

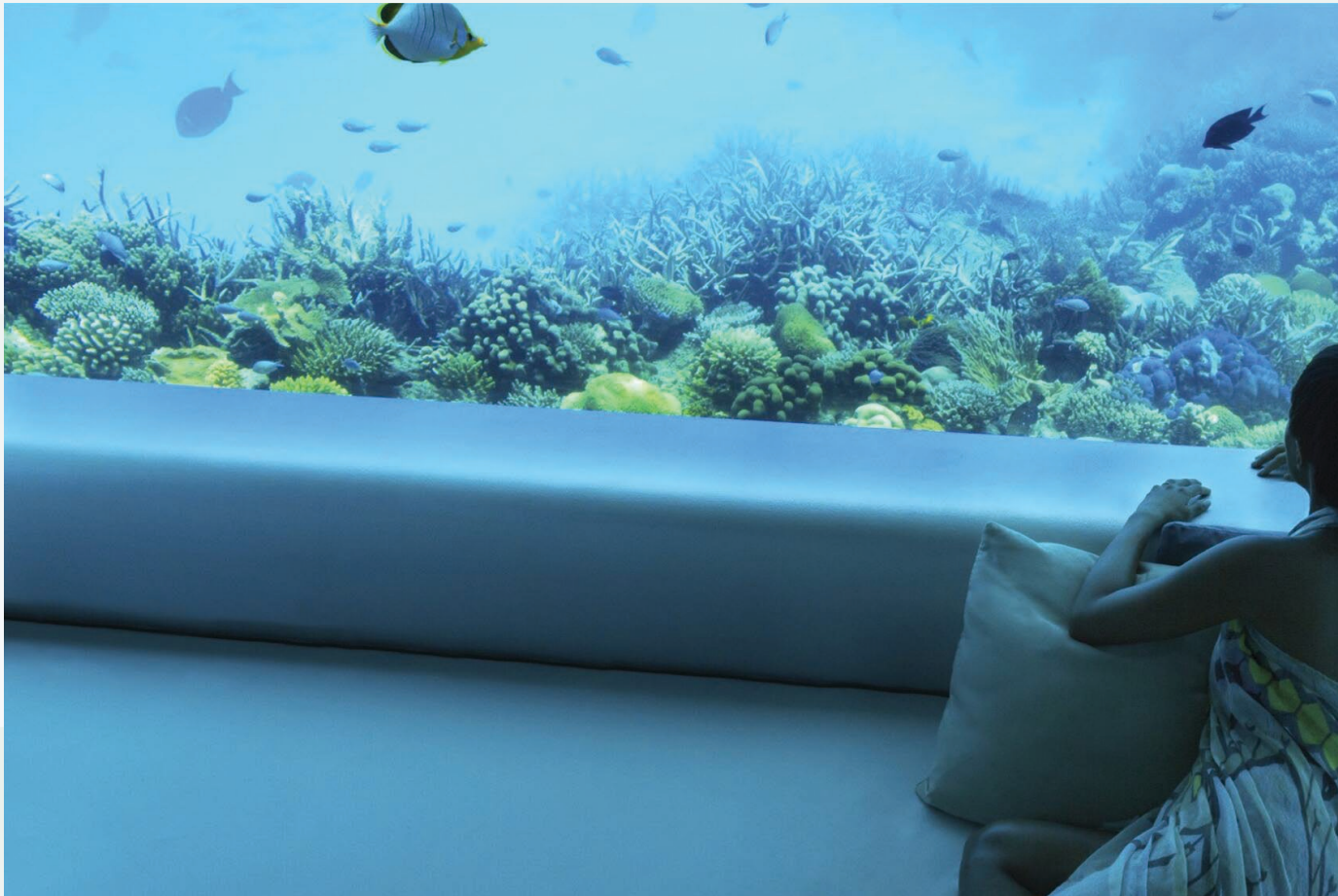
HUVAFEN SPA

INSPIRATIONAL WELLBEING



HUVAFEN FUSHI
MALDIVES

IMMERSE INTO AN UNDERWATER TRANCE





THE WORLD'S FIRST UNDERWATER SPA

A refuge for body and soul. A secret place to indulge and relax.

An underwater realm that stirs the senses. Hufaven Spa is a new spa creation. Healing hands rejuvenate and restore. Iconic treatments soothe and inspire. Expert practitioners weave the elements to create sensuous ways to nurture wellbeing.

Awaken to an ethereal world of healing. Massages, facial treatments and full-body therapies amid a kaleidoscope of sea life. Where modern techniques meet traditional Maldivian traditions.

Venture outdoors to bend and breathe above the timeless ripples of the Indian Ocean. Let Indian Hatha Yoga empower from within.



PURE MASSAGE

BY BEATA ALEKSANDROWICZ

“TECHNIQUES ARE WORDS,
THE STRUCTURE ARE
SENTENCES AND A WHOLE
MESSAGE IS LIKE WRITING A
POEM. THIS IS WHY I BELIEVE
MESSAGE IS AN ART. ”

Beata Aleksandrowicz

All Huvafen Spa therapists have undergone intensive training with Beata Aleksandrowicz, acclaimed massage expert and the creator of the Pure Massage Spa Training Method®, which provides spas worldwide with advanced training in a modern concept of massage.

The author of several books on massage, Beata is published worldwide. A former columnist for the Sunday Telegraph, she is an expert contributor to numerous publications, including Spa Business and European Spa Magazine. Beata also serves on the Mental Wellness Initiative for the Global Wellness Institute and is a judge for the World Spa & Wellness Awards.

Beata's method is both thorough and groundbreaking, teaching the most effective, injury-free massage techniques and introducing therapists to essential life coaching elements.

The Pure Massage techniques combines elements of deep tissue and trigger points with quantum healing, Thai stretches, energy work and touch therapy. The result of 20 years' experience in the industry as a therapist and teacher, Beata's massage concept has been described as "the best in the world" by the Tatler Spa Guide. Huvafen Spa is proud to have invested in this valuable ongoing training and revision programme to ensure that all our guests receive a - really exceptional massage.

BACK PURE MASSAGE

45/60 minutes

Beata developed the 'trunk and branch' method, where our priority is to understand and address the tension in the back and how it radiates out to the rest of the body. By focusing on the back we get to the core of the matter, which is the best way to ensure relief. Sometimes it is better to concentrate on the back, rather than give a full-body massage that does not properly address the build-up of tension in your shoulders, neck or lower back. This is an essential treatment to keep your whole body relaxed, fit and strong.

JET LAG PURE MASSAGE

60/90 minutes

This energising and restorative treatment will help you recover quickly from long journeys. A deep stimulation of the scalp, combined with gentle body stretches and a back massage is applied to ease post-travel sluggishness, stiffness of the joints and tension in the muscles. It relaxes and refreshes at the same time, improving lymph and blood flow, and preventing headaches, insomnia and dehydration so often associated with travelling through different time zones.

REVITALISING FACE

PURE MASSAGE

60/75 minutes

Beata believes that the face needs massage as much as the body. This treatment, described in the press as "better than botox", uses the healing power of touch and invigorating strokes to release the stress held in your face. It immediately improves appearance, removes puffiness and delivers fantastic glow and radiance. This natural anti-ageing massage reduces headaches, migraine and jaw tension while significantly improving sleep quality. Our longer, 75-minute treatment will also take care of tension build-up in your chest, neck and scalp.

BODY PURE MASSAGE

60/90 minutes

Our body massages are tailor-made to your personal needs. Deep-tissue massage addresses muscular tensions, aches and pains, or gentler methods can help you relax and reconnect. You can choose from a 60-minute treatment that slowly builds the ability of your body to relax and release tension that are often built up over years. Or go for our ultimate 90-minute top-to-toe treatment that also includes work on the abdomen, chest, face and scalp.

MUM-TO-BE

PURE MASSAGE

75 minutes

We offer pre- and post-natal massage to support you and your body during or after your pregnancy. Beata developed this massage acknowledging the different stages of your pregnancy as each of them requires different attention, techniques and positions to make sure that you are safe and comfortable. We adjust the pressure to your needs and thoroughly discuss any contradictions and specific requests prior to your treatment. We offer Mum-to-Be Pure Massage after the first trimester of your pregnancy.

BODY BALANCE

PURE MASSAGE

60/90 minutes

A gentle yet very effective treatment, helping to activate the body to efficiently detoxify and re-balance itself while bringing a sense of calm and deep relaxation. This treatment combines elements of abdominal/organ massage, lymphatic drainage and feet reflexology to bring back the balance not only to your digestive system but also to your whole body.

It can be a great start to a new lifestyle if combined with a detox diet, plenty of rest and drinking large amounts of water. We recommend two or three treatments close to each other, combined with a Back Pure Massage for maximum benefit.

BODY TONE PURE MASSAGE

60/90 minutes

A specialised, advanced massage designed to assist in cellulite reduction. The treatment starts with relaxing lymphatic drainage techniques to activate lymph flow and more effectively remove any toxins accumulated during the treatment. This follows with a deeply and energetic massage using firm pressure and cupping tools to warm up and loosen the fatty tissue in any problematic areas. In the longer 90-minute treatment, we will also massage your back to make sure any muscular problems are resolved as well.

BODY MOVEMENT

PURE MASSAGE

60/90 minutes

Based on Thai stretching and Shiatsu points, this treatment is the result of Beata's extensive efforts to create the best possible fusion of Eastern and Western concepts to deliver a modern, effective treatment during which you will remain fully clothed and no massage oil will be used. The main part of the treatment is a series of intensive stretches, but first all muscles are relaxed through gentle rocking that allows all joints and ligaments to restore their alignment and balance. This is followed by muscle work to deliver a full experience of being stretched and relaxed to leave you refreshed and full of energy. Loose clothing is provided for this treatment to ensure your comfort.

ONLY AT
HUVAFEN SPA





UNDERWATER DREAM

60/90 minutes

Our first-in-the-world underwater spa is a perfectly cocooned and dreamlike space – the perfect setting for a delightful treatment that harnesses the wonderful healing powers of sleep. Sleep is essential for good health, helping the body to balance its different systems. Beata Aleksandrowicz designed this treatment exclusively for Huvafen Fushi, combining the stillness and tranquility of this special location with her years of sleep research and unique massage techniques.

Starting at the feet, this treatment uses a combination of reflexology, pressure point and shiatsu techniques to promote relaxation and a restful sleep. Soothing massage on the head, neck, arms and legs promotes trance-like deep relaxation, while ancient breathing techniques help to complete the energy circuit in the body and promote sleep. Unique and transformative, this treatment elevates the power of touch to another level, restoring a natural sleeping pattern and releasing hormones that boost happiness.

UNDERWATER RENDEZVOUS

120 minutes

A sanctuary of serenity beneath the waves. A two-hour journey of healing and rejuvenation. Revel in pure bliss as tension eases from your neck, back and shoulders. Huvafen Spa's anti-ageing Revitalising Face Pure Massage follows, before the journey ends with a deeply soothing foot massage.

Each aspect of Underwater Rendezvous is designed to ease discomforts such as headaches, sleeping problems and tiredness. A calming underwater landscape, a place of true healing and profound relaxation. truly unique top-to-toe treatment that brings long-lasting wellness.



HUVAFEN SERENE AWAKENING

120 minutes

For real detox and revitalisation aficionados! The journey begins with a sequence of sauna treatments, alternated with cold showers to activate your detoxification system. This is followed by a deep back massage and a detox treatment with thorough abdominal work, lymphatic drainage and foot reflexology.

The deep activation of the body will leave you blissfully relaxed and we highly recommend you avoid any extended physical activity afterwards. Instead, enjoy an easy day with plenty of water and rest to support your body as it adjusts to the healthy changes.

HUVAFEN ICONICS

HUVAFEN COCONUT HAIR REPAIR

45 minutes

Pure, silky coconut oil. Deep scalp massage. Enter a realm of blissful relaxation. Hair revitalised and restored. Healing hands guiding you to a place of sensuous serenity. Pressure-point work encourages blood circulation and wellbeing. A treatment that restores body and lustre to every strand.

HUVAFEN SIGNATURE FACIAL

60 minutes

Designed to enhance, lift, and firm the surface of your skin instantly. Combined with deep cleanse and face massage leaving your skin luxurious glow and incredible softness.

HUVAFEN GLOW

45 minutes

Emerge from a chrysalis. Pure, new. A revitalising body exfoliation with coffee, coconut or tea. Let your skin be nourished and reborn, ready for the sun. This treatment can be a perfect prelude to any massage treatment, preparing the cells for restorative oils. Open the door to deep relaxation.

HUVAFEN SUN REPAIR

60 minutes

A cocoon of clay. The cooling embrace of aloe and cucumber. Instant relief from the rays of the sun. Parched skin drinks deep, luxuriating in a rich cloak of nutrients. A gentle scalp massage carries you away. Cool, calm serenity – a treat for the skin and the soul.

ESSENTIAL NAILS

POLISH IT UP (FOR HANDS OR FEET)

30 minutes

A flash of ruby red. Nude nails against sun-kissed skin. Bring a new hue to fingers and toes, whether prim French manicure or bold design. Polish your look with a rainbow of colours. Make a statement, mild or wild.

FINGERS FIRST

60 minutes

Warm botanical oils soothe and restore. A rich cocoon of mud heals and softens, Aromatic oils refine and rejuvenate. Sleek nails, beautiful hands. Buffing and polishing adds a healthy shine. An elegant treatment for supple hands.

WELL HEELED

60 minutes

Detach from the present. Float above the earth. A toe-to-heel treatment that soothes and revives. Deep sea-salt cleansing refreshes and renews. Aromatherapy nourishes tired feet. Massage pampers weary soles. Nails are buffed and polished to perfection.



MOVEMENT

INDIAN TRADITIONAL HATHA YOGA

60/90 minutes

Poetic balance. Poised tranquillity. Embark on a journey of wellbeing with Huvaflen Fushi's internationally certified Wellness and Yoga instructor. Exhale, inhale, as you draw power from within. Healing postures and breathing techniques calibrate mind and body to work in harmony. Balance eases stress and harnesses pure life force.

Stretch towards serenity while watching the sunrise. An overwater pavillion, an hour of true escape.

Or find your care with a private yoga session, on a quiet beach or beneath tropical leaves. Private classes and tailored programmes - yoga experience that transcend the realm.



GYM

Pulses race over shimmering seas. Hidden strengths are summoned amid vivid ocean views. Workout over water as stingrays glide underneath. Push beyond your limits. Embrace vitality and enter the world with renewed vigour.

HOW TO SPA

Huvafen Spa is open from 10am to 8pm. Please arrive 30 minutes prior to your appointment and sink into Huvafen Spa's serene pre-treatment spaces. Get in the mood.

HEALTH

Your health and wellbeing is Huvafen Spa's top priority. Inform your therapist if you have any medical conditions that may affect your treatment.

CANCELLATIONS

Please provide a minimum of 24 hours' notice if you wish to cancel. Appointments cancelled within 12 hours will incur a 50 per cent cancellation fee. Appointments cancelled within four hours will incur a 100 per cent cancellation fee.

SPA ATTIRE

Wear what makes you feel good. Huvafen Spa provides a robe or sarong and towels.

YOUR VALUABLES

We recommend to keep your valuables in your in-room safe. Huvafen Spa does not assume any liability for lost or damaged items of any kind.

GREEN ENVIRONMENT

Huvafen Spa is a fresh and pure environment – a sanctuary free from air and noise pollution. Do not smoke. Silence your phone.

RESERVATIONS

Booking treatments in advance is recommended. The Huvafen Spa team and your Dream Maker will be happy to assist.



HUVAFEN SPA