

JAVVU

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CREATING SPACE TO GROUND, UNFOLD
& EXPAND MIND, BODY AND SOUL.

Welcome to Javvu, your island spa, a relaxed, home from home hangout with two sides to its nature – a social side and a private side where you can retreat into your own secluded pod under the protective canopy of the trees or chill out in the large, communal lounge for your treatments.



Our menu is an integration of wellness, movement and spa treatments encouraging a holistic approach tailor made to each of you.



YOUR SPA AND WELLNESS
EXPERIENCE WITH US...



OUR JAVVU SPA IS OPEN
FROM 10AM THROUGH TO 8PM

OUR JAVVU FITNESS IS OPEN
FROM 6AM – 11PM
(But do let us know if you would like us to
open earlier or later).

For your Appointment, we would ask that you arrive 15 minutes prior to your treatment time for the necessary consultation, and of course to relax! If you need to cancel your appointment, please confirm with your Katheeb or call the spa within six hours to avoid being charged for your no-show treatment or movement session.



PURE MASSAGE

The Pure Massage concept is based upon using different massage modalities like deep tissue massage, trigger points, Swedish massage, myofascial release, quantum healing and energy work. Our Pure Massage treatments strengthen your immune system by stimulating your body to release toxins providing the sense of mental calm and deep muscular relaxation.

pure massage spa training

PURE MASSAGE JET LAG FULL BODY

A 75 or 90 minutes elongating and enlivening massage for the whole body that begins with gentle but dynamic stretching. Helps lift sluggishness, tension, ease stiffness and help mobilize joints. It's also a great sleep inducer so helps reset your body clock unfolding the body and mind after traveling

PURE MASSAGE BACK

Choosing a 50 or 75 minutes deep massage is all about the back, neck and shoulders to release tension in these big, often problematic muscles. Releasing the back is not only incredibly liberating in itself, it has a chain reaction radiating out to the rest of body leaving you feeling relaxed, balanced and free.

PURE MASSAGE FACE

Our 50 or 75 minutes face massage is a very special treatment that uses the power of touch with invigorating and relaxing strokes to release tension and stress held in your face, neck and shoulders which can cause one to look tired. This treatment is incredibly calming and a fabulous natural anti age making you look and feel refreshed.

DETOX PURE MASSAGE

A unique 60 or 75 minutes dry treatment that works on all elimination organs and systems helping to activate the body to efficiently detoxify and re-balance itself. A deeper massage on the tummy follows and it is recommended to have two or three treatments close together for maximum effect.

PREGNANCY PURE MASSAGE

Our 75 minutes pregnancy massage uses special, dedicated techniques and positioning to take-care of mum, and bump too.

ANTI-CELLULITE PURE MASSAGE

Our 60 minute Anti-Cellulite massage is area focused beginning with lymphatic drainage and then into a deeper more energetic massage with the use of cupping tools to really work at those problematic areas. Our 90 minutes works on all parts of the body that you feel needs or wants.

THE AWAKENING

A 120 minutes which includes a sequence of heat treatments to melt muscle tension, followed by a detox massage that includes much lighter massage strokes to boost the lymphatic system together with a deeper tummy massage together with a focused back massage to revitalize body, mind and soul and soothe even long-held tension.

THE WORKS

A 120 minutes top to toe treatment that incorporates a back, neck and shoulder massage followed by a face massage and thorough foot massage. Tension melting massage sequences leaving the body blissfully relaxed.



!QMS QUALITY MEDIC SKINCARE

Founded by Dr Schulte from Germany, !QMS products and treatments are rooted in science that is results driven giving instant results and healthier, stronger and radiant younger looking skin.

!QMS MEDIC COSMETICS

!QMS SIGNATURE REJUVENATING FACIAL

A great 50 minute facial for both men and women is a combination of hands-on with results driven products, which remarkably rejuvenate, nourish and hydrate the skin. Complexion looks plumper, smoother and glows with health.

ADD ON...

- A 15 minutes **OXYGEN BOOST** uses a high-tech, cool jet of pure Oxygen to smooth fine lines and plump up the skin.
- A 15 minutes **EYE REVIVER** is ideal for lifting tired and puffy eyes, this relaxing treatment provides complete rejuvenation for the delicate eye area.
- A 20 minutes **LIP ZONE REPAIR** is designed to visibly smooth fine lines and wrinkles on the upper lip area.
- A 15 minutes **LIFT AND CONTOUR** uses advanced skincare and massage techniques to release tension in the neck, chin and along the jawline and gives an immediate lifted and toned effect.

COLLAGEN REJUVENATING FACIAL

Our 90 minutes collagen facial is designed to address the loss of collagen, the main cause of skin aging. This facial features unique 70% natural soluble collagen. Skin is revitalized and looks more youthful and healthy.

SK ALPHA REVITAL REVIVER FACIAL

A 90 minute intensely stimulating facial using a unique thermal-active revitalizing mask specifically designed to stimulate micro-circulation giving an instant boost leaving the skin visibly smoother and more radiant.

NEO TISSUEDERMIE FACIAL

A 90 minute firming toning anti-aging treatment designed for more mature skin. This facial extends to the delicate neck, décolleté area with the use of ! QMS powerful scientifically proven products.

SKIN RENEWAL FACIAL

An exclusively designed 100 minute Skin Renewal Facial supports and enhances the skin's own stem cells, this innovative treatment noticeably improves the skin leaving it smoother, firmer and brighter.



iLA BODY TREATMENTS

iLA products are totally organic, founded on natural, ethical integrity and hand-blended in the heart of the English countryside. Their treatments are renowned for beautifully bridging the gap between body and soul.



NOURISHING BODY SCRUB

A **50 minutes** Himalayan salt crystals scrub with moisturising and calming essential oils for a nourishing and soothing combination.

ADD ON...

- a **40 minutes NOURISHING WRAP**
An exotic wrap combining Rose, Sandalwood and other essential oils with warm and cool packs to help nurture, calm and balance the system.

PURIFYING BODY SCRUB

A **50 minutes** Himalayan Salt Crystals scrub combined with purifying essential oils revs up circulation, purifies, reduces the appearance of cellulite and brightens the skin leaving you looking and feeling more polished and vibrant.

ADD ON...

- a **40 minutes DETOX WRAP**
A more bracing, firming seaweed wrap that helps reduce the appearance of cellulite, improving skin texture and hydration.

iLA ROSE AND ALOE SUN COOLER WRAP

A **90 minutes** soothing, cooling mist of Rose hydrolat, cooling massage with soothing Body Cream for Glowing Radiance together with a Rose and Aloe Vera gel wrap is gently applied over sensitive skin to replenish and refresh.

iLA ADRENO RESTORE TREATMENT

This strengthening **120 minutes** therapy uses ingredients in a targeted scrub and wrap to keep adrenal-function at optimum levels. Naturopathic warmed adrenal packs direct the healing benefits together with a balancing Ku Nye massage follows - a Tibetan body massage to balance the five elements to restore a harmonious flow of energy and vitality.

iLA CHAKRA WELLBEING

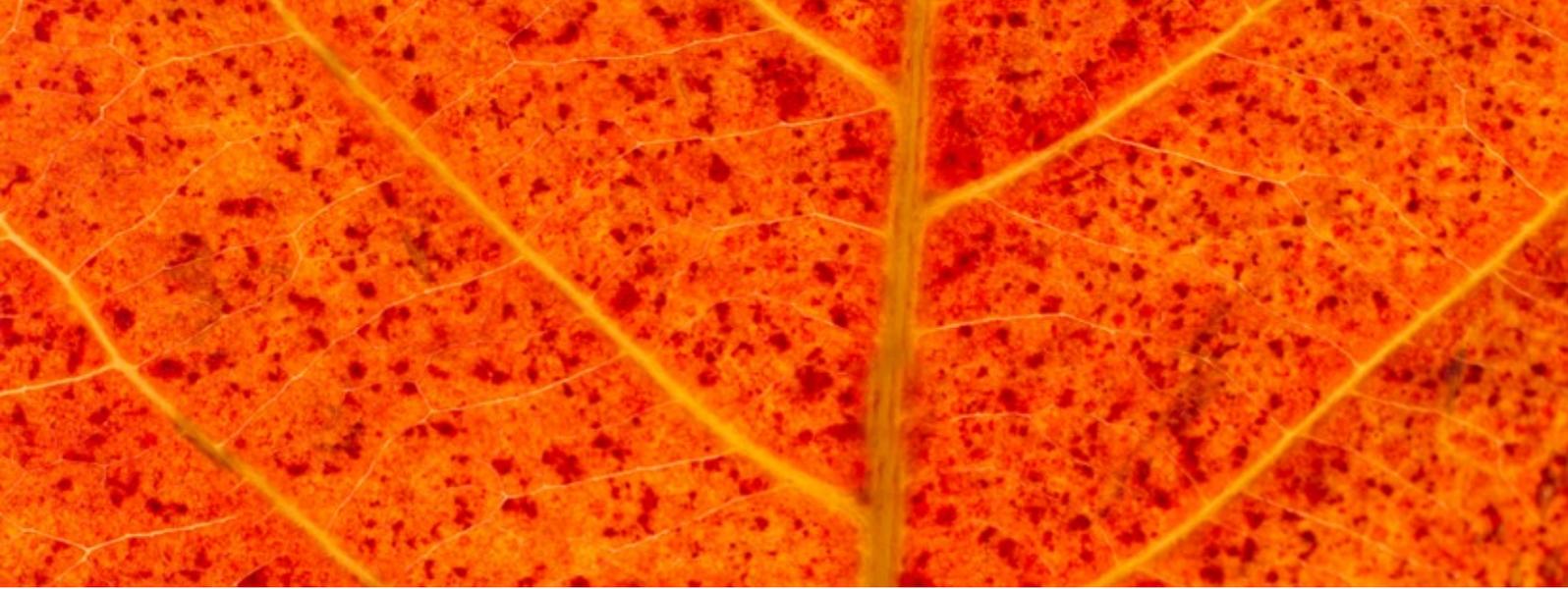
This bespoke **120 minutes** treatment works on the muscles, lymph and nervous system as a whole. Based around seven blends of chakra-balancing essential oils. This ritual involves deep relaxation of the nervous system, lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye to restore and relax every sense.

iLA COUPLES CONNECT

An exquisite **120 minutes** couples connect utilizes essential oils of Jasmine, Rose and Neroli. This treatment involves a body scrub, body massage, an Ananda facial and Shirodhara – a blend of warm oils flowing soothingly over the third eye for inner peace and pure harmony between two souls.

iLA HAMMAM TREATMENT

Our **90 minutes** Hammam is a purifying and softening ritual that includes black soap and Kessa glove scrub. An argan seed scrub and rhassoul clay is then applied over the whole body before a soothing rose milk is poured onto the skin for super nourishment. You are finally anointed with Body Cream for Glowing Radiance.



MARGARET DABBS NAILS & SPA

We offer first class sole therapy with a difference – fusing health and beauty and providing outstanding care that visibly transform the feet and hands. Performed to the highest standards, nail technicians professionally trained by Margaret Dabbs London offering the optimum results.



THE MARGARET DABBS SUPREME MANICURE

Our outstanding **60 minutes** signature manicure for the ultimate in nail treatments. Giving outstanding results and with the indulgence of the full range of Margaret Dabbs London products and finishing with a wonderful hand and lower arm massage and perfect polish.

THE MARGARET DABBS SUPREME PEDICURE

Our outstanding **60 minutes** signature pedicure for the ultimate in foot treatments. Giving outstanding long lasting results and with the indulgence of the full range of Margaret Dabbs London products and finishing with a foot bath, a wonderful foot massage and perfect polish. Pure transformation.

A 50 minutes GENTLEMEN'S MANICURE

A 60 minutes GENTLEMEN'S PEDICURE

NAIL SHAPE AND POLISH takes 20 minutes

NAIL SHAPE WITH FRENCH POLISH takes 30 minutes

DEEP SLEEP REFLEX FOOT MASSAGE takes 20 minutes

GENTLEMEN'S TONIC

Caters for the well-heeled men who prefer to look smart and well-groomed in a modern but classic style. Javvu Spa at Amilla Fushi is proud to showcase Gentlemen's Tonic men's traditional barber and grooming treatments because they are the finest.

20 to 30 minutes for your CHILDREN'S CUT (2-14yrs)

30 to 60 minutes for a FATHER AND SON HAIR CUT AND FINISH

30 to 45 minutes for a SEMI AND PERMANENT COLOR TO COVER GREY



20 minutes TRADITIONAL FULL WET SHAVE

30/40 minutes ROYAL WET SHAVE

60 minutes for our LUXURY BESPOKE SHAVE

15 minutes for EYEBROW THREADING

30 minutes for a deeply relaxing INDIAN HEAD MASSAGE

30 minutes mini GENTLEMEN'S FACIAL

30 to 40 minutes for a HAIR CUT AND FINISH

30 to 40 minutes for a SCALP SHAVE

30 to 40 minutes for your BEARD DESIGN

LOUISE GALVIN

Louise's own luxurious and natural as possible hair care range has no "Nasties" - NO Silicone, SLS or PGI, Parabens and Synthetic polymers. Louise believes chemical ingredients including Silicone undermine and destroy our hair's natural ability to shine and her tag line is "Healthy Scalp- Healthy Hair - Be kind to your hair -and yourself -today".



Louise Galvin Treatment with Blow Dry

A nourishing hair wash, conditioner followed by a luxurious photo finish blow dry for a chic glamorous finish (Treatment time will vary depending on hair length).

VITOX™ HIGHLIGHT BRIGHTENER

Louise's 30 minutes pioneering Vitamin C hair detox brightens your highlights that are looking a little lackluster and helps to strip away any environmental or product build up. (Not suitable on Grey Hair or darker tints)

ADD ON...

- a BLOW DRY

LOUISE GALVIN NOURISHING SUNRISE TO SUNDOWN TREATMENT

Masque can be applied in the morning and left on all day to deeply nourish hair and protect from both the sun and sea. Return to the salon at the end of the day for your natural tousled blow dry. Suitable for all hair types.

NOURISHING INTENSIVE TREATMENT WITH MICRO STEAMER

A 30 minutes Louise Galvin Intensive Treatment Masque is applied to the hair with a relaxing full head massage. To intensify the treatment, 20 minutes under our Micro Steamer will ensure maximum penetration of the product to nourish.

ADD ON...

- a BLOW DRY

LOUISE GALVIN GOLDEN SHIMMER BEACH GLOSS FOR BLONDES - 30 MIN

A 30 minutes Translucent Conditioning Golden Beach Gloss by Louise Galvin adds a lustrous gold shimmer to add shine and body to your hair. Ideal for blondes wanting to add shimmer, shine and body.

ADD ON...

- a BLOW DRY

LOUISE GALVIN BEACH GLOSS FOR BRUNETTES

This 30 minutes treatment is ideal for brunettes wanting to add, shine and body. It enriches color to sun faded ends and can also be used to blend grey hairs. Micro steamer is used to intensify the gloss and nourish the hair.

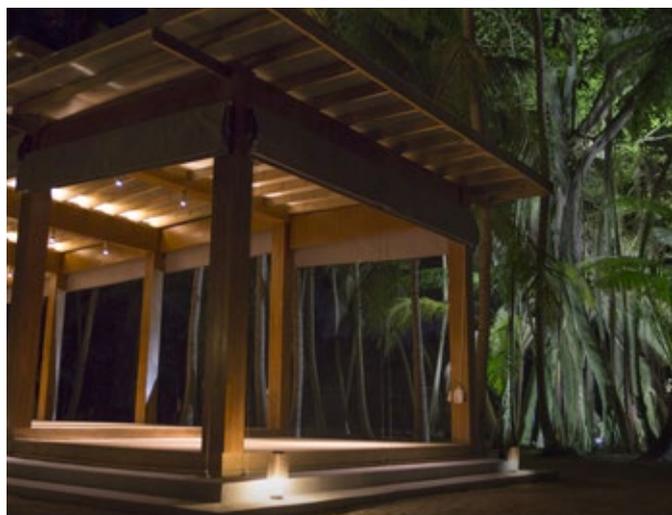
ADD ON...

- a BLOW DRY



WELLNESS MENU

“A wise man ought to realize that his health is his most valuable possession”. *Hippocrates*



THAI WELLNESS JOURNEY

This ancient **110 minutes** Thai art combines acupressure techniques with stretching postures and heated aromatic poultices of herbs are applied to the body is soothing those tried, aching muscles, help improve flexibility and invigorate mind and body.

BALINESE WELLNESS JOURNEY

Sluggish circulation and joint pain? Try our **110 minutes** Traditional Boreh which is made from specialized herbs rubbed onto the body which is then wrapped allowing the herbs to infuse. A scalp treatment to deeply relax the mind and finishing with our Balinese traditional Pijet, working on the whole body increasing circulation and easing pain in the joints.

INTUITIVE REFLEXOLOGY

This therapy is **90 minutes** and is based on the principle that reflex points on the feet, hands and ears correspond with all our body organs and systems. With Intuitive Reflexology the healing is profound as we use essential

oils to work deeper, stimulating the body's own healing process further which allows the body to re-establish energy flows and therefore creating a foundation for balance which results in better health.

PURE CONTROL

The Pure Control therapy is a **60 or 90 minute** combination of East meets West conditioning muscles with deep stretching combined with meditation and breathe-work.

TOK SEN ANCIENT THAI THERAPY

This **60 minutes** therapy is a centuries old Northern Thai practice developed by Buddhist Monks. It is a rhythmic method of tapping using a special wooden hammer and wedge combined with Thai acupoints that create a healing vibration working deeply through the fascia and muscles in the body. These vibrations relax stiff bodies and provide pain relief and deep relaxation for the body and mind.

INDIAN TALE

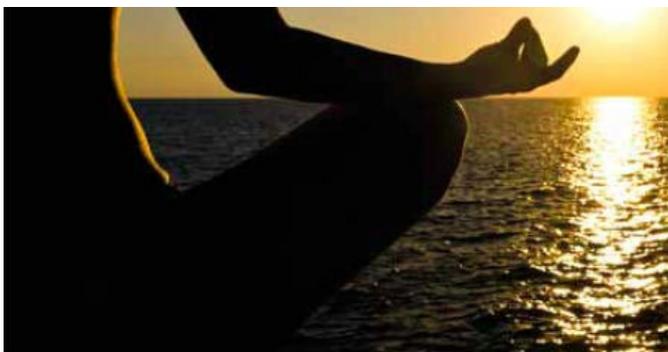
An amazing **60 minute** treatment journey that was created 5000 years ago in the magic continent of India. This goes deeper than the muscles, it goes down to the nerves and in turn connects the body back to the mind. This therapy uses various traditional practices and techniques imitating Ayurvedic treatments but without the oil, using the hands, working on areas that stress accumulates to induce deep relaxation.

EUROPEAN MOTION

This **60 minute** therapy originated from P.H. Ling who introduced the health benefits of gymnastics. Upon his move to Europe from studying in China he created a massage technique treatment that increases the healing benefits post exercise which is used worldwide with performance athletes and exercise goers. His treatment builds upon the Swedish techniques but incorporates an active 15 minute stretch after the massage according to the needs of the patient together with the deeply relaxing cranial-sacral therapy.



MOVEMENT AND SPIRITUALITY



YOGA

Your choice of a **60, 75 or 90 minutes** private yoga class is when you find the time for ourselves without striving towards that which always seems to lie just beyond our reach. We are often caught up in **DOING** rather than **BEING**, in action rather than awareness. It is hard for us to picture ourselves in a state of complete calmness and restfulness where our thoughts are not continually bopping all over the place. It is through Yoga that we can still the mind with meditation, a series of gentle or strong poses and breath work that brings us to a place of restfulness and Being

PRANAYAMA BREATH-WORK

Our **30 or 60 minutes** Pranayama is the perfect control of the life-currents through control of breath and is the process by which we understand the secret of prana and control it. Pranayama has three components: the external breath, the internal breath and the steady state in between the two. 'Space' refers to whether the breath is inside or outside of the body, the length of the breath, and if the prana is held in some particular part of the body.

MEDITATION

Your choice of a **30 or 60 minutes** Meditation can be an effective form of stress reduction and has the potential to improve the quality of life. It is effortless and leads to a state of being aware of one's thoughts. It helps us to focus on the present moment rather than think of the unchangeable past or the unknown future.

PILATES

Pilates is a physical **60 or 90 minutes** fitness system developed in Germany by Joseph Pilates. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core and improving coordination and balance.



FITNESS

MALDIVIAN WARRIOR WORKOUT

The Maldivian Warriors a **60 or 90 minutes** Workout created as a full body functional fitness workout using nature as the gym. Lifting, carrying, swimming are just a few of the muscle, stamina and toning attributes to this specialized workout.

TRX

The TRX was birthed in the Navy SEALs, a **60 minutes** suspension training bodyweight exercise that develops strength, balance, flexibility and core stability simultaneously. TRX is a fabulous training tool that leverage gravity together with your body weight to increase fitness, strengthen and tone muscles. An intense full body workout just for you.

HIIT

The HIIT is shortened for 'High Intensity Interval Training'. Our **60 minutes** is not for the weak at heart in that it keeps your heart rate up and burns more fat in less time. HIIT is a training technique which gives an all-out, 100% effort through quick, intense bursts of exercise followed by short, sometimes active recovery periods.

KICK-BOXING

This **60 minutes** session is all about lower and upper body conditioning using various martial arts kick techniques combined with punching, either sparing or on the bag. This can be a cardio intense class which increases flexibility, strengthens and tones muscles. Also a great training session to relieve any and all tension.

SWIMMING CLASS

Learn the basic techniques of swimming in **60 minutes** if you are a beginner or improve your swimming style to instil further confidence for ocean swimming.

PERSONAL TRAINING

A **60 minute** personalized consultation to assess your current fitness and lifestyle requirements. Together we will set fitness and wellness goals, create tailored training sessions while on holiday at your Island Home.

FUNCTIONAL AND CORE TRAINING

A **60 minute** movement class training our bodies to better perform the types of movements we use for everyday life such as lifting and carrying grocery bags, climbing stairs, picking things up from the floor or even carrying a baby while talking on the phone. We work to develop dynamic strength, flexibility and agility making daily life that little bit easier. We target the core muscles in the abdomen and lower back as these muscles are crucial to proper posture in life.