



# **COCO SPA**

*Menu of Services*

**Coco Palm Bodu Hithi**

# Marhaba

Welcome to our paradise where generosity is inborn, where you are greeted with open arms by a people who are happy to share the beauty and serenity of their land with their eager wish for peace and harmony.

Our paradise is a stream of pearls, a garland of more than a thousand isles and thousands more reefs rising from the mystifying azure of a vast ocean where the fish swim happily, where the weather is a dream, where specs of bright green are surrounded by stunning turquoise waters like scattered beads in the ocean, where palms lean over the beach, where the deep rays of the sun wait to engulf your whole being, where powdery white sand give way to crystal clear water with deep shades of blue and where pure corals and some of the most exotic underwater life exists.

Coco Spa reflects this haven of peace and tranquility and offers the promise of luxurious relaxation and nurturing to put your body, mind and soul in a perfect state of harmony and balance.

Our elaborate collection of treatments combines tradition with sophistication and offers the promise of total indulgence to guide you through a journey of healing, relaxation, beauty, inner peace and total wellness.

Our team waits to embrace and guide you into a new beginning where you indulge in a comforting spa experience every day of your stay.

# *Signature Collection*

Our signature collection will take you on a journey of cultures guiding you through a passage of time, where health, beauty, and inner peace are the focal point for providing you with wholesome nurturing. Combining ancient wisdom with modern refinement, a variety of techniques are afforded for total relaxation, rejuvenation, and an experience of a lifetime in a setting of soothing tranquility.



# Journey to Maldives

Capturing the true essence of the Maldivian charm, tranquility and beauty, this treatment utilizes indigenous products to give you a truly indulgent experience that will rekindle your senses and lead you to a place of synchronized harmony.

## Treatment Elements

### Island Spice Foot Ritual

Your treatment begins with a welcoming and purifying foot ritual infusing rich aromatic ginger with lime essential oil to start you off on a journey of pure bliss and relaxation.

### Island Seashell Massage

Continue the treatment with a unique massage style using indigenous seashells along with the application of pure virgin Maldivian coconut oil. The domed surface of the shells allows smooth gliding along the contours of the body adding a new sensation and technique to relieve muscle soreness, smooth away stress and tension. The combination of hand and shell massage magnifies the total experience and imparts a deep calming effect.

### Coconut & Vanilla Body Scrub For Her

A whole body exfoliation ritual follows to invigorate and revitalize the body using an exotic blend of coconut and vanilla to deeply cleanse and moisturize the skin giving it a glowing, vibrant, replenished and flawless appearance.

### Island Spice Boreh Body Wrap For Him

A traditional spice infused Boreh wrap offers the most stimulating deep heat experience that melts away tension, increases blood circulation, and relieves aching joints and sore muscles.

### Face & Scalp Treatment

While reaping the benefits of the wrap and scrub, enjoy a calming scalp and soothing face massage that will take you to another realm of relaxation and tranquility, perfect for promoting a quiet mind, releasing tension and maintaining optimum health.

After a refreshing shower, immerse yourself in a soothing spice bath soak infused with fresh ginger and lime, lemon grass, galangal and betel leaf to remove impurities from the skin, promote cellular renewal and stimulate your skin. Enjoy a local Kurumba drink while soaking in the bath. To finish, a moisturizer is applied to your whole body leaving your skin glowing, hydrated and fully nourished.

**Your journey will last for approximately 2 hours at \$300 per couple**





# Passage to India

Acknowledged as an ancient form of healing, Ayurveda advocates a method that seeks to establish a holistic balance and teaches that the balancing of mind, body and spirit will ultimately lead to peace, harmony and lasting beauty. SUNDARI embodies the principles of this Indian philosophy by utilizing the purest botanicals with the application of the safest and most effective technology to create the perfect Ayurvedic experience.

Our Passage to India is a sequence of Ayurvedic treatments that enable you to experience noticeable and defining results while achieving beauty through balance.

## Treatment Elements

### Padabhyanga Foot Ritual

Embark on your passage with a welcoming Padabhyanga foot ritual that follows ancient Eastern wisdom where the feet are considered to be a mirror image of the body. Done in a seated position, it is offered to welcome and honor the guest after a long journey. This ritual using healing Neem melts away tension and stress, preparing you for an aromatic and heart-centered journey.

### Abhyanga Massage

A profoundly relaxing Ayurvedic Abhyanga massage follows where the application of warm oil along with gentle, rhythmic and deep relaxing strokes clears stagnant energy and restores the flow of "prana", the life force that stimulates the body's vital energy. As your nerves are soothed, you drift into a deep state of bliss.

### Neem Healing Body Polish

Gently exfoliate with a soothing treatment using the healing power of Neem, a famous Indian herb that possesses miraculous medicinal properties. Finley ground Date Seeds fully polish away surface skin cells. After a refreshing shower, a layer of antioxidant-rich Neem and Blood Orange Body Lotion is applied to your whole body to moisturize your skin, leaving it nourished and wholly protected.

### Holistic Ayurvedic Facial

Conclude your journey with a holistic facial treatment customized to your own skin complexion using naturally active ingredients in pure essential oils, botanical extracts and herbal preparations for intensive exfoliation, hydration and renewal along with the signature Mar-massage of facial pressure point stimulation.

**Your Passage to India will last for approximately 2 ½ hours at \$ 345 per couple**





# Voyage to China

The essence of Chinese massage originated from the principle that diseases and illnesses arise due to a deficiency or imbalance in the energy pathways or meridians in the body that represent physiological systems. Through massage and other specific bodywork techniques, energy will flow more harmoniously through these pathways, allowing the body to heal itself naturally. When the balance of "Qi" is achieved then the essential life force will flow smoothly through the meridians allowing the body to maintain a perfect harmonious balance.

## Treatment Elements

### Chinese Foot Ritual

Prepare for your voyage to China with a purifying foot cleansing ritual using lime and ginger and gently tapped with our exclusive foot pounder.

### Chinese Foot and Hand Reflexology

Continue your voyage and experience an ancient Chinese art of healing with pounding and pressure point massage on specific zones in the feet and hands. Chinese reflexology, a holistic healing method works on the principle that vital energy is channeled along various lines throughout the body known as the meridians. While practicing reflexology, parts of the feet, hands and even the ears are pressed gently and massaged to stimulate the nerves which in turn help the blood flow to the various parts of the body.

### Chinese Head & Face Therapy

Cool off with an exclusive treatment that utilizes the healing powers of the precious jade stoneroller and basalt stones to massage meridian points on the face and stimulate lymphatic drainage to improve facial circulation, and increase oxygen, thus enhancing radiance and natural glow. Facial rolling will ensure wonderfully smooth unlined face with better elasticity of the skin and with a toned and re-contoured lean look. The cooling effects of jade will help to even the skin tone and tighten pores.

Conclude your journey with a relaxing head massage allowing you to drift into a state of total bliss.

**Your journey will last for approximately 2 hours at \$ 230 per couple**





# Healing Touch

## The Asian Touch

### Coco Fusion

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

**50 minutes | \$110**

### Balinese Massage

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.

The boost to your circulation will help reduce stress and rebalance the body.

**50 minutes | \$100**

### Thai Massage

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. Traditionally done on the floor with the guest wearing loose clothing. This treatment does not require oil application.

**80 minutes | \$140**

### 4-Hands Massage

The ultimate in pure indulgence. Two therapists work in synchronized harmony using relaxing, rolling and deep massage techniques to release the tension from your whole body leaving you feeling totally relaxed.

**50 minutes | \$160**

### Foot Reflexology

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

**50 minutes | \$75**





# The Ayurvedic Touch

## Abhyanga Massage

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 helps to remove stagnant energy and stimulate the body's vital energy. The treatment is concluded with a scalp and face Mar-massage of facial pressure point stimulation that will soothe your nerves as you drift into a deep state of bliss and joy.

**80 minutes | \$140**

## Shiro-Abhyanga Massage

A powerful therapeutic experience based on Ayurvedic healing therapy in use for thousands of years. True Shirodhara enhances your balance by awakening the senses, invigorating the soul and giving back a sense of total wellbeing. The concept of Shirodhara aims to relax the body and open the third eye. This treatment begins with a foot ritual followed by a relaxing Abhyanga full body massage and continues with the pouring of oil in a steady stream over the forehead combined with a scalp massage to enhance deep relaxation, restoring balance to the body, relieving stress and nourishing the hair.

**80 minutes | \$160**

## Indian Head, Neck & Back Massage

Based on the Ayurvedic system of healing this massage aims at releasing accumulated stress in the tissues, muscles and joints of the head, neck and back. It is ideal for relieving stress, tension, fatigue, insomnia, and headaches. The treatment starts with a back massage and moves to the shoulders where stress and tension is commonly held and then works into the neck area. The scalp is then massaged to provide relaxation and relief from tension and mental fatigue.

**30 minutes | \$60**





# The Classic Touch

## Swedish Massage

A classic European massage incorporating a variety of techniques to treat sore muscles, tension, stress and poor circulation. It improves muscle tone and creates total relaxation.

**50 minutes | \$95**

## Warm Stone Massage

Heated volcanic basalt stones are used to massage the body along with gentle pressure providing a nurturing and enhanced healing effect. The heat of the stones warms the skin, which allows for the absorption of therapeutic oils while allowing the therapist to work into the deeper muscle layers. This massage helps to release tight muscles and energy pathways and has a very calming effect on the nervous system as you drift into a deep state of bliss and relaxation.

**80 minutes | \$150**

## Aromatherapy

Treat yourself to a gentle massage using a special aroma balm medium that wonderfully nourishes your skin with essential oils and vitamins, to soften, firm and protect your skin from dryness and pollution, and prevent it from dehydration and loss of moisture. This unique formulation combines Jojoba oil to stimulate elastin and collagen production, grape seed oil, rich in flavonoids, vitamin E, minerals and protein, beeswax to moisturize your skin, olive oil, a rich source of essential vitamins and healthy fatty acids to promote softer and suppler skin and Aloe Vera to nourish and treat damaged skin.

**50 minutes | \$120**

## Deep Tissue Massage

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. It is recommended for sports enthusiasts as well as those who experience chronic pain, or are involved in heavy physical activity.

**80 minutes | \$140**

## Lymphatic Drainage Massage

A therapeutic massage treatment using very light pressure and long, gentle, rhythmic strokes to increase lymphatic flow, with the aim of getting rid of toxins in your body, reducing water retention, improving metabolic rate, boosting weight loss and burning of calories more efficiently.

**50 minutes | \$100**





## Rejuvenating Body Treatments

Featuring the Sundari Ayurvedic inspired luxury skin care line, each body treatment begins with a cleansing foot ritual, followed by a full body Abhyanga massage, and continues with a body scrub, body wrap, revitalizing scalp massage using Neem and Coconut hair oil, face massage, refreshing shower and moisturizer application for a complete body rejuvenation experience.

### Nirvana Healing

Soothing Neem and Date Seed body exfoliation starts the purification process, followed by a massage to stimulate the lymphatic and circulatory flow. Finish with a deep cleansing mask infused with detoxifying herbs and a revitalizing scalp massage.

**80 minutes | \$135**

### Omega 3 and Babassu

A nourishing and revitalizing treatment includes a sugar scrub, a restorative mask and an application of the intensive nourishing balm leaving the skin supple, while providing relief from dryness which causes premature aging.

**80 minutes | \$135**

### Gotu Kola and Oat Firming

A luxurious body treatment incorporating the firming benefits of Gotu Kola which also helps to tone, lift and rejuvenate the entire body.

**80 minutes | \$135**

## Specialty Treatments

### After Sun Retreat

Treat yourself to a soothing and comforting face and body treatment designed specifically for after excessive sun exposure. An application using Aloe Vera, Neem and Blood Orange, Apricot Kernel Oil and Shea Butter will work to protect, heal and comfort the skin. This treatment is designed to repair and nourish the skin while reducing heat and redness.

**50 minutes | \$95**

### Cellulite Treatment

A massage of strokes and circular motion using Gotu Kola and sacred lotus cellulite lotion which contains high impact, active botanicals resulting in a smoother and slimmer looking body. An application of black mud mask helps to release toxins in the cells followed by a relaxing and soothing scalp massage.

**80 minutes | \$150**





# Facial Treatments

Featuring the Ayurvedic Sundari product line, these facial treatments use naturally active ingredients for intensive exfoliation and renewal along with the signature Mar-massage of facial pressure point stimulation to complete the experience. Sundari facials are tailored to suit your very own unique complexion.

## Awaken Facial

*Ideal for combination complexion*

A holistic facial customized to your skin's specific needs. Naturally active ingredients are custom blended for intensive exfoliation and renewal; a signature Mar-massage (pressure point stimulation) completes the experience for a newly radiant skin.

**75 minutes | \$110**

## Healing Facial

*Ideal for sensitive skin*

Extracts of Neem combined with soothing oils helps to soothe and purify the most delicate skin. Hydrate and restore sensitive or irritated skin to its strength and youthful glow.

**75 minutes | \$110**

## Radiance Facial

*Ideal for dry complexion*

Breathe new life into dry or stressed skin with this deeply nourishing, intensely hydrating facial. Omega 3+ restores the skin's lipids, softening, renewing and awakening your natural glow.

**75 minutes | \$110**

## Purifying Facial

*Ideal for oily complexion*

Find balance for overactive or oil-prone skin. Our unique treatment uses specialized massage techniques to get precise results, normalizing oil production; draining out impurities by stimulating lymphatic flow; refining pores and clarifying the skin.

**75 minutes | \$110**

## Firming Facial

*Ideal for mature complexion*

This advanced treatment acts instantly and powerfully to firm and improve the skin tone and texture. A potent skin-tightening mask restores radiance to a time-dulled complexion.

**75 minutes | \$110**



## Hands & Feet

### Perfect Hands & Feet

A luxurious treatment for the perfect look. Cuticles and nails are nourished with selected enriched oils, filed and polished. Hands and legs are gently exfoliated to dissolve dead skin cells followed by an extensive massage using soy balm with special attention to dry spots and finishing with nail polish application.

**120 minutes | \$150**

## Classic Manicure and Pedicure

### Manicure

**50 minutes | \$60**

### Pedicure

**50 minutes | \$70**

## Hydrotherapy

Offering complimentary use of therapeutic water including Jacuzzi, sauna, and steam bath during regular spa hours.





# Coco Style

Beauty Salon Services

## Hair Care

### Style Cut & Blow Dry

Ladies	\$40
Men	\$25
Children	\$15

### Hair Wash & Blow Dry

Ladies	\$30
Men	\$20

### Bridal Hair Styling

\$65

### Hair Ironing & Blow Dry

Short hair	\$35
Long hair	\$45

### Hair Curl & Blow Dry

Short hair	\$35
Long hair	\$45

### L'Oreal Hair Cream Bath

L'Oreal's nourishing hair cream treatment brings shine, moisture and smoothness to dry and damaged hair enhancing elasticity and hair growth. It makes the hair supple and glossy targeting the surface of the fiber and leaving it soft and smooth.

**60 minutes | \$50**

### Neem & Eucalyptus Scalp Treatment

A non-greasy oil with an amazing cooling sensation on the scalp using Coconut, Eucalyptus, Neem & Peppermint oils. Offers a great way to overcome stress, mental fatigue and jetlag. A blend of Coconut and Safflower oils work to strengthen the hair. Regular head massage with the cooling scalp oil increases blood circulation to the scalp, protects the hair from damage caused by UV exposure, styling aids, and various pollutants, improving hair and scalp health.

**30 minutes | \$35**

### Make-up Application

Make-up	\$35
Trial Bridal Make-up	\$50
Bridal Make-up	\$65

### Threading

Forehead	\$15
Eyebrow Tidy	\$15
Upper and Lower Lip	\$15
Chin Tidy	\$10
Full Face	\$25

### Sugaring

Sugaring hair removal uses a paste made from natural ingredients like sugar, water, and lemon juice to remove the hair follicle from the root. The results can last up to six weeks. Sugaring is applied warm and removed gently leaving the skin smooth and silky.

Full Arm	\$35
Lower Arm	\$25
Underarm	\$20
Bikini	\$30
Brazilian Bikini	\$45
Full Leg	\$45
Half Leg	\$30
Full Body	\$75
Full Leg	\$45
Half Leg	\$30

### Nu Skin Galvanic Treatments

The Galvanic Spa from Nu Skin is a patented handheld instrument that uses self-adjusting, low level galvanic currents to deliver key ingredients to the skin for improved cleansing, hydration, circulation and radiance. Galvanic treatments smooth the appearance of fine lines and wrinkles, rejuvenate the complexion, revitalize the scalp, and renovate the body. Galvanic Spa include facial treatments, body contouring and hair fitness.



# Active Wellness

## Sunrise Yoga

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

## Hatha Yoga

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

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, in order to achieve longevity.

## Meditation

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

## Yoga Nidra for Relaxation

Yoga Nidra is a highly powerful ancient meditation technique. In yoga Nidra, you not only enjoy the complete physical, mental and emotional relaxation but also get to explore the tremendous powers hidden in the deeper layers of the subconscious and unconscious mind. In the deep relaxation state of yoga Nidra, the mind is in a state between sleep and wakefulness enhancing its receptivity many times more.

## Sunset Yoga

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

Yoga classes are offered at the Yoga Pavilion next to Coco Spa, on the beach, or in the privacy of your own villa.

**Yoga sessions are offered for 60 minutes at \$35**

## Fitness Experience

Offering complimentary use of the fitness center which is set up with state-of-the-art equipment for a wide variety of workout options from cardiovascular to weight training.





# Spa Etiquette

## 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.

## Cancellations and Late Arrival

As a courtesy to other guests please give us 5 hours notice if you must cancel or reschedule your appointment.

Less than 5 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.

## Spa Boutique

Make sure you visit our spa boutique for a luxurious selection of products to continue your spa experience at home.

## Charges

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

## Gratuities

In appreciation of services, gratuities may be given at your discretion.

## Hours of Operation

Spa Treatments:	10:00 - 21:00
Spa Boutique:	10:00 - 21:00
Yoga:	08:00 – 19:00
Fitness Center:	08:00 – 08:00

Please call the spa reception at extension 185 to reserve your spa and yoga experiences.

All prices are subject to 10% additional Service Charge and GST.

Retail products are subject to GST only.

Prices are subject to change without prior notice.

# COCO SPA

Bodu Hiithi  
Spa - extension 185



COCO COLLECTION

#04-01 ST0 Trade Centre, PO BOX: 2145  
Orchid Magu, Male' 20-188, Maldives  
T : + 960 334 55 55 F : + 960 334 66 66  
E : reservations@cocollection.com.mv  
[www.cocopalm.com](http://www.cocopalm.com)