



**SPA JOURNEYS INSPIRED BY  
TRADITIONAL THAI HEALING**

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**CENTARA RAS FUSHI RESORT & SPA MALDIVES**

OPEN 09:00 - 21:00 HRS.

# WELCOME TO SPA CENVAREE

Discover the art of relaxation with our Thai-inspired holistic journeys, designed to restore balance to your body and mind through traditional techniques, soothing music, and the healing power of touch.

## OUR HOLISTIC MENU

The luxurious treatment menu at Spa Cenvaree uses only the finest locally harvested Thai ingredients, aromatic oils, and therapeutic herbs for a truly blissful experience. Enter a world of tranquil healing that awakens your senses and soothes your mind with a curated selection of treatments designed to invigorate tired muscles, boost circulation, and restore your body’s natural balance for serene relaxation and well-being.

**Price are subject to 10% Service Charge and Government Goods and Services Tax 17%.**

# SPA MENU

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## WELLNESS JOURNEY

REBALANCE YOUR INNER SENSES

180 MINS/USD 299++

### SLEEP

Includes: Hydrotherapy, Exfoliation, Aromatherapy Massage, and Indian Head Massage.

This signature spa treatment blends a gentle full-body exfoliation with a soothing head-to-toe massage. Let our expert therapist work their magic to release muscle tension and leave you feeling relaxed and restored.

### DETOX

Includes: Dry Brushing, Detox Massage, Head Massage, and Face Massage. Detoxifying juice is offered after your treatment. Includes: Hydrotherapy, Dry Brushing, Detox Massage and Detoxifying Facial.

Unwind and restore balance with our specialized massage designed to release deep-seated tension in the abdominal area, while also improving liver and digestive functions for a revitalized, detoxified you.

### ENERGIZER

Includes: Hydrotherapy, De Aging Salt Scrub, Deep Tissue Massage, and Foot Massage.

This ancient Chinese pressure-point massage rejuvenates your body's energy flow to relieve pain, stiffness, and promote blood circulation for blissful relaxation.

# THAI TRANQUILITY

## THE ORIGIN OF CENVAREE

### THAI BODY BALANCE

**3.0 HRS/USD 299++**

This journey combines a collection of signature recipes developed for guests to experience the soul of a Thai spa journey as well as its ancient traditions. Ingredients are carefully selected for their nourishing and healing properties. These include organic grains, bark extracts, aromatic roots and herbal powder prepared freshly for each ritual.

- Smoothing Wheat Germ and Sesame Foot Scrub
- Organic 7 Miracle Grains Body Exfoliation
- Detoxifying Thai Herbal Tea Bath
- Choice of “Nuad Thai” or Aromatherapy Massage
- Nourishing Facial Massage with Warming Sesame Pouch
- Refreshment

### WANALEE” (A ROYAL TREAT)

**3.0 HRS/USD 299++**

Combining the richness of Thai herbs and organic plant essences, this spa journey is deeply detoxifying at all levels. To begin, a layer of Chrysanthemum flower is gently stroked on your skin surface to polish skin tone. Your journey continues as you are immersed in a comforting wrap with galangal roots, turmeric and black pepper to stimulate the lymphatic system and to assist the removal of toxins. Next, soothing scalp massage is administered while you rest. After a refreshing shower, succumb to an aromatherapy massage or a traditional Thai massage. To complete this royal treat, allow your senses to be overcome with an oxidant facial using active ingredients such as Calendula, Licorice, and Evening Primrose to restore skin freshness. The journey ends with a cup of refreshing Chrysanthemum tea.

- Botanical Bliss Scrub
- Galangal Firming Wrap
- Purity - Radiance Ceremony Facial
- Any choice of 60min Oil Massage or Thai Massage
- Refreshment

### SERENITY

**2.5 HRS/USD 269++**

This treatment begins with a balancing and moisture rich hair mask massaged all over the scalp to instill relaxation. Using a finely blended mixture of Avocado oil and Kaffir Lime, this recipe is Thailand’s best kept secret for lustrous and silky soft hair. Next, enjoy an exfoliation with tropical passion fruit infused with olive oil, fresh lemongrass and sea salt to give the skin a deep cleanse. We complete your treatment with an invigorating Vanilla Shea Butter full body massage enriched with Jojoba oil to enhance natural radiance while leaving you refreshed from head to toe.

- Deluxe Scalp Massage with rich Avocado Coconut Cream Mask
- De-Aging Passion Fruit & Lemongrass Salt Scrub
- A Soothing Massage of Vanilla Shea Butter
- Refreshment

# A COUPLE’S JOURNEY

## HONEYMOON TREAT

### NIRAN NIRVANA (HEAVEN FOR TWO)

3.5 HRS/USD 599++

### SUPABBURUT (FOR THE GENTLEMEN)

- Steam Therapy
- Detoxifying Bali Kopi Scrub
- Luxurious Citrus & Coconut Milk Bath
- Deep Muscular Massage
- Hydration Strategy - Brilliance for Him
- Refreshment

### SUPABSATRI (FOR THE LADIES)

- Steam Therapy
- Sea Champagne Body Contour Wrap
- Luxurious Citrus & Coconut Milk Bath
- Aromatherapy Massage
- Anti - Ageing Ritual - Lift for her
- Refreshment

(In the event bath services are not available, Indian Head Massage will be offered as a substitute.)

## HONEYMOON CELEBRATION

3.0 HRS/USD 579++

This is a delightful package for couples seeking a relaxing escape together. This memorable spa experience will leave you feeling refreshed and rejuvenated.

- Steam Therapy
- Citrus Milk Bath Infused
- Passionfruit & Lemongrass Body Scrub
- A Soothing Massage with Vanilla Shea Butter Cream
- Refreshment



## AYUVERDA

### ANCIENT HOLISTIC HEALING

#### MARMA ABHYANGA MASSAGE

**60 MINS/USD 139++ | 90 MINS/USD 159++**

A rejuvenating massage using Ayurvedic medicated oils to alleviate mental and physical stress, the Marma Abhyanga massage uses pressure points to stimulate vital energy points and promote life force energy throughout the body. This therapy is renowned for its ability to stimulate the body's own natural cleansing processes.

#### KATI BASTI

**75 MINS/USD 149++**

Intensive Back Relief

Created as a complete renewal for the body, this treatment combines a stress relieving back massage with an Ayurvedic back relief therapy ('Kati Basti') to awaken the body, heart and soul. Warm medicated oil is gently dripped on the lower back to form a warm reservoir followed by an application of hot compress infused with 7 warming herbs. While relieving muscle tension, this therapy helps to lubricate connective tissues, keeping them flexible. Treatment is recommended to relieve lower back pain.

#### SHIROBHYANGA

**60 MINS/USD 139++**

Indian Head Massage

Using warm herbal oil, this treatment includes a massage of the scalp, neck and shoulders to sweep away tension and to relieve mental tiredness. A perfect relaxing treatment after a busy day of meetings or activity.

#### SHIRODHARA

**60 MINS/USD 149++**

Based on the ancient teaching of Ayurvedic medicine, soothing herbal oil flows in a continuous stream on the 'third eye' (forehead) to lull your senses into a deep ocean of calm. The therapy improves mental clarity, while it relaxes the whole body. Treatment is ideal for those seeking relief from insomnia, jet lag or mental stress.



# SIGNATURE TREATMENTS

## HEART OF CENVAREE

### MALDIVIAN SEA SAND & SENSES SIGNATURE MASSAGE

**90 MINS/USD 169++**

A truly indulgent spa journey that works on all senses to harmonise and rejuvenate.

This treatment begins with a foot ritual with sea sand, sea salt, fresh mint leaf and neam tea to wash away negative energy, followed by a head to toe massage with Virgin coconut oil. Customised pressures and Swedish techniques are applied to soothe the muscles and ease an overactive mind. This treatment is combined with our signature hot sand pouch therapy filled with heated sea sand, crushed sesame, grated ginger, warming black pepper and dipped i coconut oil to bring relaxation to the muscles while leaving you in a state of complete bliss. While the body muscles are relaxing from the warm sensation of sea sand pouch, the face is taken care of with a lymphatic application of cooling stones to leave the skin revitalised and refreshed.

### ADD ON

**30 MINS/USD 49++**

Maldivian Sea Sand Exfoliating Scrub

Take your relaxation to another level by combining a Maldivian Sea Sand Exfoliating Scrub to slough away dull skin tone and glow with a renewed radiance.

### ASIAN FUSION

**90 MINS/USD 159++**

This spectacular treatment draws on three cultures to deliver an intensely relaxing and calming experience. Specifically designed to expel fatigue from the bod as well as rid it of daily stresses and tensions. In orde to re-balance energies, movements are precise and sustained, focusing on the tense parts of the body.

### NUAD PRA KOB (HERBAL COMPRESS MASSAGE)

**90 MINS/USD159++**

**120 MINS/USD179++**

This traditional massage features a warm herbal poultice to soothe aching muscles. This massage is particularly effective to alleviate sore muscles, arthritis, or stress.

### BOTANICAL BLISSFUL JOURNEY

**2.0 HRS/USD 189++**

A signature creation of Spa Cenvaree designed for women to reveal healthy beautiful skin. This package uses the essence of botanical plants and ground rice as a gentle scrub, followed by the eastern technique of warm galangal body mask to reduce cellulite and water retention. Fresh floral petals are massaged onto the skin for a velvety smooth result. Session completes with our specialised Anti-cellulite massage to facilitate the trimming of cellulite.

- Botanical Bliss Scrub
- Galangal Firming Wrap
- Anti-cellulite Massage

### SIGNATURE SALT POT MUSCLES MELTER

**90 MINS/USD 169++**

Experience the rejuvenating power of this centuries-old healing ritual which combines salt and herbs to ease muscle tension.Our skilled therapists begin with a deep tissue massage, focusing on your neck and shoulders, before using steamed claypots filled with a blend of sea salt and medicinal herbs to provide soothing relief to your relaxed muscles.

### PAR EXCELLENCE

**120 MINS/USD 189++**

Bring the most valuable strategy to the tee, your golf fit body.

Session begins with a body brushing followed by Pumice stone scrub to smoothen rough skin. Your therapist then combines the curative elements of warm coconut compress with muscle melt massage to ease tight muscles and stimulate blood circulation.

### WELL REFRESHED

**120 MINS/USD 189++**

A series of treatments designed to relax you from head to toe. The session begins with a deep muscular massage to relieve tension in the muscle and the connective tissue, followed by an instant Glow Green Tea facial to leave you refreshed from head to toe.





## MASSAGE THERAPIES

### A TOUCH OF CENVAREE

#### AROMATHERAPY MASSAGE

**60 MINS/USD 149++ | 90 MINS/USD 169++**

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

#### BALINESE MASSAGE

**60 MINS/USD 139++ | 90 MINS/USD 159++**

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 tensed and knotted tissue.

#### SWEDISH MASSAGE

**60 MINS/USD 139++ | 90 MINS/USD 159++**

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.

#### DEEP MUSCULAR MASSAGE

**60 MINS/USD 149++ | 90 MINS/USD 169++**

Perfect for the athlete individual who requires body work to release muscle tension and increase joint flexibility. This massage focuses on individual muscle groups using deep compression and strokes. Massage is performed with aromatherapy oils to promote harmony of the body and mind.

#### ROYAL THAI MASSAGE

**60 MINS/USD 139++ | 90 MINS/USD 159++**

Traditional Thai massage over the clothes using pressure points to relieve muscular aches. This therapy combines stretching techniques to loosen joints and tone muscles.

#### TRADITIONAL FOOT MASSAGE

**60 MINS/USD 119++**

This treatment promotes relaxation to the entire body through the use of pressure points onto the soles of the feet. When all tension is released, a foot herbal compress filled with warming herbs is applied to revitalise the legs.



## BEAUTY THERAPY – BODY

### NUTURING WITH CENVAREE

#### SIAMESE ZEN

**105 MINS/USD 169++**

A fresh breeze blows through the spa, depolluting the skin of city-dwellers for a breath of fresh air. The skin is intensely hydrated, signs of fatigue are erased, the complexion is more even and the skin regains its freshness.

#### INSTANT SMOOTH

**105 MINS/USD 169++**

Your skin is gently polished with a Pumpkin & Gooseberry Regeneration Body scrub to restore smoothness, followed by a natural black mud, infused with seaweed, green tea, caffeine and botanical oils, to promote firmer skin tone. This experience is completed with a skin nourishing Vanilla Shea Butter to reveal luminous skin. A perfect treat to hydrate and gives your skin a radiant and healthy glow.

#### DE-AGING PASSION FRUIT & LEMONGRASS SALT SCRUB

**60 MINS/USD 129++**

A guest favourite, this scrub is known for its exquisite fragrance and stress-relieving properties. The tangy fragrance of lemongrass refreshes tired mind while passion fruit seeds smoothen skin to perfection.

#### RED RICE SUNBURN SOOTHING WRAP

**60 MINS/USD 129++**

This treatment is designed specifically adapted solution for men skin. The skin is left remoisturized, rejuvenated, soothed and oxygenated.

#### COOLING ALOE VERA & GREEN TEA SUNKISSED WRAP

**60 MINS/USD 129++**

Calm, soothe, and nourish irritated skin from sunburn with this nourishing concoction made from blends of fresh green tea, cucumber and therapeutic flower oils. Enjoy a heavenly scalp massage while your body is cocooned in the body wrap. After a refreshing rinse in the rainfall shower, aloe vera will be applied followed with a restoring cream to promote the process of healing to the skin.



## BEAUTY THERAPY – FACIAL

### ORGANIC FACE NOURISHMENT

**90 MINS/USD 149++**

Customized 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 boots circulation and firms the skin. The treatment concludes with our signature warm sesame facial pouch, leaving your complexion refreshed and radiant.

### PHYTOMER CLASSICAL MOISTURIZING FACIAL

**60 MINS/USD 149++**

Treatment for caring for dry, dehydrated skin through cleansing and moisturizing. Nourishes with specialized products that provide moisture to the skin. Ready to reduce losses from the skin. Makes the skin soft and moisturized.

### PHYTOMER CLASSICAL ANTI-WRINKLE FACIAL

**60 MINS/USD 149++**

This facial will help for wrinkles, tiredness and radiance. This facial provides smoother skin, less tired and more plumped. The complexion's glow is restored, wrinkles and lines are visibly reduced and the skin appears plumped and perfectly relaxed by Sea stem and Marine Criste.

### PHYTOMER CLASSICAL WHITE LUMINATION FACIAL

**60 MINS/USD 149++**

This very compleate treatment helps to reduce intensity and diminished size of dark spots. Skinn is more luminous and more transparent with an immediate burst of radiance.

### PHYTOMER CLASSIC PURIFYING FACIAL

**60 MINS/USD 149++**

Treatments for skin care and acne-prone skin by applying cleansing and moisturizing withspecial products to give the skin clean, deep and radiant complexion



## 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 herbal tea in the relaxation lounge. Arriving late for your spa appointment will shorten your treatment time.

### WHAT SHOULD I WEAR?

Disposable garments and a bathrobe are provided for your convenience at the spa. We encourage you to let the aroma oils soak into your skin for a few hours after the massage, and therefore 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 are not responsible for the loss or damage of personal articles.

### ARE CHILDREN ALLOWED IN THE SPA?

Children above the age of 13 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 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 any current medical conditions to avoid any contraindications. If you have low/high blood pressure, a heart condition, skin allergies, or other medical complications, please 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?

Rescheduling of appointments is subject to availability. Any cancellation received 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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