



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

- By:** Soneva
- Duration:**
- 75 minutes (facial cleanse and lifting facial massage without buccal massage)
 - 90 minutes (facial cleanse and lifting facial massage with buccal massage)
 - 120 minutes (includes full facial treatment)
- Price:** USD Two Hundred and Thirty / USD Two Hundred and Sixty / USD Three Hundred and Fifty
- Outcome:** 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

- By:** Subtle Energies
- Duration:** 60 / 90 minutes
- Price:** USD Two Hundred and Thirty / USD Two Hundred and Ninety
- Outcome:** 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