



Welcome to Duniye Spa,

Step into our world of care, where time is left at the door and a new journey begins.

At Duniye Spa we invite you to embark on a journey of mindful & joyful living. We hope to be a source of inspiration for your well-being.

Whether you seek to make some healthy lifestyle changes, find some simple daily practices to pamper body & soul or look to rejuvenate and revitalize from the inside out, we'll provide a customized approach to your needs.

Connecting with our Inner Self, our body, with Nature and All there is, often misses its place in our daily busy lives. Visit us at Duniye Spa, allow yourself to slow down, relax, unwind, to reconnect, to be taken care of, to be inspired and guided.

Experience our well-being and spa services to promote within you a deep sense of calm, joy and connectedness. Beauty and well-being from the inside out.

Our products are not only created with love and care; they are the result of latest scientific research in the field of organic skin care. Highly effective ingredients such as peptides, Matrixyl, Cranberry extract, Kigelia Africana – just to name a few- ensure only the best is given to your skin.

HealingEarth™ products are developed in line with fair trade and sustainability principles and are 100% organic certified.

Allow us to share our passion for beauty, healing and well-being. It is our commitment to inspire and assist you on your path to holistic, joyful and healthy living.

In warmth,

Renate Heemes
Group Spa Director, Duniye Spas

SIGNATURE TREATMENTS**

Includes our Asian inspired traditional & refreshing foot ritual to unwind and connect.

SENSE OF TOUCH

Our signature massage: a sense seducing escape from daily life. Combining the world's best massage techniques; inspired by African and oriental healing traditions, expect a deeply relaxing and uplifting massage experience. Ginger & Lemongrass herbal poultices are used to evoke a warm, nutrient rich relaxation to tense muscles. This massage works with the body's natural energy system to harmonise the energy flow. Utilizing our miracle African Potato body balm to revive your senses whilst enriching your skin with anti-oxidants & deep hydration.

75 minutes US\$ 132

HEAVEN ON EARTH

The ultimate face & body ritual: Unwind & de-stress with this heavenly combination. Drift away with a Balinese Massage to stimulate the natural balance of body, mind and soul. Enjoy our Healing Earth™ Glow & Radiance Facial, while celestial sounds of our Tibetan singing bowls deepen your relaxation. Rejuvenated, uplifted and deeply relaxed you will walk on clouds after this blissful experience.

90 minutes US\$ 156

MALDIVIAN ISLAND PARADISE

Our bespoke top to toe Signature Ritual uses the essences of 100% pure organic coconut native to the Maldives. Experience profound and deep relaxation; enjoy smooth and hydrated skin and shiny, lustrous hair with the tropical scent of coconut.

- Freshly ground Coconut-Vanilla Body Polish
- Coconut hair mask combined with an Indian head massage using coconut oil infused with Rosemary.
- Tropical full body massage with 100% virgin coconut oil

120 minutes US\$ 204

COUPLES INDULGENCE**

Includes our Asian inspired traditional & refreshing foot ritual to unwind and connect.

FULL MOON MAGIC

An enchanting ritual to share with your loved one, captivates all of your senses, alleviates any tensions and connects you to the vital powers of nature's elements.

- Your choice of a full body massage
- Freshly prepared body polish
- Indulgent Indian head and foot massage.
- Tropical Bath Infusion*
- Healing Earth™ Bio Active Mini Facial
- Fruit platter complimented by champagne
- Spa gift for your spa experience at home

135 minutes US\$ 420 per couple

HONEYMOON INDULGENCE

Embrace this defining body ritual in a romantic setting with your loved one. After our signature foot-bath:

For her: A choice of Balinese or Oriental massage, Pinotage Body polish, a deeply nourishing Indian head massage enriched with Rosemary infused warmed coconut oil.

For him: A deep tissue Back or Muscle Ease Massage, followed by an invigorating Ginger-Lemongrass Body Polish, encapsulated by a relaxing foot massage.

105 minutes US\$ 342 per couple

HIM & HER

Romantic Indulgence! Enjoy precious time together immersed with the aromas of pure essential oils and indulge in a restoring & calming Balinese Massage, followed by champagne to savour this treatment.

75 minutes US\$ 240 per couple

**** OUR RECOMMENDATION:**

Complete with a tropical bath ceremony with pure floral aroma essences and a tropical refreshment.

20 minutes US\$ 22 per person/ US\$ 34 per couple

MASSAGES OF THE WORLD

60 minutes US\$ 114

90 minutes (with herbal poultices) US\$ 148

BALINESE MASSAGE

A gentle and calming massage using acupressure, skin rolling and relaxing strokes to soothe, restore and calm the mind and body.

MUSCLE EASE MASSAGE

Invigorating deep tissue massage using Swedish massage techniques to wring away tension and stress, with the option of deeper pressure.

STRESS RELIEVER BACK MASSAGE

A therapeutic, deeply relaxing massage focusing on the back and upper body area; traditional heated herbs (poultices) are used for profound deep healing and release of muscle tension. (60 minutes)

AROMATHERAPY MASSAGE

A holistic massage, using a personalised blend of massage oil tailored to your mood and feelings to bring upon peace and tranquillity to your body, mind & soul. Using gentle rhythmic strokes this massage promotes lymphatic drainage and healing.

ORIENTAL MASSAGE

A therapeutic blend of free flowing massage techniques including Balinese, Thai and Indian head massage to experience the release of muscle tension, greater movement and renewed energy.

THAI MASSAGE

Energising and uplifting, this 'yoga' massage opens joints, increases energy flow and muscle flexibility; improving postural body alignment (no oil used).

MASSAGE 'A LA CARTE'

Tailor your massage to focus purely on your areas of choice to address tension and discomfort in specific muscle groups, choose your timing and your preferred massage style for a truly unique and personalised experience.

Prices subject to 12% GST (goods and service tax)

FACIAL CARE

Facials by **HEALING EARTH™** premium 100% organic product brand includes the highly celebrated antioxidant-rich pinotage grape seed oil and most active botanical essences.

Skin fit is a technique created to stimulate deep muscles in the face with the use of traditional Gua Sha stones, Rose Quartz and Jade Rollers. Stimulating, firming and lifting the skin to reinvigorate muscles and promote graceful aging.

SKIN FIT - VITA FIRMS FACIAL

Suitable for all skin types, but of particular beneficial for mature, dry or dehydrated skin. Improves skin elasticity, minimizing visibly fine lines and the onset signs of aging. With the use of Matrixyl™ & Cranberry in combination with tri-enzyme fruit acids; the skin is deeply exfoliated promoting the restructuring process of collagen and the vitamin boost to visibly revive the youthful and radiant appearance of your skin.

75 minutes US\$ 118

SKIN FIT - PINOTAGE HYDRA FACIAL

Suitable for him & her; oxygenated skin, long lasting deep hydrating facial that restores skin brilliance and radiance through highly concentrated pure organic serums tailored to your individual skin concerns. The facials are customized to your skin type to ensure visible results. Our skin therapist will advise the best treatment options for you.

60 minutes US\$ 110

ENHANCER - BEAUTIFUL EYES

Complete your facial with the new technology of EyeSlices™: reduces puffiness, dark circles, redness, lines and wrinkles, bringing luminosity to the eye area.

US\$ 9.50

Prices subject to 12% GST (goods and service tax)

BODY CARE

CELLU-SLIM CAPPUCCINO BODY RITUAL

FIRM & TONE

The complete body experience using an innovative blend of coffee and Body Complex 3™ to improve micro circulation, eliminating stretch marks and to reduce the appearance of cellulite. This treatment includes a full body exfoliation as well as a thermo cellulite slim mask. Enjoy firm, toned and smooth skin as a result. Let your senses drift away with the captivating sense of cappuccino.

*For best results we recommend this treatment 2 times per week

75 minutes US\$ 130

TROPICAL ALOE VERA RITUAL

HEAL & REPAIR

Too much sun? Let the purest natural remedies cool, repair and restore your skin. For your body a cooling and healing Aloe wrap to restore and heal damaged skin. For your face hydra-boost skin care that restores radiance and structure to the epidermis.

75 minutes US\$ 128

COCONUT BODY POLISH

EXFOLIATE & MOISTURISE

A soothing back massage with warm coconut oil prepares the skin for freshly prepared coconut body polish to provide you with a moisturising exfoliation leaving your skin glowing and bright. The perfect preparation for a day on the beach.

60 minutes US\$ 102

GINGER LEMONGRASS BODY POLISH

STIMULATE & RELIEVE TENSION

An invigorating and stimulating ginger lemongrass polish prepared with fresh ginger to improve skin circulation, releases muscle tension and exfoliates. Great after an active day! Includes tension releasing back massage.

60 minutes US\$ 102

Enhance with a facial cleanse and exfoliation

15 minutes \$ 24

Prices subject to 12% GST (goods and service tax)

BEAUTY CARE

SOUL 2 SOLE

Warm blended coconut oil infused with rosemary is massaged into your scalp, neck and shoulders following Indian traditions to relieve tension and deeply hydrate the hair. Completing the journey of the soul with a sole pressure point reflexology to stimulate energy zones and reflex areas throughout the body. This treatment leaves you in bliss from head to toe.

60 minutes US\$ 114

COCONUT HAIR CRÈAM BATH

A traditional hair treatment infused with the hydration of coconut to leave the hair silky smooth, a perfect treat after a day in the sea. A warm blend of coconut oil is massaged into the scalp nourishing and softening the hair. Followed by a coconut hair mask wrapped in heated towels to deeply soften and hydrate even the driest hair. Perfectly completed with a neck and shoulder massage and application of hydrating coconut or frangipani lotion. Expect soft, shiny hair with the tropical scent of coconut.

60 minutes US\$ 114

DELUXE SPA MANICURE

Luxurious conditioning care for your hands with all elements of a traditional manicure to leave hands soft and smooth and nails beautiful. Includes a nourishing hand-arm massage with the tropical scent of frangipani to nourish the skin. Nail polish application is included if desired.

60 minutes US\$ 62

DELUXE SPA PEDICURE

Pamper your feet with an aromatic foot soak and scrub, followed by a traditional pedicure including the removal of unwanted dry skin and callouses completed by a foot massage with refreshing peppermint lotion to leave your feet feeling revitalised and hydrated. Nail polish application included if desired.

60 minutes US\$ 62

NCLA Gelous Polish Application \$10

SALON TREATMENTS

Please refer to our salon service list. Services such as waxing, eyebrow shaping, hair & make up are available

HOLISTIC WELL BEING

Restore your vital energy with our range of traditional therapies, mindfulness practices, yoga and meditation.

SOUND BATH

Sound is vibration, and vibration touches every part of our physical being. Sound is heard not only through the ears, but through every cell of the body. Fall into a deep state of relaxation, meditation, and healing as your expert therapist uses a set of Himalayan singing bowls to balance your body, mind and soul.

60 minutes US\$ 104

REIKI

Renowned Japanese technique for stress reduction and relaxation; awakens the body's innate healing ability, by 'laying on hands' allowing life force energy to flow and release blockages. As a result feel a deep sense of calm, peace & well-being.

60 minutes US\$ 104

REFLEXOLOGY

Treat your feet with whole body benefits. Working on your foot reflex points to restore balance and support the body's own healing.

60 minutes US\$ 104

INTUITIVE BLEND

Experience an intuitive holistic treatment with one of our specialised therapists leading your self healing journey with their touch, includes specialised knowledge of reflexes, osteopathy, sound therapy and reiki to provide a sense of deep relaxation and healing therapy.

60 minutes US\$ 114

HIMALAYAN SALT STONE THERAPY

DETOX & REJUVENATE

Beginning with a detoxifying foot ritual, this highly relaxing and re-mineralizing massage incorporates warmed, ethically sourced Himalayan Salt Stones that contain 84 mineral trace elements, which reduce stress, tension, pain and inflammation. The skin is naturally exfoliated by the stones leaving the skin smooth and hydrated. Experience a deep sense of balance and wellbeing.

75 minutes US\$ 128

YOGA & MEDITATION

In the practice of yoga the ultimate aim is one of self-realisation and self-development. Allow our yoga instructor to lead you into a practice, which aims to realign and balance body and mind.

*Schedule is available on request

ADD ON SERVICES

To further enhance any of your spa treatments, add on your selection of the below services to any treatment on the spa menu.

BACK, NECK & SHOULDER MASSAGE

An invigorating deep tissue massage focusing on the back area, using massage techniques designed to wring away tension and stress.

30 minutes US\$ 56

EXPRESS FACIAL

A treat for your face with the elements of a traditional facial, using our organic products - short and sweet!

30 minutes US\$ 56

INDIAN HEAD MASSAGE

COCONUT OIL MASSAGE FOR SHINY HAIR

Warm locally sourced coconut oil with rosemary infusion is massaged into the scalp and hair. Followed by an Indian head neck and shoulder massage. Coconut oil is a natural conditioner and provokes new shine; aids in the protecting the hair from the sun and sea.

30 minutes US\$ 56

HOW TO SPA

- Opening hours 10am to 8pm, treatments after these timings are subject to an extra charge of \$25 pp
- Kindly shower prior to treatment to remove sunscreen.
- To enjoy the full spa experience, please come to the spa 15 minutes prior to your appointment.
- Our cancellation policy is 6 hours; we regret that 50% charge will be made for treatments cancelled with less than 6 hours notice and 100% charge will apply for no-show.
- Packaged offers are not refundable, not transferable and pre-booking is required.
- **All prices subject to 12% GST(goods & service tax)**

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