sulha
SPA

Sulha Spa. Sky above. Earth below. Peace within.

KUDADOO
WELLNESS RETREAT

Are you longing for deep relaxation and peace? Awaken body and soul at Kudadoo's oasis of relaxation, beauty and well-being. Visit Sulha Spa once and you will set the course of your day with heart-centered treatments; seek pampering and inspiration regularly and enter the path of joyful, healthy living to last a lifetime. All you have to do is lie back and breathe in its goodness. Bliss.

When you first arrive, you'll probably just want to rest. We've got that covered. We have curated the best treatments from around the world and our therapists have been carefully chosen not only for their outstanding skills but also for their genuine, caring natures and uncanny intuition so they know exactly what you need. You'll soon realise this talented team is what sets us apart from the rest and in next to no time you'll be feeling better than you have in years.

After a few days, you'll start wondering how you can keep that feeling once you've left our little oasis. We've got that covered too. Our fusion of ancient and modern therapies and easy-to-follow health tips will rejuvenate your body and mind so you'll continue to feel great back home; right up until the next time you can return to Kudadoo, your Maldivian home from home

REST

We understand that you've come to paradise for a well-earned rest from the stresses of daily life. Kudadoo's tiffany-coloured ocean and bone-white beaches provide an instant shot of relaxation but we've also spent time creating the very best treatments to recharge your batteries.

MASSAGES

The latest scientific studies suggest massage isn't just a shortcut to relaxation; it can be used to overcome medical conditions from anxiety to digestive disorders, and from stress to headaches. Massage has a subtle role to play in supporting your emotional well-being. It can enhance mood and encourage confidence and clarity of thought. Here is our recommendation for the best "rest" techniques around the world.

SULHA SIGNATURE — 60 / 90 MINUTES

Begin your holiday with a superb experience! The signature massage of Sulha, a combination of Asian and Western techniques; Shiatsu, Swedish, Yogic stretching and Lomi Lomi that will unblock your stiffness, tensions and align your spine and muscles. Himalayan salt rock will increase the blood & lymphatic circulation including activate the Chi flow and deeply leaves you a sense of calm and relaxed

BALINESE TRADITIONAL — 60 / 90 MINUTES

This is a relaxation massage with attitude, with lots of long gentle strokes as well as light pressure-point work and skin rolling to get your blood flowing and oxygenated. It's calming and refreshing - great for those who feel tired or a little low.

ORIENTAL FUSION — 60 / 90 MINUTES

A free-flowing treatment that incorporates all the most relaxing elements of Balinese, Thai stretching and Indian techniques, easing every bit of you from your head to your toes. Make it your go-to treatment to combat jet lag.

MUSCLE EASE — 60 / 90 MINUTES

A classic Swedish massage that uses long strokes, kneading, deep tissue, vibration and tapping to stimulate your circulation and invigorate your muscles. Go for deeper pressure if you dare. Either way, this 60 minutes is the business for boosting energy levels.

AROMATHERAPY — 60 / 90 MINUTES

The importance of our sense of smell is often underrated but studies show particular fragrances can affect everything from pain perception to memory recall. Choose the perfect blend of scented oils to lift your mood and increase your mental strength.

THAI THERAPY — 60 / 90 MINUTES

A unique oil-free technique wearing loose pajamas, aims to enhance your flexibility, energizes your body and eases muscle tensions. Let your therapist coax your body into traditional poses in this more energetic style of "yogic stretching", designed to improve stamina and posture. Just an hour plugged in for a total recharge.

BE TOUCHED BY THE OCEAN — 75 MINUTES

Our bespoke massage works heated herbal poultices along your body. It's incredibly soothing but add super-hydrating organic body balm and it also becomes the ultimate emotional stress buster. Ideal if you've overdone it at the gym or can't switch off from office mode.

MOTHER TO BE — 60 / 90 MINUTES

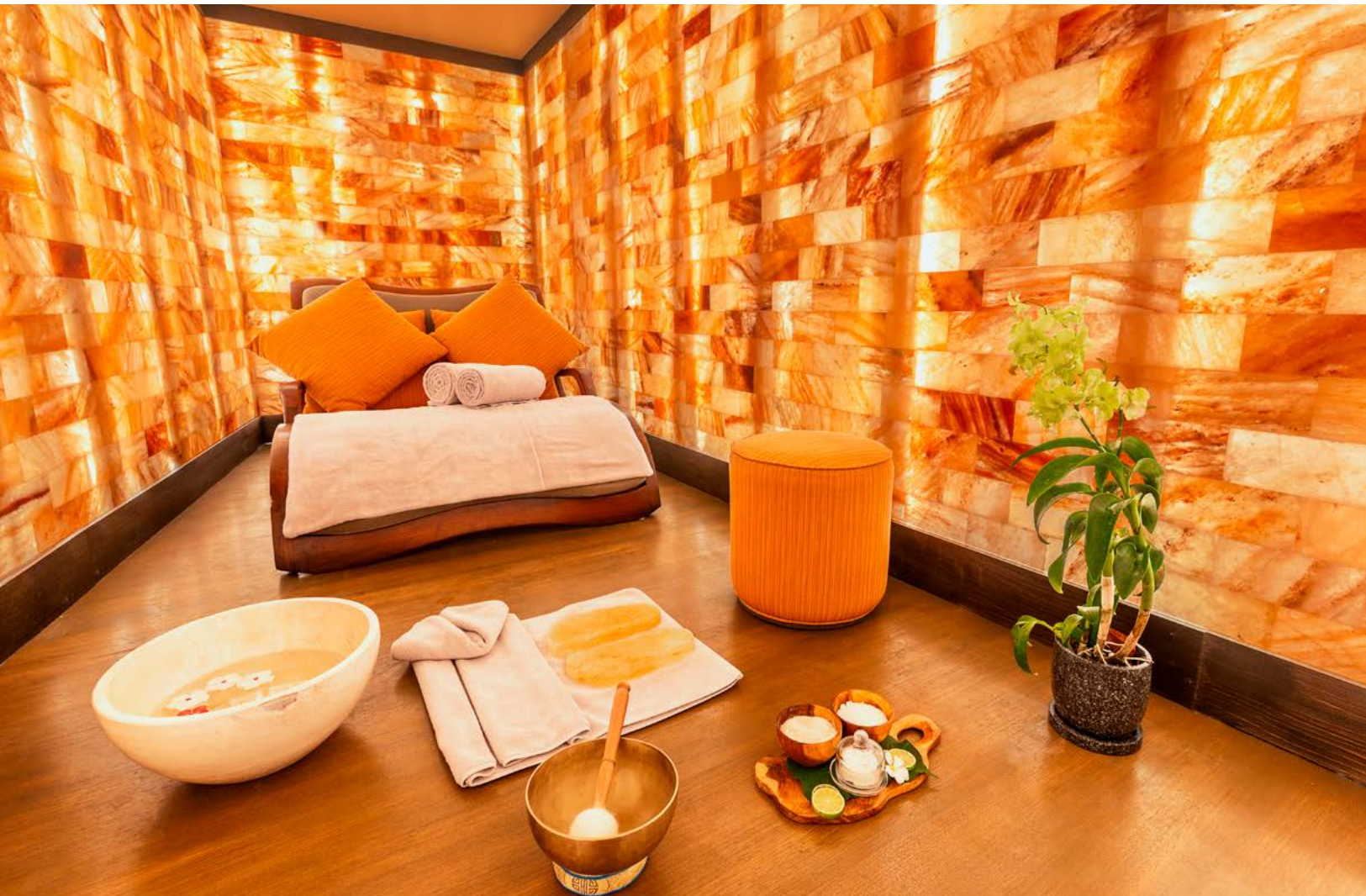
Head to toe with 100% organic coconut oil, deeply hydrates and nurtures your stretching skin. This cocoon experience is combined with gentle techniques; long strokes, kneading the position of the mother to be. The position will be concerned the trimester of pregnancy and comfort, it improves the circulation, reduces water retention and promotes a better night's sleep.

FOOT REFLEXOLOGY — 60 / 90 MINUTES

Treat your feet to benefit your whole-body. Certain parts of the foot reflect certain parts of your body and our therapist will introduce acupressure on the reflex points of your feet, using thumb and finger pressure to restores balance and supports the body's own healing.

REJUVENATE

Twenty-four hours at Kudadoo feels like a month of Rest & Rejuvenate anywhere else so you'll soon have your old spark back. Our team of experts has put together some seriously special experiences to channel all your positive energy into focused long-term wellness solutions to deploy back home.



TIMELESS REMEDIES

Stimulating all senses, Sight, Hearing, Smell, Taste and Touch are basic perception to sense the world around us, will promote their ability to become more sensitive and in tune. We design an alternative healing therapies and indulge you in our signature of artful remedies which taking you to state of tranquility and equilibrium.

THE ART OF HEALING — 45 MINUTES

Better sleep, better quality of life! Quickly switch off your mind and body inside our Lonu Cave, absorbing the halotherapy - salt air therapy stimulates and purify your cells of cardiopulmonary system. Sounds healing and Reiki therapy help to align and release the whole body's blockage. A quick rejuvenate but will get better result!

SOUNDS SHOWER — 60 MINUTES

Gongs, Chime and Tibetan singing bowls will calm your mind and rest your whole body. Our bodies contain 70% water which makes us good at absorbing sound waves. The sound waves help the brain settle into a "theta" state of deep relaxation and restorative your daily concentration.

REIKI — 60 MINUTES

This Japanese technique is so effective at alleviating anxiety and pain it is used by mainstream medical hospitals worldwide in post-operative care. It is a touch therapy that involves laying hands on, or close to, energy channels along the body to release blockages. It's perfect for those struggling with pressurised situations. It is an user-friendly way to calm the mind for those who find traditional meditation challenging. (60 minutes)

HARA BODYWORK — 60 MINUTES

Hara means abdomen in Japanese. Physically, it is responsible for the all-important digestion that fuels your body. Emotionally, it governs your gut instincts. Your therapist uses gentle pressure and mindful breathing to kick - start this vital control centre into peak performance.

ZEN SHIATSU — 60 MINUTES

This is a unique form of bodywork that uses acupressure, usually applied using fingers and thumbs but sometimes elbows to go deeper and re-invigorate the body's energy channels. It is a particularly effective therapy for improving sleep patterns.

HIJAMA CUPPING THERAPY — 60 MINUTES

The best of therapeutic pain relief therapy that helps to remove stagnation whilst improving blood circulation by extracting the impurities from your muscle tissues. Several fusion techniques of deep tissue massage work to ease stiffness, relax tense muscles and chronic pains which cut down a factor to create a headache migraine. Drink more water after the treatment that you can have a better energy flow and quickly flush toxins out of your body.

THE SALT SOLUTION — 120 MINUTES

In 1843, a Polish doctor noticed that salt mine workers didn't experience the respiratory issues or lung diseases that affected coal miners and halotherapy - salt therapy - was invented. Spending time in our Lonu Cave, breathing in the world's most healing salt air is the natural way to clear sinuses, your lungs and ease muscles, then surrender to our Himalayan salt stone therapy to feel completely rejuvenated.

JOURNEYS

Discover your own time and space! Our journey's honor you on your individual path to well-being, health, and happiness. Begin your journey with us and be on your way to rest & rejuvenate your body, mind and soul and uplift your inner peace and balance in a luxurious setting. Find personalized guidance, professional expertise to inspire your path to more well-being.

INDULGENCES

"Healing Earth", a premium organic skincare that is made from only the purest natural active ingredients sourced from the continent's powerful minerals, oceans, flowers, herbs, fruit, seeds and natural oils. Our botanical treatments will revive, purify and take your skin on a journey of total renewal.

MALDIVIAN ENRICHED — 60 MINUTES

Coconut oil is Kudadoo's secret weapon for sunbathers. Studies show it blocks up to 30% of the sun's UV rays (not that we recommend you ditch conventional SPF) loosen your knots with a warm coconut oil for back massage, follow by a full- body polish with freshly prepared coconut and nourishing body lotion. Your skin will be perfectly prepped to lap up our sunshine.

TOUCH OF SULHA — 60 MINUTES

A Restorative back & shoulder massage follows, along with a full-body polish that will increase your blood flow. This is ultra-energizing using sweet ginger and lemongrass which deeply cleanse and remove dead skin cells. Finished with nourishing body lotion that will make your skin radiant and flawless.

PURE RADIANCE FACIAL — 60 MINUTES

Boost your complexion and banish fine lines with ultra - effective organic ingredients such as antioxidant-rich pinotage grape seed oil, which helps repair and hydrate sun-damaged skin, and active botanical essences that penetrate deep layers of the epidermis for long-lasting anti-ageing results.

REJUVENATING FACIAL — 75 MINUTES

If you've never used a Gua Sha stone, prepare to be amazed. It's an ancient Asian beauty tool that can increase microcirculation to the face by as much as 400% and is better than Botox for sculpting muscles and smoothing the complexion. Finish with a firming mask for maximum impact.

HEAVEN ON EARTH — 90 MINUTES

Let the sound of the Tibetan singing bowls and a Balinese massage coax you into total relaxation, then banish fine lines with a facial using Africa's purest organic ingredients with anti-oxidant rich oils and active botanical essences that are absorbed into your epidermis for long-lasting anti-ageing results.

TOP TO TOE REBOOT — 90 MINUTES

Your feet are the foundation of your health so this sole-to-soul transformation starts with pressure-point reflexology to fire up your energy channels. Your therapist then harnesses the magic of Maldivian coconut to refine your skin with an invigorating body massage using 100% virgin coconut oil. A traditional Indian head massage with warm blended coconut oil infused with rosemary provides deep relaxation for your mind. Rest assured to experience a sparkling new version of you.

HEAD-ONISTIC SPACE — 120 MINUTES

You're in paradise but a million little worries mean your mind is still in top gear. Give us two hours and we'll apply the brakes. Start with breath work in the pure air of our Lonu Cave. Loosen up your muscles in the steam room, ready for a Thai massage. It's nicknamed lazy person's yoga because all you have to do is melt into the mat and let our therapist move your limbs into restorative poses. Finally, nurse your grey matter into neutral with a mindful head massage.

THE LONU IMMERSION — 120 MINUTES

Purify your breathing in our salt chamber, soaking up the healing minerals from the 1,000-year-old Himalayan salt bricks. Dip into a tropical bath before a tailored full-body massage following what the body needs and feels, combined pressure-points to reactivate the internal organs. A gentle relaxing scalp massage will leave you in a state of pure bliss.

ISLAND SERENITY RITUAL — 120 MINUTES

The ultimate top-to-toe blissful ritual uses the essence of 100% pure organic coconut native to the Maldives. Experience profound and deep relaxation; enjoy smooth and hydrated skin and shiny, lustrous hair with the tropical scent of coconut.

PERFECT TOUCH

A last piece of jigsaw to complete a perfect holiday. A luxurious combination of rituals to nurture the body and deeply rejuvenates the mind. The enriched treatment leaves your skin revitalized and renewed. Truly essential!

HAIR AND SCALP ESSENCE — 60 MINUTES

A traditional hair treatment infused with the hydration of coconut, keep silky and smooth hair. A perfect treat after a day in the sea. A warm blended coconut oil is massaged into the scalp nourishing the hair, followed by a coconut hair mask. Perfectly completed with pampering foot massage and application of hydrating coconut lotion. Expect soft, shiny hair with the tropical scent of coconut.

SUN SOOTHER — 75 MINUTES

After adventurous days in the salt water and you've overdone it in the sun, this treatment will get your body back to its best. Start with a cooling mist and compress before a hydrating aloe body wrap. While your skin soaks up all that healing nourishment, enjoy a mini facial and foot rub. The finishing hydrating oil makes this a complete body drench.

EXPRESS NAIL POLISH — 30 MINUTES

Quickly grooming your nails, cut, file and choose your own colour to begin your holiday!

DELUXE SPA MANICURE — 60 MINUTES

Luxurious conditioning care for your hands with all elements of a traditional manicure to leave hands soft and smooth, and beautiful nails. Includes a nourishing hand-arm massage with African Potato to nourish the skin. Nail polish application is included if desired.

DELUXE SPA PEDICURE — 60 MINUTES

Pamper your feet with an aromatic foot soak and sea salt scrub to stimulates your body's circulation, revealing soft and happy feet, followed by pampering foot massage and a traditional pedicure. Nail polish application included if desired.

MIND FIT & BODY FIRM

Explore a session with our wellness coach to determine your holistic wellness goal of living in a healthy lifestyle. Set achievable goals for short and longer-term personal development. The most effective and suitable session will be recommended for your unique needs.

PERSONALISED YOGA SESSION

Improves the overall well-being of body and mind through the introduction of gentle postures that are adapted to suit each physical structure. Ideal for beginners and or advanced level who want to enhance their flexibility and alignment the posture. Throughout each session, your level of joy, peace, focus and mindfulness are healthy enhancement. Add in "wellness to-do-list" and practice daily, to get amazing results!

PERSONALISED MEDITATION SESSION

A holiday is the ideal time to master the art of meditation and with growing concern about the damaging effect of the digital world on mental health, time spent learning effective techniques to switch off might prove your best investment ever.

PIVATE FITNESS TRAINING

Gain strength, endurance and performance in one of the most important system of our entire body, the cardiopulmonary system which runs nonstop to maintain our physical and mental health. Talk with our expert wellness coach who will design your program in a great way to create the maximize fun and achieve your target of training.

Sulha Spa – managed by Duniye Spas | Kudadoo Island Resort | Lhaviyani Atoll | Republic of Maldives
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