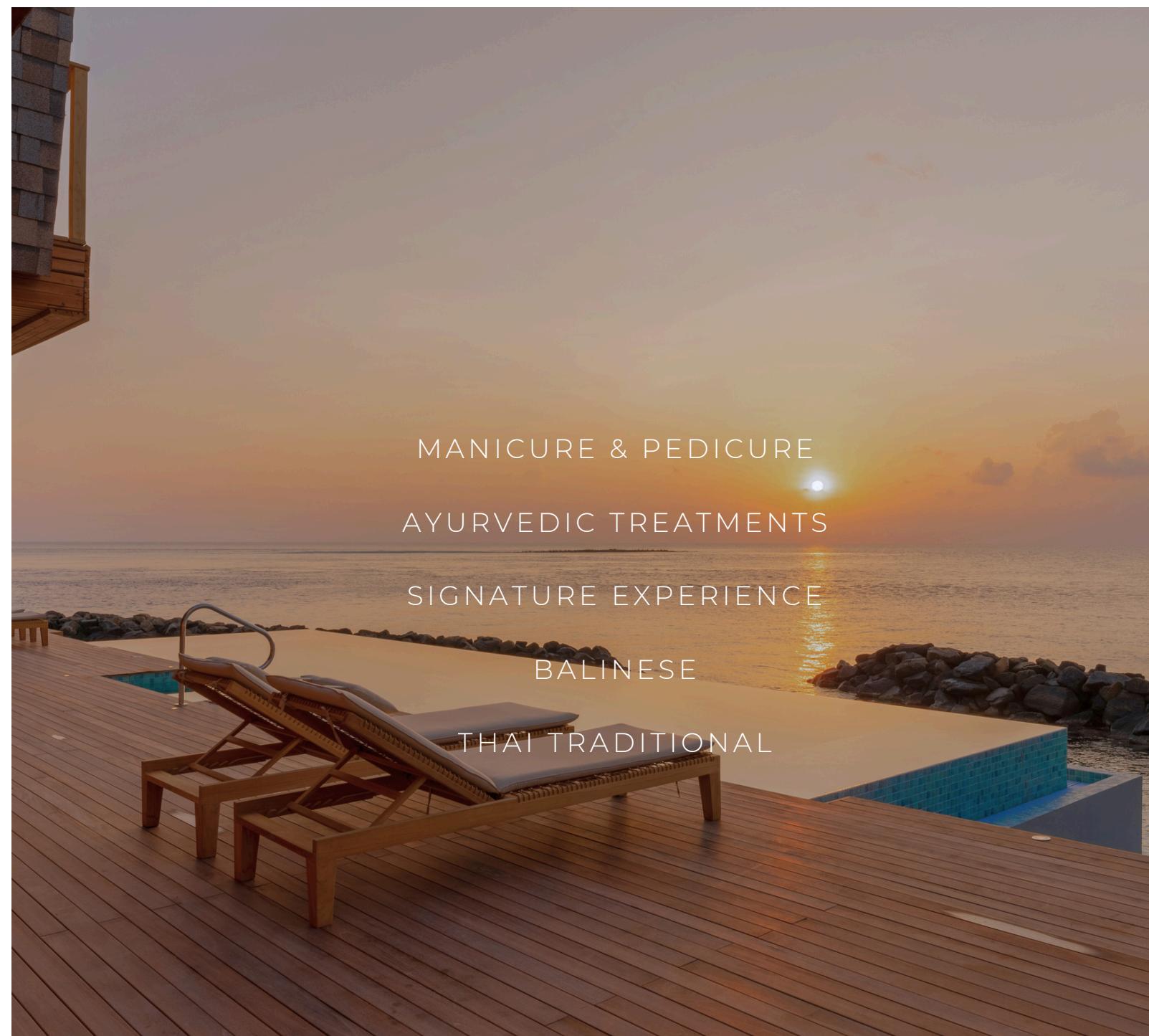


# About us

Suspended above the shimmering blue ocean, Kandu Spa invites you to a place where tranquility and natural beauty come together. In our treatment rooms floating over the water, a sense of lightness unfolds, guided by the sound of the waves and the warm glow of the island.

Each experience follows the gentle rhythm of the sea and restores balance, calm, and renewed energy. Welcome to a sanctuary where wellbeing is felt in its purest form.

KANDU SPA



## SIGNATURE EXPERIENCE

### Kandu Pearl Experience

As Kandu means ocean in Dhivehi, this signature ritual celebrates the purity and calm of the Maldives. The journey begins with a soothing Balinese massage that melts tension and prepares the body for renewal. A gentle coconut sea salt exfoliation smooths and softens the skin, followed by a refreshing botanical face massage that restores radiance and leaves a serene island glow.

120 Minutes / \$380

### Tranquil Harmony Ritual

This restorative ritual unites the wisdom of Thai stretching, the soothing depth of Balinese massage, and an Ayurvedic foot treatment with Marma point therapy. Gentle breathwork and a calming scalp massage complete the journey, promoting balanced energy and a deep sense of inner harmony.

120 Minutes / \$325

### Deep Fusion Bliss

This customised treatment blends advanced European techniques including fascia release, trigger point therapy, and deep tissue massage to create a powerful therapeutic effect. It concludes with gentle lymphatic drainage to detoxify, rejuvenate, and ease chronic tension or jet lag.

120 Minutes / \$315

## SIGNATURE COUPLE RITUALS

### Ananea Serenity

A romantic couple ritual with a soothing foot soak, synchronised Balinese massage, gentle coconut sea salt scrub and a serene lagoon moment with tropical fruits and Champagne.

150 Minutes / \$780

### Royal Fusion

A powerful full body ritual blending Thai, Balinese and Western techniques with fascia release, a warm Boreh spice wrap and a personalised massage, completed with tropical fruits and Champagne overlooking the lagoon.

150 Minutes / \$790

## ADD ONS KIDS

15 Min	Mini Zen Journey	\$20
30 Min	Kandu Little Dream	\$35
45 Min	Magic Flow	\$45
60 Min	Calm & Cozy	\$65
90 Min	Kandu Royal	\$100

## Luxury Enhancements

Plate of Tropical Fruits	\$20
Sparkling Wine	\$40
Champagne	\$180

## BALINESE HOLISTIC RHYTHMS

### Balinese Stress Relief

This calming Balinese massage uses long rhythmic strokes to soften tension and soothe the nervous system. Infused with jasmine, ylang ylang and frangipani, it restores emotional balance, eases stress and guides the body into deep relaxation, creating a peaceful sense of harmony and inner quiet.

60 Minutes / \$160

75 Minutes / \$195

90 Minutes / \$230

### Royal Boreh Ritual

This traditional Balinese ritual begins with a soothing massage that melts tension and prepares the body for deeper warmth. A herbal spice wrap of clove, ginger and cinnamon stimulates circulation and eases tightness, followed by renewed massage strokes that leave the body detoxified, energised and deeply comforted.

75 Minutes / \$210

90 Minutes / \$245

### Bali Ginger Infusion

A soothing Balinese deep tissue massage uses slow rhythmic pressure to release tension and restore energy throughout the body. Warm ginger paste is then applied to targeted areas, enhancing circulation and easing discomfort while creating a comforting sense of warmth and renewed vitality.

75 Minutes / \$210

90 Minutes / \$245

## THAI TRADITIONAL

### Thai Back & Shoulders

A soothing ritual combining warm herbal balm, precise pressure point therapy and Thai deep tissue oil massage to ease tension, awaken energy flow and restore comfort and harmony to the back and shoulders.

45 Minutes / \$120

60 Minutes / \$160

### The Art of Traditional Thai Massage

A traditional Thai therapy combining acupressure, deep stretching and mindful energy work. Performed without oils, it releases tension, improves flexibility and restores natural balance through rhythmic, flowing movements.

90 Minutes / \$225

## S E R V I C E S A D D O N S

20 Minutes	Warm Coconut Scalp	\$35
20 Minutes	Ginger Warming press	\$42
20 Minutes	Sea Salt Foot Polish	\$44

### Special 20 min

Cooling After Sun Body Application	\$65
Warm Sand Grounding Moment	603
Seaweed Foot Nourishing Mask	\$30
Warm Clay Face Mask	\$30

## FROM THE WESTERN SEAS

### Deep Tissue Release

A targeted therapy aimed at the deeper layers of muscle and connective tissue to address chronic aches and tensions. Slow, firm strokes and focused pressure are applied to persistent knots, promoting comprehensive relief and reducing chronic pain. This treatment can be tailored to your legs, back, or the entire body.

30 Minutes / \$75

45 Minutes / \$115

60 Minutes / \$150

75 Minutes / \$190

90 Minutes / \$225

### Sports & Performance Massage

Designed for athletes and active individuals seeking faster recovery and improved performance, this treatment combines deep Swedish Massage, Trigger Point Therapy, and joint mobilisations to reduce lactic acid buildup, prevent injuries, and support muscle health. It can be focused on the legs, back, or the entire body.

30 Minutes / \$80

45 Minutes / \$120

60 Minutes / \$160

### Pregnancy Massage

Embrace the journey of motherhood with our specialised Pregnancy Massage, tailored to support and pamper you at every stage of pregnancy in line with the latest prenatal research. Adequate positioning, soothing strokes, and carefully selected techniques help alleviate tension, promote relaxation, and nurture overall well-being for both, mother and baby.

45 Minutes / \$115

60 Minutes / \$150

## SIGNATURE THERAPEUTIC MASSAGES

### Tailored Treatments for Your Specific Needs

At Kandu Spa, we specialise in advanced wellness therapies designed to address modern lifestyle challenges. Our highly trained professionals deliver customised treatments for common concerns such as migraines, tension headaches, jaw tension, and sleep deprivation.

With nearly 30 years of experience in manual medicine and a global clientele, we focus on relieving stress and information overload through personalised care that restores comfort and supports overall well-being.

30 Minutes / \$80

45 Minutes / \$120

60 Minutes / \$160

### Fascial Release Therapy

This specialised no oil therapy focuses on the body's connective tissue to ease restriction and restore natural mobility. Gentle sustained pressure melts tension, reduces chronic discomfort and enhances flexibility. Skilled practitioners tailor each session to your needs, creating a calm therapeutic space. The treatment can be directed to specific areas or applied to the entire body for deeper relief.

30 Minutes / \$80

45 Minutes / \$125

60 Minutes / \$165

### Kandu Journey Packages (60 min)

10 refined selection of treatments to relax, restore, and recharge	\$1200
15 customised treatments for ongoing relaxation and renewal	\$1700
20 personalised spa treatments designed to restore body, mind, and spirit	\$2100

## K A N D U F A C I A L

### Restorative Facial

This restorative facial harnesses the healing richness of organic seaweed to soothe and renew tired skin. A gentle cleanse and hydrating mask calm the complexion, while nutrient serums restore balance and strengthen the skin barrier. The treatment leaves the face refreshed, nourished and illuminated with a smooth natural glow, creating a radiant sense of calm and wellbeing throughout your experience.

60 Minutes / \$150

90 Minutes / \$210

### Natural Face Lift Massage

A specialised facial massage designed to lift, sculpt, and tone facial muscles, improving circulation and restoring a naturally youthful appearance. This treatment helps release facial tension, supports lymphatic drainage, and enhances skin elasticity, leaving the complexion refreshed, firm, and radiant.

30 Minutes / \$80

45 Minutes / \$125

60 Minutes / \$165

## A Y U R V E D I C K N O W L E D G E O F L I F E

### Abhyanga Warm Oil Massage

This traditional Ayurvedic massage uses warm herbal oils blended with healing botanicals to balance the Doshas, encourage detoxification and enhance circulation. Long flowing strokes calm the nervous system, restore harmony and nurture both body and mind with deep soothing warmth.

60 Minutes / \$165

75 Minutes / \$205

90 Minutes / \$240

### Ayurvedic Foot Massage

This sacred Ayurvedic ritual combines warm herbal oils with precise Marma point stimulation to refresh tired feet, improve circulation and calm the nervous system. Infused with neem, ginger and sandalwood, it concludes with a gentle wrap that leaves the feet nourished and deeply relaxed.

30 Minutes / \$90

60 Minutes / \$165

## S E R V I C E S

## A D D O N S

15 Minutes	Grounding Warm Oil	\$35
15 Minutes	Herbal Heat Compress	\$40
20 Minutes	Mini Abhyanga	\$50
20 Minutes	Indian head massage	\$50

## MANICURE

### Classic Manicure

A pure and minimalist ritual focused on impeccable nail shaping and cuticle refinement, completed with a natural buffer shine that enhances the nail's healthy glow.

Effortless. Clean. Naturally elegant.

30-45 Minutes / \$70

### Spa Manicure

An indulgent spa journey beginning with an aromatherapy-infused soak, followed by delicate exfoliation using tropical botanicals, a deeply nourishing mask, and a slow, restorative hand massage.

Finished with your choice of luxury nail polish or a natural glossy buff.

60 Minutes / \$95

### Gel Polish Manicure

A refined manicure experience combining meticulous nail and cuticle care with the application of a high-performance, long-lasting gel polish. The treatment is completed under professional LED curing for a flawless, high-gloss finish that remains impeccable for weeks.

Designed for guests seeking enduring elegance and precision, without compromising the health of the natural nail.

60 Minutes / \$110

## PEDICURE

### Classic Pedicure

A refined foot care ritual designed for absolute comfort and purity. Includes precise nail and cuticle care, gentle callus refinement, and a natural buffer shine finish, leaving feet polished in their most natural form.

40-50 Minutes / \$90

### Spa Pedicure

A deeply restorative treatment featuring a marine mineral soak, tropical exfoliation, intensive hydrating mask, and an unhurried foot and lower-leg massage.

Completed with your choice of luxury nail polish or a natural glossy buff for a flawless finish.

75 Minutes / \$120

## SERVICES

### ADD-ONS

15 Minutes	Gel Removal	\$15
15 Minutes	Shellac	\$30
30 Minutes	Kandu Kids Mani	\$40
30 Minutes	Kandu Kids Pedi	\$50

### Special 20 Minutes

Kandu Relaxing Foot Ritual	\$25
Face & Scalp Mini Mask	\$30
Relaxing Mini Massage Flow	\$30

# K A N D U F I T N E S S

## HIIT (High Intensity Interval Training)

Challenge yourself with explosive intervals designed to maximize calorie burn and improve strength in a short time. A powerful workout that keeps your energy high and results visible.

60 Minutes / \$85

## Circuit Training

Experience a dynamic full body workout that combines strength and cardio stations. Fast paced, engaging and highly effective for building overall fitness

60 Minutes / \$75

## Endurance Training

Strengthen your heart, lungs and overall stamina with exercises that push your limits step by step. Perfect for building resilience and boosting your energy levels.

60 Minutes / \$55

## Functional Training

Train the way your body naturally moves. This session focuses on practical exercises that increase strength, stability and performance in daily activities

60 Minutes / \$65

## Mobility & Balance Training

Improve flexibility, coordination and posture with mindful movements. This training enhances body control and supports joint health for everyday life and sports.

60 Minutes / \$65

## S E R V I C E S

## A D D O N S

20 Minutes	Stretch & Release	\$15
20 Minutes	Foam Rolling	\$15
30 Minutes	Core Finisher	\$20

# K A N D U   D A Y D R E A M   P A V I L I O N

## Private Yoga Session

Enjoy the undivided attention of our yoga master with a session tailored to your individual needs. Your teacher will optimise and correct your posture, guide you into challenging asanas, support you during unsteady movements, and help you overcome any fears

60 Minutes / \$65

## Power Yoga

Energise your body and mind with our dynamic power yoga session, designed to build strength, flexibility and endurance. Perfect for those seeking a challenging yet deeply rewarding experience, you will leave feeling refreshed and empowered

60 Minutes / \$85

Group class - \$60 per person

## Yoga Nidra

Is the Yoga of aware sleep. In this lies the secret of self healing. Yoga Nidra is Pratyahara (withdrawal of the senses) technique in which the distractions of the mind are contained & the mind is relaxed

60 Minutes / \$65

Group class - \$40 per person

## Singing Bowl & Meditation

Immerse yourself in soothing vibrations that calm the mind and balance emotions. No prior experience needed, simply arrive and let the resonant tones guide you into deep relaxation. This tranquil session reduces stress, improves focus and nurtures a sense of inner peace.

60 Minutes / \$65

## Gentle Yoga for Joint Health

Experience a slow, mindful flow ideal for all ages and fitness levels. Soft stretches and gentle movements nourish and lubricate the joints, easing stiffness and supporting long-term mobility. In this calming environment you'll leave feeling open, grounded and refreshed.

60 Minutes / \$65

## S E R V I C E S

## A D D   O N S

30 Minutes

30 Minutes

30 Minutes

Breath Work

Meditation

Sound Bath

\$20

\$20

\$30