



navasana®

M E N U

## COUPLES MOMENTS

### Perfect Partnership

439 / 150 MINUTES (Price for 2 persons)

A full relaxation and realignment of the body and mind. A full body 60 minute light touch massage plus a 60 minute Hydrate facial. Finally, you will receive a simple manicure to tidy and refresh your hands. With or without color. After the treatments you can as a couple relax in our Spa deck for 30 minutes with a glass of sparkling wine and fruits.

### Moments to Savor

340 / 120 MINUTES (Price for 2 persons)

A voyage through complete relaxation and indulgence with a 30 minute body scrub using our environmentally sourced Voya body scrub and 90 minute light touch massage using our Voya massage oil. Over 120 minutes you will feel complete relaxation and a sense of a new, fresh skin. Leaving the spa floating as if in the Ocean. After the treatments you can as a couple relax in our Spa deck for 30 minutes with a glass of sparkling wine and fruits.

### Luxury Lounge

339 / 90 MINUTES (Price for 2 persons)

The ultimate face and body ritual with your loved one. Spend 60 minutes with your partner receiving a full body Energising massage or Thai oil massage, to remove tension and knots. It concludes with the express facial, leaving skin feeling instantly refreshed and rejuvenated. After the treatments you can as a couple relax in our Spa deck for 30 minutes with a glass of wine and fruits.

### Drift Away

359 / 150 MINUTES (Price for 2 persons)

Use the ocean to allow your body to drift away with a rejuvenating seaweed body wrap and scalp massage. The wrap will use Atlantic seaweed to refresh and rejuvenate your skin as well as offer anti-ageing benefits and the scalp massage is sure to send you to sleep. We will also add on our Voya Organic Foot Retreat which offers a complete package for your feet including wrap and rejuvenation of your nails. Color applied is optional but the relaxation is guaranteed. After the treatments you can as a couple relax in our Spa deck for 30 minutes with a glass of sparkling wine and fruits.

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## VOYA FACIAL TREATMENTS

### Organic Anti-Aging Restorative Facial

139 / 75 MINUTES

Suitable for all skin types, though of particular benefit to mature, dry or dehydrated skin types, this treatment involves a skin-rejuvenating facial based on VOYA's organic ingredients with their combination of anti-oxidant algae complexes, pro-collagen organic extracts and restorative blend of organic ingredients to fight the signs of visible aging, reduce the appearance of fine lines and wrinkles, and hydrate and plump up skin texture. The results include instantly firmed and tightened skin with a natural radiant glow provided by fresh seaweed leaves.

### Organic Seaweed Marine Eye Treatment

70 / 30 MINUTES

This is an ultimate treat for refreshing and rejuvenating tired eyes. The Seaweed Marine Eye Treatment is a relaxing and decongesting lymphatic treatment using specialized products rich in Seaweed Extract, Green Tea and Vitamin C directed at signs of ageing and puffiness around the eye area. The unique seaweed leaf eye compresses are applied and allowed to work their magic while a scalp massage is performed.

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## YONKA SKIN CARE FOR HER

### Le Grand Classique

119 / 60 MINUTES

A unique treatment based on the exclusive YonKa method involving mild, deep yet efficient cleansing in 5 varied steps. Purify your skin, bring back balance with the invigorating natural essences of this customized treatment that will leave you with a perfectly radiant complexion.

### Hydralessence

119 / 60 MINUTES

Nourishing and invigorating for the early signs of fine lines. If your skin feels rough, lacks luster this treatment will quickly restore brilliance and add moisture to the skin. It is renowned for its rejuvenation properties, skin is soothed, and vibrant.

### Time Resist

129 / 60 MINUTES

The Time Resist facial combines manual techniques with the Time resist products that meet specific needs for the more mature skin. A highly concentrated peel to boost cell renewal and ensure a long lasting firming effect.

### Excellence Code

139 / 60 MINUTES

The Excellence Code facial is the premium anti-ageing facial, treating every signs of age. Yonka's powerful signature Quintessence scents combine, succeed one another and complete each other, resulting in a unique moment.

## YONKA SKIN CARE FOR HIM

### Men Intensive

119 / 60 MINUTES

Especially formulated products for gentlemen, this skin care treatment cleans pores and soothes irritated skin. It restores the skins' natural PH level and replenishes your skin with minerals.

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## | VOYA MESSAGES

### Voyager Total Massage Journey

155 / 90 MINUTES

A complete top to toe relaxation journey. This amazing experience incorporates body brushing, exfoliation, body massage and scalp massage that replicates the movement of the sea, combining both gentle and stimulating movements. The ultimate luxury treatment to relieve aches and pains and to condition the body, using the world's first organic seaweed oil, with 2lbs of wild Atlantic Angelicus Serratus seaweed in every bottle!

### Detox Herbal Bag Massage

155 / 90 MINUTES

Warmed muslin bags containing a combination of the finest herbs and seaweed are gently massaged into the body. The heat radiates through the body, providing deep relaxation and soothing aches and pains. This full body treatment reconditions and rejuvenates your skin by exfoliating the outer layers, and nourishing deep within. The herbal bags offer a relaxing way to detox while the seaweed gel acts as a powerful anti-oxidant and stimulates the body's metabolism.

### Seaweed Hot Stone Massage

155 / 90 MINUTES

Warmed leaves of Atlantic seaweed packed full of rich vitamins and minerals are layered onto the body and allowed to work their natural magic. Warmed stones placed over the leaves to encourage the release of the precious extracts below, while soothing the muscles and drawing out tension. This treatment for mind and body goes beyond normal massage to target stress or tension and replace them with a sense of calm and wellbeing.

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# | ASIAN BODY MESSAGES

## Indonesia

Indonesia is a paradise known for its variety of exotic body care rituals influenced by ancient Indian and Chinese practices using warm spices, exotic fragrance and relaxing techniques.

Balinese Bliss 140 / 75 MINUTES

## Thailand

Thai massage rituals are rich in tradition as they go back as far as the 13th century. Most massages focus on treating the muscular discomfort of the body. Thai traditions are dedicated to unblocking the energy meridians of the body that cause imbalance in health.

Traditional Thai Massage 110 / 60 MINUTES

Thai Foot Massage 59 / 30 MINUTES

Thai Body Renew 135 / 90 MINUTES

## India

Ayurveda is the system of medicine that evolved in India with a rationate logical treatments combining with body, mind, spirit and the senses in order to achieve and live a healthy balanced life.

Abhyangam 119 / 60 MINUTES

Udwartanam 129 / 60 MINUTES

KALARI 129 / 60 MINUTES

149 / 90 MINUTES

KIZHI 119 / 60 MINUTES

139 / 90 MINUTES

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## | NAVASANA SPA BODY MESSAGES

Includes our signature welcome drink, selected tea and fruits skewer

Relaxing Full Body Massage	110	/ 60	MINUTES
	135	/ 90	MINUTES
Energizing Full Body Massage	110	/ 60	MINUTES
	135	/ 90	MINUTES
Deep Tissue Full Body Massage	110	/ 60	MINUTES
	135	/ 90	MINUTES
Swedish Massage	110	/ 60	MINUTES
	135	/ 90	MINUTES

## | NAVASANA TAILORED SPORTS MESSAGE

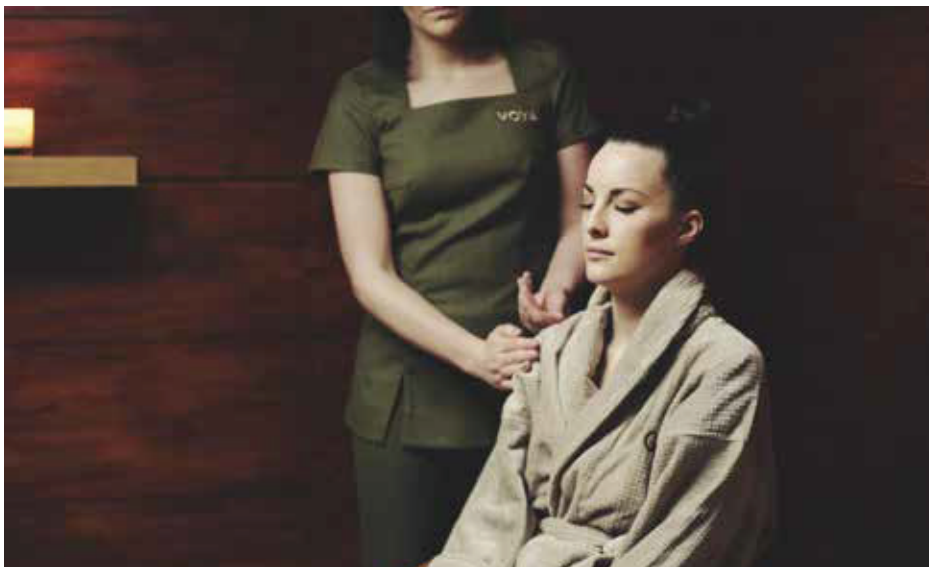
A customized massage to soothe strained muscle groups that may include all aspects of massage determined by each guest's level of athleticism. Includes stretching, deep kneading and trigger point releasing. Great for the active and the serious athlete to ease tension in tight muscles to improve mobility, stimulating healing and improving recovery time from intensive training.

60 minutes	130
90 minutes	149

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## VOYA PRENATAL

### Organic Precious Moments

125 / 55 MINUTES

VOYA's Organic Precious Moments treatment is tailored specially to Mum and her growing bump. The growing bump is enveloped in a specialised mask helping to support connective tissue and prevent stretch marks. Your feet will be wrapped in Laminaria Digitata Seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention. The hydrating organic masks work their magic while Mum enjoys a beautifully relaxing face, hand and arm massage. This is the perfect rejuvenating treatment to support the wonderful journey to motherhood.

### Organic Prenatal Voyager

155 / 90 MINUTES

This organic wellbeing ritual promotes relaxation and a sense of tranquility while deeply hydrating and nourishing your skin. Nourishing Mama Oil is used to gently ease stress and tension with a top to toe body, face and scalp massage. Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported and restored.

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## VOYA WRAPS

### Organic Seaweed Leaf Wrap

125 / 75 MINUTES

This crème de la crème of body wraps is a signature VOYA treatment inspired by the sea. Fresh leaves of Atlantic seaweed cocoon the body to deeply detoxify, moisturize, soften and revive the body. The treatment begins with an exfoliation using finely ground seaweed, which is followed by a wrap of seaweed for the body. While the seaweed's minerals, vitamins and amino acids work their magic, you will be treated to.

### Organic Warm Spiced Mud Wrap

125 / 75 MINUTES

Seaweed taken fresh from the ocean is combined with purifying elements of peat to produce a mud wrap rich in potent anti-oxidants, minerals and enhanced with organic ginger and cinnamon. Definitely for the results-driven client, this wrap has immediate and noticeable effects on the skin, including firming and toning. A serious detoxifier a metabolism stimulator and a natural anti-aging boost.

### Tangle Me Up Body Wrap

110 / 60 MINUTES

This all-over body treatment revitalizes skin condition with a full body brushing and hot towel cleanse that relaxes tired and lethargic muscles and relieves stress and fatigue. The antioxidant compounds fight cellulite and the signs of aging, improving the suppleness and elasticity of your skin. You will then be treated to a relaxing scalp massage while your skin absorbs the rich seaweed gel.

### Stimulating Seaweed Body Buff

110 / 60 MINUTES

Our certified organic Bladder Wrack body buff is the ultimate treat for tired and dull skin. The anti-oxidants of the mineral-rich Bladder Wrack seaweed combined with pure seaweed oils provide a powerful organic way to better skin. The all-over body scrub is immediately followed by a light cleansing shower and a short relaxing massage with VOYA's Softly does It. This ground-down seaweed is a strong exfoliator that stimulates and leaves the skin tingling.

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## HAND & FOOT EXPERIENCE

### Voya Organic Foot Retreat Ritual (Spa Pedicure)

99 / 60 MINUTES

Refining your skin, this treatment begins with a sea salt exfoliation from the knees to the feet. You will then be treated to a deeply relaxing massage of the lower legs, a double action seaweed foot mask around the legs to reduce swelling and soften tired feet. This is an ideal treatment during pregnancy and for foot ailments of all kinds.

### Voya Organic Hand Retreat Ritual (Spa Manicure)

89 / 60 MINUTES

This treatment is about nourishing, reconditioning and refining your hands and arms. You will first enjoy a VOYA Time to shine exfoliation from the hand to elbow, followed by a deeply relaxing massage. Then your hands will be lovingly wrapped in warmed Atlantic seaweed wrap to hydrate, increase circulation and nourish dry skin. To seal in the goodness, nourishing VOYA Handy to Have hand crème will be applied.

Manicure	49
Manicure + Colour	59
Pedicure	49
Pedicure + Colour	59
Shellac	34
Gel French	34
Simple Polish	19
French Polish	17

### Beauty Care for Two

160 / 60 MINUTES (Price for 2 persons)

You can both enjoy an exhilarating Spa Pedicure. Our facility is equipped with an intimate couples Beach Front Pedicure room. Enjoy the tropical fragrances and Spa Pedicure ritual complete with Scrub, Nourishing Mask and foot massage. Complimentary glass of Mimosa for two.

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## VOYA SIGNATURE PACKAGES

### Coral Voyage

195 / 120 MINUTES

Our complete top-to-toe relaxation journey incorporates stimulating body brushing, exfoliation, and full massage inspired by the movements of the sea. Continuing on your voyage, our Marine Eye Treatment allows mineral-rich seaweed compresses to target troublesome areas above and below the eye. There couldn't be a more tranquil way to relieve aches and pains while conditioning the face, eyes and body.

### Voya Pearl of the Sea

225 / 150 MINUTES

After the initial invigorating peppermint sugar scrub revives and awakens your body, a mineral-rich body mask is applied to deeply nourish and revive it. While your body absorbs the goodness of the mask, a treatment infused with cream is applied to the scalp to soothe and relax you. Relaxing massage and application of aromatic organic body crème is applied to complete this ancient sea ritual.

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## BEAUTY SERVICES

### WAX (LADIES)

Full Leg Wax	49
Full Leg Wax & Basic Bikini	59
Basic Bikini	29
Brazilian Bikini	39
Under Arm	19
Full Arms	39
Chin/Sidelocks	19
Eyebrows (Threading)	14
Upper Lip (Wax/Threading)	14

### WAX (MEN)

Shoulders	19
Full Back	49
Full Chest and Stomach	49

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## NAVASANA SPA CARE PROGRAMS

Every guest is unique and we acknowledge this by personalizing our Care Programs available here at our Spa. We have created 3 and 5 day Programs, depending on the length of your stay and tailored to your needs. We combine wellness of body through our selection of body care, body contour and detox programs. Select your type of Program and allow us to select the program best suited for you.

### Body, Mind, Spirit

#### 3 Day Program

287

- | Cell Renewal Firming Anti-Ageing Facial
- | Voyager Total Massage Journey
- | Voya Organic Sea Foot Ritual

#### 5 Day Program

499

- | Cell Renewal Firming Anti-Ageing Facial
- | Voya Organic Seaweed Leaf Wrap
- | Voyager Organic Massage Journey
- | Voya Organic Sea Foot Ritual
- | Voya Organic Sea Hand Ritual



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## DETOX CARE PROGRAM

### 3 Day Program 283

- | Voya Anti Oxidant Seaweed Marine Eye Treatment
- | Voya Stimulating Seaweed Body Buff
- | Voya Detox Herbal Bag Massage

### 5 Day Program 499

- | Voya Anti Oxidant Seaweed Marine Eye Treatment
- | Organic Warm Spiced Mud Wrap
- | Voya Stimulating Seaweed Body Buff
- | Voya Detox Herbal Bag Massage
- | Voya Organic Sea Hand Ritual

## WELL-BEING CARE FOR SKIN & BODY

### 3 Day Program 278

- | Voya Anti Oxidant Seaweed Marine Eye Treatment
- | Balinese Bliss
- | Voya Organic Sea Foot Ritual

### 5 Day Program 499

- | Cell Renewal Firming Anti-Ageing Facial
- | Balinese Bliss
- | Relaxing Massage 60 min
- | Voya Organic Sea Foot Ritual
- | Voya Organic Sea Hand Ritual

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# YOGA

The union between body, mind and soul. Yoga is an old age tradition that focusses on purity of thought and body as well as meditation or mindfulness.

Physical postures (Asanas) have a beneficial effect on internal organs and increase vitality while breathing (pranayama) increases lung function and restore balance to reduce stress.

Group Yoga Session	Free of Charge	(AS PER RESORT SCHEDULE)
Private Session	50 / 60	MINUTES (PRICE PER PERSON)
Couple Session	85 / 60	MINUTES (PRICE PER COUPLE)

# PERSONAL TRAINING SESSION

30 minutes	35
60 minutes	55

# SOOTHE (SUN REPAIR)

Provide your skin immediate relieve from sunburn or sensitivity due to excessive sun exposure. Aloe vera is known for all skin concerns, this soothing wrap cools and desensitize and decrease skin temperature, the wrap ends with the relaxing head massage followed by a quick cleanse and soothing moisturiser

60 minutes	110
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## Spa Policy

The following information is provided for you in order to ensure the perfect Spa experience. The Spa is a non-smoking environment. We thank you for your cooperation and understanding. We request that all valuables remain stored in your villa whilst you are at the Spa. The Spa will not be responsible for lost, stolen or misplaced items. All spa treatments and facility prices are subject to change without notice. Our spa guest service agents will assist you with any pricing inquiries you may have at the time of your reservation.

## Mobile phones

To respect the natural and peaceful environment, the use of cellular phones and other communication devices are prohibited within spa premises. Should you need to have them with you, we kindly ask that you make sure your cellular devices are switched off prior to entering the locker rooms and treatment areas.

## Noise levels

Noise levels should be kept to a minimum at all times, especially when passing the Treatment Rooms

## Age requirements

The minimum age for Spa treatments is 12 years. Children under the age of 12 must be accompanied by an adult.

## Reservations

We encourage our guests to schedule their appointments in advance to ensure that the preferred treatment and time or therapist is available. Same day bookings and walk-in appointments are always welcome, based on our availability. To schedule your appointment(s), please contact us directly at ext. 4000 from your room or contact our guest service desk.

## Cancellation policy

We value your business and appreciate your attention now to our cancellation policy. Please respect our therapists and our other guests by keeping your appointments. Because your appointments are guaranteed reservations for you, to avoid any unwanted situation we kindly request that you advise us a minimum of 6 hours prior to your appointment for your cancellation or rescheduling requests. No-show guests or guests omitting to advise us in due time will be subject to 50% charge of total bill. Please keep in mind that arriving late for your appointment may require us to shorten the length of the treatment, so as not to inconvenience other guests, with full charges applied. We regret that late arrivals will not receive extension of scheduled appointments.

## Arrive early

Spa prepping is an important part of your experience. This will relax your mind and prepare your body to receive the therapeutic benefits of your ritual. We recommend that you arrive at least 30 minutes prior to your scheduled appointment time in order that you may relax and enjoy our facilities.

## Shower

A quick shower just before your treatment ritual is recommended. This will ensure your skin is fresh and clean ready to absorb the nourishing ingredients of the products that will be applied to your skin during your treatment.

## Communicate

Although you have filled out our Health Questionnaire, prior to beginning your treatment, feel free to discuss with your therapist any areas you would like her to focus on, or to be avoided. We invite you to let the therapist know if you feel any discomfort during your treatment ritual. Communication is the key to ensuring your spa experience is unforgettable. Keep in mind that bodywork and massage is similar to the effects of exercise in that toxins are freed from the lymphatic system and lactic acid is released from the muscles which may cause some soreness for a day or two after your visit.

## What to wear

Unless the ritual description specifies otherwise, it is customary to arrive as you are. We will supply you with towels for your use while in the wet areas, as well as a robe for you to wear while resting in our Spa lounge. During your treatment ritual, an under garment will be given to you for use. Throughout the time you are under the care of your therapist, your body will be draped with linen for your privacy.