

# Willow Stream Spa

## Fairmont Maldives Sirru Fen Fushi

Willow Stream Spa at the Fairmont Maldives Sirru Fen Fushi draws its energy and vitality from its natural surroundings. From the tranquil waters of the Indian Ocean to the fragrant herbs in the Maldivian gardens, Willow Stream Spa is an oasis of its own. Balancing the elements earth, air, fire, water and wood puts us in sync with nature's equilibrium.

Encompassing total well-being and offering an array of lifestyle options, Willow Stream Spa redefines the spa experience. The treatment menu is a selection of carefully curated treatments that are authentically connected to the local island culture. Willow Stream Spa product partners including Subtle Energies, offer ancient traditional Ayurveda experiences while Kerstin Florian combines its four cornerstones of health to offer a rejuvenating sensory journey.

Enjoy wellness refreshments and freshly prepared herbal teas in our sea view relaxation lounge. Our 50-meter long adult serenity pool is enhanced by natural sounds and light, soothing Aromatherapy scent, and water temperatures varying from tropical warm to refreshing cool.

Willow Stream Spa nestled in a total of 2000 sqm wellness area, enables guests to rediscover their energy, providing indoor and outdoor spaces to reconnect you beyond the treatment experience. From peaceful guided meditation in lush spa gardens to relaxing yoga sessions overlooking the calm blue sea, this nurturing environment offers a soothing flow of energy on your holistic journey.

## About Willow Stream Spa

Willow Stream Spas are acclaimed around the world for our focus on finding innovative ways to help guests discover their own energy. Energy makes the difference between living and living well; recharging our energy allows us to flow, rather than fight, through life. That is why energy renewal is our mission.

Each of our spas are designed to reflect the beauty and ambience of its location and of the hotel in which it is situated, so no two are alike. However, all of our spas have this in common: they deliver an outstanding experience. Simply being here, away from the chaos of everyday life, relaxes our guests and begins their journey to re-energize ones mind, soul and body.



## Our name: Willow Stream



We believe these two words reflect our philosophy and our connection to nature's elements.

**Willow:** The willow represents our deep-rooted authenticity, strong center and flexible spirit.

**Stream:** The stream represents our energizing journey through life— bending and changing in a peaceful, purposeful manner as it finds its way around obstacles.

**Our logo:** Our logo is composed of ancient symbols for the world's essential elements: earth, air, fire and water. The willow—wood—is the fifth element. Balancing these elements puts us in sync with nature's equilibrium.

## Willow Stream Spa Product Philosophy

Willow Stream Spa places emphasis on many aspects when choosing spa products for each of our spas around the world. With luxury in mind, each brand selected demands superior quality, which are personalized to suit the needs of our valued guests. Environmental sustainability is considered whenever and wherever possible, which reflects our social responsibility. Our relationships with the product houses are important to ensure that we have premium spa products and training available for every encounter with our guests.

### **Kerstin Florian**

Born in the scenic landscape of Sweden, Kerstin Florian has always been inspired by nature, its energy and its intrinsic connection to wellness. Her gift for blending nature into innovative products led her to craft her namesake line of products, built upon the four cornerstones embraced in her holistic approach to skincare: Proper Nutrition – Regular Exercise – Peace of Mind – Care of the Face & Body.

### **Subtle Energies**

Subtle Energies creates results-based Aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles. The range is created with an intent to address multiple skin and body concerns, whilst delivering high performance results, empowering one's physical, mental and emotional well-being.

The brand was founded in 1993 by Farida Irani in Sydney, Australia as a clinic of natural therapies. The clinic was designed to address a complex range of health concerns with a variety of modalities offered.



**Correcting**  
Brightening  
Body Scrub

Gommage  
Éclaircissant  
pour le Corps

**KERSTIN  
FLORIAN**  
BODY CARE

177 mL e 6 FL OZ U.S.

Exfoliant  
à grains fins  
à base de  
sucre et de  
vitamine C  
pour  
éclaircir et  
rafraîchir  
la peau.

**Correcting**  
Brightening  
Body Peel

Exfoliant  
Éclaircissant  
Pour le Corps

**KERSTIN  
FLORIAN**  
BODY CARE

8 Applications

**Correcting**  
Intensive  
Slimming Serum

Sérum Intensif  
Minceur

**KERSTIN  
FLORIAN**  
BODY CARE

177 mL e 6 FL OZ U.S.

**Correcting**  
Multi-Vitamin  
Firming Crème

Crème Multivitamine  
Raffermissante

**KERSTIN  
FLORIAN**  
BODY CARE

177 mL e 6 FL OZ U.S.

## Willow Stream Wellness Facilities

We know that exercise is a vital component of daily life especially for travelers on the go, who appreciate the desire for high-quality, well-equipped fitness facilities. Life Fitness® provides customized wellness areas and supply fitness facilities to meet all of your needs. Catering to your own fitness level, ability or age, our dedicated wellness professionals are here to assist you in achieving your personal health and fitness goals, supporting you every step of the way.

Fairmont Maldives Sirru Fen Fushi is the perfect environment to restore your energy by offering the following facilities and services:

- Group and private classes
- 50-meter outdoor adult serenity swimming pool
- Ladies and Gentlemen's beauty corner
- Relaxation areas
- Fitness center
- Tennis court
- Personal training

## Lifestyle Activities

Fairmont Maldives Sirru Fen Fushi offers a selection of lifestyle choices for a balanced lifestyle. Our lifestyle offer encompasses all elements of well-being including state-of-the art fitness facilities with the latest equipment, a nurturing spa environment to escape and pamper yourself as well as a selection of outdoor activities to capture the essence and culture of the Maldives. While staying at Fairmont Maldives Sirru Fen Fushi, we offer a variety of outdoor activities for adults and children.

- Kids Club
- Personal Training
- Yoga
- Aqua Aerobics
- Tennis
- Selection of Water Activities (Paddle boarding, diving, snorkeling)
- Island Discovery with our Marine Biologist
- Boat Excursions

Please speak to one of our team members who will help you choose activities that will suit the needs of your time in the island.

## Willow Stream Signature Expressions

Willow Stream Signature Expressions bring together the key elements of face and body as one. We place a careful emphasis on our guests feeling locally connected while encouraging relaxation to restore their personal energies, resulting in feeling revived.

### **Empowering Me, A Woman's Journey - 150 minutes**

A complete treatment journey, as you celebrate your inner and outer beauty, addressing the emotional and hormonal balance. Begin with a gentle meditation, the whole body is then massaged with ancient active oils of renewal, as the fusion of therapeutic techniques increases your vital energy. This continues as a result-driven facial that is tailored to bring harmony and nourishment to your skin, using potent actives such as mogra, saffron and Indian rose. Be empowered, be rejuvenated, be you.

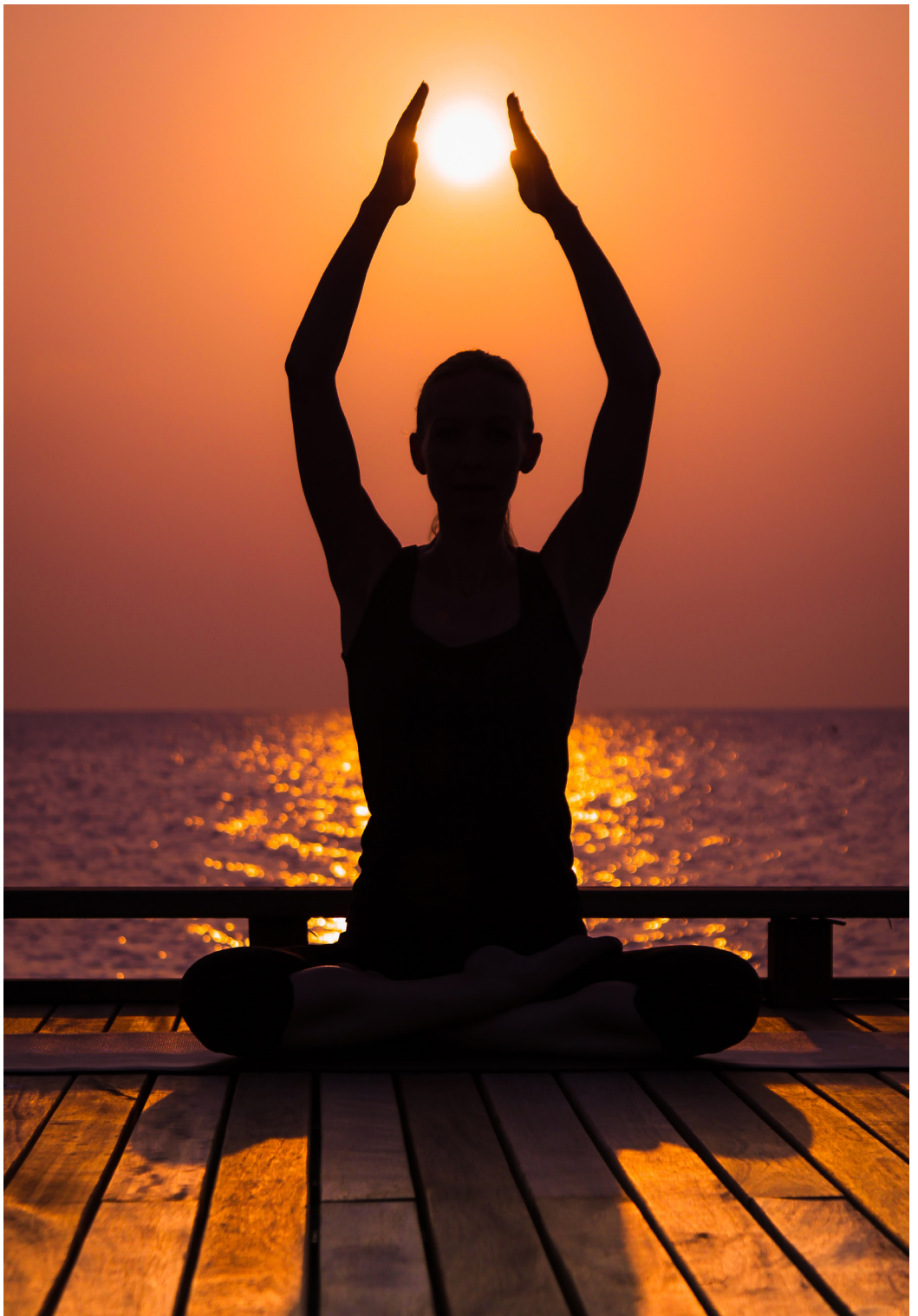
### **Coconut Experience - 120 minutes**

A complete local Maldivian experience using coconut to soothe, calm and balance. Begin with an invigorating coconut full body exfoliation, followed by a pampering back, neck and shoulder massage with coconut oil, and enhance with warm healing stones. Next, nourish and relax inside a warm cocoon while a luxurious foot and pressure point scalp massage complete this head-to-toe service.

### **Subtle Energies Sleep Support - 105 minutes**

Subtle Energies Sleep Support Therapy is a tailored signature program based on clinical research and ancient practices, to assist sleep concerns and insomnia. The treatment begins with guided meditation and yogic pranayamas, that will positively impact the vital energy within. The full body Blissful Marma massage is designed to release tension and bring the body's rhythm back into balance together with the facial Marma massage and potent active ingredients, stimulating the pineal gland. The Nasya (nasal oil application) which has been used for centuries for many concerns including sleep follows this process. An ideal holistic sleep support resulting in emotional and hormonal balance, connecting you to your body of bliss.





## Classic Facials

### Caviar Marine Facial - 90 minutes

A decadent facial utilizing anti-aging caviar proteins and algae-based sheet masque to firm, tone, refine and deeply hydrate. Results are immediate, leaving skin supple, healthy and luminous.

### Soothe & Enrich Antioxidant Facial - 90 minutes

Designed for sun-exposed, dry, sensitive, or damaged skin. This intense enriching facial therapy delivers an exceptional nutrient rich elixir that revitalizes tired aging skin. Infused with advanced antioxidants and essential fatty acids to fight free radical damage and protect the skin from the visible signs of aging.

The Marma massage delivers an impressive active serum to increase collagen and hyaluronic acid production before a botanical hydration mask locks this precious moisture into the skin. Finish this restorative treatment with smooth, vitamin-enriched skin that is deeply hydrated.

### Customized Advanced Age Repair Facial - 60/90 minutes

Results-oriented treatment individually customized to address any skin type and skin concern including sensitivity, fine lines, congestion and premature aging.

**Facial Enhancement** (Additional cost applies):

Intensive Repair Ampoule | Pure Vitamin C Ampoule | Eye Rescue

### Mukha Chikitsa, Holistic Anti-Aging Facial - 60 minutes

Harnessing the potent blend of ancient cellular wisdom and modern science, this customized facial delivers a unique anti-aging treatment experience. A purifying skin cleanse is followed by a dynamic double mask designed to penetrate and deliver hydration to the deep layers of the dermis. This opulent facial indulgence releases muscle tension and anxiety with a signature aromatic facial Marma massage. Restore cellular radiance, leaving the skin visibly smoother and luminous.

### Gua Sha Instant Lift Facial - 60 minutes

This exclusive facial rejuvenation technique stimulates lymphatic drainage, boosts circulation and releases fascia to leave skin visibly firm, contoured and glowing.

### Wild Kashmir Purifying Facial - 60 minutes

This powerful facial will optimize your well-being and replenish your skin with a renewed freshness. Wild turmeric offers intense purification while exotic Kashmir lavender soothes and restores. This deeply detoxing treatment will revitalize tired, congested and stressed skin. Toxins will be drawn out through a double cleanse, saffron and frankincense exfoliation and a purification mud mask.



## Body Treatments

### **Soothe & Replenish Body Rescue - 90 minutes**

Soothe, nourish and repair face and body with this deeply cooling, hydrating treatment that your skin will love. Ideal for dry, sun-exposed or damaged skin, this calming face and body therapy includes a localized application of aloe vera based plant hydration mask which will reduce redness. This antioxidant activity will help fight the free radical damage. The treatment ends with an intensive serum and butter application that will restore skin cells.

### **Revitalizing Spirulina Body Wrap - 90 minutes**

Naturally, skin-nourishing spirulina algae impart essential vitamins, minerals and protein to revitalize the body.

### **Himalayan Energizing Body Polish - 60 minutes**

Feel invigorated with a strong exfoliating body polish, using mineral rich, Himalayan crystal salts that releases toxins and stimulates circulation. Skin will be visibly radiant along the way with the active effects of rare Ayurveda Aromatherapy oils. Hot compresses nurture throughout and a full body hydration with rich ingredients to deeply moisten and balance the skin.

### **Rasayana Detox Body Wrap - 60 minutes**

Revitalize, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite mineral-rich clay, infused with powerful herbs of spiked ginger lily, spirulina and green tea envelops your body providing the ultimate detox. Experience full body hydration with a choice of aromatic infused body butter, lotions or blends after.

### **Remineralizing Moor Mud Body Wrap - 60 minutes**

Rejuvenates and remineralizes the body, soothing tired muscles and brightening dull skin. This full body wrap includes an optional facial application.

## Body Massages

### **Willow Stream Signature Neroli Blossom Massage - 60/90 minutes**

Renew and refresh body, energy and spirit with this therapeutic treatment incorporating tension release, energy and breathing techniques with the uplifting essence of neroli.

**Blissful Marma Massage - 60/90 minutes**

Experience effective and immediate relaxation, relieving all stress related tension. Long, firm, flowing movements and therapeutic techniques at various levels of pressure are implemented; whilst Marma therapy and chakra balance align vital energy centers. Enriching results-based blends deliver powerful active benefits, enhancing overall well-being. The 90 minute treatment includes a Subtle Energies signature facial massage with potent aromatic actives designed to balance the emotions and reduce anxiety.

**Magnesium Massage - 60 minutes**

Magnesium is responsible for promoting healthy energy levels, sleep, muscle function and overall well-being. This nourishing treatment promotes detoxification and replenishes commonly deficit magnesium levels.

**Indian Head Massage - 60 minutes**

This traditional Indian head massage incorporates the benefits of Ayurveda Aromatherapy and uses an exquisite blend of therapeutic ingredients such as neem and coriander seed to induce a sense of grounding, while rejuvenating the scalp and releasing tension in the neck and shoulders.

**Foot Massage & Reflexology - 60 minutes**

This massage helps to stimulate circulation as well as revitalize and remineralize tired feet. Using eucalyptus essential oil and Turkish salts. The feet are exfoliated, followed by a rejuvenating eucalyptus foot soak. A massage with invigorating Fuß Balm concludes this revitalizing experience.

**Hot Stone Therapy - 60/90 minutes**

Therapeutic heat is slowly released deep into the muscles as warm basalt stones bathed in aromatherapy oils glide smoothly over your entire body, enhancing the benefits of your massage. Small stones placed on key energy points balance chakras and harmonize your vital energy flow.

**Thai Massage - 60/90 minutes**

Stretching movements to relieve tension. This is a dry massage fully clothed in soft pajamas, using techniques practiced for 2,500 years. Often described as passive yoga, the therapist uses continuous choreographed movements to stretch and relieve tension from the body and mind.

**Balinese Massage - 60/90 minutes**

Used for centuries to renew, strengthen and heal both body and mind, this traditional therapy combines stretching, long strokes, skin rolling and palm and thumb pressure techniques to relieve tension, improve blood flow, ease stress and calm the mind. It can also help to improve the circulatory, lymphatic, muscular and nervous systems.





Subtle Energies<sup>®</sup>  
AYURVEDA AROMATHERAPY

Soothe and Enrich Hydrosol Complex  
Rare combination of floral waters that will cool,  
hydrate and soothe your skin.  
100% Natural. No Synthetic Fragrances. No Parabens. No Phthalates. No Alcohol.

## Couple's Treatments

Customize your couple's experience by choosing a selection of treatments from the menu to suit your needs. Whether it's a special moment with a loved one or a gathering with friends, we can cater to all your needs. The suite is an exclusive private environment with massage tables and enough space to relax for hours. You can also elevate your experience with the following upgrades:

- Alcoholic or non-alcoholic beverages and refreshments
- Wellness snacks, lunch or dinner selection from our menu

### **A Secret Water Island Honeymoon – 120 minutes**

This treatment is a soothing time in our perfumed herbal bath to release tensions followed by Aromatherapy Massage and a radiance facial or foot massage. A glass of Champagne or a healthy smoothie served with canapés will complete the romantic journey.

### **Romantic Indulgence - 90 / 120 minutes**

Indulge in this blissful shared moment – a herbal oil massage to release tensions and restore the flow of energy throughout the body. The 120-minute version, acupressure foot massage or scalp massage will be proposed. This experience includes specific local drinks.





## Spa Essentials Packages

Our experienced coordinators will be happy to recommend any two or longer hour spa packages suited to your specific needs. This can include anything from the menu, as well as a healthy snack or lunch.

### **Additional Time**

To upgrade any of our present treatment list with additional time and services, the below mini treatments will suit your skin care needs, ensuring complete relaxation and rejuvenation. Choose from a variety of 30 minute mini treatments including:

- Herbal Bath Therapy
- Head & Scalp Massage
- Body Scrub
- Express Facial
- Head, Neck & Shoulder Massage

### **Beauty Corner**

Other services:

- Manicure & Pedicure
- Waxing



# Spa Etiquette

## Spa Environment

Willow Stream Spa is a place to restore your energy and relax. For your peace and privacy, phones and other electronic devices are not permitted. If you would like to receive messages during your time with us, please let one of our colleagues know and we would be happy to assist.

Our spa experiences are designed for guests 16 years and over.

## Spa Arrival & Etiquette

We recommend you arrive 30 minutes prior to your appointment. This is enough time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience. Please come and spend the day with us.

## Spa Attire

You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. For your comfort, undergarments must be worn during treatments. We ask that you please leave jewelry and valuables in your resort room.

## Gift Vouchers

Gift Vouchers for all Willow Stream Spa services and packages are available for purchase. Please contact our experienced coordinators for further information.

## Making Spa Appointments

For advance booking:

Telephone: + 960 654 8888

Email: [willowstreamspa.maldives@fairmont.com](mailto:willowstreamspa.maldives@fairmont.com)

Dial '111' from your villa or contact your Villa Host.

Consult our experienced coordinators to select treatments that fulfil your personal requirements. The spa is located on the opposite side of the main pool and recreation center. Advanced reservation is recommended to ensure availability.

## Spa cancellation policy

If you wish to reschedule or cancel any spa appointments, please notify the spa four hours in advance. Missed appointments without a proper notice is subject to a 100% charge for reserved services.

## Taxes and Service Charges

All prices are in United States Dollars and exclusive of 10% service charge and prevailing government taxes.

