

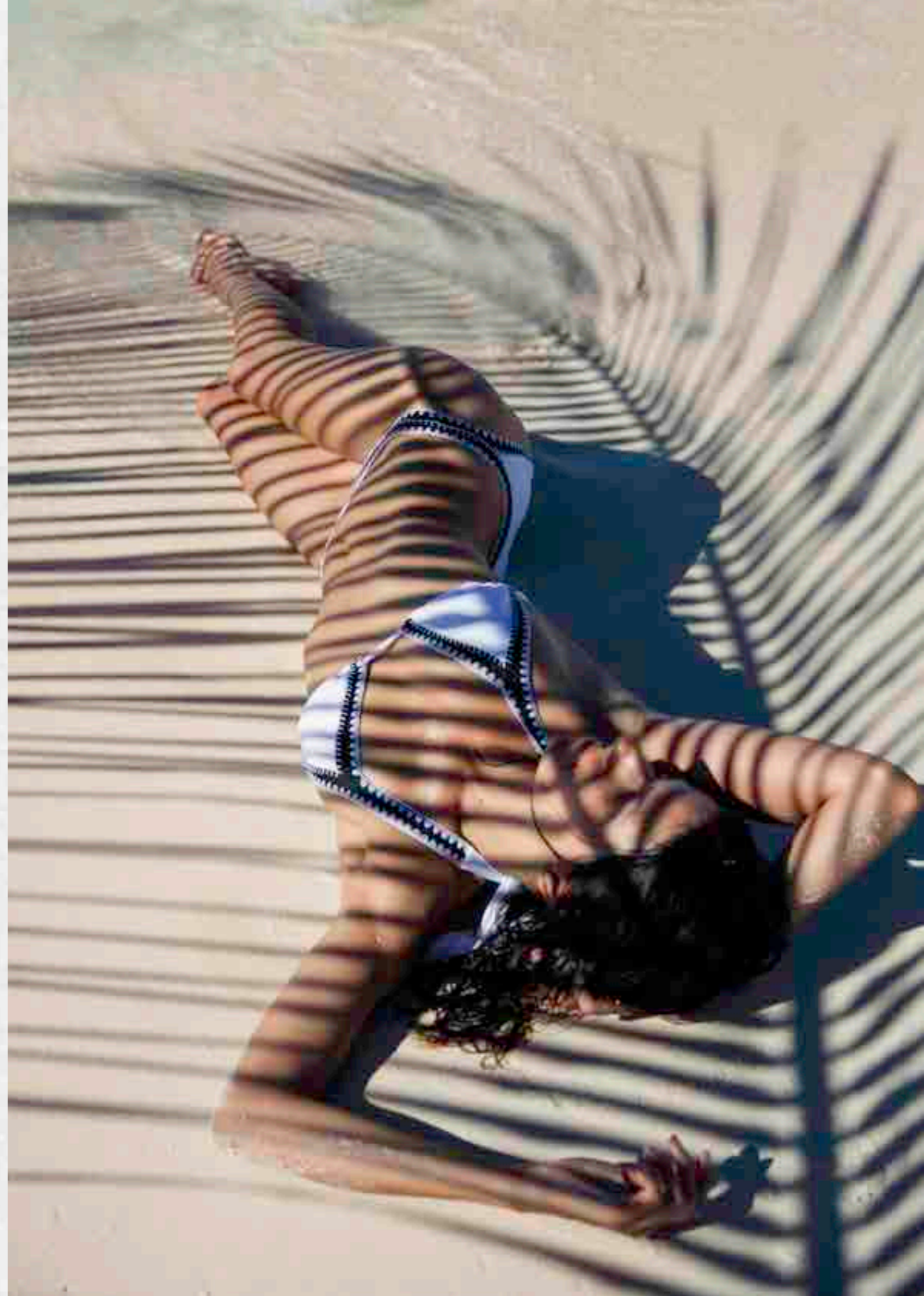


K O K A A

RESORT SPA BY KANUHURA

Spa Menu

*Choose to be
blissful & divine*



Kokaa

Wellness Retreat & Spa

Voted 'The World's Best Spa' by National Geographic Traveller magazine, Kokaa Spa is a haven where all senses ease into utter relaxation, where time stops as you experience a moment of bliss. Our products and treatments are inspired by the healing traditions from around the world and are largely organic.

Incorporating the world's finest face and body products by 'VOYA' from Ireland, 'Subtle Energies' from Australia and 'Terres D'Afrique' from South Africa, Kokaa Spa offers authentic Indian Ayurveda therapies, healing treatments from Mauritius and our unique range of Maldivian inspired massages. To fully embrace the healing atmosphere of the Kokaa Spa, we recommend to take a steam bath and dip in our cold plunge pool or Jacuzzi, to prepare yourself for the treatment.





Signature Treatments

AYURVEDA AROMATHERAPY BLISSFUL MARMA MASSAGE 60 / 90 mins

Long, firm, flowing movements and therapeutic techniques at various levels of pressure aid immediate relieve of stress related tension while the Marma therapy and balancing of Chakra align your vital energy centres.

AFRIQUE AROMA 60 / 90 mins

Choose your blend of energizing, uplifting, detoxing, invigorating or relaxing essential oils from the Terres d' Afrique collection and experience the natural therapeutic benefits of the aromatherapy combined with the healing power of a nurturing massage therapy, performed with long gentle strokes.

CRYSTAL MASSAGE 90 mins

An invigorating massage, which aims to restore vitality through the healing and stimulating powers of crystals. This full body massage is performed using hot and cold blue lace agate crystal balls to relieve muscle tension and invigorate your entire body, while omega and antioxidant rich Marula oils soften and soothe the skin. Ending with a neck and face drainage massage using flat crystals, this journey will leave your skin refreshed, your body invigorated and your mind deeply relaxed. Blue lace agate crystal soothes the mind and restores inner stability.



MINDFUL MOMENTS SLEEPING RITUAL 90 mins

Mindful Moments is a relaxation treatment that offers luxury and comfort in a sleep encouraging experience. Have all stress and strains melt away and experience a sensory boost to aid the perfect night's sleep. Incorporating specially designed soothing products, alongside sleep inducing cultural massage and meditation techniques, this wellbeing focused treatment evokes instant tranquillity and fosters inner wellbeing, calmness and serenity.

MALDIVIAN THEYO DHEMUN 60 / 90 mins

This traditional body treatment (Theyo means "Oil" and Dhemun means "Massage") is the perfect synergy for relieving muscular tension and enhancing relaxation. Warm aromatic Maldivian virgin coconut oil is drizzled over the body followed by healing massage techniques to unlock tension, and release stress from your mind and body.

Well-Being Packages

Achieve total relaxation of your body, mind and soul with our daily packages at Kohaa Spa, let your hectic life rest for a while and immerse yourself in a luxurious Spa experience to improve your overall well-being.

SPA RITUALS

(2-Day Package)

Day 1 – Private Yoga Class	60 mins
Day 2 – Afrique Aroma Massage	60 mins

OCEAN INSPIRATIONS

(3-Day Package)

Day 1 – Private Yoga Class	60 mins
Day 2 – Organic Seaweed Leaf Wrap	90 mins
Day 3 – Organic Stimulating Seaweed Body Buff	60 mins

HEALING CEREMONY

(5-Day Package)

Day 1 – Anti - Jet lag	60 mins
Day 2 – Japanese Foot Massage	60 mins
Day 3 – Holistic Massage	90 mins
Day 4 – Warm Spiced Organic Mud Bath	45 mins
Day 5 – Sunset Yoga	60 mins

Around the World Journey

Re-connect your body, mind and soul with Kohaa Spa's carefully curated 'World touch journeys', incorporating treatments from around the world. Design your spa journey to your personal preferences and restore your body's natural, inner balance.

MALDIVIAN JOURNEY

(2-Day Package)

Day 1 – Maldivian Kaashi Rub	60 mins
Day 2 – Maldivian Theyo Dhemun	60 mins

INDIAN/AYURVEDIC JOURNEY

(3-Day Package)

Day 1 – Private Yoga Class	60 mins
Day 2 – Wild Kashmir Purifying Facial	60 mins
Day 3 – Abhyanga Massage	60 mins

EUROPEAN JOURNEY

(5-Day Package)

Day 1 – Guided Meditation	30 mins
Day 2 – Lymphatic Drainage Massage	60 mins
Day 3 – 24k Gold Age-Defying Facial	90 mins
Day 4 – Warm Spiced Organic Mud Wrap	75 mins
Day 5 – Shiatsu Massage	60 mins

AROUND THE WORLD JOURNEY

(7-Day Package)

Day 1 – Yogalates/Ashtanga Yoga	60 mins
Day 2 – Blissful Marma Massage	60 mins
Day 3 – Pinda Massage	60 mins
Day 4 – Mauritian Green Tea Body Wrap	45 mins
Day 5 – Afrique Aroma	60 mins
Day 6 – Lazy Days Detox Seaweed Bath	45 mins
Day 7 – Holistic Massage	60 mins

"Subtle Energies" Journeys



CELLULAR RESTORATION JOURNEY

210 mins

Potent active ingredients enhance cell repair and regeneration and gives your skin a new glow. Your restoration process begins with a purifying body exfoliation and a choice of a phytonutrient rich wrap, which tightly tones the skin, before you are taken into a state of deep relaxation with our signature Marma massage. Our customised age-defying facial completes this opulent journey, restoring cellular radiance and vitality.

EMPOWER ME, A WOMAN'S JOURNEY

150 mins

A holistic journey, celebrating your inner and outer beauty, balancing emotion and hormones. The journey begins with a meditation session, followed a full body massage with ancient active oils of empowerment and renewal, which will as a fusion of therapeutic techniques increase your vital energy. This continues into a facial treatment that harmonize and nourish your skin, using potent actives such as Mogra, Saffron and Indian Rose.

A GENTLEMAN'S DAY

150 mins

For the active man or constant traveller, this journey balances and restores, maintaining immunity, muscle strength and a healthy skin. Your body will be invigorated and renewed with a zesty body polish to smooth the skin and muscles. You will then be taken into a state of deep relaxation with a full body detox massage, also reducing adrenal fatigue. Feel all the tension drift away as your skin is cleansed and balanced with a gentleman's essential hydration facial.



World Journeys

Spa journeys inspired by treatments and cultures from all over the world, designed to renew and revitalize your body and awaken all senses.

ASIAN JOURNEY

180 mins

Embark on an Asian spa journey by awakening your senses with a gentle Pearl Infused Demineralizing Body Mask and concluding in a Hot Stone Massage which leaves you renewed and revitalized.

AFRICAN JOURNEY

180 mins

Detoxify and rebalance your body by eliminating toxins and replenishing vital minerals and nutrients. This journey incorporates a heat treatment, a comforting Detoxifier Body Wrap, an Afrique Restored or Arising Facial and an invigorating Foot Acupressure to increase circulation and diffuse muscular tension.

INDIAN JOURNEY

105 mins

Ayurveda, the “science of life”, is one of the oldest and most holistic healing systems, originating from India. An Ayurveda treatment traditionally begins with a consultation to analyse your current health status. Within this journey the first treatment commences with Kati-Vasti followed by a Shiroabhyanga Treatment to calm your mind and spirit.

EUROPEAN JOURNEY

105 mins

Achieve more balance in your life and minimize the effects of living a hectic and demanding lifestyle. Enjoy a simple and effective Candle Massage and continued with Organic Seaweed Aroma Bath Salts Therapy, to help you relax and re-energize.

MAURITIAN JOURNEY

90 mins

From the African side of the Indian Ocean, this treatment begins with a Mauritian Spices Foot Bath, followed by a revitalizing Coconut and Sugar Scrub and finishes with a Detoxifying Green Tea Body Wrap that leaves the skin replenished and flawless.

COUPLE MASSAGE

90 mins per person

A truly ultimate treatment combining a full body massage with a rejuvenating foot acupressure therapy. Select between Balinese, Holistic or Swedish Massage. The treatments are perfect to enjoy a blissful couple massage and will leave you totally relaxed.



Asian Therapies

BALINESE MASSAGE

60 / 90 mins

A combination of gentle stretches, acupressure and reflexology. This massage brings a sense of wellbeing, calmness and deep relaxation.

ROYAL THAI MASSAGE

90 mins

Using Thai massage techniques, this treatment focuses on pressure points and gentle stretching movements along the body's energy channels; it is offered fully-clothed and without oil to re-awaken the body's energy flow.

SHIATSU

60 / 90 mins

A Japanese massage which rejuvenates and stimulates the energy meridians of the body. Promotes a deep sense of vitality and well-being.

JAPANESE FOOT MASSAGE

30 / 60 mins

This treatment consists of a wirlbath for your feet, followed by a therapeutic treatment for relieving pain by stimulating predefined pressure points on the feet.

BACK & SHOULDER MASSAGE

30 / 60 mins

A head, neck and shoulder massage is a wonderful way to ease shoulder and neck tension while gaining a peaceful retreat from the outside world.

PREGNANCY MASSAGE

60 mins

A pampering experience designed with the safety of mother and child in mind, this customized approach eases sore spots and improves mobility. It can reduce peripheral swelling, help to prevent insomnia, reduce muscle cramps and back pain, and soothe the nervous system. Regular massages during pregnancy can also make the return to your optimal fitness easier.



European Therapies

CANDLE MASSAGE

60 / 90 mins

The candle melts into a warm and sumptuous massage oil. This warm oil of natural butters is then drizzled over the skin for a wonderful massage treatment to melt away tension and delicately nourish the skin.

HOLISTIC MASSAGE

60 / 90 mins

A full body massage designed to ease tension, relieve stress and promote a general state of well-being.

SPORTS MASSAGE

60 / 90 mins

A deep tissue massage especially designed for the avid sports enthusiast. Relieves tension in the muscular system after physical exercise.

SWEDISH MASSAGE

60 / 90 mins

Traditional European full body massage techniques are applied to relax aching muscles, stimulate the nervous system, improve circulation and flexibility, and enhance physical and mental well-being.

ANTI- JET LAG

60 / 90 mins

Back, scalp and leg massage. The perfect spa indulgence after a long flight or when you feel a loss of energy or fatigue.

DETOX MASSAGE

60 / 90 mins


The rhythmic strokes and pressure applied to muscles, tissues and organs during massage therapy help stimulate the circulatory system. It works sort of like a sponge; when pressure is applied to the tissue and fat, toxins are literally "squeezed" out from in between the muscle fibers and cells.

LYMPHATIC DRAINAGE

60 / 90 mins

A specialized technique to stimulate the lymphatic system for improved circulation, assisting in the elimination of toxins, reduction of fluid retention and firming the skin.





Ayurvedic Therapies

Being one of the oldest healing methods in the world, this holistic and authentic Ayurveda experience will leave you totally relaxed with an understanding of the state of your body and mind. Let the healing hands of the Ayurvedic therapist take care of your aches and pains and indulge in this settling treatments.



SHIRODHARA 90 mins

Shirodhara includes a head and body massage (Abhyanga). A profound, spiritual treatment that relaxes the nerves and benefits the immune system. Warm medicated oil is continuously streamed over the third eye stimulating the pineal gland, which produces serotonin and melatonin.

These hormones enhance your emotional balance, helps to delay ageing and enhance well being. This treatment is recommended taken as a course of treatments.

ABHYANGA 60 - 90 mins

Warm ayurvedic oil is applied to the whole body by using long and soft strokes. These relaxing massages restores the balance of dosha and enhance well-being.

PINDA MASSAGE 60 mins

An ancient massage technique using a warm compress of spices and herbs to provide a soothing effect on the body and mind. A wholly relaxing experience.

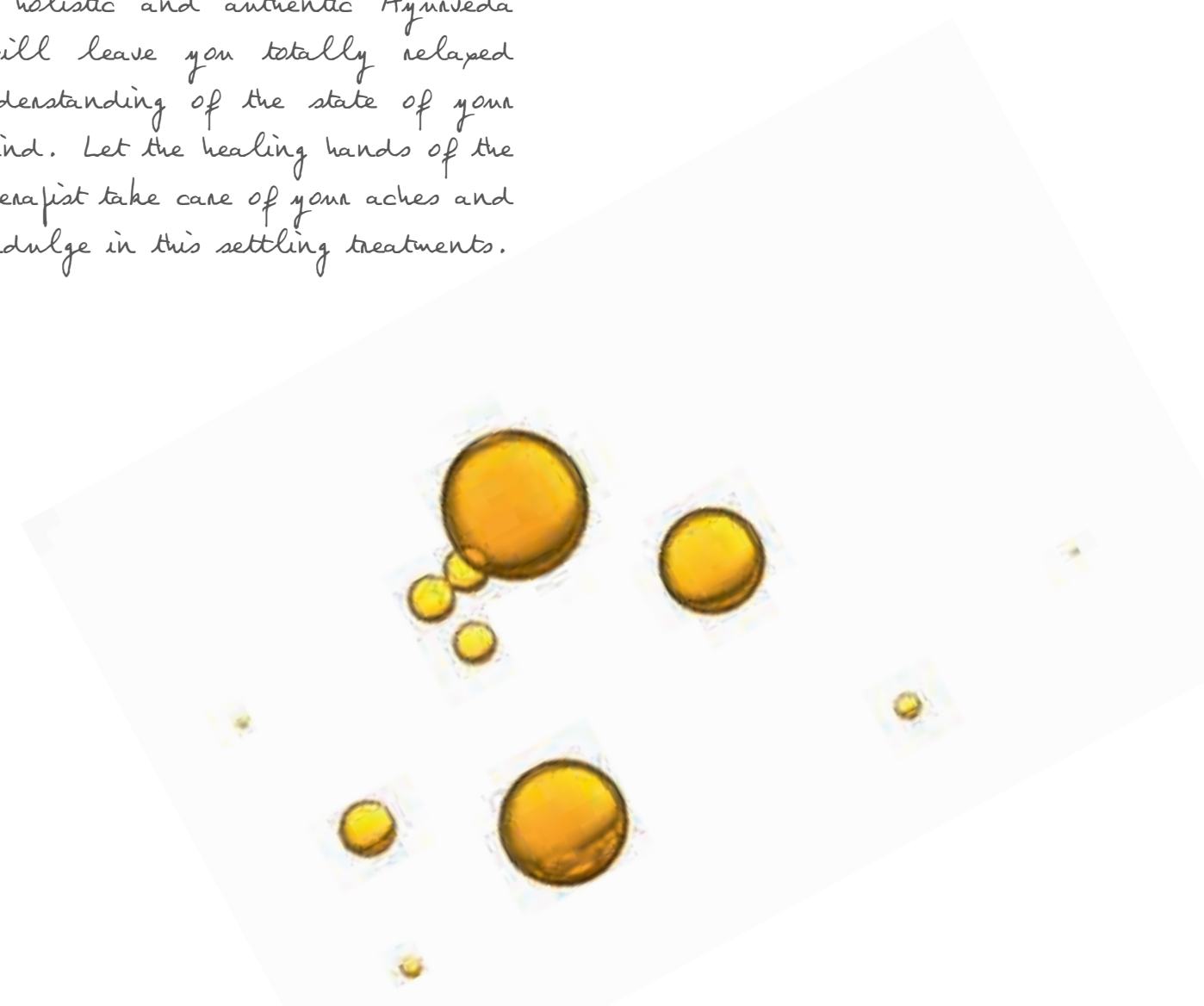
KATI-VASTI 60 mins

A nurturing back treatment in which warm medicated oils are pooled on the lower back, Kati-Vasti

Promotes muscle and ligament strength to support the spine. Relieving lower backache and spinal conditions, it lubricates joints and is ideal for sports injuries and overall health.

SHIROABHYANGA 45 mins

This remedy gets to the root of hair and scalp complaints, increasing blood circulation, reducing hair loss, limiting thinning and controlling dandruff; the greying process is also prolonged. The mix of herbal oils combines their powers in this highly relaxing scalp massage.





Body Polishers & Wraps

TERRES BLANCHES BODY MASKS 90 mins

A full body exfoliation with coconut beads, sugar and rooibos leaves prepares your body for a detoxing and soothing mask. Bentonite clay, combined with buchu and Aloe ferox, works in harmony with the deep layers of the skin to remove toxins and hydrate the skin. Organic coconut and Kalahari melon oil help the skin form a protective barrier against environmental and free radical damage. The treatment ends with an application of healing and soothing Omumbiri body butter, leaving your skin soft, radiant and glowing.

TERRES ROUGES BODY MASK 90 mins

The combination of antioxidant-rich Rooibos and Baobab fruit extracts combined with the natural moisturising oils in this unique body mask, reduce the negative effects of free radicals and inflammation. Helping to prevent the signs of age leaving their mark on your body.

PEARL INFUSED REMINERALISING BODY MASK 90 mins

Experience the power of pearls with this exceptional treatment carefully designed to deliver multi-sensory results. Commencing with a skin softening exfoliation, the journey continues with a mineral rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate skin cells and regenerate.

The experience is enhanced by 86 essential minerals and oils in the Himalayan Crystal salt. Whilst cocooned in this mineral mask experience, a complete meditation is achieved through the Subtle Energies signature facial marma massage, using potent anti-ageing actives of Mogra and Indian Rose to release tension and stress, and restore balance.



RASAYANA DETOX BODY WRAP 75 mins

Revitalise, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite mineral rich clay infused with powerful herbs of Spiked Ginger lily, Spirulina and green tea envelop your body providing the ultimate detox. Intense nourishment is then delivered as you are smothered with a customised experience of aromatic infused body butters, lotions or oils. Leave with toned skin, as body and mind are re-energised.

ORGANIC SEAWEED LEAF WRAP 90 mins

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses real organic seaweed leaves to scrub and wrap your body. Beginning with a bladderwrack body buff, this treatment detoxifies, firms and softens the skin and is excellent in conjunction with a weight loss programme. The whole body is then covered in Laminaria Seaweed leaves for instant results. Completed with an application massage of "Softly Does it" to nourish and soften.

WARM SPICED ORGANIC MUD WRAP 75 mins

The seaweed is taken fresh from the ocean and its purifying elements are encapsulated in the rich warm spiced mud wrap. The extract is rich in potent anti-oxidants and minerals. Definitely for the results driven client, this wrap offers immediate and noticeable effects to the skin, including firming and toning the body this is a serious detoxifier, metabolism stimulator and a natural anti-ageing booster. Infused with aromatic spices of ginger and orange to revive the senses.

ORGANIC STIMULATING SEAWEED BODY BUFF 60 mins

Let us scrub your body head to toe with certified organic bladder wrack body buff (Fucus Vesiculosus) it is the ultimate treat for tired and dull skin. The anti-oxidants from our mineral rich bladder wrack seaweed combines with VOYA's signature seaweed massage oils to offer a powerful organic way to better skin.





MALDIVIAN KAASHI RUB
60 mins

A renewing and refreshing treatment that starts with a natural coconut body scrub followed by a soothing wrap of honey and papaya. A coconut oil massage seals in freshness and moisturizes the skin.

AFTER SUN REMEDY
45 mins

This body and face repairing treatment consists of an application of Mauritian Aloe Vera to soothe and replenish the skin after sun exposure. The calming ingredients will help relieve the pain, soothe and rejuvenate the skin. The therapist will complete the treatment with gentle head massage.

MAURITIAN GREEN TEA BODY WRAP
45 mins

Green tea is well known for its detox and slimming benefits. This wrap will cleanse the body of toxins and give the skin a healthy glow.

MAURITIAN COCONUT & SUGAR SCRUB
30 mins

This scrub is perfect to exfoliate dead skin cells and revealing revitalized, glowing skin beneath. This treatment uses local ingredients such as coconut and sugar.





Facial Therapies

PURIFYING AFRIQUE RESTORED

60 mins

The detox process begins with a combination of a deeply relaxing massage and stimulation of Shiatsu pressure points of the face. The technique provides lymph drainage that helps eliminate toxins and reduce congestion. A cleansing mask extracts toxins from deep within the epidermis leaving the skin ready to soak in omega-rich botanicals achieving a naturally radiant look.

SOOTHING AFRIQUE ARISING

60mins

By stimulating the blood flow to the skin, the Afrique Arising massage technique allows moisture, omega, vitamins and minerals to rehydrate and regenerate the deep layers of the skin. Vitamins A, B and C from the baobab work to restore the skin's elasticity, leaving it supple, plumped and smooth to the touch.

24K GOLD AGE-DEFYING FACIAL

90 mins

Combine the anti-ageing and restorative powers of 24K gold leaf with a sensory experience that will penetrate and revive the deep layers of the skin, reducing fine lines and wrinkles. Mogra, the Queen of Jasmine, will reduce stress, anxiety and works synergistically to boost collagen production and increase cell renewal.



WILD KASHMIR PURIFYING FACIAL

60 mins

Wild turmeric offers intense purification while exotic Kashmir lavender soothes and restores. This deeply detoxing treatment will revitalise tired, congested and stressed skin. Toxins will be drawn out through a double cleanse, Saffron and Frankincense exfoliation, and a purification mud mask. A complete indulgence that purifies and tones.

ANTI-AGEING RESTORATIVE FACIAL

70 mins

This treatment is suitable for all skin types, particularly for those in search of anti-ageing results. The anti-ageing restorative facial is designed using VOYA's finest organic ingredients combined with anti-oxidant algae complexes with a restorative blend of aromatherapy oils.

It's this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. This facial results in instantly firmed and tightened skin with a natural and more radiant glow.

SELF DISCOVERY RADIANCE FACIAL

60 mins

This incredible organic facial is deeply detoxifying, thoroughly revitalising and helps to even skin tone and increase clarity. This facial incorporates a relaxing facial massage that releases any build-up of toxins, to improve radiance and restore a glowing complexion.

Allow VOYA to tailor your facial specifically to your skin's unique needs. In the comfort of the treatment room, we will go through a comprehensive skin analysis and choose specific facial products to target your particular skin concerns. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced.



INTENSE DEFENCE FOR MEN FACIAL

60 mins

Exclusively created for men's specific skincare needs, this powerfully effective treatment exfoliates the skin with bamboo spines, allowing for a deeper cleanse. The client will enjoy a beautiful facial and scalp massage, where VOYA's seaweed leaves and Mermaid's Purse mask are used to soothe even the most sensitive skin. Fantastic for those effected with shaving rash, razor burn or ingrown hairs. The skin is left hydrated, fresh and mattified.

MARINE EYE TREATMENT

45 mins

Using organic Laminaria Digitata seaweed eye compresses, which are hand-harvested from the wild Atlantic Ocean, this is a unique treatment for refreshing and rejuvenating tired eyes.

Combining both relaxing and decongesting lymphatic massage movements to banish puffiness and dark shadows, we also use specialised eye masks for those individuals who are specifically concerned with ageing around the eye area. This is a firming, hydrating and results-orientated treatment that uses specific products rich in seaweed extract, green tea and vitamin C, to help reduce the appearance of fine lines and decongests the eye area.





Junior Spa

Good habits start at an early age - Specially designed for teens and kids, our junior menu is a great introduction to the appreciation and benefits of relaxation and positive grooming practices. All treatments are performed in a gentle and relaxing manner.

Please note the age requirements for each treatment. Appointments are available from 9.00 to 15.00.

TEEN'S FACIAL CLEANSER

60 mins

A deep cleansing facial targeting acne problems: cleansing, bentonite clay mask, serum and light facial cream.

HEAD & SHOULDER MASSAGE (13 - 16 YEARS)

60 mins

A relaxing and light massage of the shoulders and scalp to ease away the stresses.

HEAD, HANDS & FEET (9 - 16 YEARS)


60 mins

A great introduction to the benefits of massage. A gentle massage to the scalp, neck, hands and feet will have the extremities revived and ready for a busy day.

MINI MANICURE/PEDICURE (9 - 16 YEARS)

60 mins

A gentle exfoliation, relaxing hand or foot massage and attention to nails will leave little hands and feet looking and feeling fabulous. (Nail polish is optional).





Kanuhura Bath Rituals

LAZY DAYS DETOX SEAWEED BATH

45 mins

Submerge your body into a bath of organic, hand-harvested Atlantic seaweed (*Fucus Serratus*) to remove unwanted toxins and alleviate aches and pains.

This bathing ritual is the simplest and purest of all organic treatments! With its organic status approved by the IOFGA, this treatment utilises the natural power of organic hand-harvested seaweed to deeply moisturise the skin, increase circulation and promote healing. The renowned "Sailors Cure".

ORGANIC WARMED SPICED MUD BATH

45 mins

A peat bath was traditionally used for a variety of skin and rheumatic conditions. It offers potent detoxification, due to its trace elements, vitamins, lipids, polyphenols and humic acids from Irish peat. Infused with organic seaweed extracts, it assists in reducing the appearance of cellulite and combats the signs of ageing. This dark deep relaxing bath can also soothe muscular aches and pains, relieve stress and fatigue, energise mind and soul.

ORGANIC SEAWEED AROMA BATH SALTS THERAPY

45 mins

A relaxing bath soak with a blend of VOYA organic essential oils, organic lemon, lime, clove, basil, mandarin and patchouli, combined with bath salts. This is a wonderful aromatic bath treat prior to further VOYA treatments.





Hands and Feet

DELUXE MANICURE 60 mins

A luxurious and relaxing hand massage with blended oils and a rich hand lotion will complete your manicure experience. Your nails will look and feel exquisite! Application of nail color is optional.

DELUXE PEDICURE 75 mins

A total make over for your feet and toe nails. Begin with a relaxing footbath of essential oils, and cleansing treatment with moisturizing foot scrub. A special foot and leg lotion completes the pampering process. Application of nail color is optional.

FRENCH FINISH 15 mins

Add to any manicure or pedicure.

Salon

EPILATION

Leg Waxing	60 mins
Half Leg Waxing	30 mins
Upper Lip Waxing	30 mins
Full Arm Waxing	30 mins
Half Arm Waxing	30 mins
Under Arm Waxing	30 mins
Bikini Line Waxing	30 mins
Brazilian Bikini Waxing	45 mins
Back Waxing	45 mins
Threading - Lips/Eyebrows/Full Face	30 mins

HAIR CARE RITUALS

Shampoo	30 mins
Blow dry	30 mins
Hair Treatment	90 mins
Wash & Blow-Dry	45 mins
Fringe & Ends Cut	30-45 mins
Wash & Cut(ladies')	60 mins
Wash & Cut And Blow-Dry	75 mins
Wash & Blow Dry Curl	60-75 mins
Wash & Cut (Gentlemen)	45 mins
Wash & Cut (Children)	45 mins

BRIDAL SPECIALS

Hair-Do	45 mins
Hair-Do (Children)	45 mins
Hair-Do Trial	45 mins
Make-up	75-90 mins
Make-up Trial	75 mins
Wedding Special for Bride: Facial/Manicure/Pedicure/ Hairdo/Makeup	360 mins
Wedding Special for Groom: Men's Facial /Manicure/ Shampoo and Hair Styling	150 mins



Kanuhura Fitness Training

Don't miss out on your daily work out or get started to work on your personal health and fitness goals. After a professional fitness evaluation, our personal trainer will assist and motivate you, to whether it is cardiovascular fitness, advanced strength, flexibility or weight loss.

PERSONAL TRAINING

After assessing your health and fitness condition, our personal trainer will develop a customized training program for you, which fits your personal needs perfectly. Aiming to maximize your training at any level and to provide you with different approaches, the personalized training will help you to achieve your realistic fitness goals, incorporating muscular strength training, cardiovascular endurance and flexibility.

PILOXING

Piloxing uniquely blends two of the industry's most powerful and timeless disciplines (Boxing and Pilates) and adds the third element of dance in this high energy interval workout. Pilates meets Boxing meets Dance.

Pilates and boxing share a very important commonality that is crucial to both, the core. The power to throw punches, the ability to stabilize and create true balance comes from the core. This dynamic program moves through heart pumping, power boxing combination to sculpt and lengthening Pilates-influenced movement to 'let yourself go' dance release, and then it starts all over again.

ZUMBA FITNESS

The exercise that started the dance-fitness revolution and changed the way we look at a "workout" forever. It's fun, effective and best of all? Made for everyone!

FUNCTIONAL FITNESS

Functional training helps provide you with the strength, stability, power, mobility, endurance and flexibility that you need to thrive as you move through your life and sport. You use your basic functional movement patterns like pushing, pulling, hinging, squatting, rotating, carrying, and gait patterns (walking and running) every day. Functional training utilizes exercises that improve your movement proficiency in these primary patterns to give you an edge and enhance your performance so you can achieve your goals safely and with good health. Exercise sessions might be done in both music base rhythm or in time base.



CIRCUIT TRAINING

This is a form of body conditioning or resistance training using high-intensity aerobics that targets strength building and muscular endurance. Mainly the circuit has 6-10 stations (exercises) to be completed as one cycle. If one station is complete, you have to move on the next station, until you complete all the given stations. There is no break between each station or exercise, for this reason, this type of circuit training is often referred to 'Lactic Acid Interval Training' which promotes the burning of calories.

MANUAL STRETCHING

Stretching is a form of physical exercise in which a specific muscle or tendon is stretched in order to improve the muscle's elasticity and achieve comfortable muscle tone. The stretching exercises are mostly a combined approach of Yoga and Thai Massage which help you achieve a full relaxation of your muscles and relieves tensions.

COMBATIVE BOXING AND KICKBOXING

The combative type of exercise, using combination of punching and kicking techniques, will boost your adrenaline which allows you to sweat and release stress hormones. You will learn and deliver techniques of throwing punches and kicks the right way. In addition, experience the fun and challenging program training of the pro fighters; punching bag, punching mitts, kicking pads, conditioning drill (calisthenics), shadow boxing and kickboxing, skipping rope, and more.

BEACH BOOTCAMP

Join the Kanuhura Bootcamp: The boot camp includes military base exercises, adopted by fitness experts, who turned it into an effective and safe power workout for all ages. This program is designed to build strength and fitness through a variety of intense group exercise intervals, promoting fat loss, camaraderie and team spirit. The exercises may take place indoors or outdoors, using bodyweight exercises like push-ups, squats, burpees, interspersed with running and competitive games.

MALDIVIAN WARRIOR WORKOUT

Head straight to the shore to work on your beach body. Sunrise and sunset will be a perfect time to take things outside, joining a fun and enjoyable workout at the beach. Apart from the spectacular views, your muscles will have an extra challenge stabilizing in the sand. This training routine is mostly functional and incorporates equipment we can find in the Maldivian nature. We use wood logs and coconut shells as resistance or as weight bearing to spice up your training.

ASSISTIVE MORNING BEACH JOG/RUN

A morning run is the best way to start your day, to become more active as you run through the beautiful scenery of the Maldivian sunrise around the Island while burning calories at the same time. Take off your shoes and let your feet connect with the white sand. Jogging or running barefoot as guided by our fitness expert will help you train your feet to become stronger and after the run you can join in for some yoga, to help your mind and body to relax and calm.

MAT PILATES

Mat Pilates exercise focuses on strengthening the muscles of the hips, back, abdominals, and glutes or what we call the powerhouse of our body. Exercises look simple but require stabilization of the torso and focused effort to keep the abdominals contracted and working throughout the exercise. Even without added equipment, the workout is challenging and provides great toning benefits.



Subtle Energies

The Subtle Energies treatment programs have been designed with over 20 years of clinical experience and with a holistic approach to fortify and balance the body, mind and emotions. The signature programs incorporate diverse and skilled techniques, harnessing the finest traditional Ayurveda methods fused with modern massage techniques, such as remedial, reflexology, aromatherapy and lymphatic drainage, combined with an emphasis on the Marmas.

Voya

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.

Terres d'Afrique

Inspired by traditional remedies that had been known and understood for generations, these remedies, extracted from indigenous plants, are efficacious for aspects of health and wellness, but also for beauty. Nature is our inspiration and the aim is to use African indigenous plants, but only in a sustainable way – only if the harvesting and pressing of these highly efficacious ingredients benefits communities and environments in a positive way.

SPA

For Your Convenience

HOURS OF OPERATION

The spa and hydro facilities open daily from 9:00 to 21:00. The Gym opens from 7:00 to 21:00.

SPA COMFORT

To maintain a peaceful spa environment for all our spa guests, we respectfully request that all spa guests keep noise to a minimum and the use of mobile phones and other electrical devices are discouraged. Smoking is prohibited throughout the spa premises.

BOOKING

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available, particularly if you choose multiple bookings during your stay. For scheduling appointments or for further information, please contact our specialists at the spa reception.

SPECIAL CONSIDERATION

In order to ensure well-being throughout all treatments, we recommend to inform your therapist before treatments, should you have any medical complications, be pregnant or receive any professional health treatment.

CANCELLATION POLICY

Please allow at least four hours' notice for cancellation or rescheduling of your reserved treatments. Any cancellations with less than four hours' notice of the scheduled appointment time will incur a 50% cancellation charge.

SPA ARRIVAL

We would like to ask you to arrive 30 minutes prior to your treatment, to ensure your experience will be relaxing and fully enjoyable.

SPA ATTIRE

Spa attire and a locker for your personal belongings will be provided for your comfort.

FACIAL TREATMENT

We recommend guests receiving facial to remove their contact lenses and to bring personal case for storage. To all gentlemen who receive facial, we recommend shaving prior to facial treatment.

LOSS OR DAMAGE

A locker will be provided to keep your personal items. However, it is recommended to leave valuable items in your room safe. Any loss or damage of valuables is under guests own responsibility.

PRICE INFORMATION

All our prices are in USD and are subject to 12% GST and 10% service charge.



Spa Price List

	DURATION	USD
SIGNATURE TREATMENTS		
Ayurveda Aromatherapy-Blissful Marma Massage	60/90mins	160/190
Afrique-Aroma Massage	60/90 mins	165/195
Crystal Massage	90 mins	195
Mindful Moments Sleeping Ritual	90 mins	190
Maldivian Theyo Dhemun	60/90 mins	165/240
ASIAN THERAPIES		
Balinese Massage	60/90 mins	150/190
Thai Massage	90 mins	180
Shiatsu Massage	60/90 mins	150/190
Japanese Foot Massage	30/60 mins	75/145
Back & Shoulder Massage	30/60 mins	75/145
Pregnancy Massage	60 mins	150
EUROPEAN THERAPIES		
Candle Massage	60/90 mins	150/190
Holistic Massage	60/90 mins	150/190
Sport Massage	60/90 mins	160/200
Swedish Massage	60/90 mins	150/190
Anti-Jet Leg Massage	60/90 mins	150/190
Detox Massage	60/90 mins	165/195
Lymphatic Drainage	60/90 mins	150/190
AYURVEDIC- INDIAN AUTHENTIC THERAPIES		
Shirodara	90 mins	200
Abhyanga	60/90 mins	150/195
Pinda Massage	60/90 mins	150/195
Akti-Vasti	60 mins	150
Shiroabhyanga	45 mins	135
BODY POLISHES & BODY WRAPS		
Terres Blanches Body Masks	90 mins	210
Terres Rouges Body Mask	90 mins	210
Pearl Infused Remineralising Body Mask	90 mins	250
Rasayana Detox Body Wrap	75 mins	200
Organic Seaweed Leaf Wrap	90 mins	220
Organic Warm Spiced Mud Wrap	75 mins	165
Organic Stimulating Seaweed Body Buff	60 mins	145
Maldivian Kaashi Rub	60 mins	115
After Sun Remedy	45 mins	135
Mauritian Green Tea Body Wrap	45 mins	125
Mauritian Coconut & Sugar Scrub	30 mins	110

All prices are in United States Dollars and exclusive of 10% service charge and 12% government taxes.

	DURATION	USD
FACIAL THERAPIES		
Purifying-Afrique Restored Faical	60 mins	160
Soothing-Afrique Arising Facial	60 mins	160
24k Gold Age-Defying Facial	90 mins	220
Wild Kashmir Purifying Facial	60 mins	165
Anti-Ageing Restorative Facial	70 mins	180
Self-Discovery Radiance Facial	60 mins	160
Intense Defence for Men Facial	60 mins	170
Marine Eye Treatments	45 mins	150
JUNIOR SPA MENU		
Teens Facial Cleanse	60 mins	135
Head & Shoulder Massage	60 mins	125
Head, Hands & Feet	60 mins	125
Mini Manicure	45 mins	65
Mini Pedicure	50 mins	85
KANUHURA- BATH RITUAL		
Lazy Days Detox Seaweed Bath	45 mins	85
Organic Warmed Spiced Mud Bath	45 mins	85
Organic Seaweed Aroma Bath Salts	45 mins	85
SUBTLE ENERGIES JOURNEYS		
Cellular Restoration journey	210 mins	395
Empower Me, A Woman's Journey	150 mins	300
A Gentleman's Day	150 mins	275
WELL- BEING PACKAGES		
Spa Rituals	2-Days Package	220
Ocean Inspirations	3-Days Package	320
Healing Ceremony	5-Days Package	575
THE WORLD JOURNEYS		
Maldivian Journeys	2-Days Package	265
Indian Ayurvedic Journeys	3-Days Package	320
Asian and European Journeys	5-Days Package	680
Around the World Journeys	7-Days Package	805
THE JOURNEY WITH KOKAA SPA		
Asian Journeys	180 mins	400
African Journeys	180 mins	405
Indian Journeys	105 mins	250
European Journeys	105 mins	200
Mauritian Journeys	90 mins	200
Couples Journeys	90 mins	275 per couple

All prices are in United States Dollars and exclusive of 10% service charge and 12% government taxes.

Salon

	DURATION	USD
HANDS AND FEET		
Spa Manicure	60/90 mins	85/100
Spa Pedicure	60/90 mins	100/115
Men's Manicure	45 mins	65
Men's Pedicure	60 mins	90
Add French Finish	15 mins	25
Add CND Shellac Nail Gel	30 mins	30
Gel Soak off	20 mins	15
EPILATIONS		
Leg Waxing	60 mins	100
Half Leg Waxing,	30 mins	60
Upper Lip Waxing	15 mins	45
Full Arm Waxing	35 mins	90
Half Arm Waxing	30 mins	50
Underarm Waxing	20 mins	50
Bikini Line Waxing	20 mins	45
Brazilian Bikini Waxing	30/45 mins	75
Back Waxing	45 mins	100
Threading - Lips/Eyebrows/Full Face	10/15/30 mins	30/45/60
HAIR CARE RITUALS		
Shampoo	30 mins	45
Blow Dry	30 mins	60
Hair Treatment	90 mins	100
Wash & Blow-Dry	45 mins	90
Fringe & Ends Cut	30/45 mins	50
Wash & Cut (Women)	60 mins	95
Wash & Cut and Blow-Dry	75 mins	115
Wash & Blow Dry Curl	60/75 mins	100
Wash & Cut (Gentlemen)	45 mins	60
Wash & Cut (Children)	45 mins	50
BRIDAL SPECIALS		
Hair-Do	45 mins	75
Hair-Do (Children)	45 mins	50
Hair-Do Trial	45 mins	55
Make-Up	75/90 mins	85
Make-Up Trial	75 mins	50
Wedding Special for Bride Wedding	360 mins	450
Special for Groom	150 mins	250

All prices are in United States Dollars and exclusive of 10% service charge and 12% government taxes.

Kanuhura Wellness Training

	DURATION	USD
WELLNESS TRAINING		
Personal Training (for two)	60/90 mins	100/150
Personal Training (for one person)	60/90 mins	90/120
Yoga (for two)	60/90 mins	100/150
Yoga-(for one person)	60/90 mins	90/120
Sunrise /SunsetYoga (for two)	60/90 mins	100/150
Sunrise /SunsetYoga (for one person)	60/90 mins	90/120
Ashtanga Yoga (for two)	60/90 mins	100/150
Ashtanga Yoga (for one person)	60/90 mins	90/120
Yoga Pranayama (for one person)	90 mins	150
Meditation (for one person)	30 mins	60
Kids Yoga (for one person)	60 mins	90
Boot Camp-Kids (for one person)	60mins	90
Yogilates (for one person)	60 mins	110
Pilates (for two)	60/90 mins	120/180
Pilates (for one person)	60/90 mins	100/160
Manual Stretching	30/60 mins	60/100
Boxing/Kickboxing (for two)	60/90 mins	180/240
Boxing/Kickboxing (for one person)	60/90 mins	110/150
Zumba (for two)	90 mins	150
Zumba (for one person)	60 mins	110
Piloxing (for two)	60 mins	150
Piloxing (for one person)	60 mins	100
Functional Training (for two)	60 mins	150
Circuit Training (for two)	60 mins	150
Circuit Training (for one person)	60 mins	110
Boot Camp (for two)	60 mins	150
Boot Camp (for one person)	60 mins	100
ADDITIONAL PERSON CHARGE:		
Personal Training	60 mins	25
Yoga	60mins	25
Pilates	60mins	25
Kickboxing	60mins	25
Boxing	60mins	25
Zumba	60mins	25
Piloxing	60mins	25
Functional Training	60mins	25
Circuit Training	60mins	25

All prices are in United States Dollars and exclusive of 10% service charge and 12% government taxes.



kanuhura.com