



sulha
SPA





Sulha Spa. Sky above. Earth below. Peace within.




SULHA WELLNESS RETREAT

Sulha Wellness Retreat at Hurawalhi offers a unique holistic & wellness therapy. We have curated the best treatments from around the world and our therapists have been carefully chosen not only for their outstanding skills but also for their genuine, caring natures and uncanny intuition so they know exactly what you need. You'll soon realise this talented team is what sets us apart from the rest and in next to no time you'll be feeling better than you have in years.

After a few days, you'll start wondering how you can keep that feeling once you've left our little oasis. We've got that covered. Our fusion of ancient and modern therapies and easy-to-follow health tips will reset your body and mind so you'll continue to feel great back at home; right up until the next time you can return to Hurawalhi, your Maldivian home from home.

Sulha meaning "Peace", is derived from the Hindi language. You can indulge in all a premium organic skincare that is made from only the purest natural active ingredients. Our well-trained therapists, multi- culture skills and happily to deliver a personalised-touch and guide you for a perfect treatment by following your daily lifestyles and what is best to rest & rejuvenate your body, mind and soul.



REST

We understand that you've come to paradise for a well-earned rest from the stresses of daily life. Hurawalhi's tiffany-coloured ocean and dazzlingly white beaches provide an instant feeling of relaxation but we've also spent time creating the very best treatments to recharge your batteries.



MASSAGES

The latest scientific studies suggest massage isn't just a shortcut to relaxation; it can be used to overcome medical conditions from anxiety to digestive disorders, and from stress to headaches. Massage has a subtle role to play in supporting your emotional well-being. It can enhance mood and encourage confidence and clarity of thought. Here is our recommendation for the best 'rest' techniques from around the world.

SULHA SIGNATURE

60 / 90 MINUTES - \$165 / \$225

Begin your holiday with a superb experience! The signature massage of Sulha, a combination of Asian and Western techniques; Shiatsu, Swedish, Yogic stretching and Lomi Lomi that will loosen your stiffness, release tensions and align your spine and muscles. Himalayan salt rock will increase the blood & lymphatic circulation and activate the Chi flow and leave you with a deep sense of calm and fully relaxed.

BALINESE TRADITIONAL

60 / 90 MINUTES - \$165 / \$225

This is a relaxation massage with attitude, with lots of long gentle strokes as well as light pressure-point work and skin rolling to get your blood flowing and oxygenated. It's calming and refreshing - great for those who feel tired or a little low.

ORIENTAL FUSION

60 / 90 MINUTES - \$165 / \$225

A free-flowing treatment that incorporates all the most relaxing elements of Balinese, Thai stretching and Indian techniques, easing every bit of you from your head to your toes. Make it your go-to treatment to combat jet lag.

MUSCLE EASE

60 / 90 MINUTES - \$165 / \$225

A classic Swedish massage that uses long strokes, kneading, deep tissue, vibration and tapping to stimulate your circulation and invigorate your muscles. Go for deeper pressure if you dare - either way, this 60 minute treatment is perfect for boosting energy levels.

AROMATHERAPY

60 / 90 MINUTES - \$165 / \$225

The importance of our sense of smell is often underestimated but studies show particular fragrances can affect everything from pain perception to memory recall. Choose the perfect blend of scented oils to lift your mood and increase your mental strength.

THAI THERAPY

60 / 90 MINUTES - \$165 / \$225

A unique oil-free technique whilst wearing loose pajamas, aims to enhance your flexibility, energize your body and ease muscle tensions. Let your therapist coax your body into traditional poses in this more energetic style of 'yogic stretching', designed to improve stamina and posture. In just an hour you'll be totally recharged.

INTENSIVE BACK, NECK & SHOULDER

60 / 90 MINUTES - \$165 / \$225

Stiff back and shoulders? Traditional heated herbal poultices are used for profound deep healing and release of muscle tension. A deeply therapeutic massage which focuses on the neck, shoulders, upper and lower back, plus a scalp massage will leave you feeling restored and revitalized. *Highly recommend to combine with Hijama Cupping Therapy for even better results.*

MOTHER TO BE

60 / 90 MINUTES - \$165 / \$225

Head to toe with 100% organic coconut oil, deeply hydrates and nurtures your stretching skin. This cocoon experience is combined with gentle techniques; long strokes, kneading the position of the mother to be. The position will depend upon the trimester of pregnancy and comfort, it improves the circulation, reduces water retention and promotes a better night's sleep.

FOOT REFLEXOLOGY

60 MINUTES - \$140

Treat your feet to benefit your whole-body. Certain parts of the foot reflect certain parts of your body and our therapist will introduce acupressure on the reflex points of your feet, using thumb and finger pressure to restore balance and support the body's own healing.

REJUVENATE

Twenty-four hours at Hurawalhi feels like a month of rest and rejuvenation anywhere else so you'll soon have your old spark back. Our team of experts has put together some special experiences to channel all your positive energy into focused long-term wellness solutions to deploy back at home.



TIMELESS REMEDIES

Sight, hearing, smell, taste, and touch, are basic perceptions to sense the world around us and stimulating all five senses will promote their ability to become more sensitive and in tune. We design alternative healing therapies and indulge you in our signature artful remedies which take you to a state of tranquility and equilibrium.

SOUNDS SHOWER

60 MINUTES - \$140

Gongs, chimes, and Tibetan singing bowls will calm your mind and rest your whole body. Our bodies are comprised of 70% water, making us good at absorbing sound waves and these help the brain settle into a 'theta' state of deep relaxation and restores your daily concentration.

REIKI

60 MINUTES - \$140

This Japanese technique is so effective at alleviating anxiety and pain it is used by mainstream medical hospitals worldwide in post-operative care. It is a touch therapy that involves laying hands on, or close to, energy channels along the body to release blockages. It's perfect for those struggling with pressurised situations.

ZEN SHIATSU

60 MINUTES - \$165

This is a unique form of bodywork that uses acupressure, usually applied using fingers and thumbs but sometimes elbows to go deeper and re-energize the body's energy channels. It is a particularly effective therapy for improving sleep patterns.

HARA BODYWORK

60 MINUTES - \$190

Hara means abdomen in Japanese. Physically, it is responsible for the all-important digestion that fuels your body. Emotionally, it governs your gut instincts. Your therapist uses gentle pressure and mindful breathing to kick-start this vital control centre into peak performance.

LYMPHATIC DRAINAGE MASSAGE

75 MINUTES - \$190

One of the most popular and revolutionary techniques in recent times. Alleviate stress, accelerate healing and reduce inflammation pain while boosting your immunity. Manual lymph drainage (MLD) is applied in a rhythmic motion in the direction of the lymphatic flow, which enhances the elimination of toxins, reduces water retention, and increases blood circulation.

MINDFUL JOURNEY

90 MINUTES - \$225

Let us start with a heart centering ritual tapping into the feeling of joy. The harmonizing effects of a full-body massage evoke a sense of joy and bliss, preparing you for the sound and energy experience that is to follow. A mindful tea ritual with a Turmeric-Ginger infusion will leave you with some inspiration to take home.

HIJAMA CUPPING THERAPY

60 / 90 MINUTES - \$190 / \$245

The best of therapeutic pain relief therapy that helps to remove stagnation whilst improving blood circulation by extracting the impurities from your muscle tissues. Several fusion techniques of deep tissue massage work to ease stiffness, relax tense muscles and chronic pain which can be factors that create migraines. Drink lots of water after the treatment to promote a better flow of energy and quickly flush toxins out of your body.

HIJAMA CUPPING THERAPY

"The best of therapeutic pain relief therapy that helps to remove stagnation whilst improving blood circulation by extracting the impurities from your muscle tissues."



INDULGENCES

Indulge, revitalize, and rejuvenate yourself with botanical ingredients from 'Healing Earth', a premium organic skincare that is made from only the purest natural active ingredients sourced from the continents' powerful minerals, oceans, flowers, herbs, fruit, seeds, and natural oils. Our botanical treatments will revive, purify and take your skin on a journey of total renewal.

HAIR AND SCALP ESSENCE

60 MINUTES - \$140

A traditional hair treatment infused with the hydration of coconut, keeps hair silky and smooth. A perfect treat after a day in the sea. A warm blended coconut oil is massaged into the scalp nourishing the hair, followed by a coconut hair mask. Perfectly completed with pampering foot massage and application of hydrating coconut lotion. Expect soft, shiny hair with the tropical scent of coconut.

MALDIVIAN ENRICHED

60 MINUTES - \$165

Coconut oil is our secret weapon for sunbathers. Studies show it blocks up to 30% of the sun's UV rays, not that we recommend you ditch conventional SPF! Loosen your knots with a warm coconut oil back massage, followed by a full-body polish with freshly prepared coconut and nourishing body lotion. Your skin will be perfectly prepped to lap up our sunshine.

TOUCH OF SULHA

60 MINUTES - \$165

A restorative back & shoulder massage, along with a full-body polish that will increase your blood flow. This is ultra-energizing using sweet ginger and lemongrass which deeply cleanse and remove dead skin cells. Finish with nourishing body lotion that will make your skin radiant and flawless.

PURE RADIANCE FACIAL

60 MINUTES - \$165

Boost your complexion and banish fine lines with ultra-effective organic ingredients such as antioxidant-rich pinotage grape seed oil, which helps repair and hydrate sun-damaged skin, and active botanical essences that penetrate deep layers of the epidermis for long-lasting anti-ageing results.

REJUVENATING FACIAL

75 MINUTES - \$175

If you've never used a Gua Sha stone, prepare to be amazed. It's an ancient Asian beauty tool that can increase microcirculation to the face by as much as 400% and is better than Botox for sculpting muscles and smoothing the complexion. Finish with a firming mask for maximum impact.

SUN SOOTHER

75 MINUTES - \$165

After adventurous days in the salt water when you've overdone it in the sun, this treatment will get your body back to its best. Start with a cooling mist and compress before a hydrating aloe body wrap. While your skin soaks up all that healing nourishment, enjoy a mini facial and foot rub. The finishing hydrating oil makes this a complete body drench.

ESPRESSO & LIMÓN SLIMMING

75 MINUTES - \$190

Treat your body like a temple with this detoxifying and firming treatment. Guaranteed to leave your body looking sleek and smooth. Begins with dry body brushing to stimulate lymphatic drainage. Followed by a massage with Espresso Limón slimming oil formulated to deeply purify and tone. A luxurious treatment for a slim and toned body, and a clear mind.

JOURNEYS

Discover your own time and space! Our journeys honor you on your individual path to well-being, health, and happiness. Begin your journey with us to rest & rejuvenate your body, mind, and soul, and uplift your inner peace and balance in a luxurious setting. Find personalised guidance and professional expertise to inspire your path to well-being.

BE TOUCHED BY THE OCEAN

90 MINUTES - \$225

Our bespoke massage works heated herbal poultices along your body. It's incredibly soothing as it is but once super-hydrating organic body balm is added it becomes the ultimate emotional stress buster. Ideal if you've overdone it at the gym or can't switch off from office mode.

HEAVEN ON EARTH

90 MINUTES - \$225

Let the sound of the Tibetan singing bowls and a Balinese massage coax you into total relaxation, then banish fine lines with a facial using Africa's purest organic ingredients with anti-oxidant rich oils and active botanical essences that are absorbed into your epidermis for long-lasting anti-ageing results.

TOP TO TOE REBOOT

90 MINUTES - \$225

Your feet are the foundation of your health so this sole-to-soul transformation starts with pressure-point reflexology to fire up your energy channels. Your therapist then harnesses the magic of Maldivian coconut to refine your skin with an invigorating body massage using 100% virgin coconut oil. A traditional Indian head massage with warm blended coconut oil infused with rosemary provides deep relaxation for your mind. Be prepared to experience a sparkling new version of yourself.

ISLAND SERENITY RITUAL

120 MINUTES - \$265

The ultimate top-to-toe blissful ritual uses the essence of 100% pure organic coconut native to the Maldives. Experience profound and deep relaxation; enjoy smooth and hydrated skin and shiny, lustrous hair with the tropical scent of coconut.



CONNECTION

Sparkle with romance! Indulge in a remarkable setting with your loved one. Settle down with the most stunning view from Sul-ha suite room and allow the senses to drift with sounds of nature surrounding you. Our touch will melt away your stress and soothe your mind and soul.

HIM & HER

75 MINUTES - \$340

Romantic Indulgence! Enjoy precious time together immersed with the aromas of pure essential oils and indulge in restoring and calming Balinese massage, followed by champagne to savour this treatment.

ROMANTIC RETREAT

105 MINUTES - \$520

Embrace this defining body ritual in a romantic space with your loved one. After the signature foot ritual, a tailored body massage, designed to elevate your muscle relaxation and realign the body functions, followed by a nourishing pinotage body polish to smooth and improve the skin texture. Complete your journey with a deeply nourishing Indian head massage, enriched with rosemary infused warmed coconut oil.

FULL MOON MAGIC

135 MINUTES - \$560

An enchanting ritual to share with your loved one to captivate your senses, alleviate any tensions, and connect you to the vital powers of nature's elements.

- Your choice of a full-body massage
- Freshly prepared body polish
- Indulgent Indian head and foot massage
- Tropical bath infusion Healing Earth Bio-Active
- Mini Facial
- Fruit platter complemented by champagne
- Spa gift for your spa experience at home



WELL-BEING

Experience our Well-Being journey to uplift your mind, body and soul at Sulha spa, surrounded with the most stunning Indian ocean lagoon view. Rest and rejuvenation are essential for your inner well-being, reduce your stress and revive yourself with an unforgettable experience to find your state of inner peace and tranquility.

3 DAY - MIND & BODY RETREAT

120 MINUTES/DAY - \$800

- 1st Day TOUCH OF SULHA
BE TOUCHED BY THE OCEAN
- 2nd Day INDIAN HEAD & SCALP MASSAGE
REJUVENATING FACIAL
SULHA SIGNATURE
- 3rd Day HAIR AND SCALP ESSENCE
TOP TO TOE REBOOT

5 DAY - BEYOND THE SENSES

120 MINUTES/DAY - \$1,100

- 1st Day ENHANCER - BEAUTIFUL EYES
ISLAND SERENITY RITUAL
- 2nd Day THAI THERAPY WITH HERBAL POULTICE
REFLEXOLOGY
- 3rd Day PURE RADIANCE FACIAL
MINDFUL JOURNEY
- 4th Day HAIR AND SCALP ESSENCE
INTENSE BACK & SHOULDER MASSAGE
- 5th Day INDIAN HEAD & SCALP MASSAGE
TOUCH OF SULHA or FOOT REFLEXOLOGY
SULHA SIGNATURE



PERFECT TOUCH

The last piece of the jigsaw to complete a perfect holiday. A luxurious combination of rituals to nurture the body and deeply rejuvenate the mind. These enriched treatments leave your skin revitalized and renewed. Truly essential!

INDIAN HEAD & SCALP MASSAGE

30 MINUTES - \$85

Warm, locally sourced, coconut oil with rosemary infusion is massaged into the scalp and hair. Followed by an Indian head, neck, and shoulder massage. Coconut oil is a natural conditioner and promotes new shine and aids in protecting the hair from the sun and sea.

DE - STRESS – BACK MOVING

30 MINUTES - \$85

An energizing deep tissue massage, focusing on the back and shoulder area with techniques designed to wring tension and stress away.

DE - STRESS – HAPPY FEET!

30 MINUTES - \$85

A de-stressing treatment, quickly refresh and heal your feet and legs to restore lightness, improves the circulation and reduces swelling and fatigue.

EXPRESS NAIL POLISH

30 MINUTES - \$40

Quickly grooming your nails, cut, file and choose your own colour to begin your holiday!

DELUXE SPA MANICURE

60 MINUTES - \$85

Luxurious conditioning care for your hands with all elements of a traditional manicure to leave hands soft and smooth, with beautiful nails. Includes a nourishing hand-arm massage with African Potato to nourish the skin. Nail polish application is included if desired.

DELUXE SPA PEDICURE

60 MINUTES - \$85

Pamper your feet with an aromatic foot soak and sea salt scrub to stimulate your body's circulation, revealing soft and happy feet, followed by pampering foot massage and a traditional pedicure. Nail polish application included if desired.

EXPRESS FACIAL

30 MINUTES - \$85

A treat for your face with all the elements of a traditional facial, using our organic products. Short and sweet!

ENHANCER - BEAUTIFUL EYES

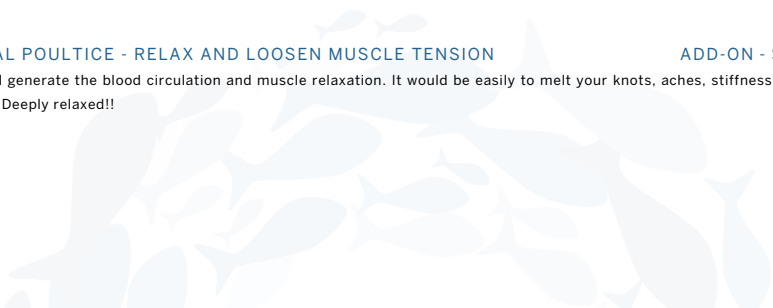
ADD-ON - \$15

Complete your facial with the new technology of EyeSlices™. Reduces puffiness, dark circles, redness, lines, and wrinkles, bringing luminosity to the eye area.

HERBAL POULTICE - RELAX AND LOOSEN MUSCLE TENSION

ADD-ON - \$15

Heat will generate the blood circulation and muscle relaxation. It would be easily to melt your knots, aches, stiffness and tension. Deeply relaxed!!



TRANSFORMATIONAL EXPERIENCE

Indulge in a session with our wellness coach to determine your holistic wellness goals of a healthy lifestyle. Set achievable goals for short and longer-term personal development. The most effective and suitable session will be recommended for your unique needs.

Schedule your time and get a complimentary lifestyle consultation with our wellness coach.

PERSONALISED YOGA SESSION

Improves the overall well-being of body and mind through the introduction of gentle postures that are adapted to suit each physical structure. Ideal for beginners and advanced levels who want to enhance their flexibility and align the posture. Throughout each session, your level of joy, peace, focus, and mindfulness are healthily enhanced. Add to your 'wellness to-do-list' and practice daily, to get amazing results!

HATHA VINYASA ASHTANGA YIN IYENGAR AERIAL YOGA PRENATAL YOGA

PERSONALISED MEDITATION SESSION

A holiday is the ideal time to master the art of meditation and with growing concern about the damaging effect of the digital world on mental health, time spent learning effective techniques to switch off might prove your best investment ever.

MIND-SOUND-RESONANCE PRANAYAMA SLEEP CHAKRA MANTRA TIBETAN SINGING-BOWL

OUR BESPOKE AND ONE OF THE BEST!

5.8 Under Sea Meditation - find positivity, inner peace and happiness.
Every first week of the month, on Tuesday at 08:00 a.m.

PRIVATE FITNESS TRAINING

Gain strength, endurance, and performance in one of the most important systems of our entire body, the cardiopulmonary system which runs non-stop to maintain our physical and mental health. Talk with our expert wellness coach who will design your program to create the maximize fun and achieve your target of training.

AQUA-FITNESS TRX PILATES KICKBOXING CIRCUIT-TRAINING HIT/BOOTCAMP






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