

KANDU SPA

MENU

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Where the ocean paints even the sands blue

Welcome to **Kandu Spa** at **Ananea Madivaru**, an unparalleled wellness destination where ancient traditions and contemporary innovations blend seamlessly. Drawing on nearly three decades of expertise in the wellness and medical fields, we offer a comprehensive range of treatments meticulously designed to restore a harmonious balance within you.

Our techniques integrate the wisdom of Thai tradition, the ancient knowledge of Ayurveda, the holistic rhythms of Balinese practices, and the latest discoveries in Western medicine.



All prices mentioned are in USD, inclusive of 17% TGST and subject to a 10% service charge.

How to Prepare for Your Spa Journey

At our spa, we believe that true relaxation requires more than just a treatment, it's an immersive journey of the senses. From the moment you enter, you will be enveloped in an atmosphere of calm and tranquility, where every detail is designed to help you reconnect with yourself.

- **Arrive Early**

We recommend arriving at least 30 minutes before your scheduled treatment. This allows you to ease into the environment, enjoy a cup of herbal tea, and gently transition from the outside world into the serenity of our spa.

- **Disconnect to Reconnect**

To maintain a serene environment, please refrain from bringing phones or other electronic devices at all. Your spa experience is a sacred time to escape daily distractions and embrace the peaceful ambiance. We invite you to shift your focus inward and be truly present in each moment.

- **Release Your Worries**

We encourage you to approach your treatment with an open mind and a relaxed heart. Imagine letting go of any stress or tension before stepping into your massage room, sauna, or relaxation lounge. Leave your to-do list and concerns at the door, this is your time to be nurtured.

- **Bathe Beforehand**

A quick shower pre-treatment helps cleanse your skin and prepares it to absorb beneficial oils, creams, and lotions more effectively. It also helps loosen your muscles, priming you for a deeply relaxing experience.

- **Mindful Consumption**

Consider enjoying a light meal or snack rather than something heavy right before your appointment. Staying hydrated throughout your spa visit is essential, so sip water or herbal teas to replenish and support the body's natural detoxification process.

- **Share Your Preferences**

Our therapists are here to tailor each treatment to your unique needs. Whether you prefer light pressure or a firm touch, certain essential oils, or have specific areas of tension, please let our staff know so we can create a bespoke experience just for you.

- **Embrace the Stillness**

Once your treatment begins, focus on slow, deep breaths. Gently guide your mind away from racing thoughts toward the sensations of warmth, calm, and gentle pressure. By embracing mindfulness, you allow yourself to fully sink into the therapeutic benefits of every touch.

Your Journey Continues

After your treatment, we invite you to linger in our relaxation lounge to sip tea, meditate, or simply bask in the afterglow of your new calm. Take time to let the effects of your spa journey settle into your body and mind. Should you wish to explore further, our wellness experts are on hand to recommend additional treatments, fitness programs, or health consultations to enhance your well-being.

SIGNATURE EXPERIENCES

Kandu Pearl Experience (120 minutes - 380\$)

As “Kandu” means “Ocean” in Dhivehi, this rejuvenating treatment pays homage to the natural splendour of the Maldives. There will be no music, only the soothing sounds of the ocean to carry you into deep relaxation.

The experience begins with a massage of your choice, or one tailored to your specific needs, followed by a body exfoliation that replenishes the skin, and culminates in a botanical refresh face massage that imparts an ethereal island glow.

Tranquil Harmony Ritual (120 minutes - 325\$)

This exquisite ritual seamlessly combines Thai stretching, Balinese deep-tissue full body massage, and Ayurvedic foot treatment with Marma pressure points. It concludes with guided breathwork and a calming scalp massage, promoting holistic harmony.

SIGNATURE COUPLE RITUALS

Ananea Serenity (150 minutes - 780\$)

Celebrate romance and relaxation in a private oceanfront pavilion, drawing inspiration from the ocean waves and tropical breeze. The package includes:

- **Foot Ritual** – Begin with a soothing coconut milk and sea salt foot soak to ground and cleanse.
- **Full-Body Massage** – from Balinese philosophy, performed side by side, synchronising the rhythm of each therapist's hands
- **Coconut Milk & Sea salt Body Scrub**– A gentle exfoliation using finely ground sea salt and coconut essence, leaving skin silky smooth.
- **Tropical Fruit Platter & Champagne** – Conclude your experience on a private deck overlooking the turquoise lagoon, enjoying exotic island fruits and a bottle of Champagne.

KANDU FACIAL TREATMENTS Restorative Facial

(60 minutes - 150\$)

Indulge in the healing power of the sea with our Restorative Facial, featuring VOYA's organic, seaweed-based skincare. This deeply nourishing treatment is designed to soothe, repair, and replenish tired or stressed skin. A gentle cleanse, hydrating mask, and nutrient-rich serums infused with antioxidant-packed seaweed extracts work together to restore balance, reduce redness, and strengthen the skin's natural barrier.

BALINESE HOLISTIC RHYTHMS

Balinese Stress Relief (60 min - 160\$ / 75 min - 195\$ / 90 min - 230\$)

Drawing on time-honoured Balinese healing traditions, this massage combines gentle, long, and slow flowing, rhythmical strokes. Infused with the exotic essences of Jasmine, Ylang-Ylang, and Frangipani, it soothes frayed nerves and restores equilibrium, guiding you into deep relaxation and a heightened sense of peace.

Royal Boreh Ritual (75 min - 210\$ / 90 minutes - 245\$)

An ancient Balinese healing therapy, this invigorating treatment begins with a soothing Balinese massage. A warm herbal spice wrap follows - rich in clove, ginger, and cinnamon - to stimulate circulation and ease muscle tension, leaving your body deeply warmed, detoxified, and energised.

Bali Ginger Infusion (75 min - 210\$ / 90 min 245\$)

Succumb to the soothing embrace of traditional Balinese deep tissue rhythms and strokes, expertly tailored to release tension and restore vitality. Once your muscles are fully relaxed, pure ginger paste is applied to problem areas, harnessing its natural warmth to improve circulation and ease discomfort. Surrender to this luxurious ritual as the gentle heat and rhythmic touch rejuvenate your entire being.

AYURVEDIC KNOWLEDGE OF LIFE

Abhyanga Warm Oil Massage (60 min - 165\$/ 75 min - 205\$/ 90 min - 240\$)

This centuries old Ayurvedic ritual uses warm, herbal oils made from sesame or coconut, blended with Ayurvedic botanicals such as Ashwagandha, Brahmi, or Saffron to balance the Doshas. Doshas are Vata, Pitta, and Kapha, the fundamental energies in Ayurveda that shape each individual physical, mental, and emotional constitution. This massage encourages detoxification and enhances circulation.

Ayurvedic Foot Massage (30 min - \$90 / 60 min - 165\$)

A sacred ritual of healing and renewal, this luxurious foot massage combines warm herbal oils and precise Marma point stimulation. Infused with neem, ginger, and sandalwood, it soothes tired feet, improves circulation, and calms the nervous system. Concluding with a gentle herbal wrap, your feet will feel refreshed, detoxified, and deeply nourished.

FROM THE WESTERN SEAS

Deep Tissue Release (30 min - 75\$ / 45 min - 115\$ / 60 min - 150\$ / 75 minutes - 190\$ / 90 min - 225\$)

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.

Sports & Performance Massage (30 min - 80\$ / 45 min - 120\$ / 60 min - 160\$)

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.

Tailored Treatments for Your Specific Needs (30 min - \$80 / 45 min - \$120 / 60 min - \$160)

At **Kandu Spa**, we pride ourselves on our expertise in the latest advancements in wellness, specifically designed to address modern challenges. Our highly trained professionals offer customised treatments for a range of common concerns, including:

- Migraines
- Hypertonic & Hypertensive Headaches
- Jaw Tension
- Sleep Deprivation

With nearly 30 years of experience in manual medicine and countless satisfied clients worldwide, we have developed a profound understanding of managing information overload and stress. Our commitment is to provide personalised care that not only alleviates discomfort but also enhances your overall wellbeing.

Let us guide you on your path to a more balanced and harmonious life.

Pregnancy Massage (45 min - 115\$ / 60 min - 150\$)

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 wellbeing for both, mother and baby.

KANDU DAYDREAM PAVILION Private Yoga Session – \$65

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 moments, and help you overcome any fears. Elements of pranayama or meditation may be included to help you deepen your practice and achieve a true union of body, mind, and spirit.

Therapeutic Yoga – \$65 per person (Group: \$50 per person)

Whether you are new to yoga or an experienced practitioner, you'll benefit from a one-on-one Therapeutic Yoga session. Incorporating meditation, pranayama breathing, mudras, bandhas, and specific asanas, our Yoga Master will tailor the session to address your individual health concerns. You will learn postures designed to relieve common physical ailments, such as headaches, insomnia, constipation, indigestion, or sciatica, and discover how to incorporate these techniques into your daily routine for an enhanced quality of life.

Power Yoga – \$85 per person (Group: \$60 per person)

Energise your body and mind with our dynamic Power Yoga session, designed to build strength, flexibility, and endurance. This invigorating practice flows through a series of poses with controlled breathing, promoting balance, core stability, and improved posture. Perfect for those seeking a challenging yet deeply rewarding experience, you'll leave feeling refreshed and empowered.

Yoga Pilates Stretch – \$85 per person (Group: \$60 per person)

Experience a harmonious blend of Yoga, Pilates, and deep stretching in this session that enhances flexibility, tones muscles, and strengthens the core while encouraging mindful relaxation. Through fluid movements and breathwork, you will release tension, improve posture, and restore balance, an ideal choice for both beginners and advanced practitioners seeking a rejuvenating yet effective full-body conditioning experience.

Yoga Nidra – \$65 per person (Group: \$40 per person) Often described as “dynamic sleep,” Yoga Nidra is a spiritual method inducing complete physical, mental, and emotional relaxation. Guided by our Yoga Master, you will move beyond the waking meditative state, pass through dreaming, and reach a profound state of deep sleep while your consciousness remains fully awake. Functioning at this deeper level of awareness allows your mind to open up to profound spiritual insight.

Gentle Yoga for Joint Health - \$65 per person

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, perfect for both beginners and seasoned yogis.

Singing Bowl & Meditation - \$65 per person

Immerse yourself in soothing vibrations that calm the mind and balance emotions. No prior experience is 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.

ADDITIONAL NOTES

- **Treatment Customisations:** All treatments can be adapted to your individual preferences regarding pressure, focus areas, and essential oils.
- **Duration Flexibility:** Massages are available in 30-, 45-, 60-, 75-, or 90-minute formats (unless otherwise specified) to suit your schedule and goals.
- **Booking & Cancellations:** We recommend booking at least 24 hours in advance. Cancellations or changes should be made at least 12 hours prior to your appointment. Cancellations made less than 12 hours in advance will be charged half price; no-shows will be charged the full price.
- **Health Considerations:** If you have any health concerns, allergies, or recent surgeries, please let us know so we can tailor your treatment accordingly.