



THE SPA  
— AT —  
GRAND PARK  
KODHIPPARU  
MALDIVES

The Spa at Grand Park Kodhipparu Maldives, advocates of holistic, healthy and sustainable lifestyle, to tailor towards your well-being journey. We are focused at nurturing your body, mind and soul for that perfect harmony and inner balance.

In collaboration with [ comfort zone ] spa, one of the world renowned brand for holistic wellness products, most of the products used are eco-friendly and without paraben and chemicals.

## SIGNATURE TREATMENTS

- Tranquillity™ Pro Sleep Ritual (50 minutes/80 minutes)\*** **\$120.00/\$160.00**  
An innovative massage acting on three different sensorial pathways for profound relaxation, favouring sleep and helping to recover jetlag side-effects. The synergy of a unique blend of essential oils, the bespoke Tranquillity™ Sound, Ayurvedic and Indonesian Sea Malay techniques combined with the use of soft brushes, gently guide the way to achieving a quiet and peaceful mind and body state.
- Aromasoul Elements Ritual (50 minutes/80 minutes)\*** **\$120.00/\$160.00**  
The renewing spa experience is incomplete without the renowned therapeutic gifts of an exceptional massage. The treatment begins with your personalised selection from our unique collection of aromatherapy oils based on the ancient cultures of the Orient, Arabia, India or the Mediterranean. The massage can be enhanced with exfoliation and finish with a firming, hydrating body wrap.
- Sacred Natural™ Organic Face and Body Ritual (50 minutes/80 minutes)\*** **\$120.00/\$160**  
An anti-ageing treatment which is nourishing and protective with products which have been formulated according to Ecocert® guidelines, offering a natural treatment indicated for all skins, including even the most sensitive. Detoxifies, nourishes and protects the skin in a pleasant and embracing ritual.

All the above prices are in USD and subject to 10% service charge and applicable taxes.

\* Applicable for all inclusive package.

## W E L L N E S S   J O U R N E Y

### **The Maldives Journey (110 minutes)**

A restorative journey specifically designed to perfect the skin, increase elasticity and moisture, and relax the senses. Recommended for a gentle, calming day of care and attention. The spa journey includes body massage to get you in the mood for true relaxation, followed by revitalising body wrap and an organic facial treatment, and end with a relaxing bath soak.

### **Enjoy your beauty (140 minutes)**

Treat your body and skin to the care it deserves. Bring back awareness to the body in a gentle way, by replenishing dry, thirsty skin, boosting energy levels and soothing aches and pains. The journey includes mesmerising body massage with a blend of global massage techniques, followed by an exquisite hydrating facial, body exfoliation and finish with relaxing bath soak.

### **The Globetrotter Journey (110 minutes)**

A purifying journey to release excess energy, de-stress, and leave skin and body feeling light, fresh, and youthful. Recommended after travel, in cases of fatigue, and for those seeking vitality and energy. Includes a extraordinary sleep-inducing massage to re-set your biological clock and rebalance, followed by a recovery facial ensuring you are rested and restored, and end the spa journey with a relaxing bath soak.

### **Age Lock Ritual (110 minutes)**

Treat yourself to the luxury of mesmerising sleep ritual with mini facial, refreshing eye treatment and followed by full body exfoliation. End the journey with a relaxing bath soak.

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## F A C E C A R E

### **Hydramemory - A Deep Hydrating, Antioxidant Facial (50 minutes)\***

A deep hydrating, antioxidant treatment for face, neck and décolleté. Leaves the skin hydrated and feeling silky. Restores compactness, nourishment and luminosity. Offers a unique experience, thanks to the specific application of the mask with brushes and the exclusive Comfort Touch Face Massage.

### **Active Pureness - A Deep Purifying Facial (50 minutes)\***

A deep cleansing treatment that gives an immediate luminous, smooth and even appearance. Characterised by an innovative mattifying peel-off spirulina algae mask. Intense and delicate at the same time, it purifies and balances the skin, leaving it fresh and toned.

### **Recovery Touch - A Nourishing Multi Vitamin Facial (50 minutes)\***

A nourishing, multi-vitamin antioxidant treatment for face, neck and décolleté for a repairing and protective action. Ideal after direct sun exposure.

### **Remedy-Renewing, Strengthening and Soothing Facial (50 minutes)\***

Renewing, strengthening and soothing, this fragrance-free treatment is recommended for skins which are sensitive, fragile and prone to redness. Smoothen and protects skin through delicate dermal-affinity action.

### **Sublime Skin Active Lift (50 minutes)\***

An anti-ageing re-densifying and lifting treatment for the face and neck, restores fullness to the skin and redefines the volume of the face. Its specific action and results are prominent after the innovative biphasic peel-off mask.

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/SKIN

### REGIMEN/HEALTHY SKIN HAS NO AGE

The exclusive Longevity Complex™ made of organic superfood extracts slows down the aging process and recreates the optimal conditions for a healthy, glowing skin.

/skin

### regimen/urban longevity facial TM (50min)\*

The perfect antidote to modern fatigue and lifestyle aging, this customizable facial combines the power of Longevity Complex™ and AHAs with Rolling Roulage Massage and Macro Waves Sound™, to leave you glowing, recharged and ready to face your busy days.

/skin

### regimen/urban detox (50min)\*

The perfect antidote for everyone to detox the skin from pollution and to specifically contrast impurities and imperfections. The efficacy of the Detox Mask with Chlorella and plant-based Charcoal and a customized selection of highly effective boosters is enhanced by the synergy of Qigong and Rolling Roulage, the Macro Waves Sound™ and the brand's natural aroma which recharge the skin and the mind.

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## B O D Y & F A C E C A R E

### **Renewing Body Polish (30 minutes)\***

A unique renewing body scrub which deeply exfoliates the skin whilst also providing nourishment, youth and splendour to all skin types.

### **Body Strategist Firming (50 minutes/80 minutes)\***

A replenishing treatment bestowing perfect tone, elasticity and restoring moisture balance to the skin, leaving it soft, silky and compact.

### **Body Revitalising Mud (50 minutes)\***

A muscle-warming, remineralising and purifying body wrap. Deep cleansing mud mask for the body, and a warming therapeutic treatment for muscles and joints. This is to stimulate energy flow and bestow a sense of relaxation, comfort and vitality.

### **Slimming Detox Marine Wrap (50 minutes/80 minutes)\***

An intensive treatment with thermal waters from Bagni di Pisa, with detoxifying and anti-cellulite actions diffused in a blend of essential oils and algae for profound purification of the tissues and a slimming, detoxifying action.

### **Sun Recovery (50 minutes/80 minutes)\***

Soothe and calm your skin after too much of sun expose, nourish and nurture your skin to maintain a lasting radiance tan.

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## DEDICATED TREATMENTS

### **Sublime Skin Eyes (25-minute)\***

An exquisitely refreshing, hydrating and plumping eye mask for tired eyes, ideal after long flights and jet lag.

### **Light Leg-Jet leg treatments (25 minutes)\***

An immediate boost of vitality for improved circulation, easing away the sensation of heavy legs, the perfect remedy for travelers

### **Renewing Foot Ritual (25 minutes)\***

Revitalising spa treatments to reveal polished and smoother feet, which stimulates blood circulation and deeply renews and nourishes the skin.

### **Vitality Hand Ritual (25 minutes)\***

A nourishing and protective hand treatment to renew the delicate areas of the hands and restore nourishment and beauty.

### **New Life New Mum (50 minutes/80 minutes)\***

The perfect treatment for during pregnancy as well post-pregnancy, thanks to the nourishing action of the product and the active ingredients. A gentle treatment which takes care your body, reducing swelling, improving circulation and deeply nourishing the skin

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## ASIAN TRADITIONAL TOUCH

### **Balinese Massage 50 minutes/80 minutes)\***

A traditional full body massage utilizing a combination of rigorous techniques into one session designed to release tense and knotted muscles by working deeply into the tissue and targeting all muscle groups.

### **Thai Massage 50 minutes/80 minutes)\***

A full body treatment that involves passive yoga-like stretching and pressure point massage along the body's major energy channels to release blocked energy, relieve tension, align the skeletal structure and increase flexibility. This treatment does not require oil application.

### **Kodhipparu Fusion Massage 50 minutes/80 minutes)\***

A blend of many different Asian techniques, this treatment merges the art of five different traditional massage skills: Thai, Balinese, Swedish and Reflexology to give you the true taste of Asian healing. Leaving you totally stretched and completely relaxed.

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## C L A S S I C A L T O U C H

### **Deep Tissue Massage (50 minutes/80 minutes)\***

Aimed at targeting the deeper tissue structures of muscle and connective tissue, this treatment is a more focused type of massage with the pressure generally intense. Our skilled therapists work to release chronic muscle tension, knots and adhesions in order to increase flexibility and release deep tension.

### **Warm Stone therapy (80 minutes)\***

Warm essential oils are drizzled over the skin and volcanic stones are used to massage the body along with gentle pressure providing a nurturing and enhanced healing effect. This massage helps to release tight muscles and energy pathways, promoting a calming effect on the nervous system leaving you totally balanced.

### **Foot Reflexology (50 minutes)\***

Stimulating pressure points on the feet correspond to different parts of the body. This treatment gives an extreme sense of relaxation, improves circulation and promotes a general feeling of well-being.

### **Back, Shoulder and Head Massage (30 minutes/50minutes)\***

This massage aims at releasing accumulated stress in the tissues, muscles and joints of the head, neck and shoulder. It is ideal for relieving stress, tension, fatigue, insomnia and headaches.

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## AYURVEDIC TRADITIONAL TOUCH

### **Abhiangga Massage (80 minutes)\***

A welcoming foot ritual initiates this profoundly relaxing massage that offers the ultimate experience in relaxation. Applying warm oil enriched with fragrant Indian spices combined with long deep rhythmical strokes stimulates the body's vital energy. The treatment is concluded with a scalp and face Mar-massage of facial pressure point stimulation.

### **Shiro-Abhyangga Massage (80 minutes)\***

A powerful therapeutic experience based on Ayurvedic healing therapy in use for thousands of years. Shirodhara enhances your balance by awakening the senses, invigorating the soul and giving back a sense of total well-being. The concept of Shirodhara aims to relax the body and open the third eye. A foot ritual is followed by a relaxing Abhyanga full body massage and continues with the drizzling of warm oils in a steady stream over the forehead combined with a scalp massage to enhance deep relaxation.

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## OUTDOOR SPA EXPERIENCES

### A unique spa experience.

Let us pamper you with your choice of treatment as you relax in the location of your choice.

### Choice of outdoor location:

On The Beach, Under The Pergola, In-Villa Treatment

### Choice of treatments:

Kodhipparu Fusion Massage

Deep Tissue Massage

Balinese Massage

(50 minutes) \$144.00 – (80 minutes) \$192.00

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## LITTLE EXPLORER'S TREATMENT

### **Kids Pampering (60 minutes)\***

A combination of relaxing full body massage followed by natural honey and cucumber face care.

### **Back & Shoulder Massage (30 minutes)\***

Relax and let the hard day of fun & play be eased away by having a soothing massage to the shoulder and the scalp.

### **Junior Facial (30 minutes)\***

Delicate young skin needs a gentle care and maintenance to enhance and create a total balance, using a blend of natural product to nourish the skin.

### **Pretty Hand & Feet (50 Minutes)\***

An early start to establishing personal grooming habits. Nail will be shaped, followed by foot and hand care, polish application and relaxing massage.

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## COUPLE'S SPECIAL

### **Couple's Delight (50 minute)**

A relaxing Kodhipparu massage or Balinese Massage for the couple, to restore and relax your stress. The most valuable couple's treatment to complete your spa experience with your loved one.

### **Couple's Healing (80 minute)**

Re-energize your body. Begin with a relaxing back, neck and shoulder massage, followed by foot reflexology and concluded with a relaxing herbal bath.

### **Couple Sensation (110 minutes)**

A combination of relaxing Kodhipparu fusion massage followed with nourishing-antioxidant face care concluded with a luxury champagne bath. Relax your mind as you enjoy a glass of champagne and praline chocolate treats.

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## S P E C I A L   J O U R N E Y

*Embark on a journey of relaxation and rejuvenation, where your body, soul and mind are pampered.*



### 5 Days Spa Journey

#### Day 1 - Kodhipparu Fusion Massage (50 minutes)

A blend of different Asian techniques, this treatment merges the art of true Asian healing experience, leaving you totally rejuvenated and relaxed.

#### Day 2 - Foot Reflexology (50 minutes)

A stimulating pressure points on the feet correspond to different parts of the body, gives an extreme sense of relaxation, improves blood circulation and promotes a general feeling of well being.

#### Day 3 - Active Pureness - A Deep Purifying Facial (50 minutes)

A deep cleansing treatment that gives an immediate luminous, smooth and even appearance.

#### Day 4 - Chocolate Indulgence (80 minutes)

Luxury package which will begin with a relaxing full body massage, followed with a Chocolate body wrap to leave your skin smooth and healthy, and Chocolate milk bath for an ultimate relaxation as you indulge in a refreshment of Chocolate drink and chocolate praline.

#### Day 5 - Manicure and Pedicure (2x 50 minutes)

Treat your hand & feet with our luxury nail care products, leaving your hands, feet and nail feeling smooth, perfectly shaped, and nourished. The treatment includes nail polish.

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## N A I L C A R E

### Normal Polish

#### Classical Manicure (50 minutes)

Treat your hand with our luxury nail care product, leaving your hands and nail feeling smooth, perfectly shaped, and nourished, include nail polish

#### Classical Pedicure (50 minutes)

Smooth and moisturized feet at the end of the treatment, with our luxurious nail care product for your toes, perfectly shaped, and polished.

### Nail Care with Gel Polish

Hand

Feet

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## UNIQUELY KODHIPPARU SELECTIONS

*A unique signature treatment at The Spa at Grand Park Kodhipparu, Maldives. One spa experience that should not be missed during your stay on our island.*

### **Coconut Journey (110 minutes)**

A unique package begins with a full body massage to relax your mind, body and soul, followed by coconut body exfoliation to leave your skin clean, smooth and nourish. Concluded with a relaxing coconut milk bath as you enjoy the Maldivian coconut drink (Kurumba) to complete your journey.

### **Chocolate Indulgence (110 minutes)**

Luxury package which will begin with a relaxing full body massage, followed with a Chocolate body wrap to leave your skin smooth and healthy, and Chocolate milk bath for an ultimate relaxation as you indulge in a refreshment of Chocolate drink and chocolate praline.

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## S P E C I A L J O U R N E Y

*Embark on a journey of relaxation and rejuvenation, where your body, soul and mind are pampered.*

### 3 Days Spa Pampering

#### *Day 1*

#### **Tranquillity Pro-sleep Massage (50 minutes)**

An innovative massage acts on three different sensorial pathways for profound relaxation, favouring sleep and recovering jetlag side-effects.

#### *Day 2*

#### **Skin Regiment Facial (50 minutes)**

The perfect antidote to modern fatigue and lifestyle ageing, this customizable your skin to leave you glowing, recharged and ready to face your busy days.

#### *Day 3*

#### **Coconut Indulgence (80 minutes)**

A unique package begins with a full body massage to relax your mind, body and soul, followed by coconut body exfoliation to leave your skin clean, smooth and nourish. Concluded with a relaxing coconut milk bath as you enjoy the Maldivian coconut drink (Kurumba) to complete your journey.

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## SALON SERVICES

### Hair For Men & Women Cuts & Style

*Beautiful hair needs an expert, who creates a current yet individual hairstyle that suits your lifestyle.*

Shampoo & Conditioner / Mask  
Hair Cut [Includes Shampoo]  
Hair Styling / Blow Dry  
Hair Ironing

### Hair Care

*Restore moisture and nutrients to your hair with one of our specialised prescriptive hair treatments.*

Hair Spa Women  
Hair Spa Men

### Make up & Hair Styling

Wedding make up with hair style for Bride  
Wedding make up with hair style for Groom  
Light/Soft Make Up  
Bold Make Up

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## SALON SERVICES

### Waxing

A traditional waxing ritual with a touch of our signature balm to heal, nourish and pamper the skin.

#### For Women

Underarms  
Full Arms  
Half Arms  
Full Legs  
Half Legs  
Bikini  
Full Leg & Bikini  
Full Leg & Brazilian  
Full Face  
Brazilians

#### For Men

Male Chest  
Male Back  
Full Leg  
Full Body

### Threading

Our Indian traditional threading will give you a perfect shape with relaxation touch

Eyebrow Shaping  
Upper lips

#### Medical Conditions

Please inform us of any medical conditions or other special needs that require our attention

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## Y O G A   &   W E L L N E S S

### **Sunrise Yoga (60 minutes)**

Designed for those who enjoy a nearly start to the day, Sunrise Yoga includes gentle movements, breathing techniques, stretching and sun salutation to help revitalize the body. The special sequences of yoga asanas help to create a positive mood and a feeling of wellbeing, all while reducing stress and stiffness in the body.

### **Hatha Yoga (60 minutes)**

The most famous aspect of Hatha yoga is the postures or 'asanas' which are used to strengthen, stretch, and tone the body as part of yogic practice. During a Hatha yoga session, the yoga master will move through a number of these poses, holding them for varying amounts of time and working in a set order to ensure that muscle groups are slowly Warmed up and evenly worked

### **Pranayama (60 minutes)**

Pranayama is the science of controlling your breathing through systematic breathing sequences. Learn the process of regulating your breathing and gain control of the Prana, the vital life force; helping to achieve longevity.

### **Meditation (60 minutes)**

Learn relaxation and breathing techniques which help to control stress, clear our mind and enhance the power of creativity. Connect with your higher self and invoke a state of deep silence whilst restoring energy and inner awareness.

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## Y O G A   &   W E L L N E S S

### **Yoga Nidra for Relaxation (60 minutes)**

Yoga Nidra is a highly powerful ancient meditation technique. In Yoga Nidra, you are not only able to enjoy the complete physical, mental and emotional relaxation but are also able to explore the tremendous powers hidden within the deeper layers of the subconscious and unconscious mind. Yoga Nidra delivers a deep relaxation whereas the mind is in the unique state of between being asleep and awake.

### **Sunset Yoga (60 minutes)**

A combination of various yoga techniques are offered at sunset to help you unwind and relax in a beautiful tranquil environment.

### **Private Yoga (60 minutes)**

Designed specifically for your specific concern where our Yoga Master will only focus on how to guide and assist you to release all your stress, pain, and leave you in a perfect relaxation.

### **Aerial/Antigravity (60 minutes)**

This practice works with gravity to relax and re-adjust the body, centre the mind and uplift the spirit. It will allow you to experience physical release, energy flow and heightened awareness of body and breath. also various of health benefit such improve balance, flexibility, Increases strength, healing process, and loss weigh.

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# S P A E T I Q U E T T E

## Reservations

We recommend you schedule your spa treatments in advance. Our spa team will gladly assist you in choosing the treatment of your choice.

## Arrival

We recommend that you arrive 10 minutes prior to your appointment in order to complete your health assessment form and relax before starting your treatment.

## Preparing for your treatment

To avoid irritation, shaving is not recommended prior to body treatments. For your safety, please remove contact lenses prior to facial services.

For men, please shave prior to all facial treatments to ensure that maximum results are achieved. Please shower prior to your treatment to enhance oil absorption and the overall experience.

## Health Conditions

Please advise us of any health conditions that may affect your treatment.

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## S P A   E T I Q U E T T E

### Cancellations and Late Arrival

As a courtesy to other guests, please provide 6 hours' notice if you must cancel or reschedule your appointment. Less than 6 hours' notice of cancellation will result in a charge of 100% of the treatment price. If you arrive late, the length of your treatment will be shortened to end as scheduled, allowing our therapists to take their next scheduled appointment on time.

### Recommendations

We recommend that you leave all jewelry in your villa before coming to the spa. We kindly request that you refrain from using mobile phones in the spa to ensure a tranquil environment.

### Charges

All treatments will be charged to your villa and appear on your account at the time of check out.

### Taxes & GST

All prices are subject to 10% service charge & 12% GST

### Gratuities

In appreciation of services, gratuities maybe given at your discretion.

### Hours of Operation

Spa Treatments: 10:00-21:00

Spa Boutique: 10:00-21:00

Yoga: 08:00-19:00

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