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*“The greatest gift you can  
give yourself is a little bit  
of your own attention “*



*Professional  
Therapists*



*Natural  
Treatment*



**Spa Extension**

**503**



Cocogiri Island Resort,  
Vaavu Atoll,  
Republic of Maldives

**Opening Hours**

Everyday 10AM to 7PM

# Massages

## *Full Body Massage*

USD \$110 / 60 min

USD \$130 / 90 min

This massage will treat all areas of the body most prone to stress and tension, such as the back, shoulders and neck, along with the upper and lower legs, arms and hands. This light calming and luxurious massage will send you into complete relaxation, and you'll leave feeling renewed. It's a perfect antidote to the stresses of modern life.

## *Anti-Stress Head, Neck & Shoulder Massage*

USD \$70 / 30 min

USD \$90 / 45 min

Recommended to relieve the effects of stress and anxiety on the body, treat pain, swelling, and soreness in muscles, and improve overall mood. This Special massage stimulates the nervous system, increasing blood flow to the head and easing stress through the release of endorphins, which, in turn, help in relieving pain and giving you a sense of wellbeing.

## *Back Massage*

USD \$70 / 30 min

USD \$90 / 45 min

Back massages feel good and soothe away tiredness and any body aches. A back massage not only feels good but also has medicinal benefits such as increasing blood flow, pain relief, and improving your mood.

## *Hot Stone Massage*

USD \$160 / 60 min

USD \$180 / 90 min

Heat has been used for centuries to alleviate pain. People used hot stones to relieve period cramps, steam baths to forget about their troubles, and hot beverages to help them fall asleep. There's just something about warmth that helps us feel relaxed, supported, and replenished. Warmth has a relaxing effect on both our bodies – and our minds. When you're relaxed, you'll sleep better.

## *Balinese Massage*

USD \$150 / 60 min

USD \$180 / 90 min

Balinese massage is a full-body, deep-tissue massage done using a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and energy around your body, and bring a sense of wellbeing, calm and deep relaxation. Balinese massage uses a variety of techniques including skin rolling, kneading and stroking, and pressure-point stimulation, combined with the aromas of essential oils.

## *Foot & Leg Massage*

USD \$70 / 30 min

USD \$90 / 45 min

Effectively stimulates reflex points to the internal organs of the body to help promote general good health and well-being. Relaxes and strengthens muscles and ligaments, eliminates leg pain, fatigue and improves lymph and blood circulation, strengthens the nervous system and reduces tension.

## *Couple Bliss*

USD \$180 / 60 min

USD \$200 / 90 min

Designed for couples, this deeply relaxing massage will be performed by two therapists. A great way to experience mutual relaxation and to enjoy the treatment alongside your partner. Increased affection is one of the biggest benefits of a couples massage.

## *Thai Yoga Massage*

USD \$120 / 60 min

USD \$150 / 90 min

Thai yoga massage works to release tension in the muscles by taking the body through a series of stretches and movement in your muscles and joints. It may reduce the severity of your headaches, decrease lower back and joint pain, increase your flexibility, calm your anxieties, and energize your mind and body. Sometimes referred to as assisted yoga, Thai massage is focused on improving the flow of energy throughout your body.

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# Body Works

## *Coffee & Orange Scrub*

USD \$100 / 45 min

Orange coffee scrub will wake up ALL of your senses and leave your skin feeling silky smooth! Caffeine helps to tighten the skin and fantastic for preventing signs of aging, from fine lines to sun spots. Like all body scrubs, this one is also wonderful for getting the lymph fluid moving and bringing fresh, oxygenated blood to the skin's surface while also whisking away toxins and dry skin.

## *Exfoliating Body Polish*

USD \$100 / 45 min

Indian brides use a chickpea flour scrub to exfoliate their entire body before their wedding day. The grain is gentle enough that it won't cause small tears in the skin, and, when combined with coconut and turmeric, it will leave your skin polished anew. Exfoliating should be an essential part of your beauty routine because if you do not scrub away all the dead skin cells, the debris starts to pile up leaving your skin looking dull and lifeless. Additionally, all that dead skin can block your pores,

## *Honey Skin Glow*

USD \$100 / 45 min

This honey & sesame scrub is really gentle and works really well at exfoliating and leaves your skin really soft. It removes dirt, oil and dead cells from skin, helps to open skin pores and it tones and tightens the skin. Includes a relaxing scalp massage.

## *Detox Salt Scrub*

USD \$100 / 45 min

Revive dry, dull skin with this sea salt scrub. This natural salt scrub is exfoliating, detoxifying and nourishing at the same time. Besides exfoliating, unrefined salt is high in trace minerals that can help to restore and re-mineralize your skin.

## *Papaya Scrub*

USD \$100 / 45 min

Papaya is a luscious tropical fruit that not only has multiple benefits for our body but does wonders for our skin too. Papaya has an enzyme called papain that contributes greatly towards the overall health of the skin. It is a proteolytic enzyme that rids the skin of dead skin cells and impurities, and also helps in unclogging congested pores of grime, dirt and oil. Papaya scrub greatly helps in reducing pigmentation and tanning because of its bleaching and lightening properties. Papaya scrub helps

## *Coconut Hydrate Bliss*

USD \$100 / 45 min

This creamy, gentle natural scrub is designed to remove flaky surface cells and impurities leaving the skin looking revitalized and moisturized. Coconut is not just an internal refresher, but also an externally exfoliating and hydrating agent for the body. Apart from its palatable properties, coconut is one fruit that provides an exhaustive nourishment to the body, majorly skin and hair. Your skin will feel very soft, re-hydrated, clean and super silky smooth.

## *Yoghurt Skin Glow*

USD \$100 / 45 min

Rice flour used in this scrub is mild as well as very hydrating and it works wonders for every skin type. Yogurt has lactic acid which softens the skin, improves its texture and removes tan. Turmeric has anti-inflammatory antiseptic properties and honey is used as a natural moisturizer which nourishes your skin and imparts a healthy glow. If you're looking for a radiant glow, this is the scrub you should try.

## *Cooling Cucumber Delight*

USD \$100 / 45 min

Cucumber resolves many skin problems and ensures healthy, younger-looking skin because cucumbers are 95% water, they are the perfect way to help hydrate dull skin. This is a perfect after sun treatment and the cooling & soothing effects of cucumber can help cure a sunburn.



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\*Above prices are subject to applicable taxes and service charge

## Waxing - Women

*Half Leg Wax*  
USD \$25

*Full Leg Wax*  
USD \$45

*Basic Bikini*  
USD \$25

*Under Arm*  
USD \$20

*Full Arm*  
USD \$40

*Half Arm*  
USD \$25

## Waxing - Men

*Upper Back*  
USD \$25

*Lower Back*  
USD \$20

*Full Back*  
USD \$55

*Chest*  
USD \$20

## Facials

*Facial - Women*  
USD \$80 / 60 min

*Facial - Men*  
USD \$80 / 60 min

*Facial - Natural-  
Remedy*  
USD \$100 / 60 min

## Beauty Services

*Spa Manicure*  
USD \$60 / 45 min

*Spa Pedicure*  
USD \$60 / 45 min



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