



XANADU





A SERENE ESCAPE  
TO RELAX  
REJUVENATE &  
*spoil yourself!*

A luxurious oasis of tranquility and relaxation surrounded by lush tropical palms and gardens. From indulgent treatments to specialized programs, our Island Spa is the perfect destination to unwind and discover inner peace, balance and harmony.

*six palms  
of wellness:*

RELAX ☯  
RECOVER 🌿  
REVITALISE 🧘  
RESTFUL ☪  
REPLACE ☀  
REJUVENATE ☯

# MASSAGE MAGIC

Complete your holiday with a well-deserved moment of relaxation and rejuvenation. There is nothing like it to refresh the mind, calm the nerves, and soothe the muscles.

## Deep Muscular Massage

A medium to strong deep pressure massage. This massage releases stress, eases muscle tension, boosts circulation and improves mobility. Intensive strokes work to loosen and relax the muscles.

60 MIN / 90 MIN

## Aromatherapy Stress Relief Massage

A light to medium pressure, slow movements. This massage activates the nerve endings and increases blood circulation. Aromatherapy massage oil will calm your senses and allow your mind to let go of the stresses of daily life.

60 MIN / 90 MIN

## Thai Therapy Massage

The unique ancient art of freeing energy flow throughout the body by releasing blockages along the body's energy lines. The massage is oil-free and focuses on pressure points and stretching techniques, which improves circulation and flexibility.

60 MIN / 90 MIN

## Relaxing Foot & Leg Massage

Pamper your soles with this relaxing massage after a long day of traveling. A stimulating massage of the feet and leg, involving stretches and pressure points that will invigorate, relieve tension, and renew the entire body.

60 MIN



## Thai Therapy (with Herbal Hot Compress)

Experience the perfect combination a stretching of a traditional Thai massage with the application of a warm herbal compress which contains healing herbs that's help remove tension, stiffness from muscles and leaves you with a feeling of deep relaxation.

90 MIN

## Therapeutic Hot Stone Massage

The combination of the heat of the stones incorporated with our signature Relaxation Massage; allowing your therapist to better relieve muscle tension with less pain. This full-body session is the perfect treatment to loosen tight muscles, relieve stress, relax the body and mind.

90 MIN

## Pregnancy Massage

This massage is specially designed for pregnant women and therefore particularly addresses back pain as well as tension in the shoulder and neck area. The massage can be performed on all expectant mothers from the fourth month and up to the middle of the seventh month.

60 MIN

## Tension Back Neck & Shoulder Massage

This massage will loosen tense muscles using remedial-style deep tissue massage. To stimulate the nerves, loosen up tight muscles and remove stress, both emotionally and physically.

30 MIN

## Ifuru Sea, Sand and Senses Signature

A truly indulgent spa journey inspired by Maldivian traditional. A therapeutic begins with fine sea sand exfoliate this allows the body to eliminate toxins and impurities from the skin, but also stimulates blood circulation and allows the body to absorb minerals present in the sand. This treatment is combined with our full body massage with signature warm sand pouch therapy filled with heated sea sand and dipped in pure warm coconut oil from the island. Heat will generate the blood circulation and muscle relaxation.

90 MIN

# AYURVEDIC RITUALS

## SHIROBHYANGA – *Indian Head Massage*

This stress-relieving head massage does double duty by easing head and mental tension, as well as bringing vitality back to your hair and scalp. By focusing on the various Marma points in your head and neck, this massage promotes long-term relaxation and deeper, longer, and unbroken sleep.

40 MIN

## SHIRODHARA – *Third Eye Pour*

Therapeutic oils are poured in a continuous stream (to bathe the head) directed to the mid fore-head. will soothe your mind, body, reduce stress and help improve your sleep.

45 MIN

## ABHYANGA – *Full Body Massage*

The Abhyanga is the classic, begins with a gentle head massage and Hot medicinal oil with gentle, nourishing strokes. This treatment melts away stress, calms the nervous system, and revitalizes the immune system while gently. Warm, aromatic towel compresses are applied at the end, leaving you feeling refreshed and renewed.

50 MIN

# FACIAL TREATMENTS

Focusing only natural, pure and effective ingredients using highest quality essential oil, organic vegetable oil, plants extracts to create bio facial products line to suit various skin types. Combining signature treatment steps to enhance the effectiveness and pleasurable journey to the clients-the journey of natural beautiful sensation to please your senses.

## Cellulose Mask Facial 75 MIN

Benefits of this soothing treatment enhanced with jade guasa. Reduce redness and inflamed skin, reduce sunburn, rehydrate the skin and diminish appearance of fine line and wrinkles.

## Black Magic Purifying Facial 60 MIN

Benefits of this deep cleansing enhanced with jade to clean the pores and eliminate excess sebum on the face control and balance oily skin to remineralizer the skin.

## Green Perk Facial 60 MIN

The benefits of this treatment enhanced with Himalayan hot and cold stones. Stimulate circulation underneath the skin. Relax facial muscles tension. Help with lymphatic drainage.

## Pink Radiance Facial 60 MIN

The benefits of this treatment enhance with cooling marbles. Helps tightening the skin. Improve uneven skin tone. Reduce skin inflammation from acne. Helps brightening the skin.



# VINOBLE FACE RITUAL

VEGAN, SUSTAINABLE, INTENSIVELY NOURISHING

Vinoble skincare aims at making your skin healthy and leaving you with a feeling that we call skin happiness. This is the feeling you experience when your skin is perfectly hydrated, has a natural glow, and simply feels amazing. *Skin happiness knows no age*



## CLASSIC FACIAL 80 MIN

Your ideal VINOBLE COSMETICS discovery treatment. Enjoy a relaxing facial massage with a face mask rich in active ingredients. The treatment is rounded off with skincare cream tailored to your skin type. For instantly visible results on any type of skin!

*Ritual | Cleansing | Scrub | Facial Massage with Mask | Final Treatment*

## HYDRATION FACIAL 60 MIN

Happy skin in just one hour! This VINOBLE COSMETICS treatment can be tailored precisely to the needs of your skin. After cleansing and a scrub, you receive a soothing facial massage with a serum. This is followed by a nurturing cream mask with antioxidant or regenerating properties, depending on your skin type. While the mask takes effect, your hands are pampered with a hand massage. The treatment is rounded off with skincare cream tailored to your skin type. The result: Intensively nourished and relaxed skin that looks fresh and feels amazing!

*Ritual | Cleansing | Scrub | Facial Massage with Serum | Cream Mask | Final Treatment*

## FACE LIFTING FACIAL 90 MIN

Highly concentrated active ingredients for radiant eyes and intensive skincare. During this 90-minute VINOBLE COSMETICS treatment, your skin is boosted with a highly effective concentrate cocktail. Precious active ingredients tailored to your skin type penetrate deep into the skin and nourish it from within. The facial massage or cleansing is followed by a special Vinoble eye treatment that makes your eye zone look fresh again. After the special premium mask and personalized final treatment, your face is left looking youthful, firm and pampered.

*Ritual | Cleansing | Scrub | Concentrate cocktail | Facial Massage | Eye care | Special lifting Mask | Final treatment*

# BODY TREATMENTS

Our therapists combine the skin-smoothing qualities of a body scrub and body wrap with the soothing elements of massage to remove dry, flaky skin, increase circulation and aid detoxification. You will experience glowing and smooth skin.

## BODY SCRUB

### Aromatherapy Salt Glow

This deep cleansing specialty treatment gently exfoliates the body with salts from the Sea. Softer and smoother skin is attained by removing dull surface skin cells and adding moisture with Aromatherapy Lotion

45 MIN

### Jojoba Bead Polish

Moisturize Jojoba beads regularly to release surface toxins and other impurities. Refreshing cucumber and hydrating aloe vera leaves your skin soft, smooth and radiant.

45 MIN

### Seaweed Revitalizing Cream Scrub

Exfoliating Seaweed & Micro-Granules refine and smooth the skin. Lavender, Ylang Ylang, Sweet Marjoram, Petitgrain and natural oils are enriched to nourish and soften the skin leaving the skin feeling nice & soft.

45 MIN



## BODY WRAP

### Body Mask Amber & Vetiver (White Clay)

White clay with pure Amber essential. This miracle mud contains minerals to cleanse and balance the skin while tightening pores and improves circulation.

45 MIN

### Body Mask Lemongrass & Orange Blossom

White mud based Body mask has soothing and regenerating properties. The infused essential oil enhances vitality and radiance. With pure lemongrass & Orange Blossom Jojoba oil Aloe Vera & Kaolin

45 MIN

### Seaweed Revitalizing Wrap

Powerful seaweed algae are rich in antioxidants, Vitamin A, and fatty acids that can have anti-aging effects. As your skin absorbs these healthy nutrients, it gets a boost in cell regeneration and elasticity, can help reduce the appearance of wrinkles and cellulite.

45 MIN

## SUN THERAPY

### Pre - Sun Ritual 45 MIN

Perfect to have therapy in preparation to sun exposure that begins with a gentle exfoliation. Follow SunKiss Unscented SPF 50 to protect your skin. Perfect solution to sun protection suitable to all skin types and skin tones. Paraben free, cruelty free and Vegan. Sun Kiss's eco - conscious ocean friendly ingredients are packed with vitamins and skin loving anti-oxidants.

### Post - Sun Ritual (Sun Soother) 40 MIN

Surrender to the healing properties of aloe and bergamot to deepen and extend your tan. The healing and moisturizing properties of aloe and lavender are an unrivaled relief for skin stressed by sun exposure or dry conditions. Let us first wrap you soothing aloe gel before massaging you scalp, neck and feet.

# XANADU PACKAGES

Choose a truly immersive Sanctuary spa experience for yourself or a loved one with a spa package that bundles multiple services together for total bliss.

## SUNKISS APERITIF FOR COUPLES

Designed for your perfect first day of relaxation and the perfect start for your tan plan

- ✦ Steam or Sauna & Plunge Pool
- ✦ Choice of Body Scrub
- ✦ Deep Muscular Massage
- ✦ A glass of Champagne

2.20 HOURS



## ROMANCE RETREAT FOR COUPLES

- ✦ Steam or Sauna & Plunge Pool
- ✦ For him 30 min head massage / For Her 30 min facial
- ✦ Deep Muscular Massage
- ✦ A glass of Champagne

2.20 HOURS

## HOLISTIC SIGNATURE EXPERIENCE

- ✦ Abhyanga
- ✦ Shirobhyanga
- ✦ Shirodahra

2 HOURS

## A TOUCH OF PARADISE

- ✦ Steam or Sauna
- ✦ Jojoba bead Polish
- ✦ Aromatherapy Stress Relief Massage
- ✦ Express Facial

2.50 HOURS

## DAY OF INDULGENCE

- ✦ Steam or Sauna
- ✦ Seaweed Revitalizing Cream Scrub
- ✦ Seaweed Revitalizing Wrap
- ✦ Deep Muscular Massage
- ✦ Green Perk Facial
- ✦ Express Mani & Express Pedi ( Normal Polish)

4.50 HOURS





# DESTINY PACKAGES

## *Relax* 3 DAYS PACKAGE

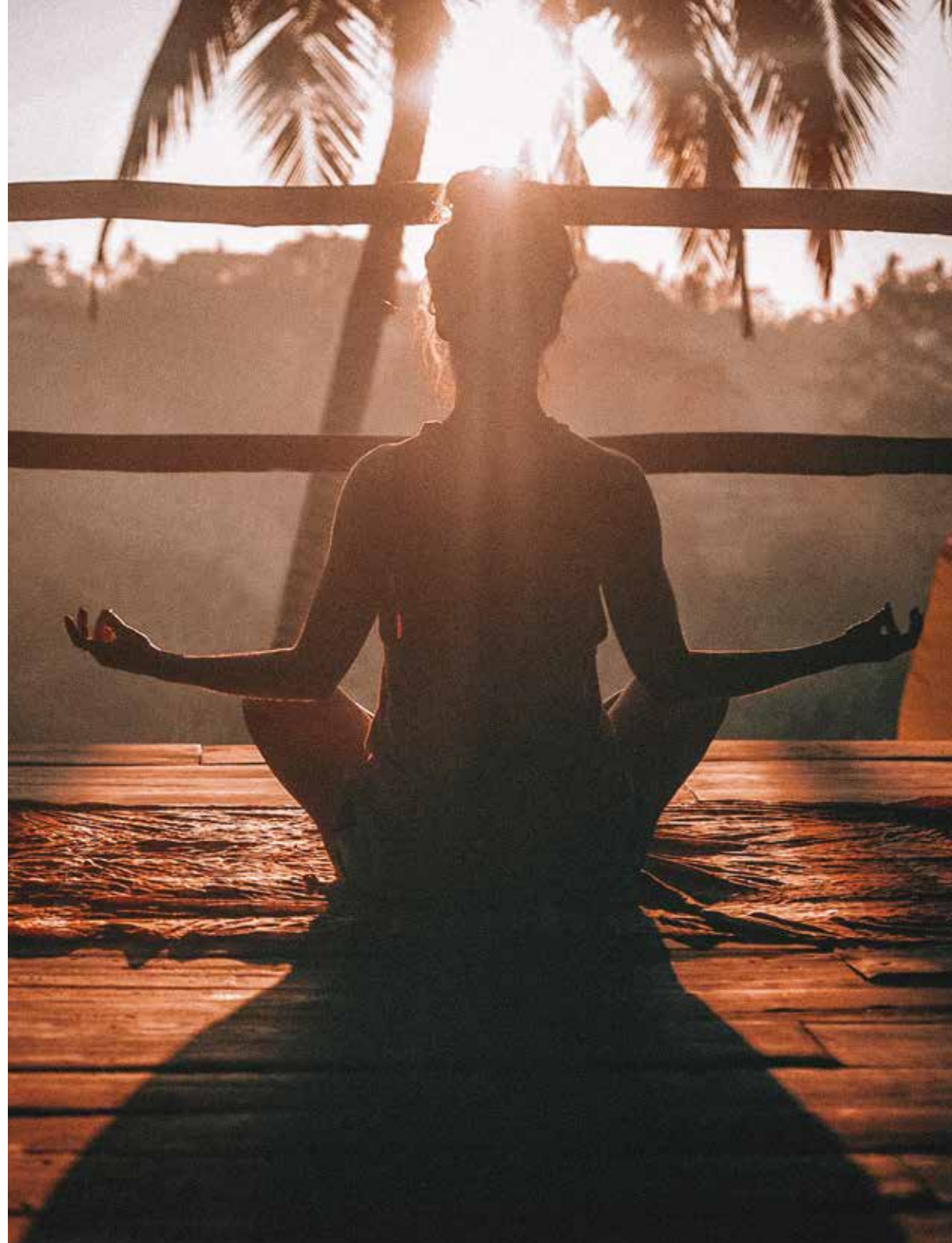
- DAY 1 Sunset or Sunrise Yoga in your private villa or on the beach
  - DAY 2 Aromatherapy Stress Relief Massage (60 mins)
  - DAY 3 Black Magic Purifying Facial
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## *Recover* 5 DAYS PACKAGE

- DAY 1 Sunset or Sunrise Yoga in your private villa or on the beach
  - DAY 2 Massage (60 mins) and Shiro Dhara
  - DAY 3 Choice of Steam or Sauna + Body Scrub & Body Wrap
  - DAY 4 Green Perk Facial
  - DAY 5 Express Normal Polish Manicure & Pedicure
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## *Revitalize* 7 DAYS PACKAGE

- DAY 1 Choice of Steam or Sauna + Body Scrub & Body Wrap
- DAY 2 Deep Muscular Massage (60 mins)
- DAY 3 Sunset or Sunrise Yoga in your private villa or on the beach
- DAY 4 Abhyanga Massage and Shiro Dhara
- DAY 5 Foot & Leg Massage
- DAY 6 Pink Radiance Facial
- DAY 7 Coconut Hair Mask + Express Normal Polish Mani & Pedi





## KIDS MENU 4-10 YEARS

**Kid Massage** 30MIN / 50MIN

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**Fancy Fingers Mani** 20 MIN

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**Twinkle Toes Pedi** 20 MIN

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**Coconut Gentle Polish** 30 MIN

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### **Prince or Princess Care Package**

- ◆ Kid Massage & Mani + Pedi 80 MIN
  - ◆ Kid Massage & Facial 80 MINS
  - ◆ Kid Massage & Body Scrub 80 MIN
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### **Family Getaway Package** 1 ADULT & 1 CHILD

- ◆ Massage and Facial 60 MIN
- ◆ Massage and Mani & Pedi (Child) 60 MIN  
Massage and choice of Quickie Normal Polish Mani or Quickie Normal Polish Pedi (Adult)

# BEAUTY SALON

## ALL IN THE HAIR

Shampoo & Blow Dry (Short) 45MIN

Shampoo & Blow Dry (Long) 60MIN

Coconut Hair and Scalp Treatment 45MIN

Bridal Hair & Make Up

*Hair cutting is available on special request*

## A QUICK WAX

Underarm

Full Arm

Upper Lip

Back / Chest

Half Leg

Bikini Line

Full Leg

Brazilians

Half Arm

## SOMETHING EXTRA?

In Villa Bath Set Up

In Villa Massage (Extra Charge per guest)

Steam, Sauna and Spa Plunge Pool 45MIN

Private Yoga – Single 60MIN

Private Yoga – Couple 60MIN

Ice Bath Revitalize and Recover 30MIN

While the Ice & Bubbles Challenge may seem daring, it offers remarkable benefits for your body and mind. The cold-water immersion can promote muscle recovery, reduce inflammation, and invigorate your senses. After the challenge, bask in the warmth of a post-ice bath glow, feeling recharged and revitalized under the warm glow of the Maldivian sun.

Luxurious Setting: Ifuru Island Resort provides the perfect backdrop for this extraordinary adventure.



# THE NAILS SOCIALS

Treat your hand and feet to the care they deserve. From the basic to the indulgent, our treatments focus on the health and integrity of your nails first, creating a beautiful finish.

**Polish Only** a fresh coat of polish

NORMAL POLISH 15MIN / GEL 30MIN

**Quickie** a no-nonsense shape and polish

NORMAL POLISH 30MIN / GEL 45MIN

**Signature** our classic service includes: nail shaping, cuticle care, exfoliating and a massage. Finish off with a fresh coat of polish.

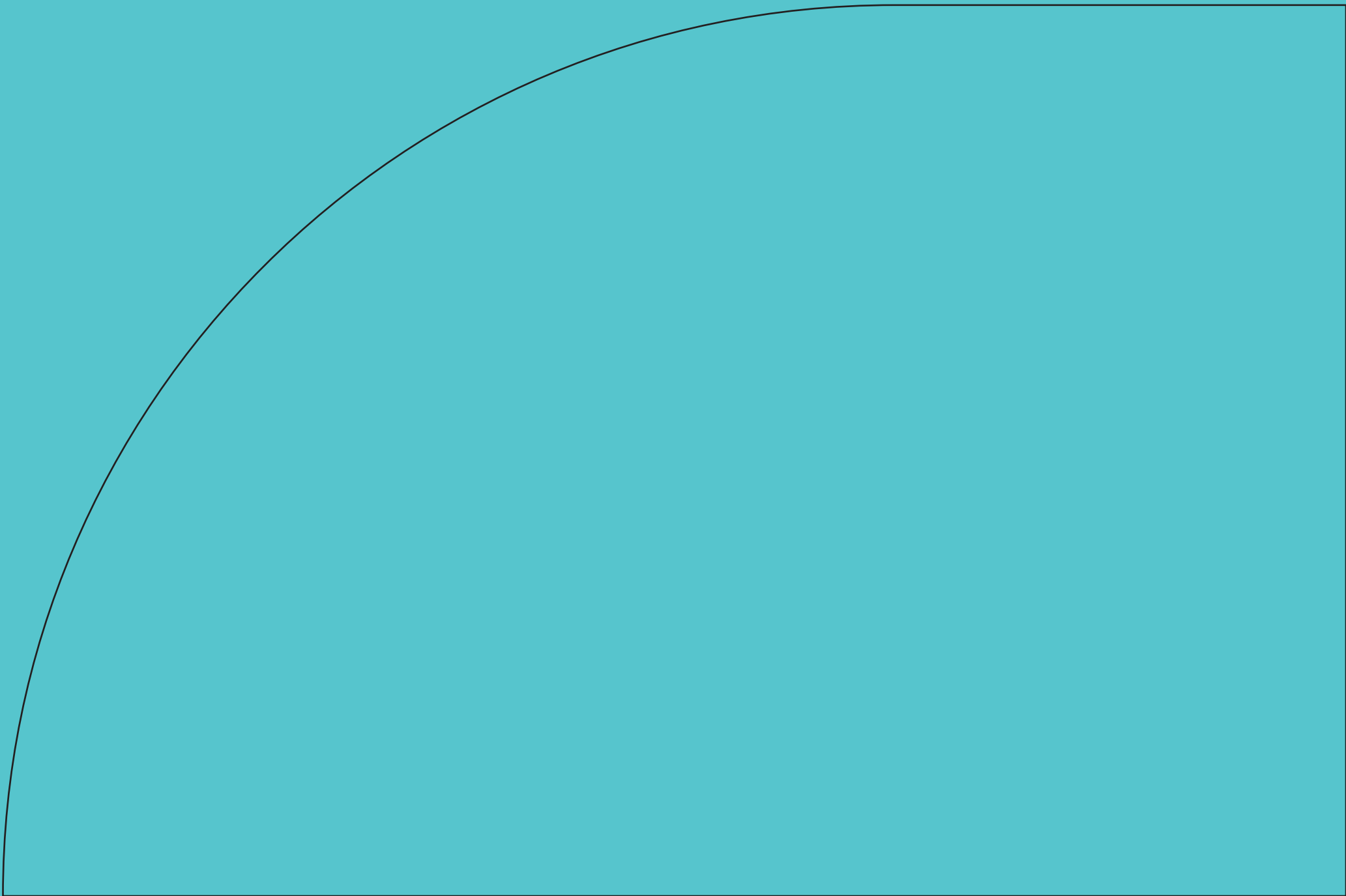
✦ Gel Manicure 80MIN

✦ Gel Pedicure 80MIN

✦ Classic Manicure 60 MIN

✦ Classic Pedicure 60 MIN







All prices are quoted US dollars and subject to additional 10% service charge and 16% government taxes