



the Spa

A SUN SIYAM SPA

# MASSAGES

For a truly delightful and decadent experience, enjoy your massage by the beach, on your private villa deck or next to your private villa pool. A set-up fee of USD 50 applies.

## Quattro Mani

60 minutes

This indulgent therapy doubles the healing benefits of massage, using two therapists working at the same time, blending different therapeutic massage techniques. The Quattro Mani stimulates blood circulation, helping release toxins deep within muscle cells, alleviating pain and promoting healing. Using our invigorating Energize oil, this massage balances the energies of the left and right sides of the body, leaving you blissfully relaxed and renewed.

## Aeroma

60 minutes

Sink into fragrant bliss with this relaxing aromatherapy massage. A variety of different massage techniques are used together with your choice of aromatic tranquil oil, designed to stimulate and awaken all five senses. Calm, rhythmic movements relax and harmonize the body systems, increasing blood circulation and soothing away any stress or anxiety.

## Balinese Way

60 minutes

Originating in the Indonesian Island of the Gods, this traditional massage combines acupressure, stretching, long strokes, skin rolling and thumb pressure. Addressing a range of different health issues, such as muscle pain, headaches, insomnia and even migraines, this massage is perfect for soothing tired muscles after an active day. Our special Relaxing oil is used to enhance feelings of serenity and calm.

## Classical Western

60 minutes

This therapeutic massage is similar to Swedish massage, featuring strong kneading of the muscle tissue, getting deep into the muscle fibers. Firm strokes increase circulation and encourage the release of toxins, helping alleviate chronic muscle pain and tension and working out stubborn knots. We use our own specially formulated Uplifting oil with this massage to energize and revitalize.

## Nippon Shiatsu

60 minutes

This traditional Japanese massage uses finger pressure along the energy lines to help address imbalance within the body. Shiatsu is believed to help detoxify the systems, lower blood pressure, relax the muscles, alleviate stress, help prevent headaches and migraines and improve mobility. The palms, knuckles and elbow are used in this therapeutic oil-free treatment, focusing on ki energy flowing through the body's meridians.

## Royal Thai

90 minutes

Enjoy deep yoga-like stretching and the kneading of acupressure points with this traditional Thai massage. Perfect for relieving sore and fatigued muscles, this massage also improves circulation and mobility, as well as boosting the immune system and detoxifying the body. This oil-free massage is performed on a padded mattress and loose clothing is worn to allow the body to be easily moved into the different stretches.

## Detox Cellulite Massage

60 minutes

Firm up with this circulation-boosting massage, which targets the abdomen, arms, thighs and stomach. Our fragrant blend of orange and patchouli Detox oil improves skin texture while helping to break down fat and improve contours. This relaxing massage also makes skin supple and receptive to absorbing cellulite cream.

## Calm the Back & Shoulders

45 minutes

We store most of our tension in the back and shoulders, and this intensive massage targets the places where muscles are most stressed. Enjoy immediate relief with this firm yet relaxing treatment, with pressure points in the back, neck and shoulders kneaded and muscles softened. We use Energize oil to help you feel rejuvenated and refreshed.

## Foot Relief

45 minutes

Feel truly pampered with this therapeutic reflexology treatment. Pressure points on the feet are massaged which correspond to different organs within the body, helping redress any imbalance through detoxifying and relieving stress. A relaxing oil is used to help soothe away any tension in the mind.

# AYURVEDA TREATMENTS

## Sirodhara

60 minutes

Draw upon the ancient healing properties of Ayurveda with this Indian massage. Sirodhara begins by soothing the body with a gentle, balancing massage while warm ksheerabala oil is poured continuously on the third eye, located in the center of the forehead. This holistic healing treatment harmonizes the body, mind and soul, and has been used for centuries to treat such diverse ailments as depression, headaches, anxiety, allergic rhinitis, premature hair graying, hearing impairment, insomnia, Meniere's disease, psoriasis, tinnitus, neurological disorders and problems with vision.

## Abhyanga

60 minutes

This ancient therapy pampers as it heals, using a liberal amount of warm narayana and kaporadi oils infused with healing Ayurvedic herbs. Deep body massage stimulates lymphatic drainage, improves blood circulation and boosts energy while simultaneously promoting relaxation and soothing away stress.

## Marma

60 minutes

According to Ayurvedic tradition, there are 107 marma – or energy – points in the body. In this healing massage, therapists focus massage on the marma points, kneading with both hands and feet. After this massage, your muscles should feel relaxed and your joints more pliant. Murivenna oil is used with this massage, lessening inflammation and muscle sprains.

## Kativasti

60 minutes

Relieve lower backache with this targeted Ayurvedic treatment. Warm murivenna oil is poured onto the lower back within a well of dough, concentrating its healing properties on the lumbar spine. This treatment will also ease stiffness in the joints and increase the level of oxygen in the blood stream, leaving you feeling refreshed and revived..

## Indian Head & Neck Massage

30 minutes

Work out the tension in your head, neck, and shoulders, with this intensely relaxing and reenergizing marma-point massage. Tension in the head and shoulders can cause headaches, back pain and neck strain, and this treatment can alleviate such ailments as well as increase blood circulation around the head, promoting calm and counteracting insomnia and nighttime restlessness. Enjoy the fragrance of ksheerabala oil, neelabringadi oil and natural coconut oil.





# BODY WORKS

Our lush body scrubs are rich in mineral salts and essential oil blends, perfectly formulated to gently remove dead cells and reveal soft, supple skin. Our selection of wraps further beautifies the skin, encouraging the elimination of toxins and stimulating circulation, returning vitality and luminosity.

## Delicious Coffee Scrub

45 minutes

This tantalizingly aromatic treatment taps into the beneficial properties of the caffeine from Arabica beans. Specially formulated to target cellulite and stretch marks, this scrub exfoliates away dull cells to leave skin fragrant and velvet soft. Our special coffee and vanilla body scrub smells almost good enough to eat.

## Tropical Lime & Coconut Scrub

45 minutes

Using fresh coconuts plucked from the palms of Vilu Reef, this gentle scrub exfoliates and moisturises. Shredded coconut pulp and lime juice promote soft, smooth skin – a naturally good remedy for dry and sensitive skin types.

## Delight Marine Scrub

45 minutes

Stimulate your lymphatic system and flush out impurities with this invigorating full-body treatment. Our mineral-rich Marine Scrub helps remove dead skin cells, cleansing and refreshing your entire body and leaving you with all-over glow.

## Java Lulur Scrub

45 minutes

Delight in our decadent Lulur Scrub, applied liberally to your entire body to deeply nourish the skin. This traditional Javanese treatment uses turmeric as a main ingredient to cleanse and purify, promoting a radiant glow, while dead cells are exfoliated away, leaving your skin feeling smooth and looking brighter.

## Seaweed & Aloe Vera Mask

60 minutes

This mineral-packed treatment uses the natural detoxification properties found in seaweed. Using our special Seaweed & Aloe Face & Body Mask, this powerful treatment improves the skin's complexion and reduces cellulite.

## Papaya Enzyme Toning Mask

60 minutes

This lush exfoliating mask uses the natural fruit enzymes in papaya to cleanse and moisturise the skin. Papain acts as an organic exfoliant, revealing a layer of radiant new skin, while properties in our specially formulated Papaya Toning Mask help prevent against premature ageing and inflammation.

## Rose Geranium Clay Mask

60 minutes

This fragrant floral treatment blends rose geranium and clay to cleanse and rejuvenate the skin. Our unique Rose Geranium and Clay Mask is specifically designed to brighten the complexion and even out skin tone to give you a radiant island glow.

## Aloe Vera Skin Cooler

60 minutes

Soothe and rehydrate sun-kissed skin with this powerfully restorative treatment. Perfect for cooling down the epidermis after a day in the sun, our nourishing Pure Aloe Vera Gel can calm and soften sun-stressed skin, providing relief from sunburn.

## Honey and Cucumber After-Sun

60 minutes

Harnessing the healing properties of fresh cucumber and pure honey, this cooling treatment eliminates excess heat from the body, providing soothing relief to burnt or dehydrated skin.

# FACIALS

All facials at The Spa begins with a facial steam to cleanse deep into the pores. This is followed by an exfoliation ritual to boost blood circulation, and a relaxing facial massage to relieve tense muscles and restore vitality. A nourishing mask is applied, providing nourishing vitamins and minerals, with a hydrating moisturiser to finish, giving you a vibrant and youthful appearance.

## Ultimate Sun Aqua Facial

**60 minutes**

Boost your natural radiance with our indulgent signature facial, tailored to suit your skin's particular needs. The face is cleansed and exfoliated using a lush facial scrub, followed by a mask and deeply nourishing moisturiser. By removing dead, dull skin cells and restoring luster and vitality, you'll notice a visible improvement in the smoothness and luminosity of your skin.

## Aromatic Rose Facial

**60 minutes**

Delicately fragrant, this aromatic facial uses rose essential oil to soothe the skin, and vitamin E as a natural antioxidant. Deeply nourishing and suitable for sensitive skin types, this facial will leave your skin silky smooth and moisturised.

## Deep Cleanse Facial

**60 minutes**

Let your skin's natural beauty shine through with this deeply cleansing facial. Steaming and hot towel compresses clean pores, while massage and a freshwater mask leave the face looking pure and fresh. Exfoliation removes dull, dead skin cells and a premium massage cream and moisturiser to nourish the skin.

## Ayurvedic Dosha Facial

**60 minutes**

Combining the ancient Ayurvedic techniques with modern innovation, this facial balances the dosha systems in the body, promoting an inner radiance that shines through. Ayurvedic products are used to cleanse, exfoliate, moisturise and firm the skin, while massage increases blood circulation, resulting in a glowing visage. The dosha facial is ideal for oily and combination skin.

# SPA PACKAGES

Arrive early for your spa package and enjoy complimentary use of the steam room, sauna and chill pool.

## Sun Aqua Classic

150 minutes

Indulge in this Sun Aqua Classic package, designed to promote absolute balance of mind, body and spirit. Start with the full-body massage of your choice to relax and unwind tense muscles. Next, take your pick of our deliciously decadent body scrubs, each using natural exfoliants to slough away dull, tired skin. To finish up, a manicure and pedicure put the finishing touches on this rejuvenating ritual.

- Full-body massage (Aeroma/Balinese Way/Classical Western or Nippon Shiatsu)
- Body Scrub
- Manicure and pedicure

## Purity Honeymoon Indulgence

150 minutes

This pampering treatment is the ultimate spa experience for you and your beloved. Begin with an invigorating hydrotherapy session and a fragrant footbath. Next, choose from a traditional Balinese or classic Western massage, allowing our skilled therapists to work out any knots and tension. Your favourite body scrub is then applied, exfoliating dry skin cells and smoothing out rough areas, while our Ultimate Sun Aqua Refresher Facial leaves your face bright and radiant. To rinse off, relax together in a scented Vanilla Milk Bath with a bottle of sparkling wine and a platter of fresh fruit.

- Hydrotherapy & Footbath Ritual
- Massage of your choice (Balinese Way /Classical Western )
- Delight Marine Body Scrub
- Ultimate Sun Aqua facial
- Vanilla Milk Bath, fresh fruits and sparkling wine

## Sun Aqua Signature Experience

150 minutes

Relish this signature treatment, created exclusively for The Spa Vilu Reef. Begin with a refreshing session in the hydrotherapy room and a fragrant foot bath ritual. Next, let our Vitality Warm Stone Massage melt away tension, using fragrant warm oils to aid the relaxation of muscles. An Asian Ayurveda Dosha Facial is then applied, addressing the energy points in the face, while a truly blissful scalp massage delivers a sense of profound calm. Afterwards, soak in a fragrant floral bath.

- Hydrotherapy & Footbath Ritual
- Vitality Warm Stone Massage
- Ayurveda Dosha Facial with scalp massage
- Floral Bath with rose essential oil

## Sun Aqua Floral

150 minutes

Luxuriate in this pampering floral treatment, using natural tropical ingredients to promote inner harmony and balance. A refreshing hydrotherapy session and Footbath Ritual relax mind and body in preparations for a grated coconut and fresh lime scrub. After exfoliation, relax into an aromatic oil massage with soothing and revitalizing vanilla, orange and lavender oils. To finish, enjoy our Aloe Vera Skin Cooler treatment to rehydrate and calm the skin after a day in the sun.

- Hydrotherapy & Footbath Ritual
- Tropical Lime & Coconut Scrub
- Aeroma Massage with vanilla, orange and lavender oil
- Aloe Vera Skin Cooler with Lavender Floral Bath



### Simply Asian

150 minutes

Spoil yourself with this exotic package that combines wellness rituals from across Asia. Begin with a cleansing hydrotherapy session and Footbath Ritual, before enjoying a detoxifying Javanese Lulur Scrub. Balinese massage and our Seaweed and Aloe Vera Body Mask follow, leaving your skin renewed and refreshed. A floral bath with peppermint awakens the mind, and revitalizes the skin, leaving you cooled and refreshed.

- Hydrotherapy & Foot Bath Ritual
- Java Lulur scrub
- Balinese Way Massage
- Seaweed & Aloe Vera Body Mask
- Peppermint & Floral Bath

### Vilu Sun

100 minutes

This romantic package is the perfect complement to a couples' getaway. Timed to coincide with sunset, the Vilu Sun package treats you to the couples' massage of your choice, a Footbath Ritual for two and foot massage in one of our outdoor cabanas. Enjoy a bottle of sparkling wine as the sun dips beneath the horizon.

- Foot Bath Ritual
- Massage of your choice (Aeroma/ Balinese Way /Classical Western)
- Foot Relief massage
- Bottle of sparkling wine



# SUN AQUA SALON

Look as good as you feel with our pampering array of salon and beauty treatments, including luxurious manicure-pedicures, hair styling, men's grooming and hair removal.

## NAIL CARE

### Vilu Manicure or Pedicure by OPI

60 minutes

Nourish your nails with our lavish Vilu manicure and pedicure. We will trim and shape your nails, soften and massage your cuticles and soak and slough away dull, dead skin. We will then massage and moisturise your hands and/or feet and buff your nails to a brilliant natural shine before applying the OPI polish or your choosing.

### French Manicure

60 minutes

This classic manicure or pedicure begins with trimming and shaping the nails before a de-stressing cuticle massage. After a circulation-boosting hand and/or foot massage and gentle exfoliation, we apply the perfect French manicure using OPI nail polish.

## HAIR CARE

Sun Aqua intensive hair therapies combine natural ingredients with gentle massage techniques to strengthen the scalp and hair follicles. Feel and look fantastic with these luxurious treatments.

### Ginseng Hair Crème Bath

50 minutes

This nourishing Crème Bath is perfect for dark hair, creating luscious, silky locks with rosemary- and ginseng-fortified cream. This treatment includes a deeply relaxing scalp massage, reviving hair from the follicle to the tip.

### Avocado Hair Crème Bath

50 minutes

Recommended for medium to lighter hair colours, this nourishing Crème Bath uses the nutrients in lemon and avocado to treat dull, dry-looking hair. The cream is applied from tip to root and the scalp massaged, leaving hair thoroughly moisturised and shiny. Avocado helps prevent dryness and dandruff.

### Nourishing Hair Mask

50 minutes

Sun and sea can make hair dry and brittle, so treat your hair to our deeply nourishing avocado and ginseng mask. Boost glossiness and maximize the manageability of your hair with this all-natural treatment.

## HAIR CUT, MAKE-UP & HAIR STYLE

- Men's Hair Cut
- Ladies Hair Cut
- Hair Colour
- Make-up and Hair Styling
- Hair Style (Curling/Straightening)
- Wash and Blow Dry

## HAIR REMOVAL/WAXING

- Half Leg / Full Leg
- Underarms / Full arm
- Bikini
- Full Chest
- Full Back
- Eyebrow Shape



# SPA ETIQUETTE

## Opening Hours and Appointments

The Spa is open from 9am to 9pm every day. We accept walk-ins when possible, but we advise you to make an appointment in advance to avoid disappointment. You can make an appointment by visiting the spa or by calling us on extension 344.

## Arrival Time

You are required to be at the Spa at least 10 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the peaceful surroundings of the spa. Arriving late may impact your treatment time in order to properly serve the next guest.

## Hydrotherapy

All guests of the spa are welcome to use the hydrotherapy area, including Jacuzzi, steam room, sauna and chill pools. We recommend spending at least 30 minutes in the hydrotherapy room – making sure to book your visit when you schedule your spa appointment.

## Spa Recommendations

We recommend you do not sunbathe within two hours before or after of your spa treatment – especially hair removal treatments and body scrubs.

Men booking a facial treatment should shave at least five hours before their treatment for maximum benefit. Pregnant women and new mothers should consult our Resort Doctor prior to booking any treatments. If possible, a certificate of no objection from your family doctor should be provided before using the spa facilities.

## Clothing

The Spa provides bathrobes, slippers and disposable panties for your personal use during your treatment. If you prefer, you can also wear your own bikini or underpants.

## Food-free Zone

We know the food at Sun Siyam Resorts is irresistible, but do ask that you refrain from bringing any into to the Spa area. We also ask you not to smoke, chew gum or make loud noises around the Spa area. You are also requested not to bring your cell phones, camera or any type of audio-visual gadget into the Spa.

## Jewellery

The Spa strives to maintain a calm, tranquil environment for all our guests, and children are not permitted in the Spa area.

## Children

We know the food at Sun Aqua Resorts is irresistible, but do ask that you refrain from bringing any into to the Spa area. We also ask you not to smoke, chew gum or make loud noises around the Spa area. You are also requested not to bring your cell phones, camera or any type of audio-visual gadget into the Spa.

## Prices

All prices are in US Dollars, subject to 10% service charge and applicable taxes.

## Cancellations

If you can't make it to your appointment, please let us know as soon as you can. Cancellations received within 3 hours of a scheduled appointment will be charged at 50% cost of the service.

# PRICES

## MASSAGES

Quattro Mani	60 minutes	\$160
Aeroma	60 minutes	\$120
Balinese Way	60 minutes	\$120
Classical Western	60 minutes	\$120
Nippon Shiatsu	60 minutes	\$120
Royal Thai	90 minutes	\$160
Detox Cellulite Massage	60 minutes	\$120
Calm The Back & Shoulder	45 minutes	\$90
Foot Relief	45 minutes	\$90

## AYURVEDA SPECIALTIES

Sirodhara	60 Minutes	\$150
Abhyanga	60 Minutes	\$150
Marma	60 minutes	\$150
Kativasti	60 minutes	\$150
Indian Head & Neck Massage	30 minutes	\$75

## BODY WORKS

Delicious Coffee Scrub	45 minutes	\$80
Delight Marine Scrub	45 minutes	\$80
Java Lulur Scrub	45 minutes	\$80
Seaweed & Aloe Vera Mask	60 minutes	\$90
Papaya Enzyme Toning Mask	60 minutes	\$90
Rose Geranium Clay Mask	60 minutes	\$90
Aloe Vera Skin Cooler	60 minutes	\$90

## FACIALS

Ultimate Sun Aqua Facial	60 minutes	\$120
Aromatic Rose Facial	60 minutes	\$120
Deep Cleanse Facial	60 minutes	\$120
Ayurvedic Dasha Facial	60 minutes	\$110

## SPA PACKAGES

Sun Aqua Classic	150 Minutes	\$315
Purity Honeymoon Indulgence (Couples)	150 minutes	\$450
Sun Aqua Signature Experience	150 minutes	\$270
Sun Aqua Floral	150 minutes	\$270
Simply Asian	150 minutes	\$270
Vilu Sun (Couples)	100 minutes	\$420

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# PRICES

## NAIL CARE

Vilu Manicure or Pedicure By Opi	60 minutes	\$75
French Manicure	60 minutes	\$75

## HAIR CARE

Ginseng Hair Creme Bath	50 Minutes	\$70
Avocado Hair Creme Bath	50 Minutes	\$70
Nourishing Hair Mask	50 minutes	\$70

## HAIR CUT, MAKE-UP & HAIR STYLE

Men's Hair Cut		\$40
Ladies Hair Cut		\$50
Hair Colour		\$100
Make-up and Hair Styling		\$140
Make-up		\$75
Hair Style (Curling/Straightening)		\$75
Wash and Blow Dry		\$50

## HAIR REMOVAL/WAXING

Half Leg		\$40
Full Leg		\$70
Underarms		\$40
Full Arm		\$50
Bikini		\$40
Full Chest		\$60
Full Back		\$60
Eyebrow Shape		\$20

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