

A woman and a man are lying on massage tables in a spa, receiving massages. The woman is in the background, and the man is in the foreground. Both are covered with towels and have their eyes closed, appearing relaxed. The background shows a swimming pool.

H *Holiday Inn*
RESORT
— BY IHG —

KANDOOMA MALDIVES

**Island Spa &
Wellness**

2026

A photograph of an outdoor swimming pool with a green mosaic tile bottom. The pool is surrounded by lush greenery, including various plants and trees, and a white fence in the background. The scene is bright and sunny, suggesting a tropical or island setting.

Where Maldives Island Serenity Meets Expert Wellness

The essence of holistic healing in the heart of South Malé Atoll.



Rediscover harmony in the healing rhythm of island life at Kandooma Spa by COMO Shambhala. Set amongst tropical greenery and just moments from the shoreline, this tranquil sanctuary invites you to reconnect physically, mentally and spiritually, through COMO Shambhala's globally respected approach to holistic wellbeing.

Kandooma
Spa by

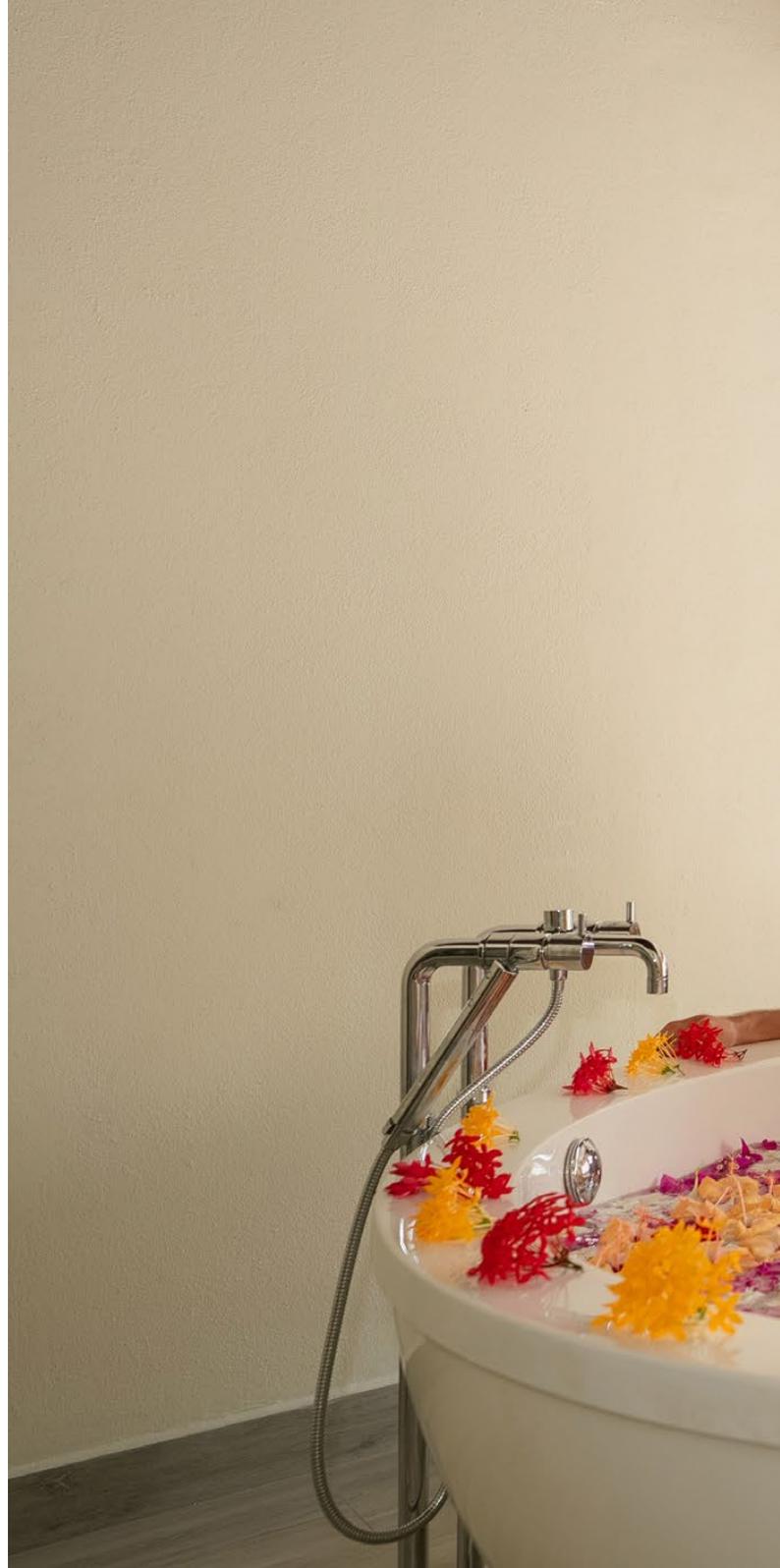


A Contemporary Sanctuary Rooted in Tradition

Kandooma Spa by COMO Shambhala blends modern elegance with ancient healing philosophies. Operated by the trusted wellness experts of COMO Shambhala, the spa has been thoughtfully designed to offer both seclusion and connection to nature, the ocean and to a deeper sense of self.

Seven spacious treatment rooms, including two luxurious couples' villas, create private havens complete with swimming pools, shaded courtyards, oversized bathtubs for two, dedicated treatment zones and ensuite amenities. This is wellness crafted with intention and delivered with refinement.

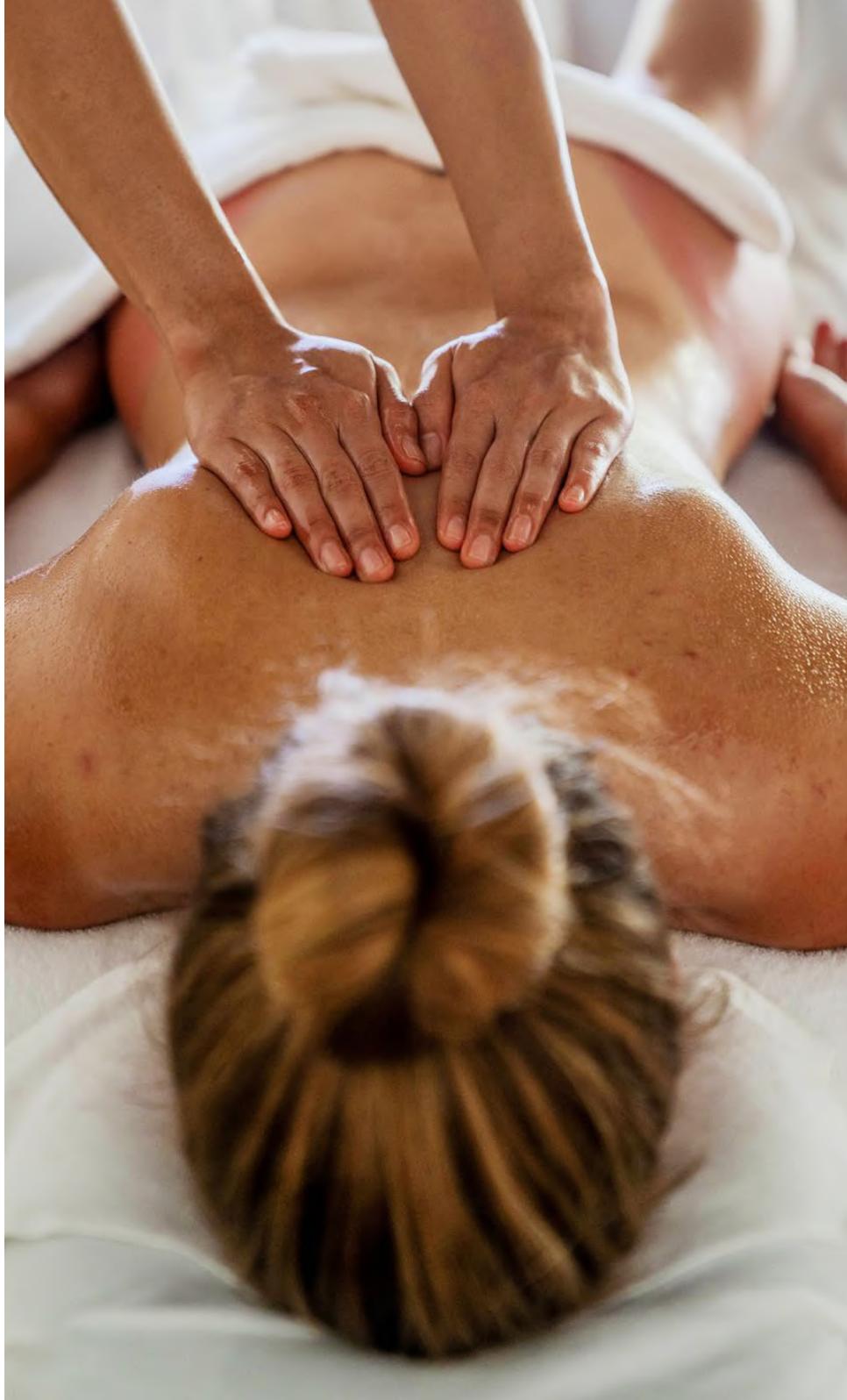
Our two exclusive couples' spa villas offer the ultimate private escape each with its own pool, courtyard, and oversized soaking tub.





Spaces that Soothe and Restore

Additional facilities include steam rooms, separate male and female changing suites, a tranquil relaxation lounge, and a boutique featuring COMO Shambhala wellness products, gifts and essentials.





Tailored Experiences, Timeless Traditions

The spa's treatment menu blends age-old Asian healing techniques with contemporary therapeutic knowledge. Highlights include personalised facials, advanced non-surgical anti-ageing rituals, and detoxifying body therapies that restore, tone, and revitalise.

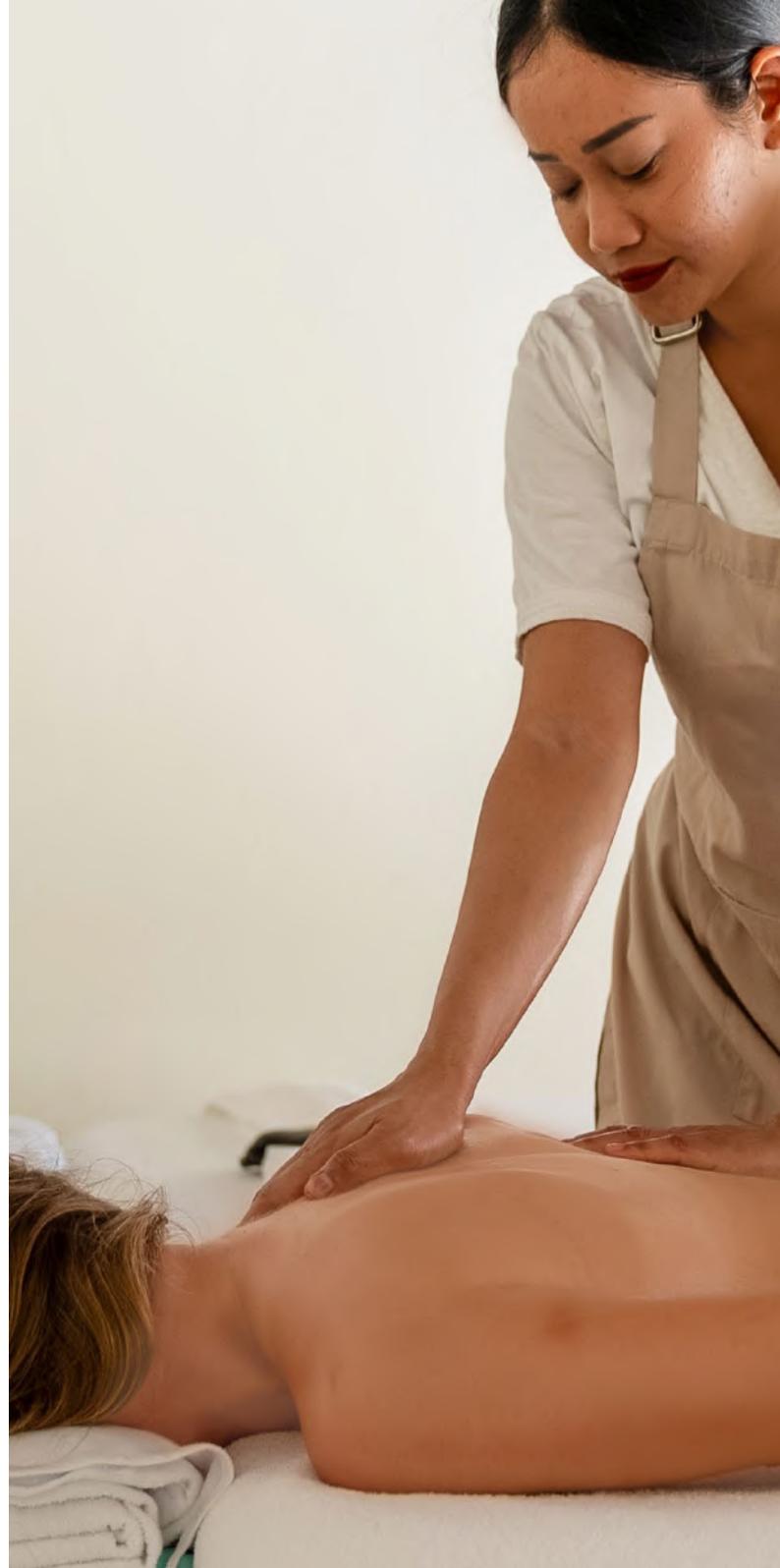
Every treatment is performed with mindful precision by skilled practitioners, ensuring a deeply restorative, sensory-rich experience. From powerful deep-tissue release to gentle lymphatic stimulation, each therapy guides the body back to balance.

Deep Tissue & Stretch Therapies

Ideal for surfers, divers, yogis and active guests.

Rejuvenating Facial Rituals

Advanced techniques for visible radiance and rejuvenation.





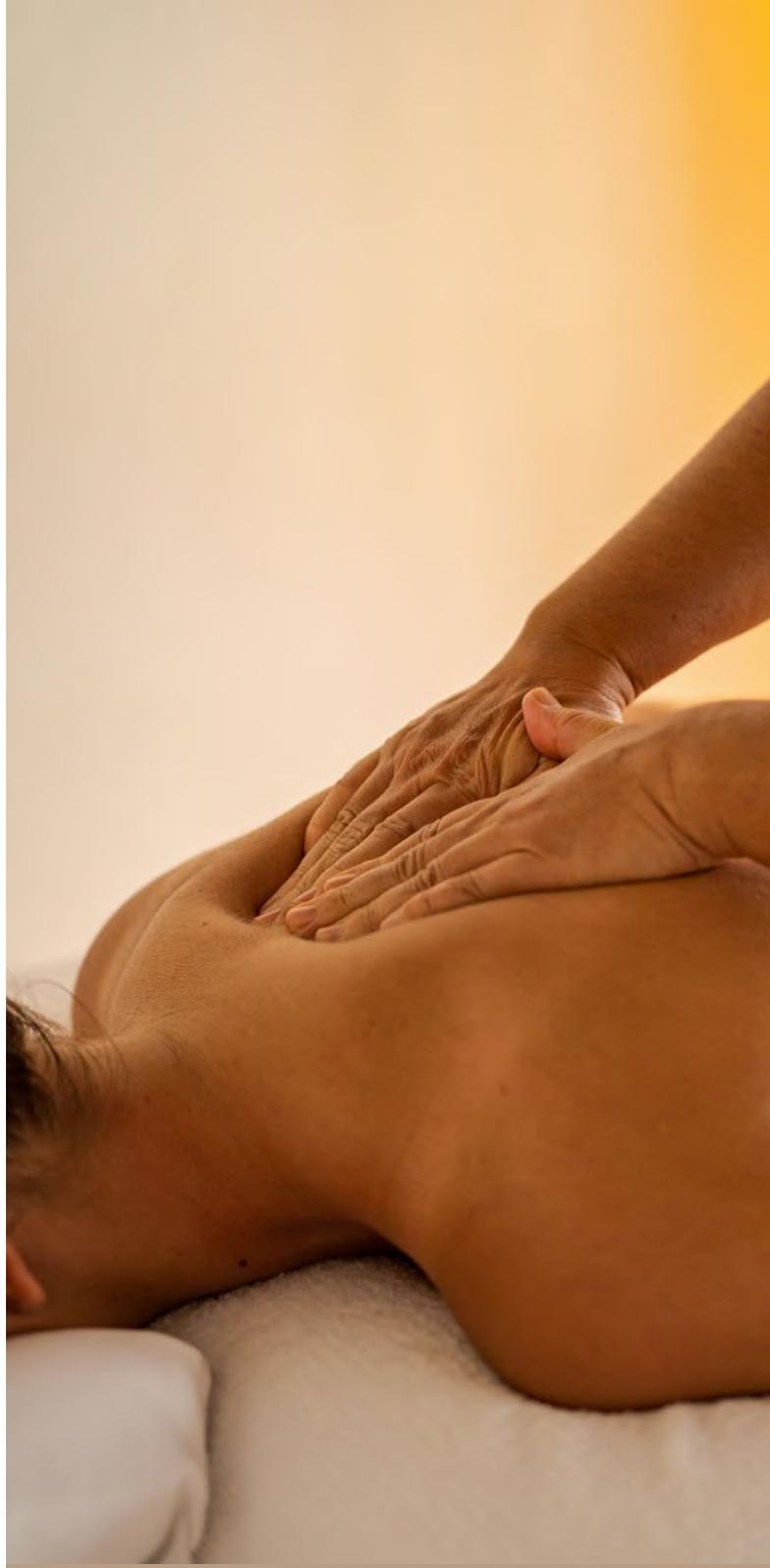
The Heart of Holistic Healing

Celebrated worldwide for its commitment to transformative wellbeing, COMO Shambhala brings its most iconic therapies to Kandooma. Each treatment is crafted to restore equilibrium through expert touch, mindful technique and nature-inspired ingredients.

Signature highlights include:

- **COMO Shambhala Massage** – A deeply soothing full-body ritual combining long, flowing strokes and gentle pressure to release tension and calm the nervous system.
- **Deep Tissue & Stretch Therapies** – Targeted techniques that ease muscular tightness and improve mobility ideal for active guests, divers, surfers and yogis.
- **Rejuvenating Facial Rituals** – Tailored to individual skin needs using advanced, non-invasive methods to lift, brighten and nourish.
- **Detox & Rebalance Body Therapies** – Traditional Asian methods paired with purifying botanicals to stimulate circulation, support lymphatic flow and revitalise overall energy.

These signature experiences reflect COMO Shambhala's hallmark of purity, expertise and mindful intention guiding guests toward deep, lasting wellbeing.







Sunset Salt & Sound Healing

This immersive sunset healing experience unfolds on Kandooma's open-air yoga deck, where nature becomes part of the ceremony. With the rhythmic hush of the waves as your natural soundtrack, guests are gently guided into deep rest through a harmonious blend of the sounds from crystal and Tibetan singing bowls. Designed to soothe the nervous system, quiet the mind and restore inner balance, this deeply nourishing journey invites you to simply lie back, breathe and receive as the day softly fades into dusk.



Movement, Mindfulness and Island Energy

At Kandooma, wellbeing extends far beyond the treatment room. Our complementary wellness experiences celebrate the island's natural beauty while nurturing strength, mobility and inner calm.

Yoga Pavilion

Wake with the rising sun or unwind at dusk with guided Yoga sessions, led by Courtney, overlooking the ocean or within the lush gardens. Suitable for all levels, classes blend mindful movement, breathwork and meditative stillness offering guests a grounding yet uplifting start or end to the day.

Float & Flow

A uniquely Maldivian ritual. Practised on calm lagoon waters, our Float & Flow Stand-Up Paddleboard Yoga experience enhances balance, builds core strength and deepens mindfulness as you move gently with the rhythm of the sea. Equal parts strengthening and serene, it's island wellbeing at its most playful.

24/7 Glass-Encased Gym

For those who prefer a more traditional workout, the resort's light-filled gym is surrounded by tropical gardens and equipped with state-of-the-art cardio and resistance machines. Accessible 24/7 via guest villa key card, it provides the perfect environment for strength training, functional fitness, stretching or a mindful moment of movement at your own pace.



Personalised Journeys, Holistic Living

Active Retreats & Visiting Practitioners

Wellbeing at Kandooma Spa by COMO Shambhala is designed to be deeply personal. Guests are invited to craft their own journey from tailored bodywork and restorative therapies to guided meditation, Yoga and fitness experiences.

Our wellness calendar is enhanced by visiting international practitioners offering specialised therapies, alternative healing modalities, energy work and mindful living workshops ensuring each visit is as unique as the individual seeking it.

For those who enjoy challenging physical workouts, Kandooma hosts the annual Active Escapes Festival and is a preferred choice for private group retreats.





Kandooma
Spa by



Price List

Treatment	Price
Massage	
COMO Shambhala 60 minutes	\$ 110
COMO Shambhala 90 minutes	\$ 140
COMO Shambhala back massage 45 min	\$ 80
Deep Tissue 60 minutes	\$ 110
Deep Tissue 90 minutes	\$ 140
Indonesian Massage 60 minutes	\$ 100
Indonesian Massage 90 minutes	\$ 130
Thai Massage 60 minutes	\$ 100
Thai Massage 90 minutes	\$ 130
Surfer Massage 45 minutes	\$ 80
Prenatal Massage 75 minutes	\$ 125
Prenatal Massage 90 minutes	\$ 140
Manual Lymphatic drainage 60 minutes	\$ 110
Manual Lymphatic drainage 75 minutes	\$ 140
Indian Head Massage 60 minutes	\$ 100
Foot Acupressure 30 minutes	\$ 50
Foot Acupressure 60 minutes	\$ 100
Hot River Stone Massage 90 minutes	\$ 175
Couple Workshop 75 minutes	\$ 150

Body Treatments	
COMO Shambhala Bath 120 minutes	\$ 190
COMO Shambhala Skin Detoxifying treatment 45 minutes	\$ 80
COMO Shambhala Skin Detoxifying treatment 75 minutes	\$ 105
COMO Shambhala Skin detoxifying 105 minutes	\$ 150
COMO Shambhala Sun Soother 60 minutes	\$ 120
COMO Shambhala sun soother 90 minutes	\$ 170
Rejuvenating Body Treatment 90 minutes	\$ 160
Facial Care	
Sundari Age Defying Firming Facial 60 minutes	\$ 120
Sundari Intensive Healing Facial 60 minutes	\$ 120
Sundari Essential Supplifying Facial 90 minutes	\$ 170
Sundari Firming Neck Treatment 30 minutes	\$ 80
Sundari beautiful eye treatment 30 minutes	\$ 80
Nail Care	
Essential Manicure 45 minutes	\$ 60
Essential Pedicure 45 minutes	\$ 60
Rapid Manicure 30 minutes	\$ 40
Rapid Pedicure 30 minutes	\$ 40
Kids Menu	
30 Minutes Foot or Back Massage	\$ 55
45 Minutes Full Body Massage	\$ 76
60 Minutes Full Body Massage	\$ 88
30 Minutes Cleansing Facial	\$ 55
30 Minutes Children Manicure	\$ 30
30 Minutes Children Pedicure	
Wellness Path for Young Ones 60 minutes	\$ 95
Wellness Path for Young Ones 75 minutes	\$ 115

Men's Menu	Price
Massage Therapy	
COMO Shambhala 60 minutes	\$ 110
COMO Shambhala 90 minutes	\$ 140
Deep Tissue 60 minutes	\$ 110
Deep Tissue 90 minutes	\$ 140
Thai Massage 60 minutes	\$ 100
Thai Massage 90 minutes	\$ 130
Indian Head 60 minutes	\$ 100
Surfer Massage 45 minutes	\$ 80
Foot Acupressure 30 minutes	\$ 50
Foot Acupressure 60 minutes	\$ 100
Facial Care	
Sundari Gentlemen's Facial 75 minutes	\$135
The Complete Man 90 minutes	\$150
The Complete Man 120 minutes	\$ 200
30 minutes manicure	\$40
30 minutes pedicure	\$42
Express Menu	
30 Minutes Back, Shoulder and Neck	\$50
30 Minutes Foot Acupressure	\$50
30 Minutes Body Scrub	\$60
30 Minutes Facial	\$60
30 Minutes Manicure	\$40
45 Minutes Manicure include polish	\$60
30 Minutes Pedicure	\$40
45 minutes Pedicure Include polish	\$60



- All prices are subject to 10% service charge and 17% government tax
- Prior booking is required to secure your slot
- Cancellation Policy : Should you wish to cancel your booking please let us know 4 hours in advance or 100% charge applies
- Please dial 7166 or visit spa for more details

Yoga & Sound Healing Price List

Class	Price
Vinyasa Flow 45 minutes	\$20pp++
Stand Up Paddleboard Yoga 60 minutes	\$40pp++
Sunset Relaxing Yin 60 minutes	\$20pp++
Salt & Sound; Sound Healing Experience 45 minutes	\$40pp++

Special Offer:

50% Off Ice Bath session with any yoga class purchase!
(Ice Bath: \$20++ per 15 minute session)

Class Packages:

3-Class Pack: \$55++

6-Class Pack: \$110++

(SUP Yoga classes = 2 class credits)

Private Session (Up to 3 People): \$60++

Please note classes require minimum bookings: Vinyasa & Yin 2 pax , SUP & Sound healing 3 pax







Contact Us

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