



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 9.00pm 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.



MALDIVES INDULGENT EXPERIENCES

Our Merana Spa Maldivian Signature selections utilise ingredients, plants and herbs that are organic and indigenous to the region, using local traditions with a wellness focus. Explore a variety of indulgent experiences that have been created for your relaxation and wellbeing, which are deeply rooted in spa tradition, culturally connected and exclusive to Vakkaru.

Vakkaru Spa Journey

180 Minutes

US\$370++

An immersive full-body journey inspired by the finest natural healing and moisturising elements of the coconut. The journey begins with warm Coconut oil hair care experience, followed by a coconut and sugar body scrub, coconut 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.

Healing Touch Massage

90 Minutes

US\$220++

Natural Maldivian ingredients are combined with advanced fusion of the medium to firm pressure massage techniques to refresh tensed and tired muscles. The natural warm Maldivian sand compresses will melt away feelings of anxiety and stress, restore balance, and bring back vitality to mind, body and spirit.

Secret of Nature

90 Minutes

US\$220++

Renew and refresh your skin with this unique Merana spa experience. Begin with a gentle skin exfoliation using our own home-made natural coconut lime scrub to polish away impurities and cleanse skin to reveal a softer, supple and illumination complexion. Followed by a luxurious papaya and honey wrap to soothe and deeply moisturise the skin.



MERANA SIGNATURE EXPERIENCES

The ultimate pampering experience, Merana Signatures features holistic treatments for your complete renewal. Each detail of these treatments designed with ultimate luxury and rejuvenation in mind, to deliver an exclusive fusion of the therapeutic massages, advanced facial varieties and skincare rituals.

Holistic Signature Experience

120 Minutes

US\$280++

An experience begins with dry body brushing to encourage blood and lymphatic circulation, followed by the body wrap of your choice (Vitamin C+C, Algae, Honey & Avocado) to gently get rid of the impurities and provide rehydration to your skin. Traditional Balinese massage will complete the body recovery, uses a combination of gentle stretches, acupuncture, reflexology to stimulate the flow of blood, oxygen and "qi" (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation.

Unwind Signature Experience

120 Minutes

US\$280++

The ultimate pampering and de-stress experience for your complete relaxation and renewal. Plunge into a stress-relieving aroma bath to unwind and rejuvenate, followed by soothing sweet dreams massage with volcanic hot stones using essential oils to release and eliminate tired, tensed muscles while enhancing deep relaxation.

Revitalising Signature Experience

120 Minutes

US\$280++

Pampering starts with a gentle salt scrub exfoliation to purify and remineralise the body which is seamlessly followed by the warmed poultice massage to key areas of tension, the healing scent and aromas create a unique experience to detoxify and restore your body.



MERANA SIGNATURE EXPERIENCES

Personalised Experience

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



MERANA SPA PACKAGES

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 memorable spa experience just for you.

Refresh and Rejuvenate

3 Hours

US\$475++

Full Body Exfoliation of your choice (60 minutes)
Full Body Massage of your choice (60 minutes)
Personalised Facial of your choice (60 minutes)

5 Hours

US\$675++

Full Body Exfoliation of your choice (60 minutes)
Full Body Massage of your choice (60 minutes)
Personalised Facial of your choice (60 minutes)
Private Yoga Session (60 minutes)
Indulgent Body Wrap of your choice (60 minutes)

7 Hours

US\$1,050++

Full Body Exfoliation of your choice (60 minutes)
Full Body Massage of your choice (3 x 60 minutes)
Personalised Facial of your choice (60 minutes)
Private Yoga Session (60 minutes)
Indulgent Body Wrap of your choice (60 minutes)



MERANA SPA PACKAGES

Slim and Tone

3 Hours

US\$475++

Full Body Exfoliation of your choice (60 minutes)
Sculpt and Tone Massage (60 minutes)
Detox Body Wrap (60 minutes)

5 Hours

US\$675++

Full Body Exfoliation of your choice (60 minutes)
Sculpt and Tone Massage (60 minutes)
Private Yoga Session (60 minutes)
Detox Body Wrap of your choice (60 minutes)

7 Hours

US\$1,050++

Full Body Exfoliation of your choice (60 minutes)
Sculp and Tone Massage (3 x 60 minutes)
Personalised Facial of your choice (60 minutes)
Private Yoga Session (60 minutes)
Indulgent Body Wrap of your choice (60 minutes)



MERANA SPA PACKAGES

Restore and Recover

3 Hours

US\$475++

Herbal Poultice Massage (90 minutes)

Balinese Massage (90 minutes)

Enhance your experience with a complimentary Yoga Session
for 2 persons (60 minutes)

5 Hours

US\$675++

Full Body Exfoliation of your choice (60 minutes)

Balinese Massage (60 minutes)

Herbal Poultice Massage (90 minutes)

Diamond Advanced Facial (90minutes)

7 Hours

US\$950++

Full Body Exfoliation of your choice (60 minutes)

Full Body Massage of your choice (3 x 60 minutes)

Personalised Facial of your choice (60 minutes)

Private Yoga Session (2 x 60 minutes)



MERANA SPA PACKAGES

Time For You

Reserve the desired spa time during your holidays and our expert therapists will ensure the most suitable treatment selection just for you. It is the most flexible and convenient way to get the most out of your experience and maximise your treatment results.

5 Hours
US\$800++

7 Hours
US\$1,100++

9 Hours
US\$1,450++



MERANA MESSAGES

At Merana Spa, a massage is a holistic experience which discovers the power of touch through a personalised experience to harmonise and balance your body.

Signature Massage

90 Minutes

US\$220++

Be pampered by an 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 thumb pressure are applied in tandem to relax your body.

Pressure: soft to medium.

Herbal Poultice Massage

90 Minutes

US\$220++

A warm herbal compress filled with organic herbs is steamed and applied directly to the body with a variety of specialised techniques. The heat, combined with the herbs are absorbed by the body and help to reduce aches & pains, increase lymphatic drainage and improve skin condition.

Pressure: medium to firm.

Sweet Dream Massage

60/90 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.

Pressure: soft to medium.

Balinese Massage

60/90 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 stimulates the lymphatic system and blood flow.

Pressure: medium to firm



MERANA MESSAGES

Fitness Massage

60/90 Minutes

US\$180++ / US\$220++

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

60/90 Minutes

US\$180++ / US\$220++

Restore your inner-balance with this energising 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.

Pressure: Medium to firm

Thai Massage

60/90 Minutes

US\$180++ / US\$220++

An energising, 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.

Pressure: medium to firm

Reflexology

30/60 Minutes

US\$95++ / US\$150++

An ancient Chinese pressure point massage concentrating on specific reflex points on the feet that reflect organs within the body. The pressure points when stimulated assist in restoring the free flow of energy throughout the entire body. Reflexology stimulates energy meridians and maintains the body's natural equilibrium which plays a significant role in self-healing.



MERANA MASSAGES

Volcanic Stone Massage

90 Minutes

US\$220++

A full body and face massage technique that uses basalt stones to instil a deep level of calm while relaxing tight muscles, clearing blockages and stagnations in the body and melting stress away.

Sculpt and Tone Massage

60 Minutes

US\$180++

The massage helps to invigorate and stimulate the targeted areas. Essential oils and specific massage techniques combined together focusing on areas of concern, such as upper legs, thighs, buttocks, and stomach help to break down and eliminate cellulite deposits.

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 an adjustable soft pillow and warm unscented coconut oil prepare to ensure your comfort.

Pressure: soft to medium



MERANA FACIALS

At Merana Spa, a massage is a holistic experience which discovers the power of touch through a personalised experience to harmonise and balance your body

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-defence mechanism and preserves the natural hydration of the skin.

Tips: Sensitive skin

Gentlemen's Facial

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



MERANA BODY TREATMENTS

At Merana Spa, a massage is a holistic experience which discovers the power of touch through a personalised experience to harmonise and balance your body.

Traditional Javanese Lulur

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. You will feel completely refreshed and radiant at the end of this pure pampering experience.

Coconut Lime Scrub

60 Minutes

US\$150++

This moisturising 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

Ginger Lemon Cleanser

60 Minutes

US\$150++

A 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 softer and supple skin.

Tips: All skin

Bamboo Cleanser

60 Minutes

US\$150++

This delicate cleansing and moisturising body exfoliate are made of micro bamboo 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)



MERANA BODY TREATMENTS

Organic Aloe Body Wrap

60 Minutes

US\$150++

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.

Tips: Sunburnt and dry 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 moisturise your skin. Both superfood also provides enrichment for softer and suppler skin.

Tips: All skin

Fresh Cucumber Healing

60 Minutes

US\$150++

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

Tips: Sunburnt and dry skin

Algotherapy Contour

90 Minutes

US\$220++

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

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



MERANA BODY TREATMENTS

Vitamin C+C Ascorbic Soufflé

90 Minutes

US\$220++

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

Skin types: All

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



MERANA COUPLE EXPERIENCES

Take your island getaway to an even more exclusive and private place, experience a moment of complete tranquillity with your loved choosing one of our specially chosen private escapes. Your dream of being hidden, secluded and removed from the busy world outside is exquisitely realised with our ultimate island escapes.

Couple Massage Lesson

120 Minutes

US\$320++

A bonding experience. Heal your partner through the art of touch. Learn the basics of massage therapy from our Merana Spa therapy experts.

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

Merana Couple Escape

120 Minutes

US\$500++

Perfectly suited to ease tension while falling into a state of deep relaxation, this package includes a Signature Couples Massage enhanced with aroma essential oils of your choice. Special romantic treatment room set up provides the perfect ambience for relaxation. At the end of the treatment, couples will be invited to immerse in a silky milk bath and enjoy a glass of champagne and exotic fruit platter.

Under The Stars

180 Minutes

US\$650++

This unique spa journey begins with a luxurious couples' massage of your choice for relaxation and tranquillity to revive your senses. Followed by an open-air sunset crystal sound healing experience for two - to reconnect and recommit the love oaths to each other through this guided spiritual meditation session. The experience ends with 60-minute private time in our luxury spa open-air facilities.



MERANA FINISHING TOUCHES

Take your island getaway to an even more exclusive and private place, experience a moment of complete tranquillity with your loved choosing one of our specially chosen private escapes. Your dream of being hidden, secluded and removed from the busy world outside is exquisitely realised with our ultimate island escapes.

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 colour)

Marine Pedicure

90 Minutes

US\$110++

Hydrating sea extracts, conditioning mineral clay and soothing botanicals soften and exhilarate your feet with marine minerals foot soak, exfoliation, mask, foot massage and buffing for this natural pedicure.
(Including basic nail colour)

Express Manicure and Pedicure

90 Minutes

US\$110++

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

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++



MERANA EXPRESS TREATS

Oriental Foot Massage

30 Minutes

US\$95++

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

Himalayan Scalp Massage

30 Minutes

US\$95++

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

Pressure: medium to firm

Power Back Massage

30 Minutes

US\$95++

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

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

Perfect Add On

30 Minutes

US\$65++

Choose any of the above treats in addition to any 60 or 90 minutes massage or facial of your choice.



MERANA BEAUTY SERVICES

Merana Beauty Services are on request

Waxing by Lycon

Timings depending on consultation

Formulated with the finest resins, pure Australian beeswax, sensuous aromatherapy and natural plant oils to create a pleasurable and efficient experience, deliver superior results and nurture your skin at the same time.

Half Arm US\$50++	Underarm US\$30+ +	Full Leg US\$90++
Bikini Line US\$30++	Full Bikini US\$100++	Half Leg US\$45++

Hair Care

Cut		Blow Dry	
Wash, cut and blow-dry		Wash and blow-dry	
Short	US\$85++	Short	US\$55++
Medium	US\$95++	Medium	US\$65++
Long	US\$105++	Long	US\$75++
Gent's Haircut	US\$45++		
Cut and Shave	US\$85++		
Shave	US\$70++		



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 four 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 two hours of your scheduled treatment or miss your appointment, the full price of the services will be charged.

Etiquette

Our environment is designed for tranquillity, 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 and Yoga

An enhancement charge will be incurred should you wish to have your spa treatments or yoga session in your private villa, please ask us when making your Spa appointment. In-villa spa treatment is subject to US\$50 surcharge per person per treatment, and US\$25 per person per session for in-villa yoga session.

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 a 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 an 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.