



the Spa

A SUN SIYAM SPA

# MASSAGES

## **Vilu Signature Massage** **Balancing**

**60 minutes**

This indulgent therapy doubles the healing benefits of massage, using two therapists working at the same time, blending different therapeutic massage techniques. Its stimulates blood circulation, helping release toxins deep within muscle cells, alleviating pain and promoting healing, balances the energies of the left and right sides of the body, leaving you blissfully relaxed and renewed.

## **Asian Blend Massage** **Signature**

**75 minutes**

A smooth, gentle, flowing style that promotes general relaxation, relieves muscular tension, plus improves circulation and range of movement. The therapists use virgin warm coconut oil to help their hands glide gently across your skin as it works itself into both skin and muscles.

## **Balinese Massage** **Relaxing**

**60 / 90 minutes**

Employing the principles of acupressure, cross fiber strokes and gentle stretches, and aromatherapy to stimulate the flow of blood and “qi” (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation.

## **Swedish Massage** **Energizing**

**60 / 90 minutes**

This therapeutic massage is similar to Swedish massage, featuring strong kneading of the muscle tissue, getting deep into the muscle fiber. Firm strokes increase circulation and encourage the release of toxins, helping alleviate chronic muscle pain, tension and working out stubborn knots. We use our own specially formulated Uplifting oil with this massage to energize and revitalize.

## **Traditional Thai Massage** **Stretching**

**90 minutes**

Combination of firm and rhythmic pressure simultaneous to ones breathing stimulates the flow of energy along the body’s pathways. This authentic Thai therapy will surely bring out the flexibility in you.

## **Hot Stone Massage** **Balancing**

**90 minutes**

Pattern from the ancient Hawaiian Kahuna tradition, this massage will allow you to experience the harmonizing energies of combining hot and cold stones on your body. The sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

## **Vilu Herbal Massage** **Calming**

**90 minutes**

Exclusive massage use pouch compresses containing organic, natural sun-dried medical herbs and precious oil to help you relax and enrich your body prized active ingredient.

## **Fancy Foot Massage** **Relaxing**

**45 minutes**

Feel truly pampered with this therapeutic foot massage, pressure points on the feet are massaged which correspond to different organs within the body, helping redress any imbalance through detoxifying and relieving stress.

# AYURVEDA TREATMENTS

## Abhyanga Massage

90 minutes

Just as Western medicine believes that there are three body types, so does Ayurvedic practitioners: wind (vata), bile (pitta), and mucus (kapha) that are responsible for regulating the functions in the mind-body system. Dosha massage also known as "Abhyanga" in India, is performed with warm herbal oil infused with Ayurvedic herbs suited to the specific body constitution. This is soothing, gentle to deep massage that reaches the deeper tissues and bones.

## Shirodhara Massage

90 minutes

Awakening your senses and spirit with Shirodhara massage, warm oil is placed over the third eye and hairline. This holistic healing approach harmonizes the body, mind and soul and creates a balancing effect in the deepest blissful state of consciousness.

## Marma Massage

90 minutes

An Ayurvedic traditional massage working hands and feet. As a belief that there are 107 energy points on the feet, this massage focus on the Marma points to stimulate and spread over the body. This unique technique will complete the experience and instill the deep senses of calmness.

## Kativasti Massage

90 minutes

A targeted Ayurvedic massage that focuses on the lumbar spine with the use of warm Ayurvedic oil. This massage increases the oxygen in the blood stream and ease the tension on the joints and will make you feel relieved.



# BODY WORKS

Restore a youthful glow and wellness with a scrub or wrap that will reveal your most radiant self, from head to toe. All natural ingredients are used to support the local business and farms by sourcing the ingredients within the country and nearby. Body treatments may be done on their own, or added to any other spa service.

## Rejuvenating Javanese Lulur Scrub

60 minutes

Reveal the secret of Asia's whitening body scrub. Originating from the royal palaces of Java, this exotic scrub contains a blend of turmeric, herbs and spices, and is followed by a soothing coconut milk splash.

## Moisturizing Coconut Scrub

60 minutes

Savour the rich, natural goodness of this delightful body scrub as it combines the exfoliating properties of coconut meat with brown sugar to tighten your pores. The extra virgin coconut oil is then applied for its powerful moisturising properties. A healthy dose of lemon rind and citrus oil deeply cleanse the body for luscious looking skin.

## Anti-Cellulite Coffee Scrub

60 minutes

Coffee is the answer, who cares what the question is." This aromatic and decadent body scrub combines the gentle exfoliation and reduce visibility of cellulite effect of the coffee as well as the rejuvenating of brown sugar. Packed with anti-oxidants, it is sure to leave your body with smooth, healthy skin.

## Detoxifying Seaweed Mask

60 minutes

Let nature detoxify and rebalance your body through the magical properties of the sea. Envelop yourself in this therapeutic and beauty-essential body wrap. Our purifying Seaweed absorb damaging toxins and impurities from the body while leaving your natural oils intact. This treatment also contain skin boosting minerals that guarantee moisturized, revitalized and firmer skin.

## Nourishing Clay Mask

60 minutes

This aromatic face & body mask absorbs excess oil and extracts impurities from the skin. The unique blend of Clay has a rejuvenating and deeply cleansing effect on the skin. Brightens and even the skin tone.

## Sun Kiss Aloe Vera Wrap

60 minutes

A welcome relief for skin exposed to sun and sea. The soothing and antibacterial properties of Aloe Vera gel to help your skin recover and replenish naturally.



# SPA PACKAGES

## Believe in Paradise Package

**150 minutes (Couple)**

This pampering treatment is the ultimate spa experience for you and your beloved. Begin with an invigorating hydrotherapy session and a fragrant footbath. Next, follow by traditional Balinese, allowing our skilled therapists to work out any knots and tension. Your favourite body mask is then applied, exfoliating dry skin cells and smoothing out rough areas, while our fancy-free foot massage leaves your feet relax, together in a scented Lavender Bath with a bottle of sparkling wine.

- Hydrotherapy
- Balinese Massage
- Choice of your favourite body mask
- Fancy Free Foot Massage
- Flower Bath ( Sparkling wine and fruit platter)

## Tranquillity Package

**100 minutes (Couple)**

This romantic package is the perfect complement to a couples' getaway. Timed to coincide with sunset, the tranquillity package treats you to the couples' massage of your choice, a Footbath Ritual for two and foot massage in one of our outdoor cabanas. Enjoy a bottle of sparkling wine as the sun dips beneath the horizon.

- Foot Bath Ritual
- Massage of your choice (Balinese Way / Asian Blend Massage)
- Fancy Foot Massage
- Bottle of Sparkling Wine

## The Spa Nature by Vilu Reef

**90 minutes (Single)**

The minute you step into Sun Siyam Vilu Reef you will feel relaxed, take your relaxation to the next level and try this package, created specially to energize tired winter bodies. You're welcome to spend a lovely time with a relaxing and romantic environment at The Spa Vilu Reef.

- Swedish Massage
- Fancy Foot Massage / Refresh Natural Facial

## The Spa Deluxe

**110 minutes (Single)**

An Footbath Ritual, before enjoying a rejuvenating Lulur Scrub. Abyanga massage follow, leaving your skin renewed and refreshed. A floral bath with Frangipani essential awakens the mind, and revitalizes the skin, leaving you bright and refreshed.

- Rejuvenating Javanese Lulur Scrub
- Abyanga Massage
- Flower Bath (serve ginger tea)

# FACIALS

Pamper your skin with nature's revitalizing and beautifying properties and emerge radiant with an all-natural glow. With the use of natural ingredients and combination of coupled light touches and soft strokes, this our facial treatments will help detoxify and improve skin lymph flow.

## All Natural Tropical Facial

60 minutes

Pamper your skin with nature's revitalizing and beautifying properties and emerge radiant with an all-natural glow. With the use of natural ingredients and combination of coupled light touches and soft strokes, this facial will help detoxify and improve skin lymph flow as a youthful effect.

## Anti-Aging Facial

60 minutes

With excellent emollient properties delicately fragrant, these facial uses rose essential oil to soothe the skin, rich in vitamin E as a natural antioxidant. Deeply nourishing and suitable for sensitive skin types, this facial will leave your skin silky smooth and moisturized.

## Skin Healer Facial

60 minutes

Boost your natural radiance after sun exposure with our indulgent skin healer facial, tailored to heal your skin's redness. With the healing enzymes of aloe vera and cucumber as main ingredients, definitely your golden sun colour will shine like the sun.

## Ayurveda Facial

60 minutes

Combining the ancient Ayurveda techniques with modern innovation, this facial balances the dosha systems in the body, promoting an inner radiance that shines through. Ayurveda products are used to cleanse, exfoliate, moisturize and firm the skin, while massage increases blood circulation, resulting in a glowing visage. The dosha facial is ideal for oily and combination skin

# SALON

## Vilu Manicure or Pedicure

60 minutes

Nourish your nails with our lavish Vilu manicure and pedicure. We will trim and shape your nails, soften and massage your cuticles and soak and slough away dull, dead skin. We will then massage and moisturize your hands and/or feet and buff your nails to a brilliant natural shine before applying the polish or your choosing.

## French Manicure

60 minutes

This classic manicure or pedicure begins with trimming and shaping the nails before a de-stressing cuticle massage. After a circulations -boosting hand and/or foot massage and gentle exfoliation, we apply the perfect French manicure using OPI nail polish.

## Ginseng Hair Crème Bath

60 minutes

This nourishing Crème Bath is perfect for dark hair, creating luscious, silky locks with rosemary- and ginseng-fortified cream. This treatment includes a deeply relaxing scalp massage, reviving hair from the follicle to the tip.

## Avocado Hair Crème Bath

60 minutes

Recommended for medium to lighter hair colors, this nourishing Crème Bath uses the nutrients in lemon and avocado to treat dull, dry-looking hair. The cream is applied from tip to root and the scalp massaged, leaving hair thoroughly moisturized and shiny. Avocado helps prevent dryness and dandruff.

## Nourishing Hair Mask

60 minutes

Sun and sea can make hair dry and brittle, so treat your hair to our deeply nourishing avocado and ginseng mask. Boost glossiness and maximize the manageability of your hair with this all-natural treatment.

# HAIR

## MAKE-UP & HAIR STYLE

Men's Hair Cut

Ladies Hair Cut

Hair colour

Make-up and Hair Styling Hair

Style (Curling/Straightening) Wash and Blow dry

## HAIR REMOVAL/WAXING

Half Leg / Full Leg

Underarms / Full arm

Full Chest Full Back

Eyebrow Shape

# BOUTIQUE

When vanity strikes, The Spa Boutique offers products that you can use as home care or gift to your family and friends. With locally and traditionally made spa products from head to toe.

The Spa Boutique is open daily

# SPA ETIQUETTE

Vilu Reef Spa Wellness and Beauty Centres is a place of rebirth, purity and beauty. Please respect the privacy of other guests, therefore we request that you leave your mobile phone and other electronic devices in your guest suite. The spa does not assume liability for any valuables. To ensure relaxation for all of our guests, we kindly request that guests refrains from speaking loudly.

## Opening Hours

Vilu Reef Wellness and Beauty Centres is open from 09.00 to 21.00 daily.

## Appointments

We accept walk-ins when possible, although we advise you to make an appointment in advance to avoid disappointment. You can make an appointment by visiting the spa or by calling us on extension “\_75\_”

## Arrival

To enjoy your spa journey, please be at the spa at least 15 minutes prior to your reservation. Please be aware that arriving late may result reduction on your treatment time. We will try to conduct your full treatment; however, treatment time may need to be shortened should there be another booking afterwards.

## Spa Recommendations

We recommend you not to sunbathe within two hours before or after your spa treatment - especially hair removal treatments and body scrubs. Men booking for a facial treatment should shave at least five hours before their treatment for maximum benefit. Pregnant women and new mothers should consult our Resort Doctor prior to booking any treatments.

## Clothing

The Spa Wellness and Beauty Centre provides bathrobes, slippers and disposable underwear for your personal use during your treatment. If you prefer, you can also wear your own bikini or underpants.

## Jewellery

Please leave your valuables in your suite, stored in the electronic safe provided. The Spa will not be liable to take responsibility for any loss or damage of personal articles or misplaced items while on the premises.

## Minimum Age

The recommended minimum age for spa treatments is 18 years. Minors under this age must be accompanied by a same gender parent or guardian who is also having a treatment in the same treatment room.

## Cancellation

For cancellations of confirmed bookings, please inform us at least 4 hours prior to the scheduled time. Notifications made within 4 hours of the confirmed schedule will incur a 50% cancellation charge.

## Prices

All prices are in US Dollars, subject to 10% service charge and applicable taxes.



# PRICES

## MASSAGES

<b>Vilu Signature Massage</b> <i>Balancing</i>	60 minutes	\$195 per person
<b>Asian Blend Massage</b> <i>Signature</i>	75 minutes	\$145 per person
<b>Balinese Massage</b>	60 minutes	\$145 per person
<b>Balinese Massage</b>	90 minutes	\$195 per person
<b>Swedish Massage</b>	60 minutes	\$145 per person
<b>Swedish Massage</b>	90 minutes	\$195 per person
<b>Traditional Thai Massage</b> <i>Stretching</i>	60 minutes	\$145 per person
<b>Traditional Thai Massage</b> <i>Stretching</i>	90 minutes	\$195 per person
<b>Hot Stone Massage</b> <i>Balancing</i>	90 minutes	\$195 per person
<b>Vilu Herbal Massage</b> <i>Healing</i>	90 minutes	\$195 per person
<b>Fancy Foot Massage</b> <i>Relaxing</i>	45 minutes	\$110 per person

## AYURVEDA SPECIALITIES

<b>Abhyanga</b>	60 minutes	\$180 per person
<b>Abhyanga</b>	90 minutes	\$225 per person
<b>Sirodhara</b>	60 minutes	\$180 per person
<b>Sirodhara</b>	90 minutes	\$225 per person
<b>Marma</b>	60 minutes	\$180 per person
<b>Marma</b>	90 minutes	\$225 per person
<b>Kativasti</b>	60 minutes	\$180 per person
<b>Kativasti</b>	90 minutes	\$225 per person

## BODY WORKS

<b>Rejuvenating Javanese Lulur Scrub</b>	60 minutes	\$100 per person
<b>Moisturizing Coconut Scrub</b>	60 minutes	\$100 per person
<b>Anti-Cellulite Coffee Scrub</b>	60 minutes	\$100 per person
<b>Detoxifying Seaweed Mask</b>	60 minutes	\$100 per person
<b>Nourishing Clay Mask</b>	60 minutes	\$100 per person
<b>Sun Kiss Aloe Vera Wrap</b>	60 minutes	\$100 per person

# PRICES

## SPA PACKAGE

<b>Believe in Paradise Package</b> (Couple)	150 minutes	\$540 per couple
<b>Tranquility Package</b> (Couple)	100 minutes	\$500 per couple
<b>The Spa Nature by Vilu Reef</b> (Single)	90 minutes	\$195 per person
<b>The Spa Deluxe</b> (Single)	110 minutes	\$300 per person

## FACIAL

<b>All Natural Tropical Facial</b>	60 minutes	\$135 per person
<b>Anti- Aging Facial</b>	60 minutes	\$135 per person
<b>Skin Healer Facial</b>	60 minutes	\$135 per person
<b>Ayurveda Facial</b>	60 minutes	\$135 per person

## SALON

<b>Vilu Manicure or Pedicure</b>	60 minutes	\$90 per person
<b>French Manicure</b>	60 minutes	\$90 per person
<b>Ginseng Hair Crème Bath</b>	60 minutes	\$90 per person
<b>Avocado Hair Crème Bath</b>	60 minutes	\$90 per person
<b>Nourishing Hair Mask</b>	60 minutes	\$90 per person

## HAIR

<b>Make-Up &amp; Hair Style</b>		\$170 per person
<b>Men's Hair Cut</b>		\$50 per person
<b>Ladies Hair Cut</b>		\$100 per person
<b>Style (Curling/Straightening), Wash and Blow Dry</b>		\$100 per person
<b>Eyebrow Shape</b>		\$25 per person