

Lên

BE WELL

In the Thai language, "*Lên*" means "play".
We like to play.
We love to have fun.
Learning something new along the way is even better.
It's all about being happy.
It's our little secret to wellbeing.
So be yourself, fit your mood and play your way!

At CROSSROADS Maldives, wellbeing is considered a state-of-the-mind and is all about being happy. With our carefully designed *Lên* guide, we seek to inspire our guests, as we offer blissful moments to harmonise with your mood. Just follow these 3 easy steps:

CHOOSE YOUR MOOD

HEARTBEAT OF "ADVENTURE"
DEEP BREATH TO "RELAX"
QUALITY TIME WITH "FAMILY"
TAKING IN "CULTURE"
HEARTMELT OF "ROMANCE"

CHOOSE YOUR EXPERIENCE



Repeat To Increase The Fun!!!

ADVENTURE



Feel the blood pumping through your veins as you enjoy a range of thrilling adventures and engaging activities on land as well as at sea. Learn new sports and skills, discover new adventures on guided experiences and raise your fitness level while reconnecting with the great outdoors and reviving your spirit.

Life Force Healing Massage

Breath is the true foundation in providing life to the body, our patterns and quality of breath can truly affect our overall health and immune system. This ancient healing practice is an effective therapy for releasing tension in the chest, as it improves the quality of breath that directly impacts our vital energy.
60 minutes

Monsoon Wrapsody

Be adventurous! Let your creativity sparkle with a custom blend of signature scents to enjoy during your treatment. The choice is yours - to scrub or to wrap? Either ways, our therapists will leave you feeling vibrant and energised with this full body experience.
60 minutes

Intensive Gold Facial

This gold particle infused facial treatment uses massage techniques with active ingredients to instantly improve skin clarity. With extracts that inhibit the destruction of collagen while fighting free radicals, this facial repairs skin damage.
75 minutes

Time for a Dream

Inspired by the summer fields, this treatment is intended to warm the body and enhance the mood. With a delicious fragrance of broom flower and honey, a gourmet sugar scrub exfoliates the entire body to promote circulation and cellular renewal. This is followed by a warm and dry oiling to soften the skin with a full body massage to enhance stimulation from head to toe. With this treatment, feel as warm as the sun.
90 minutes

 Signature Treatment  Facial  Massage  Package

Advance reservations are required and reservation is subject to availability

ACTIVITIES

Scuba Diving

The most popular activity in the Maldives is to discover the underwater world. If this is your first time or you are an experienced diver, this activity will excite you with an awe-inspiring emotion of breathing underwater, admiring the famous barrier reefs and its inhabitants.

Dolphin Quest

Imagine spending time on a traditional Maldivian wooden boat with your loved one, family or friends in the middle of the Indian Ocean and you get to see the dancing dolphins. The chances are high, we wish you all the luck!

Boduberu Lesson

The liveliest and popular form of traditional music, inspired by the rhythms and beats of African culture is The Boduberu. Accompanied by singing, the locals dance in a way where there is no right or wrong step. The tune and the energy ignited in this local experience makes it fun for the guests to connect with the others and within themselves in this magical tropical setting.

Jet ski Safari

Are you curious to explore the the surrounding area? Hop on to your Jet ski and follow our guide! There is a possibility to visit a wide area, enjoy a snorkel or if lucky, you can encounter the fun-loving dolphins.

Snorkelling Exploration Trips

Every day the team sets out to explore a new barrier reef, with different characteristics and varied marine life. Join our boat and be a spectator of this stunning experience!

Ticket To Smile "Eco Discovery Dive" For Local Community

Choose a 'Ticket to Smile'. Every day activities create an opportunity for you to meet local people who believe in the same cause that inspires you. Eco Discovery Dive is full of adrenaline fuelled activities in the crystal clear lagoons with vibrant coral gardens and mesmerising marine life exploration. Our expert team of Marine Biologists will guide you through this discovery.

Treasure Hunt

Brings to life our sense of adventure with exploring different areas of Koimala and Maalimi's Junior Beach Club and Camp. Join us as we go over through and under different obstacles to find the Treasure.

GOURMET

Dive into a Power Bowl of mixed organic raw vegetables and treat your taste buds with pan-seared striped sea bass the refresh the palate with a fat-free mango or passion fruit frozen yoghurt. For an energised adventure, relish a layered mixed berry green powder smoothie or watermelon workout drink.

Check out the menu at Miss Olive Oyl Pool Bar and bean / Co

Complimentary

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RELAX



Find your centre and spend some valuable time creating harmony of mind, body and spirit. The practice of ancient and modern techniques brings you back to the source of your soul. Breathe, focus, stretch and relax your way to wellbeing with the help of trained practitioners and skilled therapists.

Bespoke Massage

This unique bodywork session includes an array of therapeutic massage styles combined with the powerful benefits of custom-blended aromatic oils especially for you.

Therapist will assist you in choosing the oil to encourage deep relaxation during your personalised treatment.

60 minutes | 90 minutes

Choose from one of the Lèn blends: Adventure, Relax, Family, Culture, Romance

Herbal Compress Massage

This herbal compress massage combines the healing effects of massage techniques with heated herbal compress containing a blend of traditional herbs and spices. Simultaneously, it relaxes and invigorates the mind and body. This treatment purifies, relaxes, warms, relieves aches and pains, and improves the skin condition while stimulating the senses.

90 minutes

Collagen Booster Massage

Rejuvenate your skin and refresh your appearance! Experience our customised massage using collagen cream to increase circulation as the collagen relieves dry skin and increases skin elasticity.

60 minutes | 90 minutes

Re-balancing Facial

Our re-balancing facial combines active ingredients with facial massage techniques to relax the muscles and stimulate your skin. The active ingredient Vitamin E functions as an antioxidant that not only helps to combat the elements responsible for the visible signs of aging, but also has a calming effect and helps reveal a more youthful experience.

60 minutes

Ode to Rest

A reassuring and enveloping massage targeted on the upper body (back, neck, shoulders and arms) with a nourishing body cream. Thanks to a rich texture and notes of citrus fruit, the body feels protected and gently carried by benevolent hands. A short version of the hand signature massage completes this cocoon like sensation of care.

60 minutes

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ACTIVITIES

Catamaran Sailing

The wind. The waves. The sail. Our skipper can take you for a cruise, with only the sound of the wind and waves that rhythmically move the catamaran.

"Hello Fish" Reef Snorkel with Marine Biologist

Maldives water is teeming with vibrant sea life. An eye-opening vacation as active and adventurous as your imagination is a must. With pampering "Hello Fish" Snorkel and reef fish identification sessions, children can create collages reflecting the knowledge of marine animals to show their basic understanding of fish and turtles.

Yoga and Meditation

Our yoga instructors are trained to listen to your personal objectives and goals. Achieve a balanced self with a bespoke yoga and meditation programme that takes you on a journey of the self, by the self.

Sunset Cruise

Join us for a relaxing cruise during sunset and chill on the rooftop of our Dhoni, the traditional Maldivian wooden boat.

Eat, Drink, Listen at Café del Mar Maldives

Dine inside our stylish restaurant with Mediterranean cuisine and relax by the pool listening to the famous Café del Mar tunes. Our swim-up pool bar serves premium cocktails curated for the Chill house music to complement the Mediterranean flavours.

Plein Air Painting

Leave the four walls of your villa behind and immerse yourself in painting a landscape. Plein air painting is a rewarding and powerful experience, whether one is inspired by the ocean, sky, white sandy beach or the greenery of Maldives islands. The best thing about plein air painting is the immediate experience of the outside world.

GOURMET

Stay cool as a cucumber with everyday foods that have been proven to calm your nerves and lift your spirits. It is no secret that the foods we eat can dramatically affect the way we feel. Loading up on refined sugar can change our mood and lower our energy in a matter of hours. This sugar roller coaster ride in-turn affects concentration and creates mood swings, wreaks havoc on blood sugar levels and impacts on work performance and even relationships.

At Lèn, we want to switch your mood swings by eating smartly to relax, melt stress, reduce anxiety and gain that extra edge over the uninformed peers.

Check out the menu at Miss Olive Oyl Pool Bar and bean / Co

Complimentary

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Family



When 'holiday time' means 'family time', we provide a host of ways to be cheerful with your loved ones. 'Lên' means 'play' in the Thai language and offers the chance to rediscover the joys of simple activities together.

Mini Me Massage

A lovely way to share holiday time and introduce your children to the experience of professional massage. This unique massage is especially designed for your little one using Maldivian coconut oil.

30 minutes | 60 minutes

For 5 - 12 years old

Mini Me Facial

Let their smile light up your life. This relaxing facial includes a cleanse, gentle exfoliation and a dewy mask to hydrate and refresh the face. To top it off, pieces of cucumber on the eyes makes it as cooling as ever.

30 minutes

For 5 - 12 years old

Family Time

Enjoy 10 hours of spa time together. Whether it is within a day or over the period of your stay, choose your treatments and whom you share them with. Family time has never been so much fun!

10 hours

Purifying Skin Facial

A perfect facial for anyone looking for a deep cleansing treatment. This treatment includes active ingredients to reduce pore size and blemishes while hydrating your skin, leaving you with a pure and fresh complexion.

60 minutes

At The Dawn of The Senses

An invigorating massage, targeted at feet and legs, to relieve and provide a feeling of impulse. This treatment starts with the "Roots Ritual" that includes a mint and freshly cut grass-scented foot bath with a brief foot massage, followed by an energising contact onto the whole body. A stimulating massage on legs with lifting, pressures and dynamic effleurages revives circulation and enhances the sensation of refreshing energy and lightness.

45 minutes

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ACTIVITIES

Discover Scuba Diving

A family dive! Try your first underwater experience as a family. Share the feeling and the emotions with your beloved.

Folk Dance Sampler

An opportunity for everyone to tap their feet, from little movers to adults. If you are passionate about folk dance, feel free to express and share your skills and emotions. Learn the various styles of local dancing with or without props in a fun and welcoming environment.

Fun Toys and Banana Ride

Thrilling experiences are towed by a boat, as you have fun together, laughing from the beginning until the end.

Semi Submarine

Explore the underwater world on-board of our semi submarine. This experience is perfect for small kids that are enchanted by the barrier reef and the fish that live on it.

Junior Marine Curator

This is a perfect programme for the entire family to learn about the magnificent coral reef life as they curate the experience. Kids like to immerse themselves in a range of fun activities as they become a Junior Marine Conservationist for the day. With a host of educational and engaging coral propagation activities including snorkelling in the protected house reef, our team of expert Marine Biologists keep them entertained and excited.

Movie Night

Sit back and soak up the sand and sounds and be entertained under the stars whilst relaxing on a bean bag with a bowl of popcorn and your feet in the sand.

GOURMET

Pass The Peas, Please: The Benefits of Family-style meals

Family-style meals have two important components: children serve themselves and they eat with their friends and adults at a table. The first component, self-service, has many benefits for children, it helps them learn to respond to their own hunger with appropriate servings and develops motor skills related to scooping and selecting food while passing bowls and plates.

Check out the menu at Miss Olive Oyl Pool Bar and bean / Co

Complimentary

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Culture



Sometimes you just want to stay home and enjoy a private meal alone or in good company without the need for table reservations or dressing up. Our room service menu offers a delicious spread of fresh ingredients and products to savour in tasteful privacy of your room, suite or villa.

Meyva Wrap

The healing properties of Maldivian Papaya are well-known for softening and revitalising the skin. Papaya contains a natural fruit acid that works as a powerful exfoliator skin cells leaving you feeling smooth and soft.

60 minutes

Traditional Thai Massage

An art of ancient traditions, this method of massage originated within the temples of Thailand and has been practiced for centuries. A blend of passive stretching, this healing art evokes a feeling of total relaxation and renewed energy.

60 minutes | 90 minutes

Thai Foot Massage

Thai foot massage uses the traditional technique to provide an enjoyable, relaxing and rejuvenating experience. Pressure is applied to specific areas of the soles of the feet, to clear the natural energy flows throughout the body while also helping to increase blood flow treatment is highly effective in helping the rest of the body to relax and release tension.

60 minutes

Manee Pura Age-Defying Facial

Our anti-aging facial instantly refreshes and hydrates. Combined with relaxing massage techniques using a hot compress of Manee Pura, an ancient herb of Thailand, that promotes the absorption of nutrients, leaving your skin radiant.

75 minutes

Gadheeme

A soothing and purifying treatment, starts with the "Roots Ritual" - a milky foot bath with rose petals and a brief foot massage - followed by a renewing and draining full body scrub, perfumed with fig, bergamot and rose. With a silky skin, feel balanced and revived as you return to your inner essential sensations.

60 minutes

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ACTIVITIES

Traditional Sunset Fishing

Maldivians are fishermen since generations. Our local guide will explain how easy it is to fish inside the Atoll. Bottom fishing is easy and exciting for everyone including adults and kids.

Local Island Visit

Have you ever wondered how a day on the local island of Maldives is? Join us on a trip to the local island and witness the fishermen interlace their fishing net during a walk by the boatyard. You might even be able to see how they build a new Dhoni boat!

◆ Everyone is an Artisan

With intricate designs produced from memory and mainly featured on wood carved objects such as vases and jewellery boxes, Maldivian lacquer works are a wonder to behold. Learn from the masters of the art as they share their skills, techniques and knowledge about this intricate masterpiece.

Coconut Leaf Art

Welcome to the Maldivian culture – come and experience coconut leaf art with our local SAiiLanders who are excited to showcase their art and culture which they have grown up with.

Marine Discovery Centre Introduction

We built this project based on our core principles of Sustainable Development and "Build Big While Protect Small" philosophy. CROSSROADS Maldives has established a Marine Discovery Centre led by a team of expert Marine Biologists, allowing guests to live and learn about the ocean environment through a diverse range of educational activities, easily assimilated in this perfect island setting. These include reef research, protection and rehabilitation of the delicate coral reef ecosystem.

GOURMET

Engage with the rich and diverse Maldivian culture through an immersive indigenous meal. With a myriad of influences from trading nations, Maldivian food is a delight to experience. Our story goes back to over 5,000 years ago, when Maldives became a key port of call for traders sailing from Indonesia, India to Arabia with cargos of spices such as cinnamon, cardamom, turmeric, cloves, ginger and pepper.

Check out the menu at Miss Olive Oyl Pool Bar and bean / Co

◆ Complimentary

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ROMANCE



Escape to romance and immerse yourself in togetherness - just the two of you - as you share heart-inspired experiences, tantalising tastes and inspiring adventures. Time is precious when love is in the air. We help couples make the most of every moment by offering intimate activities that bring them together.

Lèn Moments

Our "Lèn Moments" is inspired by choreographed rhythmic technique performed by two therapists to spoil you. This relaxing synchronised massage helps the body to loosen up muscle tensions and enhances the immune system, using our customised scent of romance to evoke a deep sense of tranquility, engaging the senses to mesmerise you holistically.

60 minutes

Spoil Her

Special treat for ladies with this treatment starts with relaxing back massage followed by our luxurious facial treatment using massage techniques and active ingredients to instantly improve skin clarity. This treatment uses extracts that inhibit the destruction of collagen, fight-free radicals and repair skin damage.

90 minutes

Spoil Him

This treatment includes deep tissue massage with a focus on the back to relax tired muscles and to stimulate energy points. Our therapist's expert hands will apply warm spice blend to relieve back tension. The massage is followed by express facial to leave your skin fresh and energised.

90 minutes

Escape to Romance

Spend quality time relaxing and indulging with the treatment tailored just for the two of you

For Her: Body Exfoliation, Collagen Booster Massage, Express Pedicure

For Him: Body Exfoliation, Deep Tissue Massage, Express Pedicure





120 minutes

Immerse Yourself

Leave the busy world behind and get carried away with Lèn ways. Experience 3 hours of spa indulgence and discover a world of relaxation in our "Root Ritual", followed by a relaxing full body massage and body sugar scrub to ensure gentle exfoliation, eliminating dead cells and impurities while rejuvenating the skin. Emerge with our re-balancing facial that combines active ingredients with facial massage techniques to relax and deep cleanse absorbent mask, for a radiant skin and fresh look.

180 minutes

Includes Body Scrub | Body Massage | Facial

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ACTIVITIES

Private Trips

We can organise a trip exclusively for you, as a couple; to celebrate life and build on memorable moments.

Sunset Cruise

A romantic cruise watching the sun set in the Indian Ocean is a loving moment to share with your loved one.

Emma Snorkelling

Unique Emma story and snorkelling is fun for everyone. Embark on a magical underwater adventure in search of amazing marine residents, turtles, parrot fish and sea anemone fish. Don't worry if you're not comfortable in the water as our coral preservation area is easily accessible and our experienced Marine Biologists will be happy to train you.

Message in a Bottle

Impress your friends and family with creative wording and art hidden in a bottle – send them all a personal special message.

GOURMET

Melting in the mouth with sweetness, seductively fragrant, smooth and luscious on the tongue; food, for many is the quintessential romantic gift. With a dedicated butler, eat when you please as our team will ensure your experience is undisturbed while they are available at your request.

At the end of this romantic experience, guests often find the libro dei pensiere, or the book of thoughts floating by.

Check out the menu at Miss Olive Oyl Pool Bar and bean / Co

Complimentary

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ETIQUETTE AND POLICIES

ARRIVALS

Treatments are carefully planned to accommodate each and every guest. In the spirit of mutual respect, we encourage you to arrive at least 30 minutes prior to your appointment, providing you with sufficient time to relax and allow our team to Lèn-spire you. Late arrivals will be finished within the scheduled treatment time while the fee will remain unchanged.

SPA AMENITIES

On arrival, you will be supplied with a bathrobe, sandals and a locker for your personal belongings. Towels are offered throughout the spa and disposable underwear is available for all body treatments.

ETIQUETTE

Our environment is one of tranquility and relaxation. In consideration of other guests, we ask that you speak in a quiet voice and turn off mobile phones. If you are using headphones, please make sure the volume level is not audible to other guests. The spa is a non-smoking area.

SPECIAL REQUESTS

Feel free to request your preference for a specific technician or a male or female therapist for your treatment. We strive to fulfill your wishes based upon availability. If you need assistance with anything during your spa experience, such as an adjustment to lighting, sound, temperature, pressure or technique of your spa service, please let your technician know.

HEALTH

Please refrain from shaving before all body treatments and before men's facials. To maximise the benefits of your experience, please inform us of any health issues, allergies or injuries that may make the treatment unsuitable, so that we may advise safer alternatives.

PREGNANCY

We have specially designed treatments for expectant mothers. Allow us to assist you in selecting suitable treatments for this special time. We advise you to consult with your physician prior to booking. We only offer these treatments up to the second trimester of the pregnancy.

ETIQUETTE AND POLICIES

CHILDREN

Spa area is reserved for guests 16 years or older. Children are allowed in the spa by appointment only and must be accompanied by an adult during their visit.

CANCELLATIONS

All cancellations must be received at least 24 hours prior to the appointment time to avoid a full service charge. Late cancellations or no-shows will be charged at full treatment price. A late arrival will reduce your scheduled treatment duration to accommodate other guests with appointments.

FEES AND GRATUITY

For your convenience, a 10% service charge and applicable government taxes will be added to the cost of your treatment. In appreciation for outstanding service, additional gratuities may be given to the therapist or team member at your discretion. For in-house guests, services may be charged to your guest room. We also accept cash and all major credit cards.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage to personal items and valuables during your visit. Please refrain from wearing jewellery or valuables to the spa.

CORPORATE AND GROUP PACKAGES

The spa offers a variety of treatments, packages and group discounts. Please contact the spa for more information, terms and conditions.

APPOINTMENTS

We recommend scheduling an appointment in advance to receive preferred appointment times.

Credit card and contact details are required at the time of reservation.

For reservations, please call +960 665 1200 extn. 2900


or email: lenbwell@crossroadsmaldives.com

Open from 10:00 AM - 10:00 PM daily

We hope you enjoyed your *Lên*
played your own way,
in your own time,
in your mood of the day
and had fun during your stay.
Come and *Lên* with us again soon!

CONTACT US

Please contact Lèn for reservation at +960 665 1200 ext. 2900
email: lenbewell@crossroadsmaldives.com

 lenbewell