



Helping us all stay safe and healthy
during this challenging time.

To our value guests,

At Spa Cenvaree, your health, wellness, and guest experience is our priority. Like all businesses, we are closely monitoring the coronavirus (COVID-19) outbreak. To help ensure the safety of our guests, we have increased our extensive Spa cleaning measure including:

- More frequent cleaning to disinfect all high-frequency touchpoints.
- Increased sanitizing and disinfecting in massage rooms between guest sessions.
- Ensuring restroom soap dispensers remain filled.
- Hand sanitizer dispensers at the front desk for your convenience.

How you can help

For the health and safety for our quest and staff, we ask you to:

- Please only visit if you're healthy. Do not visit if you have a fever, cough, or other cold symptoms or have travelled to risk countries in the last 14 days.
- Kindly clean your hands upon arrival. Wash hands with water and soap for at least 20 seconds. We also have hand sanitizer available for your use.
- Always cover your cough or sneeze. Use a tissue if possible, or your sleeve, when you cough or sneeze.
- Please wash your hands after coughing or sneezing.
- Please wear a face mask at all times during Spa treatments.

We appreciate your understanding and cooperation during this time.



A Spa Journey Inspired by Traditional Thai Healing

Harnessing the positive energy of nature with traditional Thai therapies, the guiding philosophy of each spa journey is to deliver holistic well-being to each individual.

Opening Hours: 9.00 - 21.00 hours

Price are subject to 10% Service Charge and Government Goods and Services Tax 12%

THAI TRANQUILITY

Immerse yourself in perfect balance and wellbeing.

THAI BODY BALANCE

3.0 Hrs / USD 299+ +

This journey combines a collection of signature recipes developed for guests to experience the soul of a Thai spa journey as well as its ancient traditions. Ingredients are carefully selected for their nourishing and healing properties. These include organic grains, bark extracts, aromatic roots and herbal powder prepared freshly for each ritual.

- Smoothing Wheat Germ and Sesame Foot Scrub
- Organic 7 Miracle Grains Body Exfoliation
- Detoxifying Thai Herbal Tea Bath
- Choice of "Nuad Thai" or Aromatherapy Massage
- Nourishing Facial Massage with Warming Sesame Pouch
- Refreshment

"WANALEE" (A Royal Treat)

3.0 Hrs / USD 299+ +

Combining the richness of Thai herbs and organic plant essences, this spa journey is deeply detoxifying at all levels. To begin, a layer of Chrysanthemum flower is gently stroked on your skin surface to polish skin tone. Your journey continues as you are immersed in a comforting wrap with galangal roots, turmeric and black pepper to stimulate the lymphatic system and to assist the removal of toxins. Next, soothing scalp massage is administered while you rest. After a refreshing shower, succumb to an aromatherapy massage or a traditional Thai massage. To complete this royal treat, allow your senses to be overcome with an oxidant facial using active ingredients such as Calendula, Licorice, and Evening Primrose to restore skin freshness. The journey ends with a cup of refreshing Chrysanthemum tea.

- Botanical Bliss Scrub
- Galangal Firming Wrap
- Purity - Radiance Ceremony Facial
- Any choice of 60min Oil Massage or Thai Massage
- Refreshment

SERENITY

2.5 Hrs / USD 269+ +

This treatment begins with a balancing and moisture rich hair mask massaged all over the scalp to instill relaxation. Using a finely blended mixture of Avocado oil and Kaffir Lime, this recipe is Thailand's best kept secret for lustrous and silky soft hair. Next, enjoy an exfoliation with tropical passion fruit infused with olive oil, fresh lemongrass and sea salt to give the skin a deep cleanse. We complete your treatment with an invigorating Vanilla Shea Butter full body massage enriched with Jojoba oil to enhance natural radiance while leaving you refreshed from head to toe.

- Deluxe Scalp Massage with rich Avocado Coconut Cream Mask
- De-Aging Passion Fruit & Lemongrass Salt Scrub
- A Soothing Massage of Vanilla Shea Butter
- Refreshment



COUPLE'S SPA JOURNEY

These half day packages are developed based on rituals traditionally given to brides and grooms before their marriage ceremony.

NIRAN NIRVANA (Heaven for Two)

3.5 Hrs / USD 599+ +

supabburut (For the Gentlemen)

- Steam Therapy
- Detoxifying Bali Kopi Scrub
- Luxurious Citrus & Coconut Milk Bath
- Deep Muscular Massage
- Hydration Strategy - Brilliance for Him • Refreshment

supabsatri (For the Ladies)

- Steam Therapy
- Sea Champagne Body Contour Wrap
- Luxurious Citrus & Coconut Milk Bath
- Aromatherapy Massage
- Anti - Ageing Ritual - Lift for her
- Refreshment

(In the event bath services are not available, Indian Head Massage will be offered as a substitute.)

HONEYMOON CELEBRATION

3.0 Hrs / USD 579+ +

Creating the perfect retreat for couples, this package is developed based on the main ingredient of Candlenut, also known as 'Kemiri'. The Candlenut tree is a symbol of enlightenment and rituals are designed to create harmony and prosperity to those newlyweds.

- Steam Therapy
- Pandan Wangi (Fragrant Pandanus) Milk Bath Infused with Candlenut Oil
- 'Kemiri' (Candlenut) Exfoliating Scrub
- A Soothing Massage with Candlenut Moisturising Balm
- Refreshment



AYURVEDA MULTI-DAY PROGRAMMES

3 DAY AYURVEDIC ANTI AGING PROGRAMMES

USD 695+ +

Also known as the “King’s Treatments” due to its popularity with the Maharajas of ancient India, this programme focuses on reducing the ageing process by toning up the skin and promoting body vitality. All treatments are administered by two Ayurvedic Therapists.

PROGRAMMES	Day 1	Day 2	Day 3
Basic Yoga Asana (Morning Class)	•	•	•
60 min Pizichil (Medicated Oil Massage)	•		
60 min Abhyanga Massage			•
90 min Shirodhara and Shirobhyanga Session		•	
Steam	•	•	•
Lunch - Spa Cuisine	•	•	•

3 DAY AYURVEDIC REJUVENATION PROGRAMMES

USD 695+ +

This programme restores and replenishes the body tissues through nourishment. Medicinal substances such as roots, barks, seeds and fruits are prepared according to ancient recipes and help to renew skin cell and revitalize the senses.

PROGRAMMES	Day 1	Day 2	Day 3
Basic Yoga Asana (Morning Class)	•	•	•
60 min Navarakizhi (Warm Rice Poulitice Massage)	•		
60 min Udvartanam (Herbal Powdered Massage)			•
75 min Kati Basti (Intensive Back Relief)		•	
Steam	•	•	•
Lunch - Spa Cuisine	•	•	•

SIGNATURE COLLECTION

Experience our signatures, therapies with a local flavour.

Maldivian Sea Sand & Senses Signature Massage

90 min / USD 169++

A truly indulgent spa journey that works on all senses to harmonise and rejuvenate.

This treatment begins with a foot ritual with sea sand, sea salt, fresh mint leaf and neam tea to wash away negative energy, followed by a head to toe massage with Virgin coconut oil. Customised pressures and Swedish techniques are applied to soothe the muscles and ease an overactive mind. This treatment is combined with our signature hot sand pouch therapy filled with heated sea sand, crushed sesame, grated ginger, warming black pepper and dipped in coconut oil to bring relaxation to the muscles while leaving you in a state of complete bliss. While the body muscles are relaxing from the warm sensation of sea sand pouch, the face is taken care of with a lymphatic application of cooling stones to leave the skin revitalised and refreshed.

Add On

30 min / USD 49++

Maldivian Sea Sand Exfoliating Scrub

Take your relaxation to another level by combining a Maldivian Sea Sand Exfoliating Scrub to slough away dull skin tone and glow with a renewed radiance.

Asian Fusion

90 min / USD 159++

This spectacular treatment draws on three cultures to deliver an intensely relaxing and calming experience. Specifically designed to expel fatigue from the body as well as rid it of daily stresses and tensions. In order to re-balance energies, movements are precise and sustained, focusing on the tense parts of the body. Back tensions are carefully worked (Chinese massage) before a progressive massage of the abdomen (Malaysian method). The treatment culminates with the elimination of 'body heat' achieved by stimulating the foot's reflex zones (Indian massage with the Kansu bowl). Ideal for people seeking to rid themselves of daily tensions.

Nuad Pra Kob

90 min / USD 159++ | 120 min / USD 179++

Herbal Compress Massage

This traditional massage features a warm herbal poultice to soothe aching muscles. This massage is particularly effective to alleviate sore muscles, arthritis, or stress.

Botanical Blissful Journey

2.0 Hrs / USD 189++

A signature creation of Spa Cenvaree designed for women to reveal healthy beautiful skin. This package uses the essence of botanical plants and ground rice as a gentle scrub, followed by the eastern technique of warm galangal body mask to reduce cellulite and water retention. Fresh floral petals are massaged onto the skin for a velvety smooth result. Session completes with our specialised Anti-cellulite massage to facilitate the trimming of cellulite.

- Botanical Bliss Scrub
- Galangal Firming Wrap
- Anti-cellulite Massage

Signature Salt Pot Muscles Melter

90 min / USD 159+ +

A guest favourite, this therapy is a locally inspired ritual combining deep tissue massage and hot salt pot compress to release tension in the shoulders and lower back muscles. Each pot contains a blend of coarse salt and medicinal herbs to provide relief to tired muscles. Therapeutic oils such as Pettigrain, Eucalyptus and Lavender penetrate deeply into muscle tissue during this therapy.

Organic Face Nourishment

90 min / USD 149+ +

A luscious, relaxing facial customised for any skin type, this facial uses powerful herbal antioxidants and natural nutrients to address skin texture. Organic ingredients such as lemongrass, tamarind, oatmeal, cucumber and botanical oils are used to deeply cleanse, exfoliate and hydrate the skin. A lymphatic facial massage is administered to improve blood circulation and help achieve firmer skin. A signature facial pouch filled with warm sesame rounds off the facial, leaving your skin refreshed and radiant.

Aromatherapy Massage for Jet Lag

90 min / USD 149+ +

Reconnect, rejuvenate and gain back your balance after a long journey with this therapeutic massage using aroma oils to soothe aching muscles and relax the body. Treatment will leave you with renewed energy.



BODY MASSAGE

Aromatherapy Massage

60 min / USD 149++ | 90 min / USD 169++

A full-body massage using essential oils to relax the body and mind. Smooth and soothing movements will gently lull you into a realm of tranquil dreams, leaving you totally rejuvenated. Choose from several oil combinations.

Balinese Massage

60 min / USD 139++ | 90 min / USD 159++

Based on the healing expertise of the Balinese people, this technique uses a mix of acupressure, reflexology and skin rolling to reach below the superficial muscle layers. Deep pressure is applied to release tensed and knotted tissue.

Swedish Massage

60 min / USD 139++ | 90 min / USD 159++

Designed with the sports enthusiast in mind, this massage is effective in loosening tight muscles and relieving aches associated with strenuous activity or exercise. Light or medium pressure is customised to your personal needs.

Deep Muscular Massage

60 min / USD 149++ | 90 min / USD 169++

Perfect for the athlete individual who requires body work to release muscle tension and increase joint flexibility. This massage focuses on individual muscle groups using deep compression and strokes. Massage is performed with aromatherapy oils to promote harmony of the body and mind.

Royal Thai Massage

60 min / USD 139++ | 90 min / USD 159++

Traditional Thai massage over the clothes using pressure points to relieve muscular aches. This therapy combines stretching techniques to loosen joints and tone muscles.

Traditional Foot Massage

60 min / USD 119++

This treatment promotes relaxation to the entire body through the use of pressure points onto the soles of the feet. When all tension is released, a foot herbal compress filled with warming herbs is applied to revitalise the legs.

AYURVEDA

Ayurveda, an ancient holistic healing approach known for its balancing and rejuvenating effects.

Marma Abhyanga Massage

60 min / USD 139++ | 90 min / USD 159++

A rejuvenating massage using Ayurvedic medicated oils to alleviate mental and physical stress, the Marma Abhyanga massage uses pressure points to stimulate vital energy points and promote life force energy throughout the body. This therapy is renowned for its ability to stimulate the body's own natural cleansing processes.

Kati Basti

75 min / USD 149++

Intensive Back Relief

Created as a complete renewal for the body, this treatment combines a stress relieving back massage with an Ayurvedic back relief therapy ('Kati Basti') to awaken the body, heart and soul. Warm medicated oil is gently dripped on the lower back to form a warm reservoir followed by an application of hot compress infused with 7 warming herbs. While relieving muscle tension, this therapy helps to lubricate connective tissues, keeping them flexible. Treatment is recommended to relieve lower back pain.

Shirobhyanga

60 min / USD 139++

Indian Head Massage

Using warm herbal oil, this treatment includes a massage of the scalp, neck and shoulders to sweep away tension and to relieve mental tiredness.

A perfect relaxing treatment after a busy day of meetings or activity.

Shirodhara

60 min / USD 149++

Based on the ancient teaching of Ayurvedic medicine, soothing herbal oil flows in a continuous stream on the 'third eye' (forehead) to lull your senses into a deep ocean of calm. The therapy improves mental clarity, while it relaxes the whole body. Treatment is ideal for those seeking relief from insomnia, jet lag or mental stress.

BODY THERAPY

A dazzling array of rejuvenating treatments combining the best of ancient and modern techniques to provide you rejuvenation from head to toe.

Siamese Zen

105 min / USD 169++

Ideal for detoxification of the skin, this treatment begins with a Plai herbal scrub known for its anti-inflammatory properties. The body is then immersed in a Hot Herbal Clay to relieve symptoms such as digestive problems, muscle aches, or skin inflammation.

Instant Smooth

105 min / USD 169++

Your skin is gently polished with a Pumpkin & Gooseberry Regeneration Body scrub to restore smoothness, followed by a natural black mud, infused with seaweed, green tea, caffeine and botanical oils, to promote firmer skin tone. This experience is completed with a skin nourishing Vanilla Shea Butter to reveal luminous skin. A perfect treat to hydrate and gives your skin a radiant and healthy glow.

De-Aging Passion Fruit & Lemongrass Salt Scrub

60 min / USD 129++

A guest favourite, this scrub is known for its exquisite fragrance and stress-relieving properties. The tangy fragrance of lemongrass refreshes tired mind while passion fruit seeds smoothen skin to perfection.

Red Rice Sunburn Soothing Wrap

60 min / USD 129++

Using traditional Thai remedies to soothe the skin, this body wrap incorporates skin healing ingredients such as cooked red rice, fresh milk, olive oil and cooling gel to provide relief to sunburned skin.

Cooling Aloe Vera & Green Tea Sunkissed Wrap

60 min / USD 129++

Calm, soothe, and nourish irritated skin from sunburn with this nourishing concoction made from blends of fresh green tea, cucumber and therapeutic flower oils. Enjoy a heavenly scalp massage while your body is cocooned in the body wrap . After a refreshing rinse in the rainfall shower, aloe vera will be applied followed with a restoring cream to promote the process of healing to the skin.



SPA NAILS FOR HER

Classic Manicure or Classic Pedicure

60 min / USD 89++

A basic maintenance for beautiful hands or feet. Skin will be exfoliated and moisturized with Magnolia & Rose hydrating lotion, cuticles tidied, nails shaped and painted to perfection with fashionable OPI nail lacquer.

Classic Combo : Mani & Pedi Beauty

USD 129++

This Classic Combo includes all the essential nail care components of the manicure and pedicure plus additional exfoliation and light massage to soften skin and heighten relaxation of the senses.

French Manicure or French Pedicure

60 min / USD 99++

Basic nail care includes hands or feet exfoliation, nail shaping, cuticle maintenance, followed by a French manicure or pedicure painting.





EXCLUSIVE FOR HIM

Treatments catering to the individuality of our guests.

Par Excellence

120 min / USD 189++

Bring the most valuable strategy to the tee, your golf fit body. Session begins with a body brushing followed by Pumice stone scrub to smoothen rough skin. Your therapist then combines the curative elements of warm coconut compress with muscle melt massage to ease tight muscles and stimulate blood circulation.

Well Refreshed

120 min / USD 189++

A series of treatments designed to relax you from head to toe. The session begins with a deep muscular massage to relieve tension in the muscle and the connective tissue, followed by an instant Glow Green Tea facial to leave you refreshed from head to toe.

Executive Sole Delight

45 min / USD 79++

A super hydrating foot care for Men. Feet are cleansed with Citrus & Neem foot soak followed by an exfoliation of Lime & Sugar scrub. Treatment includes a pedicure for a refined look.

Men's Sports Manicure

45 min / USD 79++

This session includes all of the pampering of a classic manicure with hand exfoliation, nail clipping and cuticle maintenance, leaving your hand clean and professional.



Hydrating Rose Facial

60 min / USD 139+ +

Replenish your skin with the power of the Jurlique Rose. Our iconic Rose formulas are crafted with Rose Extracts and Rose Hip Oil to restore balance and hydration to the skin while calming the senses. Rich in antioxidants, this facial also helps to enrich your skin, keeping it smooth, supple, and protected from environmental aggressors. Featuring our new Rose Moisture plus Serum and Gel-Lotion with essential fatty acids like Omega-3 and Omega-6 to lock in hydration and help skin retain vital moisture.

Jurlique Pure Age-Defying Facial Treatment

60 min / USD 149+ +

This ultimate facial treatment provides the powerful biodynamic ingredients to diminish fine lines, wrinkles and renew skin. Your skin will feel soft, smooth, radiant glow and be graceful despite passage of time.

Jurlique Purely White Brightening Facial Treatment

60 min / USD 149+ +

With a unique Jurlique Whitening products enriched with antioxidants, this treatment is designed to protect, whitening and revitalize skin damaged by sun, stress and environmental pollution.

Jurlique Deep Cleansing Facial Treatment

60 min / USD 139+ +

This facial is designed to deep cleanse and clarify the skin. Exfoliation techniques leave you with a radiant glow. Your Skin is massaged with a blend of pure essential oil to lift away impurities. An ideal treatment for rebalance oiliness, acne prone and troubled skin.

