



THE  
OCEAN OF  
CONSCIOUSNESS  
SPA

“I used to think that the top environmental problems were biodiversity loss, ecosystem collapse and climate change. I thought that with 30 years of good science we could address those problems. But I was wrong.

The top environmental problems are selfishness, greed and apathy... and to deal with those we need a spiritual and cultural transformation – and we scientists don't know how to do that.

GUS SPETH  
21ST CENTURY ENVIRONMENTAL LAWYER AND ADVOCATE

**The Universe is an ocean of infinite possibilities.  
Within it, we are all ripples – playing, dancing and interacting.  
Waves of consciousness and vibrations connect us.  
And every thought and action influences everything around us.**

We each have two choices:  
to remain unconscious –  
or awaken our power to affect wide-reaching change.

Five pathways guide the way –  
***Truth, Wise Action, Love, Peace*** and ***Compassion***:  
five opportunities to elevate our awareness...  
to transform our actions...  
and to unite with the Infinite in the Ocean of Consciousness.

## Truth

The Truth resonates deep within. It comes from an inner knowing, an inherent honesty, an alignment with self and surroundings. It helps us drop our burdens and free our hearts.

*Am I honest with myself/others? Does what I say correspond to how things are? Do I have an open mind? Do I ignore my inner voice, manipulate situations and fear new possibilities?*

## Wise Action

Wise Action means having a finely tuned moral compass: an inner guide that propels us to live virtuously, honourably and unselfishly, and to be the best possible version of ourselves.

*Am I grounded and responsible? Do I avoid harmful behaviours that cause suffering to others or myself? Do I act out of guilt, over-sensitivity or self-interest?*

## Peace

Peace arises when we practise detachment. When we cease to be controlled by our desires and expectations, we cultivate calm that positively impacts all around us.

*Do I have a harmonious state of mind? Am I selfless in challenging situations? Am I easily able to let go and move on? Am I plagued by doubt and regret, fear or resentment?*

## Love

Love is union, oneness and connection with ourselves and the universe. When we live and breathe love, it flows unhindered all around us. Love is infinite and all-encompassing.

*Am I open to others and myself? Do I find it easy to be passionate, creative, intuitive and imaginative? Am I obsessive and introspective, fear being hurt or struggle to connect?*

## Compassion

Compassion manifests when all the pathways align. It is empathy in thought, word and deed towards ourselves and all living things – beyond species, status, culture or gender.

*Do I accept others as they are? Do I have a sincere concern for their welfare, even if they behave negatively? Do I fear them, mistrust their differences or disregard their happiness?*





# Massages

75 minutes

## TRUTH

*Awaken to the truth within and around you.*

Long deep strokes help you connect the dots and see things in their entirety.

## WISE ACTION

*Develop strong roots and maintain a harmonious flow of energy and action.*

Focused tapping on meridian lines releases blockages so body and mind feel and move as one.

## PEACE

*Relax your physical body, calm your mind and harmonise your spirit.*

Palm compressions ease tension, promote equanimity and bring you into the moment.

## LOVE

*Cleanse negativity and awaken the radiance of your heart – visibly and palpably.*

Sensuous rhythmic strokes expel toxins and give skin and senses a love-kissed glow.

## COMPASSION

*Show consideration to yourself and your physical body for a renewed lightness of being.*

Nourishing therapeutic pressure aligns and softens the muscular system.

# Awakening the Pathways

90 minutes

## TRUTH

*Truth sets us free...*

A mind-expanding upper body experience featuring palo santo smoke cleansing, neck and shoulder massage, Shirodhara, clear quartz resonance therapy, and a guided meditation.

## WISE ACTION

*We are what we do, not what we say we'll do...*

A grounding, stabilising experience featuring salt scrub, Peruvian black mud and ruby wrap, carnelian crystal foot massage and garnet resonance therapy.

## PEACE

*Peace can only be achieved by detachment...*

A calming, inspiring and cleansing combination of lower back and hip massage, kidney pack and Harmonic face therapy.

## LOVE

*Real love begins when nothing is expected in return...*

A beautiful heart-focused experience that combines: peaceful breath work; chest, arms and hands massage; a heart basti; singing bowl; rose quartz crystals and resonance therapy.

## COMPASSION

*Compassion is the thread that ties us all together...*

Lighten the toxic load and decrease inflammation with a salt scrub and marine flora wrap, abdominal massage, and subtle stimulation of the stomach meridian.





## *The Ocean of Consciousness Experience*

180 mins

*Everything and everybody in the universe is composed of multiple layers of consciousness: frequencies of vibration that form electromagnetic waves that shape our material and energetic reality.*

*A healing force since the beginning of time, the power of sound can be used to harmonise these frequencies – bringing the vibrations within us in tune with the larger vibrations around us with powerfully harmonic results.*

Our signature treatment harnesses the boundless power of sound to connect each individual to the layers of awakened knowledge both in and around them. Through breath preparation, a salt and crystal scrub, bath soak, awakening massage and profoundly immersive sound bath, let us take you on a mind-blowing exploration deep into the ocean of consciousness.

## *Voavah Gems of Consciousness*

120 mins

Trust your intuition and follow your inner voice. Work with your Ocean of Consciousness therapist to discover your very own Gems of Consciousness: personalised oil blends, clays and scrubs, specialised massage techniques and crystals.

This precious and transformational experience is devised exclusively for you, by you.



## Beauty

### CELLULAR ANTI-AGEING

90 mins

A pioneering 'fountain of youth' face therapy using three types of gold.

Anti-inflammatory, super-hydrating and collagen-stimulating for deep cellular repair.

### HARMONIC

90 mins

Awaken the body's higher energies and restore beautiful glowing skin.

An extremely pure facial to stimulate energy flow along the pathways of the face.

*To help bring out your natural beauty, all of our Hair, Nail, Make-Up and Waxing services are personally tailored.*

*Contact us to discuss your exact needs and for individual pricing.*

### HAIR

Our on call Rossano Ferretti stylists are trained in the group's signature 'Method': bespoke hair design uniquely aligned with your hair's natural movement.

### NAILS

Manicures and pedicures supported with crystals, tuning forks and resonance therapy.

### MAKE-UP SERVICES

Visit us in the Spa or relax in your villa while our make-up artist crafts a look that complements your style – or inspires you to try a new one!

### WAXING SERVICES

Visit us in the Spa for a full range of body and facial waxing services, including eyebrow shaping.





## *Yoga, Meditation and Sound Healing*

Choose your style, place and time. Practise individually or as a group. Sink into bliss with meditation and breathing exercises. Experience yoga postures on land and in the water. Discover the ultimate in mental and physical relaxation with yoga nidra. Experience a magical sense of floating with AntiGravity® Yoga. And immerse yourself in sacred waves of vibrations with our signature crystal bowl sound healing.





*"You are not a drop in the ocean.  
You are the entire ocean in a drop."*

RUMI, 13TH CENTURY PERSIAN POET



**FOUR SEASONS**

PRIVATE ISLAND

MALDIVES AT VOAVAH, BAA ATOLL

Maldives Private Island  
at Voavah, Baa Atoll

Tel. +(960) 66 00 888

[www.fourseasons.com/maldivesvoavah/](http://www.fourseasons.com/maldivesvoavah/)