



**MOKSHA<sup>®</sup>**

SPA & WELLBEING CENTER

## SPA MENU



Living in today's fast-paced world, the stresses of modern life are unrelenting with intense demands being made on our time and energy every single day.

As individuals, our strong desire to be our best self sees us striving to learn new skills, achieve more at work, be a better parent, partner or friend. The constant urge to always be pushing forward, to do more, to be more is real...and it's exhausting and overwhelming.

We believe that everyone deserves kindness and self-care, whatever that looks like for you. For us, it's about providing a place where you can shine in your own kind of light, surrounded by opportunity and a dedication to wellbeing .

We call it **MOKSHA**  
it's natural, real and unfiltered.

In keeping things real, we don't make any claims about our ability to unravel years of stress or dramatically transform your health during just a week's holiday because we're experts and we know it takes a little longer than that..

BUT what we can do is give you a beautiful escape, a place to replenish your energy, to move, play and care for your body, a place where you can relax your mind and reconnect with your heart.

It's a complete wellbeing mecca and it's yours to recharge on your terms, because everyone deserves the freedom to transform.

Moksha means Freedom in Sanskrit.

It is a state of eternal bliss.

Moksha is ultimate goal of personal and spiritual development.

It is total body replenishment.



# THE WHEEL OF THE MOKSHA® JOURNEY

Dance, swim, yoga, gym at MOKSHA® the choice is yours. Move your body anyway that makes you feel healthy, happy & strong.

Surrender your stress, let go and just chill out, whilst indulging in our unique spa rituals, massage and healing therapies.

Embrace the rich heritage and healing modalities of the Maldives region. This is sure to be something you have never experienced before.

Play, enrich and make a mess with our signature DIY Freedom Journeys. Who said Spa needed to be boring...

Supercharge your body with healthy food, exotic juices and delicious treats. The ultimate fan favorites are our unique MOKSHA® Cocktails.

MOVE

CHILL

EXPLORE

PLAY

EAT

- ◆ Group Fitness
- ◆ Personal Training
- ◆ Outdoor Activities
- ◆ Yoga
- ◆ Meditation

- ◆ Body Massage
- ◆ Facial Therapies
- ◆ Signature Spa Rituals
- ◆ Hand and Foot Therapies

- ◆ Maldivian Massage
- ◆ Local Herbal Gardens
- ◆ Wellness Rituals
- ◆ Heritage Healers
- ◆ Local Coconut Oil

- ◆ DIY Spa Experiences
- ◆ Chakra Balancing
- ◆ Interactive Workshops

- ◆ Health Fresh Food
- ◆ Energy Shots
- ◆ Wellness Cocktails
- ◆ Juices & Smoothies
- ◆ Vegan Friendly

# THE MOKSHA® SIGNATURE TREATMENT



## ESSENCE OF MALDIVES

120 MINUTES

199

Restore your skin's luster with an amazing coconut scrub followed by a hydrating tropical coconut oil massage.

This treatment uses a blend of finest quality products to suit your individual needs, leaving your skin soft and supple whilst.

Release your stress with a scalp massage, followed by a Maldivian coco hair wrap.

### PACKAGE INCLUDES:

- Foot Ritual
- Coconut Body Exfoliation
- Soothing Body Massage with local coconut oil
- Maldivian Coco Hair Wrap

*All prices are in US Dollar and subject to 17% TGST & 10% Service Charge.*



**MOVE**



## MOVE

### PERSONAL TRAINING

60mins 70

Elevate your energy, maximize your time and stay on track with your fitness goals during your vacation with personalized training sessions. Whether you are looking for aerobic conditioning, strength training, muscle tone or flexibility, we are here to help you achieve your health and wellbeing goals.

### MEDITATION

60mins 60

Set your calm breath and mind for the day with meditation. Learn the healing powers of meditation with a private guided session. Discover your breath and learn how to breathe effectively. Be guided through traditional meditation moving into open eye and breath connection with movement.

### YOGA

60mins 70

Strengthen your mind-body connection with this slow-paced, passive style of yoga. It's therapeutic in nature and designed to increase flexibility, improve balance, bring clarity to mind and calm your nervous system to reduce stress and promote restful sleep.

### SOUND HEALING

3 Bowls – 30mins 50

7 Bowls – 60mins 80

Sound healing is a restorative therapeutic practice that uses Tibetan singing bowls to generate varying energy frequencies and vibrations, which can shift energy in the mind and body to promote inner peace. These vibrational frequencies heal on a cellular level and stimulate the chakra energy centers to improve balance and harmony. The treatment is perfect for those seeking total body bliss and deep relaxation of the body, mind and soul.

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CHILL



## CHILL

### RELAX

60mins | 90mins 130 | 160

Melt your stress away with this nurturing full body massage. Unwind as your therapist works their magic, releasing muscle tension. Perfect for those looking for deep relaxation.

### DE-STRESS

60mins | 90mins 140 | 170

This massage tailored to your individual needs, the combination of trigger point release work and traditional Thai stretching techniques will release muscle tension and ease aches.

### THERAPEUTIC DEEP TISSUE

60mins | 90mins 150 | 180

A restorative muscle therapy where targeted pressure and muscle kneading is applied to release tension and improve your overall body function. Perfect if you like a deep pressure massage and have some muscle tension to work out.

### HOT STONE

60mins | 90mins 150 | 180

Hot stone used to heal stressed organs and discharge toxins. It slows the aging process and strengthens the body's natural defenses. A relaxing, holistic and rebalancing treatment to quieten the mind, release physical tension and nourish the skin.

### BACK, NECK & SHOULDER

30mins 80

An eastern holistic treatment working on the specific area of the back. This massage is designed to improve your back flexibility and relieves tight muscle.

### SHIATSU MASSAGE

60mins 130

Shiatsu massage is originated from Japan and the meaning of shiatsu is "finger pressure". Shiatsu is a pressure point massage to clear blockages in the body's energy channels. Also known as meridians, these energy paths – if congested – may cause tension, pain and disease. A pulsating and rhythmic technique without oil, Shiatsu restores the balance for healthier being.

### PREGNANCY

60mins 130

Take a moment to nourish your body and ease muscle tension. For all mums to be, we have created the ultimate treatment to sooth a sore back and tired joints.

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## CHILL ORIENTAL THAI

### CHI NEI TSANG

60mins 130

This wellbeing organ energy massage is known to the world for its therapeutic and health promoting benefits. Effective in clearing energy blocks, releasing toxins, strengthening the immune system and balancing emotions, this therapy can reduce chronic pain and promote overall body health. This treatment is an abdominal massage and focuses on the stomach only.

### BAMBOO MASSAGE

60mins | 90mins 140 | 170

Bamboo massage is a technique that incorporates heated bamboo stalks of varying lengths and diameters to provide deep-tissue work. The massage itself promotes circulation, sensory nerve perception, and lymphatic drainage and provides a deep sense of relaxation and well-being.

### TRADITIONAL THAI MASSAGE

60mins | 90mins 130 | 160

This traditional massage therapy is delivered with grace, mindfulness and a spirit of generosity. Blissfully nurturing, this rhythmic oil-free massage offers a blend of passive stretching and acupressure in meditative surroundings.

### THAI FOOT

60mins 120

A relaxing foot massage working on reflexology points focusing entirely on your feet.

## CHILL SENSE OF INDIA

### HERBAL COMPRESS

60mins | 90mins 150 | 180

A warm compress containing a carefully selected potpourri of health-giving herbs is applied to your body, complemented by the relaxing effects of a massage. Great to restore flexibility and achieve a deep sense of calm.

### ABHYANGA

60mins 140

This massage is performed with warm herbal oil, reaching deeper tissue and bones. It will detoxify the body by stimulating lymphatic drainage.

### INDIAN HEAD MASSAGE

30mins 90

This treatment has healing properties to relief tense muscles and increase blood circulation around the head as well as it helps to reduce hair loss.

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## CHILL FACIAL THERAPIES

### DETOX & PURIFY

60mins 120

A purifying facial designed to deeply cleanse and hydrate the skin, improving clarity, texture and tone. This enriching facial reveals a fresh, bright and relaxed complexion.

### INTENSE HYDRATION

60mins 130

This facial treatment will leave your skin deeply hydrated and glowing with a youthful radiance.

### RENEWAL FACIAL

60mins 130

This facial treatment will smoothen, strengthen and protect the skin for optimal vitality.



EXPLORE



## EXPLORE MOKSHA® JOURNEYS

Couple Specials

### THE ULTIMATE

120mins 390

This couple's package is the ultimate indulgence to share with your most loved one. to celebrate your love in a relaxing way.

This package is the best one to choose to celebrate your love in a relaxing way. There isn't more caring gift you can treat your loved one to, than spending quality time together in a private water villa treatment room.

The experience consist of a foot ritual, de-stress body massage, smooth body scrub and refreshing facial.

### SPA ESCAPE

150mins 440

Escape the outside world and enjoy a moment of calm with this heavenly total body indulgence. Your experience begins with an enriching steam bath followed by a deep tissue body massage and hydration facial.

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## EXPLORE MOKSHA® RITUALS

### BODY SCRUB

45mins 110

Stimulate your senses with our classic body scrub to exfoliate and smoothen the skin. Followed by an intense hydration with our nourishing body Lotion , your skin will be glowing and silky smooth!

### BODY WRAP

60mins 130

Surrender your stress to the tranquility of healing waters and feel your tension melt away in the privacy of your steam room. A sensory full body exfoliation will smoothen the skin before being cocooned in a full-body wrap mask where you can relax with our signature scalp massage. Your skin will be deeply hydrated with a radiant glow.

### AFTER SUN

45mins 110

The amazing property of fresh aloe vera providing an instant relief to sun burn. The cooling and soothing effect cures sunburn over a short period of time.

## BEAUTY SUNSHINE

### CLASSIC MANICURE OR PEDICURE

60mins 70

Maintain an amazing result and keep nails in good conditions, hand and feet are important. Treat yourself with a relaxing manicure or pedicure.

### NAIL POLISH

30mins 30

### HAIR AND MAKEUP

90mins 150

We offer full hair styling and make up for the bride to-be on their special day.

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## PLAY

### HAIR BRAIDING CLASS

30mins 40

Learn how to create the best hair style for yourself or your family in a simple way that looks amazing.

### MASSAGE CLASS

30mins 40

Reconnect with each other through this traditional healing therapy. A private couple's massage class, teaching you the skills you need to benefit from this centuries-old healing tradition at home.

### PARTNER YOGA

30 mins 40

Known as couple yoga this practice to support each other in poses to enhance posture and build trust. From stretching to strengthening your communication.

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EAT

MOKSHA® CUISINE, FREEDOM TO CHOOSE

A cuisine centered on ingredients. We place great emphasis on their origins, the value of seasonality and the benefits of sustainable eating. At Cora Cora Maldives, guests are guided and supported to make healthy lifestyle choices, but there are no strict rules, and nothing is forced. All guests enjoy the flexibility to co-create their own experience.

Alongside with sweet treats such as chocolate mousse, we also offer a selection of fine wines with health properties and low alcohol content. We do not provide calorie information, instead, we advocate a well informed and sensible approach to wellness with healthy eating principles.



LOW SALT

Salts are used in moderation. We use sea salt and other high-quality salts such as Himalayan and Gomasio.



LOW FAT

Unhealthy trans-fats and saturated fats are avoided completely. Includes dairy choices of goat yoghurt, goat cheese, and nut and seed milks as health alternatives.



LOW CARB

A diet where you reduce your overall carb intake. You can create your own low carb journey to suit your lifestyle.



LOW DAIRY

To minimize the use of butter and cream in the preparation of all the dishes in the F&B outlets.

At Cora Cora Maldives, we passionately believe that eating well sustains a wholesome way of life, full of energy and longevity. This is why we have created MOKSHA® Cuisine, a gastronomical journey where flavor and fresh products combine for nutritional excellence.

# ETIQUETTE

## OPENING HOURS

Our MOKSHA® Spa & Wellbeing Center is open daily from 09:00 am until 8:00 pm.

## ARRIVAL TIME

We kindly request that you arrived at least 15 minutes prior to your appointment to complete the consultation form / health questionnaire to ensure a smooth and relaxing experience. Late arrival will decrease the time of your treatment.

## BOOKINGS

To schedule an appointment for your perfect treatment, please contact our MOKSHA® Spa & Wellbeing Center team who will provide the best recommendations for you. To ensure your preferred time and service are available, we recommend you to book your treatment in advance by pressing the Spa button on your in-villa phone, dialing 4137# or by stopping by the Arrival Lobby of the center.

## CANCELLATIONS

We require a notice for all treatment cancellations 4 hours prior to your appointment time. We regret that 50% will be charged for treatments cancelled with less than 4 hours notice and a 100% charge will apply for no shows.

## VALUABLES

For your peace of mind, we advise you not to bring any valuables during your treatment. The MOKSHA® Spa & Wellbeing Center cannot be held responsible for any loss or damage to personal or misplaced items.

## HEALTH CONDITIONS

Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications are advised to consult the doctor before signing up for any treatments. Please notify our Spa reception of any existing medical condition.

## COMFORT

If you plan to join our yoga classes, please wear appropriate attire. Please let your therapist know if there is any way we can improve your treatment or comfort for example, with deeper or lighter massage pressure, extra towels, lighting or music levels. We recommend that you do not sunbathe immediately after your spa treatment.

Please take time to relax in our tranquil surroundings before and after your therapy. Smoking or use of mobile phones is not permitted within the MOKSHA® area. We hope you enjoy your Spa experience and look forward to seeing you soon.

# MOKSHA<sup>®</sup>

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“You are worth the quiet moment. You are worth the deeper breath. You are worth the time it takes to slow down, be still, and rest.”

-Morgan Harper Nichols

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coracoramaldives