

A STATE OF MIND, BODY AND PLAY

FLOW is the name we give to our wellbeing philosophy and the experiences we create to support it.

FLOW starts the moment you arrive. It rises as you give yourself to the nurture of spa immersions, the challenge of movement, and the cerebral stimulation of stillness in meditation. It encourages sleep, mindfulness, nutrition, fun and fitness. It helps you show your body and mind love, and amplifies your connection with nature's divine intelligence.

BALANCE

UNWIND



FLOW

FLOW



Spa Menu

FACIALS LOOK GOOD FEEL GOOD

FLOW

SIGNATURE FACIAL

This luxurious, results driven facial will leave your skin clean, bright and radiant. It begins with a thorough cleanse and exfoliation to brighten the skin. This is followed by a gentle, facial steam during which time, the hands and arms are treated with a hydrating eco balm. Our refining seaweed mask is then applied to the skin, which helps to reduce inflammation and restore balance, whilst you relax with a therapeutic scalp massage. Your skin is then deeply hydrated with an infusion of algae plump + B3 serum and oxygen, while the eye area is treated with a targeted eye mask. After this you will be treated to a facial massage which stimulates circulation, drains away toxins and releases muscular tension from the décolletage, neck and face. The treatment concludes with the application of our eye bright eye serum and eco marine moisturiser to protect and nourish.

90min · USD285*

PRODUCTS USED

Marine cleanser, Red Raspberry seed oil, Algae Plump + B3 Serum ® Salicylic powder, Refining seaweed masque, Bio restore eye mask

PLUMP

A deeply hydrating treatment that is perfect for dry, dehydrated or sun damaged skin. After a gentle cleanse and exfoliation, the skin is treated with our brightening algae plump + B3 and oxygen infusion. Algae plump serum is rich in hyaluronic acid, which dramatically increases the hydration levels of the skin, B3 repairs the skin's barrier layer and oxygen brightens and rejuvenates. Our biome balance mask is then applied to the skin to further hydrate and supports the skin's delicate micro biome, during which time you will receive a relaxing scalp massage. This will be followed by a gua sha facial massage to drain away toxins and stimulate the lymphatic system, bringing nutrients to the skin. The treatment concludes with the application of our eye bright eye serum and eco marine moisturiser to protect and nourish.

60min · USD265*

PRODUCTS USED

Raspberry seed oil, Marine cleanser, Salicylic powder, Bio restore membrane, Kelp bioferment, Eye bright contour, Algae plump, EcoMarine moisturiser

DEEP CLEANSING + LED LIGHT THERAPY

Targeted to help clear congested, stressed skin that is prone to breakouts. Seaweed extracts reduce inflammation, detoxify and calm the skin. After a thorough cleanse and exfoliation, gentle steam helps to open the pores and remove impurities. Our refining seaweed mask is then applied to the skin, which helps to reduce inflammation and restore balance whilst you relax with a therapeutic scalp massage. After this, advanced LED light therapy is used to further reduce inflammation, stimulate collagen production and support skin healing whilst you enjoy a relaxing foot and lower leg massage. The skin is then hydrated using our eye bright serum and oil free biome balance serum

60min · USD265*

PRODUCTS USED

Raspberry seed oil, Marine cleanser, Salicylic powder, Refining seaweed masque, Eye bright contour, Algae plump, Eco Marine Cream

THE BRILLIANT GLOW SIGNATURE FACIAL

Experience a divine ritual that infuses your skin with positive energy, well-being, and a pure, radiant glow. The Brilliant Signature Facial featuring The Brilliant Collection is expertly crafted to prevent, preserve, and protect, leaving your skin luminous and Glowing. This rejuvenating treatment features a prolonged fortifying massage that not only promotes relaxation but also enhances your skin's natural defenses and vitality. The treatment focuses on boosting microcirculation and reducing puffiness, while addressing facial fatigue and stress-related tension. Enjoy a youthful, even complexion, leaving your skin looking radiant and healthy

60min · USD305*

Brilliant Collection

Prime Radiance Serum, Vibrant Eye Infusion, Radiant Resilience Moisturizer, Glow Hydration Oil, Malachite, Bakuchiol, Red & Brown Seawood, Glycolic AcidLED Light

THE ABSOLUTE REJUVENATION SIGNATURE FACIAL

Experience a sublime, opulent skincare treatment meticulously designed to repair, restore, and rejuvenate your complexion. This exquisite and revitalizing facial offers profound, ageless efficacy in skin regeneration, renewal, and nourishment, effectively counteracting signs of aging for a youthful, luminous appearance. Crafted with The Absolute Collection, this treatment combines a prolonged invigorating, lifting massage and advanced face cupping techniques to redefine facial contours and achieve exceptional skin results. Your skin is left replenished and revitalized with fine lines and wrinkles diminished, revealing a youthful luminous complexion.

60min · USD305*

Absolute Collection

Intense Renewal Serum, Restoring Eye Cream, Active Replenishing Moisturizer, Nourishing Lift Oil, Retinol, Tea Extracts, Teprenone, Peptides, Goji Berry

Equipment used:

LED Light, Cupping



THE LYMPHATIC RADIANCE BOOST FACIAL

Achieve an unparalleled radiance with this exceptional facial treatment, designed to deliver outstanding results. Our ultimate brightening facial combines the potent effects of the Vitamin C Booster with our signature core products and features a meticulously crafted lymphatic drainage massage to invigorate and stimulate your skin using gentle slow movements for ultimate glow. This treatment not only enhances your skin's natural glow, but also helps protect against and reduce the signs of photoaging while enhancing plumpness by boosting circulation. It effectively eliminates toxins and waste, diminishes fluid retention, and reduces inflammation and swelling addressing facial wrinkles and blemishes, leaving your skin detoxified and glowing. The result is revitalized eyes, radiant and plump skin, and a flawless, red-carpet-worthy glow.

THE ULTIMATE LIFT & SCULPT FACIAL

Experience a luxurious rejuvenating treatment that revitalizes your skin, visibly diminishing fine lines and wrinkles to unveil a redefined facial contour. This bespoke facial is expertly designed to enhance the contours of your face, neck, and décolleté. Our distinguished approach integrates Noble Panacea's exclusive prolonged massage with potent formulations from our core collections, each tailored specifically to your needs. Enhanced by refined Gua Sha techniques, this treatment addresses the effects gravity on the skin focusing on loss of elasticity and muscle tone. The result is an instantly lifted and sculpted facial structure, leaving your skin smooth and rejuvenated.

90min · USD375*

Brilliant Collection
Prime Radiance Serum, Vibrant Eye Infusion, Radiant Resilience Moisturizer, Glow Hydration Oil, Malachite, Bakuchiol, Red & Brown Seawood, Glycolic AcidLED Light

EQUIPMENT USED:
LED Light, Cryo Therapy

90min · USD375*

Absolute Collection
Intense Renewal Serum, Restoring Eye Cream, Active Replenishing Moisturizer, Nourishing Lift Oil, Retinol, Tea Extracts, Teprenone, Peptides, Goji Berry

EQUIPMENT USED:
LED Light, Gua Sha, Microcurrent

BESPOKE MEN'S FACIAL

Specially tailored by Noble Panacea for Patina Maldives male clientele. An invigorating treatment tailored exclusively for men, that targets every aspect of the face, including the eye area, designed to invigorate the senses, awaken the skin, and bestow upon you a renewed vibrancy that emanates from within. Beginning with a meticulous skin initialization process that purifies deeply, refines pores, and replenishes hydration levels, while simultaneously empowering the skin's natural hydration mechanisms. The skin undergoes a remarkable metamorphosis, emerging renewed and bright, while fine lines and wrinkles are smoothed away, leaving a skin that exudes timeless confidence. An overall transformation that radiates health and vitality.

60min · USD305*
90min · USD375*

PRODUCTS USED
Choice of Brilliant or Absolute collection

EQUIPMENT USED
LED Light Therapy, Microcurrent, Gua Sha



Facial Enhancements

HYDRAFACIAL

Essentially a peel, microdermabrasion and mask all in one. HydraFacial is a treatment that uses patented technology (a medical-grade device) to cleanse, extract, and hydrate skin. It clears dead skin cells, loosens pores, and preps them for extraction using a mix of glycolic acid, salicylic acid, and botanical extracts. Using a unique vacuum-powered extraction method it removes “gunk” from the skin while simultaneously pumping in skin soothing nutrients such as Vit C. Active ingredients target dark spots and sun damage, addresses fine lines and evens skin tone. Personalized your Hydra Facial with the following enhancements:

LIP PERK

The Perk Lip treatment uses a roller-flex, which gently eliminates the surface layer of dead skin from your lips. This process removes impurities while simultaneously delivering vital antioxidants to your lips

EYE PERK

This treatment gently exfoliates dull and damaged skin cells. As a result, it leaves you with a younger and brighter look under your eyes.

Please avoid for those with sun burn, active rashes or rosacea.

Non-toxic Vegan & Cruelty-free Gluten-free
Reef-safe Paraben-free Sulphate-free
Silicon-free Pregnancy-safe Palm-oil free

HYDRAFACIAL

60min · USD290*
90min · USD350*

PRODUCTS USED

Beta hydroxy acid
glycolic and salicylic
acid, Vitamin A, E,
White tea extract,
Horse chestnut seed
extract, Rosemary
leaf extract

10min · USD50*

PRODUCTS USED

Beta hydroxy acid
glycolic and salicylic
acid, Vitamin A, E,
White tea extract,
Horse chestnut seed
extract, Rosemary leaf
extract

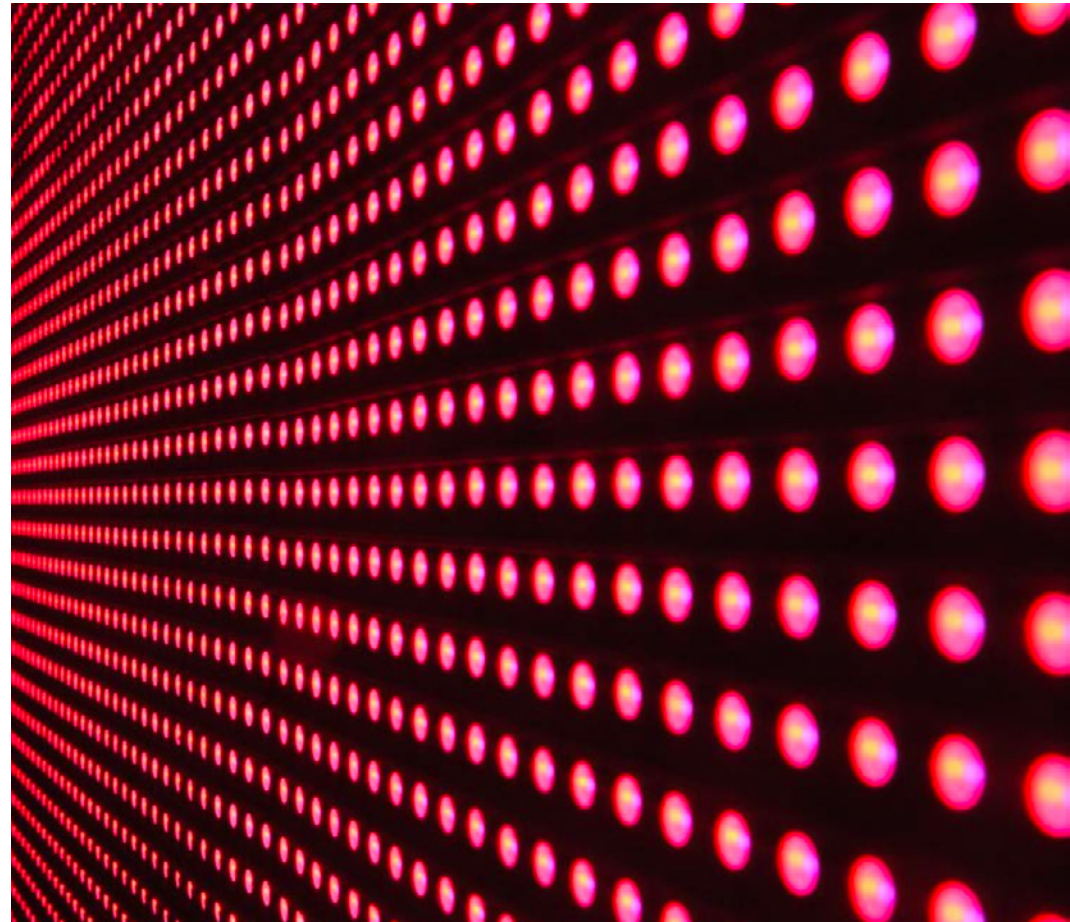
10min · USD50*

PHOTO BIO STIMULATION

Harness the power of light. Using a LED 633nm light to activate collagen synthesis which triggers the reverse of troublesome conditions related to photoaging skin, this absolutely natural process is based on the fact that our body's cells contain light absorbent receptors. This holistic light therapy reduces the severity of acne, rosacea and hyperpigmentation while a pro-grade energy waveform gently tones facial muscles and reduce puffiness all in one session.

This 15 minutes session is a perfect add-on to your spa journey as well as being safe and pain free, without any downtime or contraindication to sun exposure.

3 DAYS/15min · USD150*
5 DAYS/15min · USD220*



MASSAGES

MIND BODY

RESTORATION

FLOW SIGNATURE BODY MASSAGE

Targeted, restorative and relaxing, our signature massage is designed to rebalance the circadian rhythms via soft tissue massage therapy utilising long flowing strokes to increase blood flow to sore, stiff joints and muscles. Each therapist aims to deliver a deep sense of mental disconnection which allows the muscles to relax further and entice the body back into balance.

75min · USD275*
90min · USD310*

PRODUCTS USED

Choice of Hakatha – Jojoba, Coconut oil, Lemongrass, Neroli

Madu – Jojoba, Coconut oil, Lavender and Chamomile

DEEP FLOW SESSION

This unique session is more than a massage or bodywork. The profound touch of our therapists gives your body and mind permission to detach for a while. Science has proven that our body contains more than 80% of water or watery fluids. All our nerve information, nutrition, metabolic products emotions and feelings are transmitted and travelling through the body in a watery medium at a certain rhythm; some call this rhythm frequency, Chi or life force. During this Deep Flow Therapy, a combination of massage strokes and holds on energy and neural zones helps to release tension and congestion. The directional strokes and rhythm of this treatment can influence the Now of your energy body. The vagus nerve and autonomous central nervous system respond with being more balanced. Benefits include a sense of calm, improved quality of sleep, better digestion and feeling light and energized yet in a meditative state. Sleep time is added to this experience to enhance the healing benefits.

75min · USD275*
90min · USD310*

PRODUCTS USED

Choice of Hakatha – Jojoba, Coconut oil, Lemongrass, Neroli

Madu – Jojoba, Coconut oil, Lavender and Chamomile

🚫 Non-toxic 🌱 Vegan & Cruelty-free 🍷 Gluten-free
🐠 Reef-safe 🚫 Paraben-free 🧴 Sulphate-free
🚫 Silicon-free 🤰 Pregnancy-safe 🌿 Palm-oil free

BALINESE MASSAGE

A traditional full body massage passed down and remained unchanged for generations. Using firm long gliding strokes, skin rolling, palm pressure, light stretching and thumb slides, each therapist aims to deliver a deep sense of mental disconnect which allows the muscles to relax and entice the body back into balance. Treatment pressure is regulated to suit each individual, with extra focus spent on areas in need of additional care.

75min · USD275*
90min · USD310*

PRODUCTS USED

Choice of Hakatha –
Jojoba, Coconut oil,
Lemongrass, Neroli
Madu – Jojoba,
Coconut oil, Lavender
and Chamomile

DEEP TISSUE MASSAGE

A targeted full body treatment designed to revive tired muscles, alleviate chronic pain and elongate your frame. Techniques used are invigorating and firm to the touch helping to bring balance to body and mind.

75min · USD275*
90min · USD310*

PRODUCTS USED

Choice of Hakatha –
Jojoba, Coconut oil,
Lemongrass, Neroli
Madu – Jojoba,
Coconut oil, Lavender
and Chamomile

*All prices are subject to 10% service charge and 17% GST.

MANUAL LYMPHATIC DRAINAGE

Manual Lymphatic Drainage is a gentle and specialised massage that aims to optimise the functioning of the lymphatic system. By promoting the natural flow of lymphatic fluid, notable effects include reducing swelling, enhancing immune function and aiding detoxification. The gentle, soothing nature of the massage induces a state of true relaxation, alleviating stress and insomnia.

75min · USD275*
90min · USD310*

THAI TRADITIONAL MASSAGE

This dry massage is adapted from traditional methods that originate from the Northern regions of Thailand. Deeply therapeutic and sleep-inducing, we designed this treatment to treat energy meridian lines with pressure point stimulation and dynamic stretches to create ease of movement in the joints.

75min · USD275*
90min · USD310*

REFLEXOLOGY

Rooted in ancient healing traditions dating back thousands of years, foot reflexology is an artful practice that understands the intricate connections between the soles of your feet and the different systems within your body. Reflexology not only helps in relieving aching feet, but also seeks to stimulate the body's natural healing abilities by restoring equilibrium to your body's systems for a sense of total well-being

60min · USD200*
75min · USD250*

☑ Non-toxic ☑ Vegan & Cruelty-free ☑ Gluten-free
☑ Reef-safe ☑ Paraben-free ☑ Sulphate-free
☑ Silicon-free ☑ Pregnancy-safe ☑ Palm-oil free



WONDERFUL WATSU

60min · USD290*
90min · USD350*

Experience the serenity of Watsu, a unique aquatic therapy that combines the soothing elements of water with gentle, mindful movements. In our tranquil heated pool, our skilled therapist supports, stretches, cradles and rocks your body through a series of fluid motions, promoting relaxation and release of tension. This creates deep mental and physical relaxation where your muscles are free to release more tension. Watsu is ideal for targeting joint mobility, pressure point muscle release, injuries and anxiety induced tension.



Spa Menu

BODY IMMERSIONS SKIN REVITALIZATION

FLOW

SKIN DETOXIFYING SCRUB

This full body exfoliation utilises ionized sea salt infused with undaria and argan oil. After a light shower off, retaining and revealing a soft layer of nourishing body oil, the treatment concludes with a full body signature FLOW massage.

90min · USD285*

PRODUCTS USED

Organic algae, Sea salt, Anti-aging undaria algae and argan oil

HAECKELS PROBIOTIC SEAWEED + NEROLI BODY NOURISHER

This sumptuous treatment is a real treat for the skin! It begins with a deep exfoliation of the body, leaving the skin perfectly smooth and soft. Then a luxurious blend of balms containing neroli, seaweed and sea buckthorn are massaged over the body using gentle strokes that are deeply relaxing. You will then be cocooned in a biodegradable wrap and given a soothing scalp massage whilst the nourishing balms fully absorb into the skin, leaving it deeply hydrated, smooth and glowing.

90min · USD285*

PRODUCTS USED

Neroli and lime body balm, Probiotic Body Serum, salicylic exfoliating powder



SUN SOOTHER

Give sun-kissed skin a full body refresh from head to toe with a hydrating scalp, face and body mask. Mineral-rich organic sea algae and cooling aloe vera gel soothe redness and irritation. The face is treated with cool compress soaked in sea minerals and Sun repair sensitive mask to rejuvenate and reduce inflammation.

90min · USD285*

PRODUCTS USED

Organic algae, Sea algae, Aloe vera gel, Green tea extracts, Sun repair sensitive mask.

FLOW CREATIONS

We encourage you to share your desired therapeutic expectations so we can best help repair, care or elevate your overall state of wellbeing.



FLOW SALON SERVICES

FLOW



Scalp & Hair Treatments by Monpure

Signature Follicle Treatment

Our signature follicle treatment caters to all hair types, focusing on those confronting hair loss or thinning. Enjoy a stimulating scalp massage that infuses your hair roots with nutrient-rich vitamins, boosts cell turnover, and fosters thicker, fuller hair.

75min · USD180*

Jade Stone Head Massage

Rejuvenate with a 45-minute nutrient-rich head massage using smooth jade stones. This treatment stimulates the scalp, eases muscle tension, and promotes the emergence of stronger, healthier hair.

45min · USD130*

Head Tension Relief

Maximize relaxation in minimal time with our Head Tension Relief. This swift 45-minute treatment targets key pressure points around the head, alleviating tension and enhancing circulation for immediate serenity and rejuvenation.

45min · USD130*

Scalp Detox

Indulge in a detoxifying scalp treatment designed to exfoliate gently, unclog follicles, and remove flakes and impurities, this treatment stimulates blood flow, feeds you're your hair follicles with essential vitamins, and enhances the dermatological health of your scalp for a cleaner, healthier feel.

60min · USD150*

☑ Non-toxic ☑ Vegan & Cruelty-free ☑ Gluten-free
☑ Reef-safe ☑ Paraben-free ☑ Sulphate-free
☑ Silicon-free ☑ Pregnancy-safe ☑ Palm-oil free

CLASSIC MANICURE 60min · USD90*

GEL MANICURE 75min · USD110*

CLASSIC PEDICURE 60min · USD110*

GEL PEDICURE 75min · USD130*

EXPRESS MANICURE 30min · USD60*

EXPRESS PEDICURE 30min · USD60*

CLASSIC NAIL COLOUR REMOVAL 45min · USD70*

GEL REMOVAL 75min · USD110*

PARAFFIN TREATMENT + PEDICURE 90min · USD150*

ULTRA-NOURISHMENT WITH PARAFFIN®

PARAFFIN HAND TREATMENT + MANICURE

PARAFFIN FEET TREATMENT + PEDICURE

PRODUCTS USED
Our medical grade Paraffin wax is blended with apple stem cell, vitamins A, C, E, Green and White Tea

HAIR WASH & STYLE

A deep cleansing hair and scalp treatment using botanical extracts of grapefruit and lime. A mind melting head and shoulder massage is followed by a cool blow dry.

SHORT USD80*

MEDIUM USD100*

LONG USD120*

HAIR BRAIDS 60min · USD110*

Chic and cool. Bead it, braid it and own it.

MAKE OVER

NATURAL MAKE UP USD150*

MAKE UP AND HAIR STYLE USD250*

BRIDAL MAKE UP USD200*

BRIDAL HAIRSTYLE USD200*

BRIDAL HAIR STYLE & MAKE UP USD350*

*All prices are subject to 10% service charge and 17% GST.

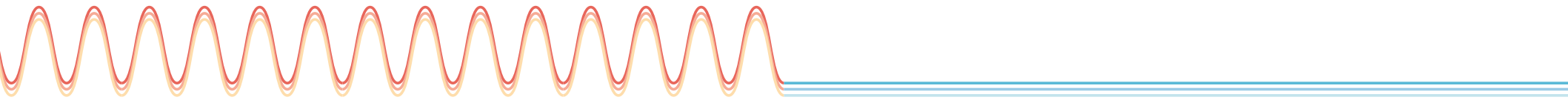
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☑ Non-toxic ☑ Vegan & Cruelty-free ☑ Gluten-free
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☑ Silicon-free ☑ Pregnancy-safe ☑ Palm-oil free

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SOOTHE

LIBERATE



FLOW

FLOW

