



welcome to breeze spa!

Whether you're a lifelong spa devotee, a newcomer to wellness or just someone looking to recharge or unwind, we look forward to showing you how fun it is to feel good!

Here at Breeze Spa, we believe that happiness is one of the key foundations for wellness – and that's what our treatments are all about. You won't need a dictionary of new-age jargon or ancient languages to understand our menu – you just need to know how you want to feel!

On the pages that follow, you'll find our ever-evolving assortment of treatments to put the bounce back in your step and a smile on your face. Our spa consultants would love to chat with you about how you can get the most out of your time, so if you're having trouble deciding, just give us a shout!

Feel the breeze – and discover the brighter side of life!



The details

Arrival

So many things in life are rushed – we'd like to make sure your treatment isn't one of them! That's why we ask that you arrive about 15-20 minutes early for your appointment.

Consultation

Our spa manager and spa receptionist are passionate about helping our guests look and feel their best. To make this even easier, we invite you to fill in the consultation form provided (don't worry – there are no wrong answers!).

Special Attention

Please tell our receptionist if you are pregnant, have any injuries, are suffering from high blood pressure, any allergies, or have had recent cosmetic surgery.

Valuables

The spa is a place to leave the world behind – and that includes your valuables! We recommend that you leave your jewellery, cash, watches, mobile phones or other valuable items back in your room for safekeeping.

Clothing

This is one place you won't have to worry about a dress code! Just arrive in your street clothes and we will provide you with a robe and slippers and disposable underwear in your treatment room.

Younger Guests

Guests under 16 years of age will need to be accompanied by a parent, and a guardian's consent form must be signed.

Ensuring Tranquillity

You've probably come here to get away from it all, and so have your fellow guests. That's why we kindly ask that if you've brought your mobile phones, PDAs or computers, they remain switched off, and that you refrain from smoking while you're here.

Cancellation

We know that things do pop up, so we offer you the freedom to cancel your reservation at no charge for up to four hours before your appointment time. After that, we must apply a cancellation fee of 50% of your treatment cost. However, for cancellations with less than one hour's notice, including missed appointments, the full price of your treatment will be charged.

Opening hours

Spa – 10:00 to 20:00



Signature

The Maldives Oceana Touch Package

180mins

Price
470

Give your sun-drenched skin a total turnaround with a nourishing treatment made from the natural treasures of the ocean! This head-to-toe treat expertly combines Ayurveda techniques with modern marine science, working together to stimulate, revive, nourish and reveal glowing healthy skin. The treatment begins with a full body mask, using nutrient and mineral-rich mud made from a combination of aromatics blended with concentrated marine essence and bioactive ingredients to detoxify and re-energise the body. It ends with a relaxing massage to enrich the body's senses. To complete the experience, a facial follows to restore equilibrium, whilst strengthening and restructuring the skin to reveal its original beauty.

Mood Scrubs

45mins

Price
115

Looking to really get in the mood? Our deep exfoliating Signature Mood Scrubs are the perfect complement to your Mood Massage experience. Rejuvenating, Dreamy, Serene, Invigorating and Energising – ensuring that you're in just the right state of mind to receive the benefits of the massage.

**Dreamy
Serene
Rejuvenated
Invigorated
Energised**



Signature

Mood Messages

We developed signature Mood Messages to take the guesswork out of picking just the right massage. Here's how it works: think about how you're feeling now. Then, imagine how you'd like to feel. Now, just select the Mood Message below that best matches that feeling!

	Price
60mins	135
90mins	190

Dreamy

Take It E-Zzzz

Leave the busy world behind as calming sounds, hypnotic aromas and long, flowing massage strokes send you into a state of complete and utter tranquillity. Perfect after a long flight, at the end of a busy day, or just whenever you want to drift away.

Serene

No Worries

Lie back and let it all go. To help that along, this oh-so-soothing massage utilises a long stroke palm pressure technique that stretches the muscles, works out all the knots and kinks, and leaves you feeling like you don't have a care in the world.

Rejuvenated

Let it Glow

The science behind it says that these lymphatic drainage massage techniques and carefully selected essential oils speed up the removal of unwanted toxins built up from stress, pollution and a busy life. But we like it because it leaves you looking and feeling absolutely radiant, enlivened, and ready to take on the world.

Invigorated

Past Tense

Our own deep tissue massage was created especially for those who want to leave their chronic tension in the past. Strong, high-pressure techniques target those points where stress often resides, forcing out the tension and getting those feel-good endorphins flowing.

Energised Thai the Knot

This traditional Thai massage proves that ancient wisdom can still teach us a thing or two today. We start with over 10 traditional Thai herbs to create a warm herbal compress exuding earthy aromas and healing goodness to loosen up. Then prepare to be stretched and kneaded with Thai massage to unwind all the knots. The result? A newfound spring in your step and the energy to make tomorrow even better than today.

siam sabai

Sabai is Thai for relaxation. Relax with a touch of fun and happiness with these treatments inspired by our Thai roots.

		Price
Sukhita Thai Optimal Relaxer	90mins	190

Deeply meditative and soothing stroke of Thai rhythmic pressure followed by the ancient therapy using the therapeutic heat from volcanic stones slowly release into the heart of the muscle, while warm oil is massaged deeply for utter relaxation.

		Price
Kaya Thai REAL-EASE	60mins	135
	90mins	190

Combining Thai holistic philosophy with vigorous deep tissue massage, these techniques will reinvigorate tired muscles targeting specific stress areas.

		Price
Asana Thai yoga bodywork	60mins	135
	90mins	190

Thai Yoga Bodywork uses a special form of yoga merging rhythmic massage with assisted yoga poses and acupressure along the body's pressure points - known in Thai as "Sen. Healing energy work to restore mobility and flexibility and release blocked energy.



		Price
Samana Save your sole	60mins	135
Did you know your foot holds a network of nerve endings and pressure points that connect to the whole body? You will after 60-minutes of ahh-inducing foot massage, inspired by traditional reflexology techniques.		

Visyati Back Neck and Shoulder	45mins	115
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A back, neck and shoulder rub by someone who actually knows what they're doing for a change. So simple, yet oh-so good. Feel those tension knots melt away under the fingertips and palms of an expert massage therapist. Perfect if you've just stepped off the plane, or as a prelude to a longer massage.

treatments for men

We've designed a special range of stress-releasing deep tissue massages to cater specifically to what men want (and need!).

Workaholics Reprieve	45mins	Price 115
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Feeling the effects of office syndrome? Look no further, this one-stop solution has you covered. Focusing on your back, neck, shoulders and head, this massage uses high-pressure techniques to work out all the tension build ups that come with working nine-to-five!

As Good As New	60mins	135
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Using a combination of powerful techniques from Thailand and China, this massage specialises in relieving every last bit of tension that has been stored throughout your body! From head-to-toe this massage is sure to leave you feeling like a new man!



		Price
Work It Out	90mins	190
<p>Following an ancient technique using heated volcanic stones, as they are expertly glided over the body the heat is slowly released into the muscles, increasing the circulation and alleviating stress, sending you into a deep state of relaxation.</p>		

spa packages

We've designed a variety of ways you can enjoy the best of Breeze Spa condensed into handy 2-hour, more leisurely 3-hour and downright decadent 4-hour combinations.

		Price
Prepare for Lift-Off	2hrs	210
<p>Got 2 hours? Then you've got time for a combination of treatments that will give you a taste of what Breeze Spa does best. Choose whether you want to spend more of your time on massage, or leave time for a hydrating wrap, or an exfoliating body treatment</p> <p>Choose either:</p> <ul style="list-style-type: none"> - 45-min body scrub + 60-min massage - 45-min body wrap + 60-min massage - 45-min body scrub + 45-min body wrap + 15-min neck and shoulder massage <p>* includes 15-min foot ritual and relaxation time</p>		

		Price
Rub It In	3hrs	300
<p>With this 3-hour package, you're at leisure to enjoy a massage no matter which option you choose. For an extra bit of pampering, choose whether you want to combine your hour of massage with a facial, a lengthy body treatment or a shorter scrub and bath.</p> <p>Choose either:</p> <ul style="list-style-type: none"> - 60-min massage + 75-min facial treatment +15-min Jacuzzi bath - 45-min body scrub + 45-min body wrap +60-min massage - 45-min body scrub + 90-min massage+ 15-min Jacuzzi bath <p>* Includes 30-min foot ritual and relaxation time</p> <p>* Additional charge will be applied for Brightening and Anti- Aging Facial</p>		



Head Over Heels	4hrs	Price 420
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Give us an entire morning or afternoon, and we can indulge you from head to toe. Start with a foot ritual to get into the mood, and follow it up with an invigorating body scrub. From there, choose whether to continue with a longer rubdown or some extra-special 'face-time'.

Choose either:

- 45-min body scrub + 45-min body wrap + 75-min facial treatment+45-min back massage

- 45-min body scrub + 60-min massage + 75-min facial treatment + 30-min Jacuzzi bath

- 45-min body scrub + 90-min massage +75-min facial treatment

* Includes 30-min foot ritual and relaxation time

* Additional charge will be applied for Brightening and Anti- Aging Facial

body treatments

Scrub it off, wrap it up or rub it in. These rich body treatments have been special created with some of our very own Breeze Spa magic!

Thai Delight	60mins	Price 135
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Jasmine N'Melon Scrubbing Mask

Uncover the mystery of soothing jasmine and refreshing melon with our Jasmine N' Melon scrubbing mask. Giving the treatment an extra boost are Certified Organic Sea Buckthorn Berry Oil, rich in antioxidants, essential amino acids, and Vitamin E and Certified Organic Black Mulberry Extract, the praised 'super fruit' for its rejuvenating properties, the scrub will leave your skin satiny smooth and feeling refreshed!



		Price
Thai Delight	45mins	115
<p>Mango Sticky Rice Body Scrub When a popular Thai dessert, this speciality also works wonders for your skin! Infused with mango butter, creamy coconut and rice, this delicious scrub gently exfoliates the skin and to ensure it is perfectly moist, and properly nourished with vitamins and minerals, a generous application of coconut milk is applied all over your body, leaving you smelling absolutely delightful!</p>		
Stay Cool!	45mins	115
<p>Sun Soother Body Wrap When you've accidentally taken that sun-kissed look one step too far, put out that all-over fire with the soothing and cooling power of Aloe Vera and cucumber. The sun's rays can sap your skin of its hydration, and these natural botanical healers will soothe, cool and tame the redness too.</p>		
Radiance Illuminator	45mins	115
<p>Roselle Skin Healing Body Wrap Harness the power of Roselle, a renowned natural defoliant. Pair it with jojoba, coconut and safflower oils and voila - you have the perfect formula for a radiant glow which leaves you feeling on top of the world!</p>		

firm and tone

Anti-Cellulite Body Sculpter	75mins	190
<p>Carrying unwanted baggage? That's where our revolutionary Anti-Cellulite treatment comes in! Using plenty of plant extracts and aromatherapy oils, it aids in the removal of toxins and fluids by boosting circulation, whilst specialised massage techniques break down fat deposits and smooth out unattractive cellulite dimples!</p>		



facial treatments

Our facial treatments, using the innovative science of Murad – the cosmeceutical line by leading dermatologist Dr. Murad. Murad is all about an inclusive approach to resolve all skin issues from dehydration, dark spots and aging concerns.

		Price
Hydration Facial Treatment	75mins	175

Replenish dry, tired skin with this ultimate moisture experience. Use this luxurious lipid and unique age-diffusing mask to ease fine lines, double skin hydration, restore your skin's natural contours and recapture a youthful glow. Instantly tighten, firm and revive dehydrated skin, whilst smoothing lines and renewing resilience.

Deep Cleansing Facial Treatment	75mins	175
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This deep cleansing facial treatment dissolves pore-clogging impurities and refines pores, whilst taking away dull, dry skin cells to even skin texture and tone. This professional-strength deep cleansing treatment feature a Vitamin C radiance peel to open up clogged pores and improve clarity and smoothness.

Sensitive and After Sun burn Treatment	75mins	175
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Whether a skin's redness was triggered by exposure to stress, sun, wind or extreme temperatures, this breakthrough treatment provides fast relief to calm and soothe easily inflamed, sensitive skin. This facial treatment offers two intensely calming and cooling facial masks, making it ideal for those who suffer from occasional or persistent redness.

Brightening Facial Treatment	75mins	220
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Exclusively designed to fight dark spots, pigmentation, freckles and uneven skin tone, this fast-acting formula with double brighteners will boost skin radiance and reverse visible signs of damage. If your skin is suffering from dullness and loss of elasticity, see the youthful Murad glow and leave your skin brighter and smoother.

Anti-Ageing Facial Treatment	75mins	220
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This comprehensive anti-ageing facial is the ideal treatment to target and defeat signs of ageing. Reduce the appearance of wrinkles with powerful Intensive Radiance Peel, whilst infusing the skin with long lasting hydration. The results will leave your skin smoother and more youthful after just one treatment.



salon services

Whether you're visiting us on holiday or for a special event or business meeting, looking your best is a breeze with our salon services for women and men (yes, you too!) on the go.

		Price
The Works	Manicure	90
	Pedicure	100

Got the time to indulge? Have a seat – let us wait on you hand and foot (literally)! You'll get all the services of our Quickie (cleanse, trim and colour), but with the addition of an exfoliating scrub and a massage designed to linger on those reflexology points in your fingers and toes.

Manicure for men	70
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Having well-groomed hands are important both in (and out!) the workplace. That's why we have created a fast and easy treatment just for men. It includes a cleanse, a trim, a buff and a deep moisturising session to finish.

Pedicure for men	80
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Don't forget that your feet need love too! Our pedicure includes a cleanse, a trim, a buff and finally, an amazing application of moisturiser to make your feet so_ and smooth.