



**WELLNESS VILLAGE**  
AT FURAVERI MALDIVES

M E N U

*A holistic living*

# OUR PHILOSOPHY

Experience holistic wellness at its finest at Wellness Village in Furaveri. Set out on a journey that merges wellness in a unique way to ensure a truly transformative experience. You will be our top priority and no detail will be overlooked in our efforts to pamper, care for, and expertly attend to you. Every treatment and activity we provide is crafted to take you on a journey towards a holistic, rejuvenating experience.

we've created a local village concept to promote harmony in your body, mind, and spirit. Our aim is to help you reach your highest level of well-being and health. This journey to wellness is comprised of three crucial elements: revitalizing treatments, serene activities, and tailored care. Come join us as we work towards a state of supreme well-being.





# SIGNATURE

## FURA KAASHI SIGNATURE

**120 MIN | USD 199**

Revitalize your skin with our rejuvenating local coconut scrub and hydrating tropical coconut oil massage. This treatment is customized to meet your individual needs, using only the finest quality natural ingredients. You'll leave feeling refreshed and relaxed, with soft, supple skin and a stress-free mind after a relaxing scalp massage and indulgent Maldivian coconut hair wrap

<u>COCONUT SCRUB</u>	<u>30 Minutes</u>
<u>SOOTHING MASSAGE WITH COCONUT OIL</u>	<u>60 Minutes</u>
<u>MALDIVIAN COCONUT HAIR WRAP</u>	<u>30 Minutes</u>

# FACIALS

## **CLASSIC FACIAL**

50 Minutes

109 USD

For people with sensitive and reactive skin. This facial reduces inflammation, calms and refreshes your complexion

## **HYDRATING FACIAL**

50 Minutes

109 USD

Sun, surf and sand are always rough on your skin. This facial will make sure the only visible effects of your beach holiday are a sun kissed glow and a hearty grin

## **TRADITIONAL AYUREVEDIC FACAL**

50 Minutes

109 USD

Drawn from ancient cultures and complemented by modern techniques, this traditional Ayurvedic Facial will not only bring vitality to your skin but also balance your individual doshas to revel the inner radiance of your skin. Recommended for normal to oily skin



# MASSAGES

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**RELAXING** 60/90 Minutes 129/159 USD

A series of slow, deliberate movements designed to release all the stress and strain on your body, mind and soul.

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**DEEP TISSUE** 60/90 Minutes 149/179 USD

Sometimes our bodies need a little jump start. For stiff muscles, fatigue, jetlag or simply those days when you've had enough of it all.

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**BALINESE** 60/90 Minutes 139/169 USD

Balinese have a natural talent for massage; their techniques combine slow pressure movements with stretching

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**FOUR HAND MASSAGE** 60 Minutes 189 USD

Thai Javanese and Balinese techniques link to create the ultimate pampering experience in this unique choreography of massage

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**ISLAND STYLE** 60 Minutes 159 USD

For those who want something different, something exciting and new. Introducing our signature Island Light massage, a fusion of techniques which are deeply relaxing, yet invigorating at the same time.

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**HOT STONE** 90 Minutes 189 USD

Feel the deep penetration of volcanic stones heated to perfection as your therapist kneads away all the stress and tension from your muscles using our uplifting oils. If you have never tried a hot stone treatment, it is an absolute essential treatment

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**BACK, NECK AND SHOULDER** 30 Minutes 79 USD

An eastern complementary, holistic treatment working on relieving stress and tension. This technique concentrates on acupressure points, helping to recharge and invigorate the mind.

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**PREGNANCY** 60 Minutes 129 USD

For all mums to be, we have created the ultimate treatment to sooth sore backs and tired joints. Even the most tired mums.

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**THAI TRADITIONAL** 60 Minutes 139 USD

For those who like it a little rough, this clothed treatment works on pressure points and stretching to leave your feeling like a young instructor.

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**THAI FOOT** 60 Minutes 129 USD

Let's not complicate things. There are few things better in the world than a relaxing foot massage working on reflexology points to remove stress and tension.

# INDIAN ORIENTAL THERAPY

**ABHYANGA** 60 Minutes 149 USD

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Abhyanga in sanskrit " oil massage" which is form of ayurvedic medicine that involves massage of the body with large amount of warm oil. Reaching deeper tissue and bones and detoxifying the body by stimulating lymphatic drainage

**SHIRODARA** 60 Minutes 159 USD

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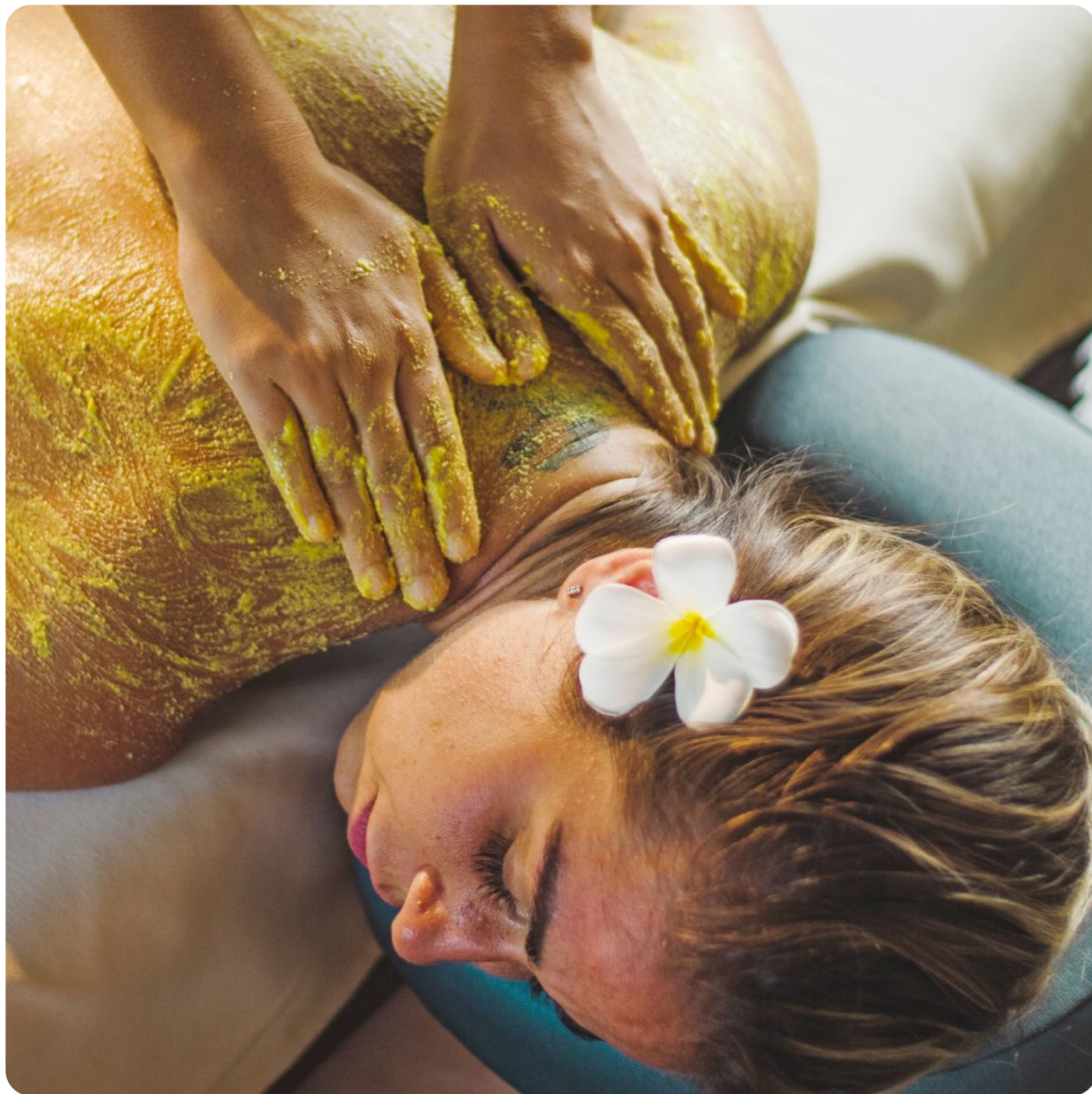
This is best treatment for relieve headaches, sinusitis, anxiety, insomnia, and vision problem. This holistic healing science harmonizes the body, mind and soul.

**INDIAN HEAD MASSAGE** 30 Minutes 99 USD

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This treatment has distinct healing properties to relieve tense muscle increase blood circulation around the head and reduce hair loss





# BODY WORKS

## **BODY SCRUB**

60 Minutes

119 USD

Transform your skin with a personalized therapy that surpasses traditional forms of self-care. Our all-natural scrubs are crafted with locally sourced ingredients and tailored to meet your unique skin needs. This rejuvenating treatment not only exfoliates dead skin cells and toxins, but also concludes with a luxurious moisturizing massage, leaving you with a glowing, refreshed complexion

## **BODY WRAP**

60 Minutes

129 USD

Time to wrap. Body wraps are a very effective way of medicating the body with natural ingredients; they can help with weight loss, cellulite reduction; they can rejuvenate or simply nourish the skin. Your holistic therapist will tailor the treatment to your individual needs. The treatment begins with an exfoliation, and then a highly nutritive paste is applied, followed by a wrap. Whilst wrapped, you will experience a magic head massage to fully unwind. A gentle moisturizing massage completes this very special treatment.

## **AFTER SUN**

60 Minutes

119 USD

The amazing properties of fresh cucumber providing an instant relief to sun burnt. The cooling and soothing effects of cucumber helps to cure sunburn over a short period of time.

# BEAUTY ON THE ISLAND

**ESENTIAL MANICURE OR PEDICURE**      60 Minutes      89 USD

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Maintain an amazing result and keep nails in good condition. Hand and feet are important. The most neglected part of your body needs a little love. Treat yourself to a relaxing manicure and pedicure.

**NAIL POLISH**      15 Minutes      29 USD

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## HAIR AND MAKE UP

We wash, blow dry your do into your favored style to have you looking like a Hollywood star before you know it. We offer full styling and makeup for radiant, content brides-to-be on their special day.

**WASH & BLOWDRY**      50 Minutes      59 USD

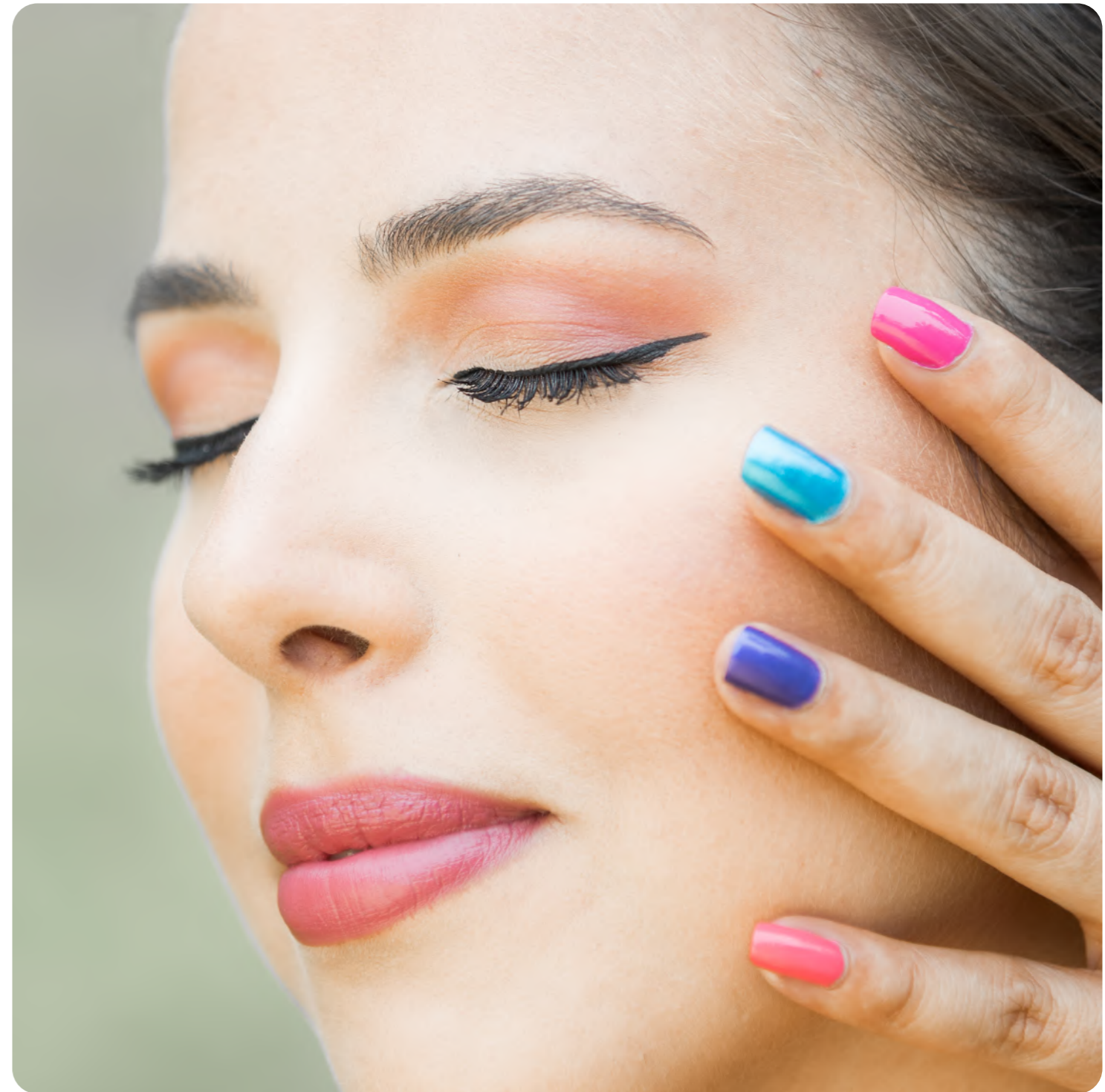
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**MAKEUP**      60 Minutes      59 USD

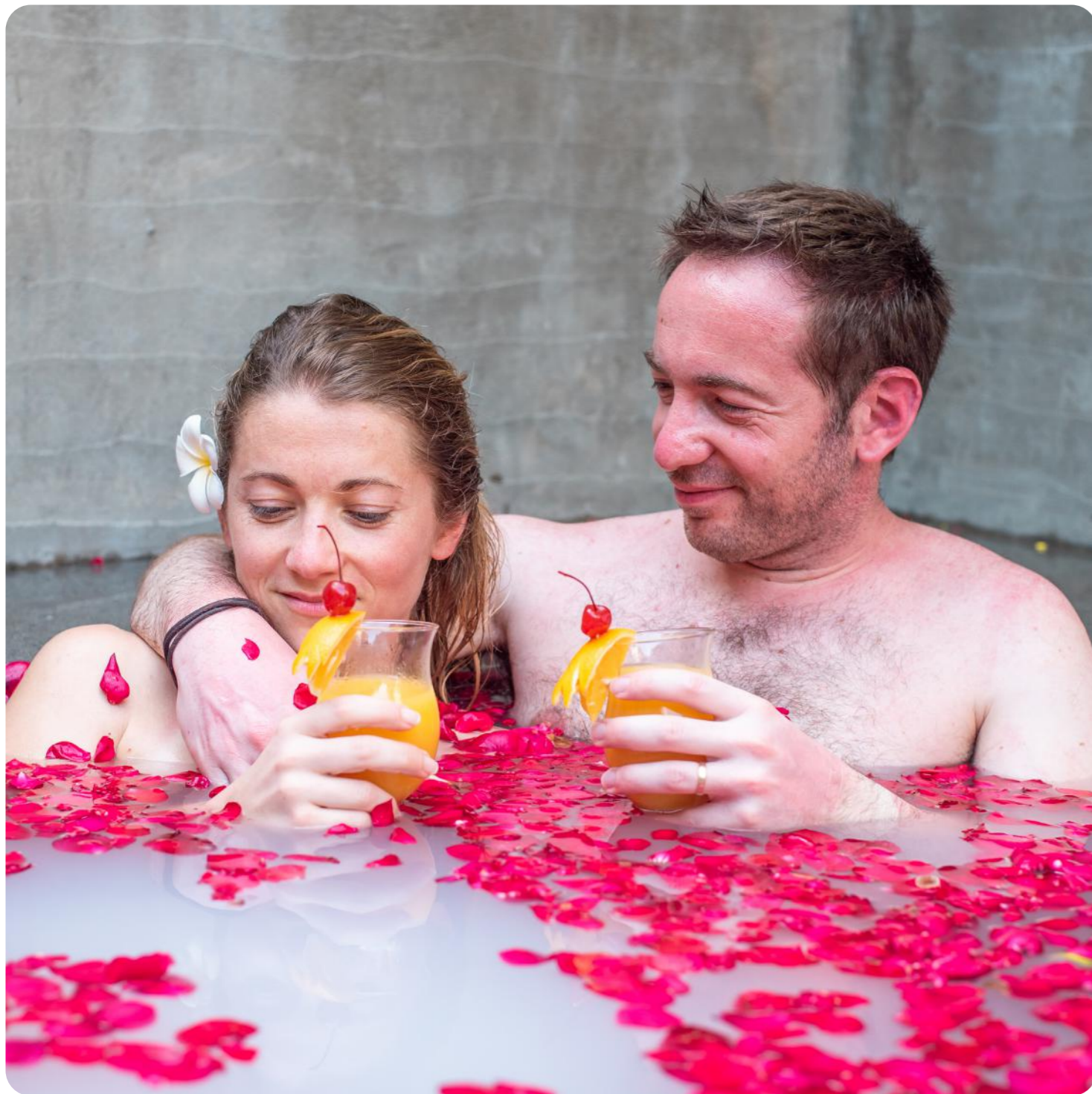
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**BRIDAL MAKE UP & HAIR STYLE (TRYOUT INCLUDED)**      90 Minutes      159 USD

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# SPECIAL FOR COUPLES

**FURA PURE BLISS** 120 Minutes 399 USD

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60 MINUTES DEEP TISSUE MASSAGE  
60 MINUTES HYDRATING FACIAL

**TIME FOR YOU AND ME** 120 Minutes 369 USD

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30 MINUTES SCRUB  
30 MINUTES FACIAL  
60 MINUTES RELAXING MASSAGE

**THE ULTIMATE COUPLE** 120 Minutes 449 USD

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90 MINUTES HOT STONE MASSAGE  
30 MINUTES FACIAL

# FURA JOURNEY

**SPA JETLAG** 180 Minutes 319 USD

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45 MINUTES BODY SCRUB  
45 MINUTES BODY WRAP  
45 MINUTES RELAXING  
45 MINUTES HYDRATING

**SPA SERENITY PACKAGE** 240 Minutes 429 USD

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60 MINUTES BALINESE  
60 MINUTES RELAXING  
60 MINUTES HYDRATING FACIAL  
60 MINUTES HEAD AND FOOT MASSAGE

**ISLAND NATURAL FLOWER BATH** 30 Minutes 59 USD

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Immerse yourself in our sensuous aromatherapy flower bath to nourish your body. Choice of lavender, ylang ylang and geranium.

**HYDROTHERAPY** 30 Minutes 49 USD

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Enjoy our hydrotherapy facilities which include jacuzzi, steam and sauna.





# WELLNESS & FITNESS PROGRAM

## JOURNEY OF THE BODY AND MIND

<b>60 MINUTES PRIVATE YOGA</b>	<b>79 USD</b>
<b>60 MINUTES PARTNER YOGA</b>	<b>109 USD</b>
<b>60 MINUTES YOGA THERAPY</b>	<b>109 USD</b>
<b>45 MINUTES SOUND HEALING MEDITATION</b>	<b>79 USD</b>

## ZEN PACKAGE **199 USD**

60 MINUTES YIN YOGA  
 30 MINUTES BACK MASSAGE  
 30 MINUTES INDIAN HEAD MASSAGE

## POWER BLAST **60 Minutes 59 USD**

A unique combination of exercises to increase power and strength.

## TURBO BOOSTER **60 Minutes 59 USD**

A comprehensive selection of plyometric exercise to help increase speed and agility.

# GENERAL INFORMATION

Wellness Village is open daily from **09.00 AM** to **08.00 PM**. The last treatment will commence at **07.00 pm**.

## Reservations

To schedule an appointment for your perfect treatment, please contact our Wellness Village Team who will provide the best recommendations for you. To ensure your preferred time and service are available, we recommend that you book your treatment in advance by dialing extension "763".

## Arrival Time

For a seamless spa experience, we kindly request that you arrive at least 15 minutes prior to your scheduled treatment to complete a Spa Consultation Form/Health Questionnaire. This will provide ample time for you to fill out the Health Assessment form and ensure a smooth and relaxing experience.

## Holistic Environment

In order to preserve the peaceful atmosphere of our Spa, we kindly ask that you refrain from using mobile phones and refrain from smoking. This ensures that all Spa guests can enjoy a private and serene environment, promoting relaxation and tranquility.

## Pregnancy

For expectant mothers and nursing mothers, we offer specially designed treatments to cater to your specific needs. Our expert Spa Team is here to assist you in choosing the most appropriate treatments to ensure a comfortable and enjoyable experience during this special stage in life.

## Jewelry

For your peace of mind, we suggest that you leave any jewelry and valuables in your villa before visiting the Wellness Village. Please be advised that the resort management cannot be held responsible for any loss or damage to personal items or misplaced items.

## Children

We kindly ask that you take into consideration that our Wellness Village is not designed to accommodate infants and children under the age of 10. This helps us maintain a peaceful and tranquil atmosphere, ensuring that all guests can fully benefit from the relaxing environment. We kindly request that you keep this in mind when planning to visit with young children.

## Charges

For your convenience, all charges for wellness services will be billed to your villa and will appear on your account during check-out.

## Cancellation Policy

In the event that you need to cancel your appointment, we kindly ask that you give us at least 4 hours' notice. Late cancellations will incur a fee of 50% of the total bill, and failure to show up for a scheduled appointment will result in a charge for the full amount.

\*Above prices are subject to a 10% Service Charge and 16% GST

