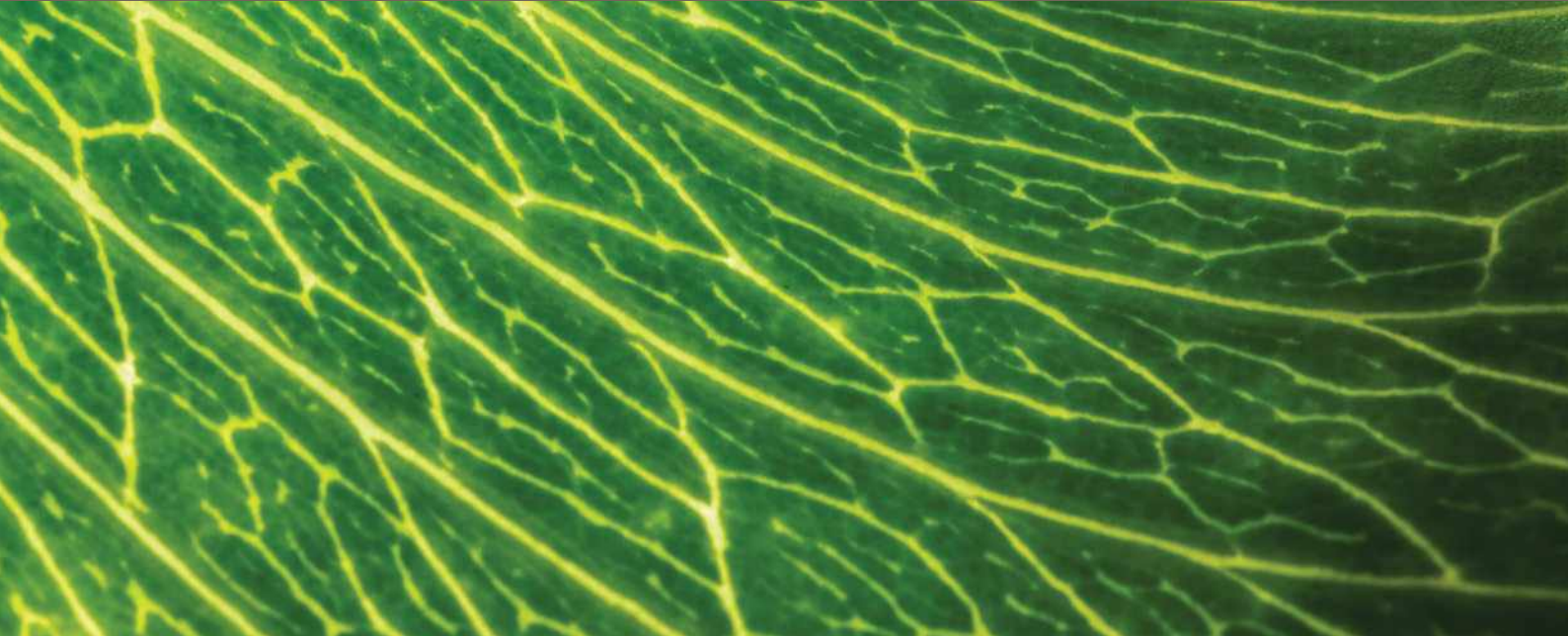



veli spa  
KURUMBA MALDIVES







A Maldivian inspired spa.

In Dhivehi - the language of the Maldives - Veli is a precious word that refers to sand – an essential element of life, originating from the timeless and natural interaction of coral and sea.

True to its roots, Kurumba's Veli Spa has been a pioneer in its implementation of traditional Maldivian treatments and herbal products as a part of its extensive range of wellness therapies. With our latest treatments with traditional Asian therapies to energy healing treatments, Veli Spa invites guests to enjoy the feeling of full relaxation while perched above the colourful coral and crystal waters that inspire the spa's healing philosophy.

At Veli Spa, we aspire to offer our guests inspiring and enriching treatments to renew their appreciation of life.

Our oils are derived from local coconuts. Our pastes are made from indigenous herbs, our treatments are inspired by a local medicine man.





# maldivianmassages

## **AKARAKARAA THEYO DHEMUN** **TOP SELLER**

**60 mins or 90 mins • \$119 or \$150**

*Our signature massage*

This full body oil massage, especially created for Veli Spa, can be tailored to your needs. A soft, medium or strong pressure whatever you desire. A hot sand poultice along with our healing signature oil, made with local herbs, will leave your skin soft, mind soothed and spirit lightened.

## **HULHUHULHUGA MODUN**

**60 mins or 90 mins • \$110 or \$149**

A special full body treatment concentrating on joints and tense zones. The therapist will apply the warm green paste made from Velamboli and the Tamburu veyo, the plant have been known amongst the indigenous population of the Maldivian islands for hundreds of years. The benefits of this treatment is to release muscle tension, back pain or joint are aching.

## **LANSIMOON THEYO DHEMUN**

**45 mins • \$85**

*Back, neck and shoulders massage*

So much tension can be held in our neck and shoulders and this massage concentrates on these areas. The use of hot poultices filled with Maldivian herbs will help to unravel the knots and soothe sore muscles.

## **TAMBURU FAI**

**60 mins • \$92**

*Foot massage*

Your feet deserve to be treated. After a wonderfully soothing massage to your feet and lower legs, we will apply a warm paste to your feet made from Tamburu found on most local islands. Treat your feet and you treat the whole body.

# maldivian



# globalmassages

## **BALINESE MASSAGE** TOP SELLER 60 mins or 90 mins • \$99 or \$149

This traditional Balinese massage will boost your circulation and give you a light to medium muscular massage. Acupressure and kneading are two of the techniques used in this relaxing treatment.

## **AROMATIC MASSAGE** 60 mins or 90 mins • \$106 or \$144

The healing properties of essential oils along with the therapeutic techniques will leave you feeling refreshed, balanced and soothed. This massage can be taken with medium or light pressure.

## **DEEP MASSAGE** TOP SELLER 60 mins or 90 mins • \$110 or \$154

If it is a strong, deep massage that you are after, then this is definitely for you. By working on all muscles and connective tissue, we aim to release tension in sore and tight areas as well as enhance circulation.

## **FULL BODY HOT STONE MASSAGE** NEW 75 mins or 90 mins • \$129 or \$150

Hot Stone Massage is a therapy to help you relax and ease tense muscles. This massage uses heated stones to generate energy and create a sense of balance and calm, as well as giving relief to deep-seated muscle tension.

## **HILOT AND MALAY FUSION MASSAGE** 60 mins or 90 mins • \$119 or \$150

An authentic massage that focuses on ancient methods passed down through the generations of Philippines and Malay cultures. Warmed coconut oil or herbal oil with banana leaves are placed over the body to detect the tension, imbalances and blockages in your body. It allows the Urut and Hilot techniques to improve your emotional, physical and spiritual well-being.

## **BESPOKE MASSAGE** 90 mins • \$163

Our highly skilled therapists target specific areas with this massage, whether for relaxation or for repair. They will use all or a combination of some of the following therapeutic techniques during your treatment, depending on your needs: Classic Massage, Gentle Stretching, Trigger Point Release, Joint Manipulation, Deep Tissue Techniques, Hot Towel Compress and Thermal Stones, amongst others.

# global

## **THAI MASSAGE**

**60 mins or 90 mins • \$119 or \$163**

An oil free massage straight from Thailand, sometimes called Lazy Man's Yoga. The stretches and deep pressure point massage is a perfect gift to the body, leaving you feeling awake and revived.

## **SLIMMING MASSAGE**

**60 mins or 90 mins • \$118 or \$149**

This invigorating massage with Maldivian herbal oil tones and refines the body's contour. Manipulative massage techniques (kneading and hacking) will mobilize and help reduce fluid retention and stubborn fatty deposits.

## **MOTHER TO BE MASSAGE**

**60 mins or 90 mins • \$125 or \$135**

If you are expecting a baby and in the second or third trimester, this massage has been especially made for you. The oil and massage techniques have yours and your baby's best interests at heart.

## **RAN ONU THEYO DHEMUN**

**90 mins • \$149**

A unique and effective deep pressure treatment, offering to soothe sore muscles, increase blood circulation and bring a sense of deep relaxation. A mix of warm Golden Bamboo Sticks of various lengths and thickness is used to apply pressure, kneading and stroking techniques in order to work out the muscle tension.



Enjoy the gentle sea breeze brushing your body while the sound of the lapping water surrounding our Outdoor Pavilion, sends you to sleep. A perfect way to feel the Maldives.







# outdoormassages

## **SPA UNDER THE STARS TOP SELLER** **105 mins per person • \$480 per couple**

An experience you will never forget. The stunning setting surrounded by the lapping Indian Ocean will have you marvelling at the night sky while receiving a gentle soothing massage. Warm Maldivian coconut oil is pure from local cowrie shells, which in turn are used to soothe away any tensions.

Bubbles or sparkling juice and chocolate dipped fruits will be served to compliment your treatment as we leave you together to wonder at the stars.

## **FULL BODY MASSAGE** **60 or 90 mins • \$130 or \$160**

A soft, medium or strong pressure can be taken with this relaxing massage. The healing properties of essential oils along with the sound of the Ocean, will leave you feeling refreshed, balanced and soothed.

## **SCRUB AND MASSAGE** **90 mins • \$160**

A gentle sand and coconut scrub is offered, followed by a dip in the sea to remove the scrub. After a shower, we finish with a full body massage using locally sourced coconut oil.

## **FOOT MASSAGE** **60 mins • \$123**

As you sit in the comfort of our Outdoor Pavilion gazing at the clear waters of the Indian Ocean, your feet are gently massage. During this massage you may order a drink from the bar. \*

*\* The beverage of your choice is an extra charge.*

# outdoor



# scrubs&wraps

## **VELI CLEANSE** TOP SELLER

**75 mins • \$143**

*A strong scrub with a cleansing wrap*

A detoxifying and cleansing treatment. The bamboo body exfoliation prepares your skin for the wrap. Choose from a clay and green tea wrap, or a milk, coconut and vanilla wrap to cool, hydrate and nourish your skin.

## **VELI ENRICH**

**75 mins • \$143**

*A hydrating scrub with a warm wrap*

A hydrating and warming treatment. The coconut exfoliation will be followed by a ginger wrap to improve blood circulation, cellulite and also muscle tension.

## **VELI EXFOLIATION**

**45 mins • \$88**

*Prepare your skin*

A body scrub with a choice of coffee, coconut or tea extract. Prepare your body for the sun by buffing and nourishing your skin.

## **VELI SUN SOOTHER**

**45 mins • \$89**

*For sun damaged skin*

A soothing body wrap for sun-drenched skin, using cooling homegrown aloe vera & cucumber. We finish with a vanilla and shea butter balm leaving your skin feeling cooler and calmer.

## **VELI COCONUT OIL HAIR WRAP**

**45 mins • \$85**

*Hair conditioner*

Warm locally sourced coconut oil is applied to the hair and scalp, followed by a truly relaxing pressure point head massage and upper back massage. The coconut oil is a superb conditioner for the hair. It restores lustre and acts as a protective barrier from the sun and sea water.

# scrubs&wraps





# facials

## **THE ISLANDER** TOP SELLER

**60 mins • \$118**

*For oily and combination skin*

This facial incorporates plant proteins, vitamins, minerals and 4-tea elixir. We offer a lymphatic drainage massage to balance, clarify and restore. Perfect for combination skin.

## **VELI GLOW**

**60 mins • \$118**

*For dry skin*

This facial revives dull and lack lustre skin. Extracts from black tea, squalene (derived from olives) and honey, dissolves dead skin and brightens your complexion. A pressure point massage will leave your skin radiant and glowing.

## **GREEN TEA**

**30 mins • \$55**

*Instant facial*

This green tea facial is a revitalizing and relaxing treatment, ideal for pampering and giving the face a quick touch of refreshing radiance.

## **SOS SUN REPAIR**

**60 mins • \$139**

*For sun damaged skin*

This facial helps boost hydration and improve the skin's elasticity. It is restorative, being rich in chamomile, white lily, green tea and collagen, all of which help to plump, hydrate and restore the skin.

## **REJUVENATING\***

**90 mins • \$172**

*Anti-aging*

We start with a deep cleanse, a peel and an acupressure massage to encourage cell renewal. Special firming and remodelling facemask will help to repair and rejuvenate the skin. This treatment delivers both immediate and long lasting results.

*\*A back massage is included with this facial.*

facials





# manicure & pedicure

## MANICURE FOR HER

**60 mins • \$85**

Soak your hands in a mineral rich bath. We shape, buff, colour, and nourish your nails. Essential oils and hydrating botanicals are massaged from elbows to fingertips. A true luxurious experience.

## MANICURE FOR HIM

**50 mins • \$79**

Cleansing, shaping and buffing the nails followed by a hydrating massage from elbows to fingertips.

## PEDICURE FOR HER

**60 mins • \$95**

Indulge your feet in a warm soak of purifying sea salts. We shape, buff, exfoliate and nourish your feet into true perfection. Combining a tropical scrub with a skin-softening mango and shea butter wrap, a reviving acupressure massage and skilful colour application.

## PEDICURE FOR HIM

**50 mins • \$89**

We soak and exfoliate your feet in warm salt water. Then shape and buff your nails followed by a deep scrub and enlivening foot massage.

## POLISH ONLY

**30 mins • \$25**

Hands or feet.



*Both manicure and pedicure can  
be experienced at the same time.*

# manicure



## addons

### ADD TO YOUR TREATMENT \*

**30 mins • \$45**

Treat yourself to some extra time being spent on your favourite or troublesome area. Simply add one of the following to your treatment:

- Neck
- Shoulders
- Back
- Head
- Face
- Hands
- Feet

*\* Add ons can only be experienced when added to another treatment*

# addons



# yoga & wellness

## **PRIVATE YOGA SESSION**

Yoga supports us in our daily lives physically, mentally, emotionally and spiritually. Yoga has many forms. Hatha yoga, the most common style of yoga, combines three elements: physical poses (Asana); controlled breathing practiced in conjunction with asana and a short period of deep relaxation or meditation.

## **YOGA FOR BEGINNERS AT YOGA PAVILION**

**45 mins or 75 mins • \$29 or \$39**

If you are new to Yoga, this introduction is perfect for you. This session will include some easy postures, breathing exercises and meditation.

## **SUNRISE OR SUNSET YOGA**

**60 mins or 90 mins • \$39 or \$49**

Enjoy the sounds of the sea and the warmth of the sun while practicing yoga on the beach, either as the sun rises or as it sets. No experience necessary and all skill levels are welcome. This session will include asana (poses), pranayama (breathing) and meditation.

## **POWER YOGA**

**60 mins or 90 mins • \$39 or \$49**

This dynamic yoga is for those who wish for more of a workout. The poses are performed without stopping and are combined with yogic breathing.

## **YOGA NINDRA (YOGIC SLEEP)**

**30 mins • \$29**

Yoga Nindra is the extremely deep relaxation of the nervous system and healing of the body by allowing it to rest and recharge. This practice is done in the lying position.

# wellness



## **PRANAYAMA (BREATHING)**

**30mins • \$29**

The technique of Pranayama used to measure, control and direct the breath. The aim behind the technique is to restore and maintain the health of a person, while increasing the capacity of the lungs and directing more oxygen to the body as a whole.

## **MEDIATION**

**30mins • \$29**

Meditation is the art of focusing your complete attention in one area that leads to a state of peace and harmony.

## **PRE NATAL YOGA**

**60mins or 90mins • \$39 or \$49**

Prenatal yoga is a wonderfully gentle way to embrace your pregnancy with a healthy and positive state of mind. Safe for both mother and baby.

## **YOGA FOR BACK PAIN**

**60mins or 90mins • \$39 or \$49**

This sequence is very safe for people with back issues and can help to alleviate pain when done regularly.

## **YOGA FOR STRESS**

**60mins or 90mins • \$39 or \$49**

By practicing simple and easy yogic techniques, the body and mind begin to work in harmony making for a healthier and stress free life.

## **REIKI SESSION**

**60 mins or 90 mins • \$55 or \$75**

Reiki is a technique that allows an energy flow to support the body's powerful abilities. Reiki works on all levels to balance cleanse and promote a state of pure relaxation.





# packages

## **ROMANCE**

**120 mins • \$369 for two**

*A couples' treatment*

A coconut body scrub with a chocolate body wrap followed by aromatic massage to complete your relaxation.

## **SPIRIT OF THE MALDIVES**

**120 mins • \$225**

*A scrub, massage and facial*

Uplifting and invigorating, our energizing treatment is designed to awaken the body and mind. The treatment starts with an intensive full body exfoliation, a choice of deep massage or Balinese massage. We end with a facial suited for your skin type.

## **THREE DAYS - PAMPERING PACKAGE**

**\$285**

- Day 1 : Choice of 45 mins Body Scrub Coffee, Coconut or Tea extract
- Day 2 : Balinese 60 mins
- Day 3 : Thai Massage 60 mins

## **FOUR DAYS - RELAXATION PACKAGE**

**\$403**

- Day 1 : Akarakaraa 60 mins
- Day 2 : Aromatic Massage 60 mins
- Day 3 : Hilot and Malay Fusion Massage 60 mins
- Day 4 : Outdoor - Full Body Massage 60 mins

## **FIVE DAYS - TRANQUIL PACKAGE**

**\$432**

- Day 1 : Akarakaraa 60 mins
- Day 2 : Ran Onu Theyo Dhemun 90 mins
- Day 3 : Reiki 60 mins
- Day 4 : Balinese Massage 60 mins
- Day 5 : Veli Glow facial or The Islander facial 60 mins

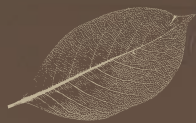
## **SIX DAYS - VITALITY PACKAGE**

**\$479**

- Day 1 : Veli Exfoliation 45 mins
- Day 2 : Aromatic Massage 60 mins
- Day 3 : Thai Massage 60 mins
- Day 4 : Deep Massage 60 mins
- Day 5 : Outdoor- Full Body Massage 60 mins
- Day 6 : Manicure or Pedicure

*\* A complimentary glass of fresh juice will be served in our relaxation area after any of the above packages.*

# packages



# howtaveli

- Please arrive 15 minutes prior to your treatment.
- Kindly leave your valuables in your villa.
- Children over the age of 12 years are welcome in Veli Spa.
- If you are unable to make your treatment, please inform us at least 6 hours prior, in order to avoid a late cancellation penalty.
- Veli Spa is open daily from 09:00 - 20:00 hrs.
- Prices are in USD and subject to 23.2% Government Taxes and Service Charge.

**TO MAKE A RESERVATION,  
PLEASE CALL EXTENSION 363  
OR VISIT US AT VELI SPA**



Kurumba

MALDIVES