



JAVVU SPA MENU

OPENING HOURS 9:00AM TO 8.00PM

	MINUTES	USD
DHIVEHI BEYS – MALDIVIAN HERBAL MEDICINE		
THAMBURU AND MIRIHI	60	175
Revitalize with a detox and pain-relieving back treatment using Maldivian herb paste for anti-inflammatory relief.	90	215
MASGULHA FILUVA BEYS	90	215
Induce deep muscle relaxation with our spice-infused oil and bamboo cane massage, ideal for active individuals and athletes.	120	255
KAASHI THEYO	60	175
Experience deep relaxation with our Maldivian coconut shell massage, using warm coconut oil for healing and rejuvenation.	90	215
JAVVU SIGNATURE EXPERIENCES		
STARLIT ROMANCE	90	550
Signature Couple Experience: Holistic massage under the stars with a local herb blend and algae face mask for deep skin hydration. Available 7:00pm–8:30pm, weather permitting.		

Prices are in US Dollars and are subject to a 10% service charge and 16% TGST.
Please book with your Katheeb(a) or contact Javvu Spa reception.

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BODY AND MIND HEALING – SENSORA LIGHT THERAPY		
CHROMOTEST Colour test identifies your current mental needs. Our team interprets results, and Sensora software tailors a brief session to meet those needs.	10	–
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RELAX		
AQUALIGHT A soft, delicate and deep session based on the water element and shimmering blue tones.	25	75
NIGHT LIGHT Powerful Delta brainwave session for insomnia relief and trauma recovery.	25	75
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BALANCE		
RAINBOWS Balanced colour bath for overall harmony with the full spectrum of colours.	5 20	15 60
QUANTIC DREAM Relaxing and energizing blend for a restful mind, ending with a powerful 'brain reset'.	10	30
LIGHT WAVES Float in the ocean's lightness, dive into the world of dolphins and whales. Colours evoke the richness of the underwater coral world.	25	75
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ENERGY		
CHAKRA JOURNEY Balanced colour bath for overall harmony with the full spectrum of colours.	25	75
RESTORING FIBONACCI Unique session based on Fibonacci's series brings body balance, fights jetlag, and aids long-haul travel.	25	75
RAINBOW BODY A transformative journey in four phases, detoxifying the nervous system and supporting anxiety and depression treatment.	25	75
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BRAIN FOCUSED		
GAMMA SERIES Tap into Gamma brainwaves for enhanced mental and physical performance, improving self-control, memory, cognitive function, and spiritual alertness.	10	30
LATERAL LIGHTS THERAPY Rebalance brain hemispheres individually, with a choice of relaxing or stimulating approaches.	10	30
LATERAL LIGHTS THERAPY WITH GAMMA WAVES Gamma brainwave boost with Dr. A.P. Chuprikov's brainwork. Choose mood elevation or relaxation/sleep aid.	10	30

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OSHO MEDITATIONS		
THE INNER SMILE Immerse in a colourful, uplifting experience, revealing your timeless inner smile.	25	75
HANDS OF FREEDOM Explore hand dancing, connecting hands and brain with light pulses and acoustic guitar for a harmonious experience.	25	75
BODY AND MIND HEALING – YOGA AND MEDITATION Led by resident yogi and therapist, Abhimanyu Singh, with over 15 years of expertise in yoga and intensive therapies from India's lineage of Yoga masters, we offer personalized guidance in diet, nutrition, breathing techniques, body alignment, fitness, and Naturopathy to achieve your wellness goals.		
WELLNESS FOR MEN Personalised treatment plans meet individual tailored therapies or practices inclusive of personal fitness, detox therapies, breathwork, relaxation techniques, deep tissue massage, mind/body clarity, diet and nutrition specifically engineered for men and men's needs at any stage of life.		
YOGALATES Yogalates merges Indian yoga with Pilates, offering enhanced mind-body awareness, strength, flexibility, and balance. Join our complimentary intro class or opt for one-on-one training or group sessions.		
Individual	60	95
Group (priced per person)	60	60
	90	75
HATHA AND ASHTANGA YOGA Hatha yoga combines physical practice, meditation, and breathwork for holistic health, while Ashtanga yoga integrates all 8 limbs of yoga for intensive practice and spiritual growth.		
Individual	60	95
Group (priced per person)	60	60
	90	75
AQUA YOGA Aqua yoga offers a low-impact way to enjoy yoga, providing joint relief and muscle resistance, all in the comfort of your private villa.		
Individual	60	95
Group (priced per person)	60	60
	90	75
PERSONAL FITNESS TRAINING AND BOOT CAMPS Meet at our Jungle gym, Cardio and strength studios to kick start your very own boot camp or register and join one of our boot camp activities.		
Individual	60	95
Group (priced per person)	60	60
	90	75

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<p>MOBILITY WORK AND SPORTS MASSAGE THERAPY</p> <p>Each expert treatment begins with a prescriptive consultation to ascertain wellness goals, asses physical condition and determine treatment plan. This is an individual class.</p>	60	200
<p>DT WITH HOT STONES</p> <p>This intensive treatment focuses on physical relaxation and deep tissue release, breaking down scar tissue and releasing built-up trauma for natural healing and improved muscular health and performance.</p>	60 90	300 350
<p>SWEDISH MASSAGE</p> <p>This bespoke massage utilises is designed to meet the unique requirements of the guest</p>	60	300
<p>AYURVEDIC INFLUENCE</p> <p>PADA ABYANGA – INDIAN FOOT MASSAGE</p>	45	
<p>WELLNESS RETREATS</p>		USD
<p>MOVEMENT</p> <p>3 days 5 days 7 days</p>		900 1300 1600
<p>MINDFULNESS</p> <p>3 days 5 days 7 days</p>		800 1200 1400
<p>DETOX</p> <p>3 days 5 days 7 days</p>		850 1200 1800
<p>ACTIVE DE-STRESS</p> <p>3 days 5 days 7 days</p>		800 1300 1500
<p>BODY THERAPY</p>		
<p>BACK RELIEF</p> <p>The perfect remedy to aches and pains, this massage refreshes and strengthens muscles in the neck, shoulders and back.</p>	60	155
<p>SHINE REVITALISING SCRUB</p> <p>Glow with a gentle coconut and coffee scrub for radiant skin. Ideal for sensitive skin, pre-tanning. Concludes with a mini facial cleansing ritual.</p>	60	155

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<p>SPICE WARMING SCRUB Maldivian spice scrub for improved circulation and a warm sensation. Includes a soothing facial ritual.</p>	60	155
<p>PINK SAND ENERGIZING SCRUB Revitalize with essential oil and mineral salt exfoliation, followed by a nourishing shea butter massage.</p>	60	155
<p>SUN RESCUE Soothe sunburn with Aloe Vera mist, a cool body wrap with coconut yogurt, cucumber paste, and a scalp massage.</p>	60	155
<p>DETOX BODY MASQUE Detox, firm, and cool with a natural blend stimulating toxin elimination, best paired with a scrub and massage.</p>	60	155
MASSAGE THERAPY		
<p>INTUITIVE AROMA MASSAGE Skilled therapists will scan your body and instinctively identify areas in need of care and special attention, blending a personalized mix of essential oils.</p>	60 90 120	155 195 235
<p>DEEP TISSUE MASSAGE Slow firm pressure is applied throughout the body to release aches and tension, focusing on the deeper layers of muscles and fascia.</p>	60 90	175 215
<p>HOT STONE THERAPY To treat muscle stiffness faster and deeper, warm basalt stones and customized massage techniques provide an instant deep release.</p>	90 120	215 255
<p>BALINESE MASSAGE An exquisite massage that combines flowing palm strokes, gentle stretching, and acupressure points.</p>	60 90	155 195
<p>THAI STRETCH DRY MASSAGE An ancient healing tradition that combines targeted acupressure, stimulation of energy lines, assisted stretches and yoga postures.</p>	90	215
<p>LYMPHATIC DRAINAGE Gentle pressure and rhythmic movements eliminate toxins, relieving post-flight leg fatigue.</p>	60	155
<p>CELLULITE MASSAGE Targeted massage to areas of concern using nutrient oils and active lotion to smooth and treat cellulite. Can be combined with body scrub for best result.</p>	60	175
<p>MATERNITY MASSAGE A massage to celebrate nature's greatest miracle. Specialized techniques, dedicated positions and a host of mutual benefits for mother and bump.</p>	60 90	155 195
<p>FOOT REFLEXOLOGY Ancient reflexology brings a wave of wellness, ushering in new energy for the body.</p>	60	155

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ADD ON To any spa treatment		
PURE OXYGEN REJUVENATION Pure oxygen is infused on the skin with a highly concentrated hyaluronic acid serum.	15	40
EYE REVIVER A boost of energy and vitality to tired, puffy eyes, giving you a glowing eye contour.	15	40
INSTANT LIFTING MASSAGE Advanced massage strokes create an immediate lifted contouring effect	15	40
MINI FACIAL Quick skin rejuvenation suitable for all skin types.	30	85
BODY SCRUB Choose from revitalizing coconut and coffee, warming Maldivian herbs, or	30	85
BODY MASQUE Natural detox blend to stimulate toxin elimination and boost overall well-being.	30	85
MINI SPA For children aged 12 years and below.		
BODY MASSAGE Relax and let that that hard day of fun and play be eased away.	30 60	75 135
COCONUT SCRUB Our gentle scrub is the perfect pampering treatment for the young delicate skin. Nourishing and yummy.	30	75
MANICURE OR PEDICURE Gentle nail care and a relaxing hand or foot massage leave hands or feet looking and feeling great. Nail polish is optional.	30	75
KIDS' HAIRCUT	30	45
KIDS' YOGA Beautiful classes teach stretching poses, stillness and mindfulness to develop and calm the body, mind, and heart.	30 45	65 80

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FACIAL REJUVENATION		
OXYGEN RENEWAL FACIAL Med cosmetic treatment for enhanced cell regeneration using pioneering anti-ageing products and an Advanced Oxygen Concentrator for a brighter, fuller, firmer complexion.	90	225
COLLAGEN PLUMPING FACIAL Med cosmetic treatment using a 70% naturally soluble collagen solution for a youthful, strengthened, and elastic complexion.	90	225
DEEP HYDRATION FACIAL Organic, deeply hydrating, plumping and softening. This treatment uses botanicals to leave you with a velvety, glowing complexion	60	175
REPAIR AND RECOVER FACIAL Repair and restore with an organic botanical facial, ideal for sensitive skin and soothing after sun exposure.	60	175
ANTI-AGING FACE MASSAGE		
NAIL SPA		
SPA MANICURE All hand treatments include nail shaping, cuticle conditioning, and a relaxing hand massage for smoother, perfectly polished nails	60	85
SPA PEDICURE The experience include warm soak with essential oils, scrub, complete nail care and a relaxing massage.	60	95
SHELLAC MANICURE For a long-wear look that resists sand and sea – this manicure includes shaping and filing with Shellac polish application.	60	95
SHELLAC PEDICURE Includes removing dead skin from the heels, scrub and moisturize before shaping, nail preparation and Shellac polish application.	60	95
NAIL POLISH APPLCATION	20	35
SHELLAC REMOVAL	45	35
HAIR SPA		
ADVANCED NOURISH AND REPAIR Intensively hydrating products condition the hair from the inside out. A micro-steamer and scalp massage ensure maximum penetration	75	125

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FOR LADIES

WASH AND BLOW DRY	45	65
HAIR CUT / TRIMMING	60	45
WASH, HAIRCUT AND BLOW DRY	90	85
WASH, BLOW DRY AND STYLING	90	95
WASH, BLOW DRY WITH UPDO HAIRSTYLE	90	120

FOR GENTELMAN

TRADITIONAL WET SHAVE	20	50
WASH AND HAIR CUT	45	45
	30	40

SPA ETIQUETTE**APPOINTMENTS**

Contact Javvu spa reception for assistance in selecting treatments to fulfil your personal requirements. To ensure availability, advance bookings are highly recommended. To make your appointment, ask your Katheeb/a or visit us.

HEALTH

Our mission is to ensure you have the best possible spa experience: your health is a top priority and we encourage you to inform our team about any medical conditions that may affect your treatments.

VALUABLES

Kindly leave all jewellery and valuables in your villa. We will do our very best to look after your belongings, however we will not assume any liability for lost or damaged valuables.

ATTIRE

Javvu spa is all about comfort: wear what makes you feel good and slip into our robe and slippers as you arrive. We provide disposable underwear for spa and body treatments.

ARRIVAL

Start your restorative journey at Javvu spa with a touch of bliss and relaxation. We recommend you arrive 15 - 30 minutes prior to your appointment to enjoy the quietness of the wellness area. Please be advised that late arrival may result in a reduction of the duration of your treatment.

CANCELLATIONS

To reschedule or cancel your spa appointment, kindly notify us in advance. Any service cancelled or re-scheduled less than 4 hours prior to the appointment will incur a 100% cancellation fee. We are grateful for your understanding.

AGEREQUIREMENTS

For guests under the age of 16, access to spa facilities (gym, jungle gym and wellness area) is allowed only under the supervision of an adult. For guests under the age of 12, please consult the kid's spa treatment menu.