

KANDU SPA MENU

Where Ancient Rituals Meet Modern Innovations

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 in the place where the ocean paints even the sands blue.

SIGNATURE EXPERIENCES

Kandu Pearl Experience (120 minutes - 370\$)

As "Kandu" means "ocean" in Dhivehi, this rejuvenating treatment pays homage to the Maldives' natural splendour. It begins with a coconut and sea salt exfoliation, followed by a soothing massage of your choice. A nourishing seaweed-infused body wrap replenishes the skin, culminating in a botanical facial that imparts an ethereal island glow.

Tranquil Harmony Ritual (120 minutes - 320\$)

This exquisite ritual seamlessly combines Thai stretching, Balinese deep-tissue massage, and Ayurvedic warm oil aromatherapy. It concludes with guided breathwork and a calming scalp massage infused with essential oils, promoting holistic harmony.

Deep Fusion Bliss (120 minutes - 300\$)

This customised treatment merges contemporary European techniques—such as Fascia or Trigger Point Therapy—with a profound therapeutic effect. It concludes with lymphatic drainage to detoxify and rejuvenate, making it an ideal choice for addressing chronic muscle tension or jet lag.

SIGNATURE COUPLE RITUALS

Ananea Serenity (2.5 hours - 790\$)

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.
- **Coconut & Sea Shell Body Polish** - A gentle exfoliation using finely ground seashells and coconut essence, leaving skin silky smooth.
- **Full-Body Massage** - Choose from Ayurvedic, Thai, or Balinese philosophy, performed side by side, synchronising the rhythm of each therapist's hands.
- **Tropical Fruit Platter & Champagne** - Conclude your experience on a private deck overlooking the turquoise lagoon, enjoying exotic island fruits and a bottle of Champagne.

Benefits: Profound connection, shared relaxation, and delightful sensory immersion.

Royal Fusion (2.5 hours- 790\$)

A sublime blend of Thai, Balinese, and Western techniques, the Royal Fusion Massage addresses tension from multiple angles. Gentle stretching meets rhythmic kneading, while carefully applied deep pressure improves circulation and eases deep-seated muscle knots. The package includes:

- **Scalp and Neck Fascia Release** - Experience a deeply soothing therapy that firmly manipulates the fascia around the neck and scalp to release chronic tension and enhance mobility in the neck.
- **Balinese Boreh Spice Wrap** - Boreh is a warming herbal paste made of cloves, cinnamon, ginger, and rice powder, historically used in villages to stimulate circulation and ease muscle aches.
- **Full-Body Massage** - Choose from Thai or Western techniques to address long-standing muscle tension.
- **Tropical Fruit Platter & Champagne** - Conclude your experience on a private deck overlooking the turquoise lagoon, enjoying exotic island fruits and a bottle of Champagne.

THAI TRADITIONS

Thai Traditional Art (90 minutes - 225\$)

Experience the timeless art of Thai Traditional Massage—a fusion of acupressure, deep stretching, and energy balancing. Performed without oils while you are dressed in loose clothing, this ancient therapy relieves tension and enhances flexibility.

Royal “Four-Hands” Thai Massage (60 min - 240\$ / 75 min - 300\$ / 90 min - 360\$)

Traditionally reserved for royalty, the Royal Thai Massage enlists two therapists working in perfect synergy (four hands), using herbal oils, such as plai (cassumunar ginger), lemongrass and galangal, all carefully selected for their therapeutic properties. Meticulously orchestrated movements for an unique therapeutic and rejuvenating experience.

Thai Herbal Compress Massage (60 min - 160\$ / 75 min - 200\$ / 90 minutes - 235\$)

Hot compresses (*luk pra kob*) filled with lemongrass, kaffir lime, turmeric, and galangal are used to relieve muscle tension and improve circulation. Wrapped in fine Thai silk and combined with warm quartz stones, these compresses enhance both the aesthetic and therapeutic effects.

AYURVEDIC KNOWLEDGE OF LIFE

Chavutti Thirumal (75 min - 220\$/ 90 minutes - 255\$)

Experience the ancient artistry of Chavutti Thirumal, an exquisite Ayurvedic massage from Kerala. In this deeply rejuvenating therapy, the practitioner uses a support rope for balance while applying precise strokes with their feet and warmed herbal oils to release tension and improve circulation. Indulge in this time-honoured tradition for a luxurious journey toward ultimate relaxation and well-being.

Abhyanga Warm Oil Massage (60 min - 150\$/ 75 min - 190\$/ 90 min - 225\$)

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's physical, mental, and emotional constitution. This massage encourages detoxification and enhances circulation.

Ayurvedic Foot Massage (45 min - 125\$ / 60 min - 155\$)

A sacred ritual of healing and renewal, this luxurious foot massage combines warm herbal oils and precise Marma point stimulation. Infused with neem, turmeric, 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.

BALINESE HOLISTIC RHYTHMS

Balinese Stress Relief (60 min - 155\$ / 75 min - 200\$ / 90 minutes - 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 (60 min - 160\$ / 75 min - 200\$ / 90 minutes - 235\$)

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

FROM THE WESTERN SEAS

Deep Tissue Release (45 min - 125\$ / 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 (45 min - 125\$ / 60 min - 150\$ / 75 min - 190\$ / 90 min - 225\$)

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.

Fascial Release Therapy (45 min - 130\$ / 60 min - 155\$)

Experience the transformative benefits of our specialised no-oil therapy, targeting the body's connective tissue (fascia). This gentle method applies sustained pressure and strategic tissue manipulation to decompress restricted areas, alleviate chronic pain, and enhance flexibility. Our skilled practitioners create a serene, healing environment tailored to your needs. This treatment can be focused on the legs, back, or the entire body.

Tailored Treatments for Your Specific Needs (45 min - 125\$ / 60 min - 150\$ / 75 min - 190\$)

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
- Chronic Lower Back Pain

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

Pregnancy Massage (45 min - 125\$ / 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 well-being for both, mother and baby.

KANDU FACIAL TREATMENTS

Oxygen Facial Treatment (60 minutes)

Experience a surge of vitality with our advanced Oxygen Facial, designed to deeply hydrate, detoxify, and plump the skin. Following a gentle cleanse and exfoliation, an infusion of pure oxygen delivers nutrient-rich serums into the deeper layers of your skin, stimulating collagen production and enhancing cell renewal. This results in a radiant, visibly firmer complexion, leaving you feeling refreshed and revitalised.

LED Light Therapy (30 minutes)

Harness the power of targeted wavelengths in our LED Light Therapy to address a variety of skin concerns. This non-invasive treatment helps stimulate collagen, minimise fine lines, and promotes a more even skin tone, ideal as a standalone session or an addition to any facial. Relax under soothing LED lights as your skin's natural healing processes are activated, revealing a healthier, more radiant glow.

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 optimize 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)

Energize 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 - \$45 per person (Group: \$30 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.

Pranayama - \$45 per person (Group: \$30 per person)

From the ancient Sanskrit term meaning “extension of the life force,” Pranayama focuses on mastering the art of conscious breathing. Though simple and natural, we often overlook how significantly breathing influences our well-being. Each inhalation delivers vital oxygen, fueling transformation within the body, while each exhalation releases toxins. By learning powerful Pranayama techniques, you can calm your mind, detach from distressing thoughts and emotions, break the stress cycle, lower your heart rate and blood pressure, and release tension for a more centered state of being.

Mindfulness Meditation - \$45 per person (Group: \$30 per person)

Central to Eastern spiritual teachings, mindfulness is essential for liberation and enlightenment. This meditation technique involves focusing on the present moment and observing any thoughts, emotions, sensations, or images that arise—without judgment or attachment, much like watching clouds drift across the sky. As your awareness grows, your thoughts begin to slow, the gaps between them widen, and eventually merge into meditation. In this state of detachment, you experience profound peace and ultimate relaxation.

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 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.