

The background of the entire image is a dense, repeating pattern of tropical leaves, likely palm fronds, in various shades of green and yellow, set against a dark navy blue background. The leaves are layered and overlapping, creating a lush, jungle-like feel.

*esKape*

SPA MENU





# esKape Spa Menu

esKape. Detox. Destress.

Whether you are jet lagged, overworked, under-slept or partied out,  
esKape Spa promises the outcome you need and with the add-ons  
you want to get you back in the game.

# esKape Signatures

Look fab fast with our signature beauty fixes.  
Enjoy coconut sorbet accompanied by your choice of tea.

## Maldivian Ocean Dream Massage

90 mins \$135

Our signature massage triumphs over aches and pains. With a blend of specialised techniques from medium to firm pressure, this massage brings relief to tired muscles. A combination of deep pressure and stretching techniques to make you feel as good as new.

## Sea Coconut Secret

90 mins \$169

The humble Maldivian coconut is adored by the locals for its nourishing and soothing properties. You will find this treatment oh-so rejuvenating. Begin your journey with a foot ritual to treat your feet, which is then followed by a gentle exfoliation. The natural scrub ingredients include fragrant toasted coconut to renew, nourish and soften your skin, and to make you feel refreshed and shimmering.



# My Kind of Massage

## Balinese

60 mins \$109 / 90 mins \$129

Enjoy a taste of Bali using traditional, ancient Balinese methods of massage. A combination of palm and thumb, that eases muscle tension, calms neural pathways, encourages circulation and reduces stress levels. Specially blended oils reinstate peace of mind with their unique calming and soothing qualities.

## Healing Aromatherapy

60 mins \$109 / 90 mins \$129

Bring your body back into alignment with its natural rhythm as it benefits from this soft, relaxing, wave-like massage with long, sweeping movements using palm pressure that soothes your body and mind. Choose from our selection of different aromatherapy oils.

## Sports

60 mins \$119 / 90 mins \$135

A powerful massage designed to alleviate deep-seated tension and muscular stress. Using medium to firm pressure and stretching along with acupressure and deep movements, to increase blood circulation that will bring you a sense of freshness and revitalization.

## Traditional Thai

90 mins \$135

Experience this traditional massage from Thailand. Combining acupressure techniques, it will increase blood circulation and strengthen yoga postures, improve mobility and flexibility of both muscles and joints.

## Herbal Compress

90 mins \$140

Practiced for many years, this ancient art of healing promotes emotional and physical well-being. Warm Thai herbal compresses provide anti-inflammatory, antiseptic and anti-oxidant properties to relieve stress and fatigue.

## Both of You Naturally Nurtured

60 mins \$109 / 90 mins \$129

Nurture your skin when you need it most with this gentle restorative and entirely tailored massage. Ideal for expectant mothers after their first trimester.

## No More Cellulite

60 mins \$119 / 90 mins \$135

This stimulating massage targets cellulite-affected areas, reduces fluid retention and improves skin texture. Focusing on common problem areas such as your hips and thighs, this revitalizing treatment will alleviate and release toxin build-up and minimise the appearance of cellulite.

## Basic Massage Lesson for Two

90 mins \$135

Why not learn a relaxing massage technique for your loved ones? Give it a try and have fun!





# Holistic esKape

## Lymphatic Drainage

60 mins \$109

This treatment uses hands-on massage technique designed to activate, stimulate and cleanse your lymphatic system. The pressure applied is very light and gentle. It will alleviate inflammation, water retention and help your body detoxify.

## Foot Reflexology

30 mins \$79 / 60 mins \$99

Alleviate stress and calm your body down with this effective treatment. The theory behind reflexology states that specific areas in your feet correspond to specific organs and vital body systems, and that by adding pressure to these points we are able to diffuse stress within the body.

# esKape Bundles

## esKapism

90 mins \$169

Eskape. Relax. Renew.

Begin with a full-body exfoliation that makes your skin feel smooth and renewed. Then follow with our signature Maldivian Ocean Dream Massage using a variety of techniques that release deep seated knots and tension areas.

A choice of Body Scrub 30 mins, Maldivian Ocean Dream Massage 60 mins.

## esKape Detox

120 mins \$199

This fusion treatment creates a truly detoxifying experience which will ensure you are remineralised and detoxified. Spa therapist starts off with a technique to stimulate circulation preparing the skin for effective product absorption and toxin elimination and follows with a Detoxifying Seaweed Wrap and a long stroke flowing massage using Seaweed Oil with Fucus Serratus and Sweet Orange essential oil for further detoxification.

Seaweed Wrap 60 mins, Lymphatic Drainage or No More Cellulite Massage 60 mins.

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# Reset Packages

90 MINS PER DAY & PER PACKAGE

We believe in providing you with the best and most transformative experience possible. Our expertly trained team will escort you to one of our ten bespoke retreats located on the beach, ensuring that your spa experience is extraordinary.

All prices are subject to 10% Service Charge and 12% GST.





# esKape Rejuvenation

3 days \$479 / 5 days \$739 / 7 days \$969

This revitalising experience is aimed at those wishing to feel energised. Our spa professionals will address strains of daily lives and the toll taken on the physical self to make aches and pains dissolve, leaving a lighter soul and more comfortable body. This package is perfect for those:

- Experiencing tension in the back, spine head and feet
- Having specific areas of tension
- With highly physical job or high level of sports performance

Day 1	Lime Lemongrass Body Scrub	30 mins
	Sports Massage	60 mins
Day 2	Seaweed Detox Body Wrap	30 mins
	Maldivian Ocean Dream Massage	60 mins
Day 3	Balinese	90 mins
Day 4	Sports Massage	90 mins
Day 5	Seaweed Detox Body Wrap	30 mins
	Reflexology	60 mins
Day 6	Traditional Thai or Sport Massage	90 mins
Day 7	A choice of Body Scrub	30 mins
	Healing Aromatherapy	60 mins

# esKape Detox

3 days \$479 / 5 days \$739 / 7 days \$969

Release toxins, reduce fatigue and enhance positive mood. This package is perfect for those:

- Whose metabolism is sluggish.
- Looking for a specialised detoxifying experience.

Day 1	Lime Lemongrass or Colombian Rush Body Scrub	30 mins
	Balinese Massage	60 mins
Day 2	Seaweed Detox Body Wrap	60 mins
	Lymphatic Drainage or Anti-Cellulite Massage	30 mins
Day 3	A choice of massage	90 mins
Day 4	Lime Lemongrass or Colombian Rush Body Scrub	30 mins
	Seaweed Detox Body Wrap	30 mins
	Lymphatic Drainage or Anti-Cellulite Massage	30 mins
Day 5	Balinese Massage	90 mins
Day 6	Lemongrass Body Scrub	60 mins
	Foot Reflexology	30 mins
Day 7	Seaweed Detox Body Wrap	30 mins
	Maldivian Ocean Dream Massage	60 mins

All prices are subject to 10% Service Charge and 12% GST.

# Couple esKape

## esKape to Romance

120 mins \$350

Dive into romantic spa indulgence and truly unwind, allowing your mind to esKape. Your journey begins with a steam bath to soften skin and prepare it for exfoliation. A choice of exfoliator for the skin renewal and restoration, which is followed with the Maldivian Ocean Dream Massage leaving you rejuvenated. Finally, enjoy a glass of bubbly and Kandima chocolates whilst daydreaming over the infinite view of the Indian ocean.

Steam Bath 15 mins, Body Exfoliation 45 mins, Maldivian Ocean Dream Massage 60 mins, 2 glasses of sparkling wine.



# It's All About Your Body

## Nourish and Glow

60 mins \$119

Reveal your smoothest, softest skin ever with this body exfoliation treatment finishing with the extensive application of the nourishing Gold Dry Body Oil that leaves your skin shimmering and glowing.

## Aloe Soothing Wrap

60 mins \$119

Wrap up your body with cucumber, yogurt and honey. These natural ingredients soothe, calm and cool the skin. Whilst you're cocooned, we'll give you a revitalising foot massage and envelope your body with Aloe Vera gel to soothe and dissipate the redness of the irritated skin. Suitable for all skin types.

## Seaweed Laminaria Remineralizing & Detoxifying Wrap

60 mins \$139

Cleanse, refine and remineralise your body. Start with dry brushing to stimulate the lymphatic system and activate body circulation, followed by a seaweed wrap of Laminaria Digitata and Spirulina that are rich in trace elements and nutrients, and high in anti-oxidants that are known for combating the formation of fat cells, providing a refined skin texture and eliminating the appearance of cellulite.

Seaweed Body Wrap, Seaweed Oil Application





# Little VIP esKape

60 mins \$90

Whilst you are busy getting pampered, why not let your little ones get the same oh-so kool treatment.

These are available for both teens and tots. Let them shine bright like a diamond!

## Kid's Pick & Mix

(For kids between 4 and 10 years old)

Back Neck & Shoulder, Foot Massage

30 mins each



## Spa Etiquette

Spa services are available for guests of all ages. The Kids' Spa is available for kids between four and ten years old.

## Reservations

Walk-in appointments are welcome; however, guests are encouraged to make arrangements in advance. To schedule your appointment\*, please dial extension 4302.

\*Please advise us if you are pregnant or have other significant health considerations when booking your treatments. Pregnancy treatments are not allowed before the first trimester and not recommended 24 hours before and after travelling.

## Arrival & Check-in Procedures

We invite you to enjoy steam room before or after spa treatments. We request your arrival at least fifteen minutes prior to your treatment time, providing you with ample time to check-in and prepare for your spa experience. Should your arrival be delayed, please note that your treatment time will be reduced accordingly so that we may serve the next guest on time.

Late arrival will still result in full charge for your requested service, even though your actual treatment time may be reduced. We request that you do not bring jewellery or valuables to your spa experience. esKape Spa is not responsible for lost, stolen or misplaced items.

## Cancellation Policy

Your reservations require that we schedule spa krew and hold appointment times just for you. As a courtesy and to avoid charges in full, we require a 24-hour notice should you need to change or cancel your reservation. If your cancellation request is submitted within less than 24 hours, a 50% charge will apply to your booking. If your cancellation request is submitted within less than 3 hours, a 100% charge will apply to your booking.

## Valuables

Safety boxes are also available in all our change rooms in the spa. However, we recommend you store your jewellery and valuable items in the safety box available in your room. While we endeavour to look after your belongings, we do not assume liability for any valuable items lost or stolen.



Enjoyed  
your  
esKape?

Hashtag it!

#MyKindOfPlace

#esKapeSpa

#AnythingButOrdinary

#KandimaMaldives

#JustPlay

A dense, stylized illustration of tropical foliage, including palm fronds and other leafy plants, in various shades of green and yellow, set against a dark navy blue background. The leaves are layered, creating a sense of depth and texture.

Kandima  
MALDIVES