



# MEERA SPA

BY GILI LANKANFUSHI



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Meera, derived from the Sanskrit word meaning "**The Ocean**", embodies our commitment to rejuvenating your senses, calming your mind, and uplifting your soul.

Nestled in a serene sanctuary with breathtaking 180-degree views of our sparkling blue lagoon, Meera Spa offers a haven of tranquility. As you immerse yourself in our pristine natural surroundings, you'll discover a deep connection to the beauty of marine life in our six treatment lagoon rooms. For a truly unique experience, our Ayurveda Therapy takes place at the "Champa," a hidden oasis nestled in the tranquil jungle.

Our spa menu is an exquisite fusion of global therapies inspired by ancient cultures, enriched with modern expertise. Highly skilled Meera spa therapists offer a range of holistic and wellness experiences, treating your body while nourishing your mind and soul. We proudly utilize the world's finest skincare products crafted organically from ocean and plant extracts. These products enhance your well-being and support a comprehensive healthy lifestyle.

Additionally, our visiting practitioners offer specialized consultations and treatments, including Watsu, acupuncture, crystal sound therapy, body restoration, and Reiki. To extend your spa experience, we offer facilities such as a steam room, sauna, breathtaking Yoga Champa, Fitness Centre, and our Meera Spa shop, enabling you to prolong your enjoyment of our organic products after treatment

We invite you to contact us for a complimentary spa and lifestyle consultation. Our dedicated team will help tailor your spa journey according to your individual needs, ensuring you receive the ultimate mind and body holiday.

Embrace the harmony of wellness at Meera Spa, and embark on a transformative journey of self-care and rejuvenation.

Healthy Regards,  
**Meera Spa Team**

# THERAPIES



# Wellness Therapies

Experience our Meera Wellness Massages that go beyond relaxation. Our skilled therapists blend alternative therapy techniques with ancient healing wisdom to provide unique therapeutic massages.

## Deep Muscle Fusion

Relieve deep muscle stress and aid muscle realignment through deep pressure massage that is ideal for athletes or active individuals.

90 | 120 minutes

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## Hijama Cupping Therapy

Detoxify and energize your body with this tension-releasing traditional fire cupping treatment allowing to improve blood circulation and energy flow.

90 | 120 minutes

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## Detox Cellulite Treatment

Enhance toxin elimination and skin texture on localized areas with vigorous massage techniques including herbal powder.

75 minutes

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## Tibetan Singing Bowl

Indulge in a combination of full body massage and the therapeutic vibrations of singing bowls through this sound healing therapy to calm your nervous system and relieve stress.

90 | 120 minutes

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## Manual Lymphatic Drainage

Boost your immune system, reduce water retention and eliminate toxin through skin stretches that work on your lymphatic system.

90 minutes

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## Reiki Crystal Healing

Realign the energy flow of each chakra with healing crystal stones.

60 minutes

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## Chi Nei Tsang

Experience a therapeutic massage that targets pressure points in the abdomen to detoxify the body, stimulate lymph flow, and release emotional tension.

75 minutes



# Ayurveda Therapies

Ayurveda, an ancient healing system, derives its name from the Sanskrit words "ayur" meaning "life" and "veda" meaning "knowledge". Through the integration of natural remedies, personalized lifestyle recommendations, and mindful dietary choices, Ayurveda guides you on a transformative journey towards optimal health and inner harmony.

## Shirodara

Indulge in a combination of Abhyanga massage and a steady flow of warm oil onto the forehead for deep relaxation and stress relief.

90 | 120 minutes

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## Abhyanga

Experience the ancient Indian Ayurveda oil massage, known as the 'mother of all massages in Ayurveda', using medicated warm oil to heal and restore the flow of vital energy (Prana).

90 | 120 minutes

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## Choorna Swedana

Increase blood circulation, relieve from arthritis and rheumatism thanks to this warm herbal poultice massage

90 | 120 minutes

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## Elakishi

Experience an ancient Ayurvedic sedation therapy with a blend of medicinal leaves grown in our garden. This treatment aids in skin elimination, joint pain relief, muscle disorders, and inflammation.

90 minutes

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## Champissage

Indulge in a soothing treatment focused on the back, neck, and scalp. Perfect for those who spend long hours at a computer.

45 | 60 minutes



# Relaxing Therapies

Unwind and rejuvenate with our Meera Relaxing Therapies, designed to enhance your sense of serenity and promote deep relaxation.

## Meera Signature

Enjoy a harmonious blend of various global massage techniques with Gili Lankanfushi elements including a heated sand cushion to restore your energy flow.

60 | 90 minutes

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## Oriental Healing

Experience this unique oil-free traditional Thai massage that incorporates stretching and pressure points to release tension, relax taut muscles, and improve blood circulation.

60 | 90 minutes

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## Warm Stone

Immerse yourself in deep relaxation with this treatment using heated basalt stones. Experience gentle and effective therapy that will leave you in a blissful state.

90 minutes

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## Balinese Massage

Enjoy long medium-pressure flowing strokes combined with skin rolling, palm and thumb pressure. This treatment aims to release tension and enhance overall well-being.

60 | 90 minutes

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## Foot Reflexology

Discover the mirroring of your body and organs through acupressure points on your feet with this rejuvenating treatment.

45 | 60 minutes



# JOURNEYS



# Retreat Journey

Unveil the true essence of rejuvenation with our Meera Retreat Journey, where blissful relaxation meets transformative experiences.

## **Journey Recovery**

Experience a head-to-toe treatment that includes a warm stone back massage and concludes with a hydrating facial treatment specifically designed to help you recover after a long journey.

75 minutes

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## **Organic Prenatal Voyager**

Indulge in a gentle body exfoliation followed by a soothing mother-to-be massage to alleviate pregnancy-related discomfort.

90 minutes

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## **Yogic Detox Journey**

Embark on an ancient and effective practice to naturally and non-invasively detox and cleanse your digestive system. This journey includes Laghoo Shankha Prakshalana, specific yoga postures, and drinking lightly salted water.

90 minutes

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## **Mindful Dream**

Begin a rejuvenating Mindful Dream, where tranquillity and restorative practices to guide you into a profound and blissful night's sleep. Your session unfolds with mindfulness breathing, shooting massage techniques, aromatherapy, and sound healing to promote a restful and rejuvenating sleep.

Available from 19:00 – 22:00 hours in your villa

110 minutes





## Pairing Journey

Discover the perfect combination of treatments thoughtfully designed to align with the Universe's Five Elements, allowing you to experience a profound sense of balance.

### **Earth**

Experience grounding with Shirodara and Foot Reflexology.

### **Water**

Indulge in Detox Massage and Chi Nei Tsang for a blissful journey to happiness.

### **Fire**

Boost your energy and power with Choorna Swedana and Deep Muscle Fusion.

### **Air**

Rediscover love and connection with Abhyanga Massage and Warm Stone therapy.

### **Space**

Enhance your intuition with Tibetan Singing Bowl therapy and Champissage (Indian Head Massage).

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150 minutes over 2 days

## Couple's Journey

Experience pure bliss and ignite the flames of love on your Meera Couple's Journey, where every moment is infused with romance and tranquility.

### **Gili Honeymoon Bliss**

Celebrate your love with a Foot Ritual, indulgent Signature Aromatherapy Massage, Mini Facial, soothing Scalp Massage, and to heighten the romance, an intimate Aroma Bath. Sip on chilled Champagne and savor spa refreshments together.

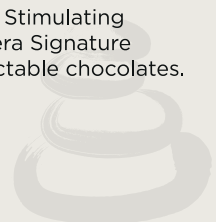
120 minutes

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### **Wonders of Gili**

Uncover the wonders of togetherness with a romantic Foot Ritual, invigorating Stimulating Seaweed Body Buff, rejuvenating Detox Seaweed Mud Wrap, and a blissful Meera Signature Massage. Luxuriate in an aromatic Bath accompanied by Champagne and delectable chocolates.

150 minutes



# Well-Being Journey

Embark on a transformative wellness journey with us, and experience a revitalizing road to inner peace and balance. Our thoughtfully curated combination of treatments, including stretching, pressure point massage, Ayurvedic medicated oils, and holistic therapies, will uplift your senses and nurture your well-being.

## 3-Day Revitalization

- DAY 1 | Coconut and Coffee Nourishing Body Polish and Meera Signature Massage.
- DAY 2 | Organic Purifying Defense Facial and Foot Reflexology.
- DAY 3 | Warm Stone and Chi Nei Tsang.

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## 5-Day Revitalization

- DAY 1 | Steam and Sauna, Udvartana and Cupping Therapy.
- DAY 2 | Tibetan Singing Bowl and Crystal Healing.
- DAY 3 | Choorna Swedana and Champissage.
- DAY 4 | Chi Nei Tsang and Foot Reflexology.
- DAY 5 | Meera Signature and Organic Purifying Defense Facial.

Includes 1 session of private yoga or meditation.

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## 7-Day Revitalization

- DAY 1 | Journey Recovery and Foot Reflexology.
- DAY 2 | Organic Seaweed Leaf Wrap and Self Discovery Radiance Facial.
- DAY 3 | Choorna Swedana and Champissage.
- DAY 4 | Yogi Detox Cleanse.
- DAY 5 | Tibetan Singing Bowl and Reiki.
- DAY 6 | Hijama Cupping and Chi Nei Tsang.
- DAY 7 | Meera Signature and Nourishing Hair and Face Treatment.

Includes 1 session of private yoga or meditation.  
Includes 1 session of spa advanced nail therapy.



CARE



# Body Care

Indulge in our body treatments, where the power of organic and natural-based products nourish your skin with essential vitamins and minerals.

## **Detoxifying and Hydrating** - Organic Seaweed Leaf Wrap

Experience a body exfoliation with Bladder Wrack, followed by a rejuvenating Body Cocoon with Laminaria Digitata. Relish a scalp massage and application of a hydrating body moisturizer.

90 minutes

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## **Firming** - Detox Seaweed Mud Wrap

Enjoy a revitalizing body exfoliation with seaweed and walnut scrub, followed by a restorative Body Cocoon with healing mud wrap. Unwind with a soothing scalp massage and application of a nourishing body moisturizer.

75 minutes

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## **Invigorating** - Seaweed Body Buff

Feel refreshed with a stimulating body exfoliation using Bladder Wrack, followed by the application of a nourishing body moisturizer.

60 minutes

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## **Calming and Healing** - Pink Clay Body Toner

Experience a gentle exfoliation with Jojoba bead body polish, followed by a soothing body wrap with a pink clay mask.

60 minutes

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## **Nourishing** - Coconut and Coffee Body Polish

Rejuvenate your skin with a homemade natural body scrub made with ground coffee and creamy coconut.

45 minutes

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## **Cooling and Repairing** - After sun Ceremony

Soothe your skin with a Lavender Cooling compress application, followed by the application of Fresh Aloe Vera gel and our nourishing Softly Does It lotion for healing and repair.

60 minutes



## Facial Care

Elevate your skincare routine with our Meera Facial Therapies, exclusively curated using organic and natural skincare products.

### **Organic Purifying Defense**

Experience the rejuvenating power of a layered mask with seaweed leaf strips. Suitable for all skin types, this marine mask will rebalance your skin and leave you with a clearer complexion.

75 minutes

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### **Self-Discovery**

Indulge in a classic facial tailored specifically to your skin's unique needs. Allow us to personalize the treatment to address your individual skincare concerns.

60 minutes

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### **Thermal Infusion**

Unveil a radiant, youthful appearance with our anti-aging and natural facelift treatment. An exclusive warm infusing mask maximizes the penetration of vitamins and minerals into deeper layers of the skin, revitalizing your complexion.

90 minutes

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### **Calming**

Experience cooling and soothing relief with our specialized facial designed for sensitive and sunburned skin. Packed with plant extracts, this treatment strengthens and desensitizes your skin, leaving it calm and refreshed.

60 minutes



## Nail Care

Indulge in our revitalizing Meera Nail Therapies, designed to pamper and beautify your hands and feet.

### **Gel Manicure or Pedicure**

Experience the ultimate grooming treatment, including exfoliation, a relaxing massage, and the option of Gel polish application upon request.

75 minutes

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### **Advance Wear Manicure or Pedicure**

Enjoy a comprehensive grooming session with exfoliation, a soothing massage, and the option of Advance Wear Pro Lacquer application upon request.

60 minutes

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### **Color Application**

Perfect for a quick touch-up, this treatment offers a color application to beautify your nails.

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### **Gel Nail Removal**

Effortlessly remove your gel nails with our professional gel nail removal service.



# MINDFULNESS



# Mindfulness

Discover a deeper connection within yourself through Yoga. These sessions will guide you in controlling your mind and emotions, enhancing your physical and spiritual well-being. Our yogis are trained in various styles and will tailor private sessions to suit your needs.

## Hatha Yoga

Immerse yourself in the timeless practice of Hatha Yoga, where the union of breath and movement creates a symphony of balance and tranquillity.

60 minutes

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## Pre-Natal Yoga

Set in motion on a harmonious exploration of gentle asanas, calming breathwork, and empowering postures, uniquely tailored to cater to the evolving needs of expectant mothers.

60 minutes

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## Yoga Nidra

Enter into a deeply relaxed state of consciousness between wakefulness and sleeping. This is a highly restorative and calming practice for inner peace and connection.

30 minutes

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## Pranayama

Embrace the transformative power of conscious breathing and embark on a journey towards holistic wellness.

30 minutes

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## Meditation

Commence on a journey within through our Meditation Session. Discover a moment of stillness that rejuvenates your mind and refreshes you, ready to embrace the peace within.

45 minutes





# Youth Retreat

Nurture your child's well-being with our Meera Youth Experience, specially designed to introduce young ones to the joys of spa indulgence.

7 to 13 years old

## **Cocoon Massage**

Experience a relaxing and gentle massage using pure coconut oil, providing a soothing touch for your precious one.

60 minutes

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## **Creamy Skin Body Polish**

Delicate skin deserves special care. Treat your child to a gentle exfoliation using fresh coconut, leaving their skin smooth and refreshed.

30 minutes

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## **Fruity Facial**

Promote naturally healthy skin with the use of fresh fruits like cucumber, honey, and tomato. This rejuvenating facial stimulates cell growth and provides natural vitamins for youthful skin.

40 minutes

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## **Fancy Nail**

Let your child's creativity shine with our amazing nail art creations for their fingers and toes. Indulge in a fun and playful nail experience.

30 minutes



# Spa Etiquette

## **Prior to Arrival**

It is advisable not to bring any jewellery or valuables items to the spa.

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## **Arrival**

Please arrive 15 minutes before your treatment to complete a lifestyle consultation form to personalise your spa treatment. Male guests are advised to shave before all facial treatments to ensure maximum results.

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## **Late Arrivals**

If you arrive late for a scheduled appointment, you will receive the best experience possible within the remaining appointment time. It may be necessary to shorten your time to accommodate the next reservation. Full costs will apply.

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## **Cancellations**

Please provide 4 hours' notice on individual treatments and spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to attend an appointment will result in a 100 percent treatment charge.

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## **During your stay**

We recommend booking a complimentary sauna and steam session before your treatments. This helps enhance the benefits of your treatment and aids in muscle relaxation.

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## **After Treatment**

We recommend refraining from sunbathing for at least 6 hours after any massage, body treatment, or depilatory waxing. To prolong your spa experience at home, various spa products are available at the Spa shop.

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## **Children**

In consideration of other guests, we recommend that you refrain from bringing children younger than 10 years old to the spa. However, young guests aged 7 to 13 are welcome to enjoy a selection of youth retreat treatments under the supervision of a guardian.

# Price List

TREATMENT	MINUTES	USD
<b>Wellness Therapies</b>		
Deep Muscle Fusion	90   120	225   265
Hijama Cupping Therapy	90   120	225   265
Detox Cellulite Treatment	75	245
Tibetan Singing Bowl	90   120	225   265
Manual Lymphatic Drainage	90	225
Crystal Healing with Reiki	60	185
Chi Nei Tsang	75	195
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<b>Ayurveda Therapies</b>		
Shirodara	90   120	275   325
Abhyanga Massage	90   120	245   285
Choorana Swedana	90   120	245   285
Elakishi	90	255
Champissage	45   60	125   165
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<b>Relaxing Therapies</b>		
Meera Signature Massage	60   90	175   215
Oriental Healing	60   90	175   215
Warm Stone Massage	90	225
Balinese Massage	60   90	165   205
Foot Reflexology	45   60	125   165
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<b>Retreat Journey</b>		
Journey Recovery	75	225
Organic Prenatal Voyager	90	225
Yogic Detox Journey	90	225
Mindful Dream	110	799 Couple
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<b>Pairing Journey</b>		
Earth	150	365
Water	150	350
Fire	150	350
Air	150	350
Space	150	345
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<b>Couple's Journey</b>		
Gili Honeymoon Bliss	120	499 Couple
Wonders of Gili	150	699 Couple

TREATMENT	MINUTES	USD
<b>Well-Being Journey</b>		
3-Days Revitalization		855
5-Day Detoxification		1350
7-Day Rejuvenation		1800
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<b>Body Care</b>		
Detoxifying and Hydrating	90	205
Firming	75	195
Invigorating	60	165
Calming and Healing	60	175
Nourishing	45	140
Cooling and Repairing	60	165
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<b>Facial Care</b>		
Organic Purifying Defense	75	195
Self-Discovery	60	175
Thermal Infusion	90	215
Calming	60	175
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<b>Nail Care</b>		
Just Gel Manicure or Pedicure	75	120
Advance Wear Manicure or Pedicure	60	105
Color Application	30	30
Gel Nail Removal	30	60
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<b>Mindfulness</b>		
Hatha Yoga	60	100
Pre-Natal Yoga	60	100
Yoga Nidra	30	75
Pranayama	30	75
Meditation		85
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<b>Youth Retreat</b>		
Cocoon Massage	60	120
Creamy Skin Body Polish	30	60
Fruity Facial	40	60
Fancy Nail	30	60

Price are quoted in USD dollars and are subjected to 27.6% Service Charge and Goods & Service Tax



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