

# Welcome to Anantara Spa

Rooted in the beautiful country of Thailand, the essence of Anantara philosophy, ‘without end’, stems from ancient Sanskrit origins, and extends seamlessly to our global reach of spas located in the most exotic destinations around the world.

Our enduring belief is expressed in perfect harmony through the traditions of each locale, beyond which a yearning for ageless, natural remedies are answered by a finely tuned repertoire of health and beauty concepts that harness intoxicating authenticity.

Tune into the revitalising rhythm of the greatest paradise on earth. Synchronise with nature at Anantara Kihavah Villas Maldivian Spa sanctuary, where island wellness is expressed through a revelation of coconut’s generous healing benefits. Soak up unique reflections of local tradition in sublime luxury through diverse indigenous journeys, complemented by a range of eclectic worldly therapies that promote advanced holistic health.

Escape life’s boundaries and experience a remarkable transformation as you stroll over the jetty at Anantara Kihavah Villas to six over-water treatment suites at Anantara Spa. Take in boundless blue horizons from your private scenic haven, coaxed by the soothing sounds of the Indian Ocean’s waves.

Unwind with treatments that combine rich local ingredients, including infusions of herbs and plants expertly blended to achieve delicate flavours, luxurious aromas and powerful sensations.

Let us tailor therapies and signature rituals to suit your mood and wellness needs, as Anantara's dedication to the time-honoured, natural health beliefs of our ancient philosophy invites you to fulfil restorative journeys that respond to your personal ideals.

Step into the world of Anantara and experience exceptional luxury in breath taking surrounds.

**At Anantara Spa...**

**The greatest journeys are felt, not told.**

# Coconut Tree

The coconut tree's smooth trunk rises tall and proud from tropical shorelines to bestow welcome shade and thirst quenching, edible fruit. One of life's most recognisable exotic harvests, this humble fruit symbolises far more than tropical replenishment. Experience the coconut's revered hydrating and nourishing enrichment, with signature sequences that shower guests in Asia's most exquisite natural elixirs.

## **Essence of Kihavah Signature Experience (180 Minutes)**

An invigorating ritual inspired by the healing powers of fresh island produce. This indigenous Signature Experience uses the freshest and most potent ingredients Kihavah Huravalhi Island has to offer, leaving you in an elevated state of complete bliss.

*Floral Foot Ritual – Coconut & Lime Polish – Shower – Coconut & Ginger Body Cocoon – Shower – Kihavah Aroma Massage - Refreshment*

## **Journey of Siam (150 Minutes)**

Rediscover your inner strength and vigour with an exquisite journey from Thailand.

*Thai Herbal Steam – Floral Foot Ritual – Essence White Coconut Scrub – Shower – Traditional Thai Massage – Refreshment*

### **Anantara Signature Massage (90 Minutes)**

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

*Shower – Floral Foot Ritual – Anantara Signature Massage – Refreshment*

### **Three-Day Anantara Recovery (360 Minutes)**

Create a balanced lifestyle with a three-day journey to boost physical, emotional and spiritual harmony.

#### **Day 1: Unwind**

*Floral Foot Ritual - Welcome Bath Ritual – Stress Release Massage – Refreshment*

#### **Day 2: Awaken**

*Shower – Floral Foot Ritual – Exotic Island Salt Glow - Traditional Thai Massage – Refreshment*

#### **Day 3: Rejuvenate**

*Floral Foot Ritual – Anantara Signature Facial – Foot Reflexology - Refreshment*

## **Five-Day Anantara Well-being (570 Minutes)**

Relax and detoxify the entire body to feel completely rejuvenated from the inside out.

### **Day 1: Unwind**

*Shower - Floral Foot Ritual – Anantara Muscle Tension Release Massage - Refreshment*

### **Day 2: Cleanse**

*Floral Foot Ritual – Detoxifying Green Tea Scrub – Shower – Foot Reflexology – Refreshment*

### **Day 3: Detox**

*Floral Foot Ritual – Detoxifying Green Tea Wrap – Shower – Anantara Signature Massage – Refreshment*

### **Day 4: Awaken**

*Shower – Thai Herbal Steam - Floral Foot Ritual – Traditional Thai Massage – Indian Head Massage - Refreshment*

### **Day 5: Rejuvenate**

*Floral Foot Ritual – Exotic Herbal Bath - Anantara Signature Facial – Refreshment*

## **Seven-Day Anantara Journey (780 Minutes)**

Make the most of every day you spend at Anantara. Transform, relax, and completely renew throughout your stay with a Carefully selected treatment series designed to introduce you to our most popular therapies.

### **Day 1: Unwind**

*Shower - Floral Foot Ritual –Jet Leg Massage - Refreshment*

### **Day 2: Cleanse**

*Floral Foot Ritual – Anantara Milky Bath Collection - Detoxifying Green Tea Scrub – Shower – Refreshment*

### **Day 3: Detox**

*Shower - Floral Foot Ritual – Traditional Thai Massage – Refreshment*

### **Day 4: Relax**

*Floral Foot Ritual – Essence Coconut Wrap – Shower – Anantara Signature Facial - Refreshment*

### **Day 5: Recovery**

*Floral Foot Ritual – Indian Head Massage & Hair Deep Conditioning - Foot Reflexology - Refreshment*

### **Day 6: Awaken**

*Shower – Thai Herbal Steam - Floral Foot Ritual –Balinese Massage – Refreshment*

### **Day 7: Rejuvenate**

*Floral Foot Ritual –Exotic Island Salt Glow –Anantara Signature Massage – Refreshment*

## **Romantic Rituals for Couples**

Unwind in harmony with a loved one, enjoying indulgent treatments side by side. Simply select any of our romantic rituals, and discover untold intimacy together.

### **Anantara Signature (150 Minutes)**

*Shower – Floral Foot Ritual – Anantara Signature Massage – Anantara Signature Facial – Refreshment*

### **His ‘n Hers (150 Minutes)**

**For him:** *Shower – Welcome Touch – Elemis Deep Tissue Massage – Elemis Skin IQ Facial – Refreshment*

**For her:** *Floral Foot Ritual – Essence White Coconut Wrap – Shower – Elemis Visible Brilliance Facial – Refreshment*

### **A Maldivian Romance (150 Minutes)**

*Floral Foot Ritual – Essence White Coconut Scrub – Anantara Milky Bath Collection – Anantara Signature Massage – Refreshment*

### **Deep Tissue Release (150 Minutes)**

*Shower – Welcome Touch – Elemis Deep Tissue Massage – Foot Reflexology – Refreshment*

## Coconut

# Trunk

The strength of the coconut tree's trunk is evident everywhere you glance in the beautiful Maldives, from its use in building homes to traditional Maldivian dhoni sail boats, it epitomises the same essence of timeless natural endurance as our massage collection draws from. Take inspiration from this emblem of divine inner strength and vigour, as we coax you into a state of firmness, flexibility, and harmonious natural energy.

### **Anantara Muscle Tension Release Massage (90 Minutes)**

Relieve muscle tension with long, gliding massage movements that warm and stretch muscle fibres and balance pressure points, While the benefits of tropical virgin coconut oil helps to prevent dryness and the flaking of your skin.

*Shower – Floral Foot Ritual – Anantara Muscle Tension Release Massage – Refreshment*

### **Anantara Synchronised Massage (90 Minutes)**

A truly inspiring and unforgettable spa experience, the medium pressure of Anantara's Synchronised Massage incorporates the exacting skills of two therapists working together in rhythmic tandem.

*Shower – Floral Foot Ritual – Anantara Synchronised Massage – Refreshment*

### **Traditional Thai Massage (90 Minutes)**

This centuries-old therapy, known as passive yoga, is the perfect answer for anyone searching for optimal health, the release of tension and the restoration of dwindling vitality.

*Shower – Floral Foot Ritual – Traditional Thai Massage – Refreshment*

### **Thai Herbal Compress Massage (90 Minutes)**

This traditional Thai herbal therapy begins with the application of a warm herbal poultice and is followed by a full body massage.

*Shower – Floral Foot Ritual – Thai Herbal Compress Massage – Refreshment*

### **Balinese Massage (90 Minutes)**

Drawn from timeless traditions, this ancient massage technique hails from the beautiful island of Bali in Indonesia, where it is revered for its spiritual and physical healing properties.

*Shower – Floral Foot Ritual – Balinese Massage – Refreshment*

### **Elemis Deep Tissue Massage (90 Minutes)**

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Choose your perfect massage blend from a quartet of Stress-a-Way, Detoxifying, Muscle Melt and Frangipani.

*Shower – Welcome Touch – Elemis Deep Tissue Massage – Refreshment*

### **Aroma Stone Massage (90 Minutes)**

Warm Basalt stones to melt away tension

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxurious warmed oils are massaged deeply into the body for maximum relaxation.

*Shower – Welcome Touch – Aroma Stone Massage – Refreshment*

### **Aromatic Slimming Massage (90 Minutes)**

When the body is sluggish it cannot efficiently eliminate waste or fluid, the body must find a place to dispose of these excess toxins. They tend to lay as fat cells under the skin surface causing cellulite. This full body massage will help to eliminate fluid, waste and boost your metabolism. The techniques used are short light strokes followed by hacking and pounding to help breakdown fatty deposits of cellulite. An advanced essential oil blend of lemon, juniper and sea fennel will continue to flush toxins from the body for the rest of the day.

*Shower – Floral Foot Ritual – Aroma Slimming Massage – Refreshment*

**Recommended:** *Combined with our Cellutox Aroma Spa Ocean Wrap for optimum result.*

### **Stress Release Massage (90 Minutes)**

Using a combination of strokes and acupressure techniques, and the especially aromatherapy signature blended oil, this gentle massage is a definite body and mind tonic.

*Shower – Floral Foot Ritual – Stress Release Massage – Refreshment*

### **Jet Lag Massage (90 Minutes)**

Experience and enhancing treatment that provides immediate relief for travellers after a long flight. This full-body massage employs long strokes to relieve muscle tension, particularly on the legs, lower back, neck, shoulders and around the eyes.

*Shower – Floral Foot Ritual – Jet Lag Massage – Refreshment*

### **Foot Reflexology (60 Minutes)**

Experience holistic balance and deep relaxation this fascinating treatment provides physical and spiritual renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body.

*Floral Foot Ritual – Foot Reflexology – Refreshment*

### **Indian Head Massage (60 Minutes)**

Based on the principles of Ayurveda, this soothing and energising Indian head combines pressure point techniques and coconut oil to relieve tension in the head and neck. While also restoring vital tranquillity, Indian Head Massage can help to relieve insomnia, chronic headaches, migraines and sinusitis.

*Floral Foot Ritual – Indian Head Massage – Refreshment*

# Coconut Leaves & Husk

Boasting unlimited diversity and strength, the leaves and husk of the coconut tree seep into Maldivian culture through familiar rustic touches of exotic island life. Its leaves are interlaced into handsome mats and powerful ship sails, while the husk is woven into rope that is highly coveted well beyond Maldivian borders. Drawing from these promises of protection, shade, connection and renewed lease of life, comes our replenishing body treatment collection.

## **Exotic Island Salt Glow (60 Minutes)**

Inhale a calming, energy warming woody aroma as refined sea salt removes surface dead skin cells and promotes cell regeneration. Alleviate breathing problems with cedar wood. Uplift with ylang ylang, while Cary sage allays anxiety and fear.

*Floral Foot Ritual – Exotic Island Salt Glow – Shower – Body Moisturiser – Refreshment*

## **Detoxifying Green Tea Scrub (60 Minutes)**

Nourish and rejuvenate your body with the therapeutic properties of green tea.

*Floral Foot Ritual – Detoxifying Green Tea Scrub – Shower – Body Moisturiser – Refreshment*

### **Essence White Coconut Scrub (60 Minutes)**

Rich in vitamins and anti-oxidants, walnut shell removes dead cells and strengthens new skin to leave it feeling completely clear and smooth.

*Floral Foot Ritual – Essence White Coconut Scrub – Shower – Body Moisturiser – Refreshment*

### **Detoxifying Green Tea Wrap (60 Minutes)**

Immerse yourself in a calming cocoon of gently cleansing and hydrating green tea.

*Floral Foot Ritual – Detoxifying Green Tea Wrap – Shower – Body Moisturiser – Refreshment*

### **Essence White Coconut Wrap (60 Minutes)**

Indulgently rich and gloriously fragranced, this wrap rejuvenates the skin and combats the effects of modern life.

*Floral Foot Ritual – Essence White Coconut Wrap – Shower – Body Moisturiser – Refreshment*

### **Aloe After-Sun Soother (60 Minutes)**

Wonderfully soothing and calming, expert therapists apply fresh, cooling aloe vera gel and a poultice of cold black tea and mint to decrease redness and pain.

*Shower – Floral Foot Ritual – Aloe After-Sun Soother – Refreshment*

### **Elemis Body Sculpting Cellulite and Colon Therapy (60 Minutes)**

*Redefine and smooth your silhouette after just one treatment*

This clinically-proven Elemis Body Sculpting System targets stubborn cellulite and sagging skin. Elemis fennel and birch firming mask is applied combine with their specialist massage techniques will detox, improve circulation and reduce fluid retention. Abdominal colon massage helps to stimulate a sluggish digestive system, detoxifying from the inside out.

*Welcome Touch - Elemis Body Sculpting Cellulite and Colon Therapy - Refreshment*

***Recommended:*** 2 treatments per week

### **Elemis Cellutox Aroma Spa Ocean Wrap (75 Minutes)**

A deeply detoxifying blend to decongest and stimulate the system

Let thoughts drift away, whilst being cocooned in a comforting full body wrap and treated to a pressure point facial and scalp massage. Combining the richness of sea plants and Marine Algae, this therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention. The blend of powerful essential oils helps the body to re-energised and flush excess toxins.

*Welcome Touch - Elemis Cellutox Aroma Spa Ocean Wrap - Refreshment*

***Recommended:*** 2 treatments per week

## **Coconut**

# **Kernel**

Coconut's far reaching health benefits are accompanied by an extraordinary trend; when ripe and dry, a coconut placed in damp ground forms a fruit substance from the water that is apple like, and as sweet and tender as can be. Akin to this cherished inner fruit, Anantara Spa mirrors the coconut kernel's delicate transformation in a facial series that delivers remarkable rejuvenation, radiating from deep beneath the surface.

### **Elemis Visible Brilliance Facial (75 Minutes)**

To combat ageing, stressed and slackened skin.

Independently tested with revolutionary results, this anti-ageing facial instantly firms, rejuvenates and plumps up the skin, whilst reducing dark circles from around the eye contour.

### **Elemis Pro Collagen Quartz Lift Facial (75 Minutes)**

See a younger, firmer future, instantly.

An anti-wrinkle facial with proven results. Special lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance.

### **Elemis Oxygen Skin Calm Facial (75 Minutes)**

This face and eye treatment is pure soothing heaven for sensitive skin.

Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalanced delicate, fragile and sensitive skin, and reduce redness for immediate comfort to stressed skin.

### **Elemis S.O.S. Purifying Facial (75 Minutes)**

A powerful purifying face and eye treatment for oily, problematic and congested skin.

A Japanese Sulphur Mask is impregnated with Vita-C Booster Serum to help absorb sebum, calm irritation, repair scarring and to rebalance oil-rich pores, leaving a beautiful matt complexion.

### **Elemis Skin IQ Facial for Men (75 Minutes)**

An intelligent anti-ageing facial that adapts to super boost the skin.

Prescribed to protect against the harsh, ageing effects of shaving and environmental damage, this is the ultimate skin overhaul for men.

### **Elemis Urban Cleanse for Men (75 Minutes)**

Deep cleansing and complete skin detox.

This super grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

# Coconut Milk & Water

Drawing from the bounteous water found at the very centre of the coconut - the largest of which produce a good pint's worth of water that is as clear as that flowing over rocks, as sweet as sugared water, and beautifully thirst quenching - Anantara Spa's bathing rituals invite you to flourish with the fluid essence of this refreshing symbol, in a series that can be tailored to purify, relax, invigorate and energise, according to your mood and wellness needs.

## Bath Ritual

### **Anantara Milky Bath Collection (30 Minutes)**

Choose from Anantara's signature Milk Bath Collection – **Romance, Balance or Rejuvenating**. Enjoy a private tea service as the exotic aromas of a relaxing floral bath balance your mind, body and spirit.

### **Anantara Maldivian Signature Bath (30 Minutes)**

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

## Enhancement

To incorporate any chosen facial treatments. And accompany with chosen massage or body treatments.

### **Absolute Eye Treatment (30 Minutes)**

Reduce puffiness and dark circles. Soothe tired eyes and minimise the ravages of time. This express treatment revitalises the delicate eye zone, reducing dark circles and strengthening the skin's moisture barrier to maintain hydration for smooth and energised skin.

### **Back, neck & shoulder massage (30 Minutes)**

Enhance the effects of your facial or body treatment with a relief massage.

### **Body Exfoliation (30 Minutes)**

Nourish and rejuvenate your body with choice of three **Exotic Island Salt Glow scrub, Detoxifying Green Tea Scrub or Essence White Coconut Scrub.**

## **In Villa**

### **Treatments**

Traditional Thai Massage	(90 Minutes)
Signature Massage	(90 Minutes)
Foot Reflexology	(60 Minutes)
Manicure	(60 Minutes)
Pedicure	(60 Minutes)
French Manicure or Pedicure	(60 minutes)

## **Salon**

### **Services**

#### **Hair Care**

Shampoo & Blow dry
Shampoo, Cut & blow dry
Hair Trim
Hair Mask & Deep Conditioning
Wedding / Evening Up Style

#### **Nails**

Ladies Deluxe Manicure / Pedicure
French Manicure / Pedicure
File and Polish
Gentleman's Manicure / Pedicure

#### **Waxing**

Eyebrow/Lip Underarm Bikini
Half Leg
Full Leg
Half Arm
Full Arm

## Spa Etiquette

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form.

Please take time to relax in our tranquil surroundings before and after your therapy session, and enjoy a wonderful tea after your treatment.

Please note that the Spa is unsuitable for small children and babies, as we try to ensure that all our guests benefit from the tranquillity of our surroundings.

We recommend that you leave all jewellery in the safe of your villa before coming to the Spa.

Please give 4 hours' cancellation notice on individual treatments and twenty-four hours' notice on packages, otherwise 50% of the price will be charged to your account and 100% of the price will be charged for no show.

We recommend that you do not sunbathe after oil treatments.

For men – please shave prior to all facial treatments to ensure that maximum results are achieved. Smoking or use of mobile phones is not permitted in the Spa.

Arriving late will decrease the time of your treatment.

Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications are advised to consult the doctor before signing up for any treatments.

Please notify our Spa receptionists of any existing medical condition.