



SPA CENVAREE
RETREAT

SPA MENU

Our Concept

Welcome to Spa Cenvaree Retreat

Inspired by the natural beauty and healing traditions of Thailand, we invite you to indulge in curated journeys designed to awaken your senses through soothing rituals, serene music, and healing touch.

Discover a peaceful haven where you can unwind and rejuvenate, leaving the stresses of everyday life behind. Blending wellness practices and therapeutic treatments with tranquil surroundings, our retreats create an immersive escape that nurtures both body and mind.







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Retreat Programmes

Weight Loss Retreat

Our Weight Loss Retreat begins with a comprehensive consultation to assess your individual goals, lifestyle, habits, and health conditions. Enjoy nutrient-rich, balanced meals designed to promote healthy eating and support weight loss, complemented by daily movement sessions like yoga, Pilates, or personal training to boost metabolism and overall fitness.

Daily Schedule:

8.00 am	Yoga
9.30 am	Breakfast or prescribed juice/tonic tea
11.00 am	Movement Session
1.00 pm	Personalised Lunch
3.30 pm	Specialist Session (Acupressure, abdominal massage, Zen healing) or additional Movement Session
4.40 pm	Herbal drink (prescribed juice, coconut water, or herbal tea)
5.30 pm	90-Minute Spa Treatment

Detox

Our Detox programme is designed to cleanse the body of toxins while promoting overall vitality and balance. Personalised nutrition is at the heart of this journey, featuring detoxifying juices, herbal teas, and nutrient-dense meals tailored to your individual needs.

8.00 am	Yoga
9.00 am	Prescribed healthy juice/tonic tea
9.30 am	Healthy Breakfast (Personalised healing menu: raw, vegan or liquid)
11.00 am	Movement Session
1.00 pm	Healthy Lunch (Personalised healing menu: raw, vegan or liquid)
3.30 pm	Specialist Session or additional Movement Session
5.00 pm	90-Minute Spa Treatment

Stress Management

Our Stress Management programme is designed to promote deep relaxation and equip you with lasting tools to effectively manage stress. Daily practices such as yoga, meditation, and breathwork calm the mind, reduce anxiety, and enhance mental clarity. Specialised treatments, including massages, aromatherapy, acupuncture, and reflexology, target physical tension and help balance the nervous system. Nutritionally tailored meals further support your overall wellness and vitality.

8.00 am	Yoga
9.00 am	Prescribed healthy juice or tonic tea
9.30 am	Healthy Personalised Breakfast
11.00 am	Movement session
1.00 pm	Healthy Personalised Lunch
3.30 pm	Specialist Session or additional Movement Session
5.00 pm	90-Minute Spa Treatment





Wellness Classes

Holistic healing approach known for their balancing and rejuvenating effects

Yoga

90 mins

A gradual and systematic practice that promotes physical and mental control. Advanced classes are available for those looking to manage varying levels of stress.

Body Stretching

60 mins

Deliberate lengthening of muscles to enhance flexibility and joint range of motion. This natural and pleasurable activity provides numerous benefits for the body.

Meditation

30 mins

A calming practice designed to quiet the mind and centre your thoughts. This guided session provides an opportunity to connect with your inner self, promoting deep relaxation and mindfulness, helping you release tension and cultivate a sense of peace.

Ayurveda Journeys

Treatments to balance your body and mind

Shiro Abhyanga

60 mins

Experience pure bliss with this spine-tingling treatment! Using warm herbal oils, our expert therapists massage your scalp, neck, and shoulders to melt away tension and relieve mental fatigue. You'll be amazed at how much stress you unknowingly carry in your scalp. While you may emerge with an interestingly tousled hair-style, you'll feel like you're floating on air!

Shirodhara

60/90 mins

Rooted in Ayurvedic medicine, Shirodhara involves a gentle stream of soothing herbal oils poured continuously over the forehead, specifically targeting the 'third eye.' This calming therapy promotes profound relaxation and enhances mental clarity, making it ideal for those seeking relief from insomnia, jet lag, or mental stress.

Marma Abhyanga **60/90 mins**

Discover the ancient wisdom of Ayurveda with this unique body massage. Unlike Western techniques, Marma Abhyanga uses specially medicated oils to alleviate both mental and physical stress. Your therapist will skilfully target vital energy points, stimulating life force energy and activating your body's natural cleansing processes. Choose this treatment for a unique and holistic spa experience that will enhance your holiday relaxation.





Asian Therapy

Holistic Massage

90 mins

A professional, therapeutic massage for health and well-being, designed to increase your energy by invigorating every body system. This treatment combines flowing, soothing, rhythmic, and medium-pressure movements on specified areas of concern to reduce stiffness, increase joint mobility, and improve sleep.

Four Hands Massage

90 mins

Four hands are better than two in this dual-therapist massage combining Thai, Swedish, Shiatsu and Reflexology techniques. The carefully choreographed movements create a deep, rhythmic flow, leaving you feeling completely renewed and rejuvenated.

Balinese Massage

60 mins

Based on the healing expertise of the Balinese people, this technique uses a mix of acupressure, reflexology and skin rolling to reach below the superficial muscle layers. Deep pressure is applied to release tense and knotted tissue.

Jet Lag Recovery

90 mins

This rebalancing treatment stimulates circulation, reduces swelling, and releases tight muscles from long flights, helping to alleviate the stress of travel and restore your sense of well-being.



Oriental Massage 90 mins

This integrative full body massage with acupressure techniques. Recommended for those who prefer to be energized and revitalized after the treatment.

An integrative full-body massage incorporating acupressure techniques, this treatment is perfect for those seeking to feel energised and revitalised.

Foot Acupressure 45 mins

Targeted acupressure is applied to specific zones on the feet corresponding to major body parts and organs. This treatment stimulates the body's natural healing processes and balances energy flows.

Skin Food

Your skin will feel silky soft and delicately scented with a complexion that appears polished, toned, and radiantly glowing.

Natura Facial **60 mins**

Specially selected organic ingredients are used to rejuvenate and brighten your skin for a refreshed glow.

Body Scrub **60 mins**

Choose from coffee, coconut, and pandan leaves to scrub away dead skin cells, leaving your skin refreshed, bright, soft, and smooth.

Body Wrap

Kurumba Kashi **60 mins**

Restore your skin with this amazing local coconut scrub followed by a hydrating papaya and honey body wrap. This treatment uses a blend of the finest quality natural ingredients to leave your skin bright and soft.





Spa Beauty

Deluxe Spa Manicure

60 mins

Enjoy beautifully shaped nails as your cuticles are tidied and hydrated. This treatment concludes with a relaxing hand and nail massage for the ultimate pampering experience.

Deluxe Spa Pedicure

60 mins

Revitalise your feet with expert nail and cuticle care, followed by a soothing mini massage for your feet and lower legs, leaving you feeling refreshed and rejuvenated.





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 the 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 aged 12 and above are allowed in the spa but must be accompanied by a parent or guardian, who will need to stay in the massage room for the duration of the massage treatment. 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?

A 4-hours' notice is required for all services. Rescheduling of appointments is subject to availability. 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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