SPA

Welcome to Coco Spa

Sunny, peaceful, and naturally beautiful, Coco Palm Dhuni Kolhu rests among soft white sands and crystal-clear waters, where tall palm trees sway gently toward the sea. The resort offers a quiet, holistic retreat for body and mind. With calming spaces to relax and unwind, we simply hope to create moments that support your well-being, inner peace, and quiet reflection.

Offering a range of therapies inspired by traditions from Indonesia, Thailand, and India, discover a collection of Ayurvedic-inspired products that truly enhance the spa experience.

Let us gently guide you into a world of marine-inspired treatments designed to relax the body, calm the mind, and soothe the soul, leaving you with a deep sense of well-being. If you prefer, we warmly offer these spa experiences in the comfort of your own villa — a quiet way to unwind and feel truly at home.

Spa Etiquette

Reservations
We recommend scheduling your spa treatments in advance. Our spa team will gladly assist you in choosing the treatment of your choice.

Arrival
We recommend that you arrive 10 minutes prior to your appointment to allow time to complete a brief health assessment form and take a moment to relax before your treatment begins.

Preparing for Your Treatment
To avoid irritation, shaving is not recommended prior to body treatments. For your safety, please remove contact lenses prior to facial services. For men, please shave prior to all facial treatments to ensure that maximum results are achieved. Please shower prior to your treatment to enhance oil absorption and the overall experience.

Health Conditions
Please advise us of any health conditions that may affect your treatment.

Cancellations and Late Arrival
As a courtesy to other guests, please provide 5 hours' notice if you must cancel or reschedule your appointment. Less than 5 hours' notice of cancellation will result in a charge of 100% of the treatment price. If you arrive late, the length of your treatment will be shortened to end as scheduled, allowing our therapists to take their next scheduled appointment on time.

Recommendations
We recommend that you leave all jewellery in your villa before coming to the spa. We kindly request that you refrain from using mobile phones in the spa to ensure a tranquil environment.

Charges
All treatments will be charged to your villa, and appear on your account at the time of check out.

Gratuities
In appreciation of services, gratuities may be given at your discretion.

Hours of Operation

Spa Treatments:	09:00 – 19:30
Spa Boutique:	09:00 – 19:30
Yoga:	07:30 – 19:00
Fitness Centre:	07:30 – 19:30

Please contact Coco Spa Reception by dialling extension 165.

All prices are in US Dollars and subject to 10% service charge and 17% TGST

Coco Signature Treatment

Journey to Maldives

Capturing the true essence of Maldivian charm, tranquillity and beauty, this 'Journey to the Maldives' ritual will rekindle your senses and lead you to a place of synchronised harmony.

110 minutes | $285++ | per couple

Island Foot Ritual

A purifying foot ritual, infused with rich aromatic lime essential oils, starts your journey to total relaxation.

Island Seashell Massage

Continue with a unique massage using Maldivian coconut oil drizzled over seashells, where they smoothly glide along the contours of the body, providing a unique sensation and relieving muscle tension.

Coconut & Vanilla Body Scrub

A full-body exfoliation ritual follows, invigorating and revitalising the body using an exotic blend of coconut and vanilla to deeply cleanse and moisturise. Skin will appear radiant and flawless.

Face & Scalp Treatment

While reaping the benefits of the wrap and scrub, enjoy a calming scalp and face massage, enhancing relaxation by releasing tension.

Lime Bath

After a refreshing shower, enjoy a local Kurumba (young coconut) whilst you immerse in a soothing lime bath soak, helping to remove impurities from the skin and promote cellular renewal.

To finish, moisturiser is applied, leaving your body feeling refreshed and your skin glowing and hydrated.

Body Massages

Detox Massage *Purifies the Body*

This purifying massage helps to eliminate toxins, decongest tissues, and assist the body in regaining its vitality. At the end of the treatment, you will feel refreshed as your circulation is improved, your back is deeply relaxed, and your skin feels fantastic.
Pressure: Gentle to Medium

50 / 80 minutes | $80++ / $125++

Balinese Massage *Boosts Circulation*

This traditional full-body massage uses a combination of rigorous techniques in one session, designed specifically to ease knotted muscles and release tension by working deeply into the tissue and targeting all muscle groups.
Pressure: Medium to Firm

50 / 80 minutes | $75++ / $120++

Coco Fusion Massage *Delivers Combined Healing*

Using a blend of techniques, this treatment merges the art of five traditional massage styles: Shiatsu, Thai, Balinese, Swedish, and Reflexology. Experience the full benefits of combined healing, leaving you feeling completely relaxed.
Pressure: Medium to Firm

50 / 80 minutes | $80++ / $125++

Prenatal Massage *During Pregnancy*

Prepare your mind and body for this special time. Using gentle and delicate strokes, this treatment has a draining effect and relieves joint tension by reducing swelling and heaviness. Safe for women who are 12 weeks pregnant or more.
Pressure: Gentle to Medium

50 / 80 minutes | $80++ / $125++

Foot Massage Soothes & Relaxes

Stimulating pressure points on the feet that correspond to different parts of the body, this treatment improves overall circulation.

50 minutes | $65+

4 Hands Massage *Pure Indulgence*

Two therapists work in synchronised harmony using relaxing, rolling, and deep massage techniques to release tension throughout the body, leaving you feeling totally relaxed.

50 minutes | $140++

Aromatherapy Massage *Relaxing Massage Ritual*

Treat yourself to a gentle massage using aromatic oils that wonderfully nourish and protect your skin from dryness, pollution, and dehydration. A soothing ritual that relieves muscular tension and refreshes the mind, body, and soul.

50 / 80 minutes | $75++ / $120++

Indian Head Massage *Stress Relieving*

Based on Ayurvedic techniques, this traditional Indian massage focuses on the scalp, neck, and shoulders. It stimulates blood circulation and increases mobility and flexibility, making it ideal for reducing stress and tension.

30 / 50 minutes | $50++ / $83++

Lomi Lomi Massage *Harmonises Mind and Body*

This spectacular treatment draws on three different cultures to deliver an intensely relaxing and calming experience. Specifically designed to expel fatigue and daily tension, it restores balance in both mind and body.

80 minutes | $120++

Deep Tissue Massage *For Sports Enthusiasts*

This targeted massage works deep into the muscle and connective tissues using intense pressure. Ideal for chronic muscle tension, knots, and adhesions, it enhances flexibility and soothes the body.
Pressure: Firm

50 / 80 minutes | $80++ / $125++

Thai Massage *Targets Pressure Point*

A full-body treatment involving passive yoga-like stretching and pressure point massage along the body's major energy channels. It helps release blocked energy, relieve tension, increase flexibility, and align the body's structure. No oil is used.
Pressure: Medium to Firm

50 / 80 minutes | $80++ / $125++

Warm Stone Massage *Promotes healing*

Warm essential oils are drizzled over the skin while smooth volcanic stones are applied with gentle pressure. This deeply nurturing massage releases tight muscles and energy blockages, promoting balance and calm.
Pressure: Medium to Firm

80 minutes | $125++

Ayurvedic Touch

Abhyanga Massage *Soothes the Mind, Body, & Soul*

A welcoming foot ritual initiates this profoundly relaxing massage. Warm oil enriched with fragrant Indian spices is then applied with long deep rhythmical strokes, stimulating the body's vital energy. The treatment concludes with a scalp and face Mar-massage, targeting facial pressure points.

80 minutes | $130++

Shiro Abhyanga Massage *Restore Balance to the Body*

This is a powerful therapeutic experience based on Ayurvedic healing therapy that has been used for thousands of years. The concept of Shirodhara aims to relax the body and open the third eye. The treatment begins with a foot ritual, followed by a relaxing Abhyanga full body massage, before the forehead is drizzled with a steady stream of warm oils. A scalp massage is then performed to enhance deep relaxation.

80 minutes | $140++

KatiVasti

This is special Ayurvedic treatment for lower backache or sciatica of different etiology.
Warm ayurvedic oil is held on affected area on lumbosacral region.

50 minutes| $65++

GreevaVasti

Special Ayurvedic treatment for various neck complaints including cervical spondylitis, I.V.disc prolapses, arthrosis, etc.

50 minutes | $65++

JanuVasti

JanuVasti is another warming up therapy with herbal oil, however, this one aimed specifically at the knees and the surrounding muscular system. This treatment can relax the deep muscles in the mentioned part and decrease pain and stiffness.

50 minutes | $65++

Hands & Feet

Perfect Hands & Feet

This luxurious treatment, ending with the perfect look. Cuticles and nails are nourished with enriched oils, filed and polished. Hand and legs are gently exfoliated followed by an extensive massage. The treatment concludes with nail polish application.

120 minutes | $120++

Classic Manicure

50 minutes | $55++

Classic Pedicure

60 minutes | $60++

Boutique

The Coco Spa Boutique offers you a selection of luxury organic Thalgo home care available for purchase. Open during Coco Spa's hours of operation.

Relaxation Area

We are delighted to offer you complimentary use of the Jacuzzi & Fitness Centre. Open during Coco Spa's hours of operation.

Active Wellness

Sunrise Yoga

Designed for those who enjoy an early start to the day, Sunrise Yoga includes gentle movements, breathing techniques, stretching and sun salutation to help revitalize the body. The special sequences of yoga asanas help to create a positive mood and a feeling of wellbeing, all while reducing stress and stiffness in the body.

Hatha Yoga

The most famous aspect of Hatha yoga is the postures or 'asanas' which are used to strengthen, stretch, and tone the body as part of yogic practice. During a Hatha yoga session, the yoga master will move through a number of these poses, holding them for varying amounts of time and working in a set order to ensure that muscle groups are slowly warmed up and evenly worked.

Pranayama

Pranayama is the science of controlling your breathing through systematic breathing sequences. Learn the process of regulating your breathing and gain control of the Prana, the vital life force; helping to achieve longevity.

Meditation

Learn relaxation and breathing techniques which help to control stress clear your mind and enhance the power of creativity. Connect with your higher self and invoke a state of deep silence whilst restoring energy and inner awareness.

Yoga Nidra for Relaxation

Yoga Nidra is a highly powerful ancient meditation technique. In yoga Nidra, you are not only able to enjoy the complete physical, mental and emotional relaxation but are also able to explore the tremendous powers hidden within the deeper layers of the subconscious and unconscious mind. Yoga Nidra delivers a deep relaxation whereby the mind is in the unique state of between being asleep and awake.

Sunset Yoga

A combination of various yoga techniques are offered at sunset to help you unwind and relax in a beautiful tranquil environment.

Group Yoga Classes

60 minutes | $35++

Private Yoga Session

60 minutes | $50++

Fitness Experience

We are glad to offer you complimentary use of the fitness centre which is set up with state-of-the-art equipment for a wide variety of workouts from cardiovascular to weight training

Well Being by Thalgo
Active Wellness

Face Treatments

Source Marine Ritual

A moisture boosting delight for all skin types but particularly dehydrated. After a relaxing welcome massage, your skin is gently cleansed and exfoliated. A deeply hydrating serum is applied with Thalgo's signature heart of the ocean massage, after which a moisturising mask delivers intense and lasting hydrating. An application of hydra marine 24hr gel cream completes the treatment and leaves the skin rehydrated, its texture improved and the complexion smooth, plump and radiant.
Tips: All Skin

60 minutes | $100++

Purete Marine Ritual

This is a complete rebalancing treatment for oily/combination skin. After a relaxing welcome massage, the skin is treated to a deep cleansing and thoroughly exfoliated.

A purifying serum is applied with Thalgo's signature heart of the ocean massage, recreating the rhythmic motions of the sea to relax the facial muscles and relieve tension in the arms, shoulders and neck.

This is followed by application of an oil absorbant mask which help to lift away impurities. After an application of the finishing product, your skin is left soft, matte and perfectly balanced.
Tips: Oily & Combination Skin

60 minutes | $100++

Cold Cream Facial

A heaven of comfort for dry / sensitive skin. After a relaxing welcome massage, your skin is gently cleansed and exfoliated. A concentrate rich in algae extract and replenishing oils is gently infused into skin with Thalgo's signature heart of the ocean massage, recreating the rhythmic motions of the sea to relax the facial muscles and relieve tension in the arms, shoulders and neck. After which a mask application bathes the skin in pure nourishment for even the most sensitive skins.
The treatment finishes with an application of nourishing, soothing cream to soften, soothe and restore comfort to dry, very dry and sensitive skins.
Tips: Dry & Sensitive Skin

60 minutes | $100++

Hyalu – Procollagene Treatment

The first Thalgo wrinkle by wrinkle treatment combining hyaluronic acid and marine pro-collagen using roller boosters for visible effectiveness from the first treatment, the highlight of this treatment is the double anti wrinkle action of the professional mask combined with trio roller rollers with 3 actions : to instantly plump out the skin with relaxing massage, visibly smooths wrinkles with active massage and gradually fill established wrinkles from within with intensive massage.

80 minutes | $135++

Body Treatments

3 Algae Body Wrap

This is the signature body treatment of Thalgo, the original marine algae wrap rich in minerals, vitamins, trace elements and micro nutrients. The plasma gel is anti-septic which is pure marine algae in gel form that will allows deeper and effective penetration of the active ingredients. The marine algae wraps relaxes the muscles and joints and eliminate metabolic waste through perspiration. It incorporates the use of thermal blanket to accelerate perspiration of the body thus enhancing the detoxification process. This treatment activates circulation, increases metabolism and relieves aches and pains. An excellent body wrap for general well-being, total relaxation, refining the figure and breaking fatty deposits. Recommended as prelude before all body slimming and body toning treatments.

60 minutes | $120++

Marine Prelude

A deluxe exfoliation treatment which combines natural sea salts and Dead Sea mud, a perfect treatments for an athlete. Eliminates dead skin cells, helps smooth skin roughness, refines skin texture and invigorates the entire body by activating micro circulation. Also includes a 10 minutes foot reflexology as a part of the treatment. A thermal blanket if use in this treatment can enhance the penetration process of the active ingredients.

60 minutes | $120++

Cold Cream Marine Ritual

A treatment for dry to very dry skin, soothe feeling of tightness and discomfort and leave skin feeling soft, supple and velvety smooth once more. This is a one product treatment & massage, a thick layer of 2 in 1 massage body wrap repair balm is applied to the driest or most sensitive areas for more sensory. Effective and easy to use body wrap.

60 minutes | $85++

Thalgo Spa Ritual

Polynesia Journey

Take your client to an exotic and luxurious journey for a complete sense of well-being and relaxation. This ritual has four steps.

1. Exotic Island Body Scrub – white sand from Bora Bora, sea salt, coconut shell to intensely exfoliate and smooth the skin, the Algo Monoi Sargassum complex and Vanila Tahitensis for relaxation. Plus plant oils of Apricot, Jojoba, and Almond to nourish and soften the skin.

2. Lagoon Bath Pebble – A pebble that fizzes when in contact with water, soothing marine complex, white water lily, essential oils of citrus for moisturising and relaxing action

3. Mahana Massage Oil / Sand Tuipoonis / Water pillows – an incredibly relaxing massage with warm sand that are highly relaxing for body and mind and water pillow will create watery sensation and relaxed stress area.

4. Polynesia Sacred Oil – This dry Monoi based oil nourishes and moisturises the skin, sublimely enhanced with a subtle veil of golden pearl.

100 minutes | $130++

Coco Premium

Prodige des Oceans Face and Body Ritual

A supreme Beauty and Let Go Experience, a journey of pure well-being and revitalising escape. Rediscover flawless skin with Thalgo's Prodige des Oceans Ritual, the first marine treatment for absolute perfection that provides the unique power of 5 oceans to infuse the skin with 100% marine nutrients for perfectly radiant and even skin tone.

A complete face and body treatment where innovation and technique meets luxury and emotion.

The ritual start with a welcome ceremony followed by gentle Korean relaxation to harmonise the body, followed by an iconic massage inspired by Kobido, a Japanese massage technique which helps in toning, draining and relaxing the skin.

The secret in the effectiveness of the ritual is a wealth of specific marine professional products and its iconic movements for a total surrender of the mind and body.

120 minutes | $175++

Quick Treatments

Illuminating Radiance Treatment

Reveal your skin's beauty and radiance in just 30 minutes! The facial begin with a cleanse and exfoliation, after which the Ultra Radiance Mask is applied. An energising digito pressure massage helps the smoothing and radiance - boosting active ingredients absorb into the skin.
The application of Absolute Radiance Concentrate to the face and neck awakens the skin and the treatment is finished with a skin-type appropriate cream, leaving the complexion fresh and glowing with radiance.

30 minutes | $50++

Thalgo 3 Algae Facial

Experience a true marine beauty treat with this signature algae facial, suitable for all skin types. Following a relaxing welcome massage, the skin is gently cleansed and exfoliated. A mask of pure natural seaweed, known for its beauty-enhancing properties, is then applied to remineralise and revitalise the skin.Thalgo's Heart of the Ocean massage uses gentle movements inspired by the rhythms of the sea to relax facial muscles and ease tension. The treatment concludes with a carefully selected serum and moisturiser suited to your skin type, leaving your complexion feeling soft, refreshed, and naturally radiant.

40 minutes | $60++

Relaxing Eye Treatment

This ultra-relaxing eye treatment begins with a cleansing and gentle massage of the eye area using a specific eye concentrate. The appropriate eye product than use around eye contour area to reduce puffiness and dark circles and to gently smooth out any lines or wrinkles. To finish, the Thalgo Silicium Eye is applied. The result is an instant rejuvenation of the eye contour area.

30 minutes | $40++

Purity Exfoliation

A body exfoliation that rids the skin of its impurities in depth, improves cell renewal, smoothens and hydrates. The red algae from the scrub stimulates the micro circulation of the body. The exfoliation is then completed with the specific finishing product for intense hydration or deep nourishment. The skin regains its softness and radiance and active ingredients are more easily absorbed.

30 minute | $50++

Milk Bath

This most sensual and soothing Egyptian precious milk bath ritual to relax and calm your senses.

20 minutes | $30++

COCO PALM

dhuni kolhu · maldives

TRULY MALDIVIAN

hidden gem