



MEERA SPA

BY GILI LANKANFUSHI

MEERA HOLISTIC ACTIVITIES

One on One Yoga

60 minutes- \$ 100

Regular Yoga (Minimum two person)

60 minutes- \$ 85

Yoga is a physical, mental and spiritual discipline originating in India. The practice includes instruction in a series of bodily poses or postures called Asanas, our classes are tailor made for all levels of participants.

****Morning complimentary yoga is available every day except Sunday at 08.00am at Spa. Booking is required.**

One on One Meditation

45 minutes- \$ 90

Regular Meditation (Minimum two person)

45 minutes- \$ 75

Meditation is a three step process that leads to a state of consciousness that brings serenity, clarity, and bliss. We will guide you through the basic techniques of meditation and assist you to incorporate this profound practice into your daily life.

Yoga Nidra (A technique of deep yogic relaxation)

45 minutes-\$75

In Sanskrit Nidra means sleep, here we practice to relax conscious mind and try to awaken the potential of subconscious mind .Yoga nidra a state of sleepless sleep Yoga nidra helps the practitioner to release the hidden psychic tensions of consciousness.

Chidakasha Dharana (Inner Visualization)

45 minutes-\$ 75

Chitta means consciousness and Akasha means space. Chidakasha known as the mind screen or viewing screen of Ajana Chakra. Chidakasha visualization gradually deepens the awareness from gross to psychic and pranic dimensions.

Kaya Stairyam (Body Steadiness)

45 minutes- \$ 75

In Sanskrit Kaya means body and Sthairyam means steadiness. This is the first practice of dharna (concentration) .Kaya Sthairyam makes the body absolutely steady and immobile for further practices.

Reiki

60 minutes- \$175

A Japanese healing art; Reiki is recommended for stress reduction, relaxation and healing. It is administered by "laying on hands" and re-establishes a normal energy flow of ki throughout the system, which in turn can enhance and accelerate the body's innate healing ability and wellbeing.



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MEERA JOURNEYS

We offer a choice of 2, 3 and 5 day Healing and Revitalizing Spa Journeys.

2 day Healing Spa Journey

\$445

1st Day - Stimulating seaweed body buff & Detox seaweed leaf bath

2nd Day - Meera Signature Massage 90 minutes

3 day Revitalizing Spa Journey

\$570

1st Day - Refining Body Toner & Healing bath

2nd Day - Warm Stones

3rd Day - Pure radiance facial / Mankind facial

5 day Detox Spa Journey

\$900

1st Day - Detox seaweed mud wrap & Detox seaweed leaf bath

2nd Day - Abyanga

3rd Day - Organic seaweed leaf wrap

4th Day - Detox massage

5th Day - Thermal infusing facial

MEERA MASTERS IN RESIDENCE PROGRAMME

In addition to our highly trained international Spa team, throughout the year Meera Spa also invites holistic practitioners and well known healers to provide additional wellbeing services to our guests.

**Please ask at the Spa Reception to see who is resident at Gili Lankanfushi during your stay.*



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MEERA MASSAGE THERAPY

Jet Lag Recovery Massage

This is a perfect massage after a long journey. Start from placing warm stone on the lower back followed by leg and ankles massage using short firm strokes. Continuing with warm stone massage on your back with the touch of a skilled therapist, utilizing kneading techniques.

60, 90 minutes \$199 and \$249

Meera Signature

Our signature massage is an energizing fusion of global massage styles including Thai stretching, Lomi Lomi forearm strokes and Shiatsu pressure point. This dynamic treatment invigorates and refreshes the body, restoring energy levels and leaving you ready to take on the world. An excellent way to start your holiday.

60, 90, 120 minutes - \$160, 199, and 249

Swedish

Deeply relaxing Swedish massage incorporates long flowing strokes to soften taut muscles and improve blood and lymphatic circulation, combined with pure plant essences this treatment reduces stress and leaves you with an innate sense of calm.

60, 90, 120 minutes - \$160, 199, and 249

Balinese Traditional

As an ancient technique practiced for centuries on the magical island of Bali, this medium pressure massage combines skin rolling, and palm and thumb pressure. It aims to release tension, improve energy flow and enhance general well being.

60, 90, 120 minutes - \$160, 199, and 249

Tibetan Singing Bowl

Combining the dance like movements of Lomi Lomi, Hawaii's sacred massage and the profound sounds of the Tibetan singing bowl used by monks to enhance meditation, this massage is a journey to a peaceful and blissful state of mind. Deeply relaxing, emotionally moving, and an experience not to be missed.

60, 90, 120 minutes - \$160, 199, and 249



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Deep Tissue

This is a healing therapy utilizing strong pressure and deep movements to relieve pain and tension from overworked and sore muscles. A 'must' for the sports person or those who enjoy a stronger style of massage.

60, 90, 120 minutes - \$160, 199, and 249

Royal Thai Massage

Literally a full body works out whilst lying down. Royal Thai massage is a unique oil-free technique that assists to reduce stress and increase flexibility. It is performed on a mattress wearing loose pajamas and is a fusion of yogic stretching techniques and acupressure point massage.

60, 90, 120 minutes - \$160, 199, and 249

Royal Thai with Herbal Poultice

Called Nuad Lukprakop Boran in Thailand, this treatment combines all the benefits of our Royal Thai massage enhanced with the application of heated herbal poultices to soothe and relax sore and tired muscles.

90 minutes - \$219

Bamboo Massage

Utilizing bamboo rods of different sizes with warm aromatic oils, this massage provides deep and firm rhythmic pressure. This is excellent for working out knots and loosening up tight muscles. Bamboo massage is especially beneficial for those who suffer from stress related body aches and pains.

60, 90, 120 minutes - \$160, 199, and 249

Warm Stone

A deeply relaxing massage utilizing heated volcanic stones to warm, soothe and heal the body. Oiled stones are massaged across the body and placed on energy points to penetrate deep within. A gentle and effective treatment which will leave you in a state of pure bliss.

60, 90 minutes - \$185 and \$225

Champissage

Also known as Indian head massage, this treatment is based on the ancient healing system of Ayurveda, focusing on the shoulders, neck, upper back, arms and scalp to restore and revitalize. This is a wonderfully soothing treatment, excellent for those who work long hours at a computer and suffer upper body stress.

60, 90 minutes - \$160 and \$199



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Reflexology

Reflexology works on the principle that all of the body's organs are connected to points on the feet through constant flowing energy channels and massaging of these points is believed to restore energy flow which results in good health and well-being.

35,60 minute - \$90,150

Mother-to-be

By using gentle and focused movements and careful body positioning for the mother to be, this provides relief from body aches and a promise to relax the body and mind. We utilize pure seed oil without aromatherapy essences.

60 minutes - \$160

Double Bliss

Experience the healing touch of two therapists working in harmony. This treatment is a unique blend of five different massage styles - Lomi Lomi, Shiatsu, Thai, Swedish and Balinese. The synchronization of the two therapists makes it a sublime experience that begins with a mineral rich seaweed foot cleanses.

60 minutes - \$289

MEERA SPA EXPERIENCES

Purify

Designed to purge impurities from within; this deep cleansing spa journey will leave you refreshed and revitalized.

Use of steam and sauna – bamboo body polish – ginger and honey body mask – bamboo massage

120 minutes - \$270

Nurture

A superb combination of rituals to nurture the body and deeply relax the mind. True bliss!

Sea salt body scrub – Balinese traditional massage – pure radiance or mankind facial

150 minutes - \$330



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Revitalize

Indulge in two of our spa's signature treatments, leaving your body energized and your face glowing.

Royal Thai massage – pure radiance or mankind facial

120 minutes- \$280

Embrace

Celebrate your love with this romantic body ritual in a candlelit suite. Begin with an aromatic body treatment followed by an indulgent massage. Finish with a romantic soak together in a fragrant bath where we serve you a glass of champagne and chocolate treats.

Exclusive body treatment for him and her – your massage of choice – sensuality bath

150 minutes- \$720

Rejuvenate by Sodashi

Renew and balance your mind, body and soul with this supreme rejuvenating spa experience. Emerge from the steam room ready for an all over body polish that gently glides over your skin to oxygenate and hydrate. After the application of exotic clay blended with herbal tonics, a balancing and moisture rich mud is massaged all over your scalp to instill total relaxation while you rest. We complete your treatment with a totally refreshing facial treatment.

Steam/sauna - jojoba bead body polish - refining body mask - scalp mud treatment - pure radiance facial

150 minute- \$350

MEERA BODY THERAPY

Botanical body treatments created exclusively for Meera Spa from nature's purest plant ingredients enjoy alone or combine with your favorite 60 minute massage.

- bamboo, coffee and coconut body polish - skin softening and aromatic
- rosemary and mint sea salt body scrub - detoxifying and invigorating
- lavender and geranium body cocoon - cleansing and nurturing
- ginger and honey spiced body mask - warms and heals

60/120 minutes- \$135/255



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Sodashi Refining Body Toner

This treatment begins with Sodashi's jojoba body polish to exfoliate and cleanse the whole body. A nurturing full body mask is applied and you will be cocooned in a comforting body wrap, whilst enjoying a scalp massage for total relaxation. Sodashi's refining body mask rich in French pink clay and herbal extracts, firms, tones and conditions the skin. This rejuvenating therapy is extremely beneficial in the treatment of renewing scar tissue and stretch marks.

60 minutes- \$155

MEERA OCEAN THERAPY

Utilizing *Voya Organics* exclusive seaweed based products from the pristine ocean waters of Ireland. Hand harvested seaweed is blended with the best of certified organic ingredients, promising therapeutic treatments imbued with the full power of nature.

Voya Ocean Renewal

This is the ultimate luxury ocean experience, combining the best of Voya signature rituals in this exclusive package, brimming with minerals and anti-oxidants. The treatment promises to cleanse from deep within and leave you invigorated, refreshed and renewed.

foot ritual – organic seaweed leaf wrap – warm stone massage – detox seaweed leaf bath – ocean purifying defense facial

180 minutes- \$420

Organic Seaweed Leaf Wrap

The crème de la crème of wraps utilizing fresh leaves of Atlantic seaweed to cocoon the body. Begin with a finely ground seaweed exfoliation to soften and prepare the skin for the wrap, we then bandage the body with Irish seaweed leaves to purge impurities and provide a mineral burst to the skin, lay back and enjoy a relaxing scalp massage while the leaves work their magic.

90 minute- \$185

Detox Seaweed Mud Wrap

Taken fresh from the ocean, seaweeds purifying elements are encapsulated in this healing mud wrap which is rich in potent anti-oxidants and minerals. This powerful detoxifying and metabolism boosting treatment offers immediate and noticeable effects to the skin, including firming and toning.

75 minutes- \$170



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Stimulating Seaweed Body Buff

Our certified organic body buff is the ultimate treat for tired and dull skin. The anti-oxidants in the mineral-rich *bladder wrack* seaweed combined with pure seaweed oils promise a soft and glowing complexion. The all over body scrub is immediately followed by a light cleansing shower and a relaxing massage.

60 minute- \$155

Detox Seaweed Leaf Bath

The purest of our organic treatment processes, our detoxifying seaweed baths utilize the natural power of organic hand-harvested seaweed to deeply moisturize your skin, increase circulation and promote healing by re-mineralizing the body. We immerse you in a bath of pure seaweed to relax the muscles, ease aches & pains, and support skin regeneration and renewal while combating the effects of aging. This ancient sailor's cure for skin ailments, dating back 300 years, is excellent as part of a detox programme by assisting with the healing of problematic skin.

45 minutes- \$110

Organic Ocean Purifying Defense Facial

Suitable for all skin types, this back, face and scalp treatment commences with deep cleansing of the back to leave the skin feeling purified, smooth and re hydrated. A double action technique will work to eliminate toxins, re- balance the facial skin, with a hot and cold cleanse, a facial massage and lymphatic drainage and a marine mask with hand harvested seaweed leaf strips. The combination will leave the skin calm, cleansed re-balanced and a visibly clearer complexion. Includes relaxing scalp massage

75 minutes- \$170

Marine Organic Seaweed Eye Treatment

Organic *laminaria digitata* seaweed, hand-harvested from the wild Atlantic Ocean, is used for the eye patches to make the ultimate treat for refreshing and rejuvenating tired eyes. This seaweed eye treatment combines relaxing and decongesting lymphatic massage movements. A firming and hydrating treatment rich in seaweed extract, green tea and vitamin C, which help to reduce the appearance of fine lines and puffiness.

45 minutes- \$110



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MEERA AYURVEDIC THERAPY

Abhyanga

Known as the Mother of all Massages in Ayurveda, traditionally performed to balance the nervous system, increase circulation, promote lymphatic drainage and ultimately to preserve a youthful, vital and supple body

60, 90 minutes- \$179, \$219

Choorna Swedana

Choorna Swedana is a warm herbal poultice massage. Following a full body synchronized massage with Dosha specific oils, this therapeutic sweating is induced by the application of warmed herbal powders boluses. It helps to increase circulation, speeds up detoxification, and relieves neurological disorders, arthritis, and rheumatism and sport injuries.

90 minutes- \$229

Tan Lepa

Using a warm medicinal body pack to draw out toxins, this treatment stimulates natural cleansing and healing abilities of the body. Following a medicated herbal oil massage a dosha specific full body mask is applied to entire body that aids in drawing out toxins and relieving aches and pains, leaving your entire body refreshed and calm.

60 minutes- \$150

Mukhalepam

Mukham in Malayalam means face and lepa means application of a paste. This Ayurvedic facial combines specialized massage techniques and traditional botanical ingredients to cleanse, nourish and revive all skin types.

60 minutes- \$150

Shirodhara

The key Ayurvedic therapy to steady the mind, strengthen the senses and the classic, external treatment for mental strain, insomnia, stress, tension headaches, migraine and anxiety. This treatment includes a soothing Abhyanga massage.

**To achieve the full benefit we recommend a series of 3 treatments.*

90, 120 minutes- \$249 and \$289



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MEERA FACIAL THERAPY

Our facial therapy is brought to you exclusively by skincare specialist *Sodashi*. *Sodashi*, meaning wholeness purity and radiance in the Sanskrit language, is produced with therapeutic-grade essential oils and plant actives to heal and nurture. From seed to shelf, *Sodashi* remains true to its name, dramatically regenerating the skin, and imparting a deep sense of wellbeing to both mind and spirit.

Thermal Infusing Facial

Tailored for your skin type, this is an intensive boost of all nature's vitamins and minerals. An exclusive warm infusing mask will maximize penetration of these essential vitamins and minerals into the deeper layers of the skin. This ultimate facial indulgence is tailored to your skins needs to purify and deeply cleanse, or nourish, to leave your skin hydrated and toned. Restoring forgotten elasticity and radiance, this is more than just a facial; it's Nature's Face Lift.

90 minutes- \$195

Calm Facial

For sensitive skins, enjoy cooling mists and soothing aromatic gels to nurture the skin. Plant essences and herbal extracts will strengthen the capillaries and de-sensitize your skin, leaving it feeling revived with a calm, even complexion.

60 minutes- \$160

Pure Radiance Facial

Tailored for your skin type, we will take your skin on a journey of total renewal. You can deeply relax as you enjoy aromatic warm facial compresses that soften and exfoliate, and a nurturing face mask, rich in herbal extracts to purify and hydrate the skin. This facial experience is enhanced with the Sodashi Facial Massage. The luxurious Plant Essence Synergies will leave your skin revitalized and fresh.

75 minutes- \$175

Mankind Facial

Begin with a relaxing Himalayan salt therapy back massage that will ease stress and reduce tension in the mind and body. Continue with a deep cleansing and exfoliating facial that balances the skins natural oils and assists in preventing ingrown hairs. Soothing mists with woody aromas will de-sensitize your skin and a relaxing facial massage will tone and firm the muscles leaving you looking fresh and revitalized.

75 minutes- \$175



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MEERA BEAUTY THERAPY

Spa Manicure

Begin with a soothing soak and gentle exfoliation followed by cuticle grooming, a relaxing hand massage, nail shaping and polish on request.

50/60 minutes with polish- \$95/105

Spa Pedicure

Begin with a soothing soak and gentle exfoliation followed by cuticle grooming, a relaxing foot and leg massage, nail shaping and polish on request.

50/60 minutes with polish- \$95/105

Change Polish

Remove and change a new color on your nails.

15 minutes with polish- \$30

We can get rid of your Gel Nail Polish as well

15 minutes with polish- \$35

Nourishing Hair Treatment

Utilizing nutrient rich nut oils to hydrate and moisturize the hair and invigorate the scalp. Especially helpful for sun and sea damaged hair. Restores luster and shine.

50 minutes- \$135

Waxing 30/60 minutes

**Please ask at the Spa Reception for a list of all waxing services.*



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MEERA BATH SOAKS

Our bath soaks are brimming with natural ingredients including floral and herbal extracts for glowing skin.

**Available in Villa, please reserve 5 hours in advance*

Sensuality

A sensual soak created for 2, utilizing the aphrodisiac qualities of pure jasmine essence and the fun and frivolity of rich bubbles.

30 minutes- \$75

Harmony

Nourishing coconut cream blended with vanilla essence to soften the skin and leave you with a glowing complexion

30 minutes- \$75

Healing

A soothing combination of green tea, aloe Vera and lavender essential oil to cool and soothe sun kissed skins.

30 minutes- \$75