



ANANTARA

SPA

WELCOME TO
ANANTARA SPA



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.*
- Use of fitness areas has been restricted to one villa at a time in line with physical distancing best practices. Prior reservations are required.*



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 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.

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 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.

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

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

INDIAN OCEAN ESCAPE

(75 minutes)

Tucked away in your own private moment above magical waters, cool down with the caress of the sea breeze and 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.

(Time indicated is treatment time / Located at the Pavilion on Veli Island)

Foot Cleanse - Body Massage - Head/Foot Massage Combination - 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.



WEEKLY SPA JOURNEYS

THREE DAYS UNWIND

Dedicate a little time to yourself on your getaway to unwind. Your three-day package has all the essentials and will leave you feeling fresh and relaxed.

DAY 1: BODY EXFOLIATION

(60 minutes)

Create a canvas before absorbing the richness of the sun. Exfoliate any dull or tired skin and target any concerns with our array of beautiful body scrubs. We offer moisturising scrubs for the best balance of exfoliation and hydration, or salt-based scrubs to help with circulation and detox.

DAY 2: SPA MASSAGE

(60 minutes)

Relax and unwind in one of our peaceful treatment rooms. Offering 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.

DAY 3: HYDRATING FACIAL

(60 minutes)

Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results. A pro-collagen facial by Elemis will target dull skins and fine lines. Improving appearance and firmness of the skin, moisturises, and promotes healthy cell renewal. Includes a hand and foot reflex fusion.

FIVE DAYS REJUVENATE

Dedicate a little time to yourself on your getaway to rejuvenate. Your five-day package has all the essentials - and a little more - to help rebalance your body and mind.

DAY 1: HOT STONE MASSAGE

(60 minutes)

A relaxing massage using warm volcanic stones to release deep-seated tension and stress with aromatic essential oils to calm body and mind.

DAY 2: BODY COCOON

(90 minutes)

An effective scrub-wrap combination to effectively cleanse and detox. Bring back your radiance with a comforting and restorative body scrub designed to rejuvenate dry skin. Further complemented with a delicate wrap experience enriched with minerals and antioxidants to help with hydrating, firming, and detoxing.

DAY 3: TRADITIONAL THAI MASSAGE

(60 minutes)

Unblock trapped energies and improve vitality with a traditional Thai Massage in our unique open-air Thai Sala.

DAY 4: ESSENCE OF YOUTH BY BIOLOGIQUE RECHERCHE

(60 minutes)

Enjoy a youthful visage with this indulging all-around treatment. Exfoliates, lifts, restructures, and firms all whilst protecting skin against external aggressors.

DAY 5: BESPOKE MASSAGE

(60 minutes)

Your Anantara Spa Journey ends with a bespoke massage experience. Harmonise and balance your energy flow with the choice of your preferred spa massage.



SPECIAL JOURNEYS

Once in a lifetime spa experiences encapsulating the natural charms of the islands paired with uplifting spa rituals.

SUNDARI SUNSET

(60 minutes *Treatment time)

A singular sunset experience, floating on the magical waters of the Indian Ocean under clear skies and tranquil island breeze. Our Sundari Sunset spa ritual encompasses all the natural essences of the Maldives, awakening your senses and offering you a unique spa journey. Fall into deep relaxation with a combination of intuitive touch and aroma oils to alleviate your stresses and balance your energies. Surrender to a beautiful sunset above and the therapeutic lull of the waters below. Complete your floating spa experience with a romantic sunset gaze and Champagne.

Available from 4.30 pm onwards

** Days and times are subject to weather conditions and seasonality. Advanced reservation required.*

MOONLIGHT REFLECTIONS

(90 minutes)

Harnessing the mystical powers of the moon; indulge in our night spa healing ritual as the moon floods divine energy to the earth. On a pristine beach in your own private cabana enjoy a truly stunning spa experience as we help channel and rebalance your energies to invite reflection and inspire intention. Your night ritual commences with a moment of meditation, opening your crown chakra with light floral notes helping to bring about spiritual insight and mindfulness. Following a healing massage with a thoughtful blend of aroma oils balancing the emotions and bringing solace to any anxieties. A personalised journey evoking the warmth and romance of the moon under a blanket of stars.

Available from 7.00 pm onwards

** Days and times are subject to weather conditions. Advanced reservation required.*



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 Gel or French	(30 minutes)

Polish Change Classic	(30 minutes)
Gel Removal	(15 minutes)

GROOMING SERVICES

Using RICA wax, a cosmetic wax with a natural formula, gentle and nourishing to the skin, with superior hair-gripping strength.

FULL LEG	(60 minutes)
HALF LEG	(30 minutes)
FULL ARM	(30 minutes)
HALF ARM	(15 minutes)

BIKINI	(15 minutes)
BRAZILIAN	(45 minutes)
UNDERARM	(15 minutes)
EYEBROW/LIP	(30 minutes)





SALON

The sun and sea can be tough on the health and vitality of our hair. We offer an array of treatments and services to nourish, hydrate, and boost your holiday glow.

CUTTING AND STYLING

HAIRCUT

Available for men, women, and children.

** Your hair cut includes a wash and blow dry*

HAIR STYLING FOR SPECIAL OCCASIONS

HAIR TREATMENTS

MARIA DOWLING HAIR AND SCALP CLAY

(45 minutes)

This all-natural hair treatment has been specially formulated to deeply cleanse, stimulate, moisturise and rebalance the scalp. Helping the hair recover from external toxins and product overload. The Clay is pure Zen for the hair, with its mix of clay and fragrant oils. Peppermint, jojoba and lemongrass help rebalance the hair, while bergamot, sesame, vitamin B5, and honey soothe and heal the scalp. The aroma-therapeutic benefits of the oils also help to calm the mind. Your hair mask application will also include a scalp massage ritual and wash.

MOROCCANOIL HAIR MASK

(45 minutes)

Repair damaged hair with rich and creamy formulas that improve texture, shine and manageability. Your hair mask application will also include a scalp massage ritual and wash.

BRIDAL HAIR AND MAKE UP

Preparing you for your big day. Please give us a call for further information.

BRIDAL HAIR

BRIDAL MAKE UP

BRIDAL HAIR & MAKE UP

TRIAL & WEDDING DAY PACKAGE

Includes a consultation and trial for hair and make up.

ANANTARA SPA TREATMENT PRICE LIST

PROGRAM	PRICE (IN USD)	PROGRAM	PRICE (IN USD)
SIGNATURE JOURNEYS		HAND AND FOOT JOURNEYS	
Anantara Signature Massage (60/90)	210/260	Classic Manicure (60)	70
Essence of Anantara (120)	320	Classic Pedicure (60)	80
Thai Four Elements Ritual (75)	260	Gel Manicure (75)	90
Anantara Retreat (75)	305	Gel Pedicure (75)	100
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INDIVIDUAL JOURNEYS		GROOMING SERVICES	
Dhigu Healing Massage (60/90)	185/230	Full Leg (60)	90
Deep Tissue Massage (60/90)	230/270	Half Leg (30)	60
Hot Stone Massage (60/90)	210/260	Full Arm (30)	75
Traditional Thai Massage (60/90)	195/245	Half Arm (15)	45
Thai Herbal Massage (90)	260	Bikini (15)	60
Tension Relief Back Massage (45)	170	Brazilian (45)	100
Maternal Moments (75)	245	Underarm (15)	30
Body Scrub (60)	170	Eyebrow (30)	35
Body Mask (60)	185	Lip (30)	20
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UPLIFTING JOURNEYS		<i>* Additional services upon request</i>	
Island Cocoon (100)	305		
Vitamin-Sea (120)	365		
Seaside Serenity (150)	425		
Dead Sea Mud Massage (90)	305		
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COUPLES JOURNEYS		SALON	
Couples Signature Massage (60/90)	365/490	Shampoo & Blowdry (45)	55/80/90
Hot Stone Duo (90)	520	Shampoo & Haircut	105
Indian Ocean Escape (75)	610	Gents Haircut	75
Ultimate Indulgence (150)	735	Special Occasion	120
Flower Moon Ritual (180)	975	Hair & Scalp Clay By Maria Dowling	
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FACIAL JOURNEYS		Application & Wash	
Pro-Collagen Age Defy (60)	185	90	
Pro-Definition Lift And Contour (60)	185	With Blow Dry	
Elemis Sensitive Skin Soother (60)	185	135	
Superfood Pro Radiance (60)	185	Moroccan Oil Hair Treatment (45)	
Elemis Add-On Facial (30)	110	Application & Wash	
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WEEKLY JOURNEYS		With Blow Dry	
Three Days Unwind (60)	610	125	
Five Days Rejuvenate (60)	980	Bridal Hair	
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SPECIAL JOURNEYS		Bridal Make Up	
Sundari Sunset (60)	<i>per person</i> 270	75	
	<i>per couple</i> 490	Bridal Hair & Make Up	
		185	
Moonlight Reflections (90)	<i>per person</i> 330	Trial & Wedding Day Package	
	<i>per couple</i> 610	305	
		<i>* Prices may vary depending on hair length, in villa services will incur additional fee.</i>	
		<i>All prices are in US Dollars and inclusive of 10% service charge and 12% GST.</i>	

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



Anantara Dhigu Maldives Resort

P.O. Box 2098, Dhigufinolhu, South Male Atoll Male, Republic of Maldives
T +960 664 4100 F +960 664 4009 E dhigumaldives@anantara.com

anantara.com