



WELCOME TO ANANTARA SPA

Escape life's boundaries and embrace an infinite blue horizon. Surrender to harmonious relaxation, coaxed by a lullaby of ocean waves.

Our spa treatments marry time-tested techniques from the East with pure indigenous ingredients. Design your spa journey, choosing from body treatments and massages, facials, couple's rituals, beautifying, and multi-day wellness retreats designed to recalibrate and heal.

We invite you to make full use of the spa's facilities, including a relaxation deck overlooking the surrounding azure waters, steam rooms and a plunge pool.



SIGNATURE EXPERIENCES

Imbued with the essence of Anantara,
inspired by our stunning surrounds.



Anantara Signature Massage (60/90 minutes)

A signature oil blend and purpose-designed movements stimulate circulation, promote deep relaxation and restore the flow of energy, or prana, along the meridian lines.

Foot Ritual – Anantara Signature Massage

Anantara Signature Ritual (150 minutes)

A blissful massage using a signature oil blend, followed by a revitalising facial using nourishing plant extracts and traditional Thai ingredients.

Foot Ritual – Anantara Signature Massage – Anantara Signature Facial

Essence of Kihavah (180 minutes)

Inspired by the healing powers of exotic island wellness. Smooth and replenish every inch of skin, lavished by the freshest and most potent ingredients.

Foot Ritual – Essence White Coconut Scrub – Essence White Coconut Wrap – Kihavah Aroma Massage

Kihavah Signature Healing (90 minutes)

Feel at one with your surrounds and the wellness elements of air, fire and earth. Submit to gentle soothing massages and the hypnotic sound of singing bowls.

Foot Ritual – Soothing Massage – Singing Bowls

ROMANTIC RITUALS FOR COUPLES

Lay side by side and submit to healing hands and a deep sense of bliss and harmony.

Slumber Guru – In-Villa Treatment (90 minutes)

Taking the importance of a good night's rest to a whole new level, this evening villa ritual begins with a soak in a luxuriant essential oil bath surrounded by candles. Let go of all tension in a deeply relaxing massage using ylang-ylang or lavender essential oil. Unwind to your choice of tranquil music throughout the evening. Sweet dreams then await in a bed dressed in 1000 thread count.

Foot Ritual – Relaxing Massage – Anantara Milky Bath

A Maldivian Romance (150 minutes)

Combining fresh indigenous ingredients with Anantara's signature oil blends, a head-to-toe deeply relaxing journey.

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

For Him and For Her (150 minutes)

Pamper body and face. Nourish the skin with deeply penetrative 111SKIN blends.

For Him

Foot Ritual – The Performance Experience Massage – The Gentleman's Reparative Facial

For Her

Foot Ritual – Essence White Coconut Scrub – Essence White Coconut Wrap – The Original Dramatic Healing Facial





SPA JOURNEYS

Escape the limits of space and time with these carefully crafted destination-inspired journeys.

Three-Day Anantara Recovery

Restore vital energy and radiant beauty with three days of physical, emotional and spiritual harmony.

Day 1: Unwind

Foot Ritual – Herbal Steam – Essence White Coconut Scrub – Stress Release Massage

Day 2: Awaken

Foot Ritual – Traditional Thai Massage

Day 3: Rejuvenate

Foot Ritual – Anantara Signature Facial – Oriental Foot Massage

Five-Day Anantara Wellbeing

Nurture purity and deep relaxation from head to toe.

Day 1: Unwind

Foot Ritual – Anantara Muscle Tension Release Massage

Day 2: Cleanse

Foot Ritual – Detoxifying Green Tea Scrub – Detoxifying Green Tea Wrap

Day 3: Detox

Foot Ritual – Anantara Signature Massage – Foot Reflexology

Day 4: Awaken

Thai Herbal Steam – Foot Ritual – Traditional Thai Massage – Indian Head Massage

Day 5: Rejuvenate

Foot Ritual – Exotic Herbal Bath – The Original Dramatic Healing Facial



MASSAGES

The Performance Experience Massage (60/90 minutes)

An awakening treatment that combines tension-relieving and circulation-stimulating techniques, this is the ideal experience for athletes. The blend of deeply anti-inflammatory oils and attention to muscles that need repair ensures that one leaves feeling rested, restored and in complete control of their body.

Foot Ritual – The Performance Experience Massage

The Vitality Experience Massage (60/90 minutes)

This massage purifies and energises. Utilising the vivid herb of sweet marjoram and warm stones, the treatment captures the verve and vitality of Crete with its optimistic scents, cooling oils and traditional tension-relieving techniques.

Foot Ritual – The Vitality Experience

Stress Release Massage (60/90 minutes)

Using a combination of kneading strokes and thumb friction, along with an aromatherapy oil blend of your choice.

Foot Ritual – Stress Release Massage

Balinese Massage (60/90 minutes)

A time-tested technique combining rhythmic strokes, acupressure and essential oils to stimulate blood and energy flow.

Foot Ritual – Balinese Massage



Traditional Thai Massage (60/90 minutes)

This unique 'passive yoga' massage combines pressure point and stretching techniques to release tension, increase flexibility and boost vitality.

Foot Ritual – Traditional Thai Massage

Thai Herbal Compress Massage (60/90 minutes)

A soothing heated compress filled with therapeutic herbs and spices is pressed over your entire body, followed by a herbal oil massage.

Foot Ritual – Thai Herbal Compress Massage

Prenatal Massage Therapy (60/90 minutes)

Recommended for mothers-to-be in their first trimester, this massage is highly relaxing and personalised to meet the unique needs of pregnancy, focusing on skin hydration and improving circulation.

Foot Ritual – Peaceful Pregnancy Massage

Slimming Massage (60/90 minutes)

Smooth and redefine your silhouette with a full body massage to eliminate excess fluids and toxins. Short light strokes and pounding help to break down fatty deposits of cellulite.

Foot Ritual – Slimming Massage

Back-Neck-Shoulder Massage (30/60 minutes)

A deep muscle massage combining classical Western-style with Eastern techniques to reduce soreness.

Foot Ritual – Back-Neck-Shoulder Massage

Oriental Foot Massage (30/60 minutes)

Specific thumb, finger and hand techniques applied to various reflex points on your feet effectively stimulate corresponding organ groups in the upper body.

Foot Ritual – Oriental Foot Massage



BODY TREATMENTS

Essence White Coconut Scrub and Wrap (90 minutes)

The invigorating attributes of coconut inspire this cleansing and richly moisturising ritual.

Foot Ritual – Essence White Coconut Scrub and Wrap

Detoxifying Green Tea Scrub and Wrap (60/90 minutes)

Rejuvenate body and mind with fragrant green tea rich in antioxidants.

Foot Ritual – Detoxifying Green Tea Scrub and Wrap

Aloe After-Sun Soother (60 minutes)

Pamper sun-kissed skin with a cooling application of fresh aloe vera gel and a poultice of cold black tea and mint to minimise redness and pain.

Foot Ritual – Aloe After-Sun Soother

Rose Quartz Restorative (60 minutes)

A unique decadent treatment that cocoons the body and mind. Soothes, nourishes and leaves the skin beautifully shimmered whilst using rose quartz crystals.

Foot Ritual – Rose Quartz Restorative

Celestial Black Diamond Sculpting Treatment (60 minutes)

An intensive treatment that targets different areas of the body to provide instant results that tighten, lifts and sculpts. The silhouette is left smooth and luminous.

Foot Ritual – Celestial Black Diamond Sculpting Treatment

FACIALS

111SKIN

111SPA/CLINIC is a fusion of proven clinical results and a luxurious spa experience. Each treatment is inspired by surgical expertise, powered by 111SKIN clinically-engineered skincare and utilises in-clinic technology approved by Dr Yannis Alexandrides. As a practising plastic surgeon, Dr Alexandrides continuously develops and curates advance Medispa regimes, incorporating the latest aesthetic tools and cutting-edge medical innovations and formulas.

Celestial Black Diamond Non-Surgical Lift Facial (90 minutes)

Lift, Firm, Tighten

The most intensive facial, it uses science-led formulas with diamond powder to aid the absorption of active ingredients combined with lifting techniques.

Foot Ritual – Celestial Black Diamond Non-Surgical Lift Facial

The Original Dramatic Healing Facial (60 minutes)

Restore, Fortify, Heal

A high-performance facial that enhances the skin's ability to repair and strengthen itself, cultivating the microbiome with our signature NAC Y2 complex.

Foot Ritual – The Original Dramatic Healing Facial

Clarity Anti-Blemish Facial (60 minutes)

Purify, Refine, Calm

A targeted treatment for problematic skin, it features a highly intelligent mask system which utilises the exclusive 111SKIN Facial Architecture method.

Foot Ritual – Clarity Anti-Blemish Facial

Meso Infusion Hydra Facial (60 minutes)

Hydrate, Volumise, Contour

Our most thorough hydration treatment, a powerful hyaluronic acid formula ensures high performance results. This facial treatment leaves the skin completely quenched and plumped.

Foot Ritual – Meso Infusion Hydra Facial

Rose Quartz Restorative Facial (60 minutes)

Smooth, Sculpt, Soothe

This facial combines powerful restoration properties with the most innovative formulas to firm and sculpt with rose quartz crystals to relax and soothe the mind.

Foot Ritual – Rose Quartz Restorative Facial

The Gentleman's Reparative Facial (60 minutes)

Repair, Restore, Hydrate

Designed specifically for male skin that requires hydration and repair, this treatment is soothing and comforting for skin irritated by regular shaving. It restores, strengthens, and calms the complexion for supreme revitalisation.

Foot Ritual – The Gentleman's Reparative Facial

BATH RITUALS

Anantara Milky Bath Collection (30 minutes)

Choose Romance, Balance or Rejuvenation. The exotic aromas of a milky floral bath inspire deep relaxation.

Foot Ritual – Anantara Milky Bath

Anantara Maldivian Signature Bath (30 minutes)

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

Foot Ritual – Anantara Maldivian Signature Bath

SALON SERVICES

NAIL TREATMENTS

- Ladies Manicure / Pedicure
- French Manicure / Pedicure
- Gel Manicure / Gel Pedicure
- Gentlemen Manicure / Pedicure
- File and Polish
- Gel Removal

WAXING

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

IN-VILLA TREATMENTS

All treatments on the menu can be performed in the privacy of your villa with an additional 20% surcharge.

SPA ETIQUETTE

- Please arrive 15 minutes before your appointment to complete your health assessment form. Arriving late will decrease the time of your treatment.
- Please give 4 hours' cancellation notice on individual treatments, and 24 hours' notice on packages. Without this notification, 50% of the price will be charged to your account, and 100% of the price will be charged for no-shows.
- We recommend that you lock all valuables in your villa safe before coming to the spa.
- 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 if you have any existing medical conditions.
- For gentlemen – please shave before all facial treatments to ensure that maximal results are achieved.
- Smoking and use of mobile phones are not permitted in the spa.
- Please note that the spa is unsuitable for young children and babies, as we try to ensure that all our guests benefit from the tranquillity of our surroundings.
- We recommend that you do not sunbathe after oil treatments.
- Take time to relax in our tranquil surroundings before and after your session, and enjoy a wonderful tea after your treatment.

TREATMENT PRICE LIST

| | | | |
|--|---------|---------------|---------------|
| Signature Experiences | | | |
| Anantara Signature Massage | 60 / 90 | 220 / 250 | |
| Anantara Signature Ritual | 150 | 350 | |
| Essence of Kihavah | 180 | 380 | |
| Kihavah Signature Healing | 90 | 250 | |
| Romantic Rituals for Couples | | | |
| Slumber Guru - In-Villa Treatment | 90 | SINGLE | COUPLE |
| A Maldivian Romance | 150 | 250 | 480 |
| For Him and For Her | 150 | 380 | 680 |
| Spa Journeys | | | |
| Three-Day Anantara Recovery | | 750 | |
| Five-Day Anantara Wellbeing | | 1,300 | |
| Massages | | | |
| The Performance Experience | 60 / 90 | 190 / 220 | |
| The Vitality Experience | 60 / 90 | 220 / 250 | |
| Prenatal Massage Therapy | 60 / 90 | 220 / 250 | |
| Stress Release Massage | 60 / 90 | 180 / 210 | |
| Balinese Massage | 60 / 90 | 180 / 210 | |
| Traditional Thai Massage | 60 / 90 | 180 / 210 | |
| Thai Herbal Compress Massage | 60 / 90 | 190 / 220 | |
| Slimming Massage | 60 / 90 | 220 / 250 | |
| Back-Neck-Shoulder Massage | 30 / 60 | 110 / 180 | |
| Oriental Foot Massage | 30 / 60 | 110 / 180 | |
| Body Treatments | | | |
| Essence White Coconut Scrub and Wrap | 90 | 220 | |
| Detoxifying Green Tea Scrub and Wrap | 60 / 90 | 190 / 220 | |
| Aloe After-Sun Soother | 60 | 180 | |
| Rose Quartz Restorative | 60 | 200 | |
| Celestial Black Diamond Sculpting Treatment | 60 | 220 | |
| Facials | | | |
| Celestial Black Diamond Non-Surgical Lift Facial | 90 | 250 | |
| The Original Dramatic Healing Facial | 60 | 200 | |
| Clarity Anti-Blemish Facial | 60 | 200 | |
| Meso Infusion Hydra Facial | 60 | 200 | |
| Rose Quartz Restorative Facial | 60 | 200 | |
| The Gentleman's Reparative Facial | 60 | 200 | |
| Bath Rituals | | | |
| Anantara Milky Bath Collection | 30 | 100 | |
| Anantara Maldivian Signature Bath | 30 | 100 | |
| Nail Treatments | | | |
| Ladies Manicure / Pedicure | | 85 / 95 | |
| French Manicure / Pedicure | | 90 / 100 | |
| Gel Manicure / Gel Pedicure | | 120 / 130 | |
| Gentlemen Manicure / Pedicure | | 75 / 75 | |
| File and Polish | | 65 | |
| Gel Removal | | 35 | |
| Waxing | | | |
| Eyebrow / Upper Lip | | 35 | |
| Bikini | | 50 | |
| Underarm | | 35 | |
| Half Arm | | 50 | |
| Full Arm | | 90 | |
| Half Leg | | 50 | |
| Full Leg | | 90 | |
| In-Villa Treatments | | | |
| All treatments on the menu can be performed in the privacy of your villa with an additional 20% surcharge. | | | |

• All prices are in USD and are subject to 10% service charge and 12% government taxes • Prices are subject to change without prior notice