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drift
BY NIYAMA



Slow down, exhale...and drift into deep relaxation. At Drift by Niyama, we've crafted each experience so that you can savour and live in the moment.

Welcome to the world of Drift.

CONTENTS

The Spirit of Drift	04
Family Soul	05
Dive/Surf & Drift	05
Drift Massages	06
Anne Semonin Facials	08
ELEMIS Facials	10
Drift Body Treatments	12
Drift Express	12
Drift Kids	13
Drift Salon	13
How to Drift	14

THE SPIRIT OF DRIFT

NIYAMA SIGNATURE

120 MINS

A coconut body wrap rich in essences. Our signature oil massage using lomilomi, shiatsu and Thai techniques. An eye massage using chilled lava stones to reduce puffiness, perfect for pre or post travel.



DRIFT RECOVERY

120 MINS

A scrub, wrap, massage and facial sequence that draws on the power of marine minerals to energise and glow from top to toe.

AROMA HOT STONE

120 MINS

Three styles of massage: lomilomi with cool gel. Hot stone with ginger and black pepper oils. Thai massage-style stretching. Follow with a cooling stone facial to clear any blockages.



ELEMIS COUTURE

120 MINS

Time to switch your skin on. Combine any 30/60/90 - minute ELEMIS facial with a freestyle deep tissue massage.

FAMILY SOUL

To be enjoyed in-villa or in a private spa sanctuary.

FAMILY SPA-RTY

(PARENT + CHILD)

90 MINS

An invigorating coconut body scrub for mum or dad followed by an intense release massage. For the little one: a dolphin massage followed by a mani-pedi.



FAMILY INCREDIBLE

(PARENT + 2 CHILDREN)

90 MINS

Parental unwinding: an intense release massage followed by a milk bath soak. For the little ones: the full works with a coconut scrub, wrap, aloe vera massage, and mani or pedi.

DIVE, SURF & DRIFT

PRE-DIVE / SURF

60 MINS

Get ready to tan and shine. A coconut and salt body scrub is followed by a moisturising aroma back massage.



POST-DIVE / SURF

60 MINS

Revive with a recovery back massage and cool aloe vera body wrap.



DRIFT MASSAGES

NIYAMA

60/90 MINS

A unique combination of Hawaiian lomilomi, Japanese shiatsu and Thai traditional massage with aroma oil to induce deep relaxation.

AROMA

60/90 MINS

Aroma oil soothes, while Swedish and cross-muscle-fibre massage techniques work deep into tight and aching muscles.

THAI

60/90 MINS

Famous the world over, pressure -point massage and yoga-style stretches release locked energy and tension.

BALINESE

60/90 MINS

Aromatherapy, acupressure, skin rolling and firm, smooth strokes stimulate energy flow and circulation.

SPORTS THERAPY

60/90 MINS

A vigorous massage that concentrates on specific muscles and muscle groups to release tension and aid the natural healing process.

FREESTYLE DEEP TISSUE

60/90 MINS

Select an aroma oil for muscle pain, stress relief, relaxation or balance. A flowing massage style works deep to encourage optimum circulation.

PEACEFUL PREGNANCY

60/90 MINS

Performed on a pear-shaped beanbag that moulds to every bump, a gentle massage hydrates skin that is expanding to accommodate your growing baby.

DRIFT INTO SLEEP

60/90 MINS

The ultimate indulgence. Get ready for bed, then submit to healing hands that gently massage from head to toe as you drift into sleep.

*To be enjoyed in-villa

ANNE SEMONIN FACIALS

Personalised. Holistic. Classic French. Anne Semonin facials are customised to your skin, with essential oils, nourishing antioxidants, and lymphatic massage to increase circulation and bring out your inner glow.

DEEP MARINE PURIFIER

75 MINS

Traditional steam and extraction techniques combine with the power of marine elements. The peel-off mask with minerals and algae leaves the skin instantly calmed, decongested and silky smooth.

COUTURE MADE TO MEASURE

60 MINS

Everyone's skin is unique. This phyto-aromatic treatment combines serums, masks and mineral complexes to meet the specific needs of your skin:

Age Defend: firming and toning

Oligo Skin Protect: hydrating and balancing

Soothing Skin Saviour: calming and nourishing

Baby Bliss: rehydrating and soothing

ULTIMATE AGE PROTECT

90 MINS

Revive with a recovery back massage and cool aloe vera body wrap.

HYDRA EXPRESS

30 MINS

Instantly revive a tired complexion with a facial cleanse and mineral mask to reveal clarity.

MIRACLE EYES

30 MINS ADD-ON

Specifically designed for the delicate eye area, with eye contour masks and a specialised lymphatic massage, ideal for reducing signs of ageing.



ELEMIS FACIALS

Defined by nature. Led by science.
The no.1 luxury British skincare brand, ELEMIS harnesses the power of natural ingredients and technological innovation. All our treatments use the BIOTEC machine with galvanic micro-currents to deliver nutrients deeper into the skin.

BIOTEC RADIANCE RENEW

30/60/90 MINS

For dull and tired skin. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and remove impurities, while the galvanic current harnesses the power of elderberry and orange flower to restore moisture.

BIOTEC SKIN RESURFACER

30/60/90 MINS

Addresses uneven tone, blemishes and fine lines. The ultrasonic peel reveals a noticeably smoother complexion using a combination of lactic and hyaluronic acids. Steam and extraction deeply cleanse, before massage and light therapy restore equilibrium.

BIOTEC 24/7 SKIN SYNC

30/60/90 MINS

For a well-rested glow. LED light therapy helps reset the clock for optimum skin wellness, while galvanic technology stimulates the skin for an illuminated, wide-awake feel.

BIOTEC LINE ERASER

30/60/90 MINS

Circulation is improved, increasing the production of collagen and elastin, while the dermis is flooded with hyaluronic hydrating activators. Red and blue light therapy de-stress the skin while a blast of oxygen irons out wrinkles and fills in lines.

BIOTEC FIRM-A-LIFT

30/60/90 MINS

A blend of massage and sculpting technology to strengthen, restore elasticity and contour. Circulation-stimulating gardenia stem cells are activated by micro-current pulses to tighten slackening skin.

BIOTEC BLEMISH CONTROL

30/60/90 MINS

Detoxifies the skin and repairs damaged tissue. Ultrasonic vibration, massage, steam and galvanic currents thoroughly decongest and exfoliate. A powerfully antioxidant, anti-bacterial activator of salicylic acid soothes, while light therapy clears the complexion.

BIOTEC SENSITIVE SKIN SOOTHER

30/60/90 MINS

Calms red skin. Using natural anti-inflammatory willowherb, the skin is infused with oxygen to encourage cellular restoration. Red light therapy with calming antioxidants improve the skin's natural ability to repair itself.

BIOTEC SUPER-CHARGER FOR MEN

30/60/90 MINS

De-stresses, de-ages and de-fatigues the male complexion. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep cleanse, simultaneously exfoliating and powering kalpariane's anti-wrinkle properties.



DRIFT BODY TREATMENTS

INTENSELY CLEANSING SALT SCRUB

30 MINS

Choose your aroma, lime and ginger or frangipani, as sea salt invigorates and sloughs away dead skin, encouraging the regeneration of new cells.

BODY NECTAR NOURISHING WRAP

45 MINS

A velvety concoction of monoi oil, frangipani and pink clay offers super-hydration, your body cocooned in warm nutrients.

MELT BACK REMEDY

45 MINS

A self-heating seaweed wrap melts away fatigue, followed by an aromatic massage with marjoram, lavender and rosewood essential oils.





DRIFT EXPRESS

BACK, NECK & SHOULDER MASSAGE

30 MINS

Choose your aroma, lime and ginger or frangipani, as sea salt invigorates and sloughs away dead skin, encouraging the regeneration of new cells.

FOOT ACUPRESSURE

30 MINS

A velvety concoction of monoi oil, frangipani and pink clay offers super-hydration, your body cocooned in warm nutrients.

ALOE VERA WRAP

30 MINS

Ideal for overexposed and sensitive skin. The treatment heals and cools down the body.



DRIFT KIDS

Daphne the Dolphin Massage	30/60 MINS	Little Princess Manicure	30 MINS
Little Starfish Couture Facial	30 MINS	Happy Feet Pedicure	30 MINS



DRIFT SALON

Bringing the luxury and expertise of Margaret Dabbs London to the Maldives.

SUPREME MANICURE 60 MINS

Dress up your hands with the full suite of Margaret Dabbs Fabulous Hands products, ending with an anti-ageing hand serum, lower arm massage and nail polish.

SUPREME PEDICURE 60 MINS

Feet are bathed, exfoliated, massaged and all-round pampered, followed by filing and the polish of your choice.

GENTLEMEN'S MANICURE 50 MINS

Look your best, gents, with carefully filed and buffed nails, pushed back cuticles and softened skin.

GENTLEMEN'S PEDICURE 60 MINS

The full spa treatment involves a soak, removal of dead skin, nail shaping and massage with moisturiser.

EXPRESS FILE & POLISH 20 MINS

Pop in for a quick brush up of your nails, with expert shaping and polish.



HOW TO DRIFT

TREATMENTS AND CHARGES

In-Villa: Enjoy your treatment, whether individually or as a couple, in a private ocean suite at the spa, in a garden sanctuary with al fresco soaking tub, or within the privacy of your villa. Please note that in-villa treatments are subject to an additional 25% charge.

After Dark: The spa is open 24 hours. A selection of treatments is available anytime during the night (9.00 pm – 9.00 am), subject to an additional 25% charge.

RESERVATIONS

We highly recommend that you reserve your experience in advance. The spa receptionist can advise what times are available during your stay.





ARRIVAL

To ensure you receive the full benefits of your spa experience, we ask you to arrive at least 15 mins ahead of your scheduled appointment. You can arrive even earlier to make full use of the relaxation area, with wet facilities and a juice bar within a garden setting. If you arrive late for a scheduled appointment, you will receive the best experience possible within the remaining time. Full costs will still apply.

CANCELLATIONS

We understand you may need to change your schedule. Should you wish to cancel or reschedule an appointment, we ask that you give us a minimum of 4 operating hours' notice or else a 50% cancellation fee will be charged. No-shows will incur full payment.

HEALTH

Please inform the spa receptionist as well as your therapist of any known medical conditions, allergies or medications. We recommend that you do not sunbathe after facials or aromatherapy for a minimum of six hours.

SPA ATTIRE

You will be provided with disposable underwear, a robe, slippers and towels. Your bathing suit is necessary for the sauna, steam and baths.

VALUABLES

We recommend that you leave your valuables in your in-villa safe before heading to the spa. Drift by Niyama cannot accept responsibility for any loss or damages of any kind.

AMBIENCE

Drift is a fresh and pure environment. Please help us to maintain serenity by refraining from smoking and turning off your mobile phone.

AGE REQUIREMENTS

For children below the age of 13, a parent or guardian must be present for the spa session. Therapists providing massages are gender-specific.





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