



## Signature Experiences

### So Secret

**By:** Soneva - Created exclusively for Soneva Secret guests  
**Duration:** 90 minutes  
**Price:** USD Two Hundred and Sixty  
**Components:** Foot Ritual, full body exfoliation, full body massage, followed by herbal poultice  
**Outcome:** Body feels rejuvenated, muscles relaxed and mental tension is eased  
*\*Available in the Spa only*

### So Fusion

**By:** Soneva  
**Duration:** 90 minutes  
**Price:** USD Two Hundred and Sixty  
**Components:** Full body massage with firm pressure, beginning with dry massage techniques, continuing with herbal poultice and oil massage  
**Outcome:** Improvement in blood circulation, muscle tension is eased and flexibility is increased

### Soneva Atlas Massage

**By:** Soneva  
**Duration:** 90 minutes  
**Price:** USD Two Hundred and Sixty  
**Components:** Full body massage using massage movements from around the world  
**Outcome:** Relaxed, yet energised and de-stressed

### Soneva Intuitive Therapy

**By:** Soneva  
**Duration:** 60 / 90 / 120 minutes  
**Price:** USD Two Hundred and Thirty / USD Two Hundred and Sixty / USD Three Hundred and Fifty  
**Components:** Full body massage  
**Outcome:** A personalised treatment that uses a curated combination of massage movements to treat the body according to your specific concerns

### Soneva Natural Body Scrub

**Choice of Body Scrub:** Coconut, Orange & Yoghurt, Almond, Brown Sugar, Green Tea, Coffee, Oat  
**By:** Soneva  
**Duration:** 45 minutes  
**Price:** USD One Hundred and Fifty Five  
**Components:** Body exfoliation with locally-grown ingredients  
**Outcome:** Softer, smoother and brighter skin  
*\*Available in the Spa only*

## Soneva Natural Body Scrub & Natural Body Wrap

**Choice of Body Scrub:** Coconut, Orange & Yoghurt, Almond, Brown Sugar, Green Tea, Coffee, Oat  
**Choice of Body Wrap:** Milk, Avocado, Papaya & Honey, Coffee, Oat  
**By:** Soneva  
**Duration:** 60 minutes  
**Price:** USD Two Hundred  
**Components:** Body exfoliation followed by body wrap using locally grown ingredients  
**Outcome:** Softer, smoother and brighter skin  
*\*Available in the Spa only*

## Back Reviver

**Duration:** 60 minutes  
**Price:** USD Two Hundred and Thirty  
(Full body massage upgrade is available, 90 minutes USD Two Hundred and Sixty)  
**Components:** Back exfoliation, warming back mask, back, neck and shoulder massage incorporating hot stones on the back.  
**Duration:** Ideal for those with back, neck and shoulder tension as well as those working at a desk. Muscle tension will be relieved, and stress reduced  
*\*Available in the Spa only*

## Soneva Skin Saviour

**Duration:** 60 minutes  
**Price:** USD Two Hundred and Thirty  
**Components:** Cold compress, aloe vera and cucumber are applied to the skin, recommended for hydration and sunburn  
**Outcome:** Skin is calm and soothing  
*\*Available in the Spa only*

## Nidraasana Sleep Ritual

**By:** Soneva  
**Duration:** 90 minutes  
**Price:** USD Two Hundred and Sixty  
**Components:** Foot soak and scrub, Ayurvedic herbal compress, Reiki, body massage and Indian head massage  
**Outcome:** Relaxes the body and mind for improved quality of sleep

## Soneva Jet Lag Treatment

**By:** Soneva  
**Duration:** 90 Minutes  
**Price:** USD Two Hundred and Sixty  
**Components:** Dry body brush, silicone cup, lymphatic massage, cinnamon foot mask and lemongrass essential oil  
**Outcome:** Reduced fluid retention and swelling, detoxification and improved immunity

## Massages

### Hot Stone Massage

**Duration:** 90 minutes  
**Price:** USD Two Hundred and Sixty  
**Components:** Full body massage using hot volcanic basalt stones  
**Outcome:** Muscle tension is removed from the body; circulation is stimulated, and flexibility is increased  
*\*Available in the Spa only*

### Deep Tissue Massage

**Duration:** 60 / 90 minutes  
**Price:** USD Two Hundred and Thirty / USD Two Hundred and Sixty  
**Components:** Full body massage using oil and deep pressure by the arms and elbows  
**Outcome:** Muscle tension is removed from the body

### Swedish Massage

**Duration:** 60 / 90 minutes  
**Price:** USD Two Hundred and Thirty / USD Two Hundred and Sixty  
**Components:** Traditional massage involving long kneading movements combined with rhythmical percussion  
**Outcome:** Body feels energised yet relaxed

### Pre & Post Natal Massage

**Duration:** 60 / 90 minutes  
**Price:** USD Two Hundred and Thirty / USD Two Hundred and Sixty  
**Components:** Full body massage involving light, soothing movements  
**Outcome:** Tension from key areas are reduced and the body will feel relaxed

### Thai Massage

**Duration:** 60 / 90 minutes  
**Price:** USD Two hundred and thirty / USD Two Hundred and Sixty  
**Components:** Dry, full body massage using combination of pressure points and stretching techniques  
**Outcome:** Body feels energised and reduction in muscle tension

### Balinese Massage

**Duration:** 60 / 90 minutes  
**Price:** USD Two Hundred and Thirty / USD Two Hundred and Sixty  
**Components:** Full body massage using long palm strokes and soft to medium pressure  
**Outcome:** Body and mind feel relaxed, and tension is removed

## Foot and Leg Massage

- Duration:** 45 minutes  
**Price:** USD One Hundred and Forty  
**Components:** Massage to the feet and legs according to your preferred pressure  
**Outcome:** Feet and legs will feel lighter and tension is removed

## Head, Neck and Shoulder Massage

- Duration:** 45 minutes  
**Price:** USD One Hundred and Seventy  
**Components:** Head, neck and shoulder massage with or without oil and according to your preferred pressure  
**Outcome:** Physical and mental stress is removed from targeted areas, and quality of sleep can also be improved



## Facials

### Soneva Neo Lifting Facial

<b>By:</b>	Soneva
<b>Duration:</b>	<ul style="list-style-type: none"><li>• 75 minutes (facial cleanse and lifting facial massage without buccal massage)</li><li>• 90 minutes (facial cleanse and lifting facial massage with buccal massage)</li><li>• 120 minutes (includes full facial treatment)</li></ul>
<b>Price:</b>	USD Two Hundred and Thirty / USD Two Hundred and Sixty / USD Three Hundred and Fifty
<b>Outcome:</b>	Skin is brightened and lifted, and facial tension is removed using a variety of precise muscle manipulations and lymphatic drainage techniques

### 24K Gold Age-Defying Facial

<b>By:</b>	Subtle Energies
<b>Duration:</b>	60 / 90 minutes
<b>Price:</b>	USD Two Hundred and Thirty / USD Two Hundred and Ninety
<b>Outcome:</b>	The skin is invigorated with the healing properties of Morgia to boost collagen and stimulate cell renewal, which when combined with the restorative powers of 24k gold leaf, revive the face and neck and reduce fine lines and wrinkles

## Ayurveda

### Abhyanga Classical

**Duration:** 60 / 90 minutes  
**Price:** USD Two Hundred and Thirty / USD Two Hundred and Sixty  
**Components:** Full body massage with medicated oil

Abhyanga is an Ayurvedic massage in which medicated oils are applied over the body with customised light to medium pressure.

### Kizhi

**Duration:** 60 / 90 minutes  
**Price:** USD Two Hundred and Fifty / USD Three Hundred and Sixty  
**Components:** Full body massage with medicated oil.

This massage is conducted with a bolus (poultice) of heated medicated powder, fresh leaves and herbs, which are dipped in oil and warmed to body temperature.

*\*Available in the Spa only*

### Shiroabhyanga

**Duration:** 30 / 60 minutes  
**Price:** USD One Hundred and Seventy-Five / USD Two Hundred and Fifty  
**Components:** Head massage with medicated oil

This Ayurvedic head massage uses light to medium, circular strokes using special medicated oil applied to the scalp. Head massages are one of the most important techniques in Ayurveda; they stimulate nerve centres and relieve stress and tension throughout the body.

### Padaabhyanga

**Duration:** 30 / 60 minutes  
**Price:** USD One Hundred and Seventy-Five / USD Two Hundred and Ten  
**Components:** Foot massage with medicated oil

This foot massage aims to heal the vital body points known as marma, which include soothing the nerves. It also helps to activate the immune system, and can prevent the early onset of any kind of physical and mental degeneration.

### Vedic Facial

**Duration:** 60 minutes  
**Price:** USD Two Hundred and Ten  
**Components:** Facial using lentils, herbs, powders and oils.

This complete facial helps to promote relaxation while improving the texture of your skin. Using ancient Ayurvedic recipes made with lentils, herbs, flowers, powders, barks, oils and naturally occurring minerals, this facial gives your skin a flawless, radiant glow.



## Pamper

### Manicure

Duration: 60 minutes  
Price: USD One Hundred  
Components: File, cuticle work, scrub, massage and polish  
Outcome: Hydrated hands and well-groomed nails

### Pedicure

Duration: 60 minutes  
Price: USD One Hundred and Ten  
Components: Foot and nail file, cuticle work, scrub, massage and polish  
Outcome: Hydrated feet and well-groomed nails

*Waxing available by request*



## Mindfulness and Movement

### Yoga

Duration: 60 minutes  
Price: USD One Hundred and Ninety  
Components: Gentle stretches, breathwork and movement  
Outcome: Improved flexibility and a restored sense of balance within the body and mind

### Meditation

Duration: 45 minutes  
Price: USD One Hundred  
Components: Breathwork and mindful techniques  
Outcome: Regulates the nervous system for a deep sense of relaxation and peace





## Soneva Junior Spa

### Junior Massage

**Duration:** 30 / 60 minutes  
**Price:** USD Seventy / USD One Hundred and Twenty

Using coconut oil, long, soft, relaxing strokes are used to relax and remove any areas of tension

### Children Body Scrub & Wrap.

**Choice of Body Scrub:** Coconut, Orange & Yoghurt, Almond, Oat  
**Choice of Body Wrap:** Milk, Avocado, Oat  
**Duration:** 60 minutes  
**Price:** USD One Hundred

Full body exfoliation followed by a nourishing body wrap using locally grown ingredients, for softer, brighter skin.

*\*Available in the Spa only*

### Mini Manicure

**Duration:** 30 minutes  
**Price:** USD Seventy

Nail file and shape, hand and arm massage using coconut oil and nail polish

### Mini Pedicure

**Duration:** 30 minutes  
**Price:** USD Seventy

Nail file and shape, foot and leg massage using coconut oil and nail polish



## Your Wellness Experience at Soneva Secret

- The Spa is open daily from 10:00 to 20:00.
- Sauna and Steam are available daily from 10:00 to 20:00.
- Sauna and Steam are available for those over the age of 16
- All medical conditions must be discussed with the wellness team before using the thermal facilities.
- 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.
- In-Villa treatments will be available from 10:30 to 19:00
- Some treatments will require approximately 60 minutes ingredient preparation by our therapists
- Soneva Junior treatments are available for children 12 and over
- For children aged 12 – 16, a parent or guardian must accompany during the treatment
- All prices are quoted in USD (\$), and are subject to an additional 16% government tax and 10% service charge