

A close-up photograph of a palm frond, showing the intricate, fan-like structure of the leaflets radiating from a central stem. The leaves are a vibrant green color. A red cursive signature is overlaid across the center of the image.

*Shane*

# My Kind of Massage

## **Balinese**

60 mins \$120 / 90 mins \$145

Enjoy a taste of Bali using traditional, ancient Balinese methods of massage. A combination of palms and thumbs eases muscle tension, calms neural pathways, encourages circulation, and reduces stress levels. Specially blended oils reinstate peace of mind with their unique calming and soothing qualities.

## **Muscle Ease Massage**

90 mins \$160

A therapeutic massage using Thai-style stretching techniques and deep relaxing strokes: feel the knots and tension slip away. This unique experience will make you feel completely energized and refreshed.

## **Healing Aromatherapy**

60 mins \$120 / 90 mins \$135

Bring your body back into alignment with its natural rhythm as it benefits from this soft, relaxing, wave-like massage with long, sweeping movements using palm pressure that soothes your body and mind. Choose from our selection of different aromatherapy oils.

All prices are subject to 10% Service Charge and 16% GST.



# Eskape Signatures

## **Maldivian Ocean Dream Massage**

90 mins \$150

Our signature massage triumphs over aches and pains. With a blend of specialised techniques from medium to firm pressure, this massage brings relief to tired muscles. A combination of deep pressure and stretching techniques to make you feel as good as new.

## **Relax Your Mind**

90 mins \$160

Rebalance and heal with this signature treatment starting with a luxurious foot ritual, followed by a blissful full body massage with warm oils and long and firm flowing movements, and a Marma Point facial massage, all to release your tense muscles, relaxing them by ridding your body and mind of the stress of everyday life.

## **Paradise-Me**

120 mins \$210

Begin your journey with a cleansing coffee body scrub: prepare to float away while our therapist uses deep relaxation and stretching massage techniques. Ends off with a coconut milk ritual whilst listening to the sound of the waves.

30 mins Coffee Body Scrub, 60 mins Massage, 30 mins Coconut Milk Body Mask.

## **Sea Coconut Secret**

90 mins \$190

The humble Maldivian coconut is adored by the locals for its nourishing and soothing properties. You will find this treatment oh-so rejuvenating. Begin your journey with a foot ritual to treat your feet, which is then followed by a gentle exfoliation. The natural scrub ingredients include fragrant toasted coconut to renew, nourish and soften your skin, and to make you feel refreshed and shimmering.

## **Sports**

60 mins \$130 / 90 mins \$150

A powerful massage designed to alleviate deep-seated tension and muscular stress. Using medium to firm pressure and stretching along with acupressure and deep movements, increases blood circulation that will bring you a sense of freshness and revitalisation.

## **Detox Massage**

90 mins \$160

Using a combination of cellulite and deep tissue movements allows your body to remove those unwanted toxins. Our detox massage will also assist in strengthening muscles and improving circulation to aim at a healthier and more energetic you.

## **Traditional Thai**

90 mins \$150

Experience this traditional massage from Thailand. Combining acupressure techniques, will increase blood circulation and strengthen yoga postures, and improve mobility and flexibility of both muscles and joints.

## **Warm Stone Massage**

90 mins \$155

A therapeutic and rejuvenating massage using warm volcanic stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

## **Herbal Compress**

90 mins \$155

Practiced for many years, this ancient art of healing promotes emotional and physical well-being. Warm Thai herbal compresses provide anti-inflammatory, antiseptic, and anti-oxidant properties to relieve stress and fatigue.

## **Both of You Naturally Nurtured**

60 mins \$120 / 90 mins \$140

Nurture your skin when you need it the most with this gentle restorative and entirely tailored massage. Ideal for expectant mothers after their first trimester.

## **No More Cellulite**

60 mins \$130

This stimulating massage targets cellulite-affected areas reduces fluid retention and improves skin texture. Focusing on common problem areas such as your hips and thighs, this revitalizing treatment will alleviate and release toxin build-up and minimise the appearance of cellulite.

## **Basic Massage Lesson for Two**

90 mins \$150

Why not learn a relaxing massage technique for your loved ones? Give it a try and have fun!

All prices are subject to 10% Service Charge and 16% GST.

# Holistic Eskape

## **Lymphatic Drainage**

60 mins \$120

This treatment uses hands-on massage techniques designed to activate, stimulate and cleanse your lymphatic system. The pressure applied is very light and gentle. It will alleviate inflammation, and water retention and help your body detoxify.

## **Foot Reflexology**

30 mins \$90 / 60 mins \$110

Alleviate stress and calm your body down with this effective treatment. The theory behind reflexology states that specific areas in your feet correspond to specific organs and vital body systems and that by adding pressure to these points we can diffuse stress within the body.

## **Blissful Eskape**

90 mins \$165

Start with a Balinese herbal body mask made of natural ingredients: nutmeg, clove, and ginger. Overcome muscle tension, and uneven skin texture as our therapist lightly applies the mask to the body, followed by the traditional Balinese massage.

30 mins Herbal body mask, 60 Mins Balinese massage

## **Eskapism**

90 mins \$185

Eskape. Relax. Renew.

Begin with a full-body exfoliation that makes your skin feel smooth and renewed. Follow up with our signature Maldivian Ocean Dream Massage using a variety of techniques that release deep-seated knots and tension areas.

A choice of Body Scrub 30 mins, Maldivian Ocean Dream Massage 60 mins.

## **Eskape Detox**

120 mins \$220

This fusion treatment creates a truly detoxifying experience which will ensure you are remineralised and detoxified. The spa therapist starts with a technique to stimulate circulation preparing the skin for effective product absorption and toxin elimination; followed by a Detoxifying Seaweed Wrap and a long stroke-flowing massage using Seaweed Oil with Fucus Serratus and Sweet Orange essential oil for further detoxification.

Seaweed Wrap 60 mins, Lymphatic Drainage or No More Cellulite Massage 60 mins.



## Reset Packages

### **120 MINS PER DAY**

We believe in providing you with the best and most transformative experience possible. Our expertly trained team will escort you to one of our ten bespoke retreats located on the beach, ensuring that your spa experience is extraordinary.

# Rejuvenate Your Mind and Body

**3 days \$525 / 5 days \$825 / 7 days \$1025**

Customise your spa package! Choose from any of the following:

- Massages
- Facials
- Body Treatments

All prices are subject to 10% Service Charge and 16% GST.

# Couple Eskape

## **Eskape to Romance**

120 mins \$385

Dive into romantic spa indulgence and truly unwind, allowing your mind to esKape. Your journey begins with a steam bath to soften skin and prepare it for exfoliation. A choice of exfoliator for skin renewal and restoration, which is followed by the Maldivian Ocean Dream Massage leaving you fully rejuvenated. Finally, enjoy a glass of bubbly and chocolates whilst daydreaming over the infinite view of the Indian ocean.

Steam Bath 15 mins, Body Exfoliation 45 mins, Maldivian Ocean Dream Massage 60 mins, 2 glasses of sparkling wine.

## **Couple Bliss**

120 mins \$395

Eskape into deep relaxation by choosing either a Rejuvenating or Relaxing massage, followed by a warm body mask smoothed over the body. Pamper those tired, overworked feet with our energising foot reflexology. Complete your journey with a flower bath session while sipping on spa refreshments.

60 mins Massage of your choice, 20 mins Body Mask, 20 mins Foot reflexology, 20 mins Flower bath session

# Eskape Facials

## **Brightening Facial**

50 mins \$130

The must-have facial treatment to give back vitality and reveal a brighter, smooth, and radiant-looking complexion.

## **Anti-Ageing Facial**

60 mins \$150

Restore your skin's balance with this luxury skin rejuvenating treatment using a selection of anti-aging products. Your skin will be visibly toned and brightened.

## **Mini - Facial**

30 mins \$95

Cleanse, scrub, and moisturise for that quick glow!

All prices are subject to 10% Service Charge and 16% GST.

## It's All About Your Body

### **Nourish and Glow**

60 mins \$130

Reveal your smoothest, softest skin ever with this body exfoliation treatment, finishing with the extensive application of nourishing Gold Dry Body Oil that leaves your skin shimmering and glowing.

### **Aloe Soothing Wrap**

60 mins \$130

Wrap up your body with cucumber, yogurt, and honey. These natural ingredients soothe, calm, and cool the skin. Whilst you're cocooned, we'll give you a revitalising foot massage and envelope your body with Aloe Vera gel to soothe and dissipate the redness of the irritated skin. Suitable for all skin types.

### **Seaweed Laminaria Remineralising & Detoxifying Wrap**

60 mins \$155

Cleanse, refine and remineralise your body. Start with dry brushing to stimulate the lymphatic system and activate body circulation; followed by a seaweed wrap of Laminaria Digitata and Spirulina that are rich in trace elements and nutrients high in antioxidants that are known for combating the formation of fat cells, providing a refined skin texture and eliminating the appearance of cellulite.  
Seaweed Body Wrap, Seaweed Oil Application



Take the time  
to do what makes  
your soul happy!

Whether you are jet-lagged, overworked, under-slept, or partied out,  
Eskape Spa promises the outcome you need and with the add-ons  
you want to get you back in the game.

## Reset Your Soul!

### **Coconut Dream**

30 mins \$60

Cocoon your hair with melting coconut oil to soothe your scalp and ease away unwanted thoughts.

- Head massage and coconut oil hair wrap

### **Back to Life**

30 mins \$50

Release those back knots and feel renewed!

- Back massage using firm elbow strokes

### **Sole Delight**

30 mins \$60

Why not treat your feet with the ultimate pampering it deserves? Start with a soak, followed by a soothing foot mask; continue with an invigorating foot massage. Walk away with the perfect holiday feet.

**Mani Eskape or Pedi Eskape**

60 mins \$90 each

Give your hands and feet some love and care! Inclusive of exfoliation, cuticles tidied, nails shaped, and nail colouring applied to perfection by OPI.

**Mini Manicure or Pedicure**

30 mins \$45 each

For that quick fix!  
Inclusive of nail shaping and nail colouring.

All prices are subject to 10% Service Charge and 16% GST.





## **Spa Etiquette**

Spa services are available for guests of all ages. The Kids' Spa is available for kids between four and ten years old.

## **Reservations**

Walk-in appointments are welcome; however, guests are encouraged to make arrangements in advance. To schedule your appointment\*, please dial extension 4302.

Please advise us if you are pregnant or have other significant health considerations when booking your treatments. Pregnancy treatments are not allowed before the first trimester and are not recommended 24 hours before and after travelling.

## **Arrival & Check-in Procedures**

We invite you to enjoy the steam room before or after spa treatments. We request your arrival at least fifteen minutes before your treatment time, providing you with ample time to check in and prepare for your spa experience. Should your arrival be delayed, please note that your treatment time will be reduced accordingly so that we may serve the next guest on time.

Late arrival will still result in full charge for your requested service, even though your actual treatment time may be reduced. We request that you do not bring jewellery or valuables to your spa experience. Eskape Spa is not responsible for lost, stolen or misplaced items.

## **Cancellation Policy**

Your reservations require that we schedule our Spa crew and hold appointment times just for you. As a courtesy and to avoid charges in full, we require 24-hour notice should you need to change or cancel your reservation.

If your cancellation request is submitted within less than 24 hours, a 50% charge will apply to your booking. If your cancellation request is submitted within less than 3 hours, a 100% charge will apply to your booking.

## **Valuables**

Safety boxes are also available in all our change rooms in the spa. However, we recommend you store your jewellery and valuable items in the safety box available in your room. While we endeavor to look after your belongings, we do not assume liability for any valuable items lost or stolen.

  
*nova*  
M A L D I V E S

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