boosted through a unique deep, muscle-toning massage from the scalp to the décolletage. The skin appears plumper and revitalised, creating a profoundly sculpted, youthful effect.

## Elemis Pro Collagen Age Defy

75 MIN | US\$230

Diminish fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

\*independent clinical trials

## Elemis Dynamic Resurfacing Precision Peel

75 MIN | US\$230

Clinically proven\* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

## COOLA Care Skin Soother

45 MIN | US\$205

Put your freshest face forward with this protective, anti-inflammatory moisturising facial that cools and nourishes stressed and sun-damaged skin while shielding it from environmental exposure. Boost the skin's natural defence system and fight toxic pollutants as collagen production and cell renewal is improved.

## Skin Energiser for Men by Elemis

75 MIN | US\$230

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.





# Massages

Take care of your body, it's the only place you have to live in

JIM ROHN



## Classic Thai Massage

60 MIN | US\$225 / 1 HR 30 MIN | US\$275

An ancient healing system combining techniques of acupressure, Ayurvedic principles and assisted yoga postures, this oil-free massage is guaranteed to energise, increase range of motion and revive. Pyjamas will be given to you at the spa or you may choose to wear loose-fitting yoga clothing.

## Classic Balinese Massage

60 MIN | US\$225 / 1 HR 30 MIN | US\$275

A full-body, deep-tissue, holistic massage treatment. Balinese massage uses a combination of gentle stretches, acupressure and aromatherapy to bring a sense of wellbeing, calm and deep relaxation.

## Classic Swedish Massage

60 MIN | US\$225 / 1 HR 30 MIN | US\$275

This classic massage style uses five different styles of massage techniques to deeply relax the entire body and is beneficial for decreasing toxin build up in muscles, improving micro circulation and flexibility while easing muscle tension.

## TheraNaka East African Wood Massage

60 MIN | US\$225 / 1 HR 30 MIN US\$275

Mimicking the rhythmical patterns of an African dance, this signature massage blends light stretching techniques and wooden implements to relax and restore your weary body. Being drizzled with a warm olive and shea butter balm will nourish and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

## TheraNaka Milaidhoo Tri-Scented Lime Infused Luxury Massage

60 MIN | US\$225 / 1 HR 30 MIN | US\$275

This unique ritual was created to encompass our connection with nature and celebrating the circle of life. Small blocks of citrus infused shea butter are placed on your body to aid circulation and relaxation from the soothing warmth as it melts under your therapist's hands, leaving you utterly uplifted and relaxed and your skin nourished and hydrated.

## Elemis Freestyle Deep Tissue Massage

60 MIN | US\$225 / 1 HR 30 MIN | US\$275

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused.

## TheraNaka Awakening Massage

60 MIN | US\$225 / 1 HR 30 MIN | US\$275

This ultra-relaxing indulgent full body massage draws inspiration from the Marula tree. The skillful combination of breathing techniques with massage movements will awaken your senses and revive body and mind.

## TheraNaka Vigour Back Massage

30 MIN | US\$195 / 45 MIN | US\$205

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage relieving deep seated back tension all the way to the core of the muscle. A refreshing gel is applied, leaving you feeling refreshed and invigorated.

## Elemis Deeper than Deep Hot Stone Massage

60 MIN | US\$225 / 1 HR 30 MIN | US\$275

Generously heated warm stones, bathed in frangipani monoi body oil, are worked deep into the belly of the muscles, releasing accumulated tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

## Elemis Peaceful Pregnancy

60 MIN | US\$225 / 1 HR 15 MIN | US\$275

Mothers-to-be are restored to optimum wellness with this intuitive and relaxing massage which gently hydrates and nourishes expanding skin. Only nurturing aromatics are imparted – along with wisdom, empathy and respect. Not suitable for the first trimester of pregnancy.

## Abhyanga Oil Massage

60 MIN | US\$225 / 1 HR 30 MIN | US\$275

A full-body treatment using Ayurveda herb infused massage oils acts as a powerful recharger and rejuvenator of mind and body.

## COOLA Sun Massage

60 MIN | US\$225 / 1 HR 30 MIN | US\$275

Sink into your holiday with this relaxing massage which combines ultra-hydrating and soothing ingredients specifically designed for your own unique skin type. The anti-inflammatory properties of this organically certified Spa product ensure that your skin is well taken care of when exploring the beautiful nature of the Maldives.





# Full Body Indulgences

## Muscle Releasing Mud Wrap by TheraNaka

75 MIN | US\$285

To commence this journey, falking skin cells will be removed with a natural, aromatic body scrub followed by a restorative herbal fusion back massage. Invigorate your senses whilst you are cocooned in a comforting therapeutic muscle warming wrap to help ease any muscle aches, pains and fatigue. You will leave feeling refreshed and invigorated for your next island adventure.

- Sandalwood Marula Body Scrub with
- Muscle Easing Mud application
- Indian Head & Shoulder Massage
- Refreshing Rain Shower
- Indulgent Back, Neck & Shoulder Massage

## COOLA Care, Body & Face Soother

60MIN US 230

Save the skin you're in with this ultra-moisturising and deep-soothing full body treatment that uses the ingredient of organic Agave, bestowing natural moisture binding mechanisms to protect and repair sun damaged skin. It is a superior hydrating treatment and promotes collagen synthesis while offering UV protection.

- Cooling Shower
- Cooling & Healing Gel Application
- Cooling & Soothing Face Treatment
- Relaxing Indian Head Massage

## Nourishing Nectar Body Wrap by Elemis

75 MIN | US\$285

The velvety texture of the monoi oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and relax with a neck, scalp and shoulder massage while the mood-balancing aromatics and skin conditioning oils do their work.

- Elemis Cleansing salt scrub
- Rain Shower
- Nourishing Oil Application & Wrap
- Relaxing & Toning Facial Massage
- Indian Head and Shoulder Massage

## Thousand Flower Detox Wrap by Elemis

75 MIN | US\$285

This nutrient-rich detox wrap facilitates super skin health and powerful detoxification with deeply nourishing Green Tea Balm. It helps to stimulate the elimination process and restore soulful equilibrium to leave you feeling completely reinvigorated.

- Gentle full body brushing
- Detoxifying Steam Room experience
- Detox Oil Application & wrap
- Relaxing & Toning Facial Massage
- Indian Head & Shoulder Massage

## Elemis Cellulite Reduction Treatment

75 MIN | US\$285

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Clinically proven\* to reduce the appearance of cellulite after just one treatment.

- Detoxifying Full body brushing
- Detoxifying Steam Room experience
- Cellulite Targeted Massage
- Anti-Cellulite Serum & mask application
- Indian Head & Shoulder Massage
- Cellulite Treatment Serum Application

\*Independent Clinical Trials.



Hands and feet

Touch comes before sight,  
before speech, it is the first language  
and the last, and it always tells the truth.

## TheraNaka Manicure

60 MIN | US\$125

Indulge in an African inspired spa manicure, treating your hands and forearms to a gentle exfoliation followed by an African Earth fusion hand massage, including nail and cuticle attention, followed by a nail colour by OPI of your choice for your rejuvenated hands.

AVAILABLE ON REQUEST:

- Callous Softening Treatment for New Feet
- Express Manicure or Pedicure
- Re-polish for hands or feet
- Waxing
- Threading
- Lash & Brow Tinting

## TheraNaka Pedicure

60 MIN | US\$155

Pamper tired feet and legs during a soothing spa pedicure, which includes exfoliation of rough skin, a customised nourishing African shea butter dumbbell massage, and nail and cuticle attention. Choose a dazzling nail colour by OPI for your gorgeous new feet.



Add ons

Add further bliss to your existing  
Spa Journey with one or more of  
these wonderful touches.

Please note these must be booked in addition  
to an existing spa treatment.

### Elemis Brighter Eyes Treatment

15 MIN | US\$85

### Elemis Booster Facials

30 MIN | US\$105

### Toning Facial Massage

15 MIN | US\$55

### Indian Head & Shoulder Massage

30 MIN | US\$105

### Nourishing Hair Treatment

30 MIN | US\$105

### Add on Massage

30 MIN | US\$105

### Targeted Cellulite Massage

15 MIN | US\$65

### Full Body Scrub

30 MIN | US\$105

### Shiradhara

30 MIN | US\$125

### Steam Room Experience

15 MIN | US\$25







Yoga

Join us for our daily early morning complimentary  
45 minute yoga class at 07.30.

Private classes and yoga on sandbank available  
on request. Please enquire at our Spa reception.

## Group classes

- 30 MIN | US\$65
- 45 MIN | US\$70
- 60 MIN | US\$75

## Milaidhoo Yoga

- Advanced yoga (60 MIN)
- Balanced yoga (60 MIN)
- Gentle yoga (60 MIN)
- Vinyasa flow (60 MIN)
- Advanced sun salutation (60 MIN)
- Stretch for stress (60 MIN)
- Yoga asanas for abdomen (60 MIN)
- Mindful yoga (60 MIN)

## Meditation

- Yoga nidra meditation (45 MIN)
- Soham breathing meditation (45 MIN)
- Trataka or candle flame meditation (45 MIN)
- Sound healing meditation (30 MIN)

## Pranayama

- The art of breathing (45 MIN)



# Spa etiquette

Our spa is a place of peace and tranquillity. We request all our guests to respect this space and leave mobile phones and any other items that may cause disturbance for other guests at home in their villas.

We have private changing and showering facilities at the spa in the private treatment pavilions.

Disposable underwear will be given to you at the spa for your treatment if required.

Please arrive at least 15-minutes before your appointment in order to relax with a welcome drink and complete your registration process in plenty of time before your treatment.

We advise gentlemen to shave the morning before a facial.

We request your understanding of your therapist having another guest booked immediately after your appointment. For that reason, in the event you arrive late, your treatment may be cut short or cancelled altogether without a refund.

Please be aware of our cancellation policy: In the event of you cancelling 24 hours before your treatment, there is no cancellation charge. In the event of you cancelling 12 hours before your appointment, we'll charge you 50% of your booked treatment. In the event of you cancelling in less than 12 hours before arriving at the spa for your appointment, we'll charge you 100% of your booked treatment.

Guests having certain health concerns are invited to see us for a consultation before making an appointment and we'll be able to give you the best advice about possible treatments. In some cases we would require a note from your doctor stating that it is safe to perform requested treatments.

We regret that some of our spa treatments aren't suitable for pregnant ladies in their first trimester.



## About TheraNaka

Where the finest African plant extracts and traditional rituals unlock the beauty of Africa – balancing and weaving the scents and herbs of Africa with the adapted traditional rituals of its ancient inhabitants – TheraNaka is a unique South African product, rich in natural healing and soothing properties, presenting the ultimate in relaxation and rejuvenation. Understanding our mutual interdependence with earth, TheraNaka has been developed using only the finest natural ingredients available from nature while honouring the eco-system. Our credible suppliers, specialist South African plant extract manufacturers, provide us with the best selection and quality of African plant extracts. Their services support organic certification, sustainability and Fair Trade.

We ensure that our products do not contain harmful alcohols, artificial fragrances, colorants, harmful petrochemicals or mineral oils, and they have not been tested on animals. Ubuntu Natural products are derived from 'indigenous African plants raw materials that have been sustainably wild-harvested by, and for the benefit of, poor rural people', and are produced in line with clear environmental and social guidelines (Ubuntu Natural Charter). Guaranteed are fair & reliable supply chains, a commitment to biodiversity conservation, social & regulatory equity, green technology, as well as a variety of additional advantages.



## About Elemis

British-based Elemis was born out of the vision to bring together the power of nature, science and aromatics. To harness the dynamism of the highest-grade actives and create a skincare line that would transform the frontline of the beauty industry. Elemis begins with the earth's natural resources. Powerful marine and plant actives coupled with intricately-blended aromatics form the foundation of all our products. We ethically source and extract, harnessing and boosting remarkable natural properties through technology.

Elemis is where the science of nature meets the science of skin. Hands-on, our Elemis therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin. Personally prescribed. Sublimely sensory.

The experience is exceptional; the results are real. Elemis is driven by its commitment to creating high-performance formulations developed through innovative science and technology. We continually strive to create the 'next generation' in skin science using ground-breaking techniques to amplify the earth's natural resources. We don't test on animals and don't use animal bi-products apart from honey, beeswax and milk proteins.

## About Coola

Better for your skin; better for the environment. We're passionate about making healthy sunscreens that people love to wear! Our quest is to spoil your sometimes finicky, always worthy skin with the most pure, eco-conscious products possible. We consciously chose to develop our line using as many ingredients as possible that are natural, organic, sustainable and locally sourced, much like the foods we prefer to eat. Green, yet still luxurious, each of our high performance products protect and nourish the skin with vitamins and age-defying antioxidants, while remaining free of parabens, PABA, petroleum and phthalates. An advocate of both research and education, Coola donates to the Melanoma Research Alliance and Healthy Child Healthy World.

Our full line of luxury sun and skincare products incorporate a Farm to Face® sourcing philosophy, using the freshest and most natural ingredients whenever possible. Look for our organic formulas that contain over 70% certified organic ingredients and are easily identified by our organic seals. Additionally, we formulate with Plant Protection®, which allows us to achieve clinically tested, broad spectrum and antioxidant-rich protection while using fewer traditional actives. Better for your skin, better for the environment. Today, Coola continues to pave the way in the sun care industry. Because we produce in limited quantity batches in sunny and cool San Diego, we're able to reformulate often, taking advantage of new developments in sun science.





milaidhoo island

MALDIVES

story of a small island



Milaidhoo Maldives, Baa Atoll, The Maldives

Tel +960 660 7788 Email [welcome@milaidhoo.com](mailto:welcome@milaidhoo.com) [www.milaidhoo.com](http://www.milaidhoo.com)

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