



NEW COUPLES' MESSAGES AT OLUVELI AND VILU REEF, MALDIVES - Get Hands-On With Massage Lessons -



For the ultimate in romance, relaxation and spending precious time with loved-ones, couples can now learn the art of massage with a choice of new couples' massages at Olhuveli Beach & Spa Resort and Vilu Reef Beach & Spa Resort in the Maldives. Launching in November 2010, trained and professional masseurs from the resorts' Sun Spas will guide guests through a private lesson on how to pamper each other with a simple yet highly effective massage.

Suitable for couples of all ages, each 60-minute lesson starts with an introduction to the benefits of massage and the oils used. A 10-minute demonstration massage follows with strokes explained verbally by the trainer. Couples then each have 20 minutes to practice on each other with the trainer on hand for any tips and advice. The lesson finishes with a feedback session where questions can be asked or specific moves or strokes repeated. Couples also receive a Sun Spa goody bag with a relaxing spa CD and a bottle of essential oil so they can continue practicing the massage techniques in the privacy of their own room or at home.

A choice of 60-minute couples' massages include:

Foot Massage: Based on the idea that all nerve zones begin in the feet, this massage applies certain pressures and strokes to particular areas of the foot which are in turn connected to various parts of the body. As well as being the perfect antidote to soothing aching feet, this reflexology massage will invigorate and stimulate the body. Price is US\$ 100 per couple.*

Indian Head Massage: This traditional massage is deeply calming and will relieve emotional and physical tension from shoulders, neck, back and scalp. Using deep thumb and finger pressure, it improves circulation, offers an enhanced state of relaxation and leaves a feeling of being energised and revitalised. Price is US\$ 110 per couple.*

Head, Neck & Shoulder Massage: This intensive therapy gives instant relief from tense and overworked muscles. Concentrating on muscles from the base of the head, down through the neck and into the shoulders, this deep tissue massage can help to change mood, enhance relaxation and. Price is US\$ 120 per couple.*

* All prices incur a 10% service charge

Olhuveli Beach & Spa Resort (South Malé Atoll)

This beautiful 166-room island retreat offers stunning beaches, abundant sandbanks and superb recreational activities. The Sun Spa includes six deluxe double massage pavilions, each with two massage beds, a private changing room and a walled garden with an outdoor shower and bath.

Vilu Reef Beach & Spa Resort (South Nilandhe Atoll)

This deluxe 122-room resort is surrounded by lush vegetation, swaying coconut palms and pristine white sandy beaches with exceptional snorkelling and diving. The Sun Spa includes five massage pavilions, three of which are open air with flower baths and open air showers.