



WELLNESS VILLAGE

AT FURAVERI MALDIVES

a holistic living...



OUR PHILOSOPHY

Create balance for your Body, Mind & Spirit in our local Village concept to achieve the highest potential of well-being for your health. There are three Elements that are essential components in achieving and maintaining a state of our well-being:
Proper Exercise | Proper Relaxation & Meditation | Proper Nutrition.

Our holistic wellness health care approach considered with **three elements: Body, Mind & Spirit** and focused on how they work together to make us whole as a person. According to these three elements our Wellness Village is derived from: Sport, Yoga & Meditation, Fitness, we combine your wellness experience with a selection of holistic Asian and Maldivian traditional treatments, as well as the healing practices of Ayurveda and Wellness healthy Cuisine.

It is important to remember that living a holistic lifestyle is a fluid, proactive and an ever-changing process. It is not something that you do for a week or a month to achieve long lasting results. We will teach you how to bring this into your everyday life with new healthy habits and homecare programs.

OUR CONCEPT

Our Wellness Village is built around a unique local village concept and traditional Asian holistic health care which will create balance for your Body, Mind & Spirit. You will find yourself in a serene world of delicate scents with a comprehensive range of facilities set in a beautiful rustic looking Wooden & Bamboo interior. Each village pavilion is set within lush gardens & vegetation, surrounded by gentle white shores, tropical life and nature. A series of intricate walkways amidst a pond abundant with tropical fish and water lilies connect the different areas within the village.

WELLNESS VILLAGE EXPERIENCE

Our Wellness Village represents a Spa & Holistic wellness sensibility that is both pure and personal. Open from 09.00 to 20.00 hrs. Our multi nationality, skillful & professional team will greet you with a smile and the sound of gentle trickling water will immediately soothe your senses.

OUR PRODUCT

Our products are organic, light and fresh. Focus on homegrown & purely natural ingredients are used but at the same time offering a personalized service beyond everyone's highest expectations. No overbearing or heavy scents, chemical free for everyone!

OUR FACILITIES

SPA with 8 Treatment Pavilions (4 open-air pavilions and 4 Air-conditioned pavilions with open air shower & bathtub)

1 Pedicure/Manicure Room

1 Beauty Salon

Hydrotherapy (Steam, Sauna Hot and Cold plunge pools)

Relaxation Areas

Outdoor Badminton & Tennis Court

LOOLHA'FIT Fitness Centre

D'LAASHI Gallery & Retail Shop

D'LEYFA Yoga Pavilions

D'LAZZATH Wellness Café

Organic Garden



A close-up portrait of a woman with long, dark hair, her eyes closed in a serene expression. She is surrounded by lush tropical foliage, including large green leaves and a pink and orange flower tucked behind her ear. The overall mood is peaceful and natural.

Cleanse, soothe & nourish your
Body



VILLAGE SIGNATURE EXPERIENCES

Each Village Signature Experience is unique and authentic, every treatment is considered a powerful healing tool in ancient China, Japan, Indonesia, India and Maldives. A must try!

FURA- VELI *80 Minutes*

Our Signature experience consists of traditional Maldivian massage techniques. A blend of Furaveri soft sand together with finely grated home-grown coconut and mixed with fresh lime is applied to the body as a gentle scrub. Enjoy a relaxing Swedish massage to ease sore and tense muscles. This signature treatment promotes relaxation and provides deep skin exfoliation that leaves the skin incredibly soft.

DEEP RELAX VELAMBULI *80 Minutes*

Let us nurture your body to health and relaxation with pure Coconut Oil and Velamboli leaf (a tropical bush harvested directly from Furaveri gardens). The warm green velamboli paste mixed with coconut oil, concentrates on joints and tense zones followed by gentle massage movements, bringing you welcome relief from everyday ailments while transcribing a piece of true Maldivian history into your body & skin.

PURE BLISS ALHI-BONDHI *80 Minutes*

The beneficial qualities of the Alhi- Bondhi has been amongst the indigenous population of the Maldivian islands for hundreds of years. They believe this treatment can cure stretch marks, cellulite, relieve stress, back or joint pain plus improve your blood circulation.

WARM STONE POWER *80 Minutes*

A must-try for everyone! The Stones are bathed in special Revive bespoke oil and are placed on key energy points using soothing massage oil & techniques. Perfect for those suffering physical or mental exhaustion to relax and find inner harmony.

HARMONY BAMBOO MASSAGE *80 Minutes*

Bamboo is considered a powerful healing tool in ancient China, Japan and Indonesia. Bamboo symbolizes life, energy, prosperity, longevity and fertility in these cultures. Combined with Ginger & Cloves Warming oil, the rolling and kneading of the bamboo sticks stimulates and heats the body. The enhanced circulation moving through the body, heart and lungs improves lymphatic drainage and removes excess fluids.

FURAVERI COUPLES SIGNATURE MASSAGE *80 minutes*

This unique signature massage combines four different styles of Thai, Balinese, Swedish and Lomi Lomi Massage using a medium to strong pressure. The relaxing treatment will be completed by a scalp massage and express Aloe vera, Honey and Cucumber facial to calm the nervous system, relax your tensions and balance the body.



MASSAGES

Each massage has been enhanced with traditional touches and practices from across the Eastern and Western Orient, allowing you to regain and restore the balance of energy from within to relax and soothe your soul. This can be performed in multiple locations such as on the beach, pool, unique tree house or on your villa deck with additional US\$ 50 surcharge/person.

SYNCHRONIZE FOUR-HANDS *80 Minutes*

This is something special that you might never have experienced before. This treatment employs a combination massage performed simultaneously by two therapists with shooting massage oil. By duplicating the power of a pair of hands, four hands massage will give you relaxation and balance between the left and right sides of your body.

THAI TRADITIONAL STRETCH *80 Minutes*

If you feel sore due to fatigue, work or exercises please try this massage. You will feel the stretch in the torso and limbs to give you ultimate rejuvenation. For maximum benefit, this therapy is performed on a floor mattress, in loose comfortable clothing.

BALINESE AUTHENTIC *50/80 Minutes*

This massage is originally from Bali island of Indonesia. Balinese massage combines with a Re-New bespoke massage oil, acupressure, stretching, long strokes, skin rolling and thumb pressure techniques. This massage is suitable if you feel very sore and tired after a day of activities.

WESTERN SWEDISH *50/80 Minutes*

Therapists will use all the power and ability to squeeze all parts of the body by hand combined with a bespoke cleanse oil. Swedish massage techniques also commonly known as deep "therapeutic massage" which is a perfect way to ease sore, tense muscles.

SCENT OF AROMA *50/80 Minutes*

Performs a variety of relaxing massage movements using aroma oil with the aim to stimulate all five senses. This massage helps reduce stress and refreshes the mind through a soothing aromatherapy oil. It combines slow rhythmic movements to relax and bring harmony to your body, mind and spirit.

SHIATSU *50/80 Minutes*

Shiatsu is a massage therapy that originated in Japan, the word shiatsu means "finger pressure". Our therapist will work along your body by using gentle thumb, palm, knuckle and elbow pressure to give you a personalized massage. This massage is perfect to relieve back pain, migraine and stress.

ANTI CELLULITE DETOX MASSAGE *50/80 Minutes*

Cellulite is a normal skin condition caused by a buildup of toxins in the body that usually collects in the abdomen, thighs and arms. Our anti-cellulite massage uses Detox- Slim aroma toning oil with powerful healing properties to break down fat and tone the body. The massage process also improves blood circulation while attacking the cellulite deposits under the skin.

PRENATAL CARE *50 Minutes*

Enhance the experience of being pregnant with this massage therapy. This special therapy is a wonderful choice for prenatal care as it focuses on the individual needs of pregnant women. Experience a healthy way to reduce stress and promote body flexibility during pregnancy with our homemade coconut oil.

BACK, NECK & SHOULDER CURE *45 Minutes*

A highly effective massage to awaken and alleviate discomfort on the back, neck and shoulders. This intensive therapy will give you instant relief from tense and overworked muscles.

ORIENTAL LEG & FOOT MASSAGE *45 Minutes*

After a long working day, every one of us deserves to relax. By massaging specific pressure points on the feet, connected parts of the body are stimulated and brought to balance. Our therapist use Revive bespoke oil, identify and stimulate points that correspond to specific parts of the body, helping to relieve stress.



FACIALS

Your skin is a true reflection of internal beauty & wellness. Based on the Ayurvedic Dosha theories and organic products, our unique Facials aim to minimize the adverse effects of our modern lifestyle to help make a better connection between your body, mind and emotions.

All Products have been “custom formulated” for numerous corrective skin concerns, employing only purely natural ingredients – chemical free skincare for everyone!

DEEP CLEANSING PURITY FACIAL *50 Minutes*

This purifying treatment consists of steaming, exfoliation, and an intense deeper cleansing of clogged pores. The skin is gently massaged, then your customized mask is applied. Beneficial for all skin types.

ANTI – AGING GLOWING FACIAL *50 Minutes*

An anti-ageing facial can provide your skin with effective youth-prolonging systems to strengthen, smooth and rejuvenate thus visibly repairing fine lines and wrinkles while counteracting premature ageing. Decongesting lymphatic massage movements are used to reduce puffiness, wrinkles and dark shadows.

Allows you to look younger and glowing.

NOURISHING ROSE ESSENTIAL *50 Minutes*

Sensitive skin requires products that restore the skin's epidermal defenses and eliminate hypersensitivity. This facial is ideal for sensitive skin as it includes a refreshing facial cleansing and light scrub to remove dead skin cells. Skin is left soft, smooth and calm with an overall feeling of well-being.

ALOE VERA, HONEY & CUCUMBER FACIAL *50 Minutes*

In this outstanding facial treatment, we incorporate both connective awareness and advanced anti-ageing techniques to naturally strengthen your skin. By performing a manual facelift massage using powerful essential oils and lymphatic drainage techniques, we offer both immediate and long-term benefits.

TRADITIONAL AYURVEDIC FACIAL *50 Minutes*

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 reveal the inner radiance of your skin. Recommended for normal to oily skin.



ORGANIC SKIN & BODY WORKS

Our select choice of Skin & Body therapy encourages the elimination of toxins and stimulates circulation to bring vitality to your skin. Also rich in mineral salts and essential oils, it gently removes the dead layers of skin, revealing soft, supple skin.

ANTI CELLULITE COFFEE & ORANGE SCRUB *45 Minutes*

Enjoy the Coffee & Orange scrub specifically formulated to actively target cellulite, stretch marks, acne & eczema with caffeine from only the best Arabica beans. This scrub provides deep skin exfoliation that leaves the skin fragrant and incredibly soft.

SEASALT, LIME & COCONUT SCRUB *45 Minutes*

Locally grown coconut, finely grated, with fresh lime and mixed with sea salt, is applied to the body as a gentle scrub. This is ideal for dry or sensitive skin types.

STIMULATING SEA SALT MARINE SCRUB *45 Minutes*

This delightful body scrub effectively eliminates surface dead cells and impurities to give a mineral blast for the skin. The ingredients will stimulate the lymphatic system and flush out impurities leaving your body refreshed and clean from top to toe.

BRIGHTENING JAVA LULUR SCRUB *45 Minutes*

Turmeric has unique cleansing properties that will bring a beautiful glow to your skin. You will feel completely refreshed and radiant at the end of your pampering experience. Your skin becomes softer and looks brighter

DETOXIFY SEAWEED & ALOE VERA MASK *45 Minutes*

A cooling Seaweed body treatment full of natural minerals, vitamins and amino acids is applied to your body. This treatment provides a gentle and therapeutic detoxification which improves body tone as well as reduces cellulite.

FRESH PAPAYA TONING MASK *50 Minutes*

This traditional body treatment uses a blend of fresh natural papaya with and the enzymes leaving you feeling fresh and moisturized. Higher papain levels make it an excellent natural exfoliator, it helps to prevent premature aging and has anti-cancerous and anti-inflammatory properties. Suited to all skin types

BALINESE BOREH MASK *50 Minutes*

Boreh mask is made from Sandalwood, nutmeg, cinnamon, cloves and ginger which are ground together in a traditional pestle and mortar. The finished spicy blend will induce a comfortable heat in your body, increasing blood circulation, while gently exfoliating the skin.

SOOTHING ALOE VERA & CHAMOMILE SUN CURE *50 Minutes*

Powerfully soothing and re-hydrating for over exposed skin, this treatment leaves the body nourished and cooled. Specifically recommended after Sunbathing, while nourishing and softening the skin's epidermis and providing a soothing relief for sunburnt or sun-stressed skin.

FRESH CUCUMBER & HONEY AFTER SUN CARE *50 Minutes*

The amazing properties of fresh cucumber and pure honey eliminates excess heat from your body, providing an instant relief to sun burnt or dehydrated skin. The cooling and soothing effects of cucumber helps to cure sunburn over a short period of time.



Quiet, restore and focus your
Mind

AYURVEDA

Based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit, its main goal is to promote good health, not fight disease.

Air and Space forming the VATA nature, Fire and Water forming PITTA nature, and Water and Earth forming KAPHA nature

These 3 Elements are responsible for regulating the functions in the mind-body system. All these energies need to be in harmony to promote ***Physical, Eemotional, and Spiritual wellbeing.***

SHIRODHARA *60 Minutes*

An Abhyanga full body massage will balance the energies using warm Ayurvedic herbal oil with soothing flowing massage techniques.

The oil is continuously poured on the forehead area also known as the third eye. This is best for treatment of depression, headaches, sinusitis, anxiety, premature hair graying, insomnia, and vision problems. This Holistic healing science harmonizes the body, mind, senses and soul.

ABHYANGA *60 Minutes*

Abhyanga in Sanskrit means "Oil Massage" which is a form of Ayurvedic medicine that involves massage of the body with large amounts of warm oil.

This massage is performed with warm herbal oils infused with Ayurvedic herbs, reaching deeper tissue and bones and detoxifying the body by stimulating lymphatic drainage.

MARMA *60 Minutes*

Marma massage is rooted in working on all the marma points in the body. In Ayurveda, there are 107 marma points in the body from head to toe.

The Therapist uses his/her hands and feet to apply a special oil to stimulate the Marma points on your body with the help of an extended rope for support.

KATI VASTI *60 Minutes*

Kativasthi is the most powerful Ayurvedic treatment to ease lower back pain and spinal ache. Our therapist will pour warm oil inside dough which is built around the lower back with a body massage and warm Murivena oil.

UDWARTHANAM *60 Minutes*

A highly effective detoxifying treatment using a special herbal powder to thoroughly exfoliate your whole body – particularly areas with cellulite build up.

This exfoliating massage encourages break up of excess deposits and improves blood circulation to enhance the skin's structure and appearance.

TRADITIONAL INDIAN HEAD & NECK MASSAGE *30 Minutes*

Marma points located on the head, neck, and shoulder are stimulated while you are comfortably seated. This treatment has distinct healing properties to relieve tense muscles, increase blood circulation around the head and reduce hair loss.



WATER & BATH EXPERIENCES

Bathing in water infused with the goodness of herbs, essential oils and other healthy ingredients, it is a wonderful, healing way to care for yourself.
All bath therapies are combined with 30-minute free Hydrotherapy

LEMON & SWEET ORANGE FLORAL BATH *30 Minutes*

Benefits oily skin and creates a happy, uplifting mood. (Caution- do not go straight out into the sun)

JASMINE FLORAL BATH *30 Minutes*

Jasmine helps dry, sensitive skin and soothes the emotions creating a sense of hopefulness.

YLANG YLANG FLORAL BATH *30 Minutes*

Benefits all skin types, calming the nervous system and acts as an aphrodisiac.

ROSE FLORAL BATH *30 Minutes*

Rose Petals effectively calm & soothe the heart while relieving inflammation and toning the skin.

LAVENDER BLOSSOMS FLORAL BATH *30 Minutes*

Lavender Blossoms to cleanse and relax inducing a sense of calm.

ROSEMARY FLORAL BATH *30 Minutes*

Rosemary Leaf relieves fatigue and is a cleansing tonic for the skin.

WARM SPICES BATH *30 Minutes*

Infused with organic spices, these baths were traditionally used for a variety of skin and rheumatic conditions. It offers a potent detoxification, assists in reducing the appearance of cellulite and combats the signs of aging. This dark, deep relaxing bath also soothes muscular aches and pains, relieves stress and fatigue and energizes the mind and soul.

AROMATHERAPY FLORAL BATH *30 Minutes*

Immerse yourself in our deliciously sensuous Aromatherapy flower bath and nourish your mind and spirit. Choice of Lavender, Frangipani, Orange, Tea tree, Vanilla, Ylang- ylang, Sandalwood or Peppermint.

HYDROTHERAPY *30 Minutes*

Enjoy our Hydrotherapy facilities which include Jacuzzi, Steam bath and Plunge Pools. Relax and let go of all your everyday worries and tune into the Maldivian Island Spirit.



BREATHING, YOGA & MEDITATION

Guided by our own personal trainer, classes will not only be tailored to the average skill level but will focus on rejuvenation, relaxation and fun.

Recommended for: Emotional & Mental Balance, Mindfulness, Relaxation, Stress Management, General Health Improvement at the same time battling such complaints as high blood pressure, sleep deprivation or extreme overall stress levels while toning your body from head to toe.

GROUP YOGA OR MEDITATION SESSIONS *60 Minutes*

(Minimum group of 6 or upon request)

Level-Beginner, Intermediate, Advanced

PRIVATE YOGA OR MEDITATION SESSIONS *60 Minutes*

(Maximum of 2 or upon request)

Level-Beginner, Intermediate, Advanced

ENERGIZE PRANAYAMA BREATHING EXERCISE *60 Minutes*

(Maximum of 2 or upon request)

Level-Beginner, Intermediate, Advanced

We will teach various yogic breathing techniques to both energize and calm your mind, while mindfully engaging your respiratory system.

Recommended for: Emotional & Mental Balance, Mindfulness, Relaxation, Stress Management, General Health Improvement

METABOLIC BREATHING EXERCISE *60 Minutes*

(Maximum of 2 or upon request)

Level-Intermediate

Learn breathing exercises that call on stretching and isometric (static) exercise to stimulate your metabolic rate.

Recommended for: Recovery & Rehabilitation, General Health Improvement, Weight Loss

METAMORPHOSIS BREATHING EXERCISE *60 Minutes*

(Maximum of 2 or upon request)

Level-Intermediate

Breathing intensively with gentle movement. Recommended for: Emotional & Mental Balance, Pain Management, General Health Improvement

ON COMPLIMENTARY SESSIONS *30 Minutes*

(Please note that below activities are subject to change)

Sunrise Group Yoga & Meditation (Monday, Wednesday and Friday)

Sunset Group Yoga & Meditation (Sunday, Tuesday and Thursday)



THE VILLAGE JOURNEY'S

Retreat & Reconnect: Choose how you would like to spend your time with us or your loved one!

THE ULTIMATE COUPLE RETREAT *150 Minutes*

This couple's package is the ultimate indulgence to share with your most loved one!

If you and your partner are looking for a relaxing way to celebrate your love, this package is the best one to choose.

There isn't a more caring gift you can treat your loved one to, than spending quality time together on a private luxurious wellness village experience.

Hydrotherapy – Footbath ritual – Balinese Authentic Massage– Sea salt, Lime & Coconut scrub- Ayurveda Refresher Facial – Milk bath with rose essential and topped off with a bottle of sparkling wine or healthy drink from our wellness cuisine to celebrate your love and tingle your emotions.

SING ME TO SLEEP *100 Minutes*

This outdoor destination couples package allows you to close your eyes and feel the warmth of the sun on your face, while you and your loved one share stories, laugh and make fun together.

This wonderful package enhanced with a unique spa ritual creates a deep state of relaxation under the Furaveri sunset.

Just you and your loved one listening to the sounds of the sea, splashing waves, and seabirds' chirps

Footbath Ritual – Scent Aroma Massage – Oriental foot sampler- Anti-aging face massage- Drink of your choice (Sparkling wine or Healthy juice from our wellness cuisine)

THE TRIANGLE EXPERIENCE *120 Minutes*

Wonderful spa packages based on our three elements concept, enhanced with unique treatments to create a deep state of relaxation. This package will be started with Hydrotherapy, footbath ritual, choice of body scrub, 50 minutes massage choice of Shiatsu, Balinese or Western Swedish and traditional Ayurvedic facial. Followed by Aromatherapy bath and three course lunch & healthy juice from Lazzath Wellness Café

FIVE'D SLIM & DETOX BODY REFINE *60 Minutes / Session*

Remember, the longer the better when it comes to Detox, wellness and cleansing! The wellness village provides a tranquil space far from any bustle or distraction, just relax and enjoy your holiday with our unique slimming & detox program. Pretty inside and outside.

Day 1 Detox Juice upon arrival – Hydro- Detox Cellulite Massage and Detox Tea

Day 2 Detox Juice upon arrival – Hydrotherapy – Coffee & Orange Scrub and Detox Tea

Day 3 Detox Juice upon arrival – Private Yoga & Meditation and Detox Tea

Day 4 Detox Juice upon arrival – Hydrotherapy, Udhawartanam & D'Lazzath Wellness Café experience

Day 5 Detox Juice upon arrival – Hydrotherapy, Seaweed & Aloe Vera Mask - Detox Tea & Organic garden tour

SPA JOURNEYS

Make the most of your precious holidays Plunge into the deep bliss of Spa treatment every day and return home refreshed, energized and glowing with health and vitality.
All Spa Journey include a complimentary Detox Juice and use of 30 minutes Hydrotherapy.

THREE'D SPA JOURNEY

Day 1 Relaxing & Soothing: Choice of 50 minutes massage

Day 2 Restore : Facial of your choice

Day 3 Cooling & Cleansing : Choice of Body Scrub and Bath Experience

FIVE'D SPA JOURNEY

Day 1 Relaxing & Soothing: Choice of Western Swedish or Scent of Aroma massage

Day 2 Cooling & Cleansing : Choice of Coconut, Coffee or Lulur scrub

Day 3 Restore : Facial of your choice

Day 4 Grooming & Beauty : Choice of Pedicure, Manicure or hair treatment

Day 5 Calming & Soothing: Choice of Body Mask & Bath Experience

SEVEN'D SPA JOURNEY

Day 1 Relaxing & Soothing: Balinese Authentic Massage

Day 2 Cooling & Cleansing : Choice of Body Scrub

Day 3 Relaxing & Soothing: Pure Bliss Alhi-bondhi Experience

Day 4 Restore : Aloe vera, Honey & Cucumber Facial

Day 5 Healing: Shiatsu Massage

Day 6 Grooming & Beauty : Choice of Pedicure, Manicure or Hair treatment

Day 7 Calming & Soothing: Choice of Body Mask & Bath Experience

WELLNESS JOURNEYS

Enjoy a carefully combined selection of Ayurvedic treatments and yoga session to fully feel the effect this ancient art can have when practiced according to tradition.
All Wellness Journey include a complimentary Detox Juice and use of 30 minutes Hydrotherapy on the last day.

THREE'D WELLNESS JOURNEY

Day 1 Shirodhara Massage

Day 2 Ayurvedic Facial

Day 3 Private Yoga & Meditation Class

FIVE'D WELLNESS JOURNEY

Day 1 Kati Vasti

Day 2 Ayurvedic Facial

Day 3 Abhyanga

Day 4 Traditional Indian Head & Shoulder Massage

Day 5 Private Yoga & Meditation Class

SEVEN'D WELLNESS JOURNEY

Day 1 Abhyanga

Day 2 Shirodhara

Day 3 Kati Vasti

Day 4 Marma

Day 5 Private Yoga & Meditation Class

Day 6 Ayurveda Facial

Day 7 Private Yoga & Meditation Class



Renew, revive and awaken your
Spirit



SPORT & FITNESS

Our Sport & Fitness activities will support your goals and naturally become an integral part of your daily program. We offer indoor and outdoor sports and fitness activities. D'Loolhaa'fit fitness center has everything you need to keep fit during your holiday. Increase your personal health & fitness in our unique village concept with the latest fitness equipment's.

GROUP PILATES CLASS *60 Minutes*
(Minimum group of 6 or upon request)

PRIVATE PILATES CLASS *60 Minutes*
(Maximum of 2 or upon request)

GROUP FITNESS CLASS *60 Minutes*
(Maximum group of 4 or upon request)

Group training will focus on a specialized format, individual progression and skill development

1-2-1 PERSONAL TRAINING *60 Minutes*
(Maximum of 2 or upon request)

No matter your starting point, our certified & experienced trainers will make your fitness their priority as your personalized fitness partner.

GROUP AERIAL FLOW YOGA *60 Minutes*
(Maximum group of 5 or upon request)

A combination of traditional yoga poses, Pilates and dance, using a hammock. This therapeutic class relieves compressed joints and corrects muscle imbalance. Suspended in a swing, typical Yoga poses are executed with more ease and comfort.



GROOMING & BEAUTY

Indulge yourself in therapies designed to enhance your appearance and present the best version of you. Our grooming & Beauty Services offer a variety of pampering sessions from manicure-pedicure to hair treatments and hand treatments.

FURA MANICURE OR PEDICURE By OPI *45 Minutes*

Enjoy our manicure or pedicure to clean and nourish your nails. This is followed with a relaxing massage and thorough nail-buffing to induce a stunning shine, improve the health of your nails, keeps hands and feet smooth and soft.

TRADITIONAL ROSEMARY & GINSENG OR AVOCADO HAIR CRÈME BATH *45 Minutes*

The power of ginseng energizes your hair and scalp. Recommended for all types of dark hair, enriched with rosemary and ginseng fortifies roots, returning a silky luster to your hair. Avocado hair crème bath recommended for normal hair, this nourishing Crème Bath enriched with lemon and avocado nurtures dull and dry hair leaving your hair soft and smooth.

NOURISHING HAIR MASK *45 Minutes*

Hair masks are the solution when you experience extremely dry, damaged hair. This moisturizing hair mask helps optimize moisture balance for healthy looking hair.

FRESH GINGER NUTRIENT HAIR MASK *45 Minutes*

Ginger is historically considered one of nature's true wonders. This treatment applies pure ginger essence, which contains circulatory agents that stimulates blood-flow to the scalp. In addition, this treatment encourages new growth and naturally controls dandruff.

ORGANIC FOOT OR HAND RITUAL *30 Minutes*

Detoxify, increase circulation and revive tired feet, lower legs and hands by wrapping them in a warm "Boreh mask" followed by a deeply relaxing massage.

RATUS 'V' CARE *30 Minutes*

Pretty inside and outside, a must try! This famous Indonesian treatment that helps to decrease vaginal stress, aid infertility and help manage your menstrual cycle.

The Rattus itself: "fogging" Miss V with medicinal herbs, which is a great anti-bacterial and anti-fungal aid, tightening the muscles, cleaning the mucous and eliminating any unpleasant odors in your intimate area.

HAIR CUT, MAKE UP & HAIR STYLE

Men's or Ladies Hair cut / Men's Hair Cut and Shave

Make up

Wash & Blow dry

Make up & Hair Style

Hair Style (Curly /Straightening)

WAXING & HAIR REMOVAL

Half Leg Waxing

Under Arm Waxing

Full Arm Waxing

Full Leg Waxing

Eyebrow Shape

WELLNESS VILLAGE ETIQUETTE



For reservation please contact Wellness Village at Ext: 763

Arrival Time

Please arrive 10 minutes prior to your Wellness schedule in order to complete your health assessment form and take time to relax in our tranquil surroundings. Late arrivals will limit your treatment time as we need to end on time in order not to delay the next guest.

Hydrotherapy

We are happy to provide complimentary use of our hydrotherapy area, including Jacuzzi, steam room and sauna to all guests who have booked a wellness program. Please pre-book its use at the time of scheduling your wellness program. We recommend average time of 30 minutes prior to your treatment in our hydrotherapy area

Your Own Safety

We recommend that you do not sunbathe before or after any wellness program (especially hair removal, body scrubs) for a minimum of two hours. Gentlemen are kindly asked to shave 2 hours prior to all facial treatments to ensure that maximum results will be achieved. If you are pregnant or less than 3 months after giving birth and would like to enjoy any of our spa treatments or wellness program, please consult with the Resort Doctor first. We kindly ask you to also bring a certificate of no objection from your family doctor allowing you to use the wellness facilities.

Clothing

We provide Bathrobes, Slippers and disposable panties for your personal use during your visit to our spa. You may also wish to wear your bikini during your programs. Whichever you choose, our therapists will make sure that your privacy is always respected.

Electronic-Free Zone

Kindly note that our wellness village is an electronic-free zone. As such, we do not allow the use of mobile phones or any type of audio, or video recording equipment.

Holistic Environment

Please refrain from smoking within the Wellness grounds as we would like to provide a healthy environment for all our guests.

Jewelry

We recommend that you leave all Jewelry and valuables in your villa before coming to the village. Kindly note that the resort management cannot be responsible for loss or damage of personal articles or misplaced items.

Children

Please note that our village is an unsuitable environment for babies and small children under 10. We try to ensure that all our guests benefit from the tranquil surroundings and ask you to be mindful of this when bringing young children to this location.

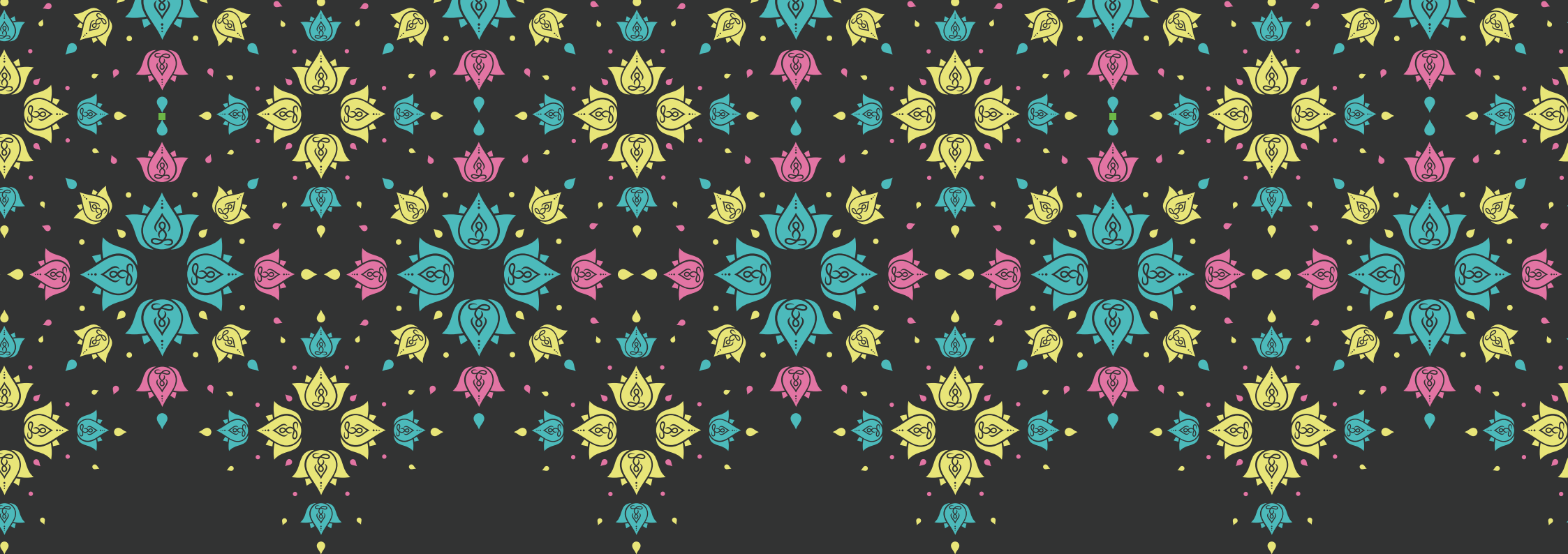
Charges

All Wellness bills will be charged to your villa and appear on your account at the time of check out.

Cancellation Policy

Please allow at least 4 hours' notice for cancellations to avoid a 50% cancellation charge; Cancellations without notice will incur a 100% charge. All prices for Wellness programs are subject to change without prior notice.





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www.furaveri.com