



ANANTARA

SPA

A TROPICAL OVER WATER SANCTUARY
OF BEAUTIFUL WELLNESS JOURNEYS



WAVES OF RELAXATION IN A TRANQUIL OVER WATER SPA

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins and extends to a boundless horizon at our over water spa.

Escape to a natural sanctuary, perched over a crystal clear lagoon. Glimpse the Indian Ocean's graceful serenity and dazzling colours through a glass floor panel beneath your treatment bed. Time glides by unhindered as you indulge in intimate experiences for two, or just you in a blissful world of your own.

Soak up coconut's generous healing benefits. Surrender stress to energising Thai traditions. Discover balanced wellbeing with signature techniques and four-hand synchronicity. Make each day in paradise a heavenly experience with one, three, four and seven day packages of unique pampering each day. Make your spa journey last even longer – refreshing in the infinity pool and relaxing on a deck where the water meets the sky.

AT ANANTARA SPA, THE GREATEST JOURNEYS ARE FELT, NOT TOLD.

Opening hours: 10.00 am – 10.00 pm



SIGNATURE EXPERIENCES

Drawing on Anantara Spa's world-class expertise, the finest indigenous wellness traditions and unique holistic therapies, these specialist rituals bestow powerful, long lasting benefits for body, mind and soul.

ANANTARA SIGNATURE MASSAGE (60/90 Minutes)

Exclusive to Anantara Spa, revered eastern and western techniques are delivered with our intuitive touch. Experience how a signature oil blend and purpose-designed movements stimulate the circulation, promote deep relaxation and restore the flow of energy, or prana, along the meridian lines.

BESPOKE SPA EXPERIENCE (90 Minutes)

A truly inspiring and unforgettable bespoke spa experience. Surrender to restorative waves of relaxation as your masseuse teases out tension, rebalances energy flow and restores harmonious equilibrium.



SPA JOURNEYS

Escape the limits of space and time with these carefully crafted journeys. Indulge in unique destination-inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind. Begin each journey with a Floral Foot Ritual to exfoliate and cleanse.

MALDIVIAN ROMANCE

Share an intimate ritual and blossom together. Smooth, renew and richly moisturise skin with healing coconut. Slip into a softening bath. Feel tension melt and energy revitalise with our special massage techniques.

Essence White Coconut Scrub
Anantara Milky Bath Collection
Stress Release Massage

THREE DAYS IN PARADISE

Experience a beautiful transformation. Thai massage stretching and acupressure clears energy blockages and loosens the body. Soothing lavender and nourishing seaweed enhance flawless skin, and a powerful massage heals deeply. A luxuriant bath softens and soothes, followed by foot massage to restore total wellbeing.

Day 1: Traditional Thai Massage
Day 2: Anantara Lavender Salt Scrub
Seaweed Wrap
Elemis Freestyle Deep Tissue Massage
Day 3: Anantara Milky Bath
Foot Massage

FOUR DAYS IN PARADISE

Indulge in the ultimate massage journey. Experience Anantara Spa's exclusive techniques, the remedial bliss of Thai herbs and yoga-like stretching, and exotic techniques from trusted Thai traditions.

Day 1: Back, Neck and Shoulder Massage
Day 2: Traditional Thai Massage
Day 3: Thai Herbal Compress
Day 4: Stress Release Massage

SEVEN DAYS IN PARADISE

A boundless journey of signature therapies, from head to toe. Luxuriant body treatments nourish skin with cooling aloe vera, calming lavender and restorative coconut. Ancient massage traditions from across Asia renew holistically. Bath bliss softens and soothes. A dynamic facial revives youthful radiance.

Day 1: Thai Herbal Compress Massage
Day 2: Anantara Lavender Salt Scrub
Anantara Milky Bath Collection
Day 3: Traditional Thai Massage
Day 4: Essence White Coconut Scrub
Essence White Coconut Wrap
Day 5: Back, Neck & Shoulders Massage
Foot Massage
Day 6: Aloe After-Sun Soother
Elemis Pro-Definition Lift and Contour Facial
Day 7: Stress Release Massage

MASSAGES

STRESS RELEASE MASSAGE

(60/90 Minutes)

Using a combination of strokes and classical movement techniques, along with the specially blended signature aromatherapy oil of your choice, this gentle massage offers a stress release tonic to completely relax the mind and body.

TRADITIONAL THAI MASSAGE

(60/90 Minutes)

This unique and exotic technique, known to many as 'passive yoga', has been passed down through the generations and offers the ultimate body workout. Let your therapist do all the work – using pressure point and stretching techniques to release tension and increase vitality and flexibility – while you enjoy a wealth of benefits.

THAI HERBAL COMPRESS MASSAGE

(90 Minutes)

This distinctive style of traditional Thai massage uses a heated compress filled with remedial herbs to release muscle tension and stiffness, enhance energy flow and relieve fatigue, followed by a full body massage using an aromatic herbal oil blend.

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

(30/60/90 Minutes)

Using an aromatic oil selected by your therapist and chosen to suit individual needs - be it muscle pain, stress relief, relaxation or balance – a flowing massage of deep pressure elbow and forearm techniques works to release stored tension and encourage optimum circulation.

BACK, NECK AND SHOULDER MASSAGE

(60 Minutes)

Alleviating tension in the areas where we tend to store it most deeply, this massage provides powerful relief from headaches, stiffness, neck and muscle pain, while improving the blood circulation, sweeping away fatigue and promoting a good night's sleep.

FOOT MASSAGE

(45 Minutes)

Experience holistic balance and deep relaxation. This fascinating treatment provides physical and spiritual renewal by applying specific thumb, finger and hand techniques to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body for overall wellbeing.

ELEMIS PEACEFUL PREGNANCY MASSAGE

(75 Minute)

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Adapted to each stage of pregnancy, specialised positioning ensures safety, comfort and relaxation. Designed to relieve tension in the back and alleviate swelling in the hands and feet, this harmonious massage eases the mind and uplifts the spirit.





BODY WRAPS

ELEMIS THOUSAND FLOWER DETOX WRAP (60 Minutes)

Relax in a cocoon of deeply nourishing green tea balm that stimulates the elimination process for powerful detoxification and naturally healthy skin.

ESSENCE WHITE COCONUT WRAP (60 Minutes)

Indulgently rich and gloriously fragranced, this clay-based wrap rejuvenates the skin and combats the effects of modern life with the healing benefits of coconut.

ALOE AFTER SUN SOOTHER (60 Minutes)

Wonderfully calming, an application of fresh, cooling aloe vera gel and a poultice of cold black tea and mint decreases redness and pain. Skin feels instantly comforted and soothed.

BODY SCRUBS

ELEMIS INTENSELY CLEANSING SALT SCRUB - LIME AND GINGER OR FRANGIPANI (30 Minutes)

Fragranced salt gently sloughs away dead skin and encourages the regeneration of new cells, leaving a smooth and responsive canvas to absorb a deeply nourishing body oil.

ESSENCE WHITE COCONUT MINT SCRUB (30 Minutes)

Skin feels beautifully smooth, soft and supple after a scrub rich in vitamins and antioxidants. Coconut oil and shea butter deeply moisturise skin, while mint enlivens and refreshes.

FACE TOUCH

ADVANCED TECHNOLOGY - ELEMIS BIOTEC FACIALS (90 Minutes)

Advanced, results-driven treatments enhance the look and feel of your skin. Analysis using Elemis Skin Mapping technology allows your therapist to recommend the optimum facial treatment, according to your needs.

ELEMIS PRO-COLLAGEN AGE DEFY (60 Minutes)

Tackle fine lines and wrinkles with the clinically proven age defying benefits of marine charged padina pavonica and red corals. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS PRO-DEFINITION LIFT AND CONTOUR (60 Minutes)

Powered by breakthrough technology, this facial helps restore the architecture of the face using the protein nutrients in plant actives which help the extra cellular matrix, creating a profoundly sculpted and youthful effect.

ELEMIS SENSITIVE SKIN SOOTHER (60 Minutes)

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protects against daily stress. Texture and moisture are dramatically restored. Skin is left supremely soothed, comfortable and calm.

ELEMIS PEACEFUL PREGNANCY FACE AND BODY EXPERIENCE (135 Minutes)

Relax into a harmonious massage and refreshing facial. Feel pampered by a treatment duo that addresses any visible effects of hormonal changes on the skin, while providing support and comfort for you and your baby.





BATH RITUALS

ANANTARA MILKY BATH

(30 Minutes)

Enjoy a private tea service as the pretty aromas of our signature Romance Milky Bath balance your body, mind and spirit.

DETOXIFYING GREEN TEA BATH

(30 Minutes)

Soak up the healing, anti-ageing powers of green tea to refresh and purify your skin.

NAIL SPA

Anantara Spa's luxury nail services use the professional OPI brand. Enjoy a flawless finish after your hands and feet are lavishly neatened and pampered.

DELUXE MANICURE AND PEDICURE
(120 Minutes)

DELUXE MANICURE OR PEDICURE
(60 Minutes)

Nail Preparation
Cuticle Care
Scrub
Mask
Regular Polish

EXPRESS MANICURE OR PEDICURE
(45 minutes)

Nail Preparation
Cuticle Care
Regular Polish

SALON

Shampoo & Blow Dry
Woman's Hair Cut with Blow Dry
Men's Hair Cut with/without Blow Dry
Luxurious Conditioning Treatments & Rituals
Bridal Hair & Make-Up
Evening Hair
Evening Make-Up
Other salon services available upon request

NAIL RE-POLISH REGULAR/GEL
(30 minutes)

GEL REMOVAL ONLY
(15 minutes)

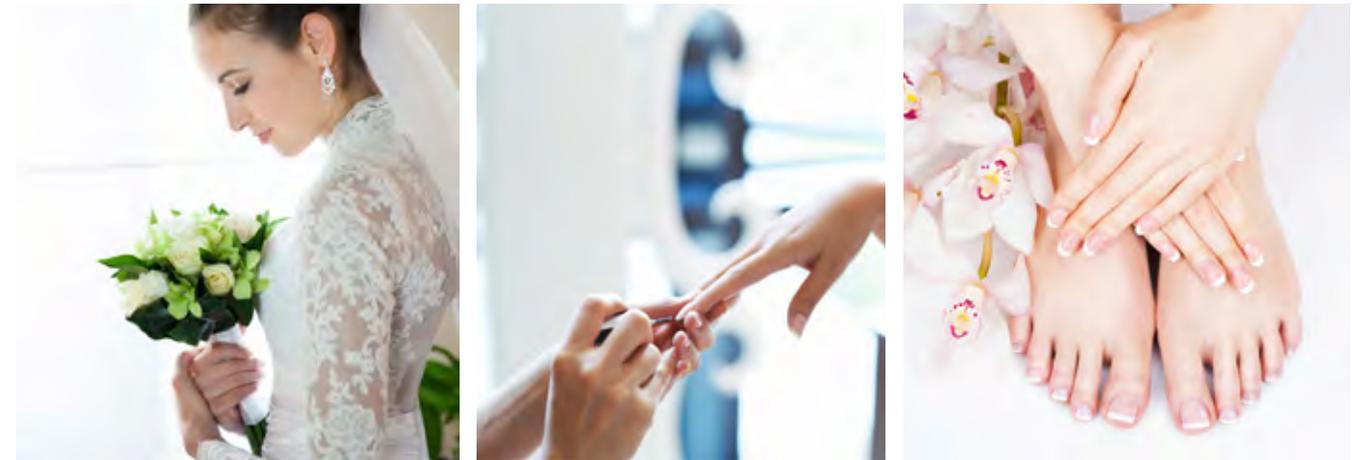
ADD ON SERVICES:

OPI GEL Hands or Feet
(15 minutes)

FRENCH POLISH
(15 minutes)

WAXING

Eyebrow / Lip
Underarm
Half Arm / Full Arm
Half Leg / Full Leg
Back
Bikini Line
Brazilian





KIDS' SPA MENU

(3-10 years old)

RELAXING MASSAGE

(45 min)

A soothing, pampering treat after island playtime. Choose a massage for the head, neck and shoulders, or the full body for total relaxation.

CHOCOLATE FACE & BODY SPARKLER

(30 min)

Enjoy a delicious chocolate body scrub and facial, including a relaxing head massage while the yummy chocolate face mask is on.

HAND & FOOT BLISS

(30 min)

A soothing hand massage using jasmine lotion, followed by a fruity mask for the lower leg and foot massage, leaves young VIP's blissfully relaxed.

NOURISHING HAIR TREATMENT

(30 min)

Enjoy a luscious treatment to nourish and strengthen hair, while protecting against breakage.

HAIRCUT

Refresh your look as our stylist pampers you with a shampoo, cut and blow-dry.

ETIQUETTE

- Please arrive 15-minutes prior to your treatment in order to complete your health assessment form.
- Please take time to relax in our tranquil surroundings before and after your therapy session, and enjoy a nourishing tea after your treatment.
- We recommend that you leave all jewelry in the safe of your villa before coming to the spa.
- Please give 4 hours' notice when cancelling a pre-booked appointment, otherwise 100% of the price may be charged to your account.
- We recommend that you do not sunbathe after oil treatments.
- For men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- 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 the spa receptionist of any existing medical conditions.
- Treatment bookings are available from 10.00 am – 9.00 pm.
- For reservations, please call Anantara Spa at Ext. 3043/3045 or email spamaldives@anantara.com







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