



ANANTARA

SPA



WELCOME TO ANANTARA SPA SUMMER MENU










At Anantara we believe Life is a Journey and the greatest journeys are experienced, not told.

Surrender to the Anantara experience with a collection of carefully 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
-  Wellness Room
-  Beauty Salon
-  Relaxation Area
-  Steam and Sauna
-  Hot and Cold Plunge Pool
-  Locker Facilities
-  Fitness Centre
-  Group or Private Ocean View Yoga

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.



HOW TO SPA

Hours of Operation

The Anantara Spa is open daily from 10.00 am to 7.00 pm.
(Later appointments are 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.

*In-Villa Spa Services are available upon request.
(24 hours prior notice required and additional charges will apply)*

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.



ANANTARA SIGNATURE

'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.

4-ELEMENTS WARM BAMBOO MASSAGE

(75/90 minutes)

According to Traditional Thai Medicine, the human body is composed of four fundamental elements: earth, fire, water, and 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.

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.

MALDIVIAN INDIGENOUS THERAPY

DHIGU HEALING MASSAGE

(60/90 minutes)

Inspired by the natural healing resources of the island, this healing massage will allow you to 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.

ALOE 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.

ISLAND COCOON

(90 minutes)

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

Body exfoliation and wrap.

SPA RETREATS

SPA RETREATS

Dedicate a little time to yourself on your getaway to unwind. We have your spa essentials packed nicely, leaving you feeling relaxed and rebalanced. Feel free to share the package between yourself and loved ones. Combine any of your preferred massages, body treatment, or facials from our individual journeys to fit your wellness and relaxation goal.

Three Day Renew (60/90 minutes)

Five Day Revive (60/90 minutes)

Seven Day Retreat (60/90 minutes)

Wellness Bespoke massage, Medi Spa facials and therapies are not included in weekly spa journey. Additional fee will apply for this selections.

WELLNESS MOVEMENTS

PERSONALISED TRAINING

(60 minutes)

Offering a vast array of individualised training programmes to maintain your fitness level while at the resort and beyond for your return home. Sessions can be held in the Fitness Centre or outdoors.

BOXFIT

(45 minutes)

Cardio based circuit training involving boxing training techniques such as skipping, shadow boxing, and body weight exercises.

BEACH BOOTCAMP

(45 minutes)

This fun and intense outdoor exercise focuses on fitness and toning. Combining HIIT style, functional training elements such as crawls, Kettle bell swings, cardio, group games, and stretching. All elements would be tailored to your experience and training level.

YOGA & MEDITATION

(60 minutes)

Our resident yoga instructor will guide you through yoga poses, postures and breathing exercises curated just for you upon a one on one consultation. *Select your preferred time and location. (60 minutes)*

ACRO – YOGA

(60 minutes)

Acro Yoga is a physical practice that combines yoga and acrobatics. It is a form of partner and group acrobatics in which at least someone is lifted. It is a playful, fun but also therapeutic. This beginner level class is available for individual practice with our instructor as the partner or couples who want to master some of the most Instagram-able poses.



INDIVIDUAL MASSAGE

CLASSIC MASSAGES

AROMATHERAPY 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.

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. It ensures relaxation for deep-seated muscles.

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. It combines 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

HOT STONE MASSAGE

(75/90 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.

MINI MASSAGE

(30 minute)

This short but effective massage is perfect for those looking for a quick fix on particular area of the body. Choose from the head massage, neck and shoulder, back, or foot massage.

WELLNESS & AYUVERDA

Ayurveda is the world's oldest system of holistic healing, designed to heal the body and create a balance between mind, body and spirit. The philosophy holds that there are three basic constitutions, or doshas—Vata, Pitta, and Kapha—that make up our physical, mental and emotional selves - our Ayurvedic journeys seek to balance the three principle energies.

ABHYANGA

(60/90 minutes)

Warm oils are blended with medicinal herbs for healing and detoxifying the body. Rhythmic massage techniques are applied to work along the meridian lines and restore the flow of vital energy.

SHIRODHARA

(45 minutes)

Restore natural balance and calm the mind and spirit with this gentle Ayurvedic treatment. After a gentle massage on the neck and shoulder area, warm oils are poured over the forehead and a head massage is performed. This therapy enhances blood circulation, improves concentration and further promotes relaxation.

KATI BASTI HEALING RITUAL

(60 minutes)

A localised Ayurvedic treatment that relieves ailments associated with the lower back through the application of specially prepared warm medicinal herbs and oils. The oils are poured into a small reservoir made of herbal paste on the lower back area and absorbed directly by the body. This unique treatment helps strengthen the bones, muscles, and soft tissue in the area, providing relief from back pain, spinal disorders, sciatica, and other ailments.

WELLNESS BESPOKE MASSAGE

(60/90 minutes)

Highly effective treatment targeted for those who are looking for specific result such as pain relief, post-traumatic injuries, detox or lymphatic drainage. This therapy is performed by wellness specialist and customized to your needs.





INDIVIDUAL FACIAL CLASSIC FACIALS

FACE TOUCH BY ELEMIS

(60 minutes)

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. Choose from the following option that matches your needs:

Pro Collagen Facial – age defying and regenerating

Purifying facial by Elemis Superfood Pro – radiance and purifying effect

Gentlemen's Facial – customise facial for men

BIOTEC BY ELEMIS

(60/90 minutes)

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.

BESPOKE FACIAL BY BIOLOGIQUE RECHERCHE

(60 minutes)

The Biologique Recherche skincare is formulated with organic, non-perfumed, highly active botanical ingredients that deliver immediate and visible results. Each skincare protocol is devised specifically in response to a personalized dermo-cosmetic diagnosis whether you are looking for plumping, repair or protection effects.

ADD-ON TREATMENT

Below options are only applicable as add-on to your full treatments.

Mini Facial by Elemis (30 minutes) – face cleanse and massage

Biotec Eye or Lip (30 minutes)

Face Mask (20 minutes) – application of face mask, perfect add-on to any of your body treatment or massage

Oxygen Therapy (15 minutes)

Cooling Jetlag Massage (15 minutes) – refreshing foot massage to help reduce fluid retention

INDIVIDUAL BODY

BODY SCRUBS

(45 minutes)

We customize body scrub according to your needs and skin types. Our selections ranging from Salt scrub, Lime and Ginger or P50 by Biologique Recherche, for energizing, rigorous exfoliation to help circulation to gentler scrubs such as Frangipani and Coconut or detox scrubs with Green Tea to help draw out toxins and impurities leaving skin revitalised.

BODY WRAPS

(60 minutes)

This treatment is designed to seal in moisture, nourish and rejuvenate the skin. Cocooned in a moisturizing, rejuvenating or detoxifying wraps while our skilful therapist complemented the journey with a stress release fusion of hand and scalp massage.

RELAXATION TREATMENT FOR HEAVY LEGS

(60 minutes)

Shake off the effects of long-haul air travel with a treatment that freshens and tightens. Recommended for tired, 'heavy' legs, this treatment reinforces the dermis, stimulates blood circulation and energises the skin, resulting in a taut, toned look.

ALGAE DETOX THERAPY

(90 minutes)

Feel energised and detoxified with this combined massage/wrap treatment. Thermal effects release bio-active marine ingredients that re-mineralise and purify the body, leaving you invigorated and filled with a sense of wellbeing. Perfect for those looking for detox, slimming or anti-cellulites.

FIRMING BODY LIFT TREATMENT

(60/90 minutes)

This multi-step treatment combines proven techniques to improve elasticity and tighten skin tissue. First, an invigorating exfoliating session removes dead skin cells. Following, a bio-reflex massage is applied using a moisturising complex that nourishes and protects. A serum or firming oil is then massaged into the skin to prevent slackening and refine skin texture. This treatment is the ideal follow-up to a slimming treatment, working to firm up any softer zones.





SPA JOURNEY

LOTUS INDULGENCE

(90 minutes)

Abhyanga rhythmic massage techniques combined with a focal Shirodhara head massage. A stunning blend of warm oils and medicinal herbs to help enhance the body's immunity while inducing a state of deep relaxation and emotional wellbeing.

Abhyanga and Shirodhara head massage

ESSENCE OF ANANTARA

(90 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 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.

Body Scrub & Relaxing Massage

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.

Body Massage and Facial

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.

Body Scrub, Body Massage and Facial

COUPLES JOURNEYS



COUPLES HEALING MASSAGE

(60 minutes)

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

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-air 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.

INDIAN OCEAN ESCAPE

(1 hour 45 minutes)

Tucked away in your own private moment above magical waters, reconnect with your loved one. Fall into deep relaxation with our Anantara Signature Massage experience accompanied by an additional therapeutic head and foot massage combination. Ending the perfect escape look out on to the horizon as you sip Champagne and share special moments in a romantic bath with nourishing blends to calm your senses.

Foot Ritual – Body Massage – Anantara Bath – Refreshment

ROMANTIC INDULGENCE

(2 hours 30 minutes)

Embark on a journey of romance at 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

MOONLIGHT SPA RITUAL

(3 hours) available from 7.00 pm to 10.00 pm

An intimate evening journey of relaxation that surely will make you sleep like a baby at night. This treatment is designed for those who are looking for complete privacy. The treatment starts with a private gentle yoga and meditation session, followed by a full body massage and relaxing mini facial. End the evening on our glimmering outdoor relaxation area where it will be booked privately for you. Jump into warm or cold plunge pools while sipping a glass of champagne.

45 minutes - Yoga & Meditation, 60 minutes - Body Massage, 30 minutes - Mini Facial,

45 minutes - Private Spa Facilities Usage, Champagne and Refreshments.

Additional charge may apply for treatment finishing after 10 pm.

NAILS SERVICE

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.

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

Classic Polish Change / Gel Polish Change / Gel Removal

HAIR & WAXING SERVICES

WASH & BLOWDRY

The sun and sea can be tough on the health and vitality of our hair. Let us take care of it with relaxing hair wash and blow dry to prepare you for an evening event or dinner.

HAIRCUT Available for men, women, and children.

STYLING Hair styling for all occasions. (Hair wash is not included)

HAIR AND SCALP CLAY TREATMENT

(45 minutes)

This all-natural hair treatment has been specially formulated to deeply cleanse, moisturise and rebalance the scalp. Helping the hair recover from external toxins and product overload. Using peppermint, jojoba and lemongrass that help rebalance the hair, while bergamot, sesame, vitamin B5, and honey soothe and heal the scalp. Your hair mask application will also include a scalp massage and wash.

BEAUTY

Available upon request only.

BRIDAL HAIR & MAKE-UP

BRIDAL CONSULTATION

HAIR, MAKE-UP & FINISHING TOUCH MAKE-UP APPLICATION

WAXING



SALON SERVICE



KIDS SPA & WELLNESS

For age 4 to 12 years old

KIDS DELIGHT MASSAGE

(30/45 minutes)

A relaxing massage using organic coconut oil to soothe muscle and help kids to relax and sleep well.

CHOCOLATE FACE AND BODY SPARKLE

(30 minutes)

Fun time Hershey's fusion with coconut milk to moisture the skin and reduce redness from sunburn for body and face.

CHOCOLATE FUDGE FACIAL

(15 minutes)

Fun time Hershey's fusion with coconut milk to moisture the skin texture and reduce redness from sunburn.

LITTLE FEET

(15 minutes)

Pamper your little feet with our authentic cold compress local virgin coconut oil to help children to relax and calm down after a day of playing.

HAPPY HANDS AND TINKLE TOES

(15 minutes)

These happy hands and tinkle toes treatment include application of bold nail polish colors.

SPARKLE MANI AND PEDI

(30 minutes)

Full set of cutting, filling and Nail polish application.

DAZZLING DIVA

(20 – 30 minutes)

A braid is a complex structure or pattern formed by interlacing two or more strands of flexible material such as textile yarns, wire, or hair.

KIDS HAIR CUT

Hair cut and trip for boys or girls from age of 4 to 12 years old.

FAMILY YOGA

A fun and energizing yoga session for family of 4 (*2 adults and 2 kids*).
Yoga session to be conducted at your villa or Spa.

PRICE LIST

minutes	USD	minutes	USD
ANANTARA SIGNATURES		INDIVIDUAL TREATMENTS	
Anantara Signature Massage (60/90)	210/260	INDIVIDUAL MASSAGE	
4-Elements Warm Bamboo Massage (75/90)	250/285	Aromatherapy Massage (60/90)	210/260
Thai Herbal Massage (90)	260	Traditional Thai Massage (60/90)	210/260
MALDIVIAN INDEGINEOUS TREATMENTS		Deep Tissue Massage (60/90)	235/270
Dhigu Healing Massage (60/90)	185/235	Hot Stone Massage (75/90)	220/260
Aloe Sun Soother (60)	185	Mini Massage (30)	125
Island Cocoon (90)	260	Abhyanga (60/90)	210/260
SPA & WELLNESS RETREAT		Shirodhara (45)	180
SPA WEEKLY PACKAGES		Kati Basti Healing Ritual (60)	190
Three Day Renew (60/90)	540/705	Wellness Bespoke Massage (60/90)	235/270
Five Day Revive (60/90)	875/1165	INDIVIDUAL BODY TREATMENT	
Seven Day Retreat (60/90)	1,190/1,600	Body Scrubs (45)	175
WELLNESS MOVEMENTS		Body Wraps (60)	185
Personal Training (60)	100	Relaxation Treatment for Heavy Legs (60)	200
Box-Fit Private/Couple/Group (4 pax) – (45)	90/150/220	Algae Detox Therapy (90)	285
Beach Bootcamp Private/Couple/ Group (4 pax) – (45)	90/150/220	Firming Body Lift Treatment (60/90)	210/285
Family Fun Exercise (45) 2 Adults + 2 or 3 Kids	250	INDIVIDUAL FACIAL	
Yoga & Meditation Single/Couple (60)	100/180	Face Touch By Elemis (60)	185
Acro Yoga Single/Couple (60/90)	125/220	Biotec By Elemis (60/90)	210/260
Yoga Private Group Session (4-6 Guests) (60)	300	Bespoke Facial by Biologique Recherche (60)	215
		ADD-ON TREATMENTS	
		Mini Facial by Elemis (30)	125
		Biotec Eye or Lip (30)	140
		Face Mask (20)	60
		Oxygen Therapy (20)	50
		Cooling Jetlag Massage (15)	50

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

PRICE LIST

minutes	USD	minutes	USD
SPA JOURNEY		SALON SERVICES	
Lotus Indulgence (90)	250	NAILS	
Essence of Anantara (90)	270	Classic Manicure (60)	70
Vitamin-Sea (120)	360	Gel Manicure (75)	85
Seaside Serenity (150)	430	Classic Pedicure (60)	80
		Gel Pedicure (75)	100
COUPLE'S JOURNEY		Polish Change Classic/Gel (30)	50/60
Couples Healing Massage (60)	370	Gel Removal (15)	30
Couples Sunset Ritual (75)	490		
Indian Ocean Escape (105)	590	HAIR	
Romantic Indulgence (150)	660	Shampoo & Blow Dry Short/Medium/Long Hair	70/80/95
Moonlight Spa Ritual (180) (7.00 pm – 10.00 pm)	1100	Shampoo & Blow Dry with Cut Short/Medium/Long Hair	95/105/115
		Men's Clipper Cut	50
KIDS SPA		Hair Styling (<i>Hair wash not included</i>)	from 75
Kids Delight Massage (30/45)	80/115	Hair and Scalp Clay Treatment/with Blow Dry	85/135
Chocolate Face and Body Sparkle (30)	80		
Chocolate Fudge Facial (15)	20	BEAUTY	
Happy Hands/Twinkle Toes (15)	20	Bridal Hair and Make Up	from 370
Sparkle Mani And Pedi (30)	30	Make-Up Application	from 135
Dazzling Diva Hair Style	from 20	Waxing (<i>Available upon request</i>)	from 19 onwards
Kids Hair Cut	from 20		
		HAIR LENGTH GUIDE	
		Short	<i>Above Shoulder Blade</i>
		Medium	<i>Shoulder Blade To Middle Back</i>
		Long	<i>Middle Back To Lower Back/ Hips</i>
		Extra Long	<i>Longer Than Lower Back</i> <i>Additional charge will apply</i>

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