



The name Meera, meaning the ocean, is derived from the Sanskrit language. Literally built in the sea, we cannot help but be inspired by our exquisite natural surroundings and we believe you will be too.

Relax and unwind as we indulge you in all the best that nature has to offer. Our Spa menu is an artful combination of global therapies which draw on the healing wisdom of age old cultures, but infused with modern know how. Presenting the world's finest skincare products by Voya, Sodashi and Meera lifestyle created from organic, ocean and plant extracts.

Treat yourself to the ultimate mind and body holiday at Meera Spa.

Note: Meera Body Therapy and Spa Experiences begin with a mineral rich seaweed foot cleanse a symbolic ritual to wash away your worldly woes.



Prices are quoted in US Dollars and are subject to service charge and applicable Goods & Service Tax



MEERA YOGA

The Yoga Sutras – Pathanjali’s sacred text on yogic philosophy show us how to discover our true selves and appreciate every moment of life, particularly when it gets overwhelming. They teach us to train our mind, body and soul to achieve perfect health and mental peace.

Yoga is much more than postures, it’s connecting with your inner self learning to breathe again and to look within. Yoga teachings guide a student to control the mind and emotions to enhance physical wellbeing and advice spiritual growth.

**Start your day the Gili way and enjoy complimentary group Sunrise Yoga every morning at 8am.
At Meera spa *Except Sundays*. Advance reservation is essential**

One on One Meera Yoga
60 minutes- \$ 100

Couples Meera Yoga
60 minutes- \$ 85

Pranayama

“Control of Breath” Prana is Breath or vital energy in the body, brings harmony between the body, mind, and spirit, making one physically, mentally and spiritually strong. It brings clarity to the mind and good health to the body.

Classic Hatha Yoga

This classic yoga is based around “Grounding & Balancing” and is a combination of breathing and balance of posture. The pose give harmony to life brings awareness to the mind and increases your flexibility to maintain your body strength.

Kriya Yoga

“The Yoga of practice - the movement of action” Kriya Yoga focuses on seven spinal centers “chakras” to aid in calming the mind and bringing you to a sense of self-realization. Improve your physical fitness, mental and emotional including unblocked energy by using Pranayama, Mantra and Mudra techniques.

Restorative Yoga

In truth, **restorative yoga** is simply that - **restorative**. It is the centering of your breath and body - aligning the physical and mental by practicing stillness or gentle movement for extended periods of time. The props assist in helping you to hold poses longer. A gentle, relaxing, passive form of yoga that allows your body and mind relax and release the body into gentle passive stretching by using a wide range of props, including bolsters, blocks, straps and chairs.



MEERA MEDITATION – CONNECTING BODY AND MIND

If we know the divine art of concentration, if we know the divine art of meditation, if we know the divine art of contemplation, easily and consciously we can unite the inner and outer world
– *Sri Chinmoy*

Meditation is the state of existing fully in the here and now. Naturally arriving at this stage through the practice of “one-pointedness”, clears the cluttered mind of conflicting or random thoughts. This calm state achieved promotes relaxation, builds internal energy or life force and helps develop compassion, love, patience, generosity and forgiveness.

Meditation takes you into the present moment, the place where life exists

One on One Meera Meditation

45 minutes- \$ 90

Couples Meera Meditation

45 minutes- \$ 75

Meditation is a three step process that leads to a state of consciousness that brings serenity, clarity, and bliss. We will guide you through the basic techniques of meditation and assist you to incorporate this profound practice into your daily life.

Chidakasha Dharana (Inner Visualization)

Chitta means consciousness and Akasha means space. Chidakasha known as the mind screen or viewing screen of Ajana Chakra. Chidakasha visualization gradually deepens the awareness from gross to psychic and pranic healing dimensions.

Kaya Sthairyam (Body Steadiness)

In Sanskrit Kaya means body and Sthairyam means steadiness. This is the first practice of dharna (concentration). Kaya Sthairyam makes the body absolutely steady and immobile for further practices.

Yoga Nidra (A technique of deep yogic relaxation)

In Sanskrit Nidra means sleep, here we practice to relax conscious mind and try to awaken the potential of subconscious mind .Yoga nidra a state of sleepless sleep, helps the practitioner to release the hidden psychic tensions of consciousness.



MEERA WELLNESS MASSAGES & TREATMENTS

Meera Wellness Massages go beyond relaxation to focus problematic areas and symptoms to provide you with long term benefits to your health and wellbeing. Our specialist therapists deliver unique therapeutic massages using alternative therapy techniques and the healing wisdom of age old cultures.

Deep Muscle Fusion

This is a deep healing therapy utilizing the strongest possible massage pressure combining several techniques including herbal oils and compresses to relieve deep inner muscle stress and aid muscle realignment. A 'must' for the sports person or those who enjoy a stronger style of massage.

90, 120 minutes - \$225/ \$265

Royal Thai with Herbal Poultice

Called Nuad Lukprakop Boran in Thailand, this treatment combines all the benefits of our Royal Thai massage enhanced with the application of heated herbal poultices to heal and soothe your muscle tissue.

90 minutes - \$225

Manual Lymphatic Drainage

This detoxifying massage helps to eliminate toxins, decongest tissues, release water retention and assist the fluid circulation system of your body. Lymphatic Drainage will activate the immune functions as well as encourage cell regeneration.

90 minutes - \$225

Tibetan Singing Bowl

Healing and tuning your inner energy, mind and soul this massage combines firm pressure using thumbs, palms, and forearms, rolling and gliding over your body. The vibrations and sounds of singing bowl are used to penetrate through tense body tissues and the central nervous system to relieve stress and clam your body.

90 minutes - \$225



Hijama Cupping Therapy

An amazing treatment that helps to purify and detoxify the body whilst improving blood circulation by extracting the impurities from your muscles by drawing them to the surface and releasing from the body through massage. This treatment promotes a healthy energy flow, removes deeply pain, tension and blocked energy channels.

90,120 minutes - \$225/ \$265

Crystal Healing Massage

Transform your inner energy with crystal balancing of your body's inner chakra. Using a combination of healing crystals and fusion massage techniques this treatment releases your body and mind of stress and is specifically designed to release knotted muscles and activate trigger points to unblock stored energy in your back, neck and shoulders.

90 minutes - \$225

Jet Lag Recovery Massage

This a perfect massage after a long journey. This relaxing massage begins with warm stones placed on the lower back, followed by leg and ankles massage using short firm strokes. The warm stone massage is continued down your back with the touch of kneading techniques by a skilled therapist.

60, 90 minutes \$199/ \$249

Chi Nei Tsang

This "Abdominal Healing" therapeutic massage works through the pressure points of the internal organs to release emotional tension and stimulate your lymphatic flow helping to detoxify the body of toxins. Allow yourself to be free physically, mentally, emotionally and spiritually

75 minutes - \$195

Reiki

A Japanese healing art; Reiki is recommended for stress reduction, relaxation and healing. It is administered by "laying on hands" and re-establishes a normal energy flow of ki throughout the system, which in turn can enhance and accelerate the body's innate healing ability and wellbeing.

60 minutes- \$185



MEERA AYURVEDIC THERAPY

Derived from Sanskrit, the compound word Ayurveda, implies two connected ideas – “the science of life” and “the art of living”. This traditional health science has been in practice in the beds of herbs and spices in India for more than 5000 years. We recommend you to combine these treatments with yoga, wellness massages and a healthy diet for optimum long term benefits.

Shirodhara

"Shiro," means head, and "dhara" is the continuous flow of a liquid. This treatment is profoundly relaxing, and nourishing. A steady flow of warm oil onto the forehead stimulates the pituitary gland, or "third-eye." This is one of the most divine therapies, awakening your body's intuitive knowledge. Our Shirodhara treatment includes the added benefit of a soothing Abhyanga massage.

*To achieve the full benefit we recommend a series of 3 treatments.

90, 120 minutes- \$255/ \$295

Abhyanga

Known as the Mother of all Massages in Ayurveda, Abhyanga is an ancient Indian Ayurvedic oil massage therapy for healing and detoxifying Body, Mind and Spirit. This ayurvedic detox and stress reduction therapy is performed by herbal oils. It incorporates an aromatic combination of oils prepared with herbs warmed and blended to your Dosha type. A variety of Ayurvedic techniques are applied to work along the energy channels of your body in a synchronized manner to restore the flow of vital energy, Prana, where it has become blocked. Lymphatic stimulation with ayurvedic herbal oils help squeeze out toxic accumulation from your channels, hence it is detoxifying massage.

90, 120 minutes- \$245/ \$285

Choorna Swedana

Choorna Swedana is a warm herbal poultice massage. Following a full body synchronized massage with your Dosha specific oils, therapeutic sweating is induced by the application of warmed herbal powder boluses. It helps to increase blood circulation, speedup detoxification, plus relieves neurological disorders, arthritis, and rheumatism and sport injuries.

90, 120 minutes- \$245/ \$285



Udwartana

An Ancient Ayurvedic treatment, which tones and strengthens the body, increases the circulation and metabolism throughout your body. Using herbal powder and medicated oil to speed up cell functions, weight loss and break down cellulite tissues with improvement of skin complexion, relaxation and stress relief.

75 minutes - \$195

Greeva Vasti

Focusing on the neck and upper back, pools of warm medicinal Ayurvedic oil are formed on the affected area to soak through your skin pores and muscles. Greeva Vasti is highly recommended to those who suffer from computer syndrome, migraine, tension headache and kyphosis. For both acute and chronic pain we recommend to combine with Champissage.

45 minutes - \$125

Kati Vasti

A pool of warm medicinal Ayurvedic oil is formed on your back to soak through your skin pores and muscles to treat your lower back stiffness or pain. Whilst soaking is continued and repeated our therapist applies a pressure point massage to the palms of your hands. For severe back pain, this treatment is recommended to continue for three days and you will realize the progression of relief. We also recommend combining this treatment with Choorna Swedana or our Deep Muscle Fusion wellness massage.

45 minutes - \$125

Pada Dhara

Using warm medicated oil infused with wellness herbs the treatment focuses on the knees, ankles and feet to relieve tired legs, jet lag, water retention and arthritis. This treatment has the added benefit of reviving the central nervous system and blood and lymphatic circulation.

45 minutes - \$125

MEERA HEALTH & WELL-BEING JOURNEYS

Relax, Retreat and Rejuvenate are three essentials of Gili Well-Being Journeys at Meera Spa. We understand the stress of a bustling city life and need to care for your inner well-being. Discover holistic and healing treats for the mind, body and soul in a tranquil setting with a focus on purifying and rejuvenating your body for long term benefits. A combination of several treatments involving stretching, pressure points massage, plus Ayurvedic medicated oils and holistic therapy will help uplift your senses. Begin your wellness journey with us and be on your way to a revitalizing road to recovery of inner peace and balance.

1 Day Ayurvedic Remedy		\$360
Kati or Greeva Vasti followed by Choorna Swedana, followed by Pada dhara		
2 Day Meera De Stress Away		\$600
1 st Day	Meditation focused on Purity of Breathing Identify your Chakra channels with the use of healing crystals Tibetan singing bowl massage 90mins	
2 nd Day	Pada Dhara Foot Reflexology Reiki	
3 Day Meera Revitalizing Recovery		\$855
1 st Day	Stimulating Seaweed Body Buff Manual Lymphatic Drainage Massage	
2 nd Day	Royal Thai Massage with Herbal Poultice Chi Nei Tsang Abdominal Healing treatment	
3 rd Day	Organic Ocean Purifying Defense Facial Gili Sunset Yoga to calm your soul	
5 day Meera Detox Retreat		\$1,350
1 st Day	Refining Aromatic Scrub with precious Spices Foot Reflexology treatments.	
2 nd Day	Muscle Deep Fusion Wellness Massage Healing Bath Identify your Chakra channels with the use of healing crystals	
3 rd Day	Meditation Walk Shirodhara Ayurvedic Treatment	
4 th Day	Hijama Cupping Therapy (90 minutes) with Detoxify Juice Gili Sunset Yoga & Meditation to calm your soul	
5 th Day	Tibetan singing bowl massage followed by Reiki	



MEERA RELAXATION & BEAUTY

COUPLES JOURNEY'S

Find peace, relaxation and tranquility together in our overwater Meera Spa. Our selections of luxurious treatments are all complimented with a Meera Bath therapy overlooking our turquoise lagoon.

Gili Honeymoon Bliss

Foot Ritual- Signature Aromatherapy Massage –Mini facial – Scalp Massage - Aroma Bath – Champagne - Spa Refreshments

Start your romantic journey together with a foot ritual to relax the feet; then allow your body to be continuously pampered from head to toe beginning with a full body Aromatherapy couples massage, as you float blissfully away in our overwater spa. Our mini facial and scalp massage will revive you from your tranquil state and a romantic aromatic bath awaits you and your loved one, with Champagne and spa refreshments whilst you soak up the amazing views of our beautiful Indian Ocean lagoon.

120 minutes - \$499

Wonders of Gili

Foot Ritual - Stimulating Seaweed Body Buff - Detox Seaweed Mud Wrap - Meera Signature Massage Candlelight Desert rose Aroma Bath with Champagne, chocolates and fresh fruit.

This gorgeous journey will lift your senses. Settle down with the most stunning view from Meera suite treatment room with candlelight retreat, as premium blended essential oils penetrate through your skin. Begin the ocean therapy with Seaweed Body Buff & Detox Seaweed Mud Wrap, gentle scalp massage will be provided while active seaweed mud is penetrating the skin cells, harmonized to relax your body with our exotic Meera Signature couples massage. Complete your journey with a candlelight desert rose Aroma Bath for two accompanied by a bottle of Champagne, chocolates and fresh fruit as you look over our moonlit lagoon.

150 minutes - \$699

Designed Just For You

3 Hours customized a spa experience by designing by your own inspiration. Choose from our selection of treatments, signature massages, facial, and body or ocean therapy combining them to create your own signature and personalized journey.

180 minutes, \$899



MEERA SIGNATURE MASSAGE THERAPY

Meera Signature Massage

Our signature massage is an energizing fusion of global massage styles including Thai stretching, Lomi Lomi forearm strokes and Shiatsu pressure point. This dynamic treatment invigorates and refreshes the body, restoring energy levels and leaving you ready to take on the world. An excellent way to begin your holiday.

60, 90 minutes - \$175/ \$210

Balinese Traditional Massage

As an ancient technique practiced for centuries on the magical island of Bali, this medium pressure massage combines skin rolling, and palm and thumb pressure. It aims to release tension, improve energy flow and enhance general well-being.

60, 90 minutes - \$165/ \$205

Traditional Thai Massage

Traditional Thai massage is a unique oil-free technique that assists to reduce stress and increase flexibility. It is performed on a mattress wearing loose pajamas and is a fusion of yogic stretching techniques and acupressure point massage.

60, 90 minutes - \$165/ \$205

Kahuna Lomi Lomi Massage

Receiving a Lomi Lomi massage was considered a great honor in ancient Hawaii. The treatment was performed for centuries in Hawaiian temples as a rite of passage. For your Lomi Lomi massage, the therapist will use long flowing strokes that go from head to toe in a continuous, rhythmic movement massaging both the top and the underside of your body.

60, 90 minutes - \$165/ \$205

Swedish Massage

Deeply relaxing Swedish massage incorporates long flowing strokes to soften taut muscles and improve blood and lymphatic circulation, combined with pure plant essences this treatment reduces stress and leaves you with an innate sense of calm.

60, 90 minutes - \$165/ \$205



Warm Stone Massage

A deeply relaxing massage utilizing heated volcanic stones to warm, soothe and heal the body. Oiled stones are massaged across the body and placed on energy points to penetrate deep within. A gentle and effective treatment which will leave you in a state of pure bliss.

60, 90 minutes - \$185/ \$225

Mother -to -be Massage

By using gentle and focused movements and careful body positioning for the mother to be, this provides relief from body aches and a promise to relax the body and mind. We utilize pure seed oil without aromatherapy essences.

60, 90 minutes - \$165/ \$205

4 Hands 1 Heart Massage

Experience the healing touch of two therapists working in harmony. This treatment is a unique blend of Meera Signature massage. The synchronization of the two therapists makes it a sublime experience with several harmonic techniques that quickly alleviates the discomforts caused by stress and anxiety taking you into a deep state of relaxation. Allow yourself freedom and floating in a transcendent state of bliss.

60 minutes - \$295

Champissage

Also known as Indian head massage, this treatment is based on the ancient healing system of Ayurveda, focusing on the shoulders, neck, upper back, arms and scalp to be restored and revitalized. This is a wonderfully soothing treatment, excellent for those who work long hours at a computer and suffer upper body stress.

60, 90 minutes - \$165/ \$205

Reflexology

Reflexology works on the principle that all of the body's organs are connected to points on the feet through constant flowing energy channels and massaging of these points is believed to restore energy flow which results in good health and well-being.

60, 90 minutes - \$165/ \$195



MEERA OCEAN THERAPY

Utilizing *Voya Organics* exclusive seaweed based products from the pristine ocean waters of Ireland. Hand harvested seaweed is blended with the best of certified organic ingredients, promising therapeutic treatments imbued with the full power of nature.

Marine Organic Seaweed Eye Treatment

Organic *laminaria digitata* seaweed, hand-harvested from the wild Atlantic Ocean, is used for the eye patches to make the ultimate treat for refreshing and rejuvenating tired eyes. This seaweed eye treatment combines relaxing and decongesting lymphatic massage movements. A firming and hydrating treatment rich in seaweed extract, green tea and vitamin C, which help to reduce the appearance of fine lines and puffiness.

45 minutes- \$120

Detox Seaweed Leaf Bath

The purest of our organic treatment processes, our detoxifying seaweed baths utilize the natural power of organic hand-harvested seaweed to deeply moisturize your skin, increase circulation and promote healing by re-mineralizing the body. We immerse you in a bath of pure seaweed to relax the muscles, ease aches and pains, all to support skin regeneration and renewal while combating the effects of aging. This ancient sailor's cure for skin ailments, dating back 300 years, is excellent as part of a detox programme by assisting with the healing of problematic skin.

45 minutes- \$120

Stimulating Seaweed Body Buff

Our certified organic body buff is the ultimate treat for tired and dull skin. The anti-oxidants in the mineral-rich *bladder wrack* seaweed combined with pure seaweed oils promise a soft and glowing complexion. The all over body scrub is immediately followed by a light cleansing shower and a relaxing massage.

60 minute- \$ 160



Detox Seaweed Mud Wrap

Taken fresh from the ocean, seaweeds purifying elements are encapsulated in this healing mud wrap which is rich in potent anti-oxidants and minerals. This powerful detoxifying and metabolism boosting treatment offers immediate and noticeable effects to the skin, including firming and toning.

75 minutes- \$180

Organic Seaweed Leaf Wrap

The crème de la crème of wraps utilizing fresh leaves of Atlantic seaweed to cocoon the body. Begin with a finely ground seaweed exfoliation to soften and prepare the skin for the wrap, we then bandage the body with Irish seaweed leaves to purge impurities and provide a mineral burst to the skin, lay back and enjoy a relaxing scalp massage while the leaves work their magic.

90 minutes- \$190

Organic Ocean Purifying Defense Facial

Suitable for all skin types, this back, face and scalp treatment commences with deep cleansing of the back to leave the skin feeling purified, smooth and re hydrated. A double action technique will work to eliminate toxins, re- balance the facial skin, with a hot and cold cleanse, a facial massage and lymphatic drainage and a marine mask with hand harvested seaweed leaf strips. The combination will leave the skin calm, cleansed re-balanced and a visibly clearer complexion. Includes relaxing scalp massage

75 minutes- \$185



MEERA FACIAL THERAPY

Our facial therapy is brought to you exclusively by skincare specialist *Sodashi*. *Sodashi*, meaning wholeness, purity and radiance in the Sanskrit language, is produced with therapeutic-grade essential oils and plant actives to heal and nurture. From seed to shelf, *Sodashi* remains true to its name, dramatically regenerating the skin, and imparting a deep sense of wellbeing to both mind and spirit.

Thermal Infusing Facial

Tailored for your skin type, this is an intensive boost of all nature's vitamins and minerals. An exclusive warm infusing mask will maximize penetration of these essential vitamins and minerals into the deeper layers of the skin. This ultimate facial indulgence is tailored to your skin's needs to purify, deeply cleanse, or nourish, to leave your skin hydrated and toned. Restoring forgotten elasticity and radiance, is more than just a facial; it's Nature's Face Lift.

90 minutes- \$215

Pure Radiance Facial

Tailored for your skin type, we will take your skin on a journey of total renewal. You can deeply relax as you enjoy aromatic warm facial compresses that soften and exfoliate, and a nurturing face mask, rich in herbal extracts to purify and hydrate the skin. This facial experience is enhanced with the *Sodashi* Facial Massage. The luxurious Plant Essence Synergies will leave your skin revitalized and fresh.

75 minutes- \$195

Calm Facial

For sensitive skins, enjoy cooling mists and soothing aromatic gels to nurture the skin. Plant essences and herbal extracts will strengthen the capillaries and de-sensitize your skin, leaving it feeling revived with a calm, even complexion.

60 minutes- \$185

Mankind Facial

A deep cleansing and exfoliating facial that balances the skin's natural oils and assists in preventing ingrown hairs. Soothing mists with woody aromas will de-sensitize your skin and a relaxing facial massage will tone and firm the muscles leaving you looking revitalized.

60 minutes- \$185



MEERA BODY THERAPY

Botanical body treatments created exclusively for Meera Spa from nature's purest plant ingredients enjoy alone or combine with your favorite 60 minute massage.

Coffee and Coconut Nourishing Body Polish

Invigorate your body with a natural scrub of grounded coffee combined with creamy coconut, organic extra virgin coconut oil, feathering crunchy coconut with rosemary and lavender extract to provide an irresistible scrub which will remove excess water from the skin leaving your skin feeling refreshed and nourished.

45 minutes- \$155

Scrub Enhancers

Blended sweet brown aromatic sugar, cinnamon with the pure extract plant of tea tree oil and coconut oil. The brown sugar is a great exfoliate, tea tree is best for anti-inflammation, using an exotic blend of coconut and tea tree to deeply cleanse and moisturize will make your skin radiant and flawless.

45 minutes- \$155

Refining Aromatic Scrub with Precious Spices

This is a wonderful energizing scrub with sweet ginger, cinnamon clove and black pepper is a traditional Balinese treatment which exfoliates to remove dead skin cells, increase your blood flow and moisture skin.

45 minutes- \$155

Sodashi Refining Body Toner

This treatment begins with Sodashi's jojoba body polish to exfoliate and cleanse the whole body. A nurturing full body mask is applied and you will be cocooned in a comforting body wrap, whilst enjoying a scalp massage for 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 renewing scar tissue and stretch marks.

60 minutes- \$175



Sun Ceremony

After adventurous days in the sun and salt water, this is the perfect gift for your skin. Our garden grown natural Aloe Vera extract, lavender and peppermint compress will release the heat from your skin. Our softly does it approach helps to sooth and moisture the skin with the beneficial ingredients of Shea nut butter, avocado oil and prickly pear oil.

60 minutes- \$155

Nourishing Hair Treatment

Utilizing nutrient rich nut oils to hydrate and moisturize the hair and invigorate the scalp. Especially helpful for sun and sea damaged hair. Restores luster and shine.

45 minutes- \$145

MEERA BATH THERAPY

Our bath soaks are brimming with natural ingredients including floral and herbal extracts for a radiant body and glowing skin.

**Available at Meera Spa or in your Villa, please reserve 5 hours in advance*

Sensuality

A sensual soak created for 2, utilizing the aphrodisiac qualities of pure lotus essence plus the fun and frivolity of rich bubbles.

30 minutes- \$75

Harmony

Nourishing coconut cream blended with orchid essence to soften the skin and leave you with a glowing complexion

30 minutes- \$75

Healing

A soothing combination of green tea, Aloe Vera and lavender essential oil to cool and soothe sun kissed skins.

30 minutes- \$75



MEERA NAIL THERAPY

Spa Classic OPI Manicure/ Pedicure

Begin with a soothing soak, cut, file, exfoliation followed by cuticle grooming, buffing. Enjoy with a relaxing massage, hydrating mask and polish on request.

60 minutes- \$75/\$85

Spa Advanced Wear Manicure/ Pedicure

Introduces Advanced Wear Pro Lacquer!. Our highest shine with no aggressive removal process, begin with a soothing soak, nail shaping, exfoliation followed by cuticle grooming, a relaxing massage, and an advanced wear polish on request.

60 minutes- \$95/\$105

Spa French Manicure/ Pedicure

Professional nail care with cuticle grooming preceded and followed by a relaxing hand massage with intensive mask. Classic French white tip style will make your hands look so stunning.

75 minutes- \$110/ \$110

Spa IBD Just Gel Manicure/ Pedicure

Indulge your shiny nails with IBD just gel polish, long lasting and sooth for your holiday with fun activities. Begin with a soothing soak, nail shaping and gentle exfoliation followed by cuticle grooming to keep smooth skin, a relaxing massage, hydrating mask and apply IBD just gel polish on request.

90 minutes- \$120/\$120

Intensive Nail Care

Intensive treatment for your nails. Begin with a soothing soak, cut, file and cuticle grooming followed by smooth exfoliation with a soothing combination of green tea, Aloe Vera and lavender essential oil paraffin essence to soften the skin.

90 minutes- \$145

Change Polish

Remove and change a new color on your nails.

30 minutes- Hands \$50/ Feet \$50

Gel Nail Removal

Remove and change a new IBD just gel on your nails.

45 minutes- Hands \$75/ Feet \$75



HAIR REMOVAL SELECTION

To remove unwanted hairs and keep your smooth skin.

Full Leg/ Arm wax/ Back	\$120	Half Leg/ Arm wax	\$100
Brazilian	\$120	Bikini Line wax	\$80
Eyebrow wax	\$60	Under arm wax	\$60
Upper Lip wax	\$40	Threading	\$40

MEERA YOUTH EXPERIENCES

Introduce your children to Meera Spa. Designed youth experiences for your precious one.

Cocoon Massage

Pure organic coconut oil applied with gentle, smooth long strokes circling the entire body to promote muscle relaxation and better night’s sleep.

60 minutes- \$120

Perfect Skin Body Polish

Fresh and creamy coconut is the most gently polish for delicate skin and will ensure the skins moisture is kept for the entire day.

30 minutes- \$60

Selfie Facial

Promote naturally healthy skin with the use of fresh fruit, cucumber, honey and tomato to help generate cell growth and provide natural vitamin to youthful skin.

30 minutes- \$80

Fancy Nails

Indulge in our amazing nail art creations on your fingers and toes.

30 minutes- \$80