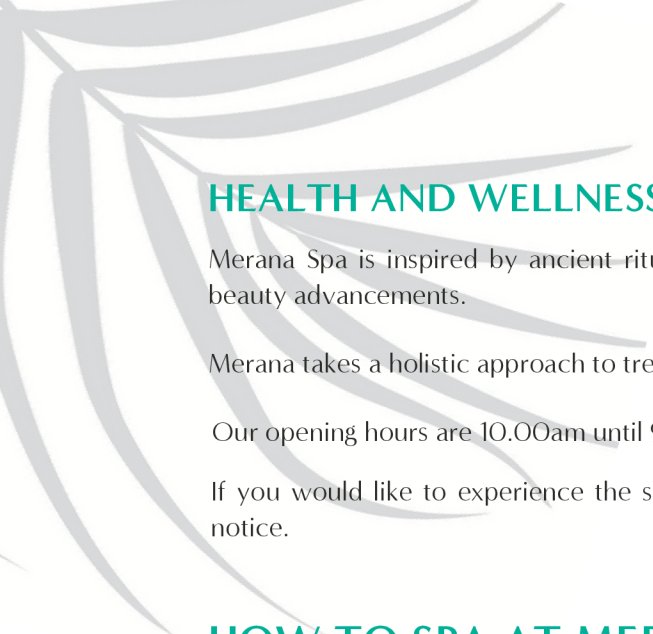




merana
SPA MENU





HEALTH AND WELLNESS

Merana Spa is 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.

HOW TO SPA AT MERANA

Can I get an expert recommendation?

It is our pleasure. One of our highly skilled professional spa therapists will perform your customized evaluation in order to recommend the perfect spa experience to address your specific needs.

When should I arrive at the spa?

Please be sure to arrive at least 15 minutes prior to your appointment. Our desire is for you to thoroughly enjoy each and every minute of your visit at the spa without any hindrance.

How should I dress?

Come as you like. Upon your arrival we will provide you with a luxurious robe and comfortable sandals. We suggest that you also bring your bathing suit to enjoy our Wellness Centre.

Cell Phones

To fully provide you with the most memorable and customized experience, we request that you turn off all electronic devices during your stay at the spa.

Payment Options

All spa services can be charged to your room and pay upon checking out please note there is a 10% service and 17% GST which is an addition charge to all prices.

Special Needs

Since your safety is our utmost concern, we ask you to please notify the Spa Manager and your therapist of any special assistance or medical conditions you may have, such as allergies, high blood pressure, heart conditions, diabetes, pregnancy, etc.

Cancellations

To respect the time of our therapists and other guests, we kindly request a minimum of four hours' notice for any cancellations or changes to your schedule or treatment. A 50% charge will apply for late cancellations and will be charged to your room.

COUPLE TREATMENT ROOM



MALDIVES INDULGENT EXPERIENCES

Our Merana Spa Maldivian Signature selections utilize 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 (150 minutes)

US\$370++

An immersive full-body journey inspired by the finest natural healing and moisturizing elements of the coconut. The journey begins with coconut lime body scrub followed by coconut oil massage and coconut oil hair care experience and finally, this unique ritual continues with coconut milk bath with coconut-based nourishments served during your bath.

Healing Touch Massage (90 minutes)

US\$235++

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.

MERANA ROYAL RITUALS inspired by Natura Bisse

An indulgent full-body experience inspired by Natura Bissé's haute-skincare philosophy. This refined ritual blends delicate exfoliation, infused aromatic essences, and expertly choreographed massage techniques to deeply nourish the skin and relax the senses. The result is silky, radiant skin and an elevated state of wellbeing.

Holistic Signature Experience (120 Minutes)

US\$300++

An experience begins with dry body brushing to encourage blood and lymphatic circulation, followed by the body wrap of your choice (Vitamin C+C or Algae Mask) 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, acupressure and reflexology to stimulate the flow of blood and oxygen around your body.

Royal Citrus Ritual (120 Minutes)

US\$300++

A radiant full-body journey enriched with pure vitamin C. This ritual envelops you in bright citrus aromas as skin is gently refined, deeply nourished and left with a smooth, luminous glow. A complete head-to-toe experience that uplifts the senses and restores vitality.

Marine Body Detox (90 Minutes)

US\$250++

A replenishing marine ritual designed to purify, hydrate and relax. A refined exfoliation is followed by a soothing algae wrap and calming scalp massage, finishing with a gentle body massage that leaves skin smooth, nourished and beautifully restored.

COUPLES JOURNEYS

Escape to a place where romance reigns and every experience inspires tempting indulgence you won't be able to resist sharing. Our all-day luxury signature treatment journeys are designed to reignite your love and passion, inspire a sublime sense of wellbeing and decadently pamper you from head to toe.

Couple Escape Massage (120 minutes)

US\$550++

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. 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.



WELLNESS AREA

MERANA SIGNATURE PACKAGES

Personalised Package (120 minutes)

US\$300++

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, 60-minute Body Massage OR

60-minute Body Wrap, 60-minute Body Massage OR

60-minute Body Massage, 60-minute Facial

Time For You

Reserve the desired spa time during your holidays and our spa team 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 maximize your treatment results.

5 Hours

US\$800++

7 Hours

US\$1,100++

9 Hours

US\$1,400++

MERANA MESSAGES

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

Signature Massage (90 minutes)

US\$220++

Begin your journey with guided breathing and mindful relaxation techniques to calm the mind, ground the body, and prepare you for deep therapeutic release. This is followed by a bespoke aromatherapy massage using carefully selected essential oils to promote relaxation, detoxification, toning, or revitalization. The massage is delivered with soft to medium pressure, combining soothing long strokes and focused thumb pressure in a harmonious rhythm to ease muscular tension, improve circulation, and restore overall balance.

Pressure: Soft to Medium

Herbal Poultice Massage (90 minutes)

US\$235++

A warm herbal compress filled with organic herbs is steamed and applied directly to the body with a variety of specialized 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\$185++ / US\$220++

Relax your body, 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\$185++ / US\$220++

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 MASSAGES

Deep Tissue Massage (60/90 minutes)

US\$185++ / US\$235++

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 mobilization thereby re-educating the muscle to operate at full capacity.

Pressure: Firm Pressure

Thai Massage (60/90 minutes)

US\$185++ / US\$235++

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

Volcanic Stone Massage (90 minutes)

US\$235++

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

Oriental Massage (90 minutes)

US\$235++

Influenced by Eastern philosophies and a holistic approach to healing, this therapeutic massage combines eastern and western techniques to improve flexibility and balance energy flow in the body.

Pressure: Medium to Firm

Indian Head Massage (45 minutes)

US\$120++

Based on the Ayurvedic technique, this traditional Indian massage focuses on the scalp, neck and shoulder. Good for stimulating blood circulation and increasing mobility and flexibility in the neck and shoulders, this massage is ideal for reducing stress and tension.

Chocolate Massage (30/60 minutes)

US\$90++ / US\$185++

For those looking to truly indulge, this luxurious full-body treatment with a chocolate twist maybe just what you need. Enjoy the many benefits of chocolate, known for its effects of being an effective anti-oxidant, helping to strengthen the immune system, and giving an anti-cellulite effect.

Mother-to-be (60 minutes)

US\$185++

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 coconut oil prepare to ensure your comfort.

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.

Foot Massage (30/60 minutes)

US\$95++/ US\$185++

A 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.





MERANA FACIALS

SIGNATURE FACIAL

Merana Repair (60 minutes)

US\$230++

Advanced repair with targeted care delivers deeper restoration for sensitive, sun-exposed, or environmentally stressed skin. Designed to provide enhanced results with lasting comfort, it offers advanced repair while remaining exceptionally gentle. The treatment features the NB Ceutical Tolerance Enzyme Peel to softly refine and strengthen skin tolerance, followed by DWL Supreme Cream to soothe sensitivity, improve firmness, and restore vitality. Ideal after sun exposure or travel, this experience leaves the skin visibly revitalized, balanced, and healthy-looking.
Skin Types : Sensitive and congested skin

EXPERTISE FACIALS

Diamond Luminous Perfect Glow (60 minutes)

US\$220++

Diminish the visible signs of premature ageing and restore a healthy vibrancy to sun damaged skin with this antioxidant facial, using 100% pure vitamin C to stimulate collagen production and enhance the skin's natural firmness.
Skin Types : Pigmented and dull skin

Diamond Energy (60 minutes)

US\$230++

An energizing age-defying treatment that refreshes skin dulled by stress and dehydration. Sculpting massage techniques and revitalizing ingredients help firm, smooth and restore luminosity. Ideal when seeking a lifted, rejuvenated appearance with renewed vitality.
Skin Types : Aged and devitalized skin

SKIN ATELIER FACIALS

Merana Express Repair (30 minutes)

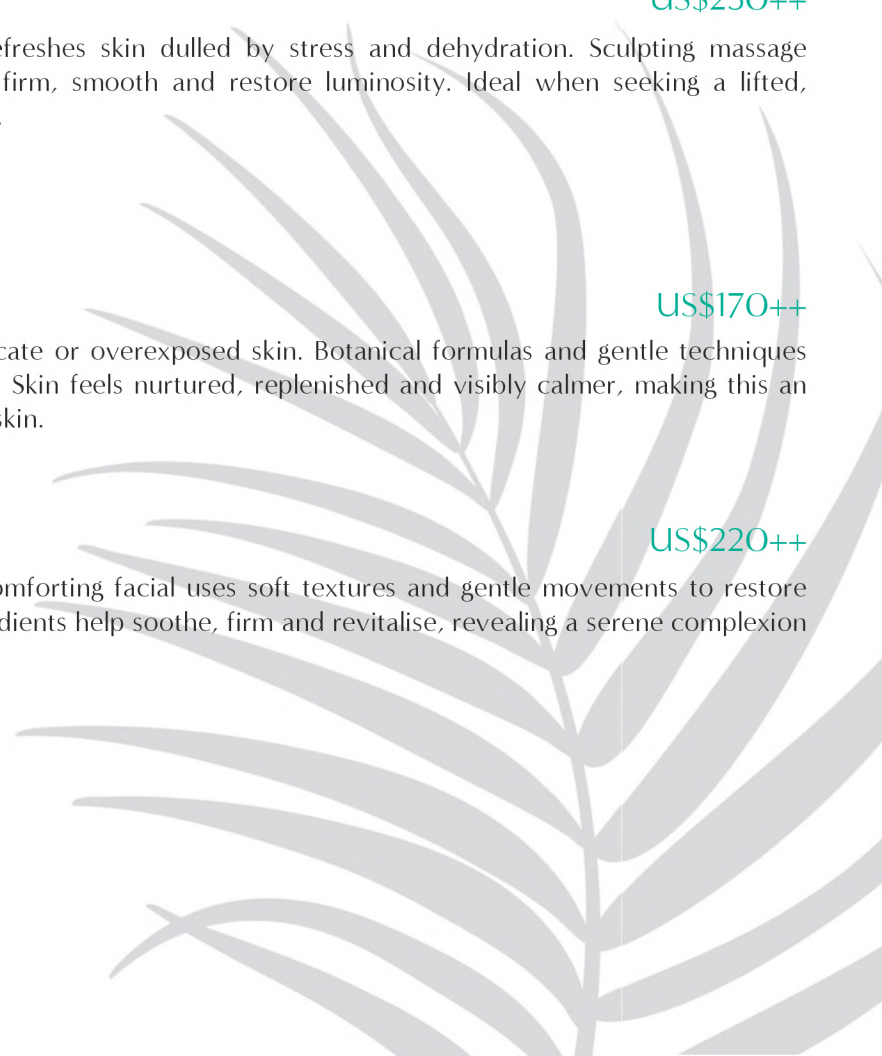
US\$170++

A calming treatment designed to soothe delicate or overexposed skin. Botanical formulas and gentle techniques help restore comfort, hydration and softness. Skin feels nurtured, replenished and visibly calmer, making this an ideal quick reset for sensitive or sun-touched skin.
Skin Types : Sensitive and congested skin

The Skin Comfort (60 minutes)

US\$220++

Created for sensitive or stressed skin, this comforting facial uses soft textures and gentle movements to restore ease. Hydrating and strengthening active ingredients help soothe, firm and revitalise, revealing a serene complexion and a feeling of lasting comfort
Skin Types : Stressed or sensitive skin





Gentlemen's Ocean Breeze (60 minutes)

US\$200++

A refreshing facial that purifies and hydrates skin affected by travel or urban stress. Revitalizing formulas and cooling massage techniques help even the complexion and restore clarity. Skin emerges smooth, energized and comfortably refreshed.

Skin Types : Saggy skin, dull complexions, and skin aged by the sun

The Citrus Essence (60 minutes)

US\$220++

An antioxidant-rich treatment that restores vitality to sun-drenched or tired skin. Vitamin C and lifting massage techniques work together to brighten, hydrate and enhance suppleness. The result is firmer-looking skin with a luminous, revitalized finish.

Skin Types : Saggy skin, dull complexions, and skin aged by the sun

FACE & BODY BOOSTERS

SOS Boost (15 minutes)

US\$40++

A soothing add-on that brings immediate comfort to sensitive or irritated skin. Hydrating and calming ingredients help ease dryness, redness and tightness, leaving skin feeling balanced, supple and restored

Mask Boost (15 minutes)

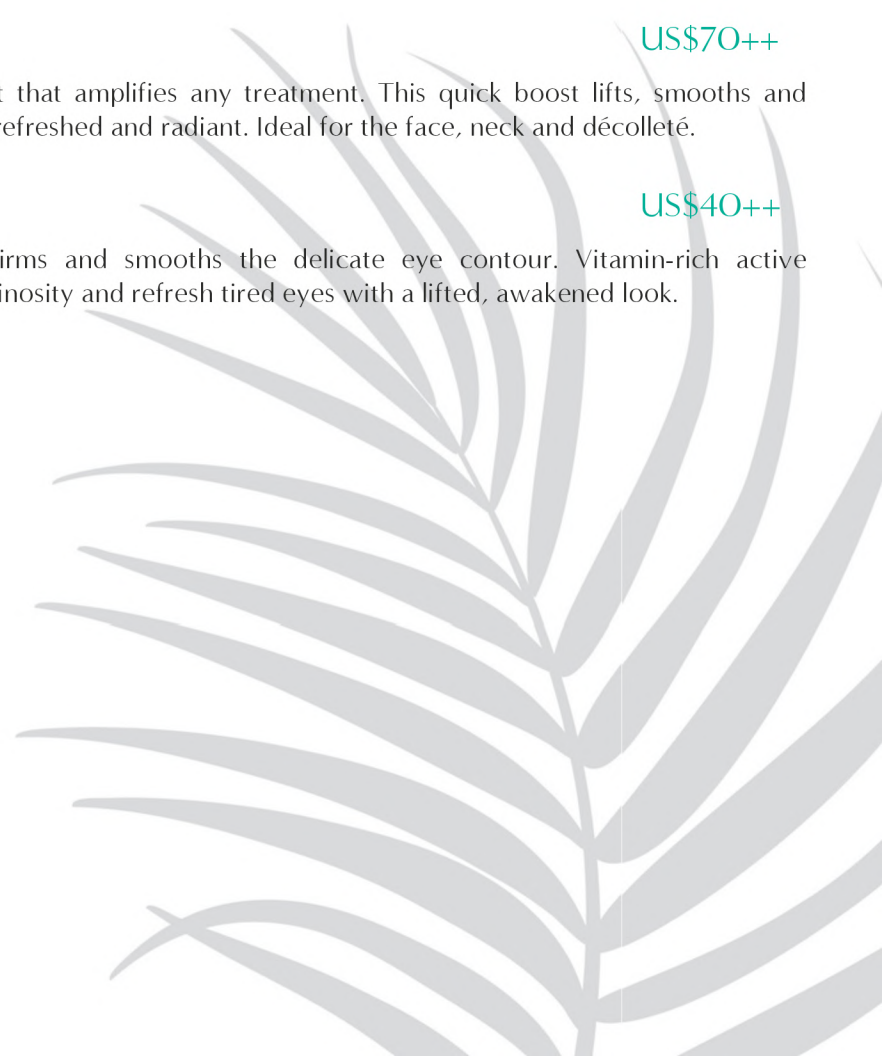
US\$70++

A firming and revitalising mask enhancement that amplifies any treatment. This quick boost lifts, smooths and enhances absorption, leaving the complexion refreshed and radiant. Ideal for the face, neck and décolleté.

Eye Boost (15 minutes)

US\$40++

A targeted eye treatment that brightens, firms and smooths the delicate eye contour. Vitamin-rich active ingredients help soften fine lines, improve luminosity and refresh tired eyes with a lifted, awakened look.







MERANA BODY TREATMENTS

These delicate cleansing and moisturizing body exfoliate are made specially selected to remove impurities, prevent dryness and treat inflammation to reveal a radiant complexion of your skin. These treatments concludes with the application of body cream to further enhance the results.

Tips: All Skin

Citrus Drench - Vitamin C+C Scrub by Natura Bissé (60 minutes)

US\$160++

Highly concentrated vitamin C emulsions body scrub to remove dead skin, promotes new cell growth and protect the skin against dryness and premature aging.

Green Tea Scrub (60 minutes)

US\$160++

Tighten and tone the skin with this refreshing scrub using green tea, known for its anti-oxidant properties, and reduces inflammation.

Lemongrass Body Scrub (60 minutes)

US\$160++

This lemongrass body scrub will not only exfoliate your skin but wake up skin with its energizing scent. You will find that it will not strip the moisture from your skin and leave it radiant and smooth.

Organic Aloe Body Wrap (60 minutes)

US\$160++

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: Sunburnt and dry skin.





MANICURE



MERANA FINISHING TOUCHES

As the #1 nail salon brand worldwide, OPI meticulously formulates and designs each product with purpose and personalized element to change the way we express ourselves hand to toe.

Classic Manicure

US\$80++

Soothe and moisturize your arms and hands with an essential manicure. All hand treatments include nail shaping and cuticle conditioning complete with a relaxing hand massage.

Classic Pedicure

US\$95++

Soothe and moisturize your legs and feet with an essential pedicure. All foot treatments include nail shaping and cuticle conditioning complete with a relaxing foot massage.

Color Touch

US\$20++

Cut & File

US\$20++

Nail Gel Application

US\$40++

Nail French Gel

US\$50++

Remove Nail Gel

US\$30++





MERANA HEALING JOURNEY (120 minutes)

US\$280++ per person

US\$500++ per couple

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 exercises and calming sounds of the crystal singing bowls. Lie back, relax, let the deep resonating vibrations from the bowls wash over you and re-balance your body's natural vibration

Treatment includes choice of:

60-minute Sun Salutation Yoga (morning session) or Ashtanga Yoga (evening session) with 60-minute Sound Therapy (crystal singing bowls)

SOUND HEALING THERAPY (60 minutes)

US\$180++ per person

US\$300++ per couple

Bring your mind to a serene state as our specialist plays the crystal singing bowls in therapeutic ways, combined with deep self-reflection and guided meditation to improve your emotional wellbeing.



MERANA BEAUTY SERVICES

HAIR CARE FOR HER

Wash, Cut and Blow-dry	US\$95++
Wash and Blow-dry	US\$65++
Hair Style	US\$150++

HAIR CARE FOR HIM

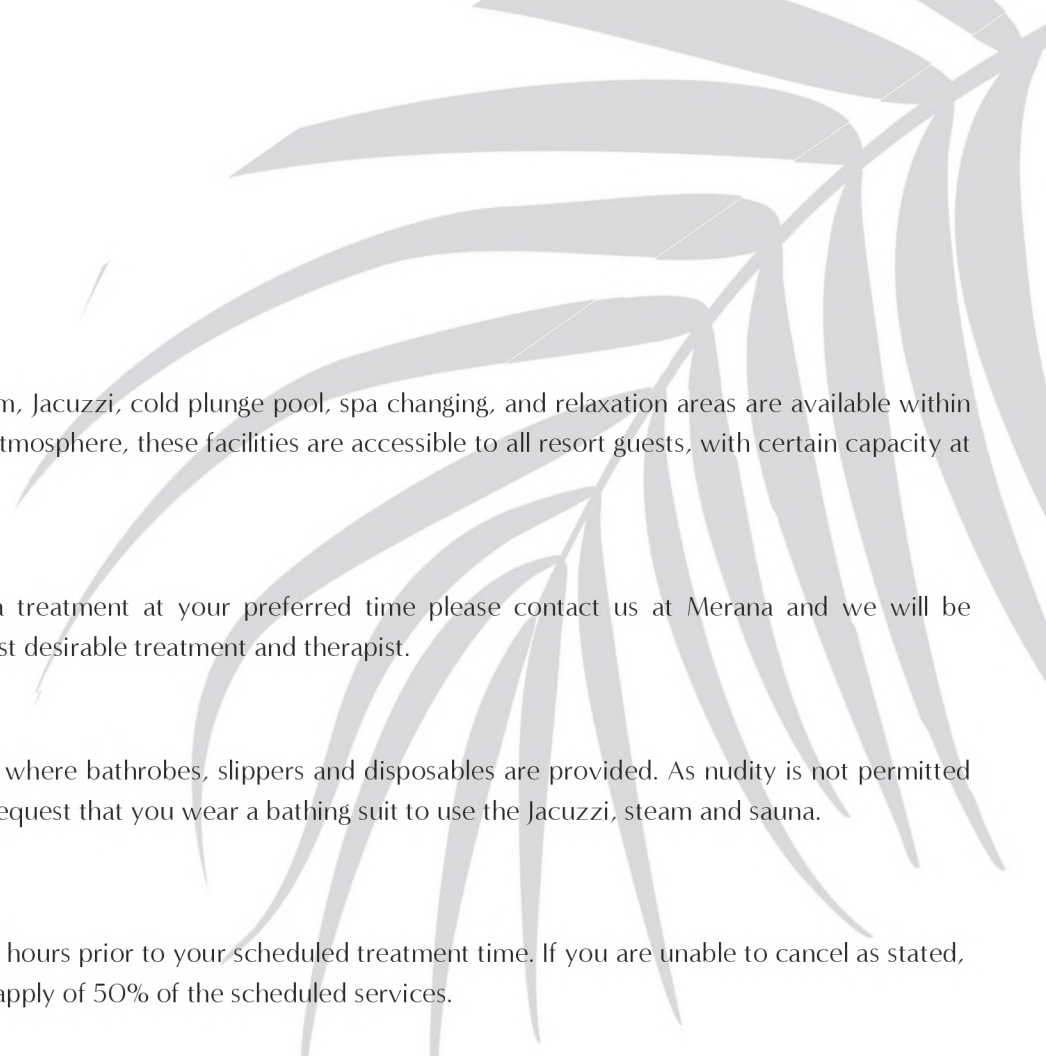
Gent's Haircut	US\$50++
Beard Shave & Style	US\$70++
Beard Trim	US\$20++
Cut and Shave	US\$85++

MAKE-UP

Day Make-up	US\$150++
Bridal Make-up & Hair Style	US\$850++



WELLNESS AREA - POOL



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.

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.

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.

RELAXATION DECK WITH OCEAN VIEWS



SPA ETIQUETTE

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, sanitized and sterilized after each use.



SPA ETIQUETTE

In-Villa Spa

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.

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.

Time

We recommend you arrive 15 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.

Pricing

All pricing is quoted and charged in US\$. Pricing is subject to 10% Service Charge and 17% GST

Tobacco

Merana is a non-smoking environment.

Valuables

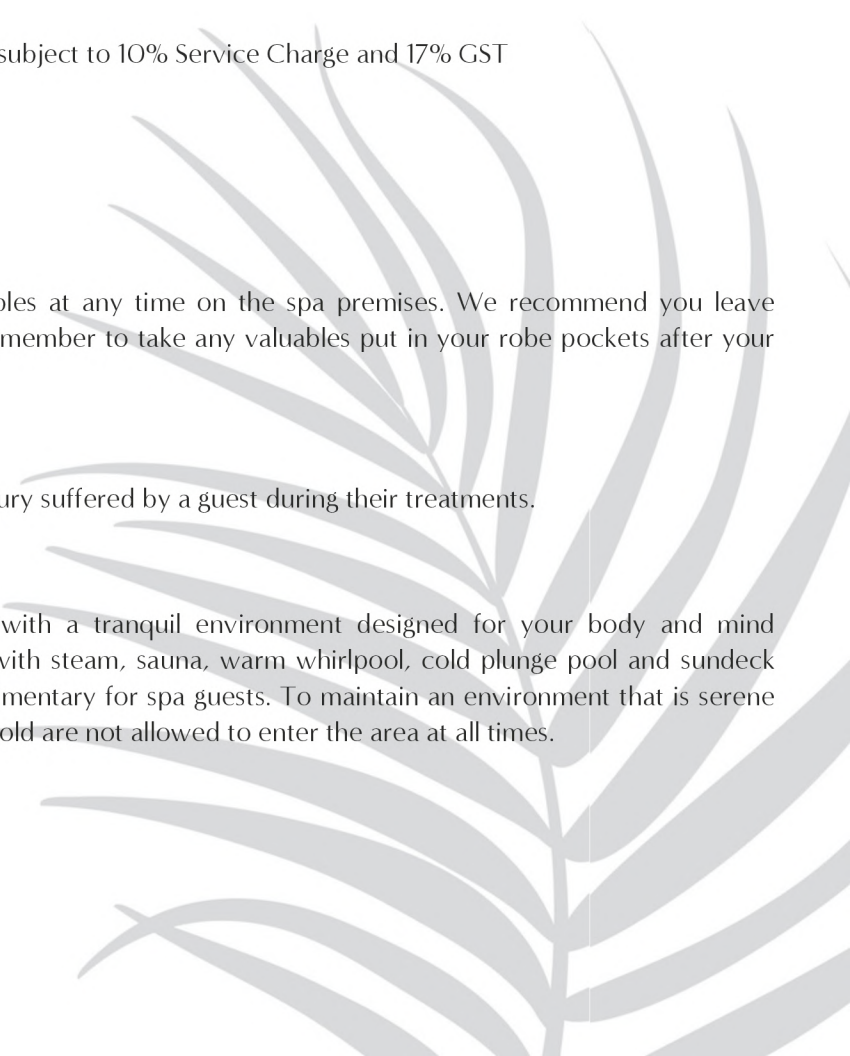
Merana is not responsible for any loss of valuables at any time on the spa premises. We recommend you leave valuables in your villa or in your locker. Please remember to take any valuables put in your robe pockets after your treatment.

Liability

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

Wellness Center

Wellness Center is an exclusive establishment with a tranquil environment designed for your body and mind rejuvenation. Our Wellness Center is equipped with steam, sauna, warm whirlpool, cold plunge pool and sundeck overlooking the ocean. Wellness Center is complimentary for spa guests. To maintain an environment that is serene and conducive for relaxation, kids below 16 years old are not allowed to enter the area at all times.





merana