



MENU

# MARADIVA SPA CONCEPT

Welcome to Maradiva Spa, a gateway to a divine world of tranquillity and rejuvenation. Indulge in the enchanting experience that awaits you at our spa, where we are dedicated to nurturing your mind and body naturally and holistically.

Steeped in ancient Indian and Asian principles and philosophy, our spa offers a truly unique and authentic journey towards happiness and healing. As you embark on your wellness and wellbeing journey, our in-house Ayurvedic Doctor will be your steadfast guide.

Our spa is a magical haven, providing a private and serene environment that emanates the essence of its Indian origins. Immerse yourself in a positive flow of healing energy through our diverse spectrum of treatments. With the expert guidance of our Ayurvedic Doctor, you can choose from a wide range of healing massages, yoga, meditation, and other activities that will lead you to deep understanding and inner peace.

## **Ayurveda & Our Spa Philosophy**

Discover the essence of Ayurveda and our spa philosophy with our accomplished Ayurvedic Doctor.

Experience a blend of traditional healing therapies, yoga, meditation, and exclusive signature treatments. Each therapy uses pure natural oils and hand-blended products, ensuring a unique and rejuvenating experience tailored to your needs.

Our holistic approach extends to exploring your eating habits, and we offer personalized consultations to align your stay with our Ayurvedic philosophy. Should you choose, our restaurants can work in harmony with our doctor's team to offer meals that complement your wellness journey.

At Maradiva Spa, we invite you to experience true enchantment as you embark on a journey of self-discovery and renewal. Unwind and revitalize in the embrace of our spa's ancient wisdom and modern expertise.



# OUR SIGNATURE TREATMENTS

Immerse yourself in a fusion of ancient Asian and Indian principles as we present our exclusive collection of signature spa treatments, meticulously designed to nurture your mind, body, and soul.

## ❖ Maradiva Divine - Relax & Renew

**Duration: 1.5/2 hours**

Indulge in a majestic experience that awakens pure relaxation and deep muscle rejuvenation. Our skilled therapists blend palm and elbow massage techniques in a deep tissue massage to alleviate stress and release tension throughout the body. Our unique essential oils enhance blood circulation and lymphatic flow, leaving you in a state of blissful renewal.

## ❖ Saatvica - Balance & Restore

**Duration: 2 hours**

Rediscover your inner vitality and outer radiance with this powerful energy-balancing experience. The treatment uplifts your spirit and aura while releasing stress from different parts of your body. Harness the life force of Chi through crystal therapy to balance your chakras, combined with a gently aromatic body massage, shifting energy and alleviating blockages.

## ❖ Tejas - Stimulate & Soothe / Aura Enhancer

**Duration: 2 hours**

Embark on a journey of ancient Indian therapeutic methods that release tension build-up in tendons and muscles, liberating emotional energy from your body. Hot pouches filled with pure natural ingredients from age-old Indian traditions are strategically placed to release tension, followed by a deep muscular massage to free pent-up energy. This treatment realigns your body and rejuvenates your mind.

## ❖ Turunya - Awaken & Bloom

**Duration: 2 hours**

Gently awaken your senses from head to toe with this ultimate rejuvenating experience. Stimulate blood circulation and renew vigor in your body and mind through a gentle head and face massage, while your feet luxuriate in warm water. Continue the journey with a soothing body massage and strategically placed hot water bottles, releasing all remaining stress and tension, leaving you with a renewed sense of energy, happiness, and peace.

## ❖ Pavani - Cleanse & Restore

**Duration: 2 hours**

Step into a transformative detox journey inspired by ancient Indian and Asian traditions, cleansing your mind, body, and spirit to achieve internal and external purity. The treatment begins with exfoliation using silk gloves to stimulate blood, lymph, and energy circulation while eliminating impurities. A warm herbal wrap of pure ingredients follows, detoxifying your entire body. The final step is a full body lymphatic drainage massage, leaving you cleansed, revived, and rejuvenated - ready to take on the world.

Uncover the true essence of Ayurvedic healing as our expert therapists guide you on a journey of profound rejuvenation, restoring harmony and balance to your entire being. Surrender to the transformative power of our signature treatments and embrace a renewed sense of well-being that will stay with you long after your spa experience.

# TRADITIONAL INDIAN THERAPIES

Indulge in our exquisite selection of traditional Indian therapies, carefully curated to restore balance, healing, and relaxation.

## ❖❖ Relaxing Aromatherapy Massage

**Duration: 60/90 minutes**

Experience the essence of Indian essential oils as they blend harmoniously with skilled massage techniques, creating a deeply healing and relaxing experience. Your massage will be personalized with carefully chosen Indian essential oils, tailored to your preferences and individual needs.

## ❖❖ Ananda - Deep Sports Massage

**Duration: 60/90 minutes**

Discover the ancient art of martial arts, originating from southern Indian traditions and designed for the well-being of India's age-old wrestlers. This therapy utilizes deep tissue massage to release internal stress and emotions, align your body, and induce profound relaxation.

## ❖❖ Pada Abhyangam - Revitalising Foot Massage

**Duration: 30/60 minutes**

Derived from ancient knowledge of specific pressure points on the soles of the feet, this focused massage delivers healing benefits throughout your entire body, revitalizing your energy and restoring harmony.

## ❖❖ Champi - De-Stress Indian Head Massage

**Duration: 30 minutes**

Rejuvenate your hair and soothe your mind with this luxurious hair invigoration treatment. Champi is believed to promote hair growth and restore its natural shine and glossiness. Experience relief from muscular tension in the head, neck, and shoulders, leaving you with a deep sense of relaxation and mental clarity.

## ❖❖ Hot Stone Therapy

**Duration: 75-90 minutes**

Embark on a journey of profound relaxation with our Hot Stone Therapy. Strategically placed hot basalt stones gently ease tension and discomfort, promoting proper alignment of your skeletal structure and enhancing circulation. This deeply comforting and revitalizing massage improves posture and induces pure relaxation.

# AYURVEDA

Experience the ancient wisdom of Ayurveda, the knowledge of life and longevity, in its purest form at our divine spa.

Ayurveda, a holistic philosophy, delves beyond the physical realm to address the mental, emotional, spiritual, and environmental aspects of well-being. This unique approach sets Ayurveda apart as the oldest existing body of knowledge concerning the healing process.

In the Ayurvedic tradition, health is synonymous with happiness, while disease is viewed as sorrow. The ultimate goal is to attain "Sukha" - a state of true happiness and to prolong a state of bliss. Central to Ayurveda is the concept of balance in body and mind. This equilibrium is achieved by restoring harmony among the three elements: Vata (Air), Pitta (Fire), and Kapha (Earth). Each individual possesses a unique body constitution based on these elements, which influences their ideal dietary and lifestyle choices for maintaining balance.

At our spa, our Ayurvedic Doctor will be your trusted guide, tailoring treatments and health programs to meet your specific needs and composition. We source all essential pure oils from India, carefully blending them here at Maradiva to create a truly authentic experience.

Immerse yourself in the transformative power of Ayurveda as it awakens your senses, rejuvenates your soul, and brings balance to every aspect of your being. Let us be your gateway to a divine journey of profound well-being, lasting happiness and true enchantment.

## ❖❖ ABHYANGA - Warm Herbal Oil Body Massage Nourish, Balance, and Revitalize

**Duration: 60/90/105 minutes**

Experience the rejuvenating power of pure warm oils and herbs as they are skilfully massaged into your body with gentle strokes. Abhyanga balances your unique body constitution (dosha) - Vata, Pitta, or Kapha - promoting immunity, better appetite, improved sleep, and reduced stress. Regular sessions of Abhyanga provide ongoing support for overall well-being.

## ❖❖ UDVARTANA - Synchronized Four-Hands Herbal Powder Massage Detoxify and Tone

**Duration: 75 minutes**

Embark on a detoxifying and toning journey with Udvartana, a treatment that combines herbal powder and pure oils massaged in perfect harmony by four expert hands. The potent blend of powder and oil acts as an invigorating scrub, enhancing skin texture and rejuvenating your body. When accompanied by a wholesome health regime, including the right diet, exercise, and herbal supplements, Udvartana aids in weight loss and muscle toning. A minimum of three sessions to a maximum of seven for enhanced benefits.

## ❖❖ SHIRODHARA - Medicated Warm Oil Poured Over Forehead Relax, Recharge, and Rebalance

**Duration: 45 minute**

Soothe your senses and achieve deep relaxation as a continuous stream of warm medicated oil cascades over your forehead. Shirodhara is a highly effective treatment for countering jet lag, mental stress, and sleeplessness. As a bonus, it also promotes hair care and nourishment. A minimum of three consecutive sessions is suggested for enhanced benefits.

❖ **DIVINE ABHYANGA - Four-Hands Warm Herbal Oil Massage**  
**Release Energy Flow and Experience Deep Relaxation**

**Duration: 2 hours**

Embark on a blissful journey where a head massage leads to a four-hands massage, gracefully sweeping warm herbal oils across your entire body. Drift away as worries, stress, and muscle aches dissolve. Followed by a steam bath and a traditional snana bath, this combination induces the deepest relaxation and elevates your body's energy flow to a divine state.

**Other Treatments - Perfect Companions or Standalone Bliss**

❖ **SNANA - Medicated Traditional Bath Experience**

**Duration: 15 minutes**

Continue to bask in the state of gentle ease and calmness achieved through various treatments. Our therapist will bathe you with a soothing combination of herbal paste and medicated water, nourishing your skin and removing excess oils from other treatments.

❖ **MUKHALEPA - Herbal Facials**

**Duration: 60 minutes**

Immerse yourself in a traditional Ayurvedic beauty regimen with our Mukhalepa facial. Experience the gentle cleansing and toning of delicate skin through a medicated face pack enriched with natural herbs. Indulge in the soothing touch of exotic face oils and a relaxing hand or foot massage, leaving your skin glowing and revitalized.

❖ **KATIVASTI - Warm Oil Treatment to Relieve Backaches**

**Duration: 45 minutes**

Experience relief from backaches through this therapeutic intensive treatment. A warm signature oil is poured into a black gram dough-ring and placed on the area of pain or discomfort. The hot fomentation of the oil radiates through the muscles, releasing tension and stiffness. For maximum benefit, we recommend a series of at least three treatments.

❖ **PICHU - Hot Medicated Oil Treatment for Stress & Joint Stiffness**

**Duration: 30 minutes**

Discover immediate relief from stress and joint discomfort with Pichu. Cotton and linen pads soaked in hot medicated oils are gently applied to sore joints or the back, inducing a deep sense of relief. To experience lasting benefits, we suggest a series of at least three treatments. Unwind and rejuvenate in the lap of authentic Ayurvedic care, guided by our expert therapists, and experience the profound well-being that the ancient wisdom of Ayurveda offers.

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# THE ART OF MARADIVA FACIALS

At our authentic Ayurvedic spa, we embrace the healing power of nature to offer a range of facial treatments tailored to your unique skin type. Each facial is enriched with our exclusive 100% natural and rare hand-blended products, creating a truly blissful and rejuvenating experience.

## ❖❖ Prabha - Essence of Life

**Duration: 90 minutes**

Indulge in this luxurious facial suitable for all skin types. The journey begins with a relaxing back massage to enhance the facial's effectiveness. Your face will then be delicately cleansed, lightly exfoliated, massaged, and moisturized. Complete the experience with a therapeutic mask while your hands and feet receive gentle massages, leaving you with a balanced and radiant glow.

## ❖❖ Deep Cleansing Facial

**Duration: 60 minutes**

Designed for oily and acne-prone skin, this facial focuses on deep cleansing using our custom-made blend of natural ingredients, Moringa and Rice water. Experience a vibrant, visible difference in your skin and achieve a clearer complexion.

## ❖❖ Nourishing Facial

**Duration: 60 minutes**

For dry skin, our exclusive natural blend of ingredients of Tulsi (Basil) and Aloe vera, work their magic to regenerate, refurbish, and nourish your skin. The hydrating mask leaves your skin as soft as a baby's, embracing a new level of nourishment.

## ❖❖ Soothing Facial

**Duration: 60 minutes**

Restore your skin's natural texture and radiance with this equalizing facial. Our natural blend of ingredients such as Frangipani and Henna soothe, calm, and revitalize normal/combo skin.

## ❖❖ Energizing Facial

**Duration: 30 minutes**

A quick pick-me-up for all skin types, this express mini-facial stimulates and tightens the skin, leaving you looking brighter and feeling younger.

# MARADIVA MANICURE & PEDICURE

## ❖ Maradiva Pedicure

**Duration: 75 minutes**

Treat your feet to a revitalizing experience with a warm aromatherapy footbath, exfoliation, nail grooming, and a nourishing chocolate mask. Enjoy a pampering foot and calf massage, followed by the application of our all-natural foot balm for deep moisturization.

## ❖ Maradiva Manicure

**Duration: 60 minutes**

Rejuvenate your hands with nail grooming, an aromatherapy soak, and an exfoliation using kitchen ingredients. Our pampering massage restores youthfulness, and a nourishing chocolate mask enhances the radiance of your hands. Complete the treatment with our all-natural hand balm for revived and deeply moisturized hands.

## ❖ BODY SCRUBS, WRAPS & BATH

**Duration: 30 / 60 / 90 minutes**

Indulge in the revitalizing properties of our scrubs and wraps, meticulously prepared from fresh fruits, vegetables, Indian herbs, sea salts, and pure essential oils. These treatments cleanse, moisturize, and refresh your skin, revealing a natural glow. Enhance the absorption of massage oil with a scrub before a body massage, and take a body wrap after a scrub to amplify nourishing effects.

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**Shodhana - Detox**

**Brmhana - Nourishing**

**Diva – Sensual**

### **Each treatment includes a bath, scrub, and wrap**

Choose from our three exquisite range of body treatments above individually or in combination, designed for detoxification, nourishment, and sensory indulgence. Whether you seek absolute purification, silky-smooth skin, or a delightful state of extravagance, these transformative packages will leave you feeling refreshed and rejuvenated.

## ❖ Sunburn Soother

**Duration: 30 min**

Cool, heal, and find relief with our Sunburn Soother. The powerful combination of fresh Aloe Vera and Cucumber cools and soothes the skin, making it a natural healer for sunburn. Experience moisturizing and encouragement of new cell growth, providing the perfect relief after prolonged sun exposure.

## HEALING & YOGA: Embrace the Ancient Science

Experience the profound wisdom of Yoga, an eternal science that transcends limitations and connects us to the source of life within. Our Ayurvedic spa continues this time-honoured tradition, offering Hatha Yoga classes that harmoniously integrate the physical, psychological, and spiritual dimensions.

Choose from group classes or personalized sessions tailored to your unique needs and prior yoga practice. A consultation with our Yoga teacher will guide you in selecting the ideal program.

### ❖ Gentle Yoga

**Duration: 60/90 mins**

Loosen up and rotate major joints in your body, increase flexibility, balance, and strength at a gentle pace with basic postures. Emphasizing body-breath alignment, this class cultivates a blissful state of well-being.

### ❖ Intermediate Yoga

**Duration: 60/90 mins**

Progress safely from basic to intermediate and advanced postures as you enhance flexibility, strength, and unity of mind, body, and spirit. This structured session stimulates circulation and releases energy blocks on both physical and psychic levels.

## MEDITATION: Restore Harmony and Rejuvenate the Mind

Embark on a journey of meditation, an ancient method to acquaint our minds with virtue, restoring harmony and healing the soul. Meditation allows the mind to release stress, fatigue, and subtle mental barriers, providing a profound understanding of our true selves and our surroundings.

### ❖ Ajapa Japa - Meditation on Breath Awareness

**Duration: 30 / 60 mins**

Experience the transformative power of breath as a bridge between body and mind. Ajapa Japa guides you in one-pointed concentration on the spontaneous flow of breath, promoting mental clarity and serenity. Discover a deeper connection to yourself and the world around you.

Unfold the wisdom of Yoga and Meditation in our serene sanctuary, allowing the timeless practices to heal and elevate your being, bringing harmony and peace to your body, mind, and soul – True Enchantment.

# Indulge Your Senses with Ayurvedic Spa Packages

## ❖ SUNDRI - Radiant Beauty

**Duration: 3 hours**

Unveil your inner radiance with a day of beauty that rejuvenates both body and soul.

- Commence your journey with a deeply nourishing scrub and wrap, tailored to your preferences.
- Enliven your senses with an indulgent Aromatherapy massage that restores balance and vitality.
- Elevate your experience with a one-hour facial of your choice, leaving your skin with a natural, vibrant glow.

## ❖ SUKHA - Serene Bliss

**Duration: 3.5 hours**

Embark on moments of pure bliss, soothing your senses and lavishing your body with care.

- Initiate your session with a deeply nourishing scrub and wrap, thoughtfully chosen to match your desires.
- Experience relief as sore muscles dissipate under the skilled hands of our Indian Ananda massage.
- Conclude with a luxurious Maradiva manicure or pedicure, adding the perfect touch to your serenity.

## 'FOR TWO'

### ❖ AMRUTH - Elixir of Love

**Duration: 2 hours**

A symphony for the senses orchestrated by two therapists in a candle-lit setting. An Aromatherapy massage using evocative oils sets the stage for romance. After this indulgence, luxuriate in a shared rose petal bath, accompanied by exclusive moments with a bottle of champagne.

### ❖ DEV NIDRĀ - Divine Slumber

**Duration: 90 minutes**

Elevate your rest to celestial heights with a treatment designed for profound relaxation.

- Upon reservation, our therapists will grace your room, administering a soothing aromatherapy massage.
- Submerge into a romantic bath adorned with bath salts and oils, a tranquil oasis to indulge your senses.

# Kids Spa Packages

## ❖❖ KIDDIE PAMPERING WITH CHOCOLATE

**Duration: 20 minutes**

Delight your little ones with a mouth-watering chocolate wrap featuring a rich dark chocolate base. Not only a treat for the taste buds but a comforting cocoon, enhanced by the divine aroma of chocolate. Hydration, nourishment, and moisturization ensure their youthful glow.

## ❖❖ FEEL THE BABY TOUCH WITH COCONUT SCRUB

**Duration: 20 minutes**

Let your kids revel in a head-to-toe coconut scrub experience, leaving their skin exquisitely fragrant with tropical notes. Shedding dead skin cells, their skin will emerge as smooth, soft, and silky as a baby's, a tactile delight they'll cherish.

## ❖❖ KIDDIE NOURISHING MASSAGE: Tender Care for Young Explorers

**Duration: 30/45 minutes**

Introducing a nurturing haven designed exclusively for our youngest guests, the Kiddie Nourishing Massage. As your child lies back in the cosy spa room, a world of imagination and wonder unfolds. With the softest touch, our therapists use nourishing oils to gently massage away any tension, leaving your little one feeling refreshed, rejuvenated, and ready for new adventures.

**Elevate your wellness journey with our thoughtfully curated Ayurvedic spa packages above, where tranquillity, rejuvenation, and indulgence intertwine seamlessly. Experience true enchantment.**

# PREPARE TO SPA

## **We are here to help**

Upon arrival at our spa our receptionist will greet you and provide a simple consultation form for us to better understand your expectations and any specific ailments that you may want to address whilst here.

## **An experience individualised to your needs**

Our specialist Ayurvedic doctor will be at hand to provide a consultation for you to understand how our Ayurvedic spa can best serve you for pure enjoyment and relaxation and/or a deeper goal of healing and rejuvenation.

## **What to wear**

We will provide any special clothing necessary for your treatments. However, if you would like to indulge in all the other spa activities be sure to bring your bathing suit. We offer many alternatives pre and post treatment for you to indulge in at the spa: solarium, laconium, hammam, cold chill pool, and a heated pool with jacuzzi.

## **Safety of your belongings**

Secure lockers are provided for the safety of your possessions however, we urge you to leave your most precious belongings in the safe of your villa. We are not liable for any loss of possessions in the spa.

## **Your Privacy**

We respect your unique sensibilities thus all therapists will leave the room for you to undress and dress, and towels are used to cover areas of the body which are not being worked on during treatment.

## **Reservations & Pre-treatment Activities**

Advanced bookings for spa treatments are highly recommended. We also encourage you to come at least 30 minutes before your treatment to best benefit from all the wet and heat activities which will enhance your relaxing journey – solarium, laconium, cold chill pool, and heated pool with jacuzzi.

## **Late Arrival**

Should you arrive late for your appointment, we endeavour to accommodate you to the best of our abilities. However, the treatment may need to be shortened, depending upon the timing of the next guest's appointment.

## **Minimum Age/ Children**

Guests between the ages of 0 -16 years old are not permitted within the spa premises, unless accompanied by an adult for a spa treatment.

## **Spa Etiquette**

To preserve the tranquillity of our spa environment, we respectfully request that you switch off your mobile phones and any other electronic devices during your time here. We also request that you be mindful of your speaking volume to help maintain this peaceful haven for all our guests. Our spa is also an alcohol and drug free environment and those under the influence will not be allowed entry.

## **Cancellations**

As our spa treatments are in high demand for our guests, we require 24 hours for cancellations. Any cancellation with less than 3 hours' notice will incur a 50% cancellation fee a "no show", the full price.

### **Special Considerations**

Guests with high blood pressure, heart conditions, who are pregnant, or have any medical conditions are advised to consult with their doctor before signing up for any spa treatments. Please do not forget to inform your spa therapist and our in-house Ayurvedic doctor of any medical conditions. Entry and participation in the spa are at your own risk as the resort is not liable for any incidents.

### **TIMINGS**

The Spa is open daily from 8.00 am to 8.00 pm.

The fitness is open 24 hours, manned from 8.00 am to 8.00 pm by certified fitness instructors.

To make appointment please call 1625

