

LUX* NORTH MALE ATOLL

WELLNESS MENU

LUX* ME WELLNESS /
EMBARK ON YOUR WELLNESS JOURNEY



LUX* ME WELLNESS

Because we know health isn't one-size-fits all, we advocate a holistic approach that integrates hallmarks of modern wellbeing with ancient beauty customs. Our therapists are trained to tune in to what your body is craving - total relaxation? Detoxification? Healing? Strengthening? Once you check-in to LUX* North Male Atoll, you will naturally leave everything behind...

The LUX* ME Spa, astonishing glass cubes set over the water, is a sacred space where you will begin a journey to a healthier, happier you. Our LUX* ME concept originates from a desire to bring wellness into your everyday.

Follow these symbols
and embark on your own journey:



Relaxes, reduces stress and unwind



Cleanses, resets your system, and kick-starts your metabolism



Rejuvenates, anti-ageing, promotes longevity



Energises and healthful weight



EMBARK ON YOUR WELLNESS JOURNEY

Our holistic approach means your vacation can be as full with Yoga, fitness classes, and meditation as it is with facials and massages. We offer individual consultations and tailored programmes to help you jump-start your wellness routine.

IT'S A JOURNEY.

A consultation gets you on the right track, with Meditation sessions marking the beginning and end of this journey.



RELAX

- Daily Mindfulness practice
- Nutrition advice
- One 90-minute Absolute Relaxation full body massage
- One 90-minute Shirley Page signature facial
- Two 60-minute spa treatments of your choice
- A De-Stress oil concentrate



REBOOT

- One Personal Training session
- One individual Mindfulness session
- One 60-minute Active Abdominal therapy session
- One 60-minute Pressure Point foot massage
- One 90-minute Balinese massage
- A Meta-boost oil concentrate

REJUVENATE

- One Personal Training session
- One individual Mindfulness session
- One 90-minute Signature Island Bamboo massage
- Two 60-minute Rejuvenate Oxygen facials
- A Rejuvenate oil concentrate

RE-ENERGISE

- Daily Cardio or Personal Training
- Nutrition advice
- One Oxygen Facial and one 30-minute Lift & Firm Face massage
- One Thai massage
- Three 60-minute Detox and Muscle Reviver treatments
- An Energising oil concentrate


LUX* NORTH MALE ATOLL

SPA MENU


LUX* NORTH MALE ATOLL SIGNATURE RITUALS /
LUX* NORTH MALE ATOLL SIGNATURE MASSAGES /
SHIRLEY PAGE SIGNATURE TREATMENTS / LUX* ME FACE TREATMENTS /
SPECIALISED TREATMENTS / LUX* ME BODY MASSAGES /
LUX* ME SCRUBS & WRAPS / LUX* ME BABYMOON /
LUX* ME TIME / LUX* ME KIDS & YOUTH / LUX* ME BEAUTY



LUX* NORTH MALE ATOLL SIGNATURE RITUALS

Firumaalaa Couples Ritual* (120 minutes) 
Includes a 90-minute Couples Massage

The moonlight. A star-studded sky. A beach. Champagne. At sunset (weather permitting) your Island Host will escort you with a fire torch to a magical setup for an exclusive wellness and culinary experience. After your treatment you will dine under the stars. A head, neck, and shoulder massage completes this unforgettable evening. An experience that opens a new chapter and the chance to say *Vara loabi vey - I love you*.
Firumaalaa = Slow Touch.

North Male Atoll Absolute Indulgence (120 minutes) 
Includes a 60-minute Couples Massage

Taking advantage of the hotel's Edenic location, we incorporate the purest ingredients harvested locally: a blend of native herbs, a flower bath with a vanilla elixir, coffee-, coconut- or bead-based body scrubs, a Marma Point facial massage, and tropical fruit and healthy drinks await. A feast for your senses.



LUX* NORTH MALE ATOLL SIGNATURE RITUALS

Post-Sun Faseyha Vun (60 minutes)

While a daily dose of sunshine provides some much needed vitamin D, a higher-than-usual sun intake can leave your skin sensitive or even sunburnt. In this ritual, the therapist alternates a post-sun gel or cooling aloe that will heal and hydrate your thirsty skin.

Faseyha Vun = Healing

Kandu Ehvaru Shirodhara Treatment (90 minutes)

Unwind further after a beach walk, a dip in the sea, or a snorkelling session. The therapist starts by pouring warm herbal oil in a steady stream onto your forehead - an Ayurvedic tradition - before proceeding with a foot pressure point massage. Sleep disorders and stress are washed away.

Kandu Ehvaru = Ocean equilibrium



LUX* NORTH MALE ATOLL SIGNATURE MESSAGES

Maldivian Island Bamboo Massage (90 minutes)

Looking for something unconventional, effective, and soul-soothing? Our signature bamboo massage ticks all of those boxes. During the massage, natural bamboo sticks are used to knead out muscle tension and ease stress.

Varugadha Deep Tissue Massage (60/90 minutes)

The first part involves an oil-free, deep tissue massage and stretching followed by a traditional oil massage. You will leave feeling energised, with a knot and stress-free body and peace of mind.

Varugadha = Strong pressure



LUX* NORTH MALE ATOLL SIGNATURE MESSAGES

Heyovaru Si' Hatu Massage (75/90 minutes)

Your therapist will guide you through some breathing exercises before assessing your posture. This massage draws inspiration from Shiatsu. The combination of acupressure, stretching, aromatherapy, and hot stones or herbal poultices is conducive to preserving a sense of balance.

Heyovaru Si'Hatu = Balanced health

Hathareh Four Hand Massage (60 minutes)

The "four hand" Maldivian massage technique is a synchronised massage, meaning that two massage therapists work on you at the same time. The four hands moving in unison will release any energy blockages, helping you unwind.

Hathareh = Four



SHIRLEY PAGE SIGNATURE TREATMENTS

Mood-Enhancing Full Body Massage (90 minutes)

Our sense of smell is linked to our memories, emotions and mood. To create her unique mood-enhancers, Aromatherapy guru Shirley Page blended organic oils known for their mood-boosting properties. The therapist will alternate between slow and rhythmic movements using the elixir you will have chosen.

Absolute Relaxation Body Massage (90 minutes)

To achieve total relaxation, this holistic massage combines acupressure and lymph drainage techniques to balance your meridians and nervous system, energise your body and combat jet-lag.

Shirley Page Signature Facial (90 minutes)

Unwind as you enjoy a gentle exfoliation followed by a customised blend of Shirley Page Organic Skin Care Oils and Mood-Enhancers that will leave your skin radiant and hydrated. This holistic, non-invasive facial works at a physical, emotional, and spiritual level. A must for anyone seeking a truly healthy, glowing complexion.

Shirley Page Head Massage (30 minutes)

Acupressure is applied to various points above the scalp line, the neck, head and jawline, releasing any tension. The benefits of a head massage are untold: it helps relax the face muscles, combats hair thinning and recalibrates your mind.



LUX* ME FACE TREATMENTS

Deeply Hydrating (60/90 minutes)

Sun, surf and sand can be a little rough on your skin. This hydrating facial ensures the only visible effect of your beach holiday is a sunkissed glow.

Lift & Firm Anti-Aging Facial Massage (30 minutes)

Advanced skin stimulation techniques and a transformative touch are combined with anti-aging formulas to plump and firm your skin.

Intracutaneous Oxygen Facial (60 minutes)

Also known as the Celebrity Facial, the Intracutaneous Oxygen Infusion Therapy is a non-invasive treatment that targets fine lines and wrinkles and dramatically enhances skin hydration. High-pressure pure oxygen infuses your skin with a serum of low molecular weight hyaluronic acid, essential vitamins, botanicals, antioxidants and peptides. It is called the Celebrity Facial because it gives a red-carpet glow instantaneously.

- Rejuvenate: lifts, tones, hydrates
- Opulence: lifts, tones, hydrates, and brightens
- Clarity: clears, balances, refines

Treatment Enhancers

- Eye mask: Reduces fine lines, dark circles, and puffiness
- Lip mask: Protects, plumps, enhances natural lips
- Boosters: Vitamin C+3, vitamin A, collagen, antioxidants
- Atoxylene Serum (30 minutes): Minimises expression lines and reduces the visible appearance of skin ageing



SPECIALISED TREATMENTS

Active Abdominal Therapy (60 minutes)**

Detox and Silhouette therapy

At times our hormones seem to have a will of their own. You can regain control with the help of this treatment that uses the ancient remedy of essential Chaste tree oil. Warm herbal packs activate the circulatory system, while specific massages of the abdomen ease tension and help drain unwanted toxins. Pressure is applied to points on the feet to enhance the benefits of this hormonal-balancing therapy.

Muscle Reviver (60 minutes)**

Detox and Silhouette therapy.

Our Silhouette essential oil blend contains a revolutionary compound that helps dissolve the membrane of fat cells. During this treatment, the therapist combines energetic deep tissue techniques with lymphatic drainage to remove unwanted toxins and sculpt your body.

Therapeutic (90 minutes)

This hands-on, advanced therapy makes use of multiple massage techniques to customise your treatment. Hot stones or compresses, medical grade soft cups, and/or herbal poultices may be used to relieve any aches and pain. Mat work and stretching may also be incorporated into this therapeutic moment.

**These treatments may be combined for a longer, 90-minute session.
We recommend 3 sessions for maximum benefits.



SPECIALISED TREATMENTS

Thai Massage (75/90 minutes)    

Improve your flexibility and release any muscle tension with yoga-style stretches and acupressure techniques. This bodywork therapy is performed over loose comfortable clothing to allow greater range of movement . Our Thai massage is unique in that it is relaxing yet energising, and is a highly effective therapeutic treatment.



LUX* ME BODY MESSAGES

Balinese (60/90 minutes)

This full body massage combines dry and deep pressure movements followed by an oil massage. Skin rolling and flicking, firm, gentle stroking, and percussion techniques are used to loosen any muscle tension and boost circulation.

Holistic Aromatic (60/75/90 minutes)

Our therapists use a wide range of skill sets to customise this holistic, aromatherapy-based oil massage according to your needs. This personalised, collaborative approach turns the focus on your physical and emotional wellbeing for a moment of deep relaxation.



LUX* ME BODY MESSAGES

Abhyanga Indian Massage (90 minutes)

This ancient Indian Ayurvedic oil massage therapy heals and cleanses the body and mind. Medicated oil is applied to the whole body, which absorbs the nutrients present in the oil, helping the skin eliminate toxins.

Foot Pressure Point Massage (30/60 minutes)

A natural Chinese healing art based on the principle that there are reflexes in the feet that correspond to every part of the body. By applying pressure to the reflex points, this healing therapy relieves tension, improves circulation, and stimulates the natural functioning of the related areas of the body.

Add-ons (30 minutes)

- Scrubs and wraps
- Neck, scalp and shoulder massage
- Foot massage
- Back massage
- Hot stones
- Herbal poultices
- Soft cupping



LUX* ME SCRUBS & WRAPS

Out with the old, in with the new Scrub (45 minutes) 💧 🌸

We begin with a body exfoliation ritual made from fresh ingredients that removes dead skin cells followed by a moisturizer. With your newfound baby skin, you will feel like a new person.

Cocoon Wrap (45 minutes) 🧑‍🚶 💧 🌸 🌸

Our invigorating wrap envelops your body and replenishes your skin of its nutrients, revealing a fresh complexion. During this calming and therapeutic treatment which stimulates blood circulation and strengthens the immune system, the therapist will give you a head massage.



LUX* ME BABYMOON

Prenatal Massage (60 minutes)

Designed for mothers-to-be during their first and second trimesters, our prenatal massage releases tension in your hips and low back and relieves any ache or discomfort. Goodbye stretch marks, tired legs, and cravings. It is also a chance to sit back, relax, and appreciate the miracle that is about to happen.

Prenatal Facial (60 minutes)

Bring out the best of your skin with this pampering, vitamin-rich facial that will leave you looking radiant. Our prenatal facial ends with a cooling hand and foot massage to soothe your limbs.

Add an extra 30 minutes of bliss

- Face and scalp massage
- Body polish
- Skin softening body wrap

**Pregnancy is an individual experience. We recommend consulting your physician before booking a spa treatment.*



LUX* ME TIME

Design-Your-Own spa day

What does your ideal spa day look like?

Browse our menu and choose between
4, 8, and 12 hours of treatments.

You will receive a cumulative discount.

LUX* ME KIDS & YOUTH

Children deserve to live their best life too.
These rituals are adapted to their taste and age
(we use ingredients that looks just like desserts).
Parental company is mandatory.

- Kuda Kujja massage (30/60 minutes)
- Yummy Facial (30 minutes)
- Tutti Frutti Scrub (30 minutes)
- Hair cut, style, up-do, or braids
(start at 30 minutes)



LUX* ME BEAUTY

HAIR & MAKEUP

Hair Treatment Ritual (45 minutes)

Choose from Sun-proof, Post-Sun, and Intense Repair treatments

Shampoo and Blow-Dry (30 minutes)

Shampoo, Blow-Dry, and Style hair (60 minutes)

Shampoo, Cut and Blow-Dry (60 minutes)

Permanent Hair Colour (60 minutes)

Short, Medium, Long hair

Root Touch Up (60 minutes)

Bride Hair Styling & Make Up Trial (120 minutes)

Bride Hair Styling & Make Up (90 minutes)

Bride Hair Styling (45 minutes)

Bride can be fickle minded and ask to try different hair and make up design until they found what they like during the trial session.

Bride Make Up Session (45 minutes)

Gentleman's Haircut and Styling (45 minutes)

Kids Mini Haircut (60 minutes)

NAIL TREATMENTS

Manicure (60 minutes)

Pedicure (60 minutes)

Gel Manicure (75 minutes)

Gel Pedicure (75 minutes)

Nail Polish Change / French tip (30 minutes)

Nail Art (30 minutes)

Gel Nail Removal (45 minutes)

HAIR REMOVAL

Eyebrow	Full Arms
Upper Lip	Half Legs
Chin	Full Legs
Face	Bikini
Back	Brazilian
Underarm	Gentleman's Chest
Half Arms	

**Please note that the times indicated above can vary.*

LUX* NORTH MALE ATOLL

MINDFUL FITNESS MENU

LUX* ME FIT / LUX* ME MINDFUL / YOGA /
LUX* ME NUTRITIOUS / COMPLIMENTARY ACTIVITIES



LUX* ME FIT

Private High-Intensity Class (30 or 45 minutes)

High-intensity workouts are one of the best ways to get fit quickly - not just looking fit, but feeling fit, as well. It's a great workout for burning fat, boosting endurance, toning up and building speed and stamina. Sessions can be done indoors or immersed in nature.

Private AquaFit Class (60 minutes)

Without a doubt, summer's coolest workout. Our aerobic class relies on the natural resistance of water, making the low-impact workout a favourite among those with joint issues. You will work up a sweat and still feel refreshed.

Private Total Body Sculpt Class (60 minutes)

With or without exercise equipment, inside or outside, you will improve your strength and flexibility during this body-sculpting class. The series of toning exercises are tailored to your personal goals and fitness level.

Private Kickboxing Class (60 minutes)

Combat sports are more popular than ever in the fitness world. Kickboxing is a core-centric workout as you engage your abdominals while you kick and punch. It is a fun way to workout and rid yourself of stress and negativity. Kickboxing is fun even if you don't get it right - and when you do, you will feel like a champion.

Couple's Class (60 minutes)

Group Class (60 minutes) (6 persons maximum)



LUX* ME MINDFUL

You're swamped by stress? Feel like your life is crazy busy? Overwhelmed by the pressures of this so-called crazy busy life? It seems as though the rapid pace of our lives has taken a toll on our mental wellbeing. This is where Mindfulness comes in.

We help you incorporate it into your daily life, making it a habit that will boost your overall wellbeing.

Our pure and beautiful location offers the perfect starting point: allow yourself to be guided by our wellness team on a sensory journey that will awaken you from the inside, expand your mind and strengthen your body.

Mindful, body-mind connection classes and private sessions include Yoga, Meditation, Breathing, Stretching, Nature walks, Eating & Nutrition.



YOGA

Flow Yoga Class (60 minutes)

Like all forms of yoga, this intermediate level Vinyasa flow class builds flexibility, detoxifies the nadis (our body's energy channels), activates the lymphatic system, and improves complexion among many other benefits. Vinyasa is a flowing sequence of specific asanas during which movement is synchronised with breath. It teaches us to cultivate an awareness and to be mindful of how one action connects to the next.

Yoga Nidra (60 minutes)

Different breathing techniques are used to soothe the nervous system, followed by yoga nidra, a technique used to relax the body and mind. Yoga nidra or "yogic sleep" is one of the deepest states of relaxation possible while maintaining full-consciousness.

Prenatal Yoga (60 minutes)

We provide a practice that helps mothers-to-be tune in and listen to their bodies. Prenatal yoga eases the discomforts of pregnancy such as mood swings, swollen ankles, and tired legs. It also gives women time to bond with their babies. Pranayama, the breathing, will certainly come in handy during labour. Everything else - the glowing skin, the sculpted body - is an added bonus.

Guided Meditation (60 minutes)

Similar to the way physical exercise trains the body, meditation trains the mind. Achieving a state of higher consciousness is, however, no easy feat. There are countless techniques, philosophies, and schools of thought regarding meditation. One thing is sure: the benefits are innumerable.

One-on-One Pranayama Breathing (60 minutes)

Prana is "vital force" and ayama is "to extend or draw out". Pranayama, an integral part of the yogic tradition is the practice of controlled breathing. Our one-on-one breathwork will teach you how to use your breath to heal, purify your body, balance your energy, deepen your spiritual practice, and experience mindfulness in a new way.

Couple's Class (60 minutes)

Group Class (60 minutes 12 persons maximum)



LUX* ME NUTRITIOUS

At LUX* North Male Atoll, the only diet with adhere to is the self-love diet, which involves a daily dose of sunshine, multiple dips in the sea, endless hours at our LUX* ME spa, and eating mindfully. You deserve to feel good. Show your body some love by nourishing it with real, whole foods that will make you feel amazing, inside and out.

VEGGIE HEAVEN

Plant-based diets help the body function properly, boost immunity, prevent diabetes, fight back chronic and autoimmune diseases, and help with weight loss. A plant-based diet that is loaded with a rainbow of veggies also just tastes really, really good. Our Veggie Heaven menus are curated to excite and inspire all guests for whom wellness is not just a good trend but a way of life.

DETOX SMOOTHIES

The easiest way to eat your greens is with our green Detox smoothies. Whether you are a green juice purist or prefer a blend of greens and fruit, our smoothies are packed with nutrients for increased energy, digestive ease, hormone balance, a happy gut, glowing skin...



LUX* ME NUTRITIOUS

GINGER TEA

Ginger root has been considered a medicinal food in Chinese and Indian cultures for centuries. Our ginger tea, an immune-boosting brew, is anti-emetic, meaning it relieves nausea and helps with digestion. Served hot or iced with a dash of lime and honey.

GRANOLA BARS

Grab a housemade granola bar from our snack stash at the Fitness Centre for some pre- or post-workout fuel. Baked with superfood ingredients, our bars are the perfect high-vibes snack. Whether you are seeking to detox, reach a healthful weight, boost your energy levels and clear out the stress, our wellness team will help you create a healthy dietary plan that matches your needs and goals. Meal diaries can be prepared for you, and balanced, nourishing options are available in each of our restaurants to meet your dietary needs and/or requirements.

Insider's tip:

Opt for delicious wellness smoothies at breakfast and head over to GLOW restaurant's Power Station for a wide selection of protein shakes and veggie delights at any given time of the day.



COMPLIMENTARY ACTIVITIES



Beach Yoga (60 minutes)

What better place to practice a sun salutation than on the beach at sunrise or sunset? Forgo your mat and try a balancing pose on the sand instead. When you finally reach Savasana, the sound of the waves and the rustling of the palms will lull you into an even deeper state of relaxation.

Morning Fitness (60 minutes)

Conquer your day with a morning fitness class. We offer intensive, bootcamp-style workouts to gentle stretching and everything in between. What do these classes have in common? They take place in the morning and are motivational.

Kids Yoga (30 minutes)

Tree pose, lion's breath, cobra... Yoga's figurative language makes it a perfect learning tool for kids. We use music and playful poses to help them develop self-confidence, coordination, and focus.

Shoreline Walks (15 minutes)

There is no better aerobic exercise than walking. Add to that the resistance of the sand, and you have got a solid workout session. Plus you don't need any equipment and it can be done anywhere, anyhow. In our case, on a white sand beach in the Maldives, bordering the Indian Ocean. One of our Fitness pros will walk along with you and chat about all things wellness.



Wellness is about feeling amazing from the inside out. Our goal is for our guests to leave feeling empowered and happy and with the tools they need to pursue their journey.

LUX* ME offers complimentary classes, outdoor Yoga, a Fitness Centre, and a Spa.

***Our Complimentary Activities schedule can be found on our LUX* App. We recommend booking classes at least 24 hours in advance as there is a 12-person limit per class. All outdoor activities are contingent on the weather. Classes may be made private depending on availability. Please contact the Spa or your Island Host for bookings.*

***LIGHTER. BRIGHTER.**