

# MIAVANA

## WELLNESS MENU

*Designed to stimulate body, mind and soul, our wellness menu covers a range of luxurious massages, body and facial treatments, unique Ayurvedic treatments as well as the all-important finishing touches, with a select range of treatments also available for our youngest guests.*

*Treatments are enhanced by organic products from Terres d'Afrique that harness the power of rare African botanicals, as well as hand-harvested products from our island. Each treatment begins with a purifying foot ritual using refreshing Miavana sea sand and fresh lime to start your journey towards total relaxation.*

*Focusing on holistic health and wellbeing, we also offer complimentary group yoga sessions every morning and private yoga classes anytime and anywhere, whether it's on the Helipad or on top of Toulou's Bar, on the beach or in the forest, at sunrise or sunset – the options are endless. The entire island is our spa. Immerse yourself in wellness from the privacy of your villa, or anywhere on the island that resonates with you.*

*Please call your Butler on 2020 to book a spa treatment or yoga session between 09.00 and 21.00.*

## OUR CHOICE OF BLENDS

### ORGANIC COCONUT OIL

100% PURE VIRGIN COCONUT OIL

*This high quality coconut oil, with a hint of its natural sweet coconut fragrance, is ready to hydrate and melt into your skin. Suitable for all skin types.*

### TROPICAL DUSK - UPLIFTING

YLANG YLANG, TROPICAL BASIL & BOURBON GERANIUM

*Come alive as the setting sun ignites the mystical fragrances of a tropical paradise. Let the lush scent of Ylang Ylang flowers flood your senses. Feel your energy rise with the moon and your spirit reach for the stars. This tropical blend of Madagascan Ylang Ylang, Basil and Bourbon Geranium is designed to uplift and enhance your mood.*

### SAVANNAH DEW - RELAXING

KATRAFAY, VETIVER, CARDAMOM & RAVENSARA

*Step out into the endless African dawn. Feel the still-wet grass kiss your feet as the sun turns the dew into pearls of light. A hint of Vetiver and Cardamom invites you to relax into the fresh grassland and woody fragrance of a beautiful new day. The vast open grassland of Africa inspired this relaxing and grounding blend of Katrafay, Vetiver, Cardamom and Ravensara.*

### MOROCCAN GARDENS - REFRESHING

CEDAR WOOD, MOROCCAN CYPRESS, PEPPERMINT & WILD AFRICAN SAGE

*Follow the singing of the cicadas as the sun bakes away every shadow. Let the cool splashing of a fountain invite you into a hidden herb garden where the scent of Peppermint mingles with Cedar and Cypress. Embrace the invigorating scent of Morocco with this blend of Cedar wood, Cypress, Peppermint and Wild African Sage.*

### ISLAND GREENS - ENERGIZING

ZANAMPOLY, CITRONELLA, GINGER & LIME

*Feel a breath of the sea whisper over the land as it bends and frolics through the lemongrass. Follow it as it plays hide and seek through the citrus orchards. Feel the energizing scents of Citronella, Lime and Ginger. Boost your energy levels with this blend of Citronella, Zanampoly combined with hints of Ginger and Lime.*

### FYNBOS CRUSH - DETOXING

BUCHU, BLACK & PINK PEPPERS

*Lose yourself in the stillness of a Cape mountainside draped in morning mist. Listen to the fynbos crunch under your feet. Feel the peppery resinous fragrance rise and whisper its cleansing message through your body and mind. A new journey begins. Using South Africa's most famous indigenous health tonic Buchu, combined with Madagascan Black and Pink Peppers, this blend will activate circulation and detoxify your body.*

## OUR CHOICE OF BLENDS

### DEEP TISSUE MASSAGE OIL

BAOBAB OIL, KATRAFAY & RAVENSARA ESSENTIAL OILS

*Terres d'Afrique deep tissue massage oil combines Madagascan essential oils with organic Baobab oil to relieve tight muscles, aching joints and to stimulate the immune system. Its enhancing deep-tissue massage techniques sooth away the negative effects of stress, fatigue and anxiety, leaving your body soothed and your skin hydrated. Suitable for all skin types.*

### DHANWANTHARAM THAILAM - FOR AYURVEDA TREATMENTS

USING 46 HERBS IN SESAME OIL, INCLUDING HIMALAYAN CEDAR, SANDALWOOD, WINTER CHERRY, LIQUORICE, ASPARAGUS, CARDAMOM, CINNAMON, INDIAN GOOSEBERRY AND OTHERS.

*This Indian oil is well known to promote general health. The recipe is prescribed for people of all ages and even for pregnant women and new mothers. It is indicated for strengthening, relaxing the muscles and reducing anxiety. The ingredients in the composition have excellent anti-ageing, antioxidant, anti-inflammatory and anti-stress properties. Traditionally, this recipe has been used to improve the flexibility of the body. An interesting feature of this recipe is also its effect on restoring uterine health. Being an effective rejuvenator, this oil is commonly used for various types of regular applications such as Shirodhara, Shiroabhyangam, Pizhichil and Mukha Abhyangam.*

## MIAVANA SIGNATURE TREATMENT

DURATION 120 MIN - \$200

*Capturing the true essence of African charm, tranquillity and beauty, the 'Miavana Signature Treatment' will rekindle your senses and lead you to a place of synchronized harmony. This two-hour treatment includes:*

### MIAVANA SEASHELL MASSAGE AND BODY SCRUB

DURATION 60 MIN

*A unique massage using African Coconut oil drizzled over seashells, smoothly gliding along the curves of the body, relieving muscle tensions and providing a sense of well-being. A full body exfoliation ritual follows, to deeply cleanse and moisturize the body using an exotic blend of invigorating and revitalizing myrrh body scrub. The skin appears radiant and flawless.*

AND

### AFRIQUE MYSTIQUE AGE-DEFYING FACIAL

DURATION 60 MIN

*Using Lymph Wands to enhance the lifting and firming properties of the formula, this age-defying facial smooths out fine lines and wrinkles by straightening the damaged collagen. Using the most exquisite African botanicals, potent antioxidants stimulate the skin's collagen and elastin production to create a youthful glow.*

## BODY MESSAGES

### MIAVANA SIGNATURE MASSAGE

DURATION 60/90 MIN - \$150/\$185

OIL - TERRES D'AFRIQUE CRYSTAL MASSAGE OIL

*With Asian inspirations in mind, this signature massage was thoughtfully crafted to ensure deep relaxation, promote circulation, and relieve aches and pains. It incorporates several techniques of Balinese and Thai massage and offers passive stretching followed by a full-body massage with Terres d'Afrique crystal massage oil to alleviate muscle stiffness. Using this unique blend of essential oils inspires a sense of positivity and wellness. Perfect for relaxing after a long journey or strenuous physical activity.*

### MIAVANA SEASHELL MASSAGE

DURATION 60/90 MIN - \$135/\$175

OIL - WARM COCONUT OIL

*Our Miavana Seashell massage is a holistic massage to destress your mind and body, with African coconut oil drizzled over seashells and smoothly glided along the curves of the body. Relieving muscle tensions and providing a sense of wellbeing.*

### AFRIQUE IN HARMONY COCONUT MASSAGE

DURATION 60 MIN - \$135

OIL - WARM COCONUT OIL

*Balance is the mantra of this treatment. African coconut oil draws antioxidants and Vitamin E deep into your skin, moisturizing and restoring balance. Gentle hands and a hand-carved wooden tool drains the lymph nodes, removing built-up toxins. Your body's energy pathways and natural curative abilities are engaged by stimulating pressure points along the body's key meridians.*

### DEEP TISSUE MASSAGE

DURATION 60/90 MIN - \$150/\$185

OIL - DEEP TISSUE MASSAGE OIL

*The ultimate experience to release muscular tension. A combination of stretching and pulling techniques, trigger point therapy and cross muscle fibre techniques aim to release lactic acid build up, reduce inflammation and loosen up tense muscles. Heating and cooling gel helps to further facilitate and release deep muscular tension and induce relaxation to muscular tissues.*

### AROMATHERAPY MASSAGE

DURATION 60/90 MIN - \$135/\$175

OIL - CHOICE FROM OUR AROMA BLENDS

*Relax and unwind with the restorative power of aromatherapy massage combined with the natural therapeutic properties of essential oils. Create your own personalized experience with a selection of all-natural African essential oils, and let the nurturing long strokes draw away all the stress and strains from your body.*

## BODY MASSAGES

### TRADITIONAL BALINESE MASSAGE

DURATION 60/90 MIN - \$150/\$185

OIL - TROPICAL DUSK MASSAGE OIL

*Traditional Balinese Massage uses a combination of gentle strength, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen, and energy around your body and bring a sense of wellbeing, calm, and deep relaxation. Using Terres d'Afrique Tropical Dusk Body Oil, this massage will stimulate circulation and detoxify your body.*

### TRADITIONAL THAI MASSAGE

DURATION 60/90 MIN - \$135/\$185

*Celebrating traditional Thai techniques, this treatment is conducted as a dry massage, using stretching techniques and targeted pressure points. The therapist uses her palm and elbow to apply gentle but firm pressure that relieves muscle tension, improves flexibility to jumpstart the healing process. The body feels energized and refreshed.*

### JET LAG RECOVERY MASSAGE

DURATION 90 MIN - \$185

OIL - CHOICE FROM OUR AROMA BLENDS

*Recommended after traveling, this re-balancing journey combines a full body massage using specially blended oils and a relaxing foot treatment with an eye-lifting mask and head massage to release tension, revive circulation and reset the internal clock. You will finish feeling refreshed and ready to explore Madagascar.*

### FOOT REFLEXOLOGY

DURATION 45 MIN - \$100

*Our reflexology treatment is designed to stimulate your body's nerve endings, restoring its balance. Deep thumb and palm strokes applied on key pressure points help remove muscular tension and promote relaxation, restoring balance to your body. This is an excellent treatment for soothing muscle pain.*

### MOTHER-TO-BE TREATMENT

DURATION 60 MIN - \$135

*Pregnancy massage or prenatal massage is a therapeutic treatment designed to focus on the special needs of a mother-to-be as her body changes during pregnancy. Using 100% pure coconut oil, our maternity massage relieves tension, aches and pains, leg cramps, headaches, and most importantly is deeply relaxing.*

# FACIAL TREATMENTS

## EXPRESS FACIAL

DURATION 45 MIN - \$75

*This quick boost is perfect for refreshing tired looking skin. Anti-aging African botanicals hydrate and detoxify, enhanced by gentle facial massage techniques. This treatment will smooth away any signs of stress, leaving your skin refreshed and rejuvenated.*

## AFRIQUE MYSTIQUE AGE-DEFYING FACIAL

DURATION 90 MIN - \$175

*Using Lymph Wands to enhance the lifting and firming properties of the formula, this age-defying facial smooths out fine lines and wrinkles by straightening the damaged collagen. Using the most exquisite African botanicals, potent antioxidants stimulate the skin's collagen and elastin production to create a youthful glow.*

## AFRIQUE RESTORED DETOXIFYING FACIAL

DURATION 60 MIN - \$120

*Deeply relaxing massage and stimulation of Shiatsu facial pressure points using Lymph Wands begins the detoxifying process. This encourages lymph drainage, which helps eliminate built-up toxins. Application of omega and vitamin-rich botanicals give the skin a naturally healthy and radiant look.*

## AFRIQUE ARISING HYDRATING FACIAL

DURATION 60 MIN - \$120

*By stimulating the blood flow to the skin, the Afrique Arising Massage technique allows the omega-rich oil and linoleic and hyaluronic acids to rehydrate and regenerate the deep layers, keeping them plumped and smooth.*

## HANDS AND FEET

### PERFECT HANDS AND FEET

DURATION 120 MIN - \$190

*This is a luxurious treatment, ending with the perfect look. Cuticles and nails are nourished with enriched oils, filed and polished. Hands and legs are gently exfoliated to remove dead skin followed by an extensive massage using soy balm. The treatment concludes with nail polish application.*

### SPA MANICURE OR PEDICURE

DURATION 60 MIN - \$100

*Cuticles and nails are nourished with enriched oils, filed and polished. Hands or legs are gently exfoliated to remove dead skin followed by an extensive massage using soy balm. The treatment concludes with nail polish application.*

### EXPRESS MANICURE OR PEDICURE

DURATION 30 MIN - \$55

*This basic manicure or pedicure includes a hand or foot soak, nail shaping, cuticle care, buffing, and a relaxing hand or foot massage with moisturizer.*

### WAXING

DURATION 30 MIN - \$50

*Face, eyebrows, arms, under arms, abdomen, back, bikini line, Brazilian and legs.*

## BODY TREATMENTS

### AFRIQUE REDISCOVERED BODY SCRUB & BODY BUTTER

DURATION 60 MIN - \$135

*After a gentle exfoliation with a luxurious myrrh and African coconut shell body scrub, your skin will feel deeply hydrated, healed and refreshed.*

### TERRES D'AFRIQUE BODY MASK & CRYSTAL THERAPY

DURATION 90 MIN - \$175

*A harmonious and nourishing blend of Bentonite clay, Buchu extract (a flower native to South Africa) and African Aloe Ferox pull toxins and heavy metals from the deepest layers of your skin. You finish feeling soothed and detoxified.*

### AFTER SUN TREATMENT

DURATION 90 MIN - \$160

*A detoxifying and anti-inflammatory clay mask enriched with Kigelia and Baobab extracts soothes and nourishes to help activate its natural restorative abilities. While the body mask is on, you will enjoy a foot or scalp massage. Afterward, a cooling gel and luscious body butter are applied for further soothing and rehydrating.*

## AYURVEDIC TREATMENTS

### AYURVEDA ABHYANGA

DURATION 60 MIN - \$150

OIL - DHANVANTRAM THAILAM

*Abhyanga is a traditional therapy in Ayurveda, recommended for detoxifying the person's body, mind and soul. It has been thousands of years that this treatment is used to maintain good health, improve sleep patterns and rejuvenate the whole body. It is a stress-reducing treatment in which a mixture of warm medicinal oils and herbs is applied, thereby boosting the energy channels of the body. This oil massage pacifies Vata and Kapha, gives stamina, relieves fatigue, enhances the luster of skin and nourishes every part of the body. Moreover, it helps to remove wastes from the body by following smoothing, loosening and cleansing actions.*

### SHIRO ABHYANGA (AYURVEDIC HEAD MASSAGE)

DURATION 30 MIN - \$75

OIL - DHANVANTRAM THAILAM

*Shiro Abhyanga is a Sanskrit term comprised of two words: Shiro (head) and Abhyanga (massage). Shiro Abhyanga essentially means a complete massage of the head, neck, and shoulders using Ayurvedic herbal oils. These are the areas that are most affected by stress, which is why Shiro Abhyanga is beneficial in reducing pain and stress in these regions.*



# A MIAVANA ESCAPE

DURATION 4 HOURS - \$350 PER PERSON | \$600 PER COUPLE

PRE-BOOKED ONE DAY IN ADVANCE

*The Miavana Escape focuses on detoxification to cleanse the body and restore your skin's moisture. Awaken your senses and gain a feeling of internal wellbeing.*

## BAOBAB OIL BODY SCRUB

*Your body is gently exfoliated using baobab oil, rooibos leaves and coconut shells, leaving your skin feeling supple and smooth. This fragrant scrub stimulates blood flow towards the skin, promotes new cell growth and adds a beautiful glow to your skin.*

## DETOX & SOOTHE BODY MASK

*You are now wrapped in a deeply hydrating body wrap, enriched with the goodness of aloe vera, buchu leaves, and bentonite clay for a smooth and dewy skin. A nourishing warm coconut oil scalp massage during the wrap not only relaxes the mind but adds a brilliant shine to your hair.*

RINSE OFF AND ENJOY A REFRESHING NUTRIENT-RICH SHOT

## DETOX CELLULITE MASSAGE

*Drawing on Eastern and Western massage techniques, this treatment is designed to help rid toxins from the body and promote overall physical and mental well-being. Our detox massage is a form of deep tissue massage therapy that focuses on the body's muscle tissues, lymphatic system, and mental stimulation using your intuitive choice of African coconut oil or Fynbos Crush oil.*

## DETOXIFYNG FACIAL

*A soothing massage and stimulation of Shiatsu facial pressure points using Lymph Wands begins the detoxifying process. This encourages lymph drainage, which helps to eliminate built-up toxins. The application of omega and vitamin-rich botanicals gives the skin a naturally healthy and radiant look.*

## FRESH LIME BATH

*A warm citrus-infused bath of fresh lime, lime leaf and sea salt helps to remove toxins from the body and promote cellular renewal, while relaxing and energizing the body. To finish, moisturizer is applied, leaving your skin feeling refreshed, hydrated and glowing.*

WIND UP THIS ESCAPE WITH FRESH COCONUT WATER FILLED WITH ELECTROLYTES

*Prices exclude 20% VAT.*

# THE MIAVANA JOURNEY

DURATION 6 HOURS - \$550 PER PERSON | \$1000 PER COUPLE

PRE-BOOKED ONE DAY IN ADVANCE

*Journey to an unparalleled oasis where time ceases to exist. Our signature series of treatments is designed to de-stress and provide the perfect balance of mind, body and spirit.*

## PRIVATE HATHA YOGA

*Begin your journey with a soothing style of yoga designed to bring deep relaxation and release stress, with a combination of classic supported restorative poses and deep stretches.*

FRESHEN UP WITH A SMOOTHIE AND FRESH FRUIT PLATTER

## MORINGA & HONEY BODY SCRUB

*Blissfully melt away life's daily stresses with this miraculous moringa body exfoliation. Thanks to its rich nutrient profile, moringa helps to cleanse and rejuvenate the skin, with the addition of honey to soften and rehydrate the skin.*

## CONDITIONING BODY WRAP

*This natural body wrap with moringa as its main base ingredient purifies and strengthens the skin's barrier, allowing it to absorb more moisture. It is applied all over the body and then wrapped in natural cloth to let the goodness of nature soothe the skin, while you enjoy a relaxing facial massage. This treatment leaves your body looking radiant and your mind refreshed.*

PAUSE FOR A LIGHT LUNCH INCLUDING A SUPERFOOD SALAD AND A FRESH JUICE

## AROMATHERAPY MASSAGE

*Relax and unwind with the restorative power of aromatherapy massage combined with the natural therapeutic properties of essential oils. Create your own personalized experience with a selection of all-natural African essential oils, and let the nurturing long strokes draw away all the stress and strains from your body.*

## PERFECT HANDS AND FEET

*Cuticles and nails are nourished with enriched oils, filed and polished. Hands and feet are gently massaged. This luxurious treatment concludes with nail polish application for the perfect look.*

## HYDRATING FACIAL

*By stimulating the blood flow to the skin, the Afrique Arising Massage technique allows the omega-rich oil and linoleic and hyaluronic acids to rehydrate and regenerate the deep layers, keeping them plumped and smooth.*

## YLANG-YLANG BUBBLE BATH

*You will want to linger longer in this indulgent bath. Let time soak away while the heavenly scent of ylang-ylang calms the senses and soaks into your skin. To complete the experience, moisturizer is applied, leaving you feeling soft and smooth.*

REFRESH WITH ICED GINGER, LEMON AND HONEY TEA

*Prices exclude 20% VAT.*

# YOGA

## COMPLIMENTARY SUNRISE YOGA

07.00 AM TO 08.00 AM

*Welcome the day with our group morning yoga sessions, conducted daily in the Main Area. Enjoy a soothing style of yoga designed to bring deep relaxation and stress release, with a combination of classic supported restorative poses and deep Patanjali Ashtanga stretches. Open to all levels. Please let Guest Relations know if you will be joining Sunrise Yoga the evening before the class.*

## PRIVATE YOGA

DURATION 60 MIN - \$125 PER VILLA

*Enjoy a one-on-one yoga session in the privacy of your villa, or out and about in beautiful spaces around the island. Classes are tailored to your preferences and level of experience.*

## ASHTANGA YOGA

*A traditional style of yoga focusing on body and mind, perfect for beginners and experienced alike.*

## POWER YOGA

*A fast-paced style of yoga, for those who want more of a modern-day workout.*

## SUNSET YOGA

*A relaxing yoga class on the Helipad to end off the day with soothing sunset views across the bay.*

## HATHA YOGA

*Suitable for more advanced practitioners, classic and static yoga poses performed in this class have a profound effect on the body and mind, creating strength and endurance, improving circulation and energy flow, cleansing the organs and expanding muscles and joints. It concludes with a short relaxation session.*

## SPA & YOGA FOR KIDS

### RELAXING MASSAGE

DURATION 30/60 MIN - \$50/\$100

*Our full body kids massage introduces our youngest guests to the benefits of bodywork and relaxation. Using pure Madagascan coconut massage oil, this luxurious treatment will leave your child feeling relaxed after a day of island activities.*

### AFTER-SUN TREATMENT

DURATION 30 MIN - \$50

*It's easy to lose track of time when having fun in the sun. This soothing treatment will relieve your little one with cooling cucumber and aloe vera gel to rehydrate and repair delicate skin.*

### SCALP & HAIR TREATMENT

DURATION 30 MIN - \$50

*This shortened and more gentle version of our Shiro Abhyanga treatment releases tension held in the neck and shoulders and simultaneously nourishes the hair. Please note that your child will leave with oil in their hair - the longer it remains, the more noticeable the results.*

### FOOT MASSAGE

DURATION 30 MIN - \$50

*Using a combination of Ayurvedic massage, reflexology, and acupressure techniques, little ones can experience the grounding effects of foot massage which reinforces good habits for foot health.*

### MANICURE OR PEDICURE

DURATION 30 MIN - \$35

*This manicure or pedicure includes a hand or foot soak, scrub, nail file and paint, and ends off with a relaxing hand or foot massage.*

### PRIVATE YOGA

DURATION 45 MIN - \$50

*Our kids private yoga classes offer a fun, relaxed introduction to a wide range of poses for kids, like tree pose, mountain pose, and child's pose, as well as breathing exercises that can be used daily for the rest of one's life.*

#### PLEASE NOTE:

*Our kids spa and yoga menu is recommended for children aged 6 - 12 years.*

*Children over 12 years old may schedule treatments from our standard menu.*

*Parent/guardian consent is required.*

*Adult supervision is required throughout the treatment.*

*Pure coconut oil is recommended for all kids massages.*

*Please notify us of any allergies.*

*Prices exclude 20% VAT.*