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## WELCOME TO ANANTARA SPA

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Escape life's boundaries and embrace an infinite blue horizon. Surrender to harmonious relaxation, coaxed by a lullaby of ocean waves.

Our spa treatments marry time-tested techniques from the East with pure indigenous ingredients. Design your spa journey, choosing from body treatments and massages, facials, couple's rituals, beautifying, and multi-day wellness retreats designed to recalibrate and heal.

We invite you to make full use of the spa's facilities, including a relaxation deck overlooking the azure waters surrounding, steam rooms and a plunge pool.

## SIGNATURE EXPERIENCES

Imbued with the essence of Anantara,  
inspired by our stunning surrounds.



### Anantara Signature Massage (90 minutes)

A signature oil blend and purpose-designed movements stimulate circulation, promote deep relaxation and restore the flow of energy, or prana, along the meridian lines.

**Shower – Floral Foot Ritual – Anantara Signature Massage – Refreshment**

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### Anantara Signature Ritual (150 minutes)

A blissful massage using a signature oil blend, followed by a revitalising facial using nourishing plant extracts and traditional Thai ingredients.

**Shower – Floral Foot Ritual – Anantara Signature Massage – Anantara Signature Facial – Refreshment**

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### Essence of Kihavah (180 minutes)

Inspired by the healing powers of exotic island wellness. Smooth and replenish every inch of skin, lavished by the freshest and most potent ingredients.

**Floral Foot Ritual – Essence White Coconut Scrub – Shower – Essence White Coconut Wrap – Shower – Kihavah Aroma Massage – Refreshment**

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### Kihavah Signature Healing (90 minutes)

Feel at one with your surrounds and the wellness elements of air, fire and earth. Submit to gentle soothing massages and the hypnotic sound of singing bowls.

**Floral Foot Ritual – Soothing Massage – Singing Bowls – Refreshment**

## ROMANTIC RITUALS FOR COUPLES

Lay side by side and submit to healing hands  
and a deep sense of bliss and harmony.

### Slumber Guru – In Villa Treatment (90 minutes)

Taking the importance of a good night's rest to a whole new level, this evening villa ritual begins with a soak in a luxuriant essential oil bath surrounded by candles. Let go of all tension in a deeply relaxing massage using ylang ylang or lavender essential oil. Unwind to your choice of tranquil music throughout the evening. Sweet dreams then await in a bed dressed in 1000 thread count.

**Shower – Floral Foot Ritual – Relaxing Massage – Anantara Milky Bath – Refreshment**

### A Maldivian Romance (150 minutes)

Combining fresh indigenous ingredients with Anantara's signature oil blends, a head-to-toe deeply relaxing journey.

**Floral Foot Ritual – Essence White Coconut Scrub – Anantara Milky Bath Collection – Anantara Signature Massage – Refreshment**

### For Him and For Her (150 minutes)

Pamper body and face. Nourish the skin with deeply penetrative ELEMIS blends.

For Him

**Shower – Welcome Touch – ELEMIS Deep Tissue Massage – ELEMIS High Performance Skin Energiser – Refreshment**

For Her

**Floral Foot Ritual – Essence White Coconut Wrap – Shower – ELEMIS Sensitive Skin Soother – Refreshment**





## SPA JOURNEYS

Escape the limits of space and time with these carefully crafted destination-inspired journeys.

### Three-Day Anantara Recovery

Restore vital energy and radiant beauty with three days of physical, emotional and spiritual harmony.

Day 1: Unwind

Floral Foot Ritual – Herbal Steam – Exotic Island Salt Glow – Shower – Stress Release Massage – Refreshment

Day 2: Awaken

Floral Foot Ritual – Traditional Thai Massage – Refreshment

Day 3: Rejuvenate

Floral Foot Ritual – Anantara Signature Facial – Oriental Foot Massage – Refreshment

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### Five-Day Anantara Wellbeing

Nurture purity and deep relaxation from head to toe.

Day 1: Unwind

Shower – Floral Foot Ritual – Anantara Muscle Tension Release Massage – Refreshment

Day 2: Cleanse

Floral Foot Ritual – Detoxifying Green Tea Scrub – Shower — Detoxifying Green Tea Wrap – Refreshment

Day 3: Detox

Floral Foot Ritual – Shower – Anantara Signature Massage – Foot Reflexology – Refreshment

Day 4: Awaken

Shower – Thai Herbal Steam – Floral Foot Ritual – Traditional Thai Massage – Indian Head Massage – Refreshment

Day 5: Rejuvenate

Floral Foot Ritual – Exotic Herbal Bath – ELEMIS Sensitive Skin Soother – Refreshment



## MASSAGES

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### **Stress Release Massage (90 minutes)**

Using a combination of kneading strokes and acupressure, along with an aromatherapy oil blend of your choice.

**Shower – Floral Foot Ritual – Stress Release Massage – Refreshment**

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### **Muscle Tension Release Massage (90 minutes)**

Long gliding massage movements warm and stretch muscle fibres and balance pressure points, while tropical virgin coconut oil deeply moisturises.

**Shower – Floral Foot Ritual – Muscle Tension Release Massage – Refreshment**

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### **Balinese Massage (90 minutes)**

A time-tested technique combining rhythmic strokes, acupressure and essential oils to stimulate blood and energy flow.

**Shower – Floral Foot Ritual – Balinese Massage – Refreshment**

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### **Traditional Thai Massage (90 minutes)**

This unique ‘passive yoga’ massage combines pressure point and stretching techniques to release tension, increase flexibility and boost vitality.

**Shower – Floral Foot Ritual – Traditional Thai Massage – Refreshment**

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### **Thai Herbal Compress Massage (90 minutes)**

A soothing heated compress filled with therapeutic herbs and spices is pressed over your entire body and followed by an herbal oil massage.

**Shower – Floral Foot Ritual – Thai Herbal Compress Massage – Refreshment**



#### **ELEMIS Freestyle Deep Tissue Massage (90 minutes)**

A flowing massage style that works to alleviate tension and encourage optimum circulation using your chosen aromatic oil for muscle pain and stress relief, relaxation or balance.

**Shower – Floral Foot Ritual – ELEMIS Freestyle Deep Tissue Massage – Refreshment**

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#### **ELEMIS Deeper Than Deep Hot Stone Massage (90 minutes)**

Surrender to the penetrative healing of hot Balinese stones bathed in frangipani and Tahitian gardenia Monoi oil.

**Shower – Floral Foot Ritual – ELEMIS Deep Hot Stone Massage – Refreshment**

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#### **ELEMIS Peaceful Pregnancy Massage (90 minutes)**

Restoring mothers-to-be to optimum wellness, this intuitive and relaxing massage hydrates skin that is expanding to accommodate the growing baby. Recommended: one treatment per fortnight in the first two trimesters, and one treatment per week in the final trimester.

**Shower – Floral Foot Ritual – ELEMIS Peaceful Pregnancy Massage – Refreshment**

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#### **Slimming Massage (90 minutes)**

Smooth and redefine your silhouette with a full body massage to eliminate excess fluids and toxins. Short light strokes and pounding help to break down fatty deposits of cellulite.

**Shower – Floral Foot Ritual – Slimming Massage – Refreshment**

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#### **Back-Neck-Shoulder Massage (60 minutes)**

A deep muscle massage combining classical Western style with Eastern techniques to reduce soreness.

**Shower – Floral Foot Ritual – Black-Neck-Shoulder-Massage – Refreshment**

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#### **Oriental Foot Massage (60 minutes)**

Specific thumb, finger and hand techniques applied to various reflex points on your feet effectively stimulate corresponding organ groups in the upper body.

**Shower – Floral Foot Ritual – Oriental Foot Massage – Refreshment**



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## BODY TREATMENTS

### **ELEMIS Intensely Cleansing Salt Scrub (60 minutes)**

The fragranced salt of your choice gently sloughs away dead skin cells, encouraging the regeneration of new cells and delivering velvety soft, invigorated skin.

**Shower – Floral Foot Ritual – ELEMIS Intensely Cleansing Salt Scrub – Refreshment**

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### **Essence White Coconut Scrub and Wrap (90 minutes)**

The invigorating attributes of coconut inspire this cleansing and richly moisturising ritual.

**Shower – Floral Foot Ritual – Essence White Coconut Scrub and Wrap – Massage – Refreshment**

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### **Detoxifying Green Tea Scrub and Wrap (90 minutes)**

Rejuvenate body and mind with fragrant green tea rich in antioxidants.

**Shower – Floral Foot Ritual – Detoxifying Green Tea Scrub and Wrap – Refreshment**

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### **Aloe After-Sun Soother (60 minutes)**

Pamper sun-kissed skin with a cooling application of fresh aloe vera gel and a poultice of cold black tea and mint to minimise redness and pain.

**Shower – Floral Foot Ritual – Aloe After-Sun Soother – Refreshment**

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## FACIALS

### **ELEMIS Superfood Pro-Radiance (60 minutes)**

Stressed or dull skin is revived by energising and detoxifying actives. Experience how a nutritional boost, rich in superfoods and essential minerals, leaves skin plumper and glowing with radiance.

**Shower – Floral Foot Ritual – ELEMIS Superfood Pro-Radiance Massage – Refreshment**

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### **ELEMIS Pro-Collagen Age Defiance (60 minutes)**

Treat fine lines and wrinkles with the age-defying benefits of marine-charged Padina pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

**Shower – Floral Foot Ritual – ELEMIS Pro-Collagen Age Defiance Massage – Refreshment**

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### **ELEMIS Sensitive Skin Soother (60 minutes)**

A gentle massage helps reduce the appearance of redness and protects against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

**Shower – Floral Foot Ritual – ELEMIS Sensitive Skin Soother Massage – Refreshment**

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### **ELEMIS Eye Treatment (30 minutes)**

Combat the ravages of time by gently stimulating and tightening the delicate eye area without disturbing fragile skin.

**Shower – Floral Foot Ritual – ELEMIS Eye Treatment – Refreshment**

### ELEMIS High Performance Skin Energiser for Men (60 minutes)

This hard-working facial for ageing, dehydrated skin and tired eyes maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation whilst scalp and foot massages deeply relax.

**Shower – Floral Foot Ritual – ELEMIS High Performance Skin Energiser – Refreshment**

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### ELEMIS BIOTEC Facials (60 minutes)

Choose from a selection of powerfully rejuvenating BIOTEC facials, from cellular-boosting treatments to detoxifying sessions which address fine lines and blemishes. Allow our therapists to suggest the perfect treatment based on your skin complexion.

**Shower - Floral Foot Ritual - ELEMIS BIOTEC Facial - Refreshment**

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### ELEMIS BIOTEC Super Charger for Men (60 minutes)

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time-efficient solution.

**Shower – Floral Foot Ritual – ELEMIS BIOTEC Super Charger – Refreshment**

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## BATH RITUALS

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### Anantara Milky Bath Collection (30 minutes)

Choose Romance, Balance or Rejuvenation. Enjoy a private tea service as the exotic aromas of a milky floral bath inspire deep relaxation.

**Shower – Floral Foot Ritual – Anantara Milky Bath – Refreshment**

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### Anantara Maldivian Signature Bath (30 minutes)

Treat your skin to a smooth, shimmering glow as you relax in the soothing caress of a coconut and peppermint bath.

**Shower – Floral Foot Ritual – Anantara Maldivian Signature Bath – Refreshment**

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## IN-VILLA TREATMENTS

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|-------------------------------------------|------------------------------------|
| • Traditional Thai Massage (90 minutes)   | • Signature Massage (90 minutes)   |
| • Foot Reflexology (60 minutes)           | • Manicure / Pedicure (60 minutes) |
| • French Manicure / Pedicure (60 minutes) |                                    |

## SALON SERVICES

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### HAIR CARE

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|---------------------------------|-----------------------------------|
| • Shampoo and Blow Dry          | • Shampoo, Cut and Blow Dry       |
| • Hair Trim                     | • Hair Mask and Deep Conditioning |
| • Styling for Wedding / Evening |                                   |

### NAIL TREATMENTS

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|--------------------------------------|-----------------------------------|
| • Ladies' Deluxe Manicure / Pedicure | • French Manicure / Pedicure      |
| • File and Polish                    | • Gentlemen's Manicure / Pedicure |

### WAXING

- |                 |            |            |            |
|-----------------|------------|------------|------------|
| • Eyebrow / Lip | • Underarm | • Bikini   | • Half-Leg |
| • Full Leg      | • Half-Arm | • Full Arm |            |

### SPA ETIQUETTE

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| • Please arrive 15 minutes prior to your treatment time in order to complete your health assessment form. Arriving late will decrease the time of your treatment.                                                                                                              | • For men – please shave prior to all facial treatments to ensure that maximal results are achieved.                                                               |
| • Please give 4 hours' cancellation notice on individual treatments, and 24 hours' notice on packages, otherwise 50% of the price will be charged to your account, and 100% of the price will be charged for no shows.                                                         | • Smoking and use of mobile phones is not permitted in the spa.                                                                                                    |
| • We recommend that you leave all jewellery in the safe of your villa before coming to the spa.                                                                                                                                                                                | • Please note that the spa is unsuitable for small children and babies, as we try to ensure that all our guests benefit from the tranquillity of our surroundings. |
| • Guests who have high blood pressure, heart conditions, allergies, who are pregnant, or have any other medical complications, are advised to consult the doctor before signing up for any treatments. Please notify our spa receptionists of any existing medical conditions. | • We recommend that you do not sunbathe after oil treatments.                                                                                                      |
|                                                                                                                                                                                                                                                                                | • Take time to relax in our tranquil surroundings before and after your session, and enjoy a wonderful tea after your treatment.                                   |