



WELCOME TO ANANTARA SPA

Отель может вносить изменения без предварительного оповещения



AT ANANTARA, WE BELIEVE  
LIFE IS A JOURNEY AND  
THE GREATEST JOURNEYS  
ARE FELT, NOT TOLD.

Surrender to the Anantara experience with a collection of well-thought-out journeys, rituals, and individual treatments.

Each journey is designed to connect you spiritually, nurture your mind and body, inspire your full potential, and balance your energies for inner peace and overall wellness.

Set over the pristine waters of the Indian Ocean, surrounded by untainted blue skies - indulge in unforgettable sensory journeys amidst the powerful aura of mother nature.



AT ANANTARA SPA, WE OFFER THE FOLLOWING FACILITIES AND SERVICES:

- |  |  |
|--|--|
|  Six Over Water Treatment Rooms |  Steam and Sauna                  |
|  Wellness Room                  |  Locker Facilities                |
|  Beauty Salon                   |  Fitness Centre                   |
|  Relaxation Area                |  Group or Private Ocean View Yoga |
|  Hot and Cold Plunge Pool       |  In Villa Services upon Request   |

*Conscious of global changes we have amended our operating procedures in response to COVID-19. The following measures have been taken to ensure your comfort and safety throughout your spa experience.*

- We highly recommend you arrive already changed for your spa appointment. In addition, we also request our guests to shower prior to their treatment in the comfort of their own treatment room at the spa.*
- Temporary closure of changing rooms, relaxation areas, and thermal facilities.*



## HOW TO SPA

### Hours of Operation

The Anantara Spa is open daily from 10.00 am to 7.00 pm.  
*(later appointments available upon request).*

### Reservations

To ensure you secure the time you prefer we recommend booking in advance. Please dial 3043/3045, or visit the spa, and one of our receptionists will be able to assist you. Your reservation will be reconfirmed a day in advance. We always try our best to accommodate requests for individual therapists / specialists based upon their availability.

### Spa Arrival

You are encouraged to arrive 20 minutes prior to your treatment time. This will allow for a smooth check in and the opportunity to relax before your treatment.

**Late arrivals will be subject to reduced treatment times.**

### Spa Attire and Valuables

When you arrive for your treatments you will be provided with a spa robe, slippers and a disposable underwear (if required) as well as a locker to place your belongings. We recommend you leave all valuables in your villa or suite as Anantara Spa does not assume responsibility for lost items.

### Health Concerns

If you are pregnant or have any pre-existing conditions or allergies, please inform our team before booking any spa treatments or using the spa facilities. Kindly advise your therapist before your treatment commences. This will ensure your safety before having any treatments.

### Fees and Service Charge

All prices are in US Dollars and inclusive of 10% service charge and 12% GST. Additional gratuities are at your discretion.

#### CANCELLATION POLICY

Should you need to cancel or reschedule your treatment, we do require a minimum of 24 hours' notice to avoid being charged 50% of the treatment fee. No shows will be charged 100% of the treatment fee.





## SIGNATURE JOURNEYS

‘Nam Jai’ is at the core of Anantara’s philosophy. It is rooted in Thai culture referring to sincere kindness and helping others without expectation. Our signature journeys represent ‘Water from the Heart’ on to you.

### ANANTARA SIGNATURE MASSAGE

(60/90 minutes)

Our signature blend of oils, combined with purpose-designed movements stimulates circulation, realigns the body, and promotes deep relaxation whilst restoring the flow of energy, or prana, along the meridian lines.

**Foot Ritual - Signature Massage - Refreshment**

### ESSENCE OF ANANTARA

(120 minutes)

Unwind and awaken your senses with a special spa journey designed to capture the essence of Anantara. Enrich tired and dull skin with an enchanting full-body exfoliation, leaving your skin fresh and re-energised. Further, nourish your body with a healing touch and a specially blended signature aromatherapy oil of your choice.

**Foot Ritual - Body Scrub - Relaxing Massage - Refreshment**

### THAI FOUR ELEMENTS RITUAL

(75/90 minutes)

According to Traditional Thai Medicine, the human body is composed of four fundamental elements. This ritual will take you on a journey to explore the refreshing aromas of earth, the warm and romantic blends of fire, the energising benefits of water, and the soothing elements of wind. Experience one of your preferred elements in an unforgettable aroma massage experience helping to reduce any deep-seated muscular pain, anxiety or stress, and revitalise the mind, ensuring your ultimate wellbeing. Your massage is complemented with a bamboo fusion, releasing tension, softening muscle tissue, and helping increase blood flow for better circulation.

**Foot Ritual - Aroma-Bamboo Massage - Refreshment**

### ANANTARA RETREAT

(75 minutes)

An outdoor retreat nestled between magical waters and an untainted island breeze. Enjoy a personalised massage experience tailored to meet your needs, incorporating the most effective combination of massage techniques, your desired pressure, and aroma oils to nourish your mind and body. Let Mother Nature create a musical symphony in your ears as you listen to the crashing of the waves, the humming of the birds, and the lull of the sea breeze.

*(Located at the Pavilion on Veli Island)*

**Foot Cleanse - Outside Personalised Massage - Refreshment**



## INDIVIDUAL JOURNEYS

Individual journeys to melt away tension with relaxing, therapeutic, or stress-relieving massages using a combination of Eastern and Western techniques.

### BODY MESSAGES

#### DHIGU HEALING MASSAGE

(60/90 minutes)

Inspired by the natural healing resources of the island, fully unwind with a combination of holistic and classic massage techniques, nourishing your body with local coconut oil rich in vitamin E and antioxidants. This gentle massage offers a stress release tonic creating the perfect balance for body and mind.

#### DEEP TISSUE MASSAGE

(60/90 minutes)

Personalised to focus on the deeper layers of tissue, using an array of massage techniques to release stored tension and encourage optimum circulation. Ensuring relaxation for deep-seated muscles.

#### HOT STONE MASSAGE

(60/90 minutes)

Heated volcanic stones and a stunning blend of essential oils are used in this massage. The heat from the stones helps to relieve muscle or joint tension and increase blood circulation creating a balance of calm and wellbeing. This treatment is perfectly designed to promote a profound state of relaxation.

#### AROMA MASSAGE

(60/90 minutes)

Ideal for anyone seeking a thoroughly relaxing massage experience or for the first-time spa visitor. Our signature aroma massage has been developed with your overall relaxation in mind. We combine light to medium pressure and a flowing technique using intuitive touch and a blend of stunning essential oils.

### BODY TREATMENTS

We offer a variety of body scrubs and wraps to target all your needs and concerns leaving a responsive body canvas. Helping to regenerate skin cells, boost the lymphatic and immune system, improve the tone and texture of the skin, and help with balancing stress and anxiety.

#### BODY SCRUBS

(60 minutes)

**Salt** - based scrubs for a more rigorous exfoliation and stimulating circulation.

**Moisturising** - scrubs for gentle exfoliation, rich with antioxidants leaving skin soft and refreshed.

**Detox** - scrubs help to draw out toxins and impurities leaving skin revitalised.

#### TRADITIONAL THAI MASSAGE

(60/90 minutes)

This ancestral dry massage, known to many as 'passive yoga', has been passed down through the generations and offers the ultimate body workout. Combining pressure points and stretching techniques to release tension, increase flexibility, and boost vitality. Your massage will be performed in our unique open-air Thai Sala.

#### THAI HERBAL 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.

#### TENSION RELIEF BACK MASSAGE

(45 minutes)

This focused massage releases tension and restores comfort to this typically tense area.

#### MATERNAL MOMENTS

(75 minutes)

A relaxing full body massage to help improve skin elasticity, reduce fatigue, and target areas prone to tension during pregnancy. This massage is ideal for relaxation and relief of muscle tension and discomfort. Adapted to each stage of pregnancy - specialised positioning ensures safety and comfort.

#### BODY WRAPS

(60 minutes)

**Sun Soother** - A beautifully blended aloe vera body mask with a poultice of cold black tea and mint. It helps settle inflammation or pain caused by sun exposure. Skin is instantly comforted.

**Moisturising** - indulgently rich and fragranced these wraps are designed to seal in moisture, nourish and rejuvenate the skin.

**Detox** - stimulates the elimination process for powerful detoxification and naturally healthy skin. Your wrap experience includes a stress release fusion of hand and scalp massage.



## UPLIFTING JOURNEYS

Indulge in unique destination-inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

### ISLAND COCOON

(100 minutes)

Experience a truly stunning spa combination with our island cocoon, uplifting both your body and mind. Commence your journey with a full-body exfoliation to help rid of dry skin and stimulate blood circulation. Your journey will continue with a delicate wrap experience - enriched with minerals and antioxidants to help with hydrating, firming, and detoxing. In your cocoon, your therapist will alleviate any stresses with a head and foot massage ritual, and once out of your cocoon will apply a luxurious body butter leaving your skin nourished and radiant.

**Foot Ritual - Body Scrub - Body Wrap - Refreshment**

### VITAMIN-SEA

(120 minutes)

Indulge in a unique spa treatment enriched with vitamins and immune-boosting minerals to uplift your spirit and senses. Begin with an aromatherapy massage using vitamin c and citric oils, protecting skin from sun exposure, helping improve skin firmness and elasticity. Complete your spa journey with a collagen facial rich in marine minerals Padina Pavonica and Red Seaweed infusing the skin with all the goodness of the sea and eliminating impurities.

**Foot Ritual - Body Massage - Facial - Refreshment**

### SEASIDE SERENITY

(150 minutes)

Uplift your spirit with an all-encompassing spa experience. Begin your journey with a refreshing mini exfoliation, continue with a holistic massage to nourish and hydrate new skin, and balance your chakras to bring peace to mind and body. Achieve ultimate serenity with a deep cleansing facial providing hydration, nutrition, and repair to your skin, resulting in a radiant complexion.

**Foot Ritual - Body Scrub - Body Massage - Deep Cleanse Facial - Refreshment**

### DEAD-SEA MUD MASSAGE

(90 minutes)

Using mud extracted from the natural reservoir of the Dead Sea, experience a singular massage journey where you are enveloped with a blend of mineral-rich mud and skin-nurturing oils. Your therapist will commence your journey with a full body massage using mud and warm oils. The unique blend of minerals will absorb into skin helping with a plethora of issues, drawing out impurities, and detoxifying the skin. It further improves skin health and treats many skin conditions, reduces joint pain, helps with skin elasticity, and increases blood circulation. You will then be covered for about 15 minutes as the mud settles.

**Foot Ritual - Body Massage - Body Wrap - Refreshment**





## COUPLES JOURNEYS

### COUPLES SIGNATURE MASSAGE

(60/90 minutes)

Created for couples to share memorable moments together. Commence with a coconut foot exfoliation followed by our signature healing massage with coconut oils to melt your stress away. Relax further in one of our double treatment rooms perched over the crystal lagoon.

**Foot Ritual - Body Massage - Refreshment**

### COUPLES SUNSET RITUAL

(75 minutes)

The sunset tells us it is the end of a day, the perfect time for reflection. Capture a beautiful Maldivian Sunset on our unique open aired Salas and relax under mixed blends of exotic herbs and floral fusions. A spa ritual encouraging gratitude and creating a path for a new day.

### HOT STONE DUO

(90 minutes)

Promoting a profound sense of relaxation our couples' hot stone experience offers a beautiful combination of warm volcanic stones and therapeutic aromatherapy oils. A full body massage is further complemented with a pressure point foot massage bringing lightness to the feet and legs.

**Foot Ritual - Body Massage - Foot Massage - Refreshment**

### ULTIMATE INDULGENCE

(150 minutes)

Embark on a journey of romance with Anantara Spa. An intimate ritual with a fusion of treatments to uplift your mind, body, and senses. Commence your journey with a white coconut body scrub offering an effective but moisturising exfoliation leaving the skin radiant and soft. Fall into deep relaxation with a Swedish style massage under warm coconut oils setting sail to any stresses. Further indulge in a candle-lit milk bath infused with lavender and ylang ylang oils to fully unwind. Cheers your loved one with some bubbly and sweet treats to tantalise your palette.

**Foot Ritual - Body Scrub - Body Massage - Anantara Bath - Refreshment**

### FLOWER MOON RITUAL

(180 minutes)

An exclusive night spa journey under the warmth and romance of the Maldivian moon. A Siamese Sesame purifying scrub starts your journey, enriched with sensual aromas of rosewood, ylang ylang, and sandalwood. Find peace of mind with a luxurious massage with sweet aromas to awaken your senses and nourish your skin with natural goodness. Experience a holistic facial helping to cleanse and rejuvenate sun-exposed skins. This includes a cleanse, scrub, and sculpting massage helping to restore texture and moisture into the skin. Your Moon Ritual is complemented with some relaxation time and private access to our hot and cold plunge pools under the Maldivian moonlight helping to achieve perfect harmony between you and your loved one.

Available 10.00 pm – 1.00 am. A 24-hour advance reservation is required.

**Foot Ritual - Body Scrub - Body Massage - Mini Facial - Pool Time - Refreshment**



## FACIAL JOURNEYS

### FACE TOUCH BY ELEMIS

Experience a healing fusion, where touch and technology are turbo-charged by the power of minerals, plants, and active natural aromatics. Defy the hands of time with clinically proven anti-wrinkle, radiance, and resurfacing facials for instant results.

#### 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. A targeted massage encourages optimum cellular function for nourished, younger-looking skin.

**BENEFITS:** Soothes - Nourishes - Refines

#### 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 extracellular matrix, creating a profoundly sculpted and youthful effect.

**BENEFITS:** Lifts - Contours - Sculpts

#### 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.

**BENEFITS:** Soothes - Calms - Rehydrates

#### SUPERFOOD PRO RADIANCE

(60 minutes)

Energise and detoxify stressed, dull skin with a nutritional superfood boost. Leaves skin plumper, radiant, and lit up with good health.

**BENEFITS:** Revitalises - Brightens - Nourishes

#### ELEMIS ADD-ON FACIAL

(30 minutes)

A perfect addition to any treatment. Designed for maximum results in minimum time.

### BIOTEC BY ELEMIS

Elemis Biotec represents the next generation of facials. Bridging the gap between hands-on-facial and cosmetic, non-invasive procedures. Using bio-electric technology to re-boot cellular performance; working in perfect synergy with the skin's natural bio-electric field BIOTEC delivers uniquely customizable, clinically proven facials. Powered by five treatment technologies each providing powerful and measurable results.

#### BIOTEC LINE ERASER

A powerfully rejuvenating clinically proven facial treatment that effectively irons out wrinkles and fills outlines.

#### BIOTEC FIRM-A-LIFT

A ground-breaking blend of massage and sculpting galvanic technology for a contoured complexion that is remarkably lifted.

#### BIOTEC BLEMISH CONTROL

Detoxify and repair damaged tissue with this thorough and deep cleansing facial leaving skin decongested and soothed.

#### BIOTEC SENSITIVE SKIN SOOTHER

Oxygen infusion and red-light therapy improve the skin's ability to repair itself. Calmness is restored and skin is soothed.

#### BIOTEC RADIANCE RENEW

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions for radiant, visibly brighter skin.

#### BIOTEC SUPER-CHARGER FOR MEN

A multi-tasking, time-efficient solution for the male complexion.

(30 minutes / 60 minutes / 90 minutes)





## WEEKLY SPA JOURNEYS

Dedicate a little time to yourself on your getaway to unwind. We have your massage essentials packed nicely for you leaving you feeling relaxed and rebalanced. Feel free to share the package between yourself and loved ones.

### THREE DAYS RENEW

(60/90 minutes)

Gain a sense of renewal with our three day massage package. The Renewal package allows you to combine any three of your preferred massages from our Individual Journeys.

### FIVE DAYS REVIVE

(60/90 minutes)

Revive your mind and body with one of our popular spa packages. The Revive package allows you to combine any of your preferred massages and Elemis Classic Facials.

### SEVEN DAYS RETREAT

(60/90 minutes)

The perfect spa package to compliment your getaway. Fully retreat with our seven day spa package. Combine any of your preferred massages and Elemis Classic Facials.



## HAND AND FOOT JOURNEYS

Nourishing treatments for hands and feet.

### ANANTARA MANICURE

#### CLASSIC MANICURE

(60 minutes)

A hand treatment with nail reshaping, gentle buffing, cuticle treatment, and gentle exfoliation to encourage a natural finish to the nails.

#### GEL MANICURE

(75 minutes)

A classic Anantara manicure with gel polish application.

### ANANTARA PEDICURE

#### CLASSIC PEDICURE

(60 minutes)

A foot treatment with nail reshaping, gentle buffing, cuticle treatment, and gentle exfoliation of the soles to remove dry skin and encourage a natural finish to the nails.

#### GEL PEDICURE

(75 minutes)

A classic Anantara pedicure with gel polish application.

#### ADD ON SERVICES

|                              |              |
|------------------------------|--------------|
| Additional Foot/Hand Massage | (30 minutes) |
| Polish Change Classic        | (30 minutes) |
| Polish Change Gel or French  | (30 minutes) |
| Gel Removal                  | (15 minutes) |



## ANANTARA SPA TREATMENT PRICE LIST

| PROGRAM                            | PRICE (IN USD) | PROGRAM                              | PRICE (IN USD) |
|------------------------------------|----------------|--------------------------------------|----------------|
| <b>SIGNATURE JOURNEYS</b>          |                | <b>FACIAL JOURNEYS</b>               |                |
| Anantara Signature Massage (60/90) | 180/225        | Pro-Collagen Age Defy (60)           | 185            |
| Essence of Anantara (120)          | 295            | Pro-Definition Lift And Contour (60) | 185            |
| Thai Four Elements Ritual (75/90)  | 225/245        | Elemis Sensitive Skin Soother (60)   | 185            |
| Anantara Retreat (75)              | 305            | Superfood Pro Radiance (60)          | 185            |
|                                    |                | Elemis Add-On Facial (30)            | 110            |
| <b>INDIVIDUAL JOURNEYS</b>         |                |                                      |                |
| Dhigu Healing Massage (60/90)      | 155/210        | Biotec Line Eraser                   |                |
| Deep Tissue Massage (60/90)        | 200/240        | Biotec Firm-A-Lift                   |                |
| Hot Stone Massage (60/90)          | 180/225        | Biotec Blemish Control               |                |
| Aroma Massage (60/90)              | 180/225        | Biotec Sensitive Skin Soother        |                |
| Traditional Thai Massage (60/90)   | 165/215        | Biotec Radiance Renew                |                |
| Thai Herbal Massage (90)           | 225            | Biotec Super-Charger For Men         |                |
| Tension Relief Back Massage (45)   | 150            | (60)                                 | 200            |
| Maternal Moments (75)              | 215            | (90)                                 | 245            |
| Body Scrub (60)                    | 150            |                                      |                |
| Body Mask (60)                     | 150            |                                      |                |
| <b>UPLIFTING JOURNEYS</b>          |                | <b>WEEKLY JOURNEYS</b>               |                |
| Island Cocoon (100)                | 270            | Three Days Unwind (60/90)            | 405/585        |
| Vitamin-Sea (120)                  | 325            | Five Days Rejuvenate (60/90)         | 675/980        |
| Seaside Serenity (150)             | 270            | Seven Days Retreat (60/90)           | 940/1,370      |
| Dead Sea Mud Massage (90)          | 305            |                                      |                |
| <b>COUPLES JOURNEYS</b>            |                | <b>HAND AND FOOT JOURNEYS</b>        |                |
| Couples Signature Massage (60/90)  | 305/430        | Classic Manicure (60)                | 70             |
| Couples Sunset Ritual              | 415            | Classic Pedicure (60)                | 80             |
| Hot Stone Duo (90)                 | 450            | Gel Manicure (75)                    | 85             |
| Ultimate Indulgence (150)          | 610            | Gel Pedicure (75)                    | 100            |
| Flower Moon Ritual (180)           | 980            | Polish Change (30)                   | 45             |
|                                    |                | Polish Change Gel (30)               | 50             |
|                                    |                | Add on Massage (30)                  | 65             |

*All prices are in US Dollars and inclusive of 10% service charge and 12% GST.*

The Anantara Spa is open daily from 10.00 am to 7.00 pm  
(later appointments available upon request).



Anantara Dhigu Maldives Resort

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