



## Spa Menu

*Sleep* For those who wish to improve sleep quality and duration

Revived  
Switch off Slumber  
Renewed Sleep Recover  
Rest Recharge Relax

### Nidraasana Sleep Ritual

**By:** Soneva and Roger Moore

**Duration:** 90 / 120 minutes

**Components:** Foot soak and scrub, aromatic sand poultice, Reiki, body massage and facial pressure point massage

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

### 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 gua sha

**Outcome:** Traditional Thai therapies soothe 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

## 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*

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

Youthful  
Hydrate Refresh  
Exfoliate **Brighten** Cleanse  
Rejuvenate

### Soneva NeoLift Deluxe Facial

**By:** Soneva

**Duration:** 120 minutes

**Components:** Comprehensive facial with sculpting massage techniques

**Outcome:** Radiant skin and firmed muscles

### Soneva NeoLift Facial with Buccal Massage

**By:** Soneva

**Duration:** 90 minutes

**Components:** Facial cleanse and buccal massage

**Outcome:** Relaxed, lifted and sculpted facial muscles

### Soneva NeoLift Facial without Buccal Massage

**By:** Soneva

**Duration:** 75 minutes

**Components:** Cleansing and lifting facial massage

**Outcome:** Muscle manipulations and lymphatic drainage techniques for a brightened complexion

### 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

### Signature HydraFacial

**By:** HydraFacial

**Duration:** 30 minutes

**Components:** Cleanse, exfoliation, extraction and hydration

**Outcome:** Hydrated and invigorated skin

### Celluma Light Therapy

**By:** Soneva

**Duration:** 30 minutes

**Components:** Phototherapy using LED light therapy

**Outcome:** Red and near-infrared wavelengths used to brighten and restore the skin, as well as facial rejuvenation, hair loss, acne, wound healing and general pain reduction for muscles, joints and arthritis.

## 24k Gold Age-Defying Facial

**By:** *Subtle Energies*

**Duration:** 90 minutes

**Components:** *Combines collagen and elastin boosting actives, with ingredients such as Mogra, Queen of Jasmine and 24k Gold*

**Outcome:** *Brings a radiant glow to the skin and reduces fine lines and wrinkles*

## 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, Brown Sugar, Green Tea, Coffee and Oat*

*Choice of Body Wrap: Milk, Avocado, Papaya, Honey, Coffee & Oat*

**By:** *Soneva*

**Duration:** 60 minutes

**Components:** *Body exfoliation and body wrap using locally-grown ingredients*

**Outcome:** *Softer, smoother and brighter skin*

## Soneva Skin Saviour

**By:** *Soneva*

**Duration:** 60 minutes

**Components:** *Aloe, cucumber and iced compresses are applied to areas with sunburn, followed by a facial massage using cold rose quartz crystals*

**Outcome:** *Calmed and balanced 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*

*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

### 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, leg and foot massage and cupping

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

*Balance* For those who wish to restore their equilibrium

Release  
Comfort Rest  
Calm Peace

### So Soul

**By:** Soneva

**Duration:** 90 minutes

**Components:** Integrative treatment combining Ayurvedic and traditional massage movements, Craniosacral holds and Auricular Acupressure

**Outcome:** A deeply relaxing and therapeutic treatment to ease pain, improve wellbeing and reduce stress

### So Fusion

**By:** Soneva

**Duration:** 90 minutes

**Components:** Full body treatment starting with dry massage techniques, followed by a herbal poultice and oil massage

**Outcome:** Improvement in blood circulation, muscle tension is eased and flexibility is increased

### Reiki

**By:** Soneva

**Duration:** 60 minutes

**Components:** Full body energy work treatment

**Outcome:** Restore holistic balance, experience deep relaxation, reduced stress and enhanced wellbeing

### Back Reviver

**By:** Soneva

**Duration:** 60 / 90 minutes for full body

**Components:** Back exfoliation, warming back mask, back, neck and shoulder massage incorporating warm poultice

**Outcome:** Back, neck and shoulder tension will be relieved and stress reduced

### Blissful Marma Massage

**By:** Subtle Energies

**Duration:** 60/90 minutes

**Components:** Long, firm, flowing movements along with marma therapy and chakra balancing techniques to align vital energy centres

**Outcome:** Enhances overall wellbeing while relieving stress related tension

## 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:** 90 / 120 minutes

**Components:** Intention setting, cleanse with Palo Santo & California White Sage, body scan, full body massage and facial with botanical extracts and mushrooms

**Outcome:** Reduce stress and anxiety, promote physical and emotional wellbeing as well as reduce pain.

## Abhyangam Classical

**By:** Soneva

**Duration:** 60 / 90 minutes

**Components:** Full body traditional massage using medicinal oils provided by one therapist

**Outcome:** Deeply relaxes the body

*Pamper* For those wanting a little indulgence

Spoil Relax Luxury  
Refreshed Treat  
Rejuvenated Indulge  
Pampered

### Four Hand Massage

**By:** *Soneva*

**Duration:** *90 minutes*

**Components:** *Full body massage provided by two therapists*

**Outcome:** *Body and mind feel relaxed, and tension is removed*

### Balinese Massage

**By:** *Soneva*

**Duration:** *60 / 90 minutes*

**Components:** *Full body massage using long palm strokes and soft to medium pressure*

**Outcome:** *Body and mind feel relaxed, and tension is removed*

### Thai Massage

**By:** *Soneva*

**Duration:** *60 / 90 minutes*

**Components:** *Dry, full body massage using a combination of pressure points and stretching techniques*

**Outcome:** *Body feels energised and reduction in muscle tension*

### Swedish Massage

**By:** *Soneva*

**Duration:** *60 / 90 minutes*

**Components:** *Traditional massage involving long, kneading movements combined with rhythmical percussion*

**Outcome:** *Body feels energised yet relaxed*

### Atlas Massage

**By:** *Soneva*

**Duration:** *90 minutes*

**Components:** *Full body massage using massage techniques inspired from around the world*

**Outcome:** *Body feels energised as well as relaxed and destressed*

### Deep Tissue Massage

**By:** *Soneva*

**Duration:** *60 / 90 minutes*

**Components:** *Full body massage using oil and deep pressure using arms and elbows*

**Outcome:** *Muscle tension is removed from the body*



## Hot Stone Massage

**By:** *Soneva*

**Duration:** *60 / 90 minutes*

**Components:** *Full body massage using hot volcanic basalt stones*

**Outcome:** *Muscle tension is removed from the body; circulation is stimulated, and flexibility is increased*

## Pre & Post Pregnancy Massage

**By:** *Soneva*

**Duration:** *60 / 90 minutes*

**Components:** *Full body massage involving light, soothing movements*

**Outcome:** *Tension from key areas is reduced and the body will feel relaxed*

## Quench Body Polish

**By:** *Zents*

**Duration:** *60 minutes*

**Components:** *Body exfoliation and moisturisation*

**Outcome:** *Smoother, deeply hydrated skin*

## 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*

## File & Polish

**By:** *Soneva*

**Duration:** *30 minutes*

**Components:** *Nail file and polish application*

**Outcome:** *Well-groomed nails*

## *Soneva Soul – Movement & Mindful Practices*

From yoga and meditation classes with ashram-trained yogis, to high-performance athletic training with experienced coaches in state-of-the-art fitness centres, our programmes and practices are playful, inspirational and effective. Utilising the natural environment to blend movement with daily living, our coaches offer services to help you on your wellbeing journey.

### *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 & 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*

### *Personal Training*

**By:** *Soneva*

**Duration:** *60 minutes*

**Components:** *Consultation, fitness assessment and training*

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

### *Natural Movement*

**By:** *Soneva*

**Duration:** *60 minutes*

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

**Outcome:** *Learning to move as nature intended for enhanced physical and mental health*

### *Jungle CrossFit*

**By:** *Soneva*

**Duration:** *60 minutes*

**Components:** *Individual or group high intensity training to develop strength and endurance*

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

## Private Bootcamp

**By:** *Soneva*

**Duration:** *60 minutes*

**Components:** *Private high intensity fitness session at various locations around the island*

**Outcome:** *Increased strength and cardiovascular fitness*

## MetCon

**By:** *Soneva*

**Duration:** *60 minutes*

**Components:** *Metabolic conditioning through high intensity interval training*

**Outcome:** *Increased strength and cardiovascular fitness*

## *Soneva Soul – Resident Specialists*

### Javanese Indulgence

**By:** *Suwiyah*

**Duration:** *90 minutes*

**Components:** *Herbal steam with a neck and shoulder massage*

**Outcome:** *A unique experience with steam to soothe and restore*

### Kunye

**By:** *Dorji*

**Duration:** *60 / 90 minutes*

**Components:** *Traditional Bhutanese treatment involving the application of oil, working on muscle joints, meridian lines and tendons*

**Outcome:** *Body and mind is relaxed, and tension is soothed*

### Sorig Meditation

**By:** *Dorji*

**Duration:** *30 minutes*

**Components:** *Back, neck and shoulder massage using sound therapy and chanting*

**Outcome:** *Physical and mental tension is removed from the body and mind*

### Restorative Rose

**By:** *Dorji*

**Duration:** *30 minutes*

**Components:** *Facial cleanse and massage using rose quartz*

**Outcome:** *Relaxing treatment where the skin is brightened and rejuvenated*

### Cooling Eye Treatment

**By:** *Tshering*

**Duration:** *30 minutes*

**Components:** *A soothing accupressure eye massage is followed by a cooling eye poultice for those who have 'tech eyes' or eye strain*

**Outcome:** *Tension is removed and eyes are refreshed*

### Phochoka Treatment

**By:** *Tshering*

**Duration:** *45 minutes*

**Components:** *Warm packs, poultices, accupressure and reflexology to treat hormonal areas*

**Outcome:** *To relieve the effects of hormonal and menstrual cramps, restoring balance to the body*

## *Your Wellness Experience at Soneva Fushi*

- 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 four 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.

## Price List

	Duration (mins)	Price (USD)
<b>Sleep</b>		
Nidraasana Sleep Ritual	90/120	290/390
Sleep Remedy	90	340
Sudtana Scalp Ritual	60	240
Shirodhara	60	250
Meditation	45	150
Meditation and Sound Therapy	60	190
<b>Skin</b>		
Soneva NeoLift Deluxe Facial	120	350
Soneva NeoLift Facial with Buccal Massage	90	260
Soneva NeoLift Facial without Buccal Massage	75	230
Deluxe HydraFacial	60	275
Signature HydraFacial	30	200
Celluma Light Therapy	15/30	40/75
24k Gold Age-Defying Facial	90	320
Living Beauty Signature Facial	90	320
Advanced Firming Facial	60	230
Personalised Facial	60	230
Soneva Natural Body Scrub & Natural Body Wrap	60	240
Cleanse and Clarify Rhassoul Clay Body Wrap	60	240
Soneva Skin Saviour	60	240
<b>Energise</b>		
Soneva Intuitive Therapy	60/90/120	240/340/420
Jet Lag Reviver	60	230
Energise and Revive	60/90	240/340
Foot & Leg Therapy	60	220
<b>Balance</b>		
So Soul	90	340
So Fusion	90	340
Reiki	60	230
Back Reviver	60/90	240/340
Blissful Marma Massage	60/90	240/340
Quench Body Massage	60/90	240/340
Sacred Body Rituals Signature Treatment	90/120	340/450
Abhyangam Classical	60/90	240/340
<b>Pamper</b>		
Four Hand Massage	90	540
Balinese Massage	60/90	240/340
Thai Massage	60/90	240/340
Swedish Massage	60/90	240/340
Atlas Massage	90	340
Deep Tissue Massage	60/90	240/340
Hot Stone Massage	60/90	240/340
Pre & Post Natal Massage	60/90	240/340
Quench Body Polish	60	155
Manicure	60	110
Pedicure	60	130
File & Polish	30	70

\* 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)
<b>Soneva Soul – Movement &amp; Mindful Practices</b>		
Yoga	60	190
Aerial Yoga	60	210
Meditation	45	150
Meditation and Sound Therapy	60	190
Personal Training	60	190
Natural Movement	60	190
Jungle CrossFit	60	190
Private Bootcamp	60	190
MetCon	60	190
<b>Soneva Soul – Resident Specialists</b>		
Javanese Indulgence	90	390
Kunye	60/90	285/390
Sorig Meditation	30	155
Restorative Rose	30	155
Cooling Eye Treatment	30	155
Phochoka Treatment	45	235

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