



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 each day

If you would like to experience the spa outside of these hours,
please let us know with a minimum of 48 hours' notice.



ASIAN HOLISTIC RITUALS

Merana Healing Journey

120 Minutes

Single US\$280++/Couple US\$500++

Experience a journey in movement and stillness to reach deep relaxation of your body, mind and soul. Merana Healing Journey allows you to reconnect with yourself, de-stress and find your inner peace with a series of physical postures, breathing exercise and calming sounds of the Crystal Singing Bowl.

In the morning, warm-up your body with Sun Salutation that incorporates a sequence graceful poses to create a flow of movement. Whilst in the evening session, Asthanga yoga which literally means "eight-limbed yoga," allows you to synchronize breath with progressive flowing movements.

Bring your mind to a serene state as we conclude your healing journey with sound therapy or a sound bath, a combination of restorative yoga, meditation and sacred sound concert using crystal singing bowl instruments. Lie back, relax, let the deep resonating vibrations from the bowls wash over you and re-balance your body's natural vibration.

Treatment includes

60-minute Sun Salutation Yoga (Morning session)
or Ashtanga Yoga (Evening session)
60-minute Sound therapy (Crystal singing bowls)

Shirodhara

90 Minutes

US\$220++

Based on the ancient principles of Ayurvedic therapy, Shirodhara which is derived from Sanskrit word *Shiro* (head) and *Dhara* (flow), is a unique treatment, in which a steady stream of warm oil is poured on the forehead. It is an effective therapy for mind relaxation, curing insomnia, anxiety, migraine, hypertension, headaches, hair and skin diseases.

Combined with the Indian head massage to nourish the scalp and hair follicle which in turns stimulates hair growth and followed by a pampering body massage which will help to relax the muscles, relieve body stress and tension.

Treatment includes

60 minutes Shirodhara treatment
30 minutes Body Massage



ASIAN HOLISTIC RITUALS

Gua Sha Facial

90 Minutes

US\$195++

Originally from an ancient Chinese medicine that has been widely used to treat various types of health issues, Gua Sha Facial utilizes a specially designed jade stone tool to massage the muscles and fasciae of the face and neck while activating acupuncture energy points of the face, neck and head. It is designed to stimulate blood circulation, natural drainage of the lymph nodes while also lifting the skin.

Pressure: Firm Pressure



SPA PROGRAM

Find inner serenity and outer radiance with our ultra-immersive three, five and seven-day package.

“PURE MASSAGE”

Let us take you to a truly individual journey to discover the power of healing touch from our skilled therapists and attain the ideal body and mind balance. Choose from a selection of signature body massages specially designed to put your mind at ease and your body at rest

3 days US\$490++; 5 days US\$750++; 7 days US\$1,040++

“REFRESH AND REJUVENATE”

A collection of indulgent treatments to awaken your senses while providing a feeling of internal balance. Indulge yourself in this holistic treatment focusing on restoring both your skins' moisture and hydration using facials, body scrubs and massage to create a rejuvenating experience just for you.

3 days US\$480++

(For 3 hours' treatment, 60-minutes Body Massage, 60-minutes Body Scrub, 60-minutes Facial)

5 days US\$805++

(For 5 hours' treatment, 2x60-minutes Body Massage, 90-minutes Body Massage, 60-minutes Body Scrub, 90-minutes Facial)

7 days US\$1,160++

(For 9 hours-treatment, 3x60-minutes Body Massage, 1x90-minutes Body Massage, 2x 60-minutes Body Scrub, 60 minutes Facial, 90-minutes Facial)



Signature Vakkaru Journey

180 Minutes

US\$370++

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

Treatment includes

A 30-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 culminates with a heated coconut shell massage to leave you feeling relaxed, balanced and rejuvenated.

Tips: 45-minutes Coconut Body Polish, 30-minutes Coconut Hair care, 75-minutes Coconut Shell Body Massage, 30-minutes Coconut milk bath.

Diamond Experience

180 Minutes

US\$360++

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

Tips: 60-minutes Diamond Body Polish, 90-minutes Diamond Facial, 30-minutes Sea Salt Bath served, Chocolate and Champagne.

Merana Retreat

150 Minutes

US\$320++

Wellness seeker should not miss this ultimate pampering experience! A combination of three organic treatments of your choice that will naturally exfoliate, moisturize and leave your skin silky smooth and radiant.

Treatment includes

A clarifying and moisturizing skin treatment combining your choice of body polish, body conditioning and body massage. Conclude this pampering journey and refresh your whole body with fresh orange milk bath.

Tips: Your choice of 45-minutes Body Polish, 45-minutes Body Conditioning, 60-minutes Body Massage.



Timeless Tranquility

120 Minutes

US\$280++

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 jet-lag relief massage and herbal compress.

Tips: 60-minutes Sweet Dream Massage, 30-minutes Herbal compress 30-minutes Lavender Sea Salt Bath with herbs

A Personalised Ritual

120 Minutes

US\$280++

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

Treatment choices include

60-minute Body Polish, Bath and Shower, 60-minute Body massage

Or

60-minute Body Wrap, Bath and Shower, 60-minute Body massage

Or

60-minute Body Massage, 60-minute Facial

Couple Massage Lesson

120 minutes

Couple US\$400++

Come learn from a professional spa therapist the basics of the art of massage to treat your loved one back home; followed by a pampering full body massage.

Tips: 60-minutes Massage Lesson, 60-minutes Body Massage of your choice.



Algotherapy Contour

90 Minutes

US\$220++

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.

Tips: 60-minutes detox wrap by Natura Bissé with Algotherapy mask, 30-minutes C+C vitamin Body Cream.

Vitamin C+C Ascorbic Soufflé

90 Minutes

US\$220++

The application of powerful anti-oxidant rich body mask with multiple source of vitamins, helps in the fight of free radicals and enzymes penetrate your pores and nourish your skin.

Skin types: All

Tips: 60-minutes Sunburnt wrap by Natura Bissé with C+C ascorbic soufflé, 30-minutes C+C vitamin Body Cream



Signature Massage

90 minutes

US\$215++

Be pampered by aromatherapy massage using essential oils derived from plants to achieve therapeutic benefits either to relax, detoxify, tone or stimulate. This massage is soft to medium pressure where soothing, long strokes and thump pressure are applied in tandem to relax your body.

Tips: Pressure soft to medium

Volcanic Stone Massage

90 minutes

US\$220++

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.

Tips: Pressure soft to medium

The Traveller Massage

90 minutes (Men only)

US\$210++

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.

Tips: Pressure soft to medium

Sweet Dream Massage

60 minutes / 90 minutes

US\$175++ / US\$210++

Relax your body clock, ease stiffness and sore muscles, a soothing massage which will help relax nervous system and recover the body's internal balance to help you ease into a good night's sleep.

Tips: Pressure soft to medium

Balinese Massage

60 minutes / 90 minutes

US\$175++ / US\$210++

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.

Tips: Pressure medium to firm



Fitness Massage

60 minutes / 90 minutes

US\$175++ / US\$210++

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 Pressure

Lomi Lomi

60 minutes / 90 minutes

US\$175++ / US\$210++

Restore your inner-balance with this energizing massage that combines elbow, arm and palm pressure techniques with flowing stroke and nurturing touch. This Hawaiian-inspired massage goes beyond relaxation and aims to treat the body and mind as one whole being, improve microcirculation, unblock joints and relax muscles.

Tips: Medium to firm

Thai Massage

60 minutes / 90 minutes

US\$175++ / US\$210++

An energizing, full 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.

Tips: Pressure dry massage and medium to firm

Mother-To-Be

60 minutes

US\$175++

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 prepare to ensure your comfort.

Tips: Pressure soft to medium



Diamond Intense

by Natura Bissé

90 Minutes

US\$225++

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.

Tips: Dry and mature skin

Citrus Essence

by Natura Bissé

60 Minutes

US\$180++

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.

Tips: Oily skin

Skin Comfort

by Natura Bissé

60 Minutes

US\$180++

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.

Tips: Sensitive skin

Balancing Purity

by Kerstin Florian

60 Minutes

US\$180++

Stay blemish-free and solve your pimple problem with our purest and gentlest product. This treatment will clear out your pores while giving purifying and balancing effects to your skin.

Skin types: All skin



After Sun Facial

by Kerstin Florian

60 Minutes

US\$180++

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

Skin types: Sun burnt and dry skin

Tips: Sun burnt and dry skin

Detox Facial

by Gentlemen's Tonic

60 Minutes

US\$180++

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.

Tips: All skin

Essential Eyes

by Natura Bissé

30 Minutes

US\$80++

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.

Tips: All skin



BODY POLISH

Tropical Fruits Wash

60 Minutes

US\$150++

Refreshing and fruity! The acidic values of tropical fruits will cleanse your mind and increase moisture levels of your skin, leaving it clean, fresh and energized.

Tips: All skin

Coconut Lime Scrub

60 Minutes

US\$150++

This moisturizing scrub removes dead skin, promotes new cell growth, lightens skin blemishes and leaves you feeling splendidly exotic. Put your mind at ease while enjoying a refreshingly sweet and tangy aroma from both tropical ingredients.

Tips: All skin

Coriander Cucumber Cleanser

60 Minutes

US\$150++

This invigorating scrub treatment is designed to moisturize, soothe, tone and hydrate the skin, reduce pain and swelling, provide enrichment for a softer and supple skin.

Tips: All skin

Javanese LuLur Scrub

60 Minutes

US\$150++

Indulge yourself to a traditional beauty ritual from Java island, Indonesia. Lulur means “coating the skin” in Javanese, a gentle exfoliating treatment that leaves your skin soft and supple. Using turmeric as its key ingredient, this treatment involves a light and relaxing massage as well as body mask.

Tips: All skin



BODY POLISH

Almond Milk Scrub

60 Minutes

US\$150++

Almond milk scrub is a delicate exfoliant and natural skin brightener that fades off fine lines, leaving your skin smooth and more refined. Smells deliciously sweet and creamy, the rich nutritional content of almond milk work wonders for your healthy and glowing skin.

Tips: Dry skin

Ginger Lemon Cleanser

60 Minutes

US\$150++

Unique blend of ginger and lemon provides warming and invigoration qualities to reduce muscle aches and improve blood circulation. Enjoy the refreshing scent of the natural ingredients as you look forward to a softer and supple skin.

Tips: Oily skin



BODY CONDITIONING

Organic Aloe Body Wrap

60 Minutes

US\$150++

Healing, moisturizing organic Aloe Vera combined with nourishing algae and soothing Lavender for a skin-quenching experience. Includes a luxurious scalp, neck and foot massage.

Tips: Sun burnt and dry skin

Bamboo Cleanser

60 Minutes

US\$150++

This delicate cleansing and moisturizing body exfoliate is made of bamboo micro particles specially selected to remove impurities, prevent dryness and treat inflammation to reveal a radiant complexion of your skin.

Tips: All skin (normal to dry)

Citrus Regeneration

60 Minutes

US\$150++

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

Tips: All skin

Honey Avocado Healer

60 Minutes

US\$150++

Feel the sensation and amazing benefits of honey and avocado that contain rich nutrients to nourish and moisturize your skin. Both superfood also provides enrichment for a softer and suppler skin.

Tips: All skin

Pumpkin and Rice

60 Minutes

US\$150++

Treat your skin better while you are on holiday. Combination of pumpkin and rice polishes away impurities and cleanses skin to reveal a softer, suppler and illuminating complexion while at the same time moisturize the skin and provide anti-septic effect.

Tips: All skin



BODY CONDITIONING

Fresh Cucumber Healing

60 Minutes

US\$150++

Let the cooling effect of fresh cucumber rejuvenate and moisturize your tanned and dry skin. Combined with yogurt, this formula makes for a fully relaxing feel and beneficial to nourish and smoothen your skin.

Tips: Sun burnt and dry skin



MANICURE AND PEDICURE

Almond Manicure

90 Minutes

US\$110++

Gently refine and moisturise your hands with this natural manicure including an almond milk hand soak, exfoliation, manicure, almond hand mask, hand massage, buffing. (Including basic nail color)

Marine Pedicure

90 Minutes

US\$110++

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. (Including basic nail color)

Express Manicure and Pedicure

90 Minutes

US\$110++

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

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

Nail Gel & Gel Removal

60 Minutes: US\$60++

Nail Gel

30 Minutes: US\$40++

Nail French Gel

45 Minutes: US\$50++

Remove Nail Gel

30 Minutes: US\$20++



GROOMING FOR HER

HAIR CARE

Cut

Wash, cut and blow-dry

Short	Medium	Long
US\$85++	US\$95++	US\$105++

Blow Dry

Wash and blow-dry

Short	Medium	Long
US\$55++	US\$65++	US\$75++



GROOMING FOR HIM

BARBER

Timings depending on consultation

Cut

US\$50++

Precision haircut

Cut and Shave

US\$85++

Precision haircut, straight razor shave

Shave

US\$70++

With straight razor, hot towel treatment

The Luxury Shave

60 Minutes

US\$140++

Focuses on refreshing and recharging the face, thoroughly rejuvenating the skin and promoting tissue regeneration.

The treatment starts with cleansing the face and neck and then softening the hair stubble using Gentlemen's Tonics' award-winning cosmeceutical range. Following a traditional wet shave, a mask application is then applied to cool and tone the skin, allowing your skin to feel cleaner and brighter.

Skin Types: All



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 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.

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.

Wellness Center

Welcome to Merana Wellness Center, an exclusive establishment with tranquil environment designed for your body and mind rejuvenation. Our Wellness Center is equipped with steam, sauna, warm Jacuzzi, cold plunge pool and sundeck overlooking the ocean.

Our Wellness Center is complimentary for spa guests. To maintain environment that is serene and conducive for relaxation, kids under the age of 12 are not allowed to enter the area, while kids from 12 - 16 years old may access with parental supervision.