



A TOUCH OF THAILAND

CENTARA MIRAGE LAGOON MALDIVES

OPEN 09:00 - 20:00 HRS.

WELCOME TO SPA CENVAREE

Embracing the natural beauty of Thailand and inspired by Thai healing traditions, we invite you to indulge in our holistic journeys. Awaken your senses with our soothing rituals, revitalising sounds, and therapeutic touch..

OUR HOLISTIC MENU

The origin of Spa Cenvaree's menu features the very best of locally harvested Thai ingredients, aromatic oils, and herbs for an experience of total bliss and tranquillity. Enter a world of rejuvenation, where an array of treatment options invigorate tired muscles, increase circulation, and stimulate the body's natural rhythm to ensure contentment and well-being.

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WELLNESS JOURNEY

REBALANCE YOUR INNER SENSES

180 MINS

SLEEP

Includes: Exfoliation, Aromatherapy Massage, Head Massage, Foot Massage

Deeply relaxing and re-energising, this signature body treatment combines a full exfoliation with an encompassing massage from head to toe. Your body gradually loosens up under the hands of the therapist, providing a feeling of exceptional well-being.

DETOX

Includes: Dry Brushing, Detox Massage, Head Massage, Face Massage
Detoxifying juice is served after your treatment

Stress and emotional tension often accumulate in our abdominal area. This deep massage releases built-up tension and promotes balance to improve liver and digestive functions, and assist in the detoxifying process.

ENERGIZER

Includes: Back Scrub, Deep Tissue Massage, Foot Massage
Ginger tea is served after your treatment

An ancient Chinese technique using pressure-point massage to restore the flow of energy throughout the entire body, this treatment relieves pain and stiffness and alleviates symptoms of stress by boosting your blood circulation.



THAI TRANQUILITY

EXPERIENCE THE HEART OF SPA CENVAREE

THAI BODY BALANCE

150 MINS

Smoothing Foot Scrub, 7 Miracle Grains Body Scrub, Balancing Hydrotherapy, Choice of Traditional Thai Massage or Thai Warrior Massage, Nourishing Organic Facial Treatment. A spa journey that combines a collection of signature experiences to allow you to experience the soul of a Thai spa journey as well as its ancient traditions.

SAMUNPRAI

150 MINS

Experience the ultimate relaxation with a massage that uses a special blend of aromatherapy oils and Thai herbs to release muscle tension and stimulate circulation, while steamed herbal clay pots filled with medicinal herbs detoxify and rejuvenate your skin.

ULTIMATE WELL-BEING

180 MINS

Drawing inspiration from traditional village rituals, this treatment employs Earth stones to boost strength and vitality, while heated basalt stones work to release muscle tension and reduce inflammation.

SIGNATURE SERENITY SPA RITUAL

150 MINS

Begin with a deluxe scalp massage using our secret Thai recipe of avocado oil and kaffir oil for silky-soft hair. Follow with a rejuvenating passion fruit & lemongrass salt scrub and a soothing full-body massage using vanilla shea butter.



A COUPLE'S JOURNEY

ROMANTIC EXPERIENCES FOR TWO

A SUMMER BEST

120 MINS

Rejuvenate your skin with this hydrating, anti-aging treatment. A gentle sea salt blend exfoliates and revitalises, preparing your skin for deep nourishment. Your journey culminates with an ultra-soothing aroma massage and a restorative herbal bath.

HONEYMOON RETREAT (PRICE FOR TWO)

210 MINS

Embark on a blissful couples' experience starting with invigorating body brushing. Indulge in a mud wrap and scrub, followed by a soothing vanilla shea butter massage and Thai herbal facial to enhance your glow.

NIRAN NIRVANA (PRICE FOR TWO)

210 MINS

FOR GENTLEMEN

Begin with revitalising steam therapy, followed by a tamarind & sesame detoxifying scrub, and a citrus & coconut milk bath. Reach nirvana with a deep muscle massage and a bespoke facial treatment.

FOR LADIES

Start with a soothing steam therapy, then indulge in a sea champagne body contour wrap. Immerse yourself in a citrus & coconut milk bath, followed by a gentle aromatherapy massage. A customised facial treatment completes your experience.



SIGNATURE TREATMENTS

THE ORIGIN OF CENVAREE

HAI MUEA THAI VILLAGE RITUALS FOR BACK RELIEF

60 MINS

Inspired by traditional healing remedies, this muscle relief ritual was created by our master therapists using deep tissue, Swedish, and stretching techniques to relax tired muscles in the back, shoulders, and neck. Enjoy a delightful herbal back compress to enhance the experience.

NUAD THAI - ROYAL THAI MASSAGE

60 MINS / 90 MINS

An ancient massage technique that stretches the muscles and applies pressure along the body's energy lines to restore the flow of energy and infuse a sense of vitality.

NUAD TAO - TRADITIONAL FOOT MASSAGE

60 MINS / 90 MINS

This treatment promotes relaxation throughout the entire body through pressure points on the soles of the feet. Once all tension is released, a warm herbal compress is applied to revitalise the legs.

NUAD PRA KOB - THAI HERBAL COMPRESS

90/120 MINS

An intensive and soothing Thai massage using a "Samunprai" (hot poultice) to invigorate the muscles. The spice extract in the oil helps detoxify and uplift the body.

SALT POT MUSCLE MELTER

120 MINS

Inspired by ancient healing rituals, this treatment uses the power of salt and herbs to treat muscle tension. Your experience begins with a deep tissue massage, focusing on the neck and shoulders, followed by the gentle rolling of clay pots filled with a blend of sea salt and medicinal herbs over the relaxed muscles, delivering relief and calm.

THAI HARMONY – FOUR-HAND MASSAGE

90/120 MINS

Four hands are better than two in this dual-therapist massage combining Thai, Swedish, Shiatsu, and Reflexology techniques in a carefully choreographed blend of deep rhythmic movements that leave you feeling completely renewed.



MASSAGE THERAPIES

A TOUCH OF CENVAREE

Embark on a tranquil and personalised journey at Spa Cenvaree, where the power of touch harmonises and balances your body.

AROMATHERAPY

90 MINS

Our most popular treatment. A full-body massage using essential oils to relax the body and mind. Smooth and soothing movements gently lull you into a realm of tranquil dreams, leaving you totally rejuvenated. Choose from several beautiful oil combinations.

SWEDISH MASSAGE

90 MINS

Designed with the sports enthusiast in mind, this massage is effective in loosening tight muscles and relieving aches associated with strenuous activity or exercise. Light or medium pressure is customised to your personal needs.

HOT STONE MASSAGE

90 MINS

This popular massage involves placing a heated basalt rock treated with essential oil along the body's meridians. Combined with a body massage, it provides a deep sense of relaxation. Therapeutic bodywork focuses on the feet, legs, lower back, and thighs.

DEEP TISSUE MASSAGE

90 MINS

Ideal for athletic individuals who require bodywork to release muscle tension and increase joint flexibility. This massage focuses on individual muscle groups using deep compression and strokes, performed with aromatherapy oils to promote harmony of the body and mind.



BEAUTY THERAPY – BODY

BODY SCRUB

SIGNATURE 7 MIRACLE GRAINS BODY EXFOLIATION

60 MINS

This body scrub features 7 treasure grains, including wheat germ, barley, cornmeal, oatmeal, millet, red rice and soybeans, heated and applied to loosen tight muscles and reveal radiant and smooth skin through exfoliation.

BOTANICAL BLISS FLOWER BODY SCRUB

60 MINS

Capturing the smell of a fresh garden, this scrub consists of fresh flower petals, a rice blend, and oatmeal to restore lost vitality to the skin.

DE-AGING SCRUB

60 MINS

Gently exfoliates dull skin cells to leave your skin looking and feeling radiant, while promoting the absorption of natural vitamins and minerals.

BODY WRAP

SIGNATURE ANTI CELLULITE

105 MINS

Ideal for improving lymphatic flow and melting away cellulite. A warm seaweed mud wrap infused with green tea and cucumber reduces water retention and flushes out toxins, while an anti-cellulite massage facilitates the trimming of cellulite.

CENVAREE NATURAL SKIN TREAT

105 MINS

Indulge your body in the Cenvaree experience, starting with a coconut scrub to remove dead skin and followed by a honey and papaya wrap. Coconut oil is then applied to leave your skin glowing with a heavenly feel.

This indulgent treatment begins with a nourishing coconut scrub to gently exfoliate, followed by a honey and papaya wrap. A soothing coconut oil application leaves your glowing, silky-smooth, and deeply moisturised.



BEAUTY THERAPY – FACIAL

FACE NOURISHMENT (SIGNATURE ORGANIC FACIAL)

90 MINS

Customised to any skin types, our signature facial harnesses the power of antioxidants and organic ingredients. Lemongrass, tamarind, oatmeal, cucumber, and botanical oils work in harmony to cleanse, exfoliate, and hydrate. A lymphatic facial massage boosts circulation and firms the skin. The treatment concludes with our signature warm sesame facial pouch, leaving your complexion refreshed and radiant.

PHYTOMER CLASSICAL DETOXIFYING FACIAL

60 MINS

Breathe new life into your skin with this purifying treatment. Ideal for city dwellers, it deeply hydrates, erases signs of fatigue, and evens out your complexion. Experience a revitalising burst of freshness that leaves your skin looking and feeling renewed.

PHYTOMER CLASSICAL ANTI-WRINKLE FACIAL

60 MINS

Turn back the clock with this age-defying facial. Featuring Sea Stem and Marine Criste, this treatment visibly reduces wrinkles and fine lines, firms the skin, and restores radiance. Your complexion will appear smoother, plumper, and perfectly relaxed.

*Recommended for aging skin types

PHYTOMER CLASSICAL HOMME FACIAL FOR MEN

60 MINS

Tailored specifically for male skin, this treatment remoisturises, rejuvenates, soothes, and oxygenates. Experience a revitalizing boost that leaves your skin looking and feeling its best.

PHYTOMER CLASSICAL WHITE LUMINATION

60 MINS

This comprehensive anti-aging treatment brightens skin tone and reduces dark spots. Combining a marine scrub with a whitening mask rich in Organic Sea Lily, Brown Algae, and Marine Criste Oil, it delivers a more even, luminous complexion.



BEAUTY THERAPY – NAILS

SPA NAILS - CLASSIC MANICURE OR PEDICURE

60 MINS

Essential care for beautiful hands or feet. Your skin is exfoliated and nourished with our special hydrating lotion, cuticles are tidied, and nails are expertly shaped.

SPA NAILS - CLASSIC MANICURE & PEDICURE

120 MINS

This rejuvenating combo includes all elements of our classic nail care, plus additional exfoliation and a soothing massage. Indulge in complete hand and foot pampering for softer skin and ultimate relaxation.

EXECUTIVE SOLE DELIGHT

30 MINS

This hydrating foot treatment for men begins with a refreshing Citrus & Neem foot soak, followed by an invigorating natural scrub. This quick yet effective service includes a pedicure for a refined, groomed appearance.



SPA ETIQUETTE

Please respect the serenity and privacy of other guests by speaking in a soft voice or simply enjoying the silence. We kindly request that you refrain from using your mobile phone. Smoking is prohibited when using the spa facilities.

HOW SHOULD I PREPARE FOR MY SPA TREATMENT?

To get the most from your spa experience, please arrive 15 minutes before your treatment to enjoy an herbal tea in the relaxation lounge. It is important to note that arriving late for your appointment will decrease your treatment time.

WHAT SHOULD I WEAR?

Disposable garments and a bathrobe are provided for your convenience. Since we encourage you to let the aroma oils soak into your skin for a few hours after the massage, we recommend not wearing expensive clothing that could be stained by the oil.

WHAT SHOULD I BRING TO MY SPA TREATMENT?

We recommend leaving valuables in your room. Lockers are provided; however, we cannot be responsible for the loss or damage of personal belongings.

ARE CHILDREN ALLOWED IN THE SPA?

Children are allowed in **Candy Spa**. Please ask our Spa team members for guidance on choosing the treatment that best suits your child's needs.

DO I NEED TO TELL THE THERAPIST ABOUT ANY MEDICAL CONDITIONS?

Yes, it is important for your therapist to be fully aware of all your current medical conditions to avoid any contraindications. If you have low or high blood pressure, heart conditions, skin allergies, or other medical conditions, we advise that you consult your doctor before reserving our spa treatments. Smoking and the consumption of alcohol within the spa are prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to or after any spa treatment.

WHAT IS THE CANCELLATION POLICY?

Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full charge will be imposed for a **'no-show'**.



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