



MAKUNUDU

ISLAND

AAVUN SPA

OPENING HOURS: 09:00 TO 19:00HRS

OUR PHILOSOPHY

Aavun Spa is an oasis of wellness offering a holistic well-being experience, our core healing principle rooted from ancient practices, a breath taking beautiful natural environment and customized wellness programs to individual needs. The aim at Aavun spa is to provide a seamless experience for our guest, with no boundaries so they can experience wellness beyond their spa treatment. We believe that each individual is unique. So too are the programs and experiences that we offer. Aavun Spa offers comprehensive customized wellness programs, offering a range of holistic rejuvenating therapies which restore the vitality and natural harmony of the body, mind and spirit.

At Makunudu Island your lifestyle and life story inspire a tailored and targeted experience. Choose how you would like to spend your time with us. Or let us guide you. Either way, your personal path will lead to a balanced sense of self. Your wellness journey began by scheduling short consultation followed by recommended treatment for you.

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Balinese Massage

A traditional massage using a combination of specific techniques designed to release tensions in the muscles. This boost to your circulation will help reduce stress levels and rebalance your body.

\$75 (60min)
\$105 (90min)

Swedish Massage

A classic European massage incorporating a variety of techniques to treat sore muscles, tension, stress and poor circulation. This is the ideal massage for those seeking to improve muscle tone and total relaxation.

\$75 (60min)

Deep Tissue Massage

Aimed at targeting the deeper muscles, this treatment is more focused with pressure. Releasing chronic muscle tension, knots and adhesions in order to increase flexibility. Recommended for sports enthusiasts.

\$105 (90min)

Shiatsu Massage

Immerse in a massage that will ease and loosen the stress away. Shiatsu, Japanese for “finger pressure” is a technique and palm to untangle the buildup of stress.

\$75 (60min)



Oriental Massage

Combination of massage and acupressure, leaves you with deep sense of physical and mental relaxation, revitalization and wellbeing.

\$75 (60min)

Indian Head, Neck & Shoulder Massage

Based on the Ayurvedic system of healing, this massage aims to release stress, tension, fatigue, insomnia and headaches. The Scalp is massaged to provide relaxation and relief from tension and mental fatigue.

\$50 (30min)

Foot Massage

An ancient Chinese therapy of stimulating acupressure points on the feet to activate the body's own healing powers and relieve ailments experienced elsewhere in the body. Reflexology is performed to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance.

\$50 (30min)

Back, Neck & Shoulder Massage

This massage can help reduce shoulder tightness and a sore back by working gently on the tight spots to encourage the healing process.

\$50 (30min)

Indian Head, Neck & Shoulder Massage

Based on the Ayurvedic system of healing, this massage aims to release stress, tension, fatigue, insomnia and headaches. The Scalp is massaged to provide relaxation and relief from tension and mental fatigue.

\$50 (30min)

All the prices in US Dollars and subject to 10% service charge and 17% Government tax.

SPA ETIQUETTE

Pure Nature Facial

Using natural ingredients including yoghurt, honey, cucumber, soft sugar and olive oil following with face massage and acupressure point will improve blood flow, deep cleansing and nourish skin.

\$75 (60min)

Coconut Scrub

Fresh coconut from the island of Maldives will refine your skin, remove dead skin, soften the skin following with yoghurt application as moisturizer at the end of treatment.

\$75 (60min)

Foot Reflexology

Stimulate pressure point on the feet that connect to other parts of the body. Relaxing, improve circulation and balance the energy.

\$75 (60min)

Honeymoon Package

Couples to indulge themselves in our holistic massage and treatment to pamper you and your partner. Choice of massage, scrub or facial from this list for 2 persons.

\$320 (120min)

Relax & Refresh

A full body massage designed to improve circulation, treat aching muscles and relieve tension. Followed with a mini facial using cucumber and honey to soften, moisturize and hydrate your skin.

\$115 (90min)

Maldivian Journey

Indulge in a truly Maldivian experience. Starting with a massage, using pure indigenous coconut oil, followed by a full body exfoliation with an exotic blend of fresh coconut and sea salt scrub. This treatment will deeply cleanse and moisturize your skin leaving it glowing, vibrant and flawless.

\$115 (90min)

Spa Appointments

Please consult our Specialist for assistance in selecting treatments to fulfil your personal requirements. Appointments can be made at the Aavun spa reception desk, by dialing or by calling reception desk. We suggest that you schedule your appointments in advance to obtain your preferred time.

Cancellation Policy

Should you wish to cancel an appointment, please let us know at least 4 hours beforehand or a full cancellation fee will be charged. No-shows will also be charged at the full treatment price.

Arrival

We recommend that you arrive at least 15 minutes prior to your appointment time. Arriving late will limit the time of your treatment. At Aavun spa you will be asked to complete a brief, confidential consultation card. This is to check for possible contraindications to any treatments.

Health Conditions - Please inform us of any health conditions when booking your appointment. These include high blood pressure, heart conditions, any allergies, recent surgeries or pregnancy.

Valuables

While we take precautions, Aavun Spa accepts no responsibility for the loss of money or valuables of any kind.

Comfort

The Spa is an area of relaxation and tranquility. We ask you to refrain from using your cell phone while on the premises. The Spa is a non-smoking area.

Shower

Sand can be an irritant to the body during any kind of massage. We kindly ask that you be showered and sand-free prior to your treatment.

Charges

All services are subject to 10 per cent service charge and prevailing government taxes.

A large, stylized, light-colored leaf pattern is positioned on the left side of the page, extending from the bottom to the top. The pattern consists of multiple vertical stems, each with several pointed, teardrop-shaped leaves. The leaves are arranged in a symmetrical, overlapping manner, creating a dense, organic texture. The color of the pattern is a light beige or cream, contrasting subtly with the darker brown background.

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