



SCUBASPA  
MALDIVES



SPA MENU

## CLASSIC BODY TREATMENTS

Included in Spa Package and Scuba & Spa Package

Balinese Massage	120
Swedish Massage	120
Abhyanga Ayurvedic Massage	120
Traditional Filipino "Hilot" Massage	120
Japanese Shiatsu Massage	120
Sports Massage	120
Champissage Massage	120
Back and Shoulder Massage	90
Foot Reflexology	90

## CLASSIC BEAUTY TREATMENTS

Included in Spa Package and Scuba & Spa Package

Glowing Facial	120
After Sun Aloe Vera Treatment	60
Body Scrub	60
Body Mask	60
Foot Spa	50
Hand Spa	50

## DELUXE BODY TREATMENTS

Scubaspa Signature Massage	190
Bamboo Stone Massage	190
Warm Bamboo Massage	140
Hot Stone Massage	140
Hawaiian Lomi-Lomi Massage	140

## DELUXE BATH & BUBBLES

	single	couple
Scubaspa Massage & Hot Herbal Bath	160	310
Scubaspa Scrub & Hot Bath	100	190
Scubaspa Hot Bath	40	70

## DELUXE HONEYMOON

Scubaspa Honeymoon Ritual	400
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All prices are in USD and subject to 10% Service Charge and 16% TGST

**Prices are as of October 2023 and are subject to change**

## CLASSIC BODY TREATMENTS

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### Balinese Massage | 50 min

Flowing and graceful therapy, known to strengthen and heal the body, combines stretching, long strokes, skin rolling, and palm-and-thumb pressure techniques. Relieves tension and eases stress.

### Swedish Massage | 50 min

Relaxing and invigorating classical European technique which manipulates muscles with the use of aromatic massage oils. Stimulates blood circulation, good for lymphatic, muscular, and nervous systems.

### Abhyanga Ayurvedic Massage | 50 min

Known as the mother of all massages. Ayurvedic treatment involves the liberal use of warmed herbal oils. Ancient treatment style designed to balance body and mind. Excellent to reduce stress and re-energize.

### Traditional Filipino "Hilot" Massage | 50 min

Old Filipino massage characterized by slow and deliberate strokes and removal of blockages and lactic acid formation. Highly recommended for individuals with upper back aches and stress-related pain and anxiety.

### Japanese Shiatsu Massage | 50 min

Japanese-style pressure point technique based on the concept of acupuncture. Works on vital energy points resulting in balanced CHI (life force energy). Combination of thumb pressure and dry massage technique.

### Sports Massage | 50 min

Treatment characterized by low, firm pressure strokes, trigger point work, and joint mobilization. Techniques are used to increase blood circulation and release of toxins. Best choice for active people.

### Champissage Massage | 40 min

Ayurvedic calming treatment that stimulates the scalp, nourishes the hair roots and hair itself. Relieves fatigue, helps enhance mental clarity and focus. Balances and nourishes emotions.

### Back and Shoulder Massage | 30 min

Enjoyable energetic massage which releases deeply held tensions in the upper body. Working on all the muscles in the neck, shoulders, scalp, and face. Brings relief from stress and leaves you feeling deeply relaxed.

### Foot Reflexology | 30 min

The ancient art of massaging the feet stimulates specific pressure points corresponding to the whole body. Opens and clears the energy pathways, improves circulation, and leaves you feeling grounded and energized.

## CLASSIC BEAUTY TREATMENTS

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### Glowing Facial | 40 min

A pampering facial treatment that can heal troubled and healthy conditions. Composed of cleansing, exfoliations, facial massage, facial mask and deep moisturization that makes your face shine with a youthful glow.

### After Sun Aloe Vera Treatment | 30 min

Soothes, repairs and rejuvenates the skin after exposure from the sun's harmful rays. It also smoothens and tones your epiderm.

### Body Scrub | 30 min

Deeply moisturizing and an excellent treatment before exposure to the sun. Rich, nourishing, and hydrating. You can choose from a variety of treatment recipes.

### Foot & Hand Spa | 30 min

Complete care treatments for beautiful and healthy-looking hands and nails or feet. Includes file, soak, cuticle work, and scrub to smooth and rejuvenate the skin.

## DELUXE BODY TREATMENTS

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### Scubaspa Signature Massage | 90 min

A combination of Scubaspa signature massage technique and hot compressed "Potpourri Ball" healing herbs. Offers potential health benefits and boosts both emotional and physical well-being. Heat-induced muscle relaxation as herbs relieve stress, help to increase circulation, and provide nourishment to the skin.

Scubaspa Signature Massage offers simultaneously relaxing and energizing therapy for body, mind, and soul. With the healing touch of our skilled massage therapist, you will have received a total revitalization of the senses.

### Bamboo Stone Massage | 90 min

A relaxing blend of Hot Stone and Warm Bamboo treatments.

### Warm Bamboo Massage | 55min

Combination of long and short bamboo canes, with deep tissue massage techniques, using aromatherapy oil. Traditionally used for healing and relaxation which puts you in a deeper state of calm, leaving you thoroughly relaxed and giving you a tremendously soothing experience.

### Hot Stone Massage | 55 min

Warmed stones glide across the body in long, soothing strokes to ease stiffness and release tension. The heat penetrates the muscles for deep relaxation. Stones are also placed on the energy points of the body, to stimulate energy flow.

### Hawaiian Lomi-Lomi Massage | 55 min

Spiritual type of treatment that facilitates the nurturing and healing of body, mind, and spirit. Incorporates continuous, soothing strokes from head to toe, from the left side of the body to the right like waves washing over you. These movements make it difficult for your mind to track therefore enabling you to relax, zone out, and simply be open to receiving Aloha spirit of love.

## DELUXE BATH & BUBBLES

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### Scubaspa Massage & Hot Herbal Bath | 90 min

Your journey starts with a foot refreshing. Then choose a specific massage technique, whether Swedish, Balinese, or Sport, to provide deep relaxation accompanied by a release of endorphins to produce a feeling of wellbeing. Immerse into a hot tub to relieve tension and ease stress to revitalize mind, body, and soul, while enjoying a cold green tea and ginger cookies.

### Scubaspa Scrub & Hot Bath | 50 min

Start with a welcome foot refreshment. Next submit to a body scrub, promoting circulation and removing dead cells from the skin surface. Smoothing and softening, the scrub breathes new life into your skin. After a glass of refreshing water, slip into a hot tub. Relieve tension, and ease stress, revitalize mind, body, and soul, while enjoying a hot or cold tea.

### Scubaspa Hot Bath | 30 min

Enjoy a rinse to reduce the likelihood of lotion, oils, beauty products, or other contaminants creating a build-up in your spa. After a hydrating glass of water immerse into a hot bathtub to relieve tension and ease stress. Revitalize mind, body, and soul while enjoying a hot or cold tea.

## DELUXE HONEYMOON

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### Scubaspa Honeymoon Ritual | 120 min

The ultimate spa experience for couples. The treatment begins with a foot refreshing, followed by a body scrub promoting circulation and dead skin cell removal. The smoothening and softening body scrub will breathe new life into your skin. Guests are next offered a shower to rinse and cleanse thoroughly. Couples then submit to a 60-minute Balinese massage, employing a flowing and graceful technique to relieve tension and stress. Hydrate with a glass of water and immerse into a herbal spa bath to revitalize mind, body, and soul, while enjoying a glass of sparkling wine and a platter of tropical fruits.