



heavenly  
BY WESTIN spa

# Awaken Your Senses

---

# HEAVENLY JOURNEYS

---

## **MALDIVIAN BLISS**

This ritual begins with Maldivian coconut exfoliation to remove the dead cells and enhance blood circulation, followed by a steam session and a massage intended to eliminate knots & tensions. The therapy concludes with a rich magnesium bath, to leave you feeling holistically relaxed and rejuvenated.

120 MINUTES SINGLE - USD 300 or  
FOR TWO - USD 500

## **HEAVENLY PRESERVE**

The treatment commences with the detoxing process of applying green tea body wrap trailed by a relaxing Swedish massage that involves soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on topmost layers of muscles. By relieving muscle tension, this therapy can be both comforting and energizing.

90 MINUTES SINGLE - USD 250 or  
FOR TWO - USD 400

## **ENCHANTED INDULGENCE**

Uplifting and revitalizing, this therapeutic body massage renews skin, boosts energy and awakens the senses. Essential oils complement the herbs and advanced massage techniques are used to ease deep-seated tension and muscle tightness. Completes with a perfect facial suiting your skin type, which elevates your mood.

120 MINUTES SINGLE - USD 300 or  
FOR TWO - USD 500

## **HEAVENLY IMMERSION**

Wellness seeker should not miss this ultimate pampering experience! A combination of massage, facial, manicure and pedicure this complete spa package is specially designed to put your mind at ease and your body at rest.

180 MINUTES SINGLE - USD 350 or  
FOR TWO - USD 600

# HEAVENLY CARE

---

## **BODY TREATMENTS**

### **HEAVENLY SCRUB**

The Heavenly scrub is a popular treatment that exfoliates and hydrates your skin by removing dead skin and toxins to improve blood circulation. Sea salt, coconut body scrub laced with vanilla melt into the skin, gently polishing away impurities.

40 MINUTES - USD 90

### **SOOTHE & REPLENISH RESCUE**

Ideal for dry, sun-exposed, or damaged skin, this calming face and body therapy includes the application of Aloe Vera gel along with Neroli Water that is extracted from the flowers of bitter orange trees. This unique combination is a perfect remedy to reduce sourness & tenderness after a long day in the sun.

60 MINUTES - USD 120

### **MAGNESIUM BATH RITUAL**

Magnesium formulates a bath salt named Epsom Salt. Adding this rich mineral to your bath decreases inflammation and relieves muscular soreness. Most importantly, it also minimizes the effect of painful muscular cramps. The magnesium component of Epsom Salts acts as a muscle relaxant and contributes to stress reduction by relieving muscular tension.

60 MINUTES - USD 120

# HEAVENLY TOUCH

---

## BODY MESSAGES

### HEAVENLY SPA SIGNATURE

Experience effective and immediate relaxation from long, flowing movements and therapeutic methods at various levels of pressure complemented with enriching blends of oils that will leave you with an enhanced sense of wellbeing.

60 MINUTES - USD 170

90 MINUTES - USD 200

### TRADITIONAL BALINESE MASSAGE

Using a combination of gentle stretches, acupuncture, reflexology, and aromatherapy the traditional Balinese massage helps to stimulate the flow of blood, oxygen and "qi" (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation.

60 MINUTES - USD 150

90 MINUTES - USD 180

### DEEP TISSUE UPLIFT

Best for giving attention to certain painful, stiff "trouble spots" in your body. The therapist uses slow, deliberate strokes that focus pressure on layers of muscles, tendons, or other tissues deep under your skin. Essential oils complement the herbs enlivening the senses and instilling an overall feeling of wellbeing.

60 MINUTES - USD 150

90 MINUTES - USD 180

### ASPIRE (Bespoke)

By creating friction in a perpendicular direction across sore muscle fibers, the massage helps to release muscles from adhesions and stiffness. Combined with aromatherapy oils this treatment is specially designed to release pain and strain instantly.

60 MINUTES - USD 170

90 MINUTES - USD 200

### SPORTS MASSAGE

Designed to assist in correcting problems and imbalances in soft tissues that are caused by repetitive and strenuous physical activities and trauma. This vigorous massage concentrates on specific muscles and muscle groups intended to relieve aches and discomfort and aid the natural healing process.

60 MINUTES - USD 150

90 MINUTES - USD 180

### FOOT REFLEXOLOGY

Take a seat, lift your feet and let our therapist take over. This ancient method of manipulating and rubbing reflex zones in your feet improves circulation, stimulates muscles, reduces tension, and often eases pain leaving you feeling balanced and restored.

60 MINUTES - USD 90

### HEAD AND SCALP

A gentle and stimulating technique, this treatment focuses on your head and scalp to ease strain. Followed by a nourishing scalp cure with organic dry oil or magnesium sea brine, the therapy also heals and conditions sun damaged hair for a healthy and shiny look.

30 MINUTES - USD 60

# HEAVENLY GLOW

---

## SPA FACIALS

### PRO-VITAMIN AGE DEFY

Tackle fine lines and wrinkles with the age-defying benefits from an active protein of spirulina and algae that is enriched with pro-vitamin A. Targeted massage encourages optimum cellular function for immediate nourished and younger-looking skin.

60 MINUTES - USD 170

90 MINUTES - USD 200

### SOOTHE & HYDRATE ANTIOXIDANT FACIAL

A combination of vitamins, growth factors and antioxidants are applied to the face to infuse these ingredients deep into the skin to promote health and nourished skin. Designed for sun-exposed, dry, sensitive, or damaged skin this intense hydrating facial therapy delivers an exceptional nutrient-rich elixir that revitalizes tired aging skin.

60 MINUTES - USD 170

90 MINUTES - USD 200

### PURIFYING FACIAL

This facial will optimize your well-being and cleanse your skin with a renewed freshness. Foaming cream cleanser offers intense cleansing while exotic radiance revealing lotion soothes and restores. This deeply detoxing treatment revitalizes tired, congested and stressed skin.

30 MINUTES - USD 90

60 MINUTES - USD 170

### MEN FOCUS FACIAL

Targeted to address difficulties men commonly face, such as razor burn and ingrown hairs, dullness, and sensitivity, the face is deeply cleansed with extractions to clear clogged pores leaving you with a well-hydrated complexion.

60 MINUTES - USD 170

90 MINUTES - USD 200

# HEAVENLY BEAUTY

---

## MANICURE

Pamper your hands and nails with this manicure treatment, which includes clipping and grooming, a relaxing hand and lower-arm massage. Nail polish available upon request.

40 MINUTES - USD 65

## SPA PEDICURE

Includes a warm foot soak and a foot scrubbing followed by clipping of the nails, shaping of the nails, cuticles treatment concluded by a short foot and calf massage. Nail polish available upon request.

60 MINUTES - USD 80

## SHAPE AND POLISH

Involves filing, buffing, shining of the nail and applying color of your choice.

25 MINUTES - USD 25

\*Waxing available upon request.

# ETIQUETTES

---

Spa treatments and Personal trainer assistance are available from 10:00 am until 8:00 pm daily.

Fitness Facilities – 24/7.

Please contact your butler or place your reservation directly from your room by dialing Ext. 432

To ensure that all guests can enjoy the peace and harmony within the Spa and Wellness Facilities, we request that all guests keep noise level to a minimum and refrain from carrying cellular phones and other electronic devices.

## **ARRIVING FOR YOUR APPOINTMENT**

To make the most out of your spa and wellness experience, we ask you to arrive 20 minutes prior to your scheduled appointment. This will give you time to check in, get ready, enjoy your welcome drink and start your relaxation early. In the unlikely event that you are running late, we will endeavour to conduct your treatment. However, please note that we shorten your treatment time. Some spa treatments will may have welcome foot ritual which is part of the treatment duration.

## **WHAT TO WEAR**

For Spa treatments, we will provide you with comfortable disposable underwear, robe and slippers. You may wish to bring your swim wear to enjoy our sauna or steam room located at our WestinWORKOUT.

## **SMOKING AND ALCOHOL**

The consumption of cigarettes and alcohol is not encouraged in any Spa and Wellness environment and not advised before any spa treatment or service.

## **CLEANLINESS**

Keeping our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after every service and treatment.

## **CHILDREN POLICY**

Minimum age for Spa Treatments, sauna, steam room and Jacuzzi usage is 16.

## **VALUABLES**

We request that you store all your valuables in your room or locker provided to you at the time of your service. The Westin Maldives Miriandhoo will not be responsible for lost, stolen or misplaced items.

## **GIFT CARDS AND CERTIFICATES**

Gift certificates for our Spa and Wellness services are available. For more details, please contact our Spa Receptionist or your butler.

## **CANCELLATION POLICY**

We require 3 hours advance notice in order to cancel or re-schedule your appointment with no charge. Any changes or cancellations made after the 3 hour window will incur a 20% cancellation fee. This policy also applies to gift card and certificate holders.

## **REFUND POLICY**

Treatment packages are non-refundable, non-transferable and non-exchangeable. Unused products in their original packaging may be returned within 14 days for a full refund.

## **PAYMENT**

Any gift cards, vouchers, or certificates must be mentioned at the time of booking.

All prices exclude 16% Government Tax and 10% Service Charge. Kindly note, the prices are subject to change without prior notice.

# WESTIN WORKOUT AND LIFE STYLE

---

## HEAVENLY STYLE CONSULTATION

Based on individual Holistic Health Assessment a comprehensive wellness program will be developed by our Wellness Counselor.

It will include:

- A personalized wellness treatments program
- Guidelines regarding lifestyle and diet modification
- Dietary and herbal supplements may be advised
- A personalized stress management plan will be created, including physical activity, meditation, breathing techniques, etc.

40 MINUTES - USD 100

## PERSONAL TRAINING AND WORKOUT SESSION - 60 MINUTES

Single - USD 90

For two - USD 150

Family (upto 4 pax) - USD 180

## 3 PERSONAL TRAINING SESSIONS

Single - USD 230

For two - USD 370

Family (upto 4 pax) - USD 440

## 7 PERSONAL TRAINING SESSIONS

Single - USD 500

For Two - USD 800

Family (Upto 4 Pax) - USD 960

## YOGA & MEDITATION

**During the one hour Yoga you will experience**

- Warm up
- Whole Body Stretching
- Surya Namaskar (Sun Salutation)
- Asanas (postures)
- Breathing Technique
- Meditation

## PRIVATE YOGA CLASS 60 MINUTES

Single - USD 90

For two - USD 150

Family (upto 4 pax) - USD 180

## 3 PRIVATE 60 MINUTES YOGA CLASSES

Single - USD 230

For two - USD 370

Family (upto 4 pax) - USD 440

## 7 PRIVATE 60 MINUTES YOGA CLASSES

Single - USD 500

For two - USD 800

Family (upto 4 pax) - USD 960

## THE WESTIN MALDIVES MIRIANDHOO RESORT

Baa Atoll

Republic of Maldives

T+960.660.4444

F +960.660.4477

westin.com