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COCO  
SIGNATURE  
TREATMENT

# JOURNEY TO MALDIVES

Capturing the true essence of Maldivian charm, tranquillity and beauty, this ritual will rekindle your senses and lead you to a place of synchronised harmony.



## ISLAND FOOT BATH

A purifying foot ritual, infused with rich aromatic lime essential oils, starts your journey to total relaxation.

## ISLAND SEASHELL MASSAGE

Continue with a unique massage using Maldivian coconut oil drizzled over seashells, where they glide smoothly along the contours of the body, providing a unique sensation and relieving muscle tension.



## COCONUT & VANILLA BODY SCRUB

A full body exfoliation ritual follows, invigorating and revitalising the body, using an exotic blend of coconut and vanilla to deeply cleanse and moisturise. Skin will appear radiant and flawless.

## FACE & SCALP TREATMENT

While reaping the benefits of the wrap and scrub, enjoy a calming scalp and face massage, enhancing relaxation by releasing tension.

## LIME BATH

After a refreshing shower, enjoy a local Kurumba (young coconut) whilst you immerse in a soothing lime bath soak, helping to remove impurities from the skin and promote cellular renewal.

To finish, moisturiser is applied, leaving your body feeling refreshed and your skin glowing and hydrated.

**110 MIN**  
**\$285 PER COUPLE**







# THÉMAÉ SIGNATURE TREATMENTS

## THÉMAÉ CEREMONY

RE-CHARGING & RELAXING

**WELCOME RITUAL – BACK & SCALP MASSAGE – HYDRATING FACIAL  
– LEG MASSAGE**

**80 MIN  
\$120**

This treatment combines a soothing back massage with the Hydration Strategy Brilliance facial, for head to toe wellbeing.

Following the welcome ritual, your back and scalp are deeply massaged. A facial is then performed, stimulating and soothing the skin as you fall into deeper relaxation. Subsequently, a hydrating mask is applied before finishing with a calming leg massage.

## DELUXE TEA CEREMONY

REVITALIZING & REJUVENATING

**WELCOME RITUAL – FULL BODY EXFOLIATION – ORIENTAL MASSAGE**

**80 MIN  
\$120**

This treatment combines the Nepalese Style Tea exfoliation and Oriental body massage. Following the welcome ritual, the skin is revitalized through gentle massage and exfoliation. An aromatic paste of apricot oil, Shea butter, bamboo powder and 4 Teas Elixir is then massaged into the body, ridding your skin of impurities, leaving it feeling fresh and radiant.

# BODY TREATMENTS

## SLIMMING CEREMONY

80 MIN  
\$120

### FOR THE FIRST SIGNS OF CELLULITE

The treatment commences with a specialised 'slimming' massage, followed by a green tea and kelp wrap. Applied for 30 minutes, the wrap helps to activate the cells' metabolism, leading to a visible and measurable loss of cellulite. Scalp and foot massages further your relaxation. The treatment will leave your skin feeling youthful and firm.



## CEREMONY OF THE SUN

30 MIN  
\$50

### AFTER-SUN CARE

Sumptuous and creamy, the Bourbon Tea Intense Body Wrap will give you silky and smooth skin as it is packed with beneficial ingredients such as milk to nourish, coconut to soften and kaolin to purify. Vanilla and passion fruit extracts are also added, leaving the skin soft and supple. The sense of well-being and relaxation is immediate.





# FACE TREATMENTS

## HYDRATION STRATEGY

50 MIN  
\$ 95

### A DEEPLY HYDRATING FACIAL

This delicate treatment is the perfect escape for tired, dull skin. The treatment begins with a massage using a series of Ridokis massage tools followed by the cleansing and exfoliating of the skin. A soothing mask is then applied, using shiatsu massage movements, delivering you into deep relaxation. Your skin will feel intensely hydrated and completely rested.

## PURITY RADIANCE

50 MIN  
\$ 95

### A DEEPLY PURIFYING AND REBALANCING FACIAL

A deep cleansing facial, the treatment perfectly combines intense purification through exfoliation, blackhead removal and tissue oxygenation with a deep massage. The movements are precise and deliver specific benefits. The skin is deeply cleansed, exfoliated and steamed to prepare for a detoxifying mask, enriched with the 4 Teas Elixir and Lupin flower extract. The face is left purified and the skin oxygenated.

## ORIGINAL BEAUTY

80 MIN  
\$135

### A RADIANCE BOOSTING FACIAL

This intensive anti-aging treatment is designed to combat wrinkles, skin's loss of elasticity and reduce the appearance of pigmentation. Once the skin is deeply cleansed, including the application of a peel to encourage cell renewal, an anti-fatigue face massage is performed using traditional Japanese and Thai methods and tools such as Ridokis and Nouat-na, stimulating circulation and firming the skin. A collagen mask is then applied, followed by an arm and leg massage. The skin is left radiant with signs of aging visibly reduced.

## ANTI - AGEING CEREMONY

80 MIN  
\$135

### A LIFTING AND FIRMING FACIAL

Tackling the signs of aging and reducing the appearance of wrinkles, this treatment uses accentuated movements to provide visibly younger looking skin. Each phase of the treatment from exfoliation to the application of a moisturising serum containing bio-protein soya, is performed with sophisticated massage techniques and traditional tools Ridokis and Nouat-na which help to firm the skin. Walk away with your skin feeling revived, refreshed and vibrant.

## PURIFY FACIAL FOR HIM

50 MIN  
\$95

### AN ACTIVE PURIFICATION FACIAL

This treatment helps to soothe irritated and fatigued skin from daily aggressions such as dry climate and shaving; leaving skin purified and well moisturised. Deep cleansing of the face is carried out using soft brushes, intense exfoliation and black head removal, in combination with a relaxing shiatsu massage. A purifying and detoxifying mask enriched with the 4 Teas Elixir completes the ceremony. The face's complexion appears more even and the skin is hydrated with signs of fatigue eliminated.

# BODY MESSAGES

## ORIENTAL MASSAGE

60 MIN  
\$ 85

### OFFERS PURE RELAXATION

This massage frees the body from all its tensions by working the muscles and skin with agile, graceful strokes and gentle, comforting movements. The kneading, treading and smoothing movements will leave you feeling relaxed and calm; resulting in a rested mind and a relaxed body.

## THÉMAÉ FUSION MASSAGE

60 MIN  
\$ 85

### RELEASES DAILY TENSION

This spectacular treatment draws on three cultures to deliver an intensely relaxing and calming experience. Back tensions are carefully tended to with Chinese massage techniques; before a progressive massage of the abdomen is performed using a traditional Malaysian method. The treatment culminates with the elimination of 'body heat' achieved by stimulating the foot's reflex zones through the application of an Indian massage and use of the Kansu bowl.



## DETOX MASSAGE

50 MIN  
\$ 80

### PURIFIES THE BODY

This purifying massage helps to eliminate toxins, decongest tissues and assists the body in regaining its vitality. At the end of the treatment you feel refreshed as your circulation is improved, your back is deeply relaxed and the skin feels fantastic.

## BALINESE MASSAGE

50 MIN  
\$ 75

### BOOSTS CIRCULATION

This traditional full body massage uses a combination of rigorous techniques in one session, designed specifically to ease knotted muscles and release tension by working deeply into the tissue and targeting all of the muscle groups.

## COCO FUSION MASSAGE

50 MIN  
\$ 80

### DELIVERS COMBINED HEALING

Using a combination of techniques, this treatment merges the art of five different traditional massage skills: Shiatsu, Thai, Balinese, Swedish and Reflexology. Providing you with all the benefits of combined healing and leaving you feeling completely relaxed.



## COCOON MASSAGE

### FOR EXPECTANT MOTHERS

This massage, specifically developed for expectant mothers is gentle and comforting as well as toning. It aims to improve blood circulation and soothe tired muscles in the legs and back of the mother to be.

50 MIN  
\$ 95





## FOOT REFLEXOLOGY

**50 MIN**  
**\$65**

### **SOOTHES & RELAXES**

Stimulating the pressure points on the feet that correspond to different parts of the body, this treatment improves circulation and provides an extreme sense of relaxation.

## DEEP TISSUE MASSAGE

**80 MIN**  
**\$120**

### **FOR SPORT ENTHUSIASTS**

Aimed at targeting the deeper tissue structures of muscle and connective tissue, this treatment offers a specialised massage that uses intense pressure. The skilled therapist works to release chronic muscle tension, knots and adhesions in order to increase flexibility and relax the body.

## THAI MASSAGE

**80 MIN**  
**\$120**

### **TARGETS PRESSURE POINTS**

This full body treatment involves passive yoga-like stretching and pressure point massage along the body's major energy channels to help release blocked energy, relieve tension, increase flexibility and align the body's skeletal structure.

This treatment does not require oil application.

## WARM STONE MASSAGE

**80 MIN**  
**\$120**

### **PROMOTES HEALING**

Warm essential oils are drizzled over the skin and volcanic stones are used, applying a gentle pressure which results in a nurturing and enhanced healing effect. This massage helps to release tight muscles and energy pathways, promoting a calming effect on the nervous system, leaving you feeling completely balanced.



# AYURVEDIC TOUCH

## ABHYANGA MASSAGE

80 MIN  
\$124

### SOOTHES THE MIND, BODY & SOUL

A welcoming foot ritual initiates this profoundly relaxing massage. Warm oil enriched with fragrant Indian spices is then applied with long deep rhythmical strokes, stimulating the body's vital energy. The treatment concludes with a scalp and face massage, targeting facial pressure points.

## SHIRO-ABHYANGA MASSAGE

80 MIN  
\$135

### RESTORES BALANCE TO THE BODY

This is a powerful therapeutic experience based on Ayurvedic healing therapy that has been used for thousands of years. The concept of Shirodhara aims to relax the body and open the third eye. The treatment begins with a foot ritual, followed by a relaxing Abhyanga full body massage, before the forehead is drizzled with a steady stream of warm oils. A scalp massage is then performed to enhance deep relaxation.

# HANDS & FEET

## PERFECT HANDS & FEET

This is a luxurious treatment, ending with the perfect look. Cuticles and nails are nourished with enriched oils, filed and polished. Hands and legs are gently exfoliated to remove dead skin followed by an extensive massage using soy balm. The treatment concludes with nail polish application.

120 MIN  
\$120

## CLASSIC MANICURE

50 MIN  
\$55

## CLASSIC PEDICURE

50 MIN  
\$60

## RELAXATION AREA

We are delighted to offer you complimentary use of the Jacuzzi & Fitness Center open during Coco Spa's hours of operation.

## BOUTIQUE

The Coco Spa Boutique offers you a selection of luxury organic THÉMAË home care available for purchase. Open during Coco Spa's hours of operation.



# ACTIVE WELLNESS

## SUNRISE YOGA

Designed for those who enjoy an early start to the day, sunrise yoga includes gentle movements, breathing techniques, stretching and sun salutation to help revitalize the body. The special sequences of yoga asanas help to create a positive mood and a feeling of wellbeing, all while reducing stress and stiffness in the body.

## HATHA YOGA

The most famous aspect of Hatha yoga is the postures or 'asanas' which are used to strengthen, stretch, and tone the body as part of yogic practice. During a Hatha yoga session, the yoga master will move through a number of these poses, holding them for varying amounts of time and working in a set order to ensure that muscle groups are slowly warmed up and evenly worked.

## PRANAYAMA

Pranayama is the science of controlling your breathing through systematic breathing sequences. Learn the process of regulating your breathing and gain control of the Prana, the vital life force; helping to achieve longevity.

## MEDITATION

Learn relaxation and breathing techniques which help to control stress, clear your mind and enhance the power of creativity. Connect with your higher self and invoke a state of deep silence whilst restoring energy and inner awareness.

## YOGA NIDRA

Yoga Nidra is a highly powerful ancient meditation technique. In yoga Nidra, you are not only able to enjoy the complete physical, mental and emotional relaxation but are also able to explore the tremendous powers hidden within the deeper layers of the subconscious and unconscious mind. Yoga Nidra delivers a deep relaxation whereby the mind is in the unique state of between being asleep and awake.

## SUNSET YOGA

A combination of various yoga techniques are offered at sunset to help you unwind and relax in a beautiful tranquil environment.

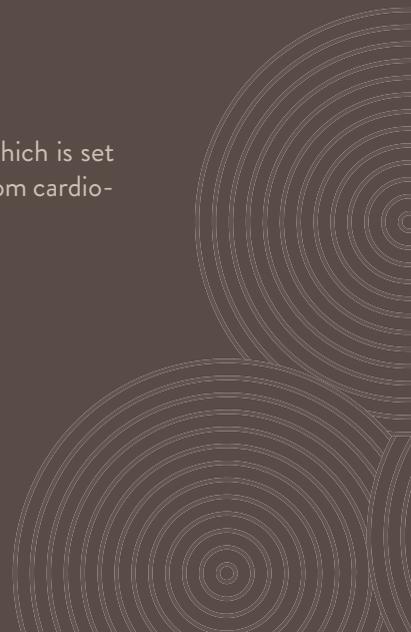
## YOGA CLASSES

**60 MIN**

**\$35 (ONE - ONE / \$50)**

## FITNESS EXPERIENCE

We are glad to offer you complimentary use of the fitness centre which is set up with state-of-the-art equipment for a wide variety of workouts from cardiovascular to weight training.





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## HOURS OF OPERATION

Spa Treatments: 09:00 - 21:00

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Spa Boutique: 09:00 - 21:00

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Yoga: 08:00 - 19:00

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Fitness Centre: 08:00 - 20:00

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PLEASE CALL COCO SPA RECEPTION AT EXTENSION: 165

All prices are subject to 10% additional Service Charge and 12% GST.

Retail products are subject to GST only.

Prices are subject to change without prior notice.

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