

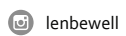
# Lèn

BE WELL

## CONTACT US

Please contact Lèn for reservation at +960 665 1200 ext.2900

email: [lenbewell@crossroadsmaldives.com](mailto:lenbewell@crossroadsmaldives.com)



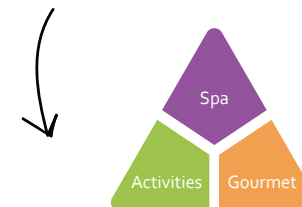
In the Thai language, “ *Lên* ” means “play”.  
We like to play.  
We love to have fun.  
Learning something new along the way is even better.  
It’s all about being happy.  
It’s our little secret to wellbeing.  
So be yourself, fit your mood and play your way!

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 and in 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 spirits.

## Lymphatic Drainage Massage

Lymphatic drainage-enhancing flow technique activates the lymphatic system whilst the stimulation of energy points along the meridian system balances the vital functions of the body, releasing toxins and leading to a feeling of revitalisation and slimmed extremities.

60 minutes | 90 minutes

## Monsoon Wrapsody

Sunburn and dry skin? No worries! This cooling after sun treat, nourishes and invigorates the skin condition. The treatment includes a 30 minutes wrap and ends with the application of a gentle hydrating lotion.

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!

### 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.

### Jet Ski Safari

Are you curious to explore 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!

## 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, Jiao Wu and bean / Co

 Complimentary

Advance reservations are required and reservation is subject to availability

# 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

 Signature Treatment  Facial  Massage  Package

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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"

Maldives vibrant ocean is rich with underwater life. An eye-opening vacation is a perfect suggestion. Learn about the identification and behavior of the fishes around CROSSROADS. What are you waiting for? Get you an advice on how you can spend a good time with our marine life.

### 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 Sansation Beach Club

Dine at stylish beach front restaurant. Enjoy varieties of international cuisine and relax by the pool listening to chill tunes. Swim-up pool bar serves premium cocktails curated for the tropic lovers.

### 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.

## 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 uniformed peers.

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

 Complimentary

Advance reservations are required and reservation is subject to availability

# Family



When 'holiday time' means 'family time', we provide a host of ways to be cheerful with your loved ones. 'Lèn' 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

## Mamma To Be

Specially created for expecting mothers, this gentle massage helps to relieve stress on weight-bearing joints and soothe neck and backache. Choice of pure jojoba oil or pure Coconut oil is your option, used to delicately ease overworked muscles, keeping your skin hydrated and moisturized. (After first trimester only)

60 minutes

 Signature Treatment  Facial  Massage  Package

Advance reservations are required and reservation is subject to availability

## ACTIVITIES

### Discover Scuba Diving

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

### Movie Night

Be entertained under the stars whilst relaxing on a bean bag with a bowl of popcorn and your feet in the sand.

### Fun Toys and Banana Ride

Thrilling experiences are towed by a boat, as you have fun together. Enjoy the ride!

### 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.

### Coral Propagation

Let's give back to environment. This is something to do with family. 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 by our Marine Biologist

## 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 components, 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, Jiao Wu and bean / Co

 Complimentary

Advance reservations are required and reservation is subject to availability





# 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 & 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

## Gadheemee

Let your creativity sparkle with a custom blend of signature scents to enjoy during your treatment. This body treatment includes body brush and exfoliation. Our therapists will leave you feeling vibrant and energized with this full body experience.  
60 minutes

 Signature Treatment  Facial  Massage  Package

Advance reservations are required and reservation is subject to availability

## 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.

### Folk Stories in MDC

Maldivian folklore is the body of myths, tales and anecdotes belonging to the oral tradition of Maldivian. These stories will transport into culture, and history of the Maldivian. Come and discover the unique stories of Maldives with us.

### Art and Craft

Some crafts has been with us for decades and others are recent discoveries. Learn to have fun with art by using recycled items. It's a fun way to learn more about the importance of protecting the environment and our planet.

### 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.

## 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, Jiao Wu and bean / Co

 Complimentary

Advance reservations are required and reservation is subject to availability



# 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

 Signature Treatment  Facial  Massage  Package

Advance reservations are required and reservation is subject to availability

## ACTIVITIES

### Private Trips

Maldives is known for its exclusivity and here's your chance to explore the private islands, sandbanks and snorkel around the beautiful reefs and lagoon.

### Sunset Parasailing

What better way to watch sunset than open mid air, right? Book a session of sunset para-sailing exclusively with your partner and make the evening as romantic as it can get.

### Sunset Dolphin Cruise

A romantic cruise watching the sun set in the middle of Indian Ocean is a moment that you wouldn't want to miss. Memories that lasts forever!

### Dolphins Discovery

How curious are you to learn more about Dolphins? Get your adventure cap on and let learn more about this beautiful creature.

### Emma The Sea Turtle

Have you heard about our guardian?

Emma has been the protector of the our land and it's our turn to keep her safe.

Drop by to Marina Discovery Centre to learn more about Emma.

## 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, Jiao Wu and bean / Co

 Complimentary

Advance reservations are required and reservation is subject to availability



## 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 Lè-n-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: [lenbewell@crossroadsmaldives.com](mailto:lenbewell@crossroadsmaldives.com)

Open Daily 10:00 am - 8:00 pm



## FEEL THE Lèn-ERGY

### FLOW

30 minutes | 50

Pressure is applied to ears, hands and feet reflex points, that correspond to vital organs. The technique assists with healing and promotes energy flow along the body's meridian lines.

### MOVE

30 minutes | 50

A relaxing massage using special blends of essential oils target the tension areas in your head, neck and shoulders. This treatment will improve your energy and relax your mind.

### SPARKLE

Feel the Lèn-ergy, a natural nails where a fume-free, family oriented environment is provided to you, our guests. We have created a home-feel, unpretentious and comfortable setting to relax. Enjoy any of our signature or seasonal nail care in our technology tubs that sanitises during your service, to destroy the pathogenic bacteria. Get cozy with a complimentary refreshing drink or a cup of our warm signature tea, as you enter Lèn Be Well. Our focus and goal is to make your stay as delightful and pleasant as possible.

Express Manicure - 30 minutes | 40  
Express Pedicure - 30 minutes | 50  
Shellac Colour - 15 minutes | 30

Classic Manicure - 60 minutes | 60  
Classic Pedicure - 60 minutes | 70  
Nails Polish - 15 minutes | 20

### DRIFT

30 minutes | 50

Warm and locally sourced coconut oil is massaged into the scalp and hair. Coconut oil is known to be a natural conditioner with properties of keeping hair supple and glowing under the blazing sun. Perfect for summer seas.

### EASE

30 minutes | 50

This massage focus on the back using deep tissue techniques to relax tired back muscles, shoulder and neck.

Prices are quoted in US dollars and subject to additional 10% service charge and 12% government taxes. These treatments are exclusive and cannot be combined with any other offer, discount or promotion.

## TREATMENT PRICE LIST

### ADVENTURE

Lymphatic Drainage Massage  
Monsoon Wrapsody  
Intensive Gold Facial  
Time for a Dream

#### DURATION

60 minutes | 90 minutes  
60 minutes  
75 minutes  
90 minutes

#### PRICE

100 | 140  
85  
140  
150

### RELAX

Bespoke Massage  
Herbal Compress Massage  
Collagen Booster Massage  
Re-balancing Facial  
Ode To Rest

60 minutes | 90 minutes  
90 minutes  
60 minutes | 90 minutes  
60 minutes  
60 minutes

98 | 135  
145  
100 | 140  
125  
95

### FAMILY

Mini Me Massage  
Mini Me Facial  
Family Time (10Hrs)  
Purifying Skin Facial  
Mamma To Be

30 minutes | 60 minutes  
30 minutes  
10 hours  
60 minutes  
60 minutes

50 | 80  
50  
850  
125  
105

### CULTURE

Mayva Wrap  
Traditional Thai Massage  
Thai Foot Massage  
Manee Pura Age-Defying Facial  
Gadheemee

60 minutes  
60 minutes | 90 minutes  
60 minutes  
75 minutes  
60 minutes

80  
100 | 140  
85  
140  
80

### ROMANCE

Lèn Moments  
Spoil Her  
Spoil Him  
Escape To Romance  
Immerse Yourself

60 minutes  
90 minutes  
90 minutes  
120 minutes  
180 minutes

160  
160  
160  
360 per couple  
280

Prices are quoted in US dollars and subject to additional 10% service charge and 16% government taxes

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

Open Daily 10:00 am - 8:00 pm