



MAKUNUDU

ISLAND

AAVUN SPA

OPENING HOURS: 10:00 AM - 08:00 PM

SURRENDER TO THE SENSATION OF
COMPLETERELAXATION AT AVON SPA,
DISTURBED BY NOTHING BUT THE SOFT
WHISPERS OF NATURE.

Maldivian Journey

Indulge in a truly Maldivian experience. Starting with a massage, using pure indigenous coconut oil, followed by a full body exfoliation with an exotic blend of coconut & vanilla scrub. This treatment will deeply cleanse and moisturize your skin leaving it glowing, vibrant and flawless.

U\$ 115 (90min)

Balinese Massage

A traditional massage using a combination of rigorous techniques designed to release tensions in the muscles. The boost to your circulation will help reduce stress levels and rebalance your body.

U\$ 75 (60min)

Indian Head, Neck & Shoulder Massage

Based on the Ayurvedic system of healing, this massage aims to release stress, tension, fatigue, insomnia and headaches. The scalp is massaged to provide relaxation and relief from tension and mental fatigue.

U\$ 50 (30min)





Swedish Massage

A classic European massage incorporating a variety of techniques to treat sore muscles, tension, stress and poor circulation. It improves muscle, tone and creates total relaxation.

U\$ 75 (60min)

Relax & Refresh

Designed to improve circulation, treat aching muscles and relieve tension, with a full body massage. Followed with a mini facial using cucumber & honey to soothe, moisturize and hydrate your skin.

U\$ 115 (90min)

Reflexology

Also Known as zone therapy, is an alternative medicine involving application of pressure to the feet and hands with specific thumb, finger & hand techniques.

U\$ 50 (30min)

Aroma Balm Massage

A gentle massage using Aroma Balm that nourishes with essential oil and sand vitamins, to hydrate, firm and protect your skin from dehydration using unique formulations of oils for softer and firmer skin.

U\$ 80 (60min)



Holistic Ayurvedic


Based on ancient Indian principles of ayurveda and pressure points, designed to heal the body and create a balance between mind, body and spirit.

U\$ 80 (60min)

Kizhi

An Ayurveda treatment with some specialty using Herbal Pouch. The word "Kizhi" is taken from Malayam language from south india. It can be define in many ways

U\$ 80 (60min)



Shiatsu Massage

Shiatsu is Japanese for “finger pressure” using finger and palm pressure and focusing on specific body parts, immerse in a massage that will ease and loosen stressed

U\$ 75 (60min)

Deep Tissue Massage

Aimed at targeting the deeper muscles, this treatment is more focused with pressure. releasing chronic muscle tension, knots and adhesions in order to increase flexibility. Recommended for sports enthusiasts

U\$ 115 (90min)

Makunudu Aavun Signature Massage

A combination of different massage includes swedish, shiatsu, thai & reflexology for a relaxing body and mind.

U\$ 115 (90min)

A large, stylized, light-colored leaf pattern is positioned on the left side of the page, extending from the bottom to the top. The pattern consists of multiple vertical stems, each with several pointed, teardrop-shaped leaves branching out from them. The overall effect is a dense, organic texture.

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