



SPA & WELLNESS

Na(adhu
PRIVATE ISLAND
MALDIVES



Personalised spa experiences that encompass the essence of the island boasting an exclusive and luxurious journey.

HOW TO SPA Spa experiences will be carried out in the comfort of our treatment room on Naladhu Private Island.

Reservations

We recommend making an advanced reservation for your spa treatments through your Kuwaanu or Personal Spa Specialist. • Your reservation will be reconfirmed a day in advance. Please let your Kuwaanu know the most convenient time to meet with your Personal Spa Specialist. We always try our best to accommodate requests for individual therapists/specialists based on their availability.

Preparation

For ladies, no preparation is necessary. For men, we recommend shaving prior to a facial treatment to reduce skin irritation and maximise comfort. Other treatments require no preparation.

Spa Attire

If required for the treatment, disposable underwear will be provided.

Health Concerns

If you are pregnant or have any pre-existing conditions or allergies, please inform our team before booking any spa treatments or using the spa facilities. Kindly advise your therapist before your treatment commences. This will ensure your safety before having any treatments.

In-Residence Services are available upon request *(additional charges will apply)*

CANCELLATION POLICY: Should you need to cancel or reschedule your treatment, we do require a minimum of 24 hours' notice to avoid being charged 50% of the treatment fee. No shows will be charged 100% of the treatment fee.



SIGNATURE EXPERIENCES

Naladhu Signature Massage

(90 minutes)

Evoking a profound state of relaxation this massage experience involves an intuitive sense of connection. Your therapist will use carefully seasoned aroma oils and a signature sequence of Eastern and Western techniques to re-open the body's natural energy flow. A personalised approach that focuses on your physical and emotional wellbeing.

Includes: Personalized full body aromatherapy massage

Essence of Naladhu

(90 minutes)

This signature experience encapsulates the essence of Naladhu Island, an exclusive intimate retreat enriched with luxurious gems. Your spa journey begins with a gentle body exfoliation, brightening tone and improving texture. Further indulge in a deeply relaxing, yet revitalising healing massage. Using an aromatic blend perfectly complemented to enhance stress relief, reduce tension, and fatigue.

Includes: Invigorating Body Scrub & Body Massage

Naladhu Indulgence

(90 minutes)

Indulge in combination of a high performance spa treatments to hydrate and nurture skin and overall wellbeing especially after a long journey. Begin with our most thorough hydration treatment, a powerful hyaluronic acid formula ensures high performance results. This facial treatment leaves the skin completely quenched and plumped. Continue the journey with jetlag foot massage using special massage oil enriched with sage and menthol for cooling effect and reduce any water retention.

Includes: Hydration Facial; Jetlag foot massage



MASSAGE EXPERIENCES

Naladhu Healing Massage

(60/90 minutes)

Our signature massage is a gateway to calming the mind and rejuvenating the body. A blend of warm oils specifically designed to uplift your senses and a traditional western massage modality using medium pressure and stimulating movements to transition into mental calmness and physical prosperity.

Stress Release Massage

(75 minutes)

A customised massage to help alleviate tension in the most stress-prone areas. Your therapist targets your areas of concern with a massage that instantly relieves discomfort and tension. Complemented with a mini foot and hand reflexology fusion to create a perfect balance leaving you centred and connected.

Deep Tissue Massage

(60/90 minutes)

A restorative deep tissue massage designed to ease aching muscles and alleviate stress. Choose your preferred massage blend from a variety of sweet, sensually sharp and floral aromas.

Hot Stone Massage

(75 minutes)

Heated volcanic stones and a stunning blend of essential oils are used in this massage. The heat from the stones helps to relieve muscle or joint tension and increase blood circulation creating a balance of calm and wellbeing. This treatment is perfectly designed to promote a profound state of relaxation.

Abhyanga

(60/90 minutes)

A treatment that draws healing wisdom from ancient Ayurvedic tradition. Warm oils are blended with medicinal herbs for healing and detoxifying the body. Rhythmic massage techniques are applied to work along the meridian lines and restore the flow of vital energy.

Lomi Lomi Massage

(60/90 minutes)

This traditional Hawaiian therapy It is more than just a physical massage; it is a healing experience that harmonizes the body, mind and spirit. It has a positive effect on all body systems. It improves flexibility, reduces stress, balances the body and mind, and helps you reach clarity and relaxation.

BODY EXPERIENCES

Choose from a variety of body scrubs and wraps designed to regenerate skin cells, boost the lymphatic and immune system, improve the tone and texture of the skin and help with balancing stress and anxiety.

BODY SCRUBS

Elemis Intensely Cleansing Salt Scrubs

(60 minutes)

Fragranced salt gently sloughs away dead skin and encourages the regeneration of new cells, leaving a smooth and responsive canvas to absorb a deeply nourishing body oil.

Includes: Salt scrub, body moisturizer

BODY WRAPS

Elemis Thousand Flower Detox Wrap

(60 minutes)

Relax in a cocoon of deeply nourishing green tea balm that stimulates the elimination process for powerful detoxification and naturally healthy skin.

Includes: Body Wrap, Scalp Massage

JETLAG FOOT THERAPY

(60 minutes)

Shake off the effects of long-haul air travel with a treatment that freshens and tightens. Recommended for tired, 'heavy' legs, this treatment reinforces the dermis, stimulates blood circulation and energises the skin, resulting in a taut, toned look.

Includes: Foot Massage, Cryo Wand therapy

BODY FIRMING & LIFT TREATMENT

(75 minutes)

This multi-step treatment combines proven techniques to improve elasticity and tighten skin tissue. First, an invigorating exfoliating session removes dead skin cells. Following, a bio-reflex massage is applied using a moisturising complex that nourishes and protects. A serum or firming oil is then massaged into the skin to prevent slackening and refine skin texture. This treatment is the ideal follow-up to a slimming treatment, working to firm up any softer zones.

Includes: Exfoliation with gloves, Lift and Firming serum, Lift and Firming massage.





FACIAL EXPERIENCES

111SKIN is an authentic doctor driven skincare brand, founded by us and european board-certified plastic surgeon Dr. Yannis alexandrides m.D f.A.C.S Cutting-edge formulas with ground-breaking ingredients that typify the peak of our innovation.

CELESTIAL BLACK DIAMOND NON-SURGICAL LIFT FACIAL

(90 minutes)

Lift, Firm, Tighten

Our most comprehensive anti-wrinkle facial, this luxurious experience harnesses 111SKIN's most potent collection – the Intensive Collection – to encourage a youthful, sculpted and visibly firmer appearance. The multimasking treatment reduces pigmentation for brighter and more balanced-looking skin.

ROSE QUARTZ RESTORATIVE FACIA

(90 minutes)

Smooth, Sculpt, Soothe

This facial combines powerful restoration properties with the most innovative formulas to firm and sculpt. Radiance Oil containing gold and rose extracts with rose quartz crystals to relax and soothe the mind, leaving your skin rested with restored looking radiance. A must-have for all skin types and perfect before a big event.

THE SIGNATURE HARLEY STREET FACIAL

(60 minutes)

Restore, Fortify, Heal

A high-performance facial formulated with powerful antioxidants to neutralize free radical damage, and to repair irritated skin thanks to our signature NAC Y2 complex –the facial also targets skin issues such as dehydration, sensitivity and rosacea for skin that feels and looks calmer and deeply hydrated.

CLARITY REBALANCING FACIAL

(60/90 minutes)

Purify, Detox, Refine

This targeted treatment for problematic skin features a highly intelligent mask system which utilises the exclusive 111SKIN Facial Architecture method, balancing the skin microbiome and minimising oil production. A selection of our Clarity Collection combined with active ingredients like colloidal sulphur and salicylic acid dissolve dead skin cells and reduce inflammation. You are left with a clear complexion and refined, polished skin.

THE GENTLEMAN'S DE-PUFFING CRYO FACIAL

(60 minutes)

Regenerate, Oxygenate, Energise

This treatment is designed to detoxify and reduce puffiness. Brighten by increasing oxygen flow. Energising treatment to make skin appear firmer and luminescent. Perfect for tired skin to help counteract pollution. The relaxing Cryo Globes massage will sculpt and contour the face.



COUPLE'S JOURNEY

ROMANCE AT NALADHU – IN VILLA TREATMENT

(90 minutes)

This deeply relaxing journey designed for you to reconnect with one another through shared experiences. Combining Abhyanga rhythmic massage using warm herbal or coconut oil combined with romantic milky bath at the comfort of your villa while sipping a glass of champagne and refreshments.

Includes: In-Villa treatment, 60-minute Abhyanga massage, Milky bath, champagne & refreshments.

ULTIMATE SLEEP INDULGENCE – IN VILLA TREATMENT

(90 minutes)

An evening ritual to enhance your sleep, comfortably performed in your villa. Begins with a deeply relaxing Naladhu Healing Massage. Long stroke, flowing movements and therapeutic techniques are implemented for instant relaxation; followed by a face cleansing ritual and nourishing mini facial to prepare your skin and mind for sleep. Wake up with a refreshed mind and body. Use Morning to Night spa giftset to continue your nightly ritual

Includes: In villa treatment, Naladhu Healing massage, Mini Nourishing Facial Spa gift.

BEAUTIFUL ISLAND COUPLES MASSAGE

(75 minutes)

Your journey commences with a delicate hand and foot ritual. A Naladhu Healing Massage is the perfect addition to your getaway restoring the flow of energy, complemented with Thai body stretches and an uplifting scalp massage.

Includes: Foot & Hand Ritual, Body Massage, Stretch & Scalp Massage



KIDS SPA & WELLNESS

For Age 4 to 12 years old

SLEEPY LAMB MASSAGE

(30/45 minutes)

A relaxing massage using organic coconut oil to soothe muscle and help kids to relax and sleep well.

CHOCO FUDGE SUNBURN REVIVER

(30 minutes)

Fun time Hershey's fusion with coconut milk to moisture the skin and reduce redness from sunburn for body and face.

MOMMY & ME

(60 minutes)

Combo treatment for Mom (or Dad) and Kid. Enjoy a 60-minute relaxing Naladhu Healing massage while your kid will be pampered with nourishing Chocolate face & body treatment and relaxing massage.



WELLNESS AT NALADHU

The success of a healthy lifestyle comes from the commitment to achieving your wellness goals.

EPIGENETIC TEST & ANALYSIS

Single: Day 1 Test (20 minutes) / Day 2 Read-Through (30 minutes)

Couples: Day 1 Test (30 minutes) / Day 2 Read-Through (60 minutes)

Dig deeper into your genetic data. Undergo an epigenetic hair test, through a bio profiler, which provides information about your body's levels of nutrients, vitamins, minerals, essential amino acids, fatty acids, antioxidants, and contaminants. Discover which daily nutritional and environmental factors are impacting your body's cells and learn through a personalized reading with our Balance Wellness Consultant how to reverse your epigenetic expression and live a healthier more resilient life.

Choose from the following report options:

Optimize Immunity & Wellbeing; Vegan Immunity & Wellbeing; Optimize Professional Training; Sport & Fitness, Nutrition, Optimize Youthful Cells; Optimize Hair, Skin & Nails

Inclusive of: test, report and analysis with Wellness Consultant.*

** The epigenetic report is available in various languages – please discuss with your wellness consultant before your test.*

WELLNESS SCREENING AND CONSULTATION

(90 minutes)

Our wellness consultations promote education to better understand lifestyle habits that can affect your health while target specific goals such as detox, anti-aging, immune health, weight management, mindfulness, and general wellbeing.

Provide you with a personalised road map to wellbeing by inviting you to share your wellness goals and health concerns through assessment of your current diet, lifestyle and medical history. Each consultation includes a personalised Nutrition & Lifestyle report and the option to add a full analysis of your body composition.



PERSONALISED MOVEMENT

Our movement sessions are designed to be mindful and fun with a particular emphasis on technique and body alignment. Each session is personalised to meet your wellness goals.

Personal Training

(60 minutes)

Our resident personal trainer will help put together a bespoke personal training program suited to your individual requirements and fitness goals; helping you achieve your desired results in an effective and safe way.

Yoga and Pranayama

(60 minutes)

Our resident yoga instructor will guide you through gentle stretches to more advanced poses, combining consultations and one-to-one sessions that teach bespoke breathing techniques and postures

Acro-Yoga

(60 minutes)

Acro Yoga is a physical practice that combines yoga and acrobatics. It is a form of partner and group acrobatics in which at least someone is lifted. It is a playful, fun but also therapeutic. This beginner level class is available for individual practice with our instructor as the partner or couples who want to master some of the most Instagram-able poses.

Kundalini Meditation

(45 minutes)

This meditation is an active and energizing practice which involves moving awareness through the seven chakras. This process of releasing energy from the body has the purpose of creating a system of communication between your mind and body to relieve mental, physical, and spiritual issues.

PRICELIST

SIGNATURE EXPERIENCES

Naladhu Signature Massage (90 minutes)	USD 340
Essence of Naladhu (90 minutes)	USD 330
Naladhu Indulgence (90 minutes)	USD 360

MASSAGE EXPERIENCE

Naladhu Healing Massage (60/90 minutes)	USD 245/310
Stress Release Massage (75 minutes)	USD 280
Deep Tissue Massage (60/90 minutes)	USD 280/345
Hot Stone Massage (75 minutes)	USD 280
Abhyanga (60/90 minutes)	USD 255/315
Lomi Lomi Massage (60/90 minutes)	USD 245/310

BODY EXPERIENCES

Elemis Intensely Cleansing Salt Scrubs (60 minutes)	USD 190
Elemis Thousand Flower Detox Wrap (60 minutes)	USD 200
Jetlag Foot Therapy (60 minutes)	USD 225
Body Firming & Lift Treatment (75 minutes)	USD 285

FACIAL EXPERIENCES

Celestial Black Diamond Non-Surgical Lift Facial (90 minutes)	USD 300
Rose Quartz Restorative Facial (90 minutes)	USD 290
The Signature Harley Street Facial (60 minutes)	USD 250

Clarity Rebalancing Facial (60/90 minutes)	USD 230/260
The Gentleman's De-Puffing Cryo Facial (60 minutes)	USD 260

COUPLE'S JOURNEY

Romance at Naladhu – In Villa Treatment (90 minutes)	USD 770
Ultimate Sleep Indulgence – In Villa Treatment (90 minutes)	USD 855
Beautiful Island Couples Massage (75 minutes)	USD 560

KIDS SPA & WELLNESS

Sleepy Lamb Massage (30/45 minutes)	USD 95/130
Choco Fudge Sunburn Reviver (30 minutes)	USD 105
Mommy & Me (60 minutes)	USD 410

WELLNESS AT NALADHU

Cell Wellbeing Epigenetic Test (60 minutes) Kids/ Adult/ Couple	USD 80/160/280
Wellness Screening and Consultation (90 minutes)	USD 275

PERSONALISED MOVEMENT

Personal Training (60 minutes)	USD 120
Yoga and Pranayama (60 minutes)	USD 120
Acro Yoga (60 minutes)	USD 145
Kundalini Meditation (45 minutes)	USD 100

All prices are in US dollars and inclusive of 10% service charge and 16% GST.