



ANANTARA

SPA



WELCOME TO ANANTARA SPA WINTER 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 16% 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 hours¹ 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 alignment 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 reduces 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 get 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 scalp massage, and once out of your cocoon will apply a luxurious body butter leaving your skin nourished and radiant.

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 Days Renew (60/90 minutes)

Five Days Revive (60/90 minutes)

Seven Days Retreat (60/90 minutes)

Wellness Therapies, Ayurveda Massages and Medi Spa Experiences are not included in Spa Retreats.

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.

BOXING LESSON

(60 minutes)

One of the oldest combat sports in the world, boxing, is an incredible way to workout. Our certified trainer will guide you through combination of intense cardio warmup, boxing, and of course, core work. A fun way to reach tone and strong body.

GROUP FUN EXERCISE FOR 4 TO 6 GUESTS

(45 minutes)

Series of exercises or challenges aims to make work out session more fun, building connections and teamwork. Choose from several options including HIIT, Bootcamp, or Boxfit.

WELLNESS RETREATS

THREE DAYS:

One Wellness Consultation (60 minutes)

One Medi Spa Treatment (60 minutes)

One Customized Spa Treatment (60 minutes)

Three Private Fitness or Yoga Classes (60 minutes)

FIVE DAYS:

One Wellness Consultation (60 minutes)

One Medi Spa Treatment (60 minutes)

Three Customized Spa Treatment (60 minutes)

Five Private Fitness or Yoga Classes (60 minutes)

One Nutritional Supplement – *recommended by consultant*

SEVEN DAYS:

One Wellness Consultation (60 minutes)

Two Medi Spa Treatments (60 minutes)

Four Customized Spa Treatment (60 minutes)

One Nutritional Supplement – *recommended by consultant*

Seven Private Fitness or Yoga Classes (60 minutes)

One Retreat Follow Up Consultation (15 minutes)

One Nutritional Supplement – *recommended by consultant*

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)

PRIVATE GROUP YOGA SESSIONS

(60 minutes)

For 4 to 6 people are available upon request.



INDIVIDUAL MASSAGE

CLASSIC MESSAGES

AROMATHERAPY MASSAGE

(60/90 minutes)

Ideal for who is 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 AND AYURVEDA

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.

PINDA SWEDHANA

(90 minutes)

Warm herbal pouches are applied to the body to open the energy channels. Medicinal herbs absorbs into the underlying tissues, improving blood circulation and repairing neuromuscular conditions to ease joint pain and leave the body feeling revitalized.

LYMPHATIC DRAINAGE MASSAGE

(60 minutes)

Rhythmic and flowing massage that targets the lymphatic system performed by a specially trained lymphatic massage therapist to stimulate the circulation of lymph fluid around the body. This physical stimulation helps to rapidly speed up the removal of wastes and toxins from a sluggish lymphatic system.

WELLNESS BESPOKE MASSAGE

(60/90 minutes)

Highly effective treatment targeted for those who are looking for specific results, such as energy healing therapy, body detox and muscle manipulation for pain relief. This therapy is performed by a wellness specialist and customised to your needs.



INDIVIDUAL BODY TREATMENT

BODY SCRUBS

(45 minutes)

We customize body scrub according to your needs and skin types. Our selections to help circulation, draw out toxins and impurities leaving the 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 experienced therapist complemented the journey with a stress release fusion of hand and scalp massage.





INDIVIDUAL FACIAL CLASSIC FACIALS

FACE TOUCH

(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

Gentlemen's Facial – customise facial for men

ADD-ON TREATMENT

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

Mini Facial (30 minutes) – face cleanse and massage

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

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

MEDI-SPA EXPERIENCE

AESTHETIC FACIALS

DIAMOND MICRODERMABRASION

(30 minutes)

The advanced Diamond Microdermabrasion system renews overall skin tone. Effective for exfoliate dead skin cells, reduce the size of pores, improve the appearance of sun damage, fine lines, acne scarring, but gentle enough for the most sensitive of skins. This minimally invasive procedure increases blood flow and helps to produce collagen.

CUSTOM DEEP CLEANSING

(60 minutes)

Professional deep-acting treatment that gives a complete deep cleanse and hydration. This is a safe, gentle, and effective way to facilitate the removal of dead cells from the superficial layers of the epidermis. This treatment activates natural cell renewal and collagen production and oxygenation to awaken tired, sallow, dull skin.

BLACK DIAMOND NON-SURGICAL LIFT FACIAL

(75 mins)

An advanced non-surgical lifting facial using science-led formulas with diamond powder to aid the absorption of active ingredients combined with lifting techniques. This treatment effectively treats loose, sagging skin and wrinkles on the face, neck and chest. The Galvanic Iontophoresis energy stimulates the formation of new collagen and improves skin elasticity, while the Black Diamond masks will leave your skin lifted and firmed.

CLEOPATRA 24 CARAT GOLD FACIAL

(90 minutes)

The “Queen” of luxury facial, this experience combines three results-driven treatments: Diamond microdermabrasion prepares the skin by exfoliating dead skin cells and increasing blood flow; and 24-Carat Gold-Leaf Mask and Gold Collagen Moisturizer coupled with Gold Hyaluronic Acid stimulates the skin’s natural collagen production. The result is a reduction in the appearance of wrinkles and fine lines, revealing luminous glowing skin.





MEDI SPA THERAPIES

VELASHAPE FAT BLAST

(60 minutes)

Eliminate stubborn fat , reshape “problem” areas, no downtime.

This treatment is fast, safe and effective weight loss solution. This treatment will reduce cellulite, shape, firm the skin, and reduce body fat in the areas such as abdomen, hips, thighs, and arms. This treatment works by using a combination of technologies, including cavitation and radiofrequency, to target and destroy fat cells, while normal body tissue remains unaffected. Once the fat cells are broken down, the body naturally removes them through its normal elimination process. Expect to see results in just one appointment!



SPA JOURNEY

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 oil 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 water 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 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

IN VILLA TREATMENT

(105 minutes)

Available between 7.00 pm to 10.00 pm

An evening ritual to enhance your sleep, comfortably performed in your villa. Begins with a deeply relaxing Dhigu Healing Massage. Long stroke, flowing movements and therapeutic techniques are implemented for instant relaxation, followed by a face cleansing ritual and nourishing mini facial to prepare your skin and mind for sleep.

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.

MEN-NICURE (60 minutes)

A hand treatment designed for men with nail cutting, gentle buffing, cuticle treatment, and gentle exfoliation to encourage a natural finish to the nails.

MEN'S PEDICURE (60 minutes)

A foot treatment with nail cutting, gentle buffing, cuticle treatment, and exfoliation of the soles to remove dry skin.

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 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

For age 4 to 12 years old

KIDS DELIGHT MASSAGE

(30/45/60 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.

PRICE LIST

minutes	USD
ANANTARA SIGNATURES	
Anantara Signature Massage (60/90)	215/270
4-Elements Warm Bamboo Massage (75/90)	250/270
Thai Herbal Massage (90)	270
MALDIVIAN INDEGINEOUS TREATMENTS	
Dhigu Healing Massage (60/90)	175/220
Aloe Sun Soother (60)	170
Island Cocoon (90)	235
SPA RETREAT	
Three Day Renew (60/90)	490/660
Five Day Revive (60/90)	810/1,080
Seven Day Retreat (60/90)	1,110/1,490
WELLNESS RETREAT	
Three Days	715
Five Days	1,260
Seven Days	1,710
WELLNESS MOVEMENTS	
Personal Training (60) One/Three/Five Sessions	85/205/305
Boxing Lesson (60)	
Adult/ Kids Single session	120/90
Adult/ Kids Three session	300/220
Adult/ Kids Five session	480/360
Group Fun Exercise (45)	250
Yoga & Meditation Single/Couple (60)	80/135
Yoga Private Group Session (4-6 Guests) (60)	300

minutes	USD
INDIVIDUAL TREATMENTS	
INDIVIDUAL MASSAGE	
Aromatherapy Massage (60/90)	195/245
Traditional Thai Massage (60/90)	195/245
Deep Tissue Massage (60/90)	220/255
Hot Stone Massage (75/90)	210/245
Mini Massage (30)	120
WELLNESS & AYURVEDA	
Abhyanga (60/90)	190/235
Pinda Swedhana (60/90)	200/245
Lymphatic Drainage Massage (60)	200
Wellness Bespoke Massage (60/90)	220/255
INDIVIDUAL BODY TREATMENT	
Body Scrubs (45)	165
Body Wraps (60)	175
INDIVIDUAL FACIAL	
Face Touch (60)	175
ADD-ON TREATMENTS	
Mini Facial (30)	120
Face Mask (20)	55

All prices are in US dollars and inclusive of 10% service charge and 16% GST.

PRICE LIST

minutes	USD
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MEDI SPA EXPERIENCE

AESTHETIC FACIAL

Diamond micro dermabrasion (30)	140
Custom Deep Cleansing (60)	210
Black Diamond Non- Surgical Lift Facial (75)	245
Cleopatra 24 Carrot Gold Facial (90)	245

MEDI SPA THERAPY

Velashape Fat Blast (60)	200
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SPA JOURNEY

Essence of Anantara (90)	265
Vitamin-Sea (120)	420
Seaside Serenity (150)	500

COUPLE'S JOURNEY

Couples Healing Massage (60)	345
Couples Sunset Ritual (75)	450
Indian Ocean Escape (105)	540
Romantic Indulgence (150)	615
In-Villa Treatment (105)	795

available between 7.00 pm to 10.00 pm

KIDS SPA

Kids Delight Massage (30/45/60)	75/105/135
Chocolate Face and Body Sparkle (30)	75
Chocolate Fudge Facial (15)	20
Happy Hands/Twinkle Toes (15)	20
Sparkle Mani And Pedi (30)	30
Dazzling Diva Hair Style	from 20
Kids Hair Cut	from 20

minutes	USD
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SALON SERVICES

NAILS

Classic Manicure (60)	65
Gel Manicure (75)	80
Classic Pedicure (60)	75
Gel Pedicure (75)	90
Polish Change Classic/Gel (30)	45/55
Gel Removal (15)	30
Acrylic Removal (45)	50
Men-Nicure (60)	55
Men's Pedicure (60)	75

HAIR

Shampoo & Blow Dry Short/Medium/Long Hair	65/90/115
Shampoo & Blow Dry with Cut Short/Medium/Long Hair	115/125/135
Men's Clipper Cut	60
Hair Styling (<i>with hair wash</i>)	from 180
Hair and Scalp Clay Treatment	
Without Blow Dry	100
With Blow Dry	135

BEAUTY

Bridal Hair and Make Up	from 370
Make-Up Application	from 135
Waxing (<i>Available upon request</i>)	from 19 onwards

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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