



DEVARANA  
WELLNESS

Devarana Wellness at Dusit Thani Maldives

All prices are quoted in US Dollar, exclusive of service charge and applicable government taxes.

# Achieve Optimal wellbeing

Our 21st century society exists in a fragmented state, the fast pace of life has changed enormously over the last 20 years.

We complex beings have found a way to overcomplicate much of life, as a result we are overstimulated which is creating an inner “unrest”.

This can create an imbalance of the body elements and the mind, leading to unhealthy emotions that can manifest into poor physical and mental health.

# A Wellness Solution

We approach these aspirations by way of a deceleration method, one that supports purposeful restoration, while creating intentional habits and rituals that pave the way for sustained emotional and physical resilience.

Traditional Thai healing wisdom that harnesses Buddhist Wellness principles, places a primary focus on Destressing, Detoxing and your deep restorative sleep.

“The experience of making a pause, you start connecting within yourself.

“You Pause. You focus. You Grow.”

# Pause

## Mental Detachment

Listening to your mind, these are the moments we stop, slow down, breathe, decelerating from our daily lives allowing for purposeful restoration.

Meditation & Mindfulness

Vibration & Sound Therapy

Specialty Massage

Body Massage & Treatment

Signature Experience

Skin Health Facials

Incremental Wellness

# Focus

## Physical Vitality

Performance, strength, flexibility, healthy, active, competitive. Feel good on the inside and look great on the outside. Where happiness and balance are in tune as body and mind.

Physical Discipline

- Active Stretching
- Private Yoga
- Qigong
- Aqua Yoga

# Growth

## Community

Inspired to create intentional habits that pave the way for sustained healing, education, and continued wellness community support and group involvement.

Holistic Wellness Program

Signature Package

Retreat & Core Programs

- Deceleration
- Physical vitality

Couples – Time together

Workshop and Classes



# Meditation & Mindfulness

Develop a stronger sense of being in the present and working toward self-improvement.

60-minute guided meditation will help teach you simple stages and practical tools to start your very own meditation practice or deepen your already established meditation practice in this 1 on 1 session.

USD 80++/session





# Vibration & Sound Therapy

60-minute Embark on a unique journey of the senses, during which Crystal and Tibetan singing bowls are used around your body, through which the resonating sound of the healing vibrations manage anxiety and restores mental and physical energies.

USD 80++/session



# Specialty Massage

## Calm Mind Stress Relief 45 min

USD 105++/session

This therapeutic treatment supports the mind to let go by addressing specific acupressure points on the neck, head, hands and feet. Massage combined with warm and cool compress, aids circulation muscular releases so the mind and body can re-develop a state of wellbeing.

## Classic Thai Foot Massage 45 min

USD 105++/session

This treatment is highly effective in releasing full body tension. A rejuvenating ritual of foot cleansing and pressure point massage. Pressure is applied to stimulate points corresponding to major body parts and organs, restoring balance and harmony to the body.

## Traditional Thai Massage 60/ 90 min

USD 170++/190++/session

This traditional Thai treatment is practiced with grace, mindfulness and a spirit of generosity. Blissfully nurturing nuad-pan-boran is a rhythmic oil-free massage. A blend of passive stretching and acupressure in meditative surroundings.



# Specialty Massage

## Body Balancing Massage 60/90 min

USD 170++/ 190++/session

This ultimate relaxing massage uses long, soothing strokes to induce relief from stress and tension while stimulating blood circulation. Pressure can vary from soft to medium, in accordance to your personal preference.

## Therapeutic Massage 60/ 90 min

USD 170++/ 190++/session

A restorative muscle therapy, sometimes known as Deep Tissue Massage - whereby the therapist uses targeted sustained pressure and kneading of your muscles that provides tension relief for real and immediate results.

## Thai Heritage Massage 90 min

USD 190++/session

A unique, one of a kind massage and it's therapeutic effect is recognized as the most effective massage in the world with Tok Sen tools to achieve a deep bodily vibration through tapping, stimulates from within and removes persistent muscle tension. Its technique allows you to remove the blockage of energy pathways and promote the normal flow of energy in the body.





# Body Massage & Treatments

## Thai Herbal Antidote

These healing treatments are inspired by Traditional Thai Herbal Medicine

*An approach inspired by our very own nature's gardens;  
a blend of oils, herbs, salts, clays and muds.*

Choose either a massage or scrub or both, in a personal consultation which will guide your selection of ingredients to match your wellness goals. An incredible connection to the foundation of Natural medicine.

Destress | Detox | Deep Sleep

|                   |                   |                   |
|-------------------|-------------------|-------------------|
| 60 min            | 60 min            | 120 min           |
| Massage           | Scrub             | Massage + Scrub   |
| USD 170++/session | USD 145++/session | USD 230++/session |



# Signature Experiences

## Ancient Thai Massage (90 min)

These healing techniques are based on the spirit of Traditional Thai healing wisdom and Wellness principles. A holistic remedy aimed at recovery from wear & tear on the mind and body.

Employing methods of deeply sustained pressure with warm herbal compresses and Tok Sen tools with yogic stretching. Transcendence is obtained via mindfulness and breathwork that harmonizes the flow of energy and Sen.

USD 210++/session

## Devarana Massage (90 min)

Exclusive to Devarana Spa, this unique massage combines strong pressures of Thai, Ayurveda and Shiatsu techniques with Swedish and Aromatherapy influences for the ultimate soothing and pampering experience. The signature massage come together with a bowl of hot water with freshly sliced lime and orange for respiratory clearing.

USD 210++/session



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## Skin Health Facials

### Replenishing Marine Facial 60 min

USD 150++/session

A mineral-rich facial designed to rehydrate and replenish the skin, leaving it gloriously renewed. Using several different kinds of seaweeds with aromatic oil and plant extracts, this wonderful maritime face rejuvenation is very gentle even for those who have sensitive skin condition

### Brightening Radiance Facial 60 min

USD 150++/session

This very complete whitening treatment offers skin cleansing and chemical exfoliation in order to reveal a “new skin” effect. Advanced techniques and products combine for brightening action, dark spot correction and action on wrinkles. Skin is more luminous and more transparent with an immediate burst of radiance.

### Men Skin Health 60 min

USD 150++/session

Recommended skin care treatment for men that keeps them looking healthy and handsome. A refreshing facial using seaweed, aromatic oil and plant extract precisely tailored for men to deeply cleanse the skin, enhance the moisture balance, and restore natural radiance for that fresh and revitalized appearance.

### Lifting & Firming - Anti-aging 90 min

USD 200++/session

Combat signs of ageing and maintain a youthful complexion with our therapeutic blend of seaweed and carefully selected minerals. The wrinkles are less visible and skin is firm and radiant.



# Incremental Wellness

30-minute session that specialize on both body & mind with a focused approach. Can be added to any other treatment or program or enjoyed on their own.

## Herbal Compress Back Massage

USD 70++/session

Focused on the neck, shoulders and back, this massage places lightly steamed compress on the back and lets their heating effect to relieve aches and pains as well as stimulating blood circulation. After the compress, soothing hand movements work into the muscle and soft tissue to relieve stress and tension.

## Oriental Head Massage

USD 70++/session

Let your therapist knead your stress and headaches away with this intense and effective full head and scalp massage, improves flexibility and blood circulation within the head. Guests can choose to enjoy this massage with or without oil.

## Bath Therapy

USD 70++/session

Various types of warm-water soaks used to speed wound healing, to apply gentle heat to sore muscles or joints, to relieve emotional stress, or to treat a variety of physical disorders ranging from sports injuries, rheumatoid arthritis, and chronic sinusitis to painful

Coconut Milk | Cold Immersion| Mineral Salt | Thai Herbal



# Physical Discipline

## Active Stretching 60 min

Experience our unique stretching treatment which incorporates isolated repetitive movements focusing on lengthening your muscles and gently releasing the fascia that surrounds your muscles. A beneficial way of increasing flexibility and your functional range of motion.

60 min / USD 80++/session

## Private Yoga 60 min

Yoga is offered in its various forms, from Asanas (physical poses) to mind-body awareness, incorporating breathing and resting techniques. Classes will be available in for groups as well as individual sessions which may also be scheduled.

Hatha Yoga | Vinyasa Yoga | Pranayama

60 min / USD 80++/session





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## Qigong

Qigong is system of coordinated body-posture and movement, breathing, and mediation used for the purposes of health, spiritual, and martial-arts training.

60 mins – USD 80++/session

## Aqua Yoga

Aqua Yoga is super low impact exercise, making it an ideal way for people with joint pain to improve their strength, flexibility, and range of motion.

60 mins – USD 80++/session



# Holistic Wellness Program

## Destination Rejuvenation 2.5 hours

USD 260++/session

Say goodbye to stiffness, aches and pains and bring your travel-weary body back down to earth with a 30-minute Body Scrub, followed by a 90-minute Therapeutic Massage and a 30-minute Relaxing Facial.

## Sleep Antidote 2.5 hours

USD 280++/session

Sleep deprivation strikes all of us at some point in our lives. Treat yourself to a well-earned rest with a relaxing therapy designed to help you drift into a restful nap. Includes a Lavender Body Scrub, a Hot Milk Bath, and a Body Balancing Massage.

## Balance 3.0 hours

USD 350++/session

Fast-track your way to a peaceful state of mind with a 90-mins facial treatment followed by our 90-minute Ancient Thai massage therapy that blends three techniques for maximum recovery.



# Signature Package

## The Heavenly Nantha Garden Experience (2.5 hours)

In the work of ancient Thai literature called Tribhumpharuang, Nantha was described as a garden situated at Heaven's gate, with magical flowers and herbs. Devarana Spa's signature treatment brings the divine Nantha Garden to life by mixing fresh tropical leaves and water lily flower with aromatic blends of ylang ylang to create a truly heavenly experience.

With the essence of flowers and herbs, this soothing treatment comforts your skin and uplifts your mind through the Devarana Bath and Devarana Body Scrub. Complete the unforgettable rejuvenation with the Devarana Massage that combines strong pressures of Thai, Ayurveda and Shiatsu techniques with Swedish and Aromatherapy influences for the ultimate in relaxation and pampering.

- 30 min Devarana Bath
- 30 min Devarana Scrub
- 90 min Devarana Massage

USD 280++/session

## The Harmony of Tad Si-the Traditional Thai Medicine (2.0 hours)

An ancient Thai therapy is based on the Buddhist teaching that the human body is composed of Tad Si or four elements of earth, water, wind and fire. Traditional Thai medicine also believes that diseases are caused due to two main reasons: first, an imbalance of the four elements in the body, and second that the mind is governed by 'ego' and ego leads to unhealthy emotions of attachment, aggression and obscuration that can disturb the body harmony.

The Harmony of Tad Si combines a Thai herbal compress dipped into aromatic oil tailored to each guest's body element, with Thai Massage, incorporating pressure point and stretching techniques to relax muscles, relieve soreness, promote circulation and stimulate the nerve meridians of the body.

- 30 min Thai Herbal Compress
- 90 min Thai Massage

USD 240++/session



# Retreats & Core Programs

Restorative Multi-day programs offered with an added focus on Mental & Physical Recovery. Available for a minimum of three nights, these personalized programs are created to ‘recover” your physical and mental wellbeing while fostering positive lifestyle changes to inspire ongoing resilience and performance.

## Deceleration

A holistic wellness solution to surrender the mind, focusing on recovery from the fast-paced world, fostering a connection to self and finding balance from the inside-out.

Private yoga | Meditation | Ancient Thai Massage |  
Sound Bath recovery session

3.5 hours/USD 350++/ person/session

## Balance & Vitality

A Wellness program to achieve optimum health and fitness.  
Focus and discipline as core training for fitness and recovery for the body/muscles.

Private Aqua Yoga & Yoga | Body Balancing massage  
Active stretching | Cold Immersion sessions

3.5 hours/USD 380++/person/session



# Couples Time Together

## Side by Side Massage

Customize your time together by enjoying our 60-minute well-being massages together as a shared experience. There's no hard and fast rule that says a Couples massage is to be strictly for couples. You can also reserve a dual massage with mom, or your best friend.

60 min – USD 300++/couple/session

90 min - USD 320++/couple/session

## Couples Connect

Connecting through unity and a shared experience. Enjoy 60-minute side by side Massages, followed by an express facial for her and a foot reflexology for him.

90 min - USD 320++/couple/session

## Couples Retreat

For an elevated wellness experience, embark on a multi-faceted and special time together. A fun & engaging experience for couples seeking to enrich the connection within their relationship. Beginning with your 60-minute couple's treatment of choice, a retreat co-created by you.

60 min - USD 300++/couple/session

90 min - USD 320++/couple/session

customize your itinerary and your multi day package;

- o Private couple's yoga or meditation session
- o Time together facility usage, hydrotherapy immersion
- o Fitness class of choice

60 min - USD 40++/person/session

*\*Please met with our Wellness Hosts to arrange any special considerations, packages or inclusions*



# Workshops & Classes

Specialty sessions inspired to create intentional habits that pave the way for sustained healing. Education. Continued wellness community support and group involvement.

Sustainable workshops | Crafts | Demonstrations | Seminars

\*Please refer to our website and most recent Wellness Calendar.

[Link to Devarana Wellness calendar](#)





### Arrival Time

Please check in at Wellness Reception at least 15 minutes prior to your scheduled appointment. Arriving late will result in a reduction of treatment time.

### Cancellation Policy

Because treatments are reserved especially for you, appointments cancelled with less than 6 hours notice will incur a cancellation fee of 50% of the reserved treatment price. The full reserved treatment price will be imposed for a “no-show”.

### Gift Certificates

Gift Certificates for wellness treatments and retail products are available for purchase.

### Payment

Cash and all major credit cards are accepted.

### Refund

Wellness treatments and wellness memberships are non-refundable, non transferable and non-exchangeable unless otherwise stated.

### Spa Protocol

We kindly request that mobile phones be turned to silent mode and that noise be kept to a minimum to allow all guests to enjoy the serenity of the spa. Children under 15 years are not permitted in the spa. Smoking and consumption of alcohol in the spa is not allowed.

### Special Considerations

Before undertaking wellness treatments, please consult your health practitioner if you have any medical conditions such as high blood pressure, heart condition or any other medical complication. Guests are asked to complete a health questionnaire. Please advise wellness consultant if you have any health issues or concerns.

### Contact Lenses

We recommend you to remove your contact lenses before your facial treatment. Please bring your own case and solution for lenses.

### Valuables

Jewellery and valuables may be placed in secured drawers in treatment rooms; however we recommend that no jewellery be worn during the treatment. The management accepts no responsibility for the loss of money or valuables brought in to the wellness.

### Accidents or Injuries

Devarana Wellness shall not be liable for any accident or injury suffered by any member or guest.

### Extra Time

We offer private changing and showering facilities in each of our treatment rooms. In addition to your treatment time, we allow 15 minutes for changing and showering. Extra time is charged at USD 30 for each 15 minutes or part thereof. Please let us know in advance if you require extra showering or changing time so that we may reserve your room.