



Le SPA de
CONSTANCE



Constance Moofushi Resort

Welcome to Spa de Constance

A place of easeful relaxation,
cleansing and rejuvenation.

A place created solely to soothe your senses,
and nurture your body, mind and soul.

Spa Massages

Our spa massages have been developed to offer the ultimate in massage experiences, taking inspiration from ancient techniques from different cultures around the world.

Enchanting Wave Massage * | 75 minutes

This exclusive full body ritual is our exotic combination of Reiki, Tai Chi, Temple Hawaiian Lomi-lomi, and Esalen massage. It promises to give a sensual experience that is not to be missed!

Moofushi Signature 4-Hands Massage | 60 minutes

The luxury of a massage performed by two therapists using mandarin and orange pouches filled with essential oils as well as a combination of pressure points along specific meridian lines and long pampering strokes. A truly unique experience inspired by traditional Ayurvedic massage to indulge the senses, revitalize the body and renew the spirit.

Re-energizing Massage * | 75 minutes

Just the very best to alleviate muscle tension, rebalance the energies and reach a perfect state of well being and deep relaxation. A combination of dry and oil massage including light stretches, pressure points and long strokes. A subtle blend of western and eastern techniques, ideal when the body says its time to recharge.

Hot Stone Massage | 75 minutes

Heated ancient stones carrying the energy of the earth gliding over vital points as warm essential oils drizzle over the body to release the tension trapped within the muscle and encourage deep relaxation. Excellent for those suffering from insomnia and stressful lifestyle.

Herbal Poultice Massage | 75 minutes

This traditional treatment soothes muscle tension and stiffness on the key areas. Heat and herbs are absorbed by the body to help to reduce aches and pains, increase lymphatic drainage and condition the skin.

* Treatments available for an In-Villa Spa Treatment.

Please note that it is essential for In Villa treatments to be booked at least 4 hours in advance.



Bamboo Massage | 75 minutes

This soothing deep tissue therapy relieves chronic pain conditions including back pains and tension related headaches as it relaxes the muscles and improves circulation.

Aromatherapy Massage * | 60 minutes

An authentic experience using the premium grade essential oils with carefully applied pressure to stimulate the nervous system and support healthy circulation. *Choose from:*

Aroma-relax : a blend of warm Lavender, Bergamot and Chamomile essential oils to reduce stress, deeply relax and calm the senses.

Aroma-rebalance : a blend of Cedarwood, Rosewood and Clove essential oils to harmonize and pleasantly rebalance the flow of energy.

Aroma-invigorate : a blend of Rosemary, Peppermint and Frankincense essential oils to restore vitality and boost the immune system.

Swedish Massage * | 60 / 90 minutes

Classical European medium to strong pressure massage featuring long strokes and kneading techniques, designed to relief stiff, tight and fatigued muscles and joints, improving circulation and lowers stress.

Sports Massage * | 60 minutes

This deep tissue massage utilizes the skills of the therapist's hands along with the benefits of aroma therapeutic oils to alleviate muscle pain and aching joints.

Shiatsu Massage * | 60 minutes

Traditional hands on Japanese healing therapy that rebalances the flow of energy along the meridians. Shiatsu takes advantage of natural body weight in applying pressure to special points on the body. This is combined with stretches, joint rotations and joint manipulation to give an all-over treatment aimed at treating the client on a holistic level.

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Thai-Yoga Massage | 75 minutes

This ancient healing therapy combines yoga stretching movements and acupressure techniques. It opens up the joints and improves body flexibility and postural alignment. You will feel an energizing and uplifting effect. (No oil is used)

Asian Sublime Massage | 45 minutes

Inspired by Indian head massage; using warm oil, designed establish a balance between body, mind & spirit.

Moofushi Express Relief | 45 minutes

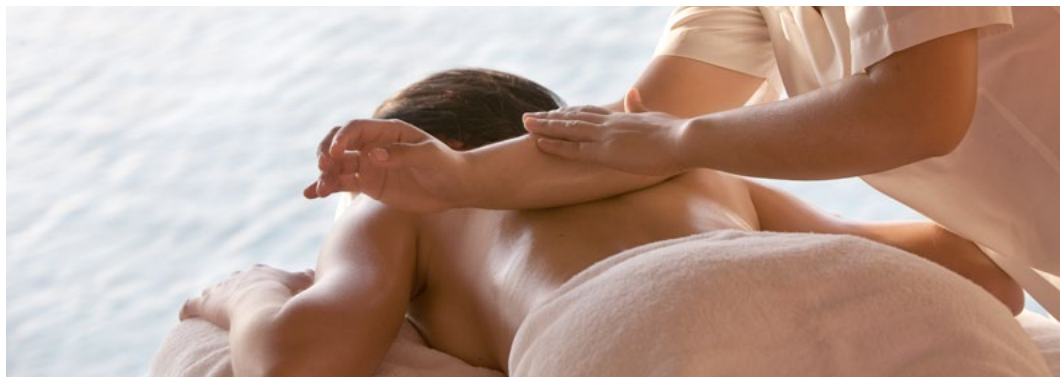
A stimulating & invigorating massage designed to revitalize the body, erase signs of fatigue & boost energy. Therapist may concentrate on certain areas like the scalp, back, shoulder, legs or feet. Ideal after a long flight or when you feel a loss of energy.

Moofushi Foot Bliss Massage | 45 minutes

A foot massage based on the therapeutic principles of reflexology to relieve stress and tension, stimulate circulation, promote the unblocking of nerve impulses thereby helps restore the body's natural equilibrium.

After Sun Express Recovery | 45 minutes

A light application of regenerating Aloe Vera gel on face and body to repair damages from sun & sea. The skin is left delightfully moisturised, comfortable & ready for another day of sunshine.



Like No Other Massage Experience | Various *

Just as signature is unique to an individual, Le Spa de Constance offers 'Like No Other Massage Experience' which utilises individual skills, experience and creativity of each therapists. Eleven therapists and experiences to choose from.

* Length of treatment varies from the individual signature massage of each therapist.



Spa Body Scrubs and Wraps

Detox, deep cleanse, re-hydrate or simply relax – the choice is yours... naturally.

Exotic Coco Scrub Experience * | 45 minutes

Rich in nutrients but not over-abrasive, this scrub offers sensitive skin to resonate with nature. This indulgent experience leaves your skin smooth and deeply hydrated ready for sun bathing.

Arabica Coffee Scrub Experience * | 45 minutes

If you swoon when you pass a coffee bar, imagine that smell for a full 30 minutes while the most fragrant of blends is smothered all over your body as it offers anti-oxidant and energizing benefits.

Pomegranate Scrub Experience * | 45 minutes

Harness the power of gentle exfoliation and antioxidant protection of pomegranate extract to give you a smooth and radiant complexion.

Papaya Enzyme Wrap Experience * | 45 minutes

Bio-chemically known as papain, this erotic-sounding elixir is smeared all over the body and cocooned to soften and revitalize the skin. Early signs of aging disappear without the tendency to cause irritation.

Green Tea Wrap Experience * | 45 minutes

Invigorate yourself in a re-mineralizing and purifying body wrap while the senses experience the exotic aroma of rosemary and frankincense essential oils. Total bliss for body & mind.

Cocoa Wrap Experience * | 45 minutes

Be cocooned in a nourishing and moisturizing body wrap and get cherish with delicacy of cocoa. Ideal for dry skin.

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Spa Facials

'Back to basics' is the new concept to modern beauty. Traditional treatments, free from clinical input, give soft skin and a relaxed state of mind.

Hydrating & Nourishing Facial | 60 minutes

This facial rehydrates intensely and smoothes fine lines caused by dehydration. The skin is nourished and re-pulped leaving it soft, supple and comfortable. Highly recommended to prevent and repair sun damage.

Moisturising and Oxygenating Facial | 60 minutes

This facial is recommended for tired and stressed complexion. It erases signs of fatigue and restores vitality to dull, devitalized skin. Deeply moisturized the skin is left glowing with radiance, younger and fresh.

Detoxifying and Purifying Facial | 60 minutes

A deep cleansing facial to eliminate impurities and refine the pores. The complexion looks faultless, matte and glowing with youthful radiance.

Soothing and Calming Facial | 60 minutes

A blissful ultra gentle facial for delicate skin, to calm irritation and minimize ageing. A cocoon of softness which provides a delicate feeling of freshness and wellbeing. Ideal even for sun-burnt skin.



Spa Packages

Holistic Ritual | 120 minutes

This well-being ritual for face and body is a precious combination of delicate texture, aromatic notes and the power of human touch, depict this as a unique experience to deeply relax body and mind.

Aromatherapy sublime ritual | 110 minutes

Invigorate and stimulate the body as warm essential oils are drizzled over the body and purifying massage technique boosts lymphatic circulation and helps eliminate toxins while acting favourably to release the tension. An indulgent aromatic scalp massage then follows to relieve fatigue and aid relaxation as a selection of warm oils are applied to the scalp, neck and shoulders to stimulate circulation and nourish the hair.

Ultimate Hydrating & Rejuvenating Treatment | 150 minutes

An ultimate spa package to give your thirst quenching body a tune up from head to toe. This Include a cleansing body polish, aroma body massage and a refreshing-hydrating facial.

Spa Packages

Heavy Leg Detox Treatment | 60 minutes

A treatment focused completely on legs and feet which promote elimination of impurities to improve circulation, and provide a decongesting and rebalancing action for overworked legs, feet and ankles. This session includes a foot and leg polish, a green tea and refreshing mint wrap and therapeutic oriental foot massage.

Sumptuous Romance | 90 minutes

Embrace the essence of pure romance! Be with your partner on this sensory journey with an intimate synchronised sensual massage experience for two in the privacy of our couples' room set to relaxing, light lounge sounds. Uncompromising indulgence finishes with chilled champagne and strawberries coated in dark chocolate in our Blue lounge.

Space Exclusively for Him | 150 minutes

A pleasurable package for gentlemen providing an energising body scrub and a detoxifying facial to eliminate impurities. This is followed by an hour aroma body massage of your choice to soothe tense muscles and deeply rejuvenate body, mind and soul.



ila rituals at Spa de Constance

*ila is the Sanskrit word for earth and
the ancient earth is at the very heart of ila.*

*Absolutely everything applied in ila rituals come from a
plant or a mineral - and nothing else. This stems from our
faith in the power of nature as the source of real well-being.
They work on a deep level to restore, to nurture and to balance.*

Bliss Healing Ritual | 120 minutes

This blissful experience re-awakens the body and spirit and promotes a profound feeling of calm. Rose and jasmine are the keynotes in this experience. The blissful body scrub prepares the client for receiving the Body Balm massage and the soothing Ananda facial.

Bio-Rhythm Ritual | 120 minutes

Traveling, particularly flying (jet lag) disturbs our body's natural flow of energy. The aim of this treatment is to restore the body's natural biorhythm and deeply relax the nervous system with energy scrubs and mud wraps containing high levels of minerals, charging and restoring the body's magnetic energy field.

Rainforest Rejuvenation Ritual | 180 minutes

Truly rejuvenating ritual, it draws deeper toxins from the cells and the subtle body. Deeply revitalises and rejuvenate the skin cells, improve circulation of the lymphatic system and promote profound healing in the energy of the body.

Dreamtime Ritual | 120 minutes

This journey is an experience to help reconnect to the inner space of tranquility, to release and let go of tension and to reconnect to the grace of sleep and joyful dreaming. Secondary benefits include glowing radiant skin, general well-being and happiness.

Spa for Hands and Feet

Spa Manicure | 50 minutes

This treatment will exfoliate, revitalize, renew and protect your hands and nail.

Spa Pedicure | 50 minutes

This luxury treatment is like facial to your feet, it includes exfoliation for softer skin and foot mask enriched with minerals, vitamins and antioxidants to help soothe hard working feet.

Paraffin Treatment | 20 minutes

This luxurious treatment intensely moisturises hands / feet making them feel soothed, hydrated and looking great.



Mind, Body and Soul



...the art of happiness

*Breathe... the very essence of life starts
with the simple act of breathing.*

Yoga | offered on individual sessions

The ancient tradition of Yoga is a very simple concept: Lasting Happiness. The science and art of Yoga brings health, well-being and ultimate happiness into people's lives.

Choose from:

- Yoga / Meditation + Stretching** | 90 minutes
- Yoga** | 60 minutes
- Pranayama-Breathing practice** | 30 minutes

Couples' Massage Workshop | 60 minutes

Enjoy the pleasure of giving as well as receiving massages. Join our couples' massage workshop to learn the basic strokes that you and your partner could use to bring harmony and well-being.

Thai-Yoga Massage Workshop | 60 minutes

Help each other improve flexibility while having fun with our Thai-Yoga Massage Workshop. Be sure to come in loose clothing and be ready to stretch and get stretched!

Spa de Constance

Please note that all treatments will be offered subject to availability and may be subject to change.

Spa Treatment Hours

The Spa Pavilions and Rooms are open from 9 am to 9 pm.

How to Spa

Spa de Constance is a place of peace and tranquility, and we ask that this be respected by leaving your mobile phones switched off.

How we Spa

All of our spa products are natural and free from SLS and Parabens.

Smoking and Alcohol

Smoking and consumption of alcohol within the Spa is prohibited.

Cancellation Policy

A 24-hour notice is required for us to cancel or re-schedule your appointments, subject to space availability. Any cancellation with less than 24-hours notice will incur a 50% 'late cancellation' fee. Please assist us with caring for all of our guest by calling us on ext. 5275, if you are not able make your appointment. In the event that this notification is not received a 'no-show' charge of 100% will be made. We thank you warmly in advance.

Payment

All prices are quoted in US Dollars net. Prices are subject to change without prior notice, and are subject to service charge.





CONSTANCE
Moofushi Resort
MALDIVES

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