RAHAA

# SPA

WELCOME TO

# RAHAA SPA

Indulge yourself to

## Bliss & Serenity

Surrounded by the tranquility of the sea, Maldives is renowned as one of the finest places to restore your mind and body to its natural balance of energy.

Overlooking the turquoise lagoon, Rahaa Spa is your destination for releasing your stress and unwind into the relaxation you know you deserve. Combining the healing properties of the natural Maldivian elements, our massage and body care treatments will suit your pampering needs at the hands of our talented professionals.

RAHAA SPA

# HIGHLIGHTS

Couples and Single private treatment rooms

Personalized experience of ultimate relaxation

Exotic, relaxing, & therapeutic menu of treatments

Exotic & Therapeutic

# MASSAGES

## TRADITIONAL BALINESE MASSAGE

Experience a variety of massage techniques with this combination of gentle stretches, acupressure, and reflexology. The boost to your blood circulation will leave you relaxed, refreshed with a wonderful feeling of realignment.

60 min $69 | 90 min $89

## LOMI LOMI HAWAIIAN MASSAGE

The perfect massage to relax the nervous system while releasing stress and tension. It is performed with continuous long and fluid strokes as gentle waves are moving over the body. A deep sense of balance and harmony is achieved as you experience a complete relaxation of body and mind.

60 min $69 | 90 min $89

## SHIATSU JAPANESE MASSAGE

A pressure point massage where no oil is used. This technique uses continuous firm pressure with thumbs, fingers, and elbows along the energy pathways in the body called meridians. Your aches and pains will be eased, whilst fatigue and tension melt away. Loose clothing should be worn for this treatment

60 min $69 | 90 min $89

## 4 HANDS MASSAGE

A unique experience given by two therapists at the same time. All you need to put stress behind you and enjoy twice the relaxation.

60 min $79 | 90 min $99

## SWEDISH MASSAGE

A traditional massage to suit your individual needs. Choose from therapeutic or relaxing to ease muscle tension and relax the nervous system.

60 min $69 | 90 min $89

## DEEP MASSAGE

This deep tissue massage incorporates a technique applied with a fair amount of pressure and with slower movements than those used for a Swedish massage. Perfect for relieving chronic tension, contractions and knots.

60 min $69 | 90 min $89

## COUPLES MASSAGE

Share a moment of well being together with a relaxing Swedish or therapeutic massage in a welcoming environment.

60 min per couple $149
90 min per couple $189

## AROMATHERAPY

Add on aromatherapy to your massage to promote your well being and stimulate your senses. Essential oils are used to relax the nervous system while releasing stress and tension. Whether you want to rejuvenate or simply smell delicious; choose from relaxing lavender or uplifting lemongrass.

$5

## FOOT REFLEXOLOGY

Giving your whole body this incredible sensation of perfect harmony and equilibrium, this foot massage technique will improve circulation, reduce tensions and bring a revival feeling of lightness on the legs and feet.

60 min $69 | 90 min $89

## BACK, NECK & SHOULDER MASSAGE

A pressure massage that focuses on the build-up of stress and muscle tension in all areas around the neck, shoulders and across the back. This massage encourages relaxation, relieves stress, improves circulation and relax the muscles.

30 min $39

# SMOOTH & SILKY SKIN

## EXFOLIATING BODY TREATMENTS

With salt & sugar paste infused with soothing essential oils; This treatment detoxifies, eliminates impurities, and relaxes the body. Be sure to soak yourself in our hot bath in your private en suite bathroom for 20-minutes prior.

## HONEY & SUGAR SCRUB

Gently refine and nourish your skin. The honey has anti-bacterial properties that can help the skin retain moisture. The treatment is completed with a warm coconut oil body massage for the ultimate relaxation. Suitable for normal to dry skin.

90 min $99

## COFFEE SALT SCRUB

Restore your skin and improve your blood circulation. The antioxidant properties of the coffee help to treat inflamed and uneven skin tone leaves your skin fresh and smooth. The treatment is completed with a warm vitamin E oil body massage for the perfect healthy glow. Suitable for all skin types.

90 min $99

LAAMU, MALDIVES