



Treatment Attire

It is usually customary to wear just your robe to your service. You will be given the opportunity to disrobe and cover yourself in privacy. Throughout your services, your body will be draped with linens. At no time during your treatment will you be fully exposed.

Communication

Prior to the start of your service, tell your therapist the areas you would like to focus on, and any areas to be avoided. During your service, let the therapist know if you feel any discomfort. Communication is the key to getting full benefit from your Shine Spa for Sheraton experience.

Gratuities

Gratuities should reflect your level of satisfaction with our services and your personal providers; therefore all gratuities are left solely to your discretion.

Gift Certificates

Give the gift of spa to someone you care about. A great way to introduce someone to the benefits of spa services, Shine Spa for Sheraton gift certificates are perfect for any occasion and are available for individual treatments, packages or predetermined denominations.

Glow

Close your eyes. Allow your mind to be free. Breathe deeply. Remember, this time is your time.



find
YOUR
glow



separate journeys

shared destination





making
THE
OF IT

most

HOW TO RECEIVE THE MOST OUT OF YOUR SHINE SPA FOR SHERATON VISIT

Reservations

Schedule your appointments in advance to ensure your preferred treatment or therapist is available. Bookings made day of service and walk-in appointments are always welcome, based upon availability. All reservations can be made at Reception or directly with Shine Spa for Sheraton.

Take Time

Give yourself plenty of time to enjoy the steam, or relaxation pool prior to your treatment. This will relax the muscles which will aid in the therapeutic benefits of all your treatments and services. We suggest arriving 15 minutes prior to your first service. Respect yourself and others by turning off communication devices prior to entering the spa, locker rooms, and treatment areas.

Shower

A quick shower just before your massage or treatment is relaxing and washes off any salts, minerals or chemicals that could clog pores when mixed with oils or other treatment products.

Cancellation Policy

24-hours' notice is required for changes or cancellations. Arriving late for a service may require us to shorten the length of your treatment, with full charges applied.



FROM
head to

TOE

HANDS AND FEET

Our signature care for hands and feet include soothing soaks, exfoliating organic sea salts, extended massages, hydrating body butters and refreshing spa elixirs to create the most relaxing spa experience.

Shine Manicure

Indulge in this unforgettable experience that will ensure your hands look and feel like never before. Apart from our therapist's soothing hands working miracles you can also combine your manicure with our paraffin wax for a deeply hydrating experience.

Shine Pedicure

Let us take you beyond anything you can ever imagine and indulge your tired and weary feet. Soothing soaks, longer massage time and the option to add our paraffin wax, will leave your feet revitalized and energized.

Epilation for Her

LADIES

Full Leg

Half Leg

Brow

Brow with Shape

Under arms



SIGNATURE SPA COLLECTION

Our Signatures Treatments at Shine Spa for Sheraton are derived directly from the natural Maldivian environment. With the use of subtle lingering scents and sights we highlight the ambience of tranquility, while connecting with the sun and nature.

OCEAN

Ocean Massage

The ocean sets the tone for this fluid and flowing massage. A fusion of intuitive touch woven with mindful motion encourages the body to freely explore movement, discover relaxation and rejuvenate the body and mind.

Ocean Body

A powerful treatment which combines the strength of marine algae and active ingredients to give a boost your metabolism (ideal for treating cellulite). Tissue becomes remineralised and reoxygenated, gaining compactness and tone.

Ocean Face

24h deep hydrating treatments with nourishing collagen. Ideal for dehydrated skin, especially before and after air travel.

Ocean Package

Combine the powerful massage and body treatments to achieve full body results like never before.



separate journeys

TRANQUILITY

Serenaded by the cool breeze of swaying palms, lingering fresh and tranquil scents with an expansive shimmering view in every shade of blue.

Tranquility Massage

A unique indulging aromatic body massage rich in natural active ingredients to bestow silky skin while relieving stress and tension. A journey for the senses resulting in an intense state of physical and mental well being and comfort.

Tranquility Face

Hydrating and oxygenating facial mask rich in essential oils allowing skin to recover to a wonderful tone and color.

Tranquility Package

Combine the powerful body and face treatments to achieve healthier and more revitalised skin and soul.

SHIMMER, SHINE AND ICE

A healthy looking tan is a Maldivian holiday trademark, part of the island experience and an adamant fashion statement in the summer months worldwide. Now you can enjoy the look without the worry of exposing our skin to the harmful UV rays of the sun.

the desire to

experience

MEDITERRANEAN

Like the waves I will let your essence flow...

Mediterranean Scrub

An invigorating body exfoliation, accented by the aromas of oregano and olive to relax fatigued muscles and lemon to refresh the senses, will reveal a clear and revived complexion for the resistant skins.

Time For Men

Pure for Men

Removes impurities whilst rebalancing oily areas. This deep cleansing treatment leaves the skin with the perfect matte finish.

Renew for Men

Active treatment to reduce wrinkles and expression lines, stimulates cell renewal leaving the skin firm, compact and toned.

SOS Purifying Facial

A purifying and deep cleansing treatment to render the skin fresh and compact, ideal for oily and combination skin conditions.

from the

EAST



SILK ROUTE SPA COLLECTION

The Curiosity to Discover...

The Desire to Experience...

THAI

Like the sun I will brighten your day...

Thai Massage

Inspired by Traditional Thai Massage, this more energizing and rigorous form of massage is both realigning and energizing. The therapists use their hand, knees, legs and feet to move you in a series of yoga like stretches combining muscles compression, joint mobilization and Acupressure.

Thai Body

Carefully selected herbal and aroma blended compresses are heated to energize and renew the body, focusing on chronic problems such as back/joint pain, increased energy flow, improve circulation, relax muscles and stimulate nerves.

INDIA

like the fire I will warm your senses.....

Abhyanga Massage

Inspired by rhythmic and deeply relaxing Abhyanga Massage, rejuvenates and clears stagnant energy restoring the flow of "Prana"; the life force that nourishes your body's vital energy and heightens the senses.



to the

WEST

Shirodhara

A gentle and continuous stream of warm oil ritualistically anoints the third eye and forehead. Shirodhara enhances blood circulation to the brain, improves memory, nourishes your hair and scalp, assists in providing sound sleep and calms the body and mind. Shirodhara is one of the most effective treatments for reducing stress and nervous tension.

DEEP & DETOXIFYING

Stone Collection

With heated Basalt Stones, receive a detoxifying, calming treatment to relieve muscle pain, increase the body's metabolism and relaxes the tissues

Reflexology

This ancient and effective practice focuses on the pressure points and relieves tired and feet and legs. Rebalance and reenergize the body - the perfect remedy pre or post air travel.



the curiosity to

discover

ARABIAN

Like the sands I will release the fatigue of your journey...

Arabian Body

Scrub:

Accented by coconut, this ritual is derived from the travelling Berber and Toureg Tribes. This scrub, with aromatic nutmeg and lavender, will relax minds and exfoliating the entire body, leaves the skin smooth and radiant.

Wrap:

The detoxifying and draining action are the active ingredients of this Marroccan Red Clay and provides healing and restorative benefits. This is especially beneficial for men, sports injuries, aches and pains.

ORIENTAL

Like the flowers I will perfume your soul with distant notes...

Oriental Body

specially formulated to allow exfoliating particles to smoothly glide on, removing the darker top skin layer, while active ingredients; papaya enzyme and hibiscus extract help to make skin appear lighter.



Spa Shared destination

Shimmer Body

Light body brushing is followed by Anti-Cellulite Scrub Gel application to smooth the skin in preparation for its transformation to a natural honey golden glow which mimic your own natural color.

Shine Body

An innovative, anti-ageing body treatment that counteracts the multiple adverse effects caused by sun exposure, aging processes, free radicals and atmospheric pollutants. It effectively restores the body's elasticity and firmness.

Shine Face

An exclusive anti ageing and restructuring facial which simultaneously contrasts all of the aggressions caused by free radicals, exposure to the sun, environmental pollution and ageing.

Ice Body

As the name suggests, this one is fabulous to cool the skin after a day in the sun and helps to reduce the stinging effects of sunburn. Vegetal active ingredients provide elasticity and replenishes moisture back to the body.

Ice Face

Anti ageing, soothing and refreshing. Calms irritation and redness, restores hydration, prolongs a healthy tan and contrasts skin ageing.