

The background is a solid dark grey color. In the top-right and bottom-left corners, there are decorative elements consisting of several overlapping circles. Each circle is composed of many thin, concentric lines, creating a ripple effect. The circles are light beige or gold in color.

COCO

S P A

COCO BODU HITHI



## THALGO

# LA BEAUTE MARINE

Sunny, unique and picturesque, in the midst of white sands, dazzling crystal clear turquoise waters, and tall palm trees leaning towards the sea is Coco Bodu Hithi; a resort which offers tranquil spaces created to indulge in personal desires for beauty, well-being and relaxation.

Discover the benefits of international therapies with a collection of Ayurvedic-inspired products which truly enhances the unique Coco Spa experience.

To enrich your experience further on the invaluable secrets of the ocean and deep down treasures of algae at Coco Spa, indulge yourself in the well-being treatments from Thalgo Cosmetics, a renowned marine based brand from France.

Soak up the benefits of these products made from exploring deep oceans for their rich resources and gathering inspiration and creativity to offer ultimate healing power of the oceans through each treatment. Let us transport you in to a world of marine treatments for absolute relaxation of body, mind, soul for an intense, lasting feeling of well-being.

COCO  
SIGNATURE  
TREATMENT

## JOURNEY TO MALDIVES

Capturing the true essence of Maldivian charm, tranquility, and beauty, this ritual will rekindle your senses and lead you to a place of synchronised harmony.

### ISLAND FOOT BATH

A purifying foot ritual, infused with rich aromatic lime essential oils, starts your journey to total relaxation.

### ISLAND SEASHELL MASSAGE

Continue with a unique massage using Maldivian coconut oil drizzled over seashells, where they glide smoothly along the contours of the body, providing a unique sensation and relieving muscle tension.

### COCONUT BODY SCRUB

A full body exfoliation ritual follows, invigorating and revitalising the body, using coconut to deeply cleanse and moisturise. Skin will appear radiant and flawless.

OR

### ISLAND SPICE BOREH BODY

A traditional spice infused Boreh wrap offers a unique experience, as the treatment's heat and warmth melts away tension, increases blood circulation, and relieves aching joints and sore muscles.

### FACE & SCALP TREATMENT

While reaping the benefits of the wrap or scrub, enjoy a calming scalp and face massage, enhancing relaxation by releasing tension.

90 MIN  
\$179





## THALGO SPA RITUALS

### THALGO PRODIGE DES OCÉANS FACE & BODY RITUAL

A SUPREME BEAUTY AND LETTING GO EXPERIENCE.

**THIS EXCEPTIONAL THALGO RITUAL OFFERS ULTIMATE REGENERATION FOR OVERALL YOUTHFULNESS AND DEEP RELAXATION.**

120 MIN  
\$235

The revitalising benefits of Intelligence Marine Régénérative, a complete concentrate of 63 marine active ingredients combine with a face massage inspired by Ko Bi Do, an ancient Japanese manual facelift technique to visibly smooth wrinkles and restore firmness and elasticity to the skin.

The body massage combines manoeuvres that relieve tension for complete relaxation. A moment of pure pleasure that extends from head to toe- to feel deeply revitalised and soothed.

### THALGO INDOCÉANE SPA RITUAL

INDOCÉANE IS AN INTOXICATING SPA RITUAL.

**IT TAKES YOU ON A JOURNEY OF ULTIMATE RELAXATION ACROSS THE CONTINENTS, ENCOMPASSING AGE-OLD TRADITIONS AND RITUALS OF BEAUTIFICATION.**

120 MIN  
\$235

This is the most sensual of treatments commencing with a Mediterranean-influenced body exfoliation that soften the skin in preparation of a wonderful soak in a soothing, Egyptian Precious Milk bath followed by an Ayurvedic-inspired Massage using warmed oils and an Ancient Indian technique.

The final step is a Silky Smooth body wrap with elements which harness the serenity and relaxing powers of the Orient. After 120 minutes of hands-on therapy, you and your skin will feel reinvigorated.

# THALGO SPA RITUALS

## POLYNESIA SPA RITUAL

EXPERIENCE POLYNESIA.

**THE EXOTIC SENSORIAL SPA RITUAL INSPIRED BY FOUR OF THE MOST BEAUTIFUL ISLANDS HIDDEN IN THE HEART OF THE PACIFIC OCEAN.**

This luxurious treatment begins with the Exotic Island Body Scrub, a gentle vanilla-scented body scrub blended with pure white sand from Bora Bora, sea salt, coconut shell and algo-monoï for a thorough exfoliation of the entire body to leave the skin feeling smooth and soft.

Next the Mahana Massage incorporates a rhythmic Lomi-Lomi massage using warm sand pouches to loosen muscles and nourish the skin. Finally, Polynesian Sacred Oil from Raiatea, the sacred island, is swept over the skin; its subtle golden pearls leave a sun-kissed glow and a delicate scent of flowers and monoï.

100 MIN  
\$225



# BODY TREATMENTS

## 3 ALGAE BODY WRAP

60 MIN  
\$135

### THIS IS THE SIGNATURE BODY TREATMENT OF THALGO

The original marine algae wrap, rich in minerals, vitamins, trace elements and micro nutrients. The Plasmalg Gel is an antiseptic which is pure marine algae in gel form that allows deeper and effective penetration of the active ingredients. The marine algae wrap relaxes the muscles and joints and eliminates metabolic wastes through perspiration. It incorporates the use of the thermal blanket to accelerate perspiration of the body thus enhancing the detoxification process. This treatment activates circulation, increases metabolism and relieves aches and pains. An excellent body wrap for general well-being, total relaxation, refining the figure and breaking fatty deposits. Recommended as a prelude before all body slimming and body toning treatments

## MARINE PRELUDE

60 MIN  
\$135

### A DELUXE EXFOLIATION TREATMENT

which combines natural Sea salts and Dead Sea mud, a perfect treatment before a sun tan. An ideal treatment for sports persons. Eliminates dead skin cells, helps smooth skin roughness, refines skin texture and invigorates the entire body by activating micro-circulation. Also includes a 10 minute foot reflexology as a part of the treatment. A thermal blanket if used in this treatment can enhance the penetration process of the active ingredients



# BODY MASSAGE

## COCO FUSION MASSAGE

60 MIN \$135      90 MIN \$175

### DELIVERS COMBINED HEALING

Our Signature massage is a blend of specialised traditional techniques from all over Asia. Medium to firm pressure relieves tired muscles, complemented with 100% pure Maldivian coconut oil to nourish your skin.

## BALINESE MASSAGE

60 MIN \$135      90 MIN \$175

### BOOSTS CIRCULATION

An authentic tension release massage with a combination of palm strokes, skin rolling, knuckling and thumb pressure to loosen connective tissues, and stimulate the lymphatic system.

## DEEP TISSUE MASSAGE

90 MIN \$179

### FOR SPORT ENTHUSIASTS

Aimed at targeting the deeper tissue structures of muscle and connective tissue, this treatment offers a specialised massage that uses intense pressure. The skilled therapist works to release chronic muscle tension, knots and adhesions in order to increase flexibility and relax the body.

## THAI MASSAGE

90 MIN \$179

### TARGETS PRESSURE POINTS

This full body treatment involves passive yoga-like stretching and pressure point massage along the body's major energy channels to help release blocked energy, relieve tension, increase flexibility and align the body's skeletal structure. This treatment does not require oil application.

## WARM STONE MASSAGE

90 MIN \$179

### PROMOTES HEALING

Warm essential oils are drizzled over the skin and volcanic stones are used, applying a gentle pressure which results in a nurturing and enhanced healing effect. This massage helps to release tight muscles and energy pathways, promoting a calming effect on the nervous system.

## PRENATAL MASSAGE

90 MIN \$169

### DURING PREGNANCY

Prepare your mind and body for this very special time. With gentle and delicate strokes this treatment has draining effects and relieves joint tension by reducing swelling and heaviness. This treatment is safe for any lady that is 12 weeks pregnant or more.





## FACE TREATMENTS

### SILICIUM SUPER-LIFT TREATMENT

75 MIN  
\$199

#### DARE TO DEFY TIME WITH THIS SUPER LIFT FACIAL

This facial relaxes you and envelopes you in an aquatic cocoon right from the cleansing ritual adapted to your skin type. This is followed by exfoliation that intensely optimises the skin for further penetration of active anti-ageing ingredients. At the heart of its protocol, a highly effective anti-wrinkle massage and a professional double mask firms, erases wrinkles and restores the complexion's luminosity. This high-performance THALGO treatment excels in correcting loss of firmness and smoothing pronounced wrinkles.

### BRIGHTENING REJUVENATING FACIAL

60 MIN  
\$175

#### LOOKING FOR THE SOLUTION TO PIGMENTATION?

Look no further - Thalgo's high performance anti-pigmentation and rejuvenating facial effectively reduces pigmentation marks and age spots, for a flawless complexion. The Clear Expert complex stimulates the production of Collagen III ('childhood collagen'), while Vitamin C protects cells from UV damage and reduces melanin synthesis. The result is a brighter, plumped and perfectly clear complexion.

### 3ALGAE FACE TREATMENT

60 MIN  
\$175

#### EXPERIENCE A TRUE MARINE BEAUTY TREAT WITH THIS ALGAE FACIAL.

Suitable for all skin types. Following a relaxing welcome massage, the skin is gently cleansed and exfoliated. A mask of pure natural seaweed, known for its beauty-enhancing properties, is then applied to remineralise and revitalise the skin. Thalgo's Heart of the Ocean massage with movements which recreate the rhythmic motions of the sea relaxes the facial muscles and relieves tension before an application of a moisturiser, appropriate for your skin type complete the treatment leaving your complexion, soft radiant and beautiful. (Contra-indications - sea food allergy and thyroid)

### SOURCE MARINE FACIAL

60 MIN  
\$175

#### A MOISTURE BOOSTING DELIGHT FOR ALL SKIN TYPES BUT PARTICULARLY DEHYDRATED.

After a relaxing welcome massage, your skin is gently cleansed and exfoliated. A deeply-hydrating serum is applied with Thalgo's signature Heart of the Ocean massage, after which a moisturising mask delivers intense and lasting hydration. An application of Hydra Marine 24h Gel Cream completes the treatment and leaves the skin rehydrated, its texture improved and the complexion smooth, plump and radiant.

### COLD CREAM FACIAL

60 MIN  
\$175

#### A HAVEN OF COMFORT FOR DRY / SENSITIVE SKIN.

After a relaxing welcome massage, your skin is gently cleansed and exfoliated. A concentrate, rich in algae extracts and replenishing oils, is gently infused into the skin with Thalgo's signature Heart of the Ocean massage, recreating the rhythmic motions of the sea to relax the facial muscles and relieve tension in the arms, shoulders and neck. After which a mask application bathes the skin in pure nourishment for even the most sensitive of skins. The treatment finishes with an application of nourishing, soothing cream to soften, soothe and restore comfort to dry, very dry and sensitive skins.





# ADD- ON TREATMENTS

## MILK BATH

30 MIN  
\$75

This most sensual and soothing Egyptian Precious Milk bath ritual will relax and calm your senses.

## PURITY EXFOLIATION

30 MIN  
\$75

A body exfoliation that rids the skin of its impurities in depth, improves cell renewal, smoothens and hydrates. The red algae from the scrub stimulates the micro-circulation of the body. The exfoliation is then completed with the specific finishing product for intense hydration or deep nourishment. The skin regains its softness and radiance, and active ingredients are more easily absorbed.

## RELAXING EYE TREATMENT

30 MIN  
\$95

This ultra-relaxing treatment begins with a cleansing and gentle massage of the eye area using a specific eye concentrate. The appropriate eye products are then used around the eye contour area to reduce puffiness and dark circles and to gently smooth out any lines or wrinkles. To finish, Thalgo Silicium Eye Cream is applied. The result is an instant rejuvenation of the eye contour area.

## ILLUMINATING RADIANCE TREATMENT

30 MIN  
\$95

Reveal your skin's beauty and radiance in just 30 minutes! The facial begins with a cleanse and exfoliation, after which the Ultra Radiance Mask is applied. An energising digitopressure massage helps the smoothing and radiance-boosting active ingredients absorb into the skin. The application of Absolute Radiance Concentrate to the face and neck awakens the skin and the treatment is finished with a skin-type appropriate cream, leaving the complexion fresh and glowing with radiance.

## FOOT MASSAGE

30 MIN  
\$75

### SOOTHES & RELAXES

Stimulating the pressure points on the feet that correspond to different parts of the body, this treatment improves circulation and provides an extreme sense of relaxation.

# AYURVEDIC TOUCH

Ayurveda is one of the world's oldest forms of medicine; it is a 5,000-year-old medicinal system originating from India meaning "life knowledge". Ayurvedic treatments concentrate on health and wellness by harmonising the mind, body, and spirit.

## SHIRO-ABHYANGA MASSAGE

90 MIN  
\$ 197

### RESTORES BALANCE TO THE BODY

This is a powerful therapeutic experience based on Ayurvedic healing therapy that has been used for thousands of years. The concept of Shirodhara aims to relax the body and open the third eye. The treatment begins with a foot ritual, followed by a relaxing Abhyanga full body massage, before the forehead is drizzled with a steady stream of warm oils. A scalp massage is then performed to enhance deep relaxation.

## ABHYANGA MASSAGE

### SOOTHES THE MIND, BODY & SOUL

A welcoming foot ritual initiates this profoundly relaxing massage. Warm oil enriched with fragrant Indian spices is then applied with long deep rhythmical strokes, stimulating the body's vital energy. The treatment concludes with a scalp and face Mar-massage, targeting facial pressure points.

60 MIN  
\$ 155

# ADD- ON TREATMENTS

## KATI VASTI

30 MIN  
\$55

This is a special Ayurvedic treatment for lower backache or sciatica. Warm Ayurvedic oil is applied on the affected area on the lumbosacral region.

## GREEVA VASTI

30 MIN  
\$55

Special Ayurvedic treatment for various neck complaints including cervical spondylitis, I.V. disc prolapses, arthrosis, etc.

## JANU VASTI

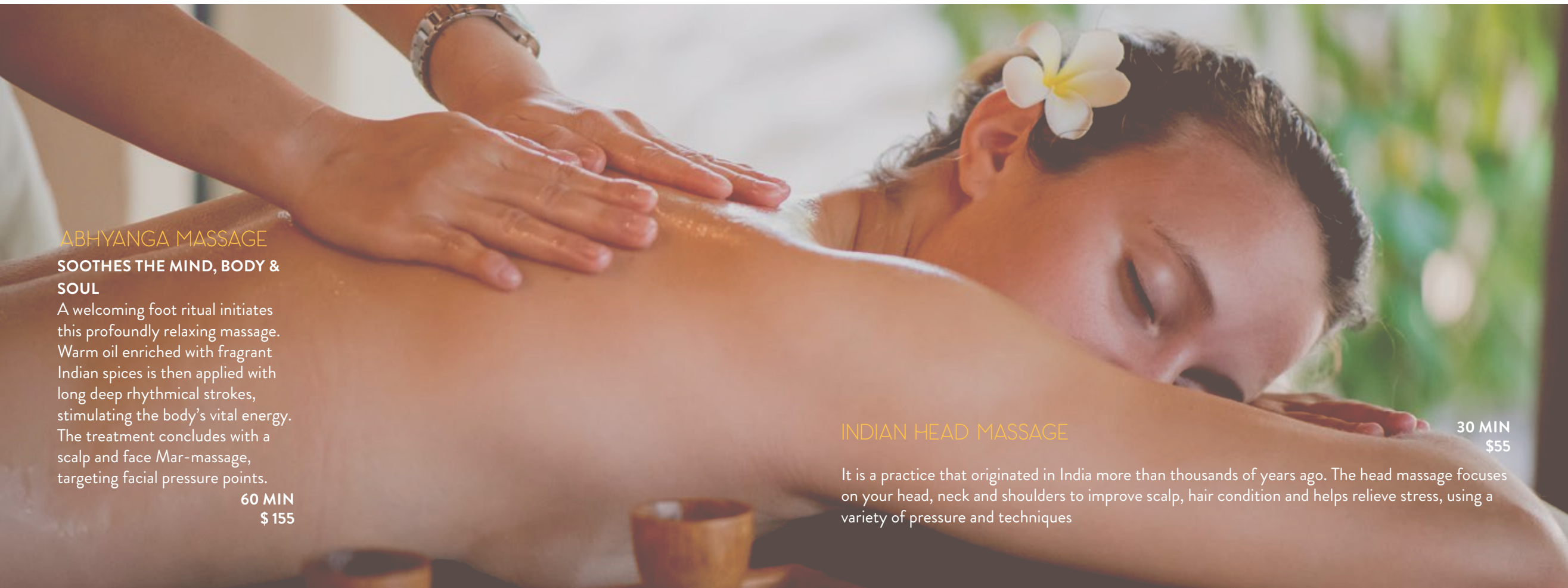
30 MIN  
\$55

Janu Vasti is another warming-up therapy with herbal oil, however, this one is aimed specifically at the knees and the surrounding muscular system. This treatment can relax the deep muscles in the mentioned part and decrease pain and stiffness.

## INDIAN HEAD MASSAGE

30 MIN  
\$55

It is a practice that originated in India more than thousands of years ago. The head massage focuses on your head, neck and shoulders to improve scalp, hair condition and helps relieve stress, using a variety of pressure and techniques





## KIDS SPA TREATMENTS

### DREAM MASSAGE

30 MIN \$75    60 MIN \$135

This massage uses pure coconut oil from Maldives which when blended with long strokes and gentle skin rolling, helps you to sleep better at night. Price per person.

### SIDE BY SIDE - FATHER-SON

60 MIN \$215

Treatment includes a foot, head and shoulder massage using Maldivian coconut oil for soothing & softening the skin.

### SIDE BY SIDE - MOTHER-DAUGHTER

90 MIN \$255

Treatment includes a head or foot massage followed by nail grooming and finished with nail polish.



# SALON TREATMENTS

EXPRESS MANICURE

30 MIN  
\$59

EXPRESS PEDICURE

30 MIN  
\$69

SHAPE AND NAIL POLISH

30 MIN  
\$75

SPA MANICURE

60 MIN  
\$95

For intense softening, our manicure uses the purest products. Includes exfoliation, nail and cuticle grooming, hydrating cream and nail polish.

SPA PEDICURE

60 MIN  
\$115

This complete foot treatment begins with a soak followed by a special foot scrub to soften and smoothen the skin. Nail and cuticle grooming precedes buffing or nail polish.





# ACTIVE WELLNESS

## SUNRISE / SUNSET YOGA

Performing yoga at sunrise or at sunset is the optimal way to experience its physical, mental and emotional benefits. The invigorating and challenging poses of Sunrise yoga will awaken your senses with the rising sun leaving you fully prepared for the challenges of the day ahead. Acclimatise your body and soul to the setting sun with specially designed Sunset yoga to unwind from your day.

60 MIN  
\$35

## PRIVATE YOGA CLASSES

Private classes with a maximum of 2 guest

60 MIN  
\$75

Private group classes with a maximum of 6 guests

60 MIN  
\$139

Yoga: 07:00 - 19:00

## ONE-ONE FITNESS TRAINING

60 MIN  
\$85

## FITNESS EXPERIENCE

We are glad to offer you complimentary use of the fitness centre which is set up with state-of-the-art equipment for a wide variety of workouts from cardiovascular to weight training.

# SPA ETIQUETTE

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## RESERVATIONS

We recommend you schedule your spa treatments in advance. Our spa team will gladly assist you in choosing the treatment of your choice.

## ARRIVAL

We recommend that you arrive 10 minutes prior to your appointment in order to complete your health assessment form and relax before starting your treatment.

## PREPARING FOR YOUR TREATMENT

To avoid irritation, shaving is not recommended prior to body treatments. For your safety, please remove contact lenses prior to facial services. For men, please shave prior to all facial treatments to ensure that maximum results are achieved. Please shower prior to your treatment to enhance oil absorption and the overall experience.

## HEALTH CONDITIONS

Please advise us of any health conditions that may affect your treatment.

## CANCELLATIONS AND LATE ARRIVAL

As a courtesy to other guests, please provide 5 hours' notice if you must cancel or reschedule your appointment. Less than 5 hours' notice of cancellation will result in a charge of 100% of the treatment price. If you arrive late, the length of your treatment will be shortened to end as scheduled, allowing our therapists to take their next scheduled appointment on time.

## RECOMMENDATIONS

We recommend that you leave all jewellery in your villa before coming to the spa. We kindly request that you refrain from using mobile phones in the spa to ensure a tranquil environment.

## CHARGES

All treatments will be charged to your villa, and appear on your account at the time of check out.

## GRATUITIES

In appreciation of services, gratuities may be given at your discretion.

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## HOURS OF OPERATION

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Spa Treatments: 10:00 - 21:00

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Spa Boutique: 10:00 - 21:00

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Yoga: 08:00 - 19:00

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Fitness Centre: 08:00 - 20:00

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PLEASE CALL COCO SPA RECEPTION AT EXTENSION: 185

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

Retail products are subject to GST only.

Prices are subject to change without prior notice.

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