



NIKA SPA

REVIVE YOUR SENSES

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Nika Spa at Faarufushi Maldives offers a unique fusion of Eastern practices and Western science in a haven of natural tranquility.

From the moment you step into the Nika Spa, you enter a world unlike any other, a world where your personal wellbeing is our sole focus.

Our welcoming team will greet you, and advise you on our carefully curated range of therapies and treatments.

Whilst it won't surprise you to hear that our therapies are indulgent, sumptuous and rejuvenating, what will surprise you is how they are also transcendent and grounding.

We pride ourselves on delivering a total holistic experience that rebalances and rejuvenates both your mind and your body.

Together we will create the perfect programme tailored to your individual needs.

Our expert team of therapists will then attend to your every need, so you can simply relax knowing you are in safe hands.



Nika Signature Programs

As spa professionals we know your body, allow us to take you by the hand and guide you through a journey created specially to remove all stress around choosing treatments during your holiday. These programs include a jet-lag recovery, designed to release any tension or swelling after flying, a body scrub to prepare your skin for the sun, comforting treatments throughout your stay to allow you to relax and a beauty treatment to refresh your skin before you fly home. Combining expertise from around the world, enhance your body and soul with individual, effective spa experiences.

Packages

Our multi-day spa programs are designed to address specific lifestyle needs, from relaxation to rejuvenation. These packages can be split over many days or indulged on just one or two.

Relax

A combination of calming treatments designed to encourage deep relaxation and bring a sense of inner peace.
Tranquility 60mins + Harmony 30mins + Balance 30mins + Hopi Ear Candles 30mins

Refresh

A revitalizing collection to invigorate and bring vitality to your body. This package offers a variety of heavenly treatments that will leave you feeling refreshed.
Four Massages of your choice 60mins each + Island Facial 60mins + Coffee Mint Body Treatment 60mins

Rejuvenate

The perfect wellbeing solution for both body and mind. A truly luxurious experience that combined create a more relaxed, calmer and balanced you.
Nika Signature Massage 90mins + Vitamin C+E Hydration Facial 90mins + Wellness Body Treatment 90mins + Massage of your choice 120mins + Spa Manicure or Pedicure 90mins + Private Yoga Session 75mins



Rituals

Our spa rituals offer you a complete sensory journey, each specially designed to revive your senses. Each of our ceremonies include a unique selection of drinks, music, scent and treatments.

Couples Journey

Our signature couple's treatment ritual has been specifically designed for couples to unwind and melt away every day stress to evoke a deep sense of tranquility. This journey includes a couple's massage along with a bathing ritual like no other, you will emerge from this decadent ritual feeling renewed, relaxed and glowing with vitality.

Vitamin C+E Hydration Ritual

Treat yourself with our organic facial and body treatment that will leave you with firmer, brighter, softer and younger looking skin. Specifically designed to revitalise and rejuvenate, in order to return balance to your whole body.
Using Eminence Skincare

Maldivian Rose + Coconut Ritual

This indulgent ritual draws on Maldivian ingredients to deliver an intensely relaxing and calming experience. The national flower, the rose has a beautiful aroma that encourages feelings of positive self-reflection, combined with the antioxidant properties of coconut oil our Maldivian Rose + Coconut Ritual will bring wellness and healing to your mind, body and soul. Starting with a therapeutic coconut body scrub which uses an uplifting blend of detoxifying oils and mineral-rich sea salt, promoting circulation of the lymphatic system and reducing fluid retention, is followed by our Nika Spa Signature massage to rejuvenate your senses. Our deeply hydrating Facial Alchemy™ Ritual, is followed by an organic milk bath to soothe, brighten, balance and relieve damaged skin. The mellow aromas of coconut and vanilla do the same for the psyche.
Using Island Apothecary Skincare

Massages

Nika Signature massage

Indulge in a carefully tailored, signature spa massage which lifts your senses and takes you into a tranquil bliss. Choreographed waves of kneading open locked muscles, free energy blockages, and relieve tension. This therapy incorporates traditional deep tissue, Lomi Lomi and Swedish massage with a crystal facial massage in order to restore balance in the mind, body and soul.

Jet-Lag Recovery

Our re-balancing journey combines a full body massage and a relaxing foot treatment with an eye-lifting mask and head massage to release tension, revive circulation and reset the internal clock. Recommended after traveling.

Mother-to-be

This soothing massage uses light pressure to relieve back tension, swollen hands and feet. Specifically developed for expectant mothers to ease discomfort and help lower stress. Recommended between Second and Third Trimester

Energiser

Reawaken the body and mind with this energizing treatment; a combination of traditional Thai and Shiatsu Massage. This dry massage concentrates on the body's major energy channels, releasing blocked energy, relieving tension and increasing flexibility.

Bliss

This full body massage uses your choice of either heated basalt stones or herbal poultice. Perfect to release stress, tension and increase blood flow. The heat provides the extra relaxation for fatigued and overworked muscles, and has a healing effect on damaged soft tissue.

Tranquility

A combination of flowing, soothing, rhythmical light pressure, to help relieve tension and return your feeling of wellbeing.

Lombok

Feel tension dissolve with this ancient Balinese healing therapy that combines long medium pressure strokes and skin rolling to stimulate the flow of blood, oxygen and "Qi" energy, providing a sense of deep relaxation.

Restore

Experience a complete body awakening with a combination of firm palm, thumb and forearm pressure to relieve muscle tension and improve joint mobility. A deep tissue massage to relax, re-energise and restore.

Balance

Reinstate the body's balance with reflexology, a fusion of techniques concentrating on the meridian lines of the legs and feet.

Harmony

A deeply relaxing oil-based Indian Head massage to ease tension, induce a deep sense of calm and a renewed clarity of mind. Focus on the head, neck and shoulders only.



Facials

Vitamin C+E Hydration Facial

Indulge in this luxurious organic facial to experience advanced hydration, high anti-oxidant and age prevention. Breakthrough botanical technology delivers a stabilized infusion of antioxidants to the skin for supreme defense against free radicals, unparalleled healing ability and collagen boosting power. Discover nature's true ingredients and achieve firmer, brighter, softer and younger looking skin. Suitable for all skin types including sensitive skin. Using Eminence Organic Skincare

Marine Flower Anti-aging Facial

Plump, hydrate and smooth your skin with botanical peptides, collagen-boosting actives and innovative, globally-sourced algae extracts. This facial will help reduce fine lines and wrinkles, recalibrating your collagen synthesis to encourage the formation of high quality, 'smart' collagen. Ideal for all skin types, this treatment is an anti-aging powerhouse that will leave your complexion feeling pleasantly youthful and radiant. Using Eminence Organic Skincare

Microgreens Detox Facial

Counter the effects of pollution to reveal dewy, soft skin - with help from nutrient-rich microgreens. During this facial, we'll cleanse, invigorate and exfoliate with skin-brightening stone crop before gently removing toxins and impurities. A relaxing facial massage and detoxifying treatment that will leave your skin feeling revitalized and protected from the effects of the environment. Using Eminence Organic Skincare

Sun-Kissed Calming Facial

Treat and calm your sun-exposed skin with Eminence's Sun-Kissed Calming Facial. The hydrating and healing Stone Crop soothes your skin while the Maize Flour in this mask exfoliates leaving your complexion appears smooth, bright and even. Using Eminence Organic Skincare

Facial Alchemy™ Ritual

Island Apothecary's signature Facial Alchemy Ritual is designed to heal, revive and transform your skin in different ways to achieve the best possible version. The fully organic formulae are completely free of chemicals and preservatives, and make use of the healing and vivifying benefits of natural phytochemicals, phytonutrients, plant antioxidants, therapeutic grade essential oils, flower essences, flower and seed oils, elastin, hyaluronic acid, collagens, proteins, minerals, and nutrient-rich ocean vegetation. We can't promise you eternal life but we can promise you amazing skin.

Using Island Apothecary Facial Alchemy™



Healing

Reiki

Reiki means universal life energy. During this healing treatment, the therapist will use various holding positions on your body to clear energy blockages and induce a deep state of relaxation and wellbeing.

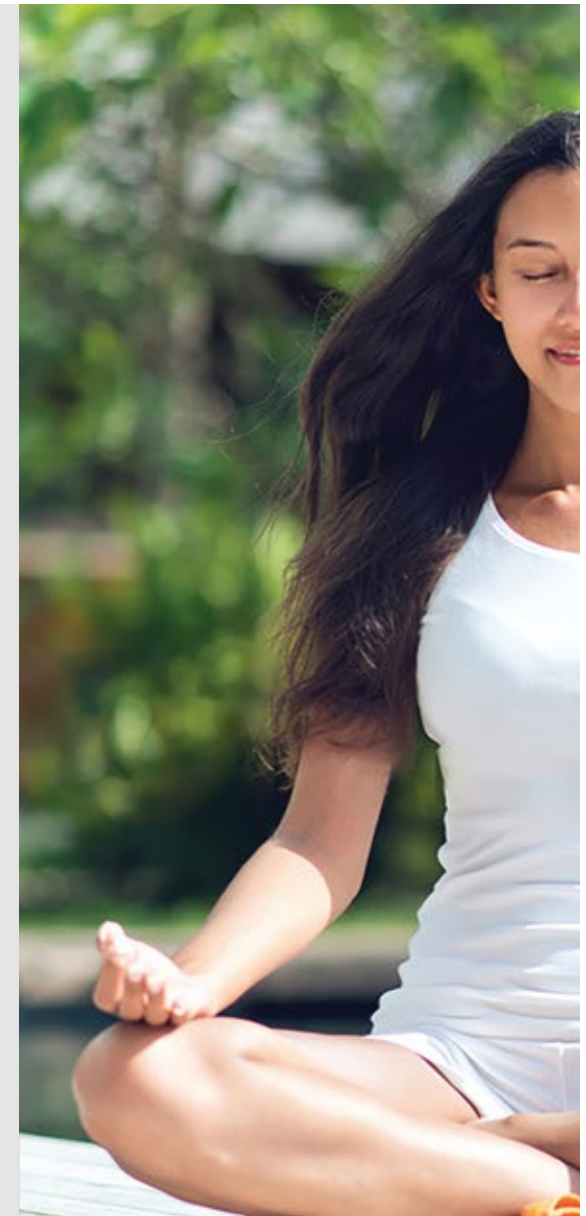
Hopi Ear Candle

An ancient treatment using beeswax candles to relieve pressure in the head and ears. Includes a face and scalp massage.

Yoga

Private sessions

Deepen your practice, gain confidence, and receive guidance from our in-house yogi to develop a practice tailored to your individual needs.



Body Treatments

Coconut Body Scrub

Tighten and firm from head to toe with exotic, hydrating oils and a quadruple benefit of anti-aging ingredients - Natural Retinol Alternative, Swiss Green Apple Stem Cells, plant-derived hyaluronic acid and an antioxidant booster - to visibly improve skin tone and texture for full-body age repair.

Using Eminence Organic Bodycare

Detox Body Treatment

Pamper yourself with our organic body treatment. The blueberry collection used in this treatment provides your skin with super antioxidant and flushes the unwanted toxin away for softer, smoother and hydrated healthy skin. Don't forget to ask us about our Herbal Cellulite Treatment, a stimulating spot treatment for those stubborn cellulites that will regenerate, tone and help increase the appearance of skin elasticity.

Using Eminence Organic Bodycare

Coffee + Mint Body Treatment

An invigorating treatment with firming, exfoliating and anti-oxidizing ingredients for smooth and supple skin. Our Coffee + Mint Body Scrub is known to combat the occurrence of varicose veins typically by increasing blood flow, and the caffeine in the scrubs may even reduce the appearance of cellulite. Our 90mins treatment utilises a clay mask to help draw the toxins from the skin while clarifying and adding nutrients to the skin.

Using Island Apothecary Bodycare

Aloe + Lavender Sunburn Soother

Soothe, nourish and repair the skin with this deeply cooling and hydrating treatment. This calming body therapy includes a localised application of lavender cold compress to reduce redness, followed by natural aloe vera. Ideal for sun-exposed or damaged skin.

Enhancements

Upgrade your treatments by choosing one or more of our carefully created enhancements, which can be an addition to any facial, body or massage therapy.

Revitalising Scalp Treatment

Combining the strengthening properties of coconut oil and the refreshing benefits of coffee and mint, this deeply relaxing scalp scrub and massage can help to reduce tension and leave you with beautifully healthy hair.

Add-on Massage

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with a body oil to suit your needs.

Express Facial

Indulge in a glow-enhancing mini facial combining a cleanse, exfoliation and mask with a brightening eye massage.

Add-on Body Scrub

A full body scrub to gently exfoliate dead skin cells, nourish skin and leave it feeling soft. A perfect addition to any treatment and ideal for all skin types including sensitive skins.

Facial Reflexology

A relaxing massage incorporating pressure point and lymphatic techniques to help induce deep relaxation, leaving you feeling bright, refreshed and calm.



Nail Care

Spa Manicure / Spa Pedicure

An intensive treatment using deeply nourishing products to repair, replenish and condition your nails. Includes soak, nail file and shape, exfoliate, cuticle work, massage, mask, polish or gel.
Using CND Nailcare and Shellac or Vinylux

Natural Manicure / Natural Pedicure

A luxurious exfoliation, hydration and caring treatment to restore your nails. Includes Soak, nail file and shape, exfoliate, cuticle work, massage, mask and buff.

Waxing available on request

Eyelash and Eyebrow tinting available on request



Our Family

We have hand selected the best skincare family for Nika Spa, providing you with the ultimate in luxury services along with the perfect products to extend your spa journey at home.



Eminence Organic Skin Care

Treat yourself to an Award-winning organic skin care line that delivers beautiful results using organic products bursting with juicy pulp, seeds and herbs. Feel good about feeding your skin all-natural products without harsh chemicals or parabens. Eminence addresses a variety of skin concerns such as premature aging and wrinkling, sun damage, acne, loss of vitality, tone and radiance.

Select a customized Eminence facial specifically created to suit your skin needs and let the active ingredients impart health and beauty to your skin.



ISLAND
APOTHECARY
MALDIVES



Island Apothecary

A Maldivian artisan line of skin care products made with care, expressed through simplicity.

A labour of love by a gifted Maldivian entrepreneur. Aminath 'Shafa' Shafana, the creator of Island Apothecary, traces her love of natural skincare to childhood. At a young age, she developed a passion for holistic and organic lifestyle choices and started experimenting with natural skincare formulas for her personal use.

Shafa, an artisan apothecary, spent years perfecting her craft in her kitchen before she shared her creations with close friends and family, now along with Ammu, a communications designer and Aicha, a holistic research and development specialist, the three of them make up the team of young artists behind Island Apothecary.

The products are from the earth and of the earth, made in small batch apothecary tradition. All ingredients are selected for their beauty and efficacy - taking cues directly from nature to create restorative & vivifying formulations. Creating an experience out of the purity of the ingredients and the love with which the products are made.

Island Apothecary's main ingredients are all natural, wild harvested and forest garden certified, USDA certified organic, raw botanical, and natural minerals. Oils are therapeutic grade and cold pressed. Formulations are 100% Natural, Earth friendly, sustainable sourced and cruelty free.

"Each of us tells the story of Island Apothecary in our own artistic expression. All of these perspectives combined creates Island Apothecary - a truly natural artisan skincare brand born out of the Maldives, raised by nature and spiritually rooted in Mother Earth," Shafa (Founder + Formulator).



How to Spa - Spa Etiquette

Nika Spa is open 10am to 8pm

Reservations

We recommend you schedule your spa treatments in advance. Our spa team will gladly assist you in choosing the treatment best suited to you. Please notify us if you are pregnant, have allergies or any physical ailments, as this will alert our therapists in advance to provide the best spa treatment and care for you.

Arrival

We recommend you arrive 15 minutes prior to complete your health assessment and relax before starting your treatment, to avoid reduced treatment time. A late arrival will result in a shortened treatment to accommodate other guests fairly.

Preparing For Your Treatment

To avoid irritation, shaving or waxing is not recommended prior to body treatments. For your safety, please remove contact lenses or hearing aids prior to treatments. For gentlemen, please shave 2 hours prior to all facial treatments, to ensure that maximum results are achieved. We recommend that you leave your jewelry and/or any valuables in your villa safe before coming to the spa or in our lockers provided. Nika Spa is not responsible for any loss and/or damage of personal or misplaced items.

Facilities Available

Cold Plunge Pool, Plunge Pool, Outdoor Cabanas, Outdoor Yoga Deck, Nail Salon, Changing Room Facilities, Spa Boutique, Weekly Wellness Classes and Workshops (please see changing activity schedule)
Steam Room - We recommend using our steam room for an average time of 30 minutes' prior or post to your treatment.

Spa Clothing

We provide bathrobes, slippers & disposable underwear. Our therapists will make sure that your privacy is respected at all times.

Holistic Environment

We kindly request that you refrain from using mobile phones or any type of audio, photographic and video recording equipment while at Nika Spa. We ask that you respect other guests' privacy by speaking softly. We are a no smoking zone within Nika Spa.

Children

Children below the age of 16 years old, are not allowed at the spa unless they are having a treatment and accompanied by an adult.

Gift Certificates

Treat a friend or loved one to an indulgent experience. Gift certificates are available for purchase. Please contact our spa receptionist for more details.

In-villa And After-hours Supplement

A supplement charge of \$80 will be incurred for any In-Villa appointments or appointments occurring between 8:00 pm and 10:00 am. Reservations for after-hours massages must be made during the spa opening times with our spa reception.

Cancellations And Late Arrivals

Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. Cancellations without notice or "no-shows" will incur a 100% charge.

Charges

All treatments and/or retail purchases will be charged to your villa and will appear on your account. Prices are in USD and inclusive of 10% service charge and 12% GST.

