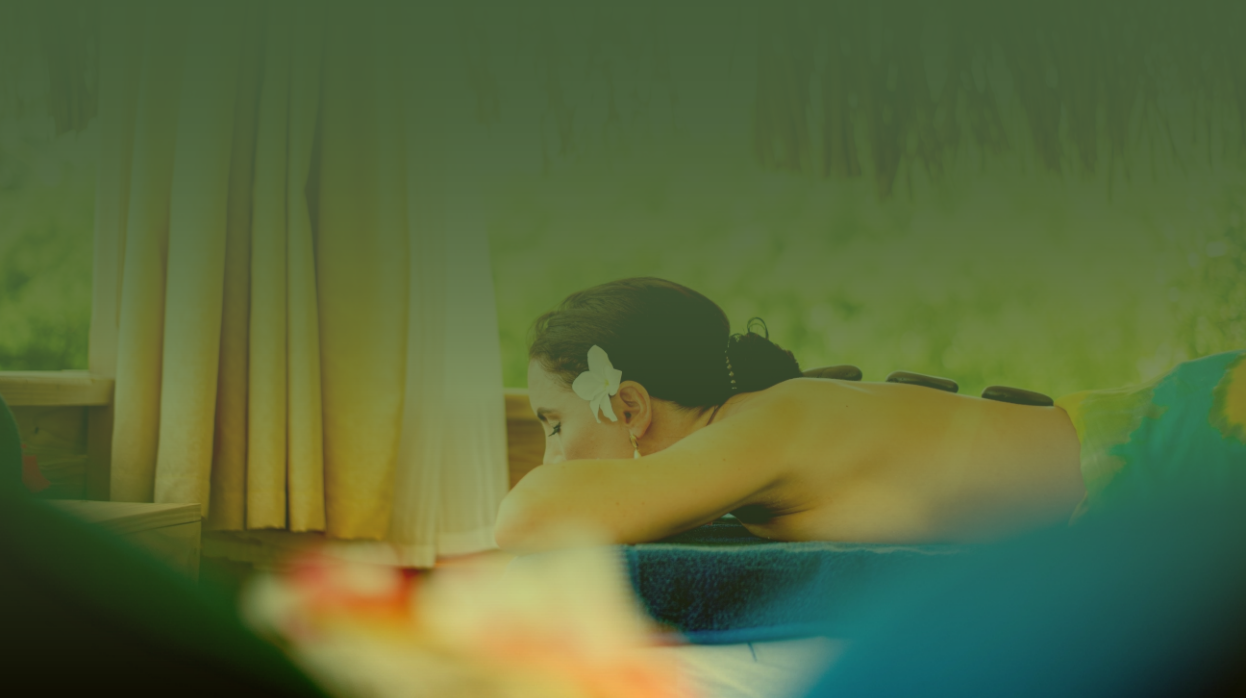


KURUMBO Spa



KURUMBO Spa





How to Spa

Some advice for your comfort

What should I wear when going to the Spa and during my treatment?

We will provide you with kimono, slippers, and hygienic disposable lingerie. Alternatively, our treatment may be enjoyed while wearing your own underwear. Choose what ever is most comfortable for you.

When should I arrive for my treatment?

Please arrive 10 minutes before your scheduled check-in time, you will therefore be able to change without haste and then you can sample our cold tea of the day before treatment.

What if I have special health treatment considerations?

Please notify our Spa Manager before booking your treatments if you have high blood pressure, allergies, physical ailments, disabilities, or if you are pregnant.

What if I am late for my appointment?

Arriving late will limit the time available for your treatment. Programs are carefully planned to accommodate each and every one, we kindly request you to be punctual.

Cancellation Policy

Should you wish to modify or cancel a reservation, we will be grateful if you could notify us at least 3 hours in advance. In order to avoid paying cancellation fees.

Time to relax, unwind and feel good.

A visit to a Spa is a time to put aside for you and you should enjoy the experience in the best conditions. Should it concern room temperature, massage pressure or volume of the music, please do not hesitate to ask your therapist to adjust them to your best comfort level.

Where should I keep my valuables?

It is recommended not to bring any valuable, such as jewelry that needs to be removed prior to Spa treatments, and we must remind you that we are not responsible for any lost items.

Is there any charge to the Floating Spa Rooms

The floating spa rooms will have a surcharge of USD 10 over the price of your choice of treatment.





Special
Massages

Four Hands Massage

50 Minutes - US\$ 120

The ultimate sensation with this massage provided by two therapists working together in perfect harmony that creates overall well being. The perfect synchronization will balance the pressure of the whole body improving circulation. The four hand massage is a combination of shiatsu, traditional massage and lomi-lomi leaving your entire body re-energized and intensely relaxed.

Kurumba Spa Signature

1h30m - US\$ 120

This massage exclusively created by Kurumba Spa is our signature treatment. A relaxing combination of 4 massages, starting with long strokes and deep skin massage for 30 minutes is followed by 10 minutes Shiatsu and 20 minutes warm stone massage on your back, shoulders, neck and arms to release the tension of your stressed muscles. It ends with a 30 minutes reflexology to relax and give you a feeling of overall comfort. Discover this deeply relaxing path to health and harmony.



Back
Massages

Discovery Massage

30 min - US\$ 50

For an immediate stress and tension release effect, this massage concentrates on the back and the legs, easing muscle aches, stretching joints, improving flexibility where most of the body tension is accumulated

Head, Back and Shoulders Massage

50 min - US\$ 70

Starting from the back to stimulate the blood circulation this massage continues with the neck and shoulders to relieve muscular pain and drain tensions away. It is then concentrated on the head to effectively ease out accumulated stress and to enhance relaxation.

Back and Stones Massage

50 min - US\$ 75

Starting with a shiatsu and traditional massage to warm the body, the stones are then applied on your back in such a way as to relieve your muscles from pain and tension. Back and stones massage is especially adapted for back problems, achieving a feeling of well being and perfect relaxation.





Balinese Traditional Massage

50 min - US\$ 70

1hr30min - US\$ 120

The Asian Traditional massage is a full body massage using palm pressure and long gentle strokes while applying a unique blend of natural essential oils this stimulates your blood circulation, improving energy flow and tension drains away.

Warm Stones Massage

50 min - US\$ 85

A full body massage starting with a traditional massage and lomi-lomi and then continues with the warm stones. Smooth and warm stones glide across your body in long, flowing strokes. The heat helps to relax the muscle and has a soothing effect on your emotions. Stones are positioned on the various energy body points to develop the healing potential.

Shiatsu

50 minutes – US\$ 70

The Shiatsu Massage is a digito-puncture technique using pressure point massage without oil to release tight nodules and produce a deep relaxed feeling. This massage is a real revival for the body and mind increasing energy level intensified by a few stretching movements.

Swedish Massage

50 Minutes - US\$ 70

1hr 30min - US\$ 120

Using warm oil, heated up in a bottle and poured all over your body, the Swedish massage is designed to harmonize the corporal functions, such as blood circulation, breathing and mind relaxation. Soft and long strokes envelop all the body from feet to head creating an overall relaxation of the body and soothing effect.





THAILAND

Thai Massage

50 Minutes - US\$ 80
1h30 - US\$ 130

Thai Massage is an ancient healing system combining acupressure and yoga-like stretching for an invigorating and balancing experience

Thai Oil Massage

50 Minutes - US\$ 75
1h30 - US\$ 125

The perfect combination treatment for health relaxation commence with a Thai Yoga massage followed by and oil massage to relieve stress and tiredness

Herbal Massage

50 minutes – US\$ 80
1h30 – US\$ 130

The root of herbal ritual comes from Thailand, where hot compress massage is commonly used to increase blood circulation and stimulate the vital energy of body and mind. This re-energizing massage starts with a combination of stretching movements and palm pressure points. Once the body is warmed up, aromatic heated herbal bags are applied on your body, for an instant relaxing and soothing effect providing great relief to muscular aches and pains. Herbal lotion is then rubbed on your body to complete this detoxifying treatment.

Herbal Thai Traditions Package

02 h – US\$ 150

Herbal Body Scrub
 Herbal Massage

Indulgence Package – Thai Herbal Treatment

2h30 – US\$ 220

Herbal Body Scrub
 Herbal Body Mask
 Herbal Massage





Body scrub

Harmony Body Scrub

50 Minutes - US\$ 75

Using local harvested coconut with cinnamon, the body is gently exfoliated leaving your skin moisturized and renewed.

Sensation Body Scrub

50 Minutes - US\$ 75

Made from finely grated Vanilla mixed with Ginger to rejuvenate your skin and give you a sensation of freshness and wellbeing.

Herbal Body Scrub

50 Minutes - US\$ 75

A traditional Herbal Body scrub combined with natural products such as kaffir lime, sweet fennel, ginger and lemongrass essential oils. This ideal Asian composition will enhance your body's natural circulation and eliminate the toxins. Your skin is deeply revitalized, supple and nourished.

Body Mask

50 Minutes - US\$ 70

A body mask is a thick paste or cream made from minerals, plants and other natural elements and detoxifies and firms your skin. Applied onto your skin, this detoxifying treatment stimulates your skin, aids lymphatic flow and boosts circulation.





Sun Lovers

Sun Lover

50 minutes – US\$ 70

After your day spent in the sun, come and enjoy our Special Sun Lover to calm, soothe and re-hydrate your skin. Sun Lover treatment is specially designed to fight against sun burn and the ageing of the skin.

This treatment includes

Aloe Vera Gel, SPF 15, 30, 50 to ease sun burn, prevent skin peeling and to lock in the moisture

Anti-cellulite

Cellulite Treatment

1h30 min Choice of 1 – 3 or 5 treatments

1 Treatment

US\$ 150

3 Treatments

US\$ 440

5 Treatments

US\$ 700

This efficient treatment will help you to reduce the cellulite by an activation of the blood circulation, using a special range of products adapted to your requirements. We start with dynamic and powerful frictions with a body scrub made from almond powder and pure essential oils to release the toxins, followed by a mud mask made from crushed volcanic stones, clay, sea weed and essential oils brushed onto your all body to purify the skin. The treatment is finally completed by a vigorous massage to cover your body with a unique blend of pure essential oils of basil, fennel and lemon, well known for their interaction against cellulite.

For a better result we recommend our 5 treatments package, taken one per day.





Mother & Child

Prenatal Massage

50 Minutess - US\$ 70

Massage therapy during pregnancy is a wonderful choice for prenatal care. It is a healthy way to reduce stress and promote overall wellness. It relieves many of the normal discomfort during pregnancy (after 4 months pregnancy only)

Junior Massage

30 Minutes - US\$ 35

50 Minutes - US\$ 55

This is massage we offer for kids from 2-10 years old, offers a variety of health benefits . This is human nature to touch as a way of showing love, affection and the touch simulates body in positive ways to help growth ,development ,and to boost immunity.





A light green leaf-like shape with a white outline, containing a solid light green circle with the word "Facials" written inside in white.

Facials

Refresher Facial

30 minutes – US\$ 50

A great introduction to facial treatment using for principal ingredients: pure honey mask and cucumber, leaving your skin feeling smooth and radiant. Enjoy the benefits of these natural ingredients with an age-old reputation for skin healing, softening, and moisturizing.

Natural Asian Facial

50 minutes – US\$ 70

Using only Bio natural products, the face is cleansed and gently exfoliated to eliminate all the dead cells on the surface of the skin. While purifying with a gel mask, relax and unwind with a hand and feet massage. This treatment which is adapted to your skin type will effectively restore and hydrate your skin, leaving your face fresh, youthful and restored.

Complete Facial

1h30 - US\$ 135

This complete facial restores the tone and vitality of the skin, leaving it radiant and glowing. Enjoy the luxury of a deep cleansing, followed by exfoliation facial steam for pore extraction. A nourishing mask applied by facial massaging stimulates the skin by microcirculation. Your face is rested and your complexion is glowing with health. To complete this treatment, a hand and feet massage will encourage the tensions to drain away

A dark green leaf-like shape with a white outline, containing a solid dark green circle with the word "Hair" written inside in white.

Hair

Mask, Treatment and Massage

50 minutes – US\$ 70

A natural traditional mask is massaged onto your scalp to nourish and revitalize your hair. During the treatment a head and shoulder massage is given so that your blood circulation is stimulated and brings relaxation.

To maximize the benefits of the mask, the hair is not blown dry leaving it shiny and soft to the touch.





Hand & Foot

Hands Reflexology

30 minutes – US\$ 50

50 minutes - US\$ 70

Hands reflexology brings your body's energy flow back into balance. By removing energy blockages in all areas of your body, you increase circulation, reduce tensions and detoxify. Energy flows freely again into your entire body, you feel this incredible sensation of a perfect harmony within yourself.

Manicure - Hands Beauty Treatment

50 minutes – US\$ 60

Give your hands and nails a well deserved care with our Hands Beauty treatment. Starting with the basics nail cut, file and cuticle repair, your hands are then gently exfoliated for a silky feeling. A nourishing cream is applied with a gentle massage to restore the moisture and improve the texture of your skin. Your hands feel hydrated, smooth and soft with a great youthful look.

Special Foot Treatment

30 Minutes - US\$ 55

The ultimate soothing experience for your tired feet, leaving them refreshed, rested and relaxed. A foot soak with essential oils combined with a gentle cleanse, followed by a relaxing and cooling 20 minutes foot and leg massage will relieve the tension in the sole of your feet and reduce the swollen sensation. Your feet are radiantly renewed

Feet Reflexology

30 minutes – US\$ 50

50 minutes – US\$ 70

An ancient healing therapy as blissful as it is beneficial; a foot massage on the reflex point can restore the natural flow of body energy and improve your health. Recover physical and mental harmony with this wonderful treatment that will send waves of deep relaxation through your entire body.

Pedicure - Feet Beauty Treatment

50 minutes – US\$ 60

Cool, energize and revive your feet with our Feet Beauty Treatment. Comprising of the classical pedicure treatment with nail cut, file, cuticle repair and soothing foot soak of essential oils; it is then followed by a peppermint scrub that will relieve your tired or swollen feet. Finally, to stimulate blood circulation a foot massage is applied with a refreshing lotion. Your feet are hydrated, fresh and soothed.

For an extra charge, you may complete your manicure treatment with Nail Polish / French nail polish or Nail art

Nail Polish US\$ 12

French Nail Polish US\$ 15

Nail Art (per nail) US\$ 3





Packages

| | | | |
|--|------------------------|---|--|
| Sensation Choice of Body Scrub Swedish Massage | 1h40 - US\$ 120 | Thai Traditional Package Herbal Body Scrub Herbal Massage Jacuzzi 15 Mins | 2h - US\$ 160 |
| Energy Balinese Traditional Massage Reflexology | 1h40 - US\$ 120 | Indulgence Package Thai Herbal Treatment Herbal Body Scrub Herbal Body Mask Herbal Massage Jacuzzi 15 minutes | 2h30 - US\$ 225 |
| Serenity Kurumba Spa Signature Natural Asian Facial | 2h20 - US\$ 170 | Adam & Eve Package Pamper yourself and your beloved one this holiday with the Adam and Eve's package A step towards paradise Indulge in various treatments - Foot Bath - Discovery Massage - Refresher Facial - Jacuzzi 30 mins (bubble bath) | 1h30 - US\$ 250 |
| Harmony 2 Therapists Four Hands Massage Natural Asian Facial & Reflexology | 1h40 - US\$ 230 | Chocolate Package Single Couple Smell... Feel... Appreciate... Discover the pleasure... The unique sensation of... Chocolate. Your skin is soft, smooth and re-hydrated. Sense the difference after chocolate treatment comprising of: - Chocolate body scrub - Discover Massage - Jacuzzi 30 mins (bubble bath) | 1h30 - US\$ 150 1h30 - US\$ 250 |
| Satin Skin Choice of Body Scrub Balinese Traditional Massage Natural Asian Facial | 2h30 - US\$ 190 | | |
| 2 Days Package Day 1 - Balinese Traditional Massage Day 2 - Natural Asian Facial & Reflexology | US\$ 190 | | |
| 3 Days Package Day 1 - Choice of Body Scrub & Swedish Massage Day 2 - The Kurumba Spa Signature Day 3 - Natural Asian Facial & Reflexology | US\$ 375 | | |
| 5 Days Package Day 1 - Choice of Body Scrub & Natural Asian Facial Day 2 - Swedish Massage Day 3 - Balinese Traditional Massage & Reflexology 30min Day 4 - Head Back & Shoulders Massage Day 5 - Four Hands Massage | US\$ 470 | | |





Kurumba
Spa



Wellness
Treatment

Jacuzzi Bath

15 Minutes - USD 25.00

30 Minutes - USD 45.00

1 Hour - USD 60.00

Jacuzzi Baths are relaxation enhancing, pain relieving therapies and massages that work together to clear the mind, reduce stress, and soothe overworked muscles via water. Heat improves circulation and warms muscles and joints. every therapy takes the load pressure off the joints and muscles. Jacuzzi baths simulate muscles, heal and relieve pain, which also helps relieve pain around the joints.

Steam Room

15 Minutes - USD 25.00

30 Minutes - USD 45.00

1 Hour - USD 60.00

Steam Room improves the overall immunity, helps in the treatment of recurrent colds, respiratory diseases, system circulation and in ailments, and rheumatic diseases. Body steaming reduces muscle tension, perfectly moisturizes and regenerates the skin, as well as cleanses the body of toxins.

Sauna Room

15 Minutes - USD 25.00

30 Minutes - USD 45.00

1 Hour - USD 60.00

Profound sweating is a highly effective way to remove toxins the body might have absorbed. And Sauna does just that. Sauna are highly effective ways to recover from workouts. The metabolic wastes are eliminated while sweating in a sauna. The blood flow to tired and strained muscles increases through sauna, helping them to recover quickly and feel relaxed much quicker.

All in one

USD 75.00

20 Minutes Jacuzzi &
20 Minute Steam Room &
20 Minute Sauna



South Palm Resort Maldives,
Ismehela Hera, Addu City, Maldives

- ☎: +960 689 0010
- ✉: reservations@southpalmresort.com
- 🌐: www.southpalmresort.com
- 📘: @SouthPalmResort
- 🐦: @SouthPalmRM
- 📍: @southpalmresort

