



Merana

*health and wellness*

Inspired by ancient rituals infused with quality ingredients from nature alongside modern skin and beauty advancements, Merana takes a holistic approach to treatments for rejuvenation, relaxation and overall mind, body and soul balance.

Our opening hours are 10.00am until 10.00pm  
If you would like to experience the spa outside of these hours,  
please let us know with a minimum of 48 hours' notice.



## Signature Vakkaru Journey

150 Minutes

An immersive full-body journey inspired by the finest natural healing and moisturising elements of the coconut.

Treatment includes

A 15-minute Coconut haircare experience, followed by a coconut and sugar body scrub, milk bath with coconut based nourishments served during your bath and finally, this unique ritual includes a heated coconut shell massage to leave you feeling relaxed, balanced and rejuvenated.

US\$ 338++

## Diamond Experience

by Natura Bissé

180 Minutes

An unforgettable indulgent experience reforming your skin, with this ultimate face and body anti-ageing treatment

Treatment includes

A Diamond Rose body scrub and bath including chocolates and champagne served during your bath followed by a 90-minute Diamond Experience Energy Facial

US\$ 368++



## Timeless Tranquility

by Natura Bissé

120 Minutes

Relieve body stress and tension as well as that dehydrated skin feeling which follow an international flight with this soothing and hydrating jet lag recovery ritual.

Treatment includes

A relaxing lavender sea salt bath with hydrating refreshments served during your bath complimented with a stress relieving Sweet Dream Massage and herbal compress.

US\$ 288++

## A Personalised Ritual

120 Minutes

We are delighted to offer specific treatments to your preferred physical, emotional and therapeutic experience, depending on your desires.

Treatment choices include

Body exfoliation, Bath and shower, 60-minute Body massage

Or

Body wrap, Bath and shower, 60-minute Body massage

Or

60-minute Body massage, 60-minute Facial

Refreshments are served during your bath session

US\$ 288++



# MASSAGE

## Aromatherapy

by Natura Bissé

60 or 90 minutes

Aromatherapy massage uses essential oils derived from plants to achieve therapeutic benefits either to relax, detoxify, tone or stimulate.

Pressure: Soft to medium

US\$ 198++ | US\$ 218++

## Sweet Dream Massage

by Natura Bissé

60 or 90 minutes

Reset your body clock, ease stiffness and sore muscles, a soothing massage which will help relax nervous system and recover the body's internal balance.

Pressure: Soft to medium

US\$ 198++ | US\$ 218++

## Volcanic Stone

90 minutes

A reviving experience with the placement of hot volcanic stones on the body's energy paths to stimulate blood flow then completed with an invigorating cold stone Marma face massage to refresh tired eyes and relief sinus tension.

Pressure: Soft to medium

US\$ 228++



# MASSAGE

## Lomi Juma

by Natura Bissé

60 or 90 minutes

Restore your inner-balance with this energizing massage combination of stretching, thumb and palm pressure techniques.

Improves microcirculation, unblock joints and relax muscles.

Pressure: Medium to firm

US\$ 198++ | US\$ 218++

## Fitness Massage

by Natura Bissé

60 or 90 minutes

Focuses primarily on deeper layers of muscles and connective tissue by exerting intense pressure through forearms, elbow and knuckling.

This massage lightens tightness, treat pain, improve muscle recovery and joint mobilisation thereby re-educating the muscle to operate at full capacity.

Pressure: Firm

US\$ 198++ | US\$ 218++

## Balinese

60 or 90 minutes

An authentic tension release massage with a combination of palm strokes, skin rolling, knuckling and thumb pressure to loosen connective tissue, stimulate the lymphatic system and blood flow. Pressure: Medium to firm

US\$ 198++ | US\$ 218++



## Thai

by Harnn

60 or 90 minutes

A energising, fully clothed, dry massage, using passive stretching and firm-rhythmic pressing movements along the body's energy lines to increase flexibility, relieve muscle and joint tension and balance the body's energy.

Pressure: Dry medium to firm

US\$ 198++ | US\$ 218++

## Oriental Foot Massage

by Harnn

30 or 60 Minutes

Pressure is applied to key reflex points on the feet which link through the meridians to our vital organs. Stimulates energy flow, restores balance and encourage the process of healing.

Pressure: Medium to firm

US\$ 108++ | US\$ 168++



## Himalayan Scalp Massage

by Harnn

30 or 60 Minutes

A tension relieving head, neck and shoulder massage using pure coconut oil and working along cervical spine to alleviate anxiety and stimulate the mind. An excellent remedy to energise and invigorate your senses.

Pressure: Medium to firm

US\$ 108++ | US\$ 168++

## Swedish Back Massage

30 or 60 Minutes

A combination of traditional Swedish massage technique for those who prefer a medium to firm pressure massage using long strokes, palm gliding, wringing and kneading techniques.

Pressure: Medium to firm

US\$ 108++ | US\$ 168++



# BODY WRAP AND SCRUB

## Algotherapy Contour

by Natura Bissé

90 Minutes

A fusion of 3-marine algae with exceptional hydrating, firming and detoxifying properties. Starting with our bamboo body scrub, your body is then coated with our algae body mask and cocooned in a heated blanket. Perfect to minimise congestion and accelerate the renewal of skin cells.

Skin types: All

US\$ 228++

## Vitamin C+C Ascorbic Soufflé

by Natura Bissé

90 Minutes

Our complete vitamin C ritual begins with a luxurious C+C body scrub. The application of powerful anti-oxidant rich body mask after with multiple source of vitamins, helps in the fight of free radicals and enzymes penetrate your pores and nourish your skin.

Skin types: All

US\$ 228++



# BODY WRAP AND SCRUB

## Citrus Regeneration

by Natura Bissé

60 Minutes

A beauty routine to clarify normal-to-oily skin using a hand-picked blend of micronized bitter orange lava and aromatic citrus leaving skin instantly bright with a velvety feel.

Skin types: All

US\$ 168++

## Bamboo Cleanse

by Natura Bissé

60 Minutes

This delicate cleansing and moisturising body exfoliant for normal-to-dry skin, uses bamboo microparticles especially selected to remove impurities, prevent dryness and treat inflammation resulting in a complete luminous skin.

Skin types: All

US\$ 168++



## Diamond Intense

by Natura Bissé

90 Minutes

An anti-ageing treatment designed to leave you looking radiant, with a firmer, rejuvenated and peachy complexion. The facial improves skin texture and helps fade fine lines in one session.

Skin types: Dry and mature skin

US\$ 228++

## Citrus Essence

by Natura Bissé

60 Minutes

Diminish visible signs of premature ageing and bring a healthy vibrancy back to sun damaged skin with this anti-oxidant facial that uses 100% pure vitamin C to stimulate collagen production and enhance the skin's natural firmness.

Skin types: Oily skin

US\$ 178++



## Skin Comfort by Natura Bissé

60 Minutes

Soothing facial treatment with the benefits of chamomile, elderberry and green tea extract for sensitive skin. Strengthens the self defense mechanism and preserves the natural hydration of the skin.

Skin types: Sensitive skin

US\$ 178++

## Balancing Purity by Kerstin Florian 60 Minutes

Pimples could become a source of self-consciousness. With the purest and most gentle product used in the treatment will clear out pores without being too harsh.

Skin types: All skin

US\$ 178++



Additional treatments may be added on an  
a la carte basis including

### Essential Eyes

30 Minutes

An intense treatment that relieves puffiness and dehydration  
around the eye contour area using a Micronized Algae Eye Mask  
and eye pressure point massage to nourish and brighten.

Skin types: All

US\$ 68++

### Steam Extraction

20 Minutes

To purify and deep cleanse.  
Pressure: Could feel some discomfort

US\$ 48++

### Hand Mapping

20 Minutes

A Japanese method of improving digestive system  
through massaging the palms of hand.

Pressure: Medium

US\$ 48++



## SPECIAL CARE

### After Sun Facial

by Kerstin Florian

60 Minutes

This après sun facial treatment soothes, hydrates and nourishes skin leaving it renewed and fortified against overexposure.

Skin types: Sun burnt and dry skin

US\$ 168++

### Organic Aloe Body Wrap

by Kerstin Florian

60 Minutes

Healing, moisturising organic Aloe Vera combined with nourishing algae and soothing Lavender for a skin-quenching experience.

Includes a luxurious scalp, neck and foot massage.

Skin types: Sun burnt and dry skin

US\$ 168++

### Mother-To-Be

by Natura Bissé

90 or 120 Minutes

Using unscented oils to ease backache, stiff neck, leg cramps and swelling during your pregnancy.

Working along the spine on the side position with adjustable soft pillow and warm unscented coconut oil prepared to ensure your comfort.

Pressure: Soft to medium

US\$ 208++ | US\$ 228++



# MANICURE AND PEDICURE

## Almond Manicure

by CND  
60 Minutes

Gently refine and moisturise your hands with this natural manicure including an almond milk hand soak, exfoliation, manicure, almond hand mask, hand massage, buffing.

US\$ 98++

## Marine Pedicure

by CND  
60 Minutes

Hydrating sea extracts, conditioning mineral clay and soothing botanicals soften and exhilarate your feet with marine mineral foot soak, exfoliation, mask, foot massage and buffing for this natural pedicure.

US\$ 98++

## Express Manicure and Pedicure

by CND  
60 Minutes

Provides a luxurious quick fix for your hands and feet with a natural manicure and pedicure including cuticle cleanse, nail shape and buffing.

US\$ 98++

Additional treatments may be added on an a la carte basis including

**14+ Day Gel**  
30 Minutes

US\$ 28++



# GENTLEMEN

## The Traveller Massage

by Gentlemen's Tonic

80 Minutes

Alleviate the stresses and fatigue caused by everyday life and in particular after long flights. This massage helps to release and eliminate tired, tense muscles while enhancing deep relaxation.

Pressure: Medium to firm

US\$ 208++

## Re-Invigorating Body Treatment

by Gentlemen's Tonic

90 Minutes

A proprietary sea salt base is blended with rich essential oils and applied to your skin, following exfoliation using Gentlemen's Tonics' advanced cosmeceutical range, you are then placed in a full body wrap before intensive moisturisers are layered on the skin, leaving it feeling sensationally clean, smooth and soft.

Skin Types: All

US\$ 218++

## Detox Facial

by Gentlemen's Tonic

70 Minutes

A deep cleansing facial that helps by unblocking clogged pores and relieving congestion. The skin then goes through an invigorating ritual that helps to improve its tone, clarity and overall complexion, leaving it to feel totally refreshed and balanced.

Skin Types: All

US\$ 188++



# SPA ETIQUETTE

## Access

Yoga pavilion, sauna, steam room, Jacuzzi, cold plunge pool, spa changing, and relaxation areas are available within Merana. To maintain a relaxing atmosphere, these facilities are accessible to all resort guests, with certain capacity at a times.

## Age

Our wellness area is an adult only sanctuary therefore guests must be 16-year old and above to access. Younger guests between 3 to 15 years old must be guided by parents or other adult for treatment.

Should you require assistance with childcare, please allow us to assist you in making arrangements prior to arriving for your treatment.

## Appointment

To schedule your indulgent spa treatment at your preferred time please contact us at Merana and we will be delighted to guide you to the most desirable treatment and therapist.

## Attire

Merana offers changing facilities where bathrobes, slippers and disposables are provided. As nudity is not permitted in the Maldives we respectfully request that you wear a bathing suit to use the Jacuzzi, steam and sauna.

## Cancellation

Please advise us no less than 2 hours prior to your scheduled treatment time.

If you are unable to cancel as stated, please understand that a fee will apply of 50% of the scheduled services.

If you cancel within an hour of your scheduled treatment or miss your appointment, the full price of the services will be charged.

## Etiquette

Our environment is designed for tranquility, peace and serenity. We ask that you do not use your mobile phone or other electrical equipment which may disturb other guests.



# SPA ETIQUETTE

## Gift

If you would like to purchase a gift voucher for someone special at Merana for any treatment or monetary value please let us know. Monetary value vouchers may be redeemed for any service or retail product available.

## Gratuities

A 10% compulsory Service Charge is added to your spa bill. It is not expected that you would add further gratuities to your experience in Merana.

## Health

Kindly advise us of any health conditions, allergies or injuries which could affect your treatment when making your reservation. This allows us to assist you in selecting the best experience for you and allows us to prepare for any amendments that may need to be made to a treatment or room set up.

## Homecare

Your therapist may advise you on the products applied during your treatments. Should you wish to purchase any of these to take home with you, Merana team will be delighted to assist.

## Hygiene

Safety, health and cleanliness are our dedication and promise to you and to ourselves. All our equipment is cleaned, sanitised and sterilised after each use.

## In-Villa Spa

An enhancement charge will be incurred should you wish to have your spa treatments in your private villa, please ask us when making your Spa appointment.

## Liability

Merana shall not be liable for any accident and injury suffered by a guest during their treatments.



### Pregnancy

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time. Please be aware that we are unable to perform any massage or body treatments on expectant mothers within their first trimester (under 12 weeks pregnant) or prior to your first scan.

### Pricing

All pricing is quoted and charged in US\$. Pricing is subject to 10% Service Charge and 12% GST.

### Time

We recommend you arrive 30 minutes prior to your scheduled appointment to discuss your requirements and complete your lifestyle consultation details. Arriving early will also allow you to enjoy our facilities.

Please note that late arrivals may result in a reduction of treatment time.

### Tobacco

Merana is a non-smoking environment.

### Valuables

Merana is not responsible for any loss of valuables at any time on the spa premises. We recommend you leave valuables in your villa or in your locker. Please remember to take any valuables put in your robe pockets after your treatment.