



A journey to wellbeing



ANANTARA

SPA

# Welcome to Anantara Spa

Embark on a journey to wellbeing at our overwater spa, where Ayurvedic rituals, holistic healing, and ocean-inspired therapies melt away the stress of busy lifestyle and realign mind, body, and soul — guided by the gentle rhythm of the sea.



# Signature experiences

## ANANTARA SIGNATURE MASSAGE

A combination of Eastern and Western massage techniques with Anantara's signature oil blend stimulates the circulation and deeply relaxes muscles, while reflexology clears energy blockages to promote overall wellbeing.

**60/90 minutes**

## SUBTLE ENERGIES SLEEP SUPPORT THERAPY

This signature program blends clinical research and ancient practices to address sleep concerns. It includes guided meditation, a Blissful Marma massage, Facial Marma massage, and Nasya for holistic sleep support and balance.

*Blissful marma massage • Indian head massage • Nasal oil application • Savasana*

**120 minutes**

## SLUMBER RITUAL-IN VILLA TREATMENT

Enhance your night's rest with this evening ritual in your villa. Start with a luxurious essential oil bath surrounded by candles, followed by a relaxing massage with Frankincense, Kewda, and Narangi. Enjoy tranquil music throughout the evening, and end with sweet dreams in a bed with 1,000 thread count sheets.

*Anantara signature massage • Anantara milky bath*

**90 minutes**



## **TROPICAL ESSENCE OF KIHAVAH**

Experience a true island spa with the traditional Kihavah ritual for complete wellbeing. Enjoy a holistic head-to-toe pampering with coconut, a natural beauty source. Finish with a refreshing local Kurumba drink.

*Foot ritual • Essence coconut scrub and wrap • Indian head massage with warm coconut oil • Anantara signature massage*

**180 minutes**

## **EMPOWERING ME, A WOMAN'S JOURNEY**

Rejuvenate with our personalised wellness programs. Choose from massages, body treatments, facials, or quick fixes in 60 or 90 minute sessions. Our experts will craft a tailored experience for you.

*Gentle meditation • Marma massage with therapeutic oils • Mini facial*

**150 minutes**

## **KIHAVAH SIGNATURE HEALING**

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.

*Foot ritual • Soothing massage • Guided singing bowl meditation*

**90 minutes**



# Couples journey

## KIHAVAH RECONNECTING RITUAL

Reconnect with your partner through a relaxing head-to-toe journey using fresh, indigenous ingredients and exotic oils, ending with chocolate-dipped strawberries and champagne for a romantic touch.

*Foot ritual • Choice of subtle energies body buff or body polish • Guided couple meditation • Anantara signature massage • Anantara milky bath collection • Refreshment and champagne (optional)*

**180 minutes**

## JET LAG REVIVAL

This tailored jet lag journey restores balance, enhancing sleep and energy levels. It combines Marma therapy, lymphatic work, and the bronze kasa bowl technique to alleviate excess heat, reduce fluid retention, and strengthen the immune system, promoting either revitalisation or restful sleep after a long flight.

*Foot ritual • Blissful marma massage for body and face • Kasa bowl technique • Mini nasya (optional)*

**105 minutes**

## CUSTOMIZED RECOVERY PACKAGE (3 days / 5 days / 7 days programme)

Restore your energy, relieve tension, and achieve deep relaxation with our customizable programs. Enjoy flexible treatment options and scheduling. Choose from combined experiences or individual sessions, including massage therapy, body treatments, facials, or quick fixes in 60 or 90 minute sessions. Visit our Spa, and our Wellness experts will create a personalized treatment journey just for you.



# Massages

## BLISSFUL MARMA MASSAGE

Relax and relieve stress with firm, flowing movements and therapeutic techniques. Marma therapy and chakra balancing align energy, while aromatic actives balance emotions and reduce anxiety. The 90-minute option includes a facial Marma massage.

**60/90 minutes**

## DEEP MUSCLE MASSAGE

This deep muscle treatment relieves tension and improves circulation, making it perfect for athletes. It uses antiinflammatory oils and focuses on repairing muscles, leaving you feeling rested, restored, and in control of your body.

*Foot ritual • Performance experience massage*

**60/90 minutes**

## STRESS RELEASE MASSAGE

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

**60/90 minutes**

## BALINESE MASSAGE

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

**60/90 minutes**

## **TRADITIONAL THAI MASSAGE**

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

**60/90 minutes**

## **THAI HERBAL COMPRESS MASSAGE**

A soothing heated compress with therapeutic herbs and spices is applied to your body, followed by herbal oil massage

**90 minutes**

## **SLIMMING MASSAGE**

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.

**60/90 minutes**

## **THE VITALITY EXPERIENCE MASSAGE**

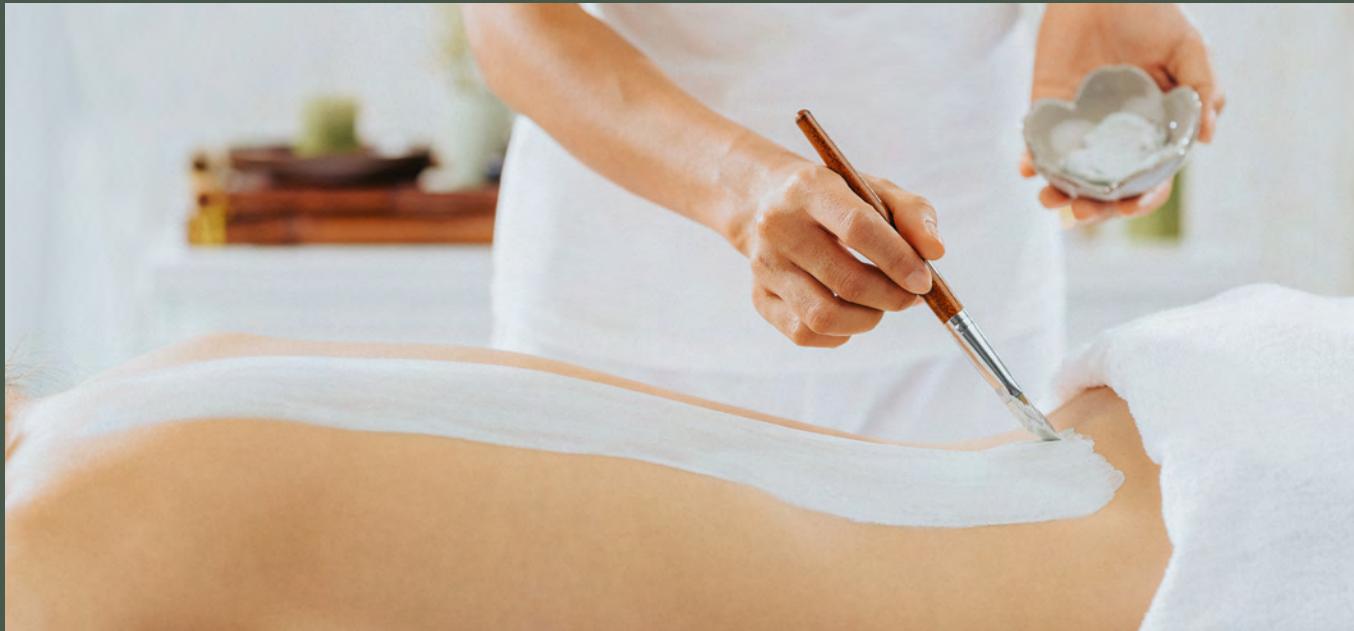
This massage purifies and energizes using sweet marjoram and warm stones. It captures the spirit of crete with its uplifting scents, cooling oils, and traditional techniques to relieve tension.

**90 minutes**

## **PEACEFUL PREGNANCY MASSAGE**

This prenatal treatment, ideal after the first trimester, uses natural oils and signature techniques to nourish and rejuvenate, leaving you feeling balanced, grounded, and nurtured.

**60/90 minutes**



# Body treatments

## PEARL INFUSED REMINERALISING BODY MASK

Enjoy a multisensory experience with a skin-softening exfoliation, followed by a mineral-rich body mask and a signature Marma facial massage to release tension and restore balance.

*Foot ritual • Body exfoliation • Body wrap • Face massage • Cream or lotion application*

**90 minutes**

## RASAYANA DETOX BODY WRAP

Revitalise and detox with an essential oil exfoliation, cinnamon, and walnut shells. Then, followed by a mineral-rich clay wrap with Spiked Ginger Lily, Spirulina, and Green Tea. Finish with full-body hydration.

*Foot ritual • Body exfoliation • Body wrap • Indian head massage • Cream or lotion application*

**90 minutes**

## SUN SOOTHER

Pamper sun-kissed skin with a cooling application of fresh aloe vera gel and natural ingredients infused body wrap to minimize redness and pain

*Foot ritual • Body wrap • Indian head massage • Aloe vera gel application*

**60 minutes**

## ANANTARA CUSTOMISED BODY SCRUB AND WRAP

Restore radiance and circulation with a choice of coconut or green tea treatments. The 60-minute option includes exfoliation or wrap, while the 90-minute adds an Indian Head Massage for ultimate relaxation.

*Foot ritual • Body exfoliation • Body wrap • Indian head massage • Cream or lotion application*

**60/90 minutes**



# Facials

## SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL

Ideal for sun-exposed or dry skin, this antioxidant-rich facial revitalises and hydrates, while a Marma massage boosts collagen and nourishment.

*Foot ritual • Subtle energies soothe and enrich advanced antioxidant facial*

**60/90 minutes**

## REPARATIVE FACIAL

**Restore, Fortify, Heal**

A high performance facial that enhances the skin's ability to repair and strengthen itself, cultivating the microbiome with our signature NAC Y2 complex.

*Foot ritual • The original dramatic healing facial*

**60 minutes**

## BLACK DIAMOND LIFTING FACIAL

**Lift, Firm, Tighten**

The most intensive facial, it uses scienceled formulas with diamond powder to aid the absorption of active ingredients combined with lifting techniques.

*Foot ritual • Celestial black diamond nonsurgical lift facial*

**90 minutes**

## ROSE GOLD RADIANCE FACIAL

**Smooth, Sculpt, Soothe**

This facial combine powerful restoration properties with the most innovative formulas to firm and sculpt with rose quartz crystals to relax and soothe the mind.

*Foot ritual • Rose quartz restorative facial*

**60 minutes**



# Add-on treatments

## **BACK, NECK & SHOULDER MASSAGE**

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

**30 minutes**

## **ORIENTAL FOOT MASSAGE**

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

**30 minutes**

## **INDIAN HEAD MASSAGE**

This soothing yet energising massage combines pressure-point techniques with warm oil massage to relieve tension in the head and neck.

**30 minutes**

## **GLOW MAGNESIUM BODY SCRUB**

Remove dead cells to reveal brighter, more youthful skin, while detoxifying and rejuvenating your whole body.

**30 minutes**

## **BRIGHT EYES**

Revitalizing eye mask with lymphatic drainage massage, banish puffiness and dark shadows, refreshing and rejuvenating tired eyes.

**30 minutes**



# Bath rituals

## **ANANTARA MILKY BATH COLLECTION**

Choose Romance, Balance or Rejuvenation. The exotic aromas of a milky floral bath inspire deep relaxation.

**30 minutes**

## **TROPICAL MALDIVIAN BATH**

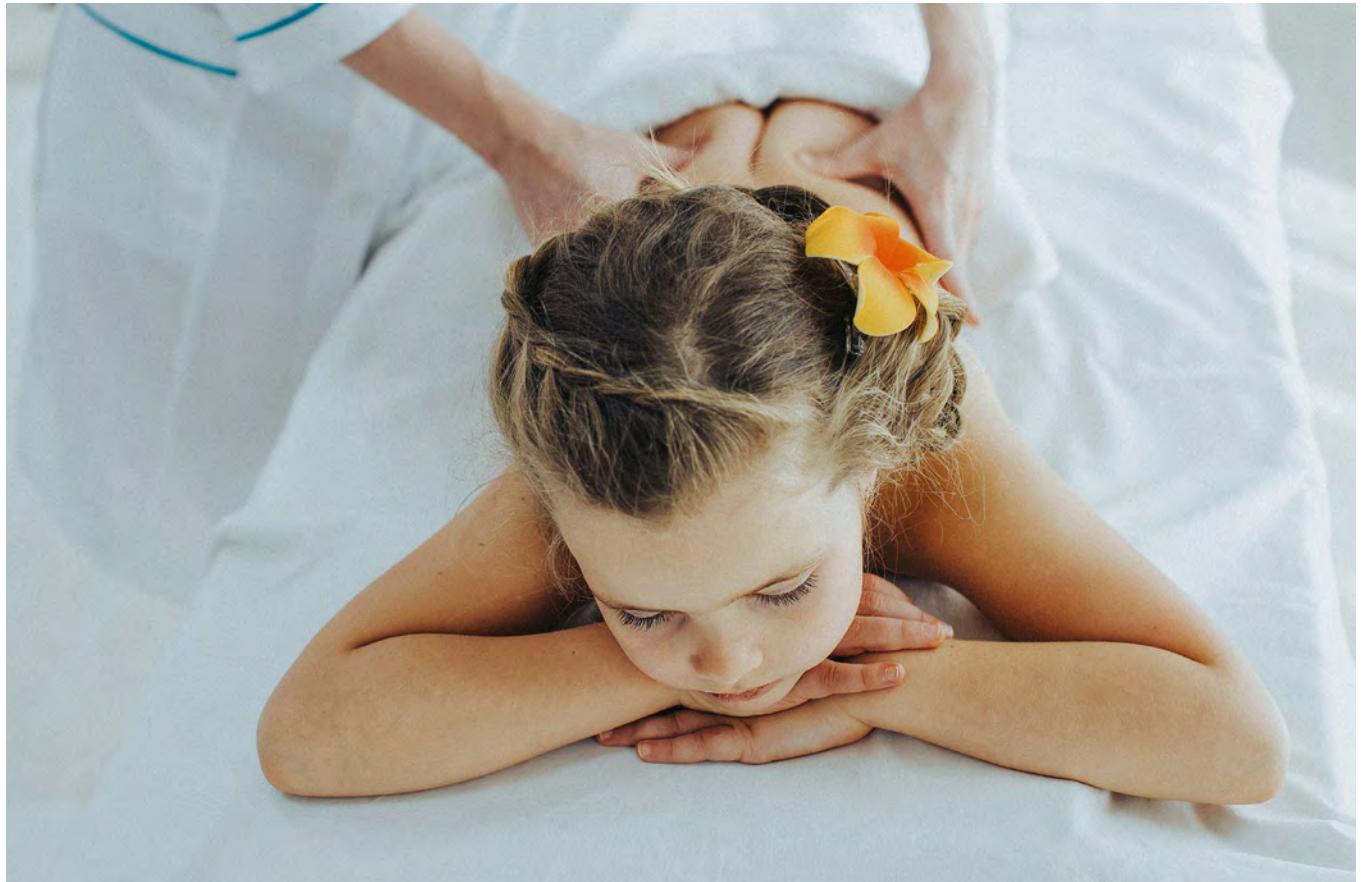
Treat your skin to a smooth, shimmering glow as you relax in the soothing caress of a coconut and peppermint bath.

**30 minutes**

## **REBIRTH MAGNESIUM BATH**

The perfect way to boost your metabolism, detoxify, and enrich your skin with the essential minerals it needs.

**30 minutes**



# Kids treatments

Our mini-me spa menu is designed for those between 5 and 10 years old, with products that are natural, organic, and safe for kids

## **RELAXING MASSAGE WITH ORGANIC OIL**

A soothing massage using gentle strokes and soft pressure, leaving your little ones calm in body and mind.

**30 minutes**

## **PRINCE/PRINCESS ORGANIC FACIAL**

A gentle facial, specially formulated for young ones with natural, organic products, to soothe and moisturise.

**30 minutes**

## **CHOCOLATE BODY SCRUB & MASSAGE**

Sweeten your senses. A chocolate scrub gently cleanses and purifies, leaving skin beautifully smooth and enriched by vitamins and antioxidants. A blissful massage deeply relaxes.

**60 minutes**

## **LITTLE ME (Kids Mani or Pedi)**

A file and paint for your little one's nails using polishes developed especially for kids.

**30 minutes**

# Salon services

## RÉVÉRENCE FOOT RITUAL

A full pedicure with nail buffing for a natural shine, skin treatment to remove dryness, and a soothing massage from toes to knees to relieve tension and heaviness.

**60 minutes**

## RÉVÉRENCE HAND RITUAL

An exceptional manicure in 3 steps: a cuticle and nail treatment, including a natural beauty finish to the nails and thorough massage of the forearms, wrists, hands and fingers. An unforgettable experience!

**45 minutes**

## NAIL HIGHLIGHTING HANDS OR FEET

A nail treatment for hands or feet, reshaping and buffing nails with chamois leather and pearly cream for natural shine, followed by a relaxing massage.

**30/45 minutes**

## FOOT DESTRESS

Soothe tired legs and swollen feet with this relaxing toes-to-knees massage. Ideal after long flights, it enhances circulation, eases tension, and boosts skin vitality. A Black Diamond Scrub preps the skin for deeper nourishment.

**30 minutes**

## NAIL POLISH HANDS OR FEET

Select your favorite colour from a range of polishes.

**30 minutes**

## ECO COLOUR TOUCH HANDS OR FEET

A colour to suit every mood and palate, using responsibly sourced, semipermanent polishes that are easy to remove.

**45 minutes**

## SOFT TOUCH PARAFIN HANDS OR FEET

Intensify your Révérence ritual by adding this paraffin treatment. The warmth of the silky wax facilitates a deeper absorption of the moisturisers into the skin, resulting in optimal hydration, enhanced relaxation and the easing of tension in the joints and muscles

**15 minutes, Add-on**

## WAXING

- *Eyebrow* • *Upper lip* • *Underarm* • *Full arm* • *Full leg*
- *Bikini* • *Half arm* • *Half leg*

# In-villa treatments

Indulge in a curated selection of treatments from the comfort of your villa, available for a supplemental charge.





# Wellness journeys

**YOUR JOURNEY TO WELLBEING BEGINS HERE.**

Reconnect with yourself through magnesium therapies, Ayurvedic healing, and holistic rituals. Embrace the calming rhythm of yoga, meditation, and sound healing — each experience designed to restore balance in body and mind.







# Ayurveda for life

Experience Ayurveda, the 5,000-year-old science from India, promoting balance between body, mind, and soul. Explore multi-day programs combining exercise and treatments to restore wellness. Let your journey begin with a consultation with the resident ayurveda specialist.

## **ABHYANGA MASSAGE**

An ancient herbal oil massage that detoxifies and restores energy flow, using Ayurvedic techniques to release toxins and unblock vital energy, prana, in the body.

**60/90 minutes**

## **PODIKIZHI**

Podikizhi is a detoxifying treatment where warm herbal poultices are used to massage the body, promoting toxin elimination, improving joint mobility, and relieving muscle aches and pains.

**90 minutes**

## **PIZICHIL (THAILA DHARA)**

Pizichil, known as the 'King's Treatment', is a luxurious Ayurvedic therapy that involves pouring warm oil over the body to balance emotions, improve circulation, and promote deep relaxation and rejuvenation.

**90 minutes**

## **NJAVARAKIZHI (PINDA SWEDA)**

A rejuvenating treatment to relieve stress and improve skin. Herbal oil is applied, followed by massaging with rice-filled linen bags to induce sweat, leaving a nourishing paste to cool and hydrate the skin.

**90 minutes**



### **HERBAL SHIRODHARA**

Shirodhara induces deep calm by pouring warm aromatic oil onto the forehead, above the third eye. This soothing flow relieves stress and rejuvenates the mind, offering a blissful, tranquil experience.

**60 minutes**

### **UDWARTANA**

Udwartana is an invigorating therapy that uses a carefully crafted herbal powder to gently exfoliate the skin, enhancing circulation while helping to reduce subcutaneous fat and support healthy weight management.

**90 minutes**

### **ABHYANGA AND SHIRODHARA**

Abhyanga and Shirodhara combine a full-body Ayurvedic massage with a steady stream of warm, herb-infused oil poured onto the forehead. This calming treatment revitalises the nervous system and relieves mental tension.

**90 minutes**

### **BLISSFUL DETOX SCRUB AND WRAP**

Rejuvenate body and mind with natural plant-based scrub and wrap with rich in antioxidants to melt away toxins and fatigue.

**90 minutes**

# Ayurvedic add-on

## **NASYAM**

Nasyam is a restorative therapy that combats pollutants and effectively treats headaches, sinusitis, migraines, and hormonal imbalances. Herbalised oil or powder is applied to the nose, while the face, shoulders, and chest are massaged to promote perspiration.

**30 minutes**

## **KATIVASTHI**

Kativasti is a therapeutic spinal herbal bath where warm medicated oil is poured into a herbal paste reservoir on the lower back. This treatment, lasting 45 minutes, effectively addresses chronic back pain, spinal disorders, lumbar spondylosis, sciatica, and osteoporosis.

**60 minutes**

## **PICHU**

Pichu is a restorative Ayurvedic treatment using warm medicated oil to address degenerative ailments. Applied to the head, neck, spine, hips, chest, knees, or shoulders, it can be a standalone therapy or combined with other treatments.

**60 minutes**



# Multi day programmes

Our carefully curated programs are created for guests seeking a deeply rejuvenating experience. Each one is designed to reduce stress and the effects of toxins from the modern lifestyle.

*All programs include:*

- 1 x Ayurveda lifestyle consultation
- Daily group yoga
- Breathing exercises and meditation
- Daily treatments
- Access to the spa facilities
- Healthy drinks



# Soulful detox programmes

Our carefully curated programs are created for guests seeking a deeply rejuvenating experience. Each one is designed to reduce stress and the effects of toxins from the modern lifestyle. Through targeted treatments and mindful practices, this transformative journeys will help you cleanse the body, boost immunity, and leave you feeling truly revitalised.

## 3 DAYS AYURVEDA RETREAT

Abhyanga Massage  
Podikizhi  
Abhyanga and Shirodhara  
**90 minutes each**

## 5 DAYS AYURVEDA RETREAT

Abhyanga Massage  
Podikizhi  
Pizichil  
Herbal Shirodhara  
**90 minutes each**

## 7 DAYS AYURVEDA RETREAT

Abhyanga Massage  
Podikizhi  
Rasayana scrub and Wrap  
Pizichil  
Njavarakizhi  
Herbal Shirodhara  
Abhyanga Massage  
**90 minutes each**



# Longevity programmes

Our specialised retreats help detoxify the body, addressing the effects of toxins, poor diet, and sedentary lifestyle to restore natural health and vitality.

## 3 DAYS RETREAT

Abhyanga Massage  
Udwartana  
Rasayana Detoxifying Massage  
**90 minutes each**

## 5 DAYS RETREAT

Abhyanga Massage  
Udwartana  
Abhyanga Massage  
Udwartana  
Rasayana Detoxifying Massage  
**90 minutes each**

## 7 DAYS RETREAT

Abhyanga Massage  
Udwartana  
Podikizhi  
Udwartana  
Abhyanga Shirodhara  
Rasayana Detoxifying Massage  
Udwartana  
**90 minutes each**



# Yoga therapy

Yoga therapy is a key part of your Ayurvedic journey, embraced by the serene beauty of our island surroundings. Guided by expert instructors, these empowering sessions blend movement, meditation, and pranayama to release tension, clear energetic blockages, and deepen your practice over time. Each class supports balance, healing, and a more mindful connection to yourself.

## PERSONALISED YOGA SESSIONS

Hath yoga, Vinyasa yoga, Yin yoga, Kundalini yoga

## PRANAYAMA

Pranayama is an ancient breathing practice that enhances respiratory function, reduces stress, and fosters mindfulness, creating harmony between breath, body, and mind for inner balance and vitality.

**60 minutes**

## MEDITATION

Lessen stress and inspire mindful awareness of the living in the moment through personalised guided meditation.

**60 minutes**

## PREGNANCY YOGA

Pregnancy yoga offers a nurturing space for expectant mothers to connect with their bodies and their babies. Through gentle, supportive movements, breathing techniques, and relaxation, these classes help ease discomfort, reduce stress, and promote physical and emotional well-being, while preparing the body for childbirth.

**60 minutes**

## SOUND HEALING MEDITATION

Release stress and cultivate mindful presence through guided meditation, enhanced by the deep physical relaxation and energy balancing of traditional Tibetan singing bowls. Their low, resonant tones gently ground you in the present moment, creating a calming space for inner stillness and renewal.

**60 minutes**

## ANTIGRAVITY YOGA

Experience the unique benefits of aerial yoga in a serene outdoor setting. These personalised private sessions combine traditional yoga with aerial techniques to help you connect with nature, center yourself, realign and decompress the spine through supported inversions and balance flows.

**60 minutes**



# Spa etiquette

To ensure a serene and seamless experience for all our guests, we kindly ask you to observe the following:

- **Arrival:** Please arrive 15 minutes before your appointment to complete your consultation. Late arrivals may shorten your treatment time.
- **Cancellations:** We require a minimum of 4 hours' notice for individual treatments and 24 hours for spa packages. Without notice, 50% will be charged; no-shows will incur the full cost.
- **Valuables:** Kindly leave all valuables secured in your villa safe.
- **Health Considerations:** If you are pregnant, have high blood pressure, heart conditions, or other medical concerns, please consult a doctor before treatment and inform our spa team upon booking.
- **Gentlemen's Care:** For optimal results, we recommend shaving prior to any facial treatments.
- **Peaceful Environment:** To preserve the tranquility of the spa, mobile phones and smoking are not permitted.
- **Children:** The spa is a sanctuary of calm and is not suitable for young children under 5 years old and babies.
- **Sun Care:** Please avoid sun exposure immediately after oil treatments.
- **Aftercare:** Take time to relax in our peaceful setting and enjoy a restorative tea ritual following your treatment.



