

FILITHEYO SPA

We believe in the miracle of nature.
Not just because its existence is the cycle
that sustains our life.

It is nature that demonstrates
through the seasons how
to overcome obstacles and triumph.

It is this life experiences that
brings us awareness to our inner self
and reflective of the magic in our surroundings.

With this philosophy in mind
we invite you to our spa to

"embrace nature"

*annoint**

"a symbol to introduce a divine influence"

We welcome you to
immerse your feet in
rose scented water and
take pleasure in our
signature welcome massage.

This is our complimentary gift to you
with selected Filitheyo Spa treatments.

**annoint is a complimentary ritual
specific to nominated treatments & packages*

Massage

*Filithayo Fusion**

A blend of five world massages.
This signature treatment will promote good health by stimulating the body's energy flow.

MEDIUM

90 minutes

\$90

*Maldivian Sand**

Drawn from the Maldivian Sand Treatment, this massage incorporates pure white sand to exfoliate and nourish tired skin.

Applied in firm rhythmic strokes, this is a uniquely beautiful massage.

FIRM

60 minutes

\$75

*Hot Stone**

A specialized massage using heated basalt stones inducing a deep relaxation while still focusing on areas of concern.

ALL PRESSURE

90 minutes

\$105

*Balinese**

A rhythmic massage combining long strokes and palm pressure to relieve tension, to improve blood flow, to ease stress and to calm the mind.

A deeply relaxing path to health and harmony.

FIRM

60 minutes \$72

90 minutes \$90

Back Therapy

A deep tissue massage focusing on the tension areas of the body including back, neck and shoulders to dissipate any muscular tension.

FIRM

30 minutes

\$40

*Duet**

A synchronized four hand massage destined to soothe your soul with its rhythmic technique and uplifting scent.

MEDIUM

60 minutes

\$106

*Thai Massage**

Performed in our open air pavilion, this traditional massage stretches the body and stimulates the meridians promoting healing and rejuvenation for a tired and strained body.

FIRM

90 minutes

\$115

*Classic Aromatherapy**

This sensory massage focuses on Swedish techniques promising to ease you gently into your spa journey with a choice of aromatic oils to *relax, stimulate or balance.*

SOFT

60 minutes \$72

90 minutes \$90

*Leg Revival**

A jet lag dream, this foot to knee massage incorporates reflexology & shiatsu to balance the body & to increase circulation.

FIRM

60 minutes

\$72

*Earth Mother**

A specialized massage enhanced with warmed oil to relieve tension, only available for woman in their second and third trimester.

SOFT

60 minutes

\$80

Herbal heat

Knowledge of Life*

Ayurveda, the ancient healing system of India, harmonises the body's rhythm with nature by massaging the intersections of our vital life force. Combined with Shirodhara and finishing with Indian Head Massage.

MEDIUM

120 minutes

\$140

Udhvarthanam*

"to raise or elevate"

Designed to induce perspiration, initiates weight loss, Improves skin complexion and better the mobility of body joints. A fine medicated powder is applied over the body before being infused deep into the skin through a vigorous massage.

90 minutes

\$105

Navarakizhi*

"enhancing movement"

Highly effective in enhancing strength, vitality and muscular aches. This treatment has been used for thousands of years combining medicated rice poultices and warmed herbal oils before being applied to the body

90 minutes

\$105

Vatakazhi*

"herbal pain relief"

A therapeutic bundle of herbs, selected for their ability to reduce aches and pains from arthritis, rheumatic joint pain, swelling and sprains, are soaked in warm herbal oils and applied over the body concentrating heat to areas of concern.

90 minutes

\$105

Natures escape

at al fresco spa

Feel the sea breeze on your skin & enjoy the best view on the island in your own private retreat

Maldivian Sand Oceanside*

Drawn from the Maldivian Sand Treatment, this massage incorporates pure white sand to exfoliate and nourish tired skin.

Applied in firm rhythmic strokes, this is a uniquely beautiful massage performed in our open air pavilion.

FIRM

60 minutes

US\$75.00

Seascape *

A spa combination MUST be provided in the best location ever!

Enjoy our traditional Maldivian Sand Massage and combine with your choice of

30 minute Refresher Facial

or

30 minute Foot Massage

90 minutes

US\$105.00

Al Fresco Experience

Enjoy almost any spa treatment

in the Al Fresco Spa

for an extra \$5

Please ask your Spa Host.

Natural element

"a touch of serenity....."

Be spoilt on the spa express with a selection of efficient & effective therapies

Choose from the list below:

Back Massage

a deep tissue massage
focusing on the tension
areas of the back.

Refresher Facial

A skin boost with
natures nectars to
cleanse and to revive.

Reflexology

Pressure point foot massage
to stimulate body balance.

Indian Head Massage

Pressure point therapy
to reduce tension in the
scalp, head & shoulders.

Manicure

File & polish

Pedicure

File & polish

2 x 30 minute treatments \$72

3 x 30 minute treatments \$110

4 x 30 minute treatments \$130

Nature's wonderland*

The Filitheyo Spa encourages you to create your own spa experience.
Our Spa host will tailor make a unique journey specific to your instruction.

Glow Infuse

Body Polish
30 minutes

Lime & Coconut
Sandalwood, Hibiscus & Frangipani
Arabica Coffee & Vanilla Rose Geranium

Infuse

Body Cocoon
30 minutes

Marine
Hyper Magnetic Clay

Rejuvenate

Facial
90 minutes

Pearl
Mango
Clove
Natural (60)

Relax

Massage
60 minutes

Balinese
Classic Aromatherapy
Leg Revival

Beautify

Hand & Feet Therapy
60 minute

Manicure
Pedicure

2 hours
\$150

3 hours
\$199

4 hours
\$233

Natural order*

Raw ingredients to enhance the spa journey

Calm

with a healing
lavender body wash

Glow

with hand refined
Filitheyo coconut
to exfoliate and nourish .

Infuse

your skin with an
organic carrot & honey wrap
making skin luminous.

Relax

as a blend of five massage techniques
promote good health by stimulating the
body's energy flow.

Rejuvenate

your skin with a facial treatment that takes
you back to nature. Your therapist will
select from fresh ingredients including
tomatoes, carrots, cucumber, green tea,
pineapples and limes, and customize it
to your skins needs.

3.5 hours
\$199.00

Love*

of a lifetime

Glow

with a body polish to
smooth and nourish skin.

Relax

with this sensory massage that focuses on Swedish techniques
promising to ease you gently into your spa journey
with a choice of aromatic oils to
relax, stimulate or balance.

Indulge

in a glass of
sparkling wine

1.5 hours

\$125

per person

two person minimum .

Sunburn soother*

"cool, heal and relieve"

Calm

with a healing
Lavender body wash

Infuse

while you are enveloped in
an active & cooling mask
rich in soothing Aloevera
& mineral laden seaweed.

Relax

with a gentle massage
applied with healing oil
to calm the sting of sunburn.

1.5 hours
\$105

Goddess of fertility*

specialized therapies united together to protect, relax and nurture the mother to be

Relax

Earth Mother

A gentle massage enhanced with warmed calming oil to relieve tension using abhyang techniques and marma points.

Hair Spa

A traditional scalp & hair treatment using herbalised oils and therapeutic touch

Renew

tired hands and feet
with an express manicure & pedicure.
Refresh nails & cuticles and
with a vibrant splash of color.

3 hours

\$182

only available for ladies in their second and third trimester
treatments are adjusted to ensure safety of mother and baby

Facials

5000 years ago, the sages transcended higher knowledge, bringing to us eternal health and beauty.

Om Veda draws from the heart of Ayurvedic writings, made from the goodness of herbs, flowers, natural minerals, extracts of wood, root and bark cultivated and grown in the traditional Ayurvedic way, specially selected to bring life to your skin.

Kapha

*Clove Multi Refine Facial**

Cloves, lemon, orange & ayurvedic clay to draw out impurities and brighten the complexion congested / acne / oily
90 minutes \$105

Vata.

*Mango Revival Treatment**

The ultimate in anti-aging, this nourishing treatment combines the skin softening properties of rose and regenerative properties of Indian ginseng. mature / sun damaged.
90 minutes \$105

Pitta

*Royal Pearl Facial**

Calming & nourishing, this facial shows a marked improvement in hyper pigmentation evening out the complexion pigmentation / sensitive.
90 minutes \$105

Natural Facial

A facial treatment that takes you back to nature. Your therapist will choose fresh ingredients from tomatoes, carrots, cucumber, green tea, pineapples and limes, and customize it to your needs.
60 minutes \$75

Hair spa rituals

In true Ayurvedic tradition,
hair is lavishly massaged with
nourishing oils infused with precious herbs.

High in anti-oxidant properties
this opulent ritual assists
in calming the mind while
nourishing and strengthening hair
to a lustrous shine.

Herbal Scalp Massage*

A traditional scalp & hair treatment
using herbalised oils and therapeutic touch
60 minutes
\$72

Hair Rejuvenation*

A decadent combination of massage and
mask to balance, nourish
and strengthen, making hair
more resilient to environmental
and chemical pollutants.
75 minutes
\$90

Henna Treatment*

A combination of precious herbs
including amla, neem & brahmi to
strengthen, nourish & intensify tresses.
**not suitable for fair hair*
75 minutes
\$85

Hands & feet

Absolute

"perfect, complete or pure"

90 minutes

Feet

exfoliation
mask
nail & cuticle repair
massage
buff & polish
\$90

Hands

exfoliation
mask
nail & cuticle repair
massage
buff & polish
\$90

Deluxe

"rich in quality"

60 minutes

Feet

exfoliation
nail & cuticle repair
massage
buff & polish
\$72

Hands

exfoliation
nail & cuticle repair
massage
buff & polish
\$72

Express

"rapid"

30 minutes

Feet

nail & cuticle repair
buff & polish
\$45

Hands

nail & cuticle repair
buff & polish
\$45

Spa information

Reservations

Advance bookings are highly recommended to secure your preferred date and time of treatment to avoid disappointment.

Spa Operation Hours

10am – 8pm

Cancellation Policy

A 24 hour cancellation policy is in place to assist us in rescheduling your appointment. Any cancellation with less than 4 hours notice will incur a 50% cancellation fee and full charges will be imposed should you not attend your scheduled appointment.

Special Consideration

Guests who have high blood pressure, heart conditions, allergies, are pregnant or have any other medical complications are advised to consult their doctors before requesting any spa treatments. Kindly inform your spa host of any pre existing medical conditions or health concerns.

Check In

Please arrive at the spa at least 15 minutes prior to your scheduled appointment to avoid any decreased treatment time.

Etiquette

To ensure the serenity of the Filithayo Spa we respectfully request that all visitors keep noise to a minimum. Electronic devices are also discouraged.

Attire

The spa suggests that for your comfort to wear loose casual clothing during your visit.

Smoking & Alcohol

Please refrain from smoking and the excessive consumption of alcohol within the spa.

Valuables

While a jewelry box is provided in the treatment room we recommend that no jewelry be worn to the spa and accept no responsibility for the loss of money or valuables of any kind brought onto the premises.