



Jarva Spa

CREATING SPACE TO GROUND,  
UNFOLD & EXPAND  
MIND, BODY AND SOUL.

Reviving treatments that indulge and inspire.  
A contemporary sanctuary nestled in tranquil jungle  
surroundings, a harmonious place where pampering leads to  
rejuvenation.

Whether for relaxation, beautification or movement, at Jawu Spa  
we believe in embracing holistic approaches that explore today's  
lifestyles and habits, and create bespoke road-maps to wellness  
through a variety of therapies, ranging from Dhivehi Beysherbal  
medicine, topioneering treatments, yoga, movement, healing and  
chromo-therapy.

Allow us to guide you.



*Body & Mind  
Healing*

# Light Therapy



Light and Sound Therapy have been used for millennia to heal a range of physical and mental ills: with a lifestyle that is full of artificial and unhealthy light sources, our bodies crave the full spectrum of pure vibrant colours to balance, heal and energise.

Sensora uses one of the most advanced coloured-light systems in the world to help recharge the brain's electrical field and positively interact with various bio-rhythms such as brainwaves, breathing and heartbeat.

The perfect solution to:

- Achieve both deeper relaxation and enhanced alertness
- Peak performance
- Reduce chronic pain, fibromyalgia, arthritis
- Treat anxiety and stress
- Improve depression and burnout, chronic fatigue
- Fight insomnia
- Balance physical and mental health
- Improve memory

## ***RELAX***

Aqualight

A soft, delicate and deep session based on the water element. Shimmering blue tones dominate the innately relaxing sonic elements of moving water, accompanied by a flowing soundtrack 25 mins

Night Light

Based on Delta brainwaves of deep sleep, this session facilitates restorative sleep and is extremely powerful in treating insomnia and overcoming trauma 25 mins

# Light Therapy



## BALANCE

### Rainbows

A balanced colour bath sweeping through the different vibrations of the full spectrum of colours, each presented in equal amounts, ensuring an overall harmonising effect 5-10-15-20 mins

### Quantic Dream

A wonderful combination of relaxing and energising elements facilitates a restful state of the mind, ending with a powerful 'brain reset' 10 mins

### Light Waves

A gentle and uplifting journey into the water element. Experience the lightness of floating in the ocean, and the joy of diving into the domain of dolphins and whales.

Blue and turquoise colours dominate the session, together with a dynamic multi-coloured phase that evokes the richness of the underwater coral world 25 mins

## ENERGY

### Chakra Journey

Harmonious stimulation of the seven sacred energy centres through multi-sensorial elements, carefully tuned in harmony with the Chakras 25 mins

### Restoring Fibonacci

Based on Fibonacci's mathematical series, this session presents a unique rhythm that brings order to the body, presenting all colours in equal balance. Excellent for fighting symptoms of jetlag and long-haul travel 25 mins

### Rainbow Body

A gradual transformative journey in four phases, flowing deeper and deeper and emerging at last into a state of bliss. It can be used as an energetic detox of the nervous system, useful for treating anxiety and depression 25 mins

# Light Therapy



## BRAIN FOCUSED

### Gamma Series

These exceptional brainwaves are still much of a mystery to scientists, but are proven to be linked to the highest mental and physical performance, boosting self-control, memory, cognitive system and spiritual alertness 10 mins

### Lateral Lights Therapy

This session is based on the powerful form of light therapy developed in Russia by Dr. A.P. Chuprikov and works on individually rebalancing the two hemispheres of the brain, either with a relaxing or stimulating approach 10 mins

### Lateral Lights Therapy with Gamma Waves | 10 mins

This unique session combines the amazing power of the Gamma brainwave stimulation together with the effective system developed by Dr. A.P. Chuprikov to work on the laterality of the brain. Choose whether you want to elevate your mood and re-energise or whether you need more relaxation and help with falling asleep 10 mins

## OSHO MEDITATIONS

### The Inner Smile

Reach the timeless smile which is always present in your innermost core, as you are immersed in a feast of colours and uplifting music 25 mins

### Hands of Freedom

An invitation to discover the art of dancing with your hands. The hands are deeply connected with the brain and can release many of its tensions. With soft pulses of yellow and green light, and an acoustic guitar that reinforces this song of praise to the art of the hands 25 mins

*A New You*

# Dhivehi Beys



## MALDIVIAN HERBAL MEDICINE

Unveiling some of the healing secrets of Maldivian traditional medicine (known as 'Dhivehi Beys'), these natural remedies and healing traditions have been developed over the centuries and passed on by word of mouth from generation to generation.

Our unique Dhivehi Beys treatments utilise indigenous Maldivian spices and herbs grown in Amilla's organic gardens to create deeply restorative treatments.

### *'Thamburu & Mirihi'* Back Detox & Pain Reliever

Combining the great detoxifying power of Maldivian herbs with various massage techniques, the treatment treats discomfort such as muscle stiffness, neck and back pain, swelling, sluggish system and heaviness.

For this special treatment, Thamburu and Mirihi leaves are made into a paste and applied to the guest's back. Both plants have powerful anti-inflammatory and analgesic action, which helps with muscle pain, inflammation and detoxification, while the massage techniques focus on releasing muscle tension and reducing swelling 60-90 mins

### *Masgulha Filuva Beys'* Deep Muscle Release

This treatment aims at stimulating an extremely deep muscle relaxation. The massage oil used in this process is homemade and infused with various local spices such as fonithoshi, mirus, aseymirus and karanfoo.

These ingredients are all known for their strong anti-inflammatory and warming effects, and in combination with the bamboo cane used in the massage, it supports muscle recovery, making it the perfect treatment for very active people and professional athletes 90-120 mins

# Body Therapies



## **Back Relief**

The perfect remedy to aches and pains, this massage refreshes and strengthens muscles in the neck, shoulders and back 30-60 mins

## **Nourishing Coconut & Coffee Scrub**

This creamy and moisturising scrub reveals a smoother, softer and glowing skin. Ideal for the most sensitive skin, and the perfect treatment to prepare you for a golden shimmering tropical tan 30 mins

## **Stimulating Warming Scrub**

Ideal for when you're feeling run down or sluggish, this cure-all scrub mixes a variety of spices commonly used in the Maldivian medicinal tradition, such as black pepper, cinnamon and cloves, to boost the circulation and improve sore muscles with a wonderful warm feeling, leaving you smoother and lighter 30 mins

## **Sunburn Rescue**

A spritz of soothing Aloe Vera mist followed by a calming, cooling massage with chilled heart-shaped rose quartz crystals. This is combined with a cocooning Aloe Vera gel wrap that replenishes and calms the skin while gently refreshing the face with specific products and massage techniques 60 mins

# Detox and Slimming



## **Lymphatic Drainage**

Using very light pressure and slow, rhythmic movements, this procedure works on moving lymphatic fluids and eliminating toxins, allowing to detox your metabolism, remove any stagnant fluid and improve early stages of cellulite 60 mins

## **Detox Body Masque**

With a focus on detox, firming and cooling, a mix of natural ingredients is applied onto the body to stimulate the elimination of toxins, excess liquid and metabolic waste. Wonderful to get rid of the uncomfortable feeling of heaviness and swelling after long travels. Best combined with a scrub or a body massage 30 mins

## **Anti-Cellulite Coffee Scrub**

Fortified with an organic blend of coffee, raw cacao and coconut oil, this exfoliant will leave your skin feeling completely rejuvenated. A powerful cocktail of antioxidants to fight cellulite and dead skin 30 mins

# Classic Massage



## **Intuitive Aroma Massage**

Skilled therapists will scan your body and instinctively identify areas in need of care and special attention, blending a personalised mix of essential oils 60-90-120 mins

## **Deep Tissue Massage**

Slow firm pressure is applied throughout the body to release aches and tension, focusing on the deeper layers of muscles and fascia 60-90 mins

## **Hot Stone Therapy**

To treat muscle stiffness faster and deeper, warm basalt stones and customised massage techniques provide an instant deep release 90-120 mins

## **Balinese Massage**

An exquisite massage that combines flowing palm strokes, gentle stretching, and acupressure points. Perfect to regain harmony between body and mind 60-90 mins

## **Thai Stretch Dry Massage**

An ancient healing tradition that combines targeted acupressure, stimulation of energy lines, assisted stretches and yoga postures. The massage is performed with clothes on, on a floor mattress 90 mins

## **Foot Reflexology**

An ancient practice cultivated over many millennia. Using the art of reflexology, a wave of wellness washes over the body as new energy flows in 30 mins

## **Head, Neck & Shoulder Massage**

Specific massage techniques melt away all tension from the head, neck and shoulders 30 mins

## **"Mom To Be" Pure Massage**

A massage to celebrate nature's greatest miracle. Specialised techniques, dedicated positions and a host of mutual benefits for mum and bump 60/90 mins



*Pure Beauty*

# Skin Care



## **Oxygen Renewal Facial**

This medicosmetic treatment promotes cell regeneration and renewal. Pioneering anti-ageing products are applied onto the skin through the Advanced Oxygen Concentrator for brighter, fuller and firmer skin 90 mins

## **Collagen Plumping Facial**

This medicosmetic treatment uses a 70% solution of naturally soluble collagen – a life-restoring serum that leaves the skin feeling and looking youthful while reviving its strength and elasticity 90 mins

## **Deep Hydrating Facial**

Organic, deeply hydrating, plumping and softening. This treatment uses botanicals to leave you with a velvety, more radiant complexion, glowing with health 60 mins

## **Repair & Recover Facial**

This facial is great to repair the skin and restore its natural wellness, utilizing the power of organic botanicals. Perfect for sensitive skin and to soothe and repair after excessive sun exposure. 60 mins

## **Express Facial**

A wonderful quick-fix for skin that has been in the sun and ocean for too long. Also good for treating dehydration and acne 30 mins

## **Add-ons 15 mins:**

### **Pure Oxygen Rejuvenation**

Pure oxygen is infused on the skin with a highly concentrated hyaluronic acid serum.

### **Eye Reviver**

A boost of energy and vitality to tired, puffy eyes, giving you a glowing eye contour. Instant

### **Lifting Massage**

Advanced massage strokes create an immediate lifted contouring effect.

### **Crystal Contouring Massage**

Quartz stones and pink jade rollers are used to oxygenate and de-puff

# Nails and Hair



## **NAIL SPA**

### **Spa Manicure & Spa Pedicure**

Using natural anti-ageing products designed specifically for hand and feet, these treatments take care of nails and cuticles while also caring for the skin, applying scrubs and serum with specific massage techniques.

### **Shellac Manicure & Pedicure**

For a long-wear look that resists sand and sea – this manicure includes shaping and filing, nail prepping and Shellac polish application.

### **Nail Polish Application**

### **Shellac Polish Removal**

## **HAIR COUTURE**

### **Advance Nourish & Repair**

Intensely hydrating products condition the hair from the inside out. A micro- steamer and scalp massage ensure maximum penetration 75 mins

### **Wash & Blow Dry**

### **Haircut / Trimming**

### **Wash, Haircut & Blow Dry**

### **Blow Dry with Styling (Curls/Straight)**

### **Blow Dry with Up-do & Hairstyle**

### **Eyebrow/Upper Lip Threading**

# The Barbershop



## Traditional Wet Shave | 20 mins

This treatment rekindles the timeless male-grooming tradition. The indulgently smooth finish is one of life's simple pleasures.

## Gentleman's Facial | 30 mins

This facial uses the highest-quality products – specifically designed for men – to exfoliate, hydrate and nourish the skin. Lightness and freshness result.

Haircut

Scalp

Shave

Beard Design

Eyebrow

Threading

# Mini Spa



## **Mini Body Massage**

Relax and let that that hard day of fun and play be eased away! 30/60mins

## **Mini Coconut Scrub**

Our gentle scrub is the perfect pampering treatment for the young delicate skin. Nourishing and yummy! 30mins

## **Mini Mani or Mini Pedi**

A gentle attention to nails combined with a relaxing hand or foot massage will leave the hands or feet looking and feeling great. Nail polish is optional 30mins

## **Mini Haircut**

## **Mini Yoga**

Beautiful classes teach stretching poses, stillness and mindfulness to youngsters to develop and calm their bodies, minds, and hearts 30/45mins

*These services are available for children of 12 years and below.*

# How to Spa

## APPOINTMENTS

Contact our Spa reception for assistance in selecting treatments to fulfil your personal requirements. To ensure availability, advance bookings are highly recommended. To make your appointment, ask you Katheeb or visit us.

## HEALTH

Our mission is to ensure you have the best possible Spa experience: your health is a top priority and we encourage you to inform our team about any medical conditions that may affect your treatments.

## VALUABLES

Kindly leave all jewellery and valuables in your villa. We will do our very best to look after our belongings, however we will not assume any liability for lost or damaged valuables.

## ATTIRE

Javvu Spa is all about comfort: wear what makes you feel good and slip into our robe and slippers as you arrive. We provide disposable underwear for body treatments upon request.

## ARRIVAL

Start your restorative journey at Javvu Spa with a touch of bliss and relaxation. Arrive 15 minutes prior to your appointment to enjoy the quietness of the wellness area and stunning views. Please be advised that a late arrival will result in a reduction of the duration of your treatment.

## CANCELLATIONS

To reschedule or cancel your Spa appointment, kindly notify us in advance. Any service cancelled or re-scheduled less than 4 hours prior to the appointment will incur a 100% cancellation fee. We are grateful for your understanding.

## AGE REQUIREMENTS

For guests under the age of 16, access to Spa facilities (Gym, Jungle Gym and wellness area) is allowed only under the supervision of an adult. For guests under the age of 11, please consult the Kid's Spa treatment menu.

