

**KUDAFUSHI SPA PERSONALIZED SERVICE TO HEAL MIND AND BODY:**

## **WELLNESS**

### **WELLNESS CONSULTATION**

*Complimentary 20-Minute Wellness Consultation with Marina Marmello, Italy*



*As a certified Navakaraṇa Yoga instructor and holistic movement specialist, Marina offers a unique blend of ancient yogic tradition and contemporary physical conditioning. With 3 years of experience in guiding students toward balance, strength, and clarity, she supports each guest on their personal journey to well-being through a highly focused and meditative practice.*

*Rooted in the Indian tradition, Navakaraṇa is a holistic method of psychophysics self-transformation that integrates breath, movement, rhythm, and mantra to cultivate physical vitality and mental stillness.*

*Specialties: Navakaraṇa Yoga, mindful conditioning, meditation in motion, breathwork, Pilates*

*Concerns addressed: Stress, anxiety, fatigue, poor sleep, physical imbalances, emotional stagnation.*

*Treatments offered: Navakaraṇa, Vinyāsa Flow, Conditioning Practice, Breathwork & Torsion, Pilates*

# AESTHETICS

*Facial Treatments with Facialist – Rani, Indonesia*

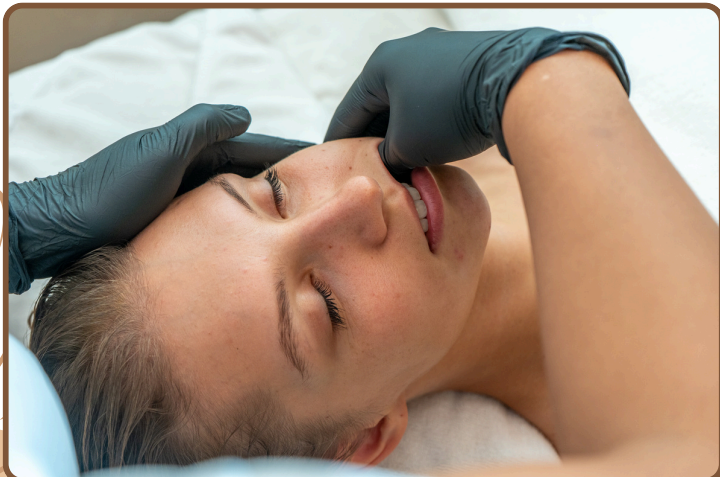


## LYMPHATIC BUCCAL MASSAGE

*With 8 years of experience and a deep understanding of natural skincare, Rani brings a unique approach to facial therapy by combining traditional techniques with Lymphatic buccal massage.*

*A non-invasive natural face lift, this advanced technique involves massaging the muscles inside the mouth to release deep facial tension, enhance circulation, and sculpt the contours of the face. It's especially effective for lifting the cheeks, reducing puffiness, and softening expression lines.*

*Using organic, nutrient-rich products and time-honored methods, Rani's treatments promote a healthy, radiant complexion without invasive techniques. After treatment guest will feel refreshed, sculpted, and deeply relaxed—glowing with natural beauty from within.*





# MASSAGE

*Meet Our Therapeutic Massage Expert – Prastia, Indonesia*



## BAMBOO MASSAGE

*A skilled and intuitive Spa Therapist with over 5 years of experience, Prastia specializes in Bamboo Massage—a deeply restorative treatment rooted in ancient Chinese therapy, blending traditional techniques with the healing energy of nature.*

*Trained in advanced bodywork and holistic wellness, Prastia uses warm organic oil combined with bamboo canes to release deep muscular tension, improve circulation, and promote total relaxation. This unique therapy is especially beneficial for guests seeking relief from stress, fatigue, or physical strain.*

*Known for her nurturing presence and personalized care, Prastia delivers treatments that are both therapeutic and luxurious—leaving guests feeling lighter, more aligned, and fully recharged.*



# MASSAGE

*Immerse Yourself in Island Healing – Mia, Indonesia*

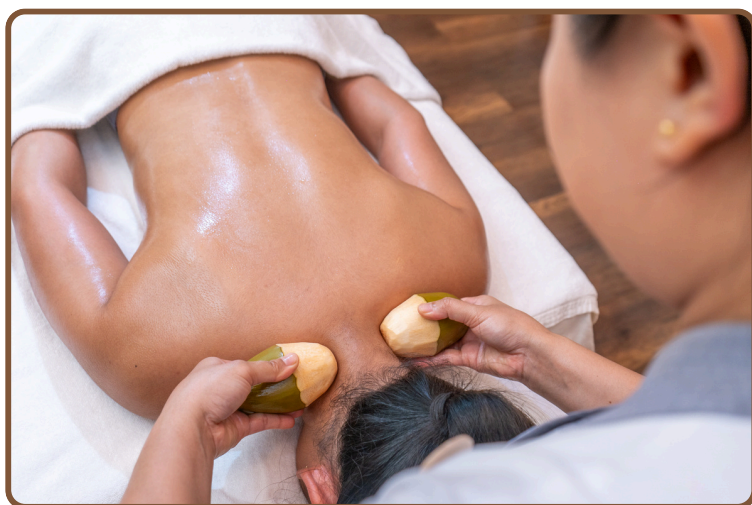


## KUDAFUSHI SIGNATURE MASSAGE

*With over 10 years of experience, Mia is a signature specialist in our unique Kudafushi Signature Massage.*

*This exclusive ritual uses nourishing coconut oil and the gentle pressure of fresh young coconuts to soothe tired muscles, stimulate circulation, and deeply hydrate the skin. Inspired by the rhythms of Kudafushi Maldives, Mia delivers each massage in flowing, wave-like movements that create a sense of balance, connection, and deep relaxation.*

*Her expert touch and intuitive technique make her one of the most sought-after therapists for guests seeking both healing and indulgence.*





# MASSAGE

## 4 HANDS MASSAGE

*4 hands technique combines two therapists who work in tandem to provide a deeply relaxing and therapeutic massage experience. Both therapists use synchronized movements. Benefits – deep relaxation.*

*Kudafushi Fusion Massage 50 minutes*



## OUTDOOR & COUPLE MASSAGE

*Most romantic experience in the Maldives an outdoor couple massage – Sand Body ritual 80 minutes which is conducted on the beach from 16:00hrs. to 17:30hrs.*



## Facilities & Personal Care

### ROMANTIC BATH SET

*Surprise your loved one with a Romantic Bath set after dinner in Villa.*

*It includes 3 lovely items:*

*Bath Salt (Lavender or Eucalyptus)*

*Bath Bomb (Dazzling Night or Strawberry)*

*Choice of Candle or Incense Sticks*



### STEAM AND SAUNA

*Recharge in tranquility with our Steam and Sauna on a supplement.*

*Advance booking is required.*

