

find YOUR BOM seperate journeys

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collection

MASSAGE

Our Signature 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.

signature candle massage

90 minutes

Spend some time by candlelight. Alleviate tension as a candle melts into a fragranced massage oil of Lavender, Mandarin and Salt Butters and are lightly poured onto your body. The essences are smoothed onto the skin, leaving it glowing, nourished and hydrated. Enveloped in a subtle fragrance, you'll experience complete physical and mental relaxation.

foot ritual, signature massage.

shine massage*

90 minutes

Experience the wondrous fusion of healing touch with the wisdom of ancient rituals. The sensation of warmed stones embracing your skin will also serve to enhance your relaxation. The massage ends with the application of silk honey, gently applied with an indulgent facial massage to harmonize you, body and soul.

foot ritual, body massage with warm stone, honey facial.

MASSAGE

90 minutes

Utilizing both Balinese and Thai techniques, this specialized practice combines invigorating oil massages, pressure points and stretching movements to enhance body flexibility whilst soothing away tension, stress and pain.

foot ritual, combination of thai stretching and balinese massage.

90 minutes

An intensive massage that works deep into stiff, aching muscles. Begin with de-stress gel application to instantly release pain and tension, every stroke inspires the body and mind to fully embrace the state of relaxation and rejuvenation.

foot ritual, firm pressure massage.

60 minutes or 90 minutes

Traditional Balinese massage originating from the island of Bali, this massage involves a combination techniques such as skin rolling, kneading, acupressure and aromatherapy. This type of massage can also help loosen muscles and ease pain.

foot ritual, medium pressure massage.



aromatic sea

60 minutes or 90 minutes

A unique and sumptuously mild aromatic body massage which are rich in natural active ingredients to bestow the skin with silkiness, while relieving stress and tension. Your therapist will prescribe a blended aromatic oil, according to your body needs, to make this treatment a truly tailored experience.

foot ritual, soft pressure massage.

traditional thai massage

90 minutes

This energizing and rigorous form of massage is intended to re-align and invigorate your entire body. Therapists use their hands, knees, legs and feet to move you into a series of Yoga-like stretches whilst combining muscle compression, joint mobilization and acupressure. Thai Massage is a unique and enlivening experience.

foot ritual, oil free massage.

indian massage

90 minutes

Indian massage inspired from Ayurvedic treatment, using warm oil and varying amount of pressure. This treatment combined with Shirodhara, a powerful and peaceful experience where your therapist directs a warm stream of oil onto the forehead, then massages it into the hair and scalp to nourish and condition, whilst imparting deep relaxation.

foot ritual, abhyanga massage, shirodara.

mother to be

60 minutes

Pre-natal massage designed for a Mother to be in her third trimester. This relaxing body massage will help you release tension and leave you feeling calm and reinvigorated.

foot ritual, pregnancy massage.

oriental foot massage

60 minutes

This ancient and effective practice of focusing upon the pressure points of the feet to relieve tired and aching limbs truly rebalances and re-energizes the body system.

foot ritual, foot massage.

stress release

45 minutes

Back neck and shoulder massage, using a warm towel compress to release knots and muscle tension.

foot ritual, back neck and shoulder massage.

nourishing hair wraps

45 minutes

A relaxing scalp massage with warm coconut oil. This oil is the perfect compliment for your hair, enhancing hair growth and shine as well as nourishing your locks.

foot ritual, scalp massage.

spa

PACKAGES

Packages from Shine Spa combine the best of everything we have to offer. Whether you seek an experience designed to relax your senses or to indulge yourself in luxury, Shine Spa has a package to suit your every desire.

shine detox ritual*

165 minutes

Inspired by the healing of nature and modern technology, this remedy takes you on a detoxifying journey to awaken the senses using revitalizing energy work. The Shine Detox Ritual will help you release toxins both physically and mentally to rejuvenate, re-energize and reignite you.

foot ritual, detox salt scrub, marine algae wrap, balinese massage, detox bath.

shine exclusive for men*

135 minutes

Tailored by our Shine professionals to bring you a sensation of tranquility, this is a complete head to toe experience for today's modern man meant to inspire the revelation of a brand new you. The combination of Shine signature therapies and effective ingredients ultimately relieve all signs of stress and aging, thus promising a truly superb spa experience.

foot ritual, deep ocean massage, vitamin c energy facial, foot massage.

ckages

romance couples

3 days

Indulge on our romantic three day journey. With you and with your loved one that can bring heaven to the earth. Get closer and enjoy this life time moment.

Day 1

Foot ritual, floral body scrub, chocolate body wraps (75 minutes)

Day 2 Foot ritual, oriental foot massage (60 minutes) Day 3

Foot ritual, signature candle massage, and a flower bath (120 minutes)

shine detox*

3 days

This cleansing program helps clean the toxins in the body, stimulate your vital energy and refresh your body and mind.

Day 1 Yoga (60 minutess) Foot ritual, detox salt body scrub, marine detox body wrap (75 minutes)

Day 2 Foot ritual, choice of aromatic sea or balinese massage (90 minutes)

Day 3 Foot ritual , revitalize facial (60 minutes)



de-stress

5 days

Treatment for deep relaxation, combination of yoga and massage therapies with each sequence of treatment designed to restore your body and mind back to its full health.

Day 1 Yoga (60 minutes) Foot ritual, exotic coffee body scrub, honey & yogurt body wrap (75 minutes)

Day 2 Foot ritual, indian massage (90 minutes)

Day 3 Foot ritual, deep ocean (90 minutes)

Day 4 Yoga (60 minutes) Foot ritual, oriental foot massage, nourishing hair wrap (90 minutes)

Day 5 Foot ritual, revitalize facial (60 minutes)

saving

FACIAL

Luminous, glowing skin is the key to maintaining a youthful complexion, and a facial at Shine Spa will bestow your face with a lucent brilliance. Whatever your skincare goals are, a rejuvenating facial will leave your skin resplendent.

shine facial – excel therapy o2* 90 minutes

A divine facial that establishes your skin's defensive and regenerative functions with oxygen. After initial preparation, the skin is treated to an oxygenating serum and drinks in an anti-aging mask. Luxuriate in a hand and foot massage and a facial massage with warm and cool towels. The result? A face that feels hydrated and simply radiant

foot ritual, advance anti aging facial.

skin purifier

75 minutes

Harmonize the functions of your skin with this complexion balancing therapy specifically designed to treat oil-rich pores, absorb sebum and calm irritation. Advanced active ingredients, Vitamin C infusions and a unique professional mask are applied with purifying massage techniques to clarify the skin and create a beautiful matte skin tone.

foot ritual, recommended for oily and combination skin.



shine collagen facial*

90 minutes

Clinically proven to reduce wrinkles and improve the firmness of the skin after one treatment, this exclusive anti-aging facial combines effective lifting massage techniques with professional strength collagen boosting formulations to reveal firmer, smoother, brighter and more youthful appearance.

foot ritual, recommended for anti aging, dry skin.

soothing and calming

75 minutes

In this soothing facial, calming active ingredients and a sumptuous silk mask are applied using gentle massage techniques meant to rebalance delicate and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

foot ritual, recommended for sensitive, dry, sunburn skin.

revitalize

60 minutes

Designed for challenged skin with today's modern living, this facial will immediately relieve any tension contained on your skin. Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum to reveal a renewed complexion.

foot ritual, for all skin type.

language

BODY TREATMENTS

Achieve inner tranquility with a Shine Spa body treatment. Sumptuous ingredients coalesce with a healing touch to create a selection of body treatments sure to unleash the satin in your skin. Shine Spa body treatments provide the ultimate in total relaxation.

shine body*

90 minutes

Let the aroma of essential oils transport your body to a relaxed state as your skin is polished to a glow with crushed pearls. You are then wrapped in a nourishing elixir to enrich the skin and followed with back massage to ease away the tension. Emerge shining from the inside-out; a truly revitalizing, antiaging treatment.

foot ritual, body scrub, body wrap, back massage.

absolute detox

75 minutes

A powerful treatment which combines the richness of sea plants and marine algae, gives a boost to the metabolism, and helps refine the appearance of cellulite whilst relieving the discomfort of fluid retention, this treatment is a must for anyone striving to pursue a healthy lifestyle. The Absolute Detox treatment ensures that your body is re-energized and your skin is left silky, soft and smooth.

foot ritual, detox salt scrub, marine algae wrap.



ultimate glow

60 minutes

We designed this treatment to help you achieve a healthy looking glow without having to expose your skin to the damaging effects of the sun.

foot ritual, body scrub, body tanning cream.

cooling sensation

60 minutes

A soothing and revitalizing body treatment created as a refreshing way to cool the skin after a day in the sun. Aloe Vera and cucumber help to reduce the stinging effects of sunburn, leaving your skin to cool and rehydrate after exposure to the sun's harmful rays.

foot ritual, body wrap, body hydrator.

exfoliation

60 minutes

Buff and nourish your skin with a natural body scrub, then seal with a cooling and calming body hydrator to leave your skin with a fresh, radiant glow.

foot ritual, body scrub, body hydrator.

spa

urney

PACKAGES

Experience the utmost in relaxation with your beloved during a couple's massage at Shine Spa. Soothe tired bodies and minds, allowing you both to feel refreshed and ready for making memories to last a lifetime.

shine for two*

105 minutes

Designed specifically for couples who wants to share spa experience. Begin with aromatic mist, followed by a body massage with creamy Saffron. Continue your journey with the caress of a long, silky cloth as it wraps around and gently stretches your body, relieving and re-energizing your entire being. Pressure points are further stimulated to help de-stress, resulting in a sense of calm comfort and leaving you luminous.

foot ritual, aromatic mist, body massage, gentle stretching.

rhythm of the ocean

210 minutes

The melody of the Maldives' surroundings blended with spa remedies to uplift your mind and blow away your fatigue. It is a sensory experience to share with your loved one that will evoke memories of being at peace together in the natural world.

foot ritual, detox salt scrub, Asian journey, revitalize facial, detox bath.



maldivian ritual

150 minutes

Inspired by the spirit of the sea and nature, this ritual treatment combines revitalizing movements and purifying natural creations found in the Maldives to restore your vitality and peace of mind.

foot ritual, body scrub, body wrap, deep ocean massage, milk bath.

shine couples retreat*

120 minutes

The Shine Couples Retreat is a dream experience meant to be shared with your loved one. This treatment creates you a perfect moment to enhance wellness and beauty whilst escaping your everyday busy lifestyle.

foot ritual, aromatic sea massage, express facial, milk bath.

HANDS AND FEET

Polish rough extremities to reveal skin smooth as silk beneath. Wind down with a soothing manicure or pedicure, or indulge in the hands or feet rescue which includes invigorating treatments that leave your skin and nails replenished.

shine hands and feet*

90 minutes

FROM

TO

head

Soak in a warm eucalyptus bath, followed by a hand-renewing Sugar exfoliation and a footsoftening treatment of Salicylic and Lactic Acids. A deeply hydrating mask is applied to the hands and feet to activate circulation through medicinal plant extracts. The treatment finishes with a cream to nourish, repair and protect the skin from environmental stress.

shine manicure and pedicure* 75 minutes

This is a truly sensory experience for your skin and nails. It begins with soaking in aromatic warm water to invigorate circulation, followed by a luscious scrub that is applied to remove skin's dryness. Your skin is rehydrated with an extra-rich moisturizer and then gently massaged to replenish and soften your hard working hands and feet. Your treatment is completed with a classic procedure – cuticle cutting, filing, buffing and polishing, thus leaving your skin and nails refreshed.



hands and feet rescue

45 minutes

The rescue treatment is a quick and necessary touch-up, meant to rescue your tired and dehydrated skin and nails. Your treatment begins with soaking in aromatic warm water to invigorate circulation, and completes with a classic procedure – cuticle cutting, filing, buffing and polishing, thereby leaving your nails looking healthy and shiny.

making

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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 on the day of service and walkin appointments are always welcome but are depending on availability. All reservations can be made at theReception 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 30 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.



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. You will not be fully exposed at any time during your treatment.

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 the 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.





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