



Spa Menu

Sleep For those who wish to improve sleep quality and duration

Revived
Switch off Slumber
Renewed Sleep Recover
Rest Recharge Relax

Sleep Remedy

By: Zents

Duration: 90 minutes

Components: Body scan, pranayama and full body massage

Outcome: Releases tension from the body and mind, aiding in restful sleep

Sudtana Scalp Ritual

By: Sudtana

Duration: 60 minutes

Components: Scalp and facial massage with oil and herbal compress

Outcome: Traditional Thai therapies soothe and calm the mind

Soneva Intuitive Therapy

By: Soneva

Duration: 60 / 90 / 120 minutes

Components: Full body massage

Outcome: A tailored treatment that uses a combination of massage movements to relax the body and improve sleep quality

Shirodhara

By: Soneva

Duration: 60 minutes

Components: Oil pour with medicated blends

Outcome: Rejuvenates and enhances the function of the central nervous system for deep relaxation

Meditation

By: Soneva

Duration: 45 minutes

Components: Breathwork and mindful techniques

Outcome: Regulates the nervous system for a deep sense of relaxation and peace within the body and mind

Meditation and Sound Therapy

By: Soneva

Duration: 60 minutes

Components: Breathwork, mindful techniques and sound therapy, using gongs and crystal and Tibetan singing bowls

Outcome: Induces a deep state of calm and overall wellbeing

Nidraasana Sleep Ritual

By: Soneva

Duration: 90 minutes

Components: Foot soak and scrub, Ayurvedic herbal compress, Reiki, body massage and Indian head massage

Outcome: Relaxes the body and mind for improved quality of sleep

Hyperbaric Oxygen Therapy

By: Soneva

Duration: 60 minutes

Components: Increases the amount of oxygen in the body while under pressure

Outcome: A variety of outcomes including increased general health and wellness, increased energy, boost to the immune system, pain and stress relief, better regulated sleeping patterns, improved mental functions, and restoring, relaxing and rejuvenating effects

Vitamin Therapy

By: Soneva

Duration: 90 minutes

Components: Intravenous infusion with tailored blends of vitamins, minerals and amino acids

Outcome: Each outcome is unique to the Vitamin Therapy offered

Major Autohemotherapy

By: Soneva

Duration: 45 minutes

Components: A small amount of blood is taken, infused with ozone and reinjected into the body

Outcome: Improves body function, reduces inflammation and increases energy and mental clarity

Skin For those who wish to maintain skin health or address specific concerns

Youthful
Hydrate Refresh
Exfoliate **Brighten** Cleanse
Rejuvenate

Skin Analysis

By: *Reveal*

Duration: *15 to 30 minutes*

Components: *Skin diagnostics with Reveal's RBX software*

Outcome: *Reveals the underlying structure of the skin*

Signature HydraFacial

By: *HydraFacial*

Duration: *30 minutes*

Components: *Cleanse, exfoliation, extraction and hydration*

Outcome: *Hydrated and invigorated skin*

Deluxe HydraFacial

By: *HydraFacial*

Duration: *60 minutes*

Components: *Lymphatic drainage, cleanse, exfoliation, extraction and hydration, booster and LED therapy*

Outcome: *Anti-ageing treatment, leaving the skin feeling firmer, brighter and nourished*

Soneva Vedic Facial

By: *Soneva*

Duration: *90 minutes*

Components: *Cleanse, exfoliation, mask, massage and hydration*

Outcome: *Hydrated, brighter and more balanced skin*

Living Beauty Signature Facial

By: *Amala*

Duration: *90 minutes*

Components: *Cleanse, exfoliation, mask, massage and hydration*

Outcome: *Visibly radiant skin*

Advanced Firming Facial

By: *Amala*

Duration: *60 minutes*

Components: *Cleanse, exfoliation, mask, massage and hydration*

Outcome: *Immediate firming effect, with smoother, more radiant skin*

Personalised Facial

By: Amala

Duration: 60 minutes

Components: Cleanse, exfoliation, mask, massage and hydration

Outcome: A bespoke treatment to address specific skin concerns

Soneva Natural Body Scrub & Natural Body Wrap

Choice of Body Scrub: Coconut, Orange Yoghurt, Almond, Vegan, Brown Sugar & Green Tea

Choice of Body Wrap: Milk, Avocado, Papaya & Honey

By: Soneva

Duration: 60 minutes

Components: Body exfoliation with locally-grown ingredients and body moisturisation

Outcome: Softer, smoother and brighter skin

Cleanse and Clarify Rhassoul Clay Body Wrap

By: Amala

Duration: 60 minutes

Components: Body exfoliation, wrap and moisturisation

Outcome: Detoxifying treatment, improving skin texture and visible signs of cellulite

Quench Body Polish

By: Zents

Duration: 60 minutes

Components: Body exfoliation and moisturisation

Outcome: Smoother, deeply hydrated skin

Vitamin Therapy

By: Soneva

Duration: 60 minutes

Components: Intravenous infusion with tailored blends of vitamins, minerals and amino acids

Outcome: Each outcome is unique to the Vitamin Therapy offered

Major Autohemotherapy

By: Soneva

Duration: 45 minutes

Components: A small amount of blood is taken, infused with ozone and reinjected into the body

Outcome: Improves body function, reduces inflammation and increases energy and mental clarity

Restore For those who wish to ease their muscles and relax

Freedom
Breathe Relaxed
Loosen **Free** Mobility
Release

Soneva Intuitive Therapy

By: Soneva

Duration: 60 / 90 / 120 minutes

Components: Full body massage

Outcome: A bespoke treatment that uses a combination of massage movements to relax the body and improve mobility

Soneva Atlas Massage

Balinese / Thai / Swedish

By: Soneva

Duration: 60 / 90 / 120 minutes

Components: Full body massage

Outcome: Each outcome is unique to the massage style, tailored to your treatment focus

Cleanse and Clarify Rhassoul Clay Body Wrap

By: Amala

Duration: 60 minutes

Components: Body exfoliation, wrap and moisturisation

Outcome: Detoxifying treatment, improving skin texture and visible signs of cellulite

Energise For those who need an energy boost

Recharge
Motivate Stimulate
Awake Invigorate
Revitalise

Soneva Intuitive Therapy

By: Soneva

Duration: 60 / 90 / 120 minutes

Components: Full body massage

Outcome: A tailored treatment that uses a combination of massage movements to energise the body and revive the mind

Jet Lag Reviver

By: Amala

Duration: 60 minutes

Components: Body brush, full body massage and scalp massage

Outcome: Energises and refreshes body and mind

Jet Lag Express

By: Amala

Duration: 30 minutes

Components: Body exfoliation, moisturisation and scalp massage

Outcome: Revitalises and refreshes the body

Energise and Revive

By: Zents

Duration: 60 / 90 minutes

Components: Back, neck and shoulder massage, scalp massage, foot reflexology and acupressure

Outcome: Restores and revitalises the body

Foot and Leg Therapy

By: Legology

Duration: 60 minutes

Components: Exfoliation, dry brushing, massage, reflexology and cupping

Outcome: Revives tired legs and feet, with instant contouring and lightening effects from the first treatment

Hyperbaric Oxygen Therapy

By: Soneva

Duration: 60 minutes

Components: Increases the amount of oxygen in the body while under pressure

Outcome: A variety of outcomes including increased general health and wellness, increased energy, boost to the immune system, pain and stress relief, better regulated sleeping patterns, improved mental functions, and restoring, relaxing and rejuvenating effects

Vitamin Therapy

By: *Soneva*

Duration: *90 minutes*

Components: *Intravenous infusion with tailored blends of vitamins, minerals and amino acids*

Outcome: *Each outcome is unique to the Vitamin Therapy offered*

Major Autohemotherapy

By: *Soneva*

Duration: *45 minutes*

Components: *A small amount of blood is taken, infused with ozone and reinjected into the body*

Outcome: *Improves body function, reduces inflammation and increases energy and mental clarity*

Mindfulness For those with active minds who wish to take a moment to reconnect

Peace
Stress Relax
Calm Rest
Tranquil Release

Soneva Intuitive Therapy

By: Soneva

Duration: 60 / 90 / 120 minutes

Components: Full body massage

Outcome: A tailored treatment that uses a combination of massage movements to energise the body and calm the mind

Shirodhara

By: Soneva

Duration: 60 minutes

Components: Oil pour with medicated blends

Outcome: Rejuvenates and enhances the function of the central nervous system for deep relaxation that calms an active mind

Meditation

By: Soneva

Duration: 45 minutes

Components: Breathwork and mindful techniques

Outcome: Regulates the nervous system for a deep sense of relaxation and peace within the body and mind

Meditation and Sound Therapy

By: Soneva

Duration: 60 minutes

Components: Breathwork, mindful techniques and sound therapy, using gongs and crystal and Tibetan singing bowls

Outcome: Induces a deep state of calm and overall wellbeing

Sleep Remedy

By: Zents

Duration: 90 minutes

Components: Body scan, pranayama and full body massage

Outcome: Releases tension from the body and mind, aiding a restful sleep

Sudtana Scalp Ritual

By: Sudtana

Duration: 60 minutes

Components: Scalp and facial massage with oil and herbal compress

Outcome: Traditional Thai therapies soothe and calm the mind

Balance For those who wish to restore their equilibrium

Release Comfort Rest Calm Peace

Quench Body Massage

By: Zents

Duration: 60 / 90 minutes

Components: Full body massage

Outcome: Biodynamic flower essences calm the nervous system and detoxify the body, while shea butter deeply nourishes the skin

Sacred Body Rituals Signature Treatment

By: Sacred Body Rituals

Duration: 120 minutes

Components: Intention setting, full body massage, facial

Outcome: Cleanses, nourishes and relaxes the body and balances and calms the mind

Soneva Intuitive Therapy

By: Soneva

Duration: 60 / 90 / 120 minutes

Components: Full body massage

Outcome: A tailored treatment that uses a combination of massage movements to relax the body and calm the mind

Meditation

By: Soneva

Duration: 45 minutes

Components: Breathwork and mindful techniques

Outcome: Regulates the nervous system for a deep sense of relaxation and peace within the body and mind

Meditation and Sound Therapy

By: Soneva

Duration: 60 minutes

Components: Breathwork, mindful techniques and sound therapy, using gongs and crystal and Tibetan singing bowls

Outcome: Induces a deep state of calm and overall wellbeing

Abhyangam

By: Soneva

Duration: 60 / 90 minutes

Components: Full body massage

Outcome: Deeply relaxes the body

Shirodhara

By: Soneva

Duration: 60 minutes

Components: Oil pour with medicated blends

Outcome: Rejuvenates and enhances the function of the central nervous system for deep relaxation that calms an active mind

Pamper For those wanting a little indulgence

Relax
Spoil Luxury
Refreshed Treat
Rejuvenated Indulge
Pampered

Deluxe HydraFacial

By: HydraFacial

Duration: 60 minutes

Components: Lymphatic drainage, cleanse, exfoliation, extraction and hydration, booster and LED therapy

Outcome: Anti-ageing treatment, leaving the skin feeling firmer, brighter and nourished

Manicure

By: Soneva

Duration: 60 minutes

Components: File, cuticle work, scrub, massage and polish

Outcome: Hydrated hands and well-groomed nails

Pedicure

By: Soneva

Duration: 60 minutes

Components: File, cuticle work, scrub, massage and polish

Outcome: Hydrated feet and well-groomed nails

Personalised Facial

By: Amala

Duration: 60 minutes

Components: Cleanse, exfoliation, mask, massage and hydration

Outcome: A bespoke treatment to address specific skin concerns

Sudtana Scalp Ritual

By: Sudtana

Duration: 60 minutes

Components: Scalp and facial massage with oil and herbal compress

Outcome: Traditional Thai therapies soothe and calm the mind

Quench Body Massage

By: Zents

Duration: 60 / 90 minutes

Components: Full body massage

Outcome: Biodynamic flower essences calm the nervous system and detoxify the body, while shea butter deeply nourishes the skin

Quench Body Polish

By: Zents

Duration: 60 minutes

Components: Body exfoliation and moisturisation

Outcome: Smoother, deeply hydrated skin

Soneva Intuitive Therapy

By: Soneva

Duration: 60 / 90 / 120 minutes

Components: Full body massage

Outcome: A tailored treatment that uses a combination of massage movements to relax the body and calm the mind

Soneva Natural Body Scrub & Natural Body Wrap

Choice of Body Scrub: Coconut, Orange Yoghurt, Almond, Vegan, Brown Sugar & Green Tea

Choice of Body Wrap: Milk, Avocado, Papaya & Honey

By: Soneva

Duration: 45 minutes

Components: Body exfoliation with locally-grown ingredients and body moisturisation

Outcome: Softer, smoother and brighter skin

Hair Salon Menu

Cut

Women's hair cut

90 minutes, including head massage

Men's hair cut

60 minutes

Blow Dry

Wash and blow dry (short/medium hair)

60 minutes

Wash and blow dry (long hair)

60 minutes

Wash and blow dry (curly hair)

90 minutes

Treatments

Add-on Treat Me boosters to improve hair growth and condition

Moisture

5 minutes

Strength

5 minutes

Thickening

5 minutes

Anti-ageing

5 minutes

Extras

Head massage

15 minutes

Dry shoulder massage

15 minutes

Styling

Straightening

60 minutes

Curl or wave

60 minutes

Braiding

60 minutes

Bun

90 minutes

Up-do

90 minutes

Children's Hair (up to age 14)

Hair cut

60 minutes

Girls' package

60 minutes

Experience For those looking to try something new

Surprised Renewed Happy New Unique Relaxed Different

Sacred Body Rituals Signature Treatment

By: Sacred Body Rituals

Duration: 120 minutes

Components: Intention setting, full body massage, facial

Outcome: Cleanses, nourishes and relaxes the body and calms the mind

Sudtana Scalp Ritual

By: Sudtana

Duration: 60 minutes

Components: Scalp and facial massage with oil and herbal compress

Outcome: Traditional Thai therapies soothe and calm the mind

Soneva Vedic Facial

By: Soneva

Duration: 90 minutes

Components: Cleanse, exfoliation, mask, massage and hydration

Outcome: Hydrated, brighter and more balanced skin

Nidraasana Sleep Ritual

By: Soneva

Duration: 90 minutes

Components: Foot soak and scrub, Ayurvedic herbal compress, Reiki, body massage and Indian head massage

Outcome: Relaxes the body and mind for improved quality of sleep

Soneva Natural Body Scrub & Natural Body Wrap

Choice of Body Scrub: Coconut, Orange Yoghurt, Almond, Vegan, Brown Sugar & Green Tea

Choice of Body Wrap: Milk, Avocado, Papaya & Honey

By: Soneva

Duration: 60 minutes

Components: Body exfoliation with locally-grown ingredients and body moisturisation

Outcome: Softer, smoother and brighter skin

Hyperbaric Oxygen Therapy

By: Soneva

Duration: 60 minutes

Components: Increases the amount of oxygen in the body while under pressure

Outcome: A variety of outcomes including increased general health and wellness, increased energy, boost to the immune system, pain and stress relief, better regulated sleeping patterns, improved mental functions, and restoring, relaxing and rejuvenating effects

Vitamin Therapy

By: Soneva

Duration: 90 minutes

Components: Intravenous infusion with tailored blends of vitamins, minerals and amino acids

Outcome: Each outcome is unique to the Vitamin Therapy offered

Major Autohemotherapy

By: Soneva

Duration: 45 minutes

Components: A small amount of blood is taken, infused with ozone and re injected into the body

Outcome: Improves body function, reduces inflammation and increases energy and mental clarity

Soneva Soul – Yoga and Mindfulness

Our instructors at Soneva Soul have grown up surrounded by spiritual practices and teachings, studying yoga at numerous Indian ashrams and with the most renowned masters. Yoga is for everyone, whether you are young or old, getting fit or already athletic. Both a science and a practical system of self-culture, yoga is a discipline of the mind, the senses and the physical body.

Yoga

By: *Soneva*

Duration: *60 minutes*

Components: *Gentle stretches, breathwork and movement*

Outcome: *Improved flexibility and a restored sense of balance within the body and mind*

Aerial Yoga

By: *Soneva*

Duration: *60 minutes*

Components: *Gentle yoga asanas in an aerial hammock*

Outcome: *Further enhances flexibility while flying in the air*

Meditation

By: *Soneva*

Duration: *45 minutes*

Components: *Breathwork and mindful techniques*

Outcome: *Regulates the nervous system for a deep sense of relaxation and peace*

Meditation and Sound Therapy

By: *Soneva*

Duration: *60 minutes*

Components: *Breathwork, mindful techniques and sound therapy, using gongs and crystal and Tibetan singing bowls*

Outcome: *Induces a deep state of calm and overall wellbeing*

Soneva Soul – Movement and Exercise

Our Soneva Soul programmes are playful, fun and inspirational exercise experiences that take you into the natural environment and blend movement with daily living. This approach removes the barrier to fitness and engages with people of all ages and abilities, from informal play to guided training. Our coaches and trainers offer sessions that are personalised to your needs and include guidance on exercise and nutrition.

Personal Training

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Consultation, fitness assessment and training*

Outcome: *Tailored sessions that address your individual concerns or goals*

Jungle Gym

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Open-air training at the island Jungle Gym*

Outcome: *Tailored sessions that address your individual concerns or goals*

Mat Pilates

By: Soneva

Duration: 60 minutes

Components: Sessions done on a mat using your own body weight whilst concentrating on the abdominals, lower back muscles, pelvic floor, hips and glutes

Outcome: Improve core strength, flexibility, mobility, balance and muscle tone

Pilates with equipment

By: Soneva

Duration: 60 minutes

Components: Various pieces of equipment such as the Reformer, Cadillac and Wunda Chair

Outcome: Provides a whole body workout and assists with rehabilitation, mobilising the spine and increasing the body's range of movement

Barre

By: Soneva

Duration: 60 minutes

Components: Movements from pilates, dance, yoga and strength training

Outcome: Helps strengthen and tone your muscles and improve your posture

Children's Ballet

By: Soneva

Duration: 60 minutes

Components: Techniques performed at a slow tempo to help children learn the smaller, more basic ballet steps and movements

Outcome: Builds physical coordination, mental focus and posture

Soneva Soul – Ayurvedic Clinic

The Ayurvedic Clinic is overseen by Dr Smitha. Appropriate clinical treatments are recommended according to your individual needs following a consultation. As each treatment is personalised to you, the below list represents a small sample of our full offering at the clinic.

Soneva Vedic Facial

By: *Soneva*

Duration: *90 minutes*

Components: *Cleanse, exfoliation, mask, massage and hydration*

Outcome: *Hydrated, brighter and more balanced skin*

Abhyangam

By: *Soneva*

Duration: *60 / 90 minutes*

Components: *Full body massage*

Outcome: *Deeply relaxes the body*

Shirodhara

By: *Soneva*

Duration: *60 minutes*

Components: *Oil pour with medicated oils*

Outcome: *Rejuvenates and enhances the function of the central nervous system for deep relaxation that calms an active mind*

New IV Therapy

Immunity Booster

Fatigue Eraser

Beauty Elixir

Slimming Lift

Sommelier's Secret

NAD+

Soneva Soul – Specialist Therapies

Energy Restoration Therapy

By: *Nob*

Duration: *90 / 120 minutes*

Components: *Singing bowls, full body massage and energy work*

Outcome: *A relaxed, calm state of being*

Traditional Indonesian Ratus

By: *Canca*

Duration: *45 minutes*

Components: *Herbal steam and neck and shoulder massage*

Outcome: *A unique experience as the steam soothes and restores*

Ibu Secret Massage

By: *Canca*

Duration: *60 / 90 minutes*

Components: *Full body energy massage (with optional stomach and chest massage)*

Outcome: *Nurtures and rebalances the body*

Wanita Healing

By: *Canca*

Duration: *105 minutes*

Components: *Full body energy massage and herbal steam*

Outcome: *Combines the Ratus and the Ibu Secret massage, to restore and rebalance the body and mind*

Natural Facial

By: *Thuy*

Duration: *60 minutes*

Components: *Cleanse, exfoliation, massage, mask and moisturisation*

Outcome: *Soothed, brighter skin*

Traditional Vietnamese Cupping

By: *Thuy*

Duration: *60 / 90 / 120 minutes*

Components: *Full body massage and cupping therapy*

Outcome: *Releases tension and energises the body*

Organic Herbal Ball Massage

By: *Thuy*

Duration: *60 / 90 / 120 minutes*

Components: *Full body massage and herbal ball compress*

Outcome: *Soothes tension for a feeling of deep relaxation*

Hilot Banana Leaf Massage

By: *Yuli*

Duration: *90 minutes*

Components: *Warming compress and full body massage*

Outcome: *Relaxes and removes tension from the body*

Tok Sen

By: Piyada

Duration: 60 / 90 minutes

Components: Full body massage with wooden tools

Outcome: Releases tension to relax and energise the body

Singaporean Stomach Massage

By: Piyada

Duration: 30 / 60 minutes

Components: Stomach massage with Thai meridian points

Outcome: Eliminates negative emotions and stimulates the digestive system

Cosmic Healing Therapy

By: Piyada

Duration: 90 minutes

Components: Full body massage with wooden tools

Outcome: An energy-based therapy with a personalised massage to address specific needs and concerns

Traditional Chinese Foot Massage

By: Piyada

Duration: 60 minutes

Components: Foot cleanse and pressure point foot massage

Outcome: A personalised treatment that works on the body's reflex zones to create a sense of relaxation or increased energy

Your Wellness Experience at Soneva Jani

- Soneva Soul is open daily from 10.00 to 20.00.
- We kindly request that you arrive at the spa at least 15 minutes before your treatment to complete our Lifestyle Consultation.
- Bookings and cancellations can be made through your Barefoot Guardian or directly with the Spa. If you need to cancel or modify a session, please advise the Spa or your Barefoot Guardian at least 4 hours in advance to avoid a full charge being applied to your account.
- We suggest that you leave all valuables in the safe in your villa.
- Please note that In-Villa Therapies have a 20% surcharge on our listed prices.
- To ensure a safe and healthy yoga or personal training session, we request that you complete our health and medical form, ideally submitted before your session. Please be aware that your information will be kept strictly confidential and will only be used to adapt your workout to account for any pre-existing health conditions. Our Movement Specialist recommends that you eat no later than 60 to 90 minutes before your session.

Price List

	Duration (mins)	Price (USD)
Sleep		
Sleep Remedy	90	230
Sudtana Scalp Ritual	60	230
Soneva Intuitive Therapy	60/90/120	210/250/340
Shirodhara	60	200
Meditation	45	100
Meditation and Sound Therapy	60	145
Nidraasana Sleep Ritual	90	290
Hyperbaric Oxygen Therapy	60	200
Vitamin Therapy	90	Various
Major Autohemotherapy	45	Various
Skin		
Skin Analysis	15 to 30	Complimentary
Signature HydraFacial	30	200
Deluxe HydraFacial	60	325
Soneva Vedic Facial	90	250
Living Beauty Signature Facial	90	290
Advanced Firming Facial	60	230
Personalised Facial	60	230
Soneva Natural Body Scrub & Natural Body Wrap	60	200
Cleanse and Clarify Rhassoul Clay Body Wrap	60	200
Quench Body Polish	60	185
Vitamin Therapy	90	Various
Major Autohemotherapy	45	Various
Restore		
Soneva Intuitive Therapy	60/90/120	210/250/340
Soneva Atlas Massage (Balinese & Swedish)	60/90/120	185/220/385
Soneva Atlas Massage (Thai)	60/90	200/230
Cleanse and Clarify Rhassoul Clay Body Wrap	60	200
Energise		
Soneva Intuitive Therapy	60/90/120	210/250/340
Jet Lag Reviver	60	200
Jet Lag Express	30	125
Energise and Revive	60/90	185/230
Foot and Leg Therapy	60	185
Hyperbaric Oxygen Therapy	60	200
Vitamin Therapy	90	Various
Major Autohemotherapy	45	Various
Mindfulness		
Soneva Intuitive Therapy	60/90/120	210/250/340
Shirodhara	60	200
Meditation	45	100
Meditation and Sound Therapy	60	145
Sleep Remedy	90	230
Sudtana Scalp Ritual	60	230
Balance		
Quench Body Massage	60/90	195/230
Sacred Body Rituals Signature Treatment	120	450
Soneva Intuitive Therapy	60/90/120	250/340/540
Meditation	45	100
Meditation and Sound Therapy	60	145
Abhyangam	60/90	210/250
Shirodhara	60	200

* All prices are quoted in USD (\$), and are subject to an additional 16% government tax and 10% service charge.

Price List

	Duration (mins)	Price (USD)
Pamper		
Deluxe HydraFacial	60	325
Manicure	60	90
Pedicure	60	100
Personalised Facial	60	230
Sudtana Scalp Ritual	60	230
Quench Body Massage	60/90	195/230
Quench Body Polish	60	185
Soneva Intuitive Therapy	60/90/120	210/250/340
Soneva Natural Body Scrub	45	155
Hair Salon		
Cut		
Women's hair cut	90	125
Men's hair cut	60	80
Blow Dry		
Wash and blow dry (short/medium hair)	60	50
Wash and blow dry (long hair)	60	80
Wash and blow dry (curly hair)	90	110
Treatments		
Add-on Treat Me boosters to improve hair growth and condition		
Moisture	5	25
Strength	5	25
Thickening	5	25
Anti-ageing	5	25
Extras		
Head massage	15	50
Dry shoulder massage	15	50
Styling		
Straightening	60	100
Curl or wave	60	100
Braiding	60	150
Bun	90	100
Up-do	90	200
Children's Hair (up to age 14)		
Hair cut	60	45
Girls' package	60	150
Experience		
Sacred Body Rituals Signature Treatment	120	450
Sudtana Scalp Ritual	60	230
Soneva Vedic Facial	90	250
Nidraasana Sleep Ritual	90	290
Soneva Natural Body Scrub & Natural Body Wrap	60	200
Hyperbaric Oxygen Therapy	60	200
Vitamin Therapy	90	Various
Major Autohemotherapy	45	Various
Soneva Soul – Yoga and Mindfulness		
Yoga	60	200
Aerial Yoga	60	220
Meditation	45	100
Meditation and Sound Therapy	60	150
Soneva Soul – Movement and Exercise		
Personal Training	60/90	190/285
Jungle Gym	60/90	190/285

* All prices are quoted in USD (\$), and are subject to an additional 16% government tax and 10% service charge.

Price List	Duration (mins)	Price (USD)
Mat Pilates	60	
Private Training		250
Group class, 2 to 6 guests maximum		80 per person
Pilates with equipment	60	
Private Training		300
Barre	60	
Private Training		250
Group class, 2 to 8 guests maximum		80 per person
Children's Ballet	60	
Private Training		130
Group class, 2 to 8 guests maximum		60 per person
Personal Training	60	200
Soneva Soul – Ayurvedic Clinic		
Soneva Vedic Facial	90	250
Abhyangam	60/90	210/250
Shirodhara	60	200
Soneva Soul – Specialist Therapies		
Energy Restoration Therapy	90/120	390/470
Traditional Indonesian Ratus	45	235
Ibu Secret Massage	60/90	285/390
Wanita Healing	105	440
Natural Facial	60	285
Traditional Vietnamese Cupping	60/90/120	285/390/470
Organic Herbal Ball Massage	60/90/120	285/390/470
Hilot Banana Leaf	90	390
Tok Sen	60/90	285/390
Singaporean Stomach Massage	30/60	155/285
Cosmic Healing Therapy	90	390
Traditional Chinese Foot Massage	60	285

* All prices are quoted in USD (\$), and are subject to an additional 16% government tax and 10% service charge.