TRANSCENDENT. ICONIC. SERENE.
IMMERSED. SPIRITED AWAY TO AN UNDERWATER REALM.

A refuge for body and soul. A secret place to indulge and relax. An underwater realm that stirs the senses. Huvafen Spa is a new spa creation.

Healing hands rejuvenate and restore. Iconic treatments soothe and inspire. Expert practitioners weave the elements to create sensuous ways to nurture wellbeing.

Awaken to an ethereal world of healing. Massages, facial treatments and full-body therapies amidst a kaleidoscope of sea life. Where modern techniques meet traditional Maldivian traditions.

Venture outdoors to bend and breathe above the timeless ripples of the Indian Ocean. Let Indian Hatha Yoga empower from within.

A world of infinite wellness awaits.
the stress held in your face. It immediately touches and invigorating strokes to release and address the tension in the back and head, for headaches, migraines and jaw tension while also addressing muscular tensions, aches and pains, or gentle methods can help you relax and reconnect. You can choose from a 60-minute treatment that slowly builds the ability of your body to relax and release tensions that are often built up over years. Or go for our ultimate 90-minute top-to-toe treatment that also includes work on the abdomen, chest, face and scalp.

**MUM-TO-BE PURE MASSAGE**

75 minutes

We offer pre-and post-natal massage to support you and your body during or after your pregnancy. Beata developed this massage acknowledging the different stages of your pregnancy as each of them requires different attention, techniques and positions to make sure that you are safe and comfortable. We adjust the pressure to your needs and thoroughly discuss any contraindications and specific requests prior to your treatment. We offer Mum-to-Be Pure Massage after the first trimester of your pregnancy.

**BODY BALANCE PURE MASSAGE**

60/90 minutes

A gentle yet very effective treatment, helping to activate the body to efficiently detoxify and rebalance itself while bringing a sense of calm and deep relaxation. This treatment combines elements of abdominal/organ massage, lymphatic drainage and feet exfoliation to bring back the balance not only to your digestive system but also to your whole body. It can be a great start to a new lifestyle if combined with a detox diet, plenty of rest and drinking large amounts of water. We recommend two or three treatments close to each other, combined with a Back Pure Massage for maximum benefit.

**PURE MASSAGE**

BY BEATA ALEKSANDROWICZ

All Hawaii & Polo Spa treatments have undergone intensive training with Beata Aleksandrowicz, acclaimed massage expert and the creator of the Pure Massage Spa Training Method®, which provides unique worldwide with advanced training in a modern concept of massage.

The author of several books on massage, Beata is published worldwide. A former columnist for The Sunday Telegraph, she is an expert contributor to numerous publications, including Spa Business and European Spa Magazine. Beata also serves on the Mental Wellness Initiative for the Global Wellness Institute and is a judge for the World Spa & Wellness Awards. Beata’s method is both thorough and groundbreaking, teaching the most effective, injury-free massage techniques and introducing therapists to essential safety and treatment elements.

The Pure Massage technique combines elements of deep tissue and trigger points with quantum healing, Thai stretching, energy work and touch therapy. The result of 20 years’ experience in the industry as a therapist and teacher, Beata’s massage concept has been described as “the best in the world” by the Tatler Spa Guide. Polo Spa is proud to have invested in this world-class training and revision programme to ensure that all our guests receive a really exceptional massage.

**BACK PURE MASSAGE**

45/60 minutes

Beata developed the ‘trunk and branch’ method, where our priority is to understand and address the tension in the back and how it radiates out to the rest of the body. By focusing on the back we get to the core of the matter, which is the best way to ensure relief. Sometimes it is better to concentrate on the back, rather than give a full-body massage that does not properly address the build-up of tension in your shoulders, neck or lower back. This is an essential treatment to keep your whole body relaxed, fit and strong.

**JET LAG PURE MASSAGE**

60/90 minutes

This energising and restorative treatment will help you recover quickly from long journeys. A deep stimulation of the scalp, combined with gentle body stretches and a back massage, is applied to ease post-travel sluggishness, stiffness of the joints and tension in the muscles. It relaxes and refreshes at the same time, improving lymph and blood flow, and preventing headaches, insomnia and dehydration so often associated with travelling through different time zones.

**REVITALISING FACE PURE MASSAGE**

60/75 minutes

Beata believes that the face needs massage as much as the body. This treatment, described in the press as “better than botox”, uses the healing power of touch and invigorating strokes to release the stress held in your face. It immediately improves skin appearance, counteracting puffiness and delivers fantastic glow and radiance. This natural anti-aging massage reduces headaches, migraine and jaw tension while significantly improving deep quality. Our longer, 75-minute treatment will also take care of tension build-up in your chest, neck and scalp.

**BODY PURE MASSAGE**

60/90 minutes

Our body massages are tailor-made to your personal needs. Deep-tissue massage addresses muscular tensions, aches and pains, or gentler methods can help you relax and reconnect. You can choose from a 60-minute treatment that slowly builds the ability of your body to relax and release tensions that are often built up over years. Or go for our ultimate 90-minute top-to-toe treatment that also includes work on the abdomen, chest, face and scalp.

**MUM-TO-BE PURE MASSAGE**

75 minutes

We offer pre-and post-natal massage to support you and your body during or after your pregnancy. Beata developed this massage acknowledging the different stages of your pregnancy as each of them requires different attention, techniques and positions to make sure that you are safe and comfortable. We adjust the pressure to your needs and thoroughly discuss any contraindications and specific requests prior to your treatment. We offer Mum-to-Be Pure Massage after the first trimester of your pregnancy.

**BODY MOVEMENT PURE MASSAGE**

60/90 minutes

Based on Thai stretching and Shiatsu points, this treatment is the result of Beata’s extensive efforts to create the best possible fusion of Eastern and Western concepts to deliver a modern, effective treatment during which you will remain fully clothed and no massage oil will be used. The main part of the treatment is a series of intensive stretches, but all of muscles are released through gentle rocking that allows all joints and ligaments to restore their alignment and balance. This is followed by muscle work to deliver a full experience of being stretched and relaxed to leave you refreshed and full of energy. Loose clothing is provided for this treatment to ensure your comfort.

**REVITALISING face**

This follows with a detox diet, plenty of rest and drinking large amounts of water. We recommend two or three treatments close to each other, combined with a Back Pure Massage for maximum benefit.

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MOVEMENT

INDIAN TRADITIONAL HATHA YOGA
60/90 minutes


Stretch towards serenity while watching the sunrise. An overwater pavilion, an hour of true escape.

beach or beneath tropical leaves. Private classes and tailored programmes – yoga experiences that transcend this realm.

PUMP GYM

Pulses race over shimmering seas. Hidden strengths are summoned amid vivid ocean views. Work out over water as stingrays glide underneath. Push beyond your limits. Embrace vitality and enter the world with renewed vigour.

POLISH IT UP (FOR HANDS OR FEET)
30 minutes

or bold design. Polish your look with a rainbow of colours. Make a statement, mild or wild.

FINGERS FIRST

60 minutes

Warm botanical oils soothe and restore. A rich cocoon of mud. An elegant treatment for supple hands.

WELL HEELED

60 minutes


ENTER INTO AN UNDER WATER TRANCE

TULAFEN SPA
DHIMAALIS
90 minutes
A secret formula. An ancient tradition. The name for this treatment originates from traditional Maldivian medicine that has been brought to Huvafen by our dedicated Spa Manager Aishath. She was fortunate to meet a Maldivian healer who passed to her the secret formula for massage oil that has been used in local traditions for generations.

Dhimaalis is about health and sensuality. The treatment starts with a gentle body exfoliation, using sand and Maldivian herbs. You will then be washed in the sea, allowing the salt water to penetrate your skin and nurture your senses. Massage will follow, unblocking your energy and increasing circulation using the best Maldivian techniques, brought together by Aishath in a unique and authentic way.

HUFAVEN SERENE AWAKENING
120 minutes
with a sequence of sauna treatments, alternated with cold showers to massage and a detox treatment with thorough abdominal work. The deep activation of the body will leave you blissfully relaxed and we highly recommend you avoid any extended physical activity afterwards. Instead, enjoy an easy day with plenty of water and rest to support your body as it adjusts to the healthy changes.

HUFAVEN COCONUT HAIR REPAIR
30 minutes

HUVAFEN GLOW
45 minutes
Emerge from a chrysalis. Pure, new. A revitalising body exfoliation with coffee, coconut or tea. Let your skin be nourished and reborn, ready for the sun. This treatment can be a perfect prelude to any massage treatment, preparing the cells for restorative oils. Open the door to deep relaxation.

HUVAFEN SUN REPAIR
45 minutes
A cocoon of clay. The cooling embrace of aloe and cucumber. Instant relief from the rays of the sun. Parched skin drinks deep, luxuriating in a rich cloak of nutrients. A gentle scalp massage carries you away. Cool, calm serenity – a treat for the skin and the soul.

UNDERWATER DREAM
60/90 minutes
Our first-in-the-world underwater spa is a perfectly cocooned and dreamlike space – the perfect setting for a delightful treatment that harnesses the wonderful healing powers of sleep.

Sleep is essential for good health, helping the body to balance its different systems. A good night’s rest has the power to recharge the body completely, bringing back physical strength, hormonal balance and a much more positive outlook. Beata Aleksandrowicz designed this treatment exclusively for Huvafen Fushi, combining the stillness and tranquillity of this special location with her years of sleep research and unique massage techniques.

Starting at the feet, this treatment uses a combination of reflexology, pressure point and shiatsu techniques to promote relaxation and a restful sleep. Soothing massage on the head, neck, arms and legs promotes trance-like deep relaxation, while ancient breathing techniques help to complete the energy circuit in the body and promote sleep. Unique and transformative, this treatment elevates the power of touch to another level, restoring a natural sleeping pattern and releasing hormones that boost happiness.

UNDERWATER RENDEZVOUS
120 minutes
A sanctuary of serenity beneath the waves. A two-hour journey of healing and rejuvenation. Revel in pure bliss as tension eases from your neck, back and shoulders. Huvafen Spa’s anti-ageing Revitalising Face Pure Massage follows, before the journey ends with a deeply soothing foot massage.

Each aspect of Underwater Rendezvous is designed to ease discomforts such as headaches, sleeping problems and tiredness. A calming underwater landscape, a place of true healing and profound relaxation. A truly unique top-to-toe treatment that brings long-lasting wellness.
HUVAFEN SERENE AWAKENING
120 minutes
For total de-stress and revitalisation afocandale! The journey begins with a sequence of sauna treatments, alternated with cold showers to activate your denaturation system. This is followed by a deep back massage and a detox treatment with thorough abdominal work, lymphatic drainage and foot reflexology. The deep activation of the body will leave you blissfully relaxed and we highly recommend you avoid any extended physical activity afterwards. Instead, enjoy an easy day with plenty of water and rest to support your body as it adjusts to the healthy changes.

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A dreamlike space — the perfect setting for a delightful treatment that harnesses the wonderful healing powers of sleep. Sleep is essential for good health, helping the body to balance its different systems. A good night’s rest has the power to recharge the body completely, bringing back physical strength, hormonal balance and a much more positive outlook. Beata Aleksandrowicz designed this treatment exclusively for Huvafen Fushi, combining the stillness and tranquillity of this special location with her years of sleep research and unique massage techniques.

压力点和指压技术来促进放松和深度睡眠。舒缓的头部、颈部、手臂和腿部按摩带来恍如隔世的放松，而古老的呼吸技术帮助完成身体的能量循环，并促进睡眠。独特且具有变革性的治疗，将触觉的力量提升到另一个层次，恢复自然的睡眠模式并释放提振幸福感的荷尔蒙。

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DHIMAALIS
90 minutes
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The final touches have been curated by Beata Aleksandrowicz to give this treatment its exclusive hallmark. We even built a special four-poster beach sala near the sea for this treatment to ensure a relaxing and private experience.

HUVAFEN SIGNATURE FACIAL
60 minutes
Designed to enhance, lift, and firm the surface of your skin instantly. Combine with deep cleans and face massage leaving your skin luxurious glow and incredible softness.

HUVAFEN COCONUT HAIR REPAIR
45 minutes

HUVAFEN GLOW
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Emerge from a chrysalis. Pure, new. A revitalising body exfoliation with coffee, coconut or tea. Let your skin be nourished and reborn, ready for the sun. This treatment can be a perfect prelude to any massage treatment, preparing the cells for restorative oils. Open the door to deep relaxation.

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POLISH IT UP (FOR HANDS OR FEET)
30 minutes
A flash of ruby red. Nude nails against sun-kissed skin. Bring a new hue to fingers and toes, whether prim French manicure or bold design. Polish your look with a rainbow of colours. Make a statement: mild or wild.

FINGERS FIRST
60 minutes

WELL HEELED
60 minutes

INDIAN TRADITIONAL HATHA YOGA
60/90 minutes
Poetic balance. Poised tranquility. Embark on a journey of wellbeing with Huvafen Fushi’s internationally certified Wellness and Yoga Instructor. Exhale, inhale, as you draw power from within. Healing postures and breathing techniques calibrate mind and body to work in harmony. Balance eases stress and harnesses pure life force.

Stretch towards serenity while watching the sunrise. An overwater pavilion, an hour of true escape.

Or find your core with a private yoga session, on a quiet beach or beneath tropical leaves. Private classes and tailored programmes – yoga experiences that transcend this realm.

PUMP GYM
Pulses race over shimmering seas. Hidden strengths are summoned amid vivid ocean views. Work out over water as stingrays glide underneath. Push beyond your limits. Embrace vitality and enter the world with renewed vigour.
HOW TO SPA

Huvafen Spa is open from 10am to 8pm. Arrive 30 minutes prior to your appointment and sink into Huvafen Spa’s serene pre-treatment spaces. Get in the mood.

HEALTH
Your health and wellbeing is Huvafen Spa’s top priority. Inform your therapist if you have any medical conditions that may affect your treatment.

CANCELLATIONS
Please provide a minimum of 24 hours’ notice if you wish to cancel. Appointments cancelled within 12 hours will incur a 50 per cent cancellation fee. Appointments cancelled within four hours will incur a 100 per cent cancellation fee.

SPA ATTIRE
Wear what makes you feel good. Huvafen Spa provides a robe or sarong and towels.

YOUR VALUABLES
Keep your valuables in your in-room safe. Huvafen Spa does not assume any liability for lost or damaged items of any kind.

GREEN ENVIRONMENT
Huvafen Spa is a fresh and pure environment – a sanctuary free from air and noise pollution. Do not smoke. Silence your phone.

RESERVATIONS
Booking treatments in advance is recommended. The Huvafen Spa team will be happy to assist.