



Embark on a transformative wellness journey at Fehi Spa, nestled within the enchanting Seaside Finolhu Baa Atoll Maldives. Picture yourself cocooned in a haven of tranquillity, where vibrant hues, invigorating aromas, and serene melodies awaken your senses. Surrounded by lush tropical flora, our spa offers a unique connection with nature, inviting you to release worries and tensions in this idyllic setting.

Escape the chaos of everyday life with direct access to the ocean, providing an exclusive opportunity to retreat and reconnect with nature in a way that goes beyond the ordinary. Fehi, derived from the local Dhivehi language, means "green", symbolising life and nature, encapsulating the essence of our sanctuary.

Our philosophy revolves around the belief that a deep connection with the natural world is crucial for achieving holistic wellbeing-physically, emotionally, and socially. Immerse yourself in this philosophy as we champion sustainable practices, passionately incorporating locally sourced natural, organic and cruelty-free ingredients in our products.

These ethically harvested treasures from the region have undergone rigorous scientific testing, seamlessly blending ancient wisdom with the latest technological advancements to ensure their efficacy.

Join us at Fehi Spa, where every moment is an invitation to revitalise, rejuvenate and embark on a wellness journey that transcends the ordinary-a journey that nourishes your mind, body, and spirit.

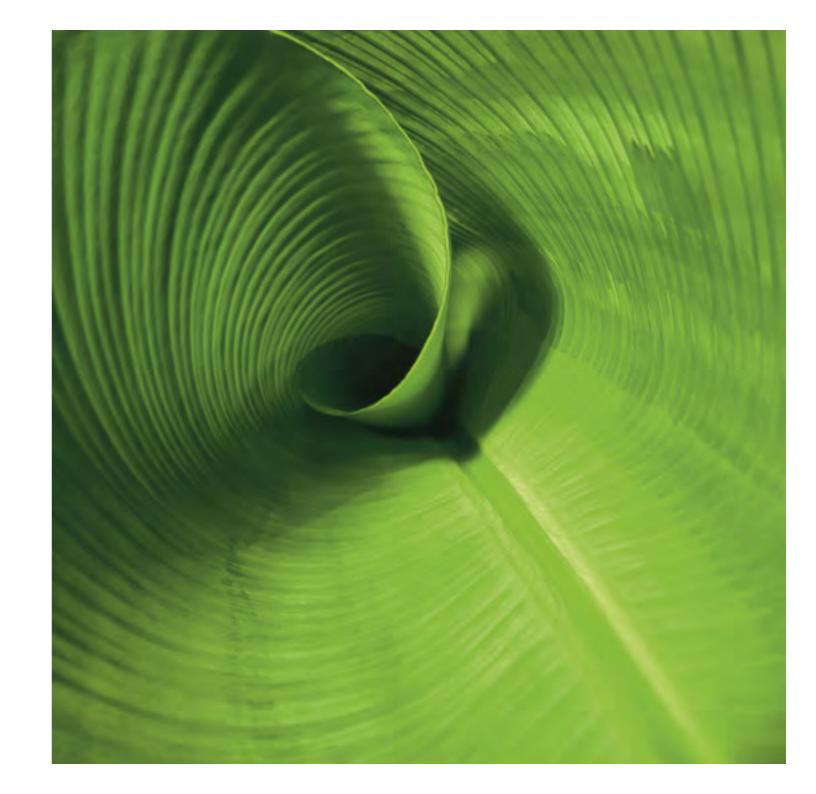
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WELCOME TOUCH

As you begin your tranquil journey, embark on rejuvenation with our captivating foot-washing ceremony at Fehi Spa. Immerse in organic herbs, rich in antioxidants, and inhale the garden-fresh scent. Feel a profound connection to your senses, embracing relaxation as you step into a transformative journey of renewal.



CLEANSE - DETOX - PURIFY WELLBEING JOURNEY

SENSE OF ARRIVAL JOURNEY

Indulge in an experience that will purify your body and uplift your emotions with a calming meditation and guided yoga poses. To prepare your skin for your next journey, you will be guided to the traditional herbal steam bath filled with healing herbs and essential oils and followed up with a detoxifying organic scrub consisting of fresh ginger, lime lemongrass, and neem leaves and be cocooned to stimulate your sweat glands. This therapy will help you feel refreshed and revitalised.

On your second day, immerse in some peace and tranquillity with Shirodhara, which involves a flow of warm organic oil on your forehead that increases your body's vibrations, promoting inner peace and calm. This includes soothing head massage that focuses on the marma points to induce deep and restful sleep.

For your third day, an herbal foot ritual and hot and cold treatment combined with an energising body massage that focuses on your postural muscles will liberate you from physical aches and pains. With these treatments, you will feel renewed, refreshed and ready to take on the day.

FEHI'S DEPARTURE JOURNEY

A comprehensive program to renew and prepare you for your journey home. On the first day, let the goodness of the cucumber scrub and wrap heal and hydrate your skin, while the coconut crème mask nourishes the hair and moisturises the scalp, a head, and face acupressure points massage is performed to enhance the elasticity and improve the face circulation leaving you with fresh and glowing skin.

On the second day, pamper your feet with a herbal foot ritual treatment including feet and leg massage to soothe and energise your feet followed by a basic cleaning of toenails for a more comfortable feeling.

On the third day, your senses will be restored by guided meditation, and breath work, followed by a Swedish massage focused on your back neck, and shoulders, leaving you restored for your travels.

3 days

3 days

RESTORATIVE FITNESS JOURNEY

Be physically and mentally energised and restored with a combination of fitness programs and holistic therapies designed to alleviate the negative impacts of a sedentary lifestyle.

On the first day, get detoxified with the coffee scrub and seaweed mask.

On the second day, our resident personal trainer will give you a personalised fitness session followed by a herbal foot ritual and deep tissue massage to soothe muscle pain.

The third day, indulge in a rejuvenating Pilates session.

3 days

COUPLES JOURNEY

COUPLES CONNECTION

This experience will help strengthen your bond with your life partner as you begin your journey with meditation to offer stillness, and a purification ritual to clear any negative energies. Following this, a herbal foot ritual, Balinese massage, and a relaxing facial await to leave you feeling refreshed and revitalised.

Reserve the treatment from 5:00 PM to 6:30 PM to enjoy the beautiful sunset while exchanging your "love affirmations" scrolls with one another.

120 min

BE "WELL" TOGETHER

Feel the benefits of herbal foot ritual, and dry body brushing, which stimulates lymphatic flow and exfoliates the skin, allowing deeper absorption of clay mud polish resulting in glowing and supple skin. The Lymphatic stimulating massage will be paired with a foot acupressure.

120 min

11



ROMANCE AT FINOLHU

Experience a herbal foot ritual followed by our organic rice scrub and milk body polish to be complemented with an Abhyanga massage using warm olive oil and wine, which will leave you feeling joyful. Afterwards, savour a glass of champagne with your partner on our sunset deck overlooking the beautiful Indian Ocean.

Reserve this treatment from 5:00 PM to 6:30 PM to enjoy the beautiful sunset.

120 min

SIGNATURE EXPERIENCES

MALDIVIAN HEALING TREATMENT

Inspired by the healing traditions of the Maldives, this experience will start with coconut milk polish that nourishes your skin against the sun's drying heat, followed by a soothing and energising massage using warm coconut oil and white sand poultice. Traditional refreshments will be served to complete your experience.

__ 75 min

EAST MEETS WEST

Immerse yourself in the diversity of the Eastern and Western healing traditions as the wellness therapist begins with gentle stretching on your back and myofascial release to increase blood circulation. The routine combining the technique of Shiatsu and Swedish, with a head acupressure point, will liberate you from physical and emotional stress.

75 min

HOT AND COLD TREATMENT

Gentle stretching and alternating hot and cold herbal compress with energising massage is ideal for sore muscles caused by post-workout activity as it improves blood circulation and relieves muscle tension. The application of cryogel after the treatment will also help reduce swelling and inflammation.

__ 75 min

TRAVELLER'S FEET

Treat your tired and achy feet to a herbal foot ritual featuring a blend of antioxidant-rich and anti-inflammatory herbal ingredients. Your feet will be soaked in warm stones to regulate and stimulate acupressure points on the soles of your feet. This, in turn, can enhance circulation in your lower extremities while also promoting relaxation and reducing stress. As the herbal ingredients work their magic, you'll receive a soothing yet stimulating foot and leg massage that will leave you feeling refreshed and rejuvenated.

_ 75 min

15

MASSAGE EXPERIENCES

BALINESE MASSAGE 🕊

This massage is a fusion of different techniques including gentle stretches, reflexology, and aromatherapy. The combination of these techniques creates a truly unique and relaxing experience.

60 / 90 mir

TIBETAN MASSAGE 🕊

Indulge in the soothing and restorative benefits of a traditional Tibetan massage, designed to promote balance and harmony in the lung meridian throughout your body. The massage session begins with a deep breathing exercise that targets the lung muscles and stimulates key points along the meridian. As the massage progresses, skilled practitioners will knead, rub, and stroke your postural muscles, releasing any tension and promoting relaxation.

_____ 60 / 90 m

SWEDISH MASSAGE 🕊

By applying palm pressure, kneading, and tapping, techniques to the body, it is possible to enhance the body's natural immune response and reduce the levels of stress hormones, resulting in an overall im-provement in physical and mental well-being.

_____ 60 / 90 min

WARM STONE MASSAGE

The warm and smooth lava stones can bring a sense of physical and mental calmness, as well as create a feeling of spiritual connection to the natural energy of the earth. Moreover, they can help in the process of healing, both physically and mentally, by providing a soothing and therapeutic experience.

______ 60 / 90 min

ABHYANGA

Originating in India, this massage uses warm herbal oil applied all over the body. The warmth of the oil penetrates deep into your joints, and muscles, releasing tension and promoting a sense of well-being. Our skilled therapists use gentle strokes to stimulate circulation, detoxify, and boost your immune system.

______ 60 / 90 mir

SHIRODHARA

Let the warm medicated oil flow in a gentle and rhythmic motion from right to left on your forehead, it creates a soothing vibration that awakens the energy to flow freely, promoting mental clarity, intuition, and self-awareness. Alongside this therapy, you will receive a gentle head massage that will alleviate any headaches you may have and enhance your ability to achieve deep and restful sleep.

______ 60 m

LYMPHATIC STIMULATING MASSAGE &

One way to improve lymphatic system function and circulation is through dry body brushing which helps to eliminate dry skin and a gentle and light rubbing of the skin applied in upward motions, starting from the feet to the heart. This practice may improve skin health and overall well-being.

______ 60 min

FOOT ACCUPRESSURE &

Acupressure is a form of therapy where targeted pressure is applied to specific points on the feet. This helps to release any congestion or blockages in the corresponding area of the body, which in turn restores the natural flow of energy and promotes overall wellness. Other tools such as sticks or stones can also be used to apply pressure during the routine.

______ 30 / 60 min

DEEP POSTURAL MUSCLE MOBILISATION

This massage is specifically designed for individuals who require a more intense massage, particularly those who suffer from chronic pain in the postural muscle. You will feel the tension in your muscles dissipate as circulation is stimulated and tightness is relieved, ultimately leaving you feeling energised.

_____ 30 / 60 min

HEAD, NECK AND SHOULDER MASSAGE 🕊

The stress melter pain relieving massage is a concentrated massage using a variety of techniques to release tension in the head, neck, and shoulders. This massage focuses on specific areas of tight painful muscles and joints and is also designed to leave muscles feeling invigorated and stimulated.

30 m

HEAD AND FACE PRESSURE POINTS MASSAGE &

If you frequently experience eye strain and mild headaches, this massage with pressure points will help to alleviate these symptoms.

30 min

IN-VILLA EXPERIENCES

Choose any massage with this legend $\mspace{1mu}$ and experience it in the comfort of your villa. An additional 30 % on top of the normal price will be charged.

FAMILY INDULGENCE

THE MOTHER TO-BE BY NATURA BISSÉ

A rejuvenating experience awaits pregnant women in their 2nd trimester to soothe tired legs, feet, neck, and face. Please seek medical advice beforehand to ensure a safe and comfortable session.

_____ 60 min

ME AND MUM OR ME AND DAD (1 Adult + 1 Child)

As the world becomes more fast-paced and stressful, we must teach our children the importance of self-care and wellness. At the serene Fehi Spa, you and your little ones can connect and unwind while indulging in the Balinese massage, leaving you feeling refreshed and connected.

Should an alternative to massage be required, a bubble foot soak followed by a basic foot or hand care (trimming and cleaning) is available for your little ones.

_____ 60 min

All treatments, which include children are suitable for children aged 5 to 12 years old.



ORGANIC FACIAL WITH HAND AND FOOT CARE

Let your little ones learn self-care with an organic facial that uses freshly prepared ingredients suitable for young and sensitive skin. Hand and foot care includes nail trimming and hand massage.

_____ 60 min

ORGANIC COCONUT MASSAGE

Improve the overall well-being of your child by soothing their mind and body with a gentle and relaxing massage, using warm and nourishing virgin coconut oil that provides deep hydration and nourishment to the skin, leaving your child feeling refreshed and rejuvenated.

_____ 60 min

All treatments, which include children are suitable for children aged 5 to 12 years old.

FAMILY FUN ACTIVITY (2 Adult + 2 Children)

Introducing the essence of fitness and wellness to the kids is significant to their physical and mental wellness. Come along with your kids and experience fun-filled activities such as animal walks, functional training, laughing yoga and meditation.

60 min

25

All treatments, which include children are suitable for children aged 5 to 12 years old.

BY NATURA BISSÉ

Our Natura Bissé facial treatments are specially designed to accommodate all skin types. Our range caters to ageing and hyper-pigmented skin, dull skin, and sensitized skin. Our Wellness guide will recommend the best treatment to restore beauty and radiance to your skin.

DIAMOND COCOON EXPERIENCE

Activate the full potential of your skin with this prebiotic, revitalizing, renewing treatment designed to counter the effects of modern pollution and stress; it is a detoxifying ritual that leaves your skin healthy, luminous, and protected due to its enveloping massage techniques and its highly effective ingredients that purify, fortify and repair.

Liberates - Fortifies - Shields ______ 60 min

THE CITRUS ESSENCE VITAMIN C+

This antioxidant treatment restores vitality to sun-damaged skin, minimising signs of premature ageing. Vitamin C stimulates collagen production, renewing skin firmness and improving hydrated luminosity.

Revitalize – Stimulates – Firms ______ 60 min

THE SKIN COMFORT

Comfort your skin to fortify tolerance, visibly reduce sagging, and reserve micro-inflammation, which causes premature ageing. Specifically designed for instant skin protection, this is your solution to hypersensitivity and rosacea.

Soothes – Comforts – Calms _______ 60 min

THE CURE (Glycol 25%)

A true antidote against the ravaging effects our modern lifestyle has on our skin. This deep cleansing facial includes an innovative enzymatic detox that purifies pores for extraordinarily soft, radiant skin. (Highly recommended for men)

Detoxifies – Restores – Hydrates ______ 60 min

THE RELAXING FACIAL

Revitalising facial treatment without exfoliation. Perfect for all skin types for a speedy restoration of a glowing youthful appearance. An ideal beauty booster or an introductory facial treatment.

Cleanses - Hydrates - Calms ______ 30 min

BY NATURA BISSÉ

ROYAL CITRUS RITUAL

Revitalise your skin with our indulgent vitamin C+C ritual, a deeply hydrating and firming experience for both face and body. Enjoy an exfoliating mandarin wrap, a soothing antioxidant facial, and a lavish application of luxurious body cream to conclude this pampering treatment.

Revitalizes – Nourishes – Protects ______ 90 min

DIAMOND ROSE EXPERIENCE

A soothing and nourishing body exfoliation and a regenerating massage using the exquisite fragrance of Damask rose oil. The perfect ritual to recover your skin's natural suppleness, radiance, and elasticity while restoring your overall well-being.

Restores – Nourishes – Relaxes ______ 90 min

DIAMOND WELL-LIVING BODY PERFECTION

Dare to renew yourself. Sink into this indulging texture and re-emerge with amazingly soft, supple skin. Experience the enchantment of Dead Sea salt crystals and rice powder exfoliation, complemented by a lavish body mask and your chosen oil. This extraordinary journey revitalizes, hydrates, and leaves your skin exceptionally smooth and radiant.

Renews – Nourishes – Relaxes _______90 min

ORGANIC BODY SCRUBS

MALDIVIAN COCONUT BODY SCRUB

Feel the remarkable therapeutic properties of the coconut that is known as the "tree of life" as it covers your skin with natural and organic ingredients free from preservatives and chemicals freshly made by our team to suit your specific needs keeping your skin nourished, healthy-looking and radiant.

Additionally, it can offer protection against the harmful effects of the sun and salt water.

____ 60 min

DETOXIFYING COFFEE BEAN BODY SCRUB

Slow down the ageing process and potentially minimise the appearance of cellulite using a mixture of natural ingredients free from preservatives and harmful chemicals freshly made by our team to ensure you get the full goodness of nature without any harmful side effects.

Coffee is well-known for its numerous health benefits. This is due to its capacity to widen the blood vessels, which enhances blood flow and circulation throughout the body.

60 min

ORGANIC BODY WRAPS

ALOE VERA SOOTHING WRAP

The Aloe plant is a treasure trove of nutrients, active enzymes, and minerals that ward off skin impurities and restore the skin's natural colour. With its healing properties, the Aloe plant's juice is a potent elixir that can replenish and rejuvenate the skin, leaving it looking healthy and vibrant.

_____ 60 min

CUCUMBER AND YOGHURT BODY WRAP

Allow the cooling sensation of the freshly prepared ingredients using natural and preservative-free products to wash over you as the wrap glazes your body, providing a refreshing cleanse and relieving skin irritations and designed to soothe sunburned skin and reduce body swellings.

60 min



SALON

HAIR & BEAUTY FOR LADIES

NOURISHING COCONUT HAIR TREATMENT

Imagine treating your hair to a tropical vacation with the nourishing power of pure coconut milk and oil. These natural ingredients work together to not only strengthen your hair but also to stimulate regrowth, deeply moisturise, and protect against the damaging effects of sun exposure and seawater.

60 min

WASH, CUT AND BLOW DRY IN STYLE

Start with an invigorating wash, followed by a nourishing shampoo and conditioning treatment. Then, scalp massage that will leave you feeling relaxed and refreshed. Finally, we'll give your medium to long-length hair a professional blowout that will give you a perfect, polished look.

Advise the hairstylist if you are wearing hair extensions as it might need extra time to complete the process.

60 min

WEDDING OR PARTY MAKE-UP

For an enhanced flawless look, start with a basic yet effective facial cleansing routine before applying your preferred make-up for any occasion, and watch as your flawless beauty shines through.

60 min

BRIDAL PACKAGE (Hairstyling, Make-up & Facial)

Your wedding day is one of the most important days of your life, and you want to look and feel your best. Start your day off right by treating yourself to a revitalising facial massage that will enhance blood circulation and give you a radiant glow.

Let our team accentuate your best features with a personalized makeup session, and finally, complete your look with your pre-selected hairstyle to create the perfect finishing touch. Taking care of yourself both inside and out will ensure that you feel confident and beautiful as you walk down the aisle to say "I do".

_____ 150 min

EYEBROW THREADING

_ 30 min

SALON

HAIR CARE FOR GENTLEMEN

GENTS HAIR CUT

Start your haircut with an invigorating wash, followed by a nourishing shampoo and conditioning treatment. Then, scalp massage that will leave you feeling relaxed and refreshed.

_____ 60 min

BEARD SHAVING

Look good and feel good with a complete pampering experience as you start with a warm compress pre-soaked with essential oil, followed by shaving, face massage, and mask application complemented with head massage, toning, and cold compress to soothe the skin. Sun protection will be applied to further protect the skin.

60 min

BEARD TRIMMING

It includes warm compress, beard trimming, and toning to soothe the skin.

_____ 30 min

35

SALON

HAND AND FOOT CARE

CLASSIC MANICURE (Unisex)

Begin with a warm hand compress, followed by a gentle exfoliating scrub to remove dead skin cells and reveal smoother hands. After pampering your hands, cleaning and shaping your nails to your desired length and shape will be next, and finish off with a gentle hand massage to relax your hands. Application of classic nail polish is optional.

If you are wearing gel polish, an additional charge will be applied for the removal service.

______60

CLASSIC PEDICURE (Unisex)

Begin with a herbal warm compress, followed by a gentle exfoliating scrub to remove dead skin cells and reveal smoother feet. After pampering, cleaning, and shaping your nails to your desired length and shape, you will be next and finish off with a gentle foot massage to relax your feet. Application of classic nail polish is optional.

If you are wearing gel polish, an additional charge will be applied for the removal service.

_____ 60 m

FOOT SPA (Unisex)

Treat your "pedes" with complete care that will leave your feet feeling revitalised and looking gorgeous. Sit back and enjoy a foot soak infused with aromatic oils, followed by a gentle scrub to exfoliate and remove dead skin. Your feet will then be buffed and a nourishing mask applied to hydrate and soften the skin. Once your feet are pampered, your toenails will be meticulously cleaned, shaped to your preference, and an optional polished application with a classic shade of your choice.

If you are wearing gel polish, an additional charge will be applied for the removal service.

_____ 90 min

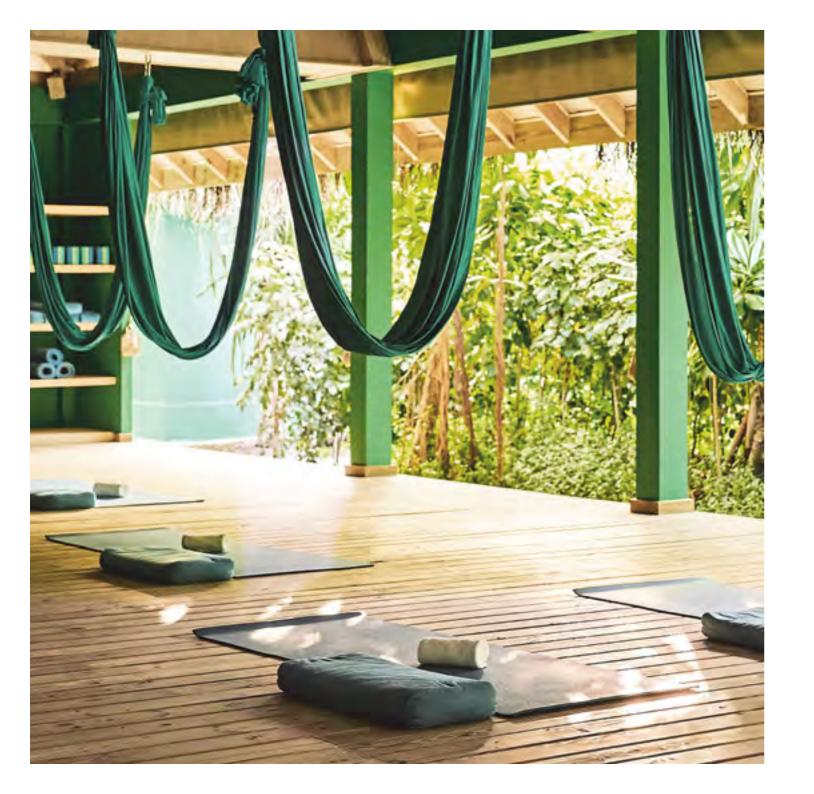
HAND PARAFFIN

_____ 30 min

SALON ADD-ON EXPERIENCE

Gel Polish Application

30 min



BREATHE - MEDITATE - STRETCH WELLNESS EXPERIENCES

AERIAL YOGA

Aero yoga or aerial yoga is a form of yoga that blends traditional yoga with aerial arts. In this practice, you begin by performing the initial asanas while touching the ground and gradually shifting your body weight onto a scarf until you lift it completely off the floor. This style of yoga is suitable for both beginners and advanced practitioners.

___ 60 min

HATHA YOGA

The term "hatha" in Yoga refers to achieving a balance between the sun and moon within oneself. It is a preparatory process that involves specific breathing practices and asanas, suitable for people of all ages and genders, even those who are new to Yoga. The word "ha" means sun, while "ta" means moon.

60 min

ASHTANGA YOGA

A dynamic form of yoga that emphasizes body stretching and fluid, uninterrupted movements. Designed for advanced practitioners who crave physical challenges.

_____ 60 min

VINYASA YOGA

For beginners or those who enjoy exercise that combines movement and breathing, vinyasa yoga is a great option.

_____ 60 min

DANDI YOGA

A large stick has been traditionally used as a weapon, but it can also be used for stick yoga to help maintain good posture with ease. Stick yoga enables you to perform deep stretches and improve flexibility. With the help of a stick, it becomes easier to achieve perfection in traditional yoga poses.

Advisable for beginners and intermediate practitioners.

_____ 60 min

FITNESS EXPERIENCES

TOTAL BODY TONING EXERCISE

Get ready to achieve a full-body transformation with this dynamic workout that seamlessly blends cardio, strength, and core exercises. Designed to help you tone your muscles and burn fat from head to toe, this workout is perfect for both beginners and intermediate practitioners looking to enhance their fitness levels.

60 min

PROPRIOCEPTIVE, NEUROMUSCULAR FACILITATION STRETCHING (PNF)

This program is designed to cater to individuals of all ages who seek to enhance their flexibility and neuromuscular efficiency by expanding their muscle range of motion. It is particularly recommended for those who are new to this practice or are at an intermediate level. With this program, you will learn techniques that will help you achieve optimal physical performance and improve your overall wellness.

_ 60 min

BOXING AND MUSCLE CONDITIONING

If you're a beginner or intermediate practitioner looking to improve your muscle endurance and cardiovascular ability, you might want to consider combining basic boxing techniques with strength workouts. This combination can prove to be an effective way to enhance your physical fitness and overall health.

_ 60 min

PILATES

Pilates is a form of exercise that focuses on enhancing flexibility, increasing strength, and improving control and endurance throughout the entire body. Through a series of precise movements and breathing techniques, it works to strengthen and lengthen muscles, improve posture, and promote overall physical well-being.

Advisable for beginners or experienced practitioners.

60 min



OPERATIONAL HOURS FROM 10:00 AM TO 8:00 PM

The last treatment with a sixty (60) minute duration can be booked at 7:00 PM while the ninety-minute (90) duration can be booked at 6:30 PM.

Additionally, the gym is accessible 24/7 for your convenience. If you require the assistance of a personal trainer, they are available during selected hours from 8:00 AM in the morning until 9:00 PM in the evening.

RESERVATIONS AND INFORMATION

If you need help scheduling a spa reservation, don't hesitate to reach out to your Guest Experience Host or Roohu for assistance or visit the spa during operational hours.

Please note that booking your spa session and activities in advance is necessary to ensure availability at your preferred time.

ARRIVAL TIME

To ensure that we can provide you with the best possible experience, we kindly ask that you arrive 15 minutes before your scheduled treatment time. During this time, you will be asked to complete a health and lifestyle questionnaire that will help us tailor our services to your needs.

Additionally, if you plan to use our water facility, please allow an additional 30 minutes for your visit.

WATER FACILITY (Steam/Sauna/Plunge Pools)

Guests aged 12 years and above are welcome to enjoy the water facility at the spa with parents or adult guardians.

To maintain a comfortable and respectful environment for all, we kindly request all guests to wear appropriate swimwear and avoid nudity in communal areas.

HEALTH CONDITION

If you have any other medical conditions or are pregnant, please consult with the Resort Doctor before receiving treatments.

SPA CLOTHING

To enhance your spa experience and ensure your comfort, we offer a range of complimentary amenities including bathrobes, slippers, and disposable underwear for your personal use during the treatment.

ELECTRONIC AND GADGETS

To maintain a serene and peaceful atmosphere, we have designated the Fehi Spa as an electronic-free zone. We are politely asking you to refrain from using any electronic devices, including mobile phones, cameras, and recording equipment, such as audio or video devices, while within the Spa. We appreciate your cooperation in preserving the tranquil ambience of the Spa for all guests to enjoy.

VALUABLES

It is highly recommended to utilize the safety box provided in the guest's villa to store your valuable belongings. Please note that the Spa will not be held responsible for any items that are lost or misplaced.

HOLISTIC ENVIRONMENT

To ensure the wellness of all guests, smoking of any kind of cigarette is strictly prohibited within the premises of the Spa.

CHILDREN

Fehi Spa is primarily intended for adults, children from 5 to 12 years old could enjoy the spa provided they are taking part in the "me and mum" or "me and dad" experience. However, it's important to note that teenagers below 18 must have the approval and supervision of their parents or legal guardians before indulging in any of our treatments.

CANCELLATION AND POLICY CHARGES

To ensure that you are not charged a 50 % cancellation fee, we request that you provide us with 6 hours' notice before your appointment. If you must cancel without notice, please note that a 100 % charge will be incurred.

DISCLAIMER

Guests are requested not to bring valuables to the spa and are not responsible for items lost/broken.

PRICING

All Spa treatment prices are in US Dollars and subject to a 10 % Service Charge (SC) and 16 % Government Service Tax (GST).

