



esKape

SPA MENU

Eskape Signatures

Maldivian Ocean Dream Massage

90 mins \$160

Feel your body ease into comfort with a massage created to release deep tension and bring your muscles back to a happier place. Medium to firm pressure blends with thoughtful stretching to help you feel restored from within.

Relax Your Mind

90 mins \$170

Rebalance with a signature treatment that begins with a luxurious foot ritual before your therapist moves into a flowing full body massage using warm oils and long, attentive movements. A Marma Point facial massage follows, helping your body and mind drift into a quieter, lighter state.

Paradise-Me

120 mins \$190

Begin your journey with a cleansing coffee body scrub that smooths and awakens the skin. Settle in as deep, unhurried movements guide you into relaxation, followed by a soft coconut milk ritual that melts across the skin while the sound of the waves adds a peaceful rhythm.

30 mins Coffee Body Scrub, 60 mins Massage, 30 mins Coconut Milk Body Mask.

Sea Coconut Secret

90 mins \$175

The Maldivian coconut is loved for its nourishing, soothing touch. This rejuvenating experience opens with a calming foot ritual and continues with a gentle exfoliation using toasted coconut to renew and soften the skin. You leave feeling refreshed, glowing and deeply cared for.

All prices are in US dollars and subject to a 10% service charge and 17% GST.

Eri Journey

90 mins \$190

This flowing island ritual is designed to release tension and restore balance, beginning with a grounding foot ritual before moving into slow, ocean-inspired touch that calms the body and mind.

10-minute foot ritual, 50-minute Maldivian Ocean Dream massage, 30-minute foot massage.

Ocean Detox Dream

120 mins \$200

This revitalising treatment draws on the cleansing power of the ocean to refresh and renew the body. Circulation is gently stimulated to support detoxification, followed by mineral-rich seaweed therapy and soothing warmth. The experience is completed with a flowing massage to release tension and leave the body feeling light and rebalanced.

10-minute foot ritual, body brush, warm body compress, 60-minute seaweed body mask, 50-minute Balinese massage.

All prices are in US dollars and subject to a 10% service charge and 17% GST.



Traditional Maldivian Healing

Ruhgalu' Herbal Bolus Therapy

90 mins \$175

Discover a deeply therapeutic ritual inspired by traditional Maldivian healing. Your treatment begins with a warm oil massage to ease tension and soften the muscles. This is followed by the application of herbal boluses, soft poultices filled with island herbs, gently heated and infused in aromatic spice oils. The warm compresses deliver natural anti-inflammatory, antiseptic, and antioxidant benefits, helping to soothe the body, calm the mind, and encourage profound relaxation.

Starts with a warm oil massage, followed by warm herbal compresses.

Kaashi Naashi Ritual

75 mins \$150

Maldivian coconut oil lies at the heart of this nourishing ritual. Warm coconut oil and smooth coconut shells are glided over the body in slow, flowing movements to release tired muscles and soften the skin. A focused head massage completes the experience to quiet busy thoughts and leave you feeling deeply relaxed.

Unbuli Veyo' Island Healing Ritual

45 mins \$130

Experience a deeply restorative therapy inspired by traditional Maldivian healing wisdom. This treatment features Unbuli veyo herbal leaves infused with warm oils, aromatic spices, ginger, clove, olive oil, and turmeric.

Your journey begins with a warm herbal leaf compress to ease tension and awaken circulation. A soothing full-body massage follows, using warm Ruhgalu Theyo oil applied with gentle, rhythmic pressure to melt muscular stress, calm the mind, and promote a profound sense of relaxation.

All prices are in US dollars and subject to a 10% service charge and 17% GST.

Massages to Lift Your Spirit

Balinese

60 mins \$135 / 90 mins \$160

Enjoy a Balinese ritual shaped by time-honoured techniques. Gentle movements from palms and thumbs encourage circulation, ease tired muscles and bring a quiet sense of calm. The softly scented oils help your mind settle into a peaceful, restful state.

Muscle Ease Massage

90 mins \$160

Ease into a Thai-inspired massage that blends soft stretches with deep, relaxing strokes. Tension begins to loosen as your body settles into a calmer flow, leaving you feeling restored and energised.

Healing Aromatherapy

60 mins \$125 / 90 mins \$140

Return to your natural rhythm with a wave-like massage that uses long, sweeping palm movements to soothe both body and mind. Choose the aromatherapy oil that feels right for your day and let the experience guide you into deeper ease.

All prices are in US dollars and subject to a 10% service charge and 17% GST.

Body Renewal Massage Collection

Sports

60 mins \$150 / 90 mins \$170

A purposeful massage created to ease deep tension and soften tired muscles. Medium to firm pressure blends with gentle stretches, acupressure and slow, focused movements that support healthy circulation and leave you feeling refreshed and revitalised.

Detox Massage

90 mins \$150

A powerful massage designed to alleviate deep-seated tension and muscular stress. Using medium to firm pressure and stretching, along with acupressure and deep movements, increases blood circulation that will bring you a sense of freshness and revitalisation.

Warm Stone Massage

90 mins \$180

A therapeutic and rejuvenating massage using warm volcanic stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

All prices are in US dollars and subject to a 10% service charge and 17% GST.

Therapies for Connection, Comfort & Renewal

Herbal Compress

90 mins \$145

This ancient art of healing promotes emotional and physical well-being. Warm Thai herbal compresses provide anti-inflammatory, antiseptic, and anti-oxidant properties to relieve stress and fatigue.

Both of You Naturally Nurtured

60 mins \$110 / 90 mins \$130

Nurture your skin when you need it the most with this gentle restorative and entirely tailored massage. Ideal for expectant mothers after their first trimester.

No More Cellulite

60 mins \$120

This stimulating massage targets cellulite-affected areas, reduces fluid retention and improves skin texture. Focusing on common problem areas such as your hips and thighs, this revitalising treatment will alleviate and release toxin build-up and minimise the appearance of cellulite.

Basic Massage Lesson for Two

90 mins \$140

Share a calming moment together as you learn simple massage techniques that bring ease and comfort. It is a soft, playful way to unwind, connect and create your own good soul moments.

All prices are in US dollars and subject to a 10% service charge and 17% GST.

Holistic Eskape

Lymphatic Drainage

60 mins \$110

Experience a light, hands-on massage designed to support the natural rhythm of the lymphatic system. Soft, gentle strokes help ease inflammation, reduce water retention and encourage the body to detoxify, leaving you feeling clearer and more refreshed.

Foot Reflexology

30 mins \$75 / 60 mins \$120

Settle into a treatment that eases stress through gentle pressure on specific points of the feet. Each point connects to areas of the body, helping you release built-up tension and inviting a soft sense of balance to return.

All prices are in US dollars and subject to a 10% service charge and 17% GST.

Ocean-Inspired Detox & Rejuvenation

Eskapism

90 mins \$175

Eskape. Relax. Renew.

Begin with a full-body exfoliation that makes your skin feel smooth and renewed. Follow up with our signature Maldivian Ocean Dream Massage using a variety of techniques that release deep-seated knots and tension areas.

A choice of 30-minute body scrub, 60-minute Maldivian Ocean Dream massage.

Eskape Detox

120 mins \$200

This fusion treatment creates a truly detoxifying experience, which will ensure you are remineralised and detoxified. The spa therapist starts with a technique to stimulate circulation, preparing the skin for effective product absorption and toxin elimination; followed by a Detoxifying Seaweed Wrap and a long stroke-flowing massage using Seaweed Oil with Fucus Serratus and Sweet Orange essential oil for further detoxification.

60-minute seaweed wrap, 60-minute lymphatic drainage or No More Cellulite massage.

All prices are in US dollars and subject to a 10% service charge and 17% GST.

Wellness Packages

We believe in providing you with the best and most transformative experience possible. Our expertly trained team will escort you to one of our bespoke retreats located on the beach, ensuring that your spa experience is extraordinary.

Morning Ground Ritual Package

90 mins \$160 per person / \$290 couple

Spread over two mornings, this gentle ritual guides you into the quiet rhythm of the island. A slow walk and herbal tea begin the process of grounding, followed by a nurturing foot ritual and aromatherapy massage that let warmth, scent and touch sink into the body.

Morning Reset Package

120 mins \$175 per person / \$300 couple

Across two mornings, this package helps you awaken the body and realign your energy so the day feels lighter. Gentle yoga and tea begin the process, stretching you into wakefulness, while the next day's foot ritual and aromatic full body massage smooth out remaining tension and support a comfortable flow of energy.

Daily Wellness Ritual Package

120 mins \$175 per person / \$300 couple

This two day Daily Wellness Ritual Package offers a mindful pause to reconnect and restore through quiet breath, warmth and gentle touch. You begin with breathwork, meditation and herbal tea in calm surroundings, then return for a soothing foot ritual and aromatherapy massage where water, scent and slow pressure help the whole body unwind.

All prices are in US dollars and subject to a 10% service charge and 17% GST.

Settle the Body, Slow the Mind

120 minutes per day

3 days \$570 / 5 days \$780 / 7 days \$970

Customise your spa package!
Choose two of the following per day:

- Body Massages
- Facials
- Body Treatments

60 minutes per day

3 days \$300 / 5 days \$475 / 7 days \$630

Customise your spa package!
Choose one of the following per day:

- Body Massages
- Facials
- Body Treatments

All prices are in US dollars and subject to a 10% service charge and 17% GST.



Eskape Facials

Brightening Facial

50 mins \$120

The must-have facial treatment that brings back vitality and reveals a brighter, smoother, and more radiant-looking complexion.

Anti-Aging Facial

60 mins \$140

Restore your skin's balance with a rejuvenating treatment that uses carefully selected anti-ageing products. Your complexion will look toned and brightened.

Mini-Facial

30 mins \$85

Cleanse, exfoliate and moisturise for a soft glow that feels instantly uplifting.

All prices are in US dollars and subject to a 10% service charge and 17% GST.

It's All About Your Body

Nourish and Glow

60 mins \$130

Reveal smoother, softer skin with a full body exfoliation that lifts away dullness before a generous application of nourishing Gold Dry Body Oil that leaves your skin glowing with a warm, luminous finish.

Aloe Soothing Wrap

60 mins \$130

Wrap your body in a soothing blend of cucumber, yoghurt and honey, created to calm, cool and comfort sensitive skin. While cocooned, enjoy a revitalising foot massage before your treatment closes with an application of Aloe Vera gel to ease redness and leave the skin feeling refreshed. Suitable for all skin types.

Seaweed Laminaria Remineralising & Detoxifying Wrap

60 mins \$140

Cleanse, refine and remineralise your body with a treatment that begins with dry brushing to stimulate the lymphatic system and activate circulation. A seaweed wrap using Laminaria Digitata and Spirulina follows, delivering trace elements and antioxidant-rich nutrients known to support a refined skin texture and reduce the appearance of cellulite.

Seaweed Body Wrap, Seaweed Oil Application

All prices are in US dollars and subject to a 10% service charge and 17% GST.



Take the time to do what makes you happy!

Whether you are jet-lagged, overworked, under-slept, or partied out, Eskape Spa promises the outcome you need and with the add-ons you want to get you back in the game.

Reset Your Soul!

Coconut Dream

30 mins \$55

A calming head massage with warm coconut oil, finished with a nourishing hair wrap to soothe the scalp and quiet the mind.

Back to Life

30 mins \$55

Release the tension in your back and ease into a renewed sense of comfort with focused, firm elbow strokes that help your body unwind.

Sole Delight

30 mins \$55

A restorative foot ritual beginning with a warm soak, followed by a softening foot mask and revitalising massage. Created to refresh tired feet and leave you feeling light, grounded, and ready to wander again.

Mani Eskape or Pedi Eskape

60 mins \$85

A mindful manicure or pedicure including exfoliation, cuticle care, nail shaping, and OPI colour application.

Mini Manicure or Pedicure

30 mins \$65

A simple touch-up for hands or feet, including nail shaping and colour application. Ideal for a quick pause between island moments.

All prices are in US dollars and subject to a 10% service charge and 17% GST.

Mani Eskape (Gel Polish)

60 mins \$100

Cuticles are tidied, nails shaped, and a durable gel polish applied with care, finishing with smooth, nourished hands that feel relaxed, refined, and ready for every moment on the island.

Pedi Eskape (Gel Polish)

75 mins \$110

Nails are carefully shaped and groomed before a long-lasting gel polish is applied, leaving your feet feeling light, polished, and perfectly at ease for island days ahead.

Nail Gel Removal

30 mins \$33

Using gentle techniques, gel polish is safely removed before nails are cleansed and lightly conditioned, leaving them healthy, clean, and ready for their next escape.

Foot Ritual

10 mins \$20

Begin with a grounding foot soak infused with sea salt, peppermint essential oil, and fresh slices of ginger and lime. This warming, aromatic ritual softens the skin, eases tension, and awakens the senses, preparing your feet for deeper relaxation and renewal.

All prices are in US dollars and subject to a 10% service charge and 17% GST.

Yoga

Yin Yoga

60 mins \$45

This slow, grounding practice invites your body to soften and your mind to settle. Longer-held, floor-based postures ease deep tension and leave you feeling calm and supported.

Vinyasa Yoga

60 mins \$45

Gentle flowing sequences move with your breath to awaken energy in a smooth, natural way. Each posture links to the next so you build warmth and steady focus with ease.

Pranayama Yoga

60 mins \$45

A quiet practice centred on the breath to restore balance from within. Gentle techniques calm the nervous system and create space for natural, comfortable breathing.

Hatha Yoga

60 mins \$45

A steady class that blends classic postures and mindful breathing for strength and clarity. Each pose is held with care so you can explore alignment and feel rooted in your body.

Traditional Yoga

60 mins \$45

Rooted in time honoured techniques, this session honours the foundations of yoga. Guided movements with breath awareness lead into a closing moment of stillness that helps you feel centred and refreshed.

All prices are in US dollars and subject to a 10% service charge and 17% GST.

Power Yoga

60 mins \$45

An uplifting practice that builds inner heat and strength. Dynamic sequences and longer holds awaken the muscles and leave you with a bright, energised feeling.

Heart Opening Yoga

60 mins \$45

A gentle sequence that creates space through the chest and shoulders so your breath can move with more ease. Soft backbends and supported postures invite you to relax, feel safe and rest into a warm sense of openness.

Yoga Nidra

60 mins \$45

Yoga Nidra invites you to simply lie back, close your eyes and be guided through layers of relaxation. As each part of the body softens, thoughts drift away and you sink into a peaceful tranquil state that feels beautifully unhurried.

Slow Flow Yoga

60 mins \$45

Soft, unhurried movements are linked with easy breathing to calm the nervous system. Each sequence feels like a slow wave that rolls through the body, leaving you relaxed yet quietly refreshed.

Healthy Yoga

60 mins \$45

Designed to support everyday wellbeing, this class focuses on simple postures and kind, mindful movement. Gentle stretches help to ease stiffness, care for your joints and leave you feeling comfortable in your own body.

All prices are in US dollars and subject to a 10% service charge and 17% GST.

Holistic Healing

Sound Healing

60 mins \$45

This soothing session surrounds you with resonant sound that feels both light and embracing. As each note lingers in the air, muscles loosen, breathing steadies and a sense of peaceful clarity begins to unfold.

Breathwork & Meditation

60 mins \$45

A calming practice that blends simple breathing techniques with seated meditation to clear mental clutter. With each steady inhale and slow exhale, your body unwinds, your mind brightens and a soft feeling of inner space appears.

Aromatic Sound Healing Journey

90 mins \$175

This immersive journey begins with warm, aromatic oils smoothed over the body to release tension and nurture the senses. You then relax into a sound healing session where soft, lingering tones deepen relaxation, leaving you rested, balanced and quietly renewed.

All prices are in US dollars and subject to a 10% service charge and 17% GST.



Natural Spa Factory Products

We partner with Natural Spa Factory, an independent brand from Bath in England that crafts thoughtful spa products in small, considered batches. Their formulas are enriched with botanically sourced ingredients such as herbs, plants and flowers, and are created without SLS, MI or MCI, with no animal testing. At Eskape Spa you are welcome to take home your favourite products so you can enjoy a little island calm whenever you wish.

Spa Etiquette

To preserve the tranquil atmosphere of the spa, we kindly ask guests to speak softly and move mindfully, allowing everyone to fully relax and enjoy their experience.

Our spa welcomes young guests aged four to 11.99 years for manicure and pedicure treatments only.

Please inform us at the time of booking if you are pregnant or have any significant health considerations. Pregnancy treatments are not permitted during the first trimester and are not recommended within 24 hours before or after travelling. Spa treatments are also not recommended within one hour after heavy meals.

You may choose to wear your own bikini or briefs during your treatment, or we can provide hygienic disposable briefs for your comfort.

Reservations

Walk-in appointments are welcome; however, guests are encouraged to make arrangements in advance. To schedule your appointment, please dial extension 1820 or contact the Hub.

Arrival & Check-in Procedures

We request your arrival at least fifteen minutes before your treatment time, providing you with ample time to check in and prepare for your spa experience. Should your arrival be delayed, please note that your treatment time will be reduced accordingly so that we may serve the next guest on time.

Late arrival will still result in full charge for your requested service, even though your actual treatment time may be reduced. We request that you do not bring jewellery or valuables to your spa experience. Eskape Spa is not responsible for lost, stolen or misplaced items.

Cancellation Policy

Your reservations require that we schedule our Spa hosts and hold appointment times just for you. As a courtesy and to avoid charges in full, we require a 24-hour notice should you need to change or cancel your reservation.

If your cancellation request is submitted within less than 24 hours, a 50% charge will apply to your booking. If your cancellation request is submitted within less than 3 hours, a 100% charge will apply to your booking.

Valuables

We recommend you store your jewellery and valuable items in the safety box available in your room. While we endeavour to look after your belongings, we do not assume liability for any valuable items lost or stolen.

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