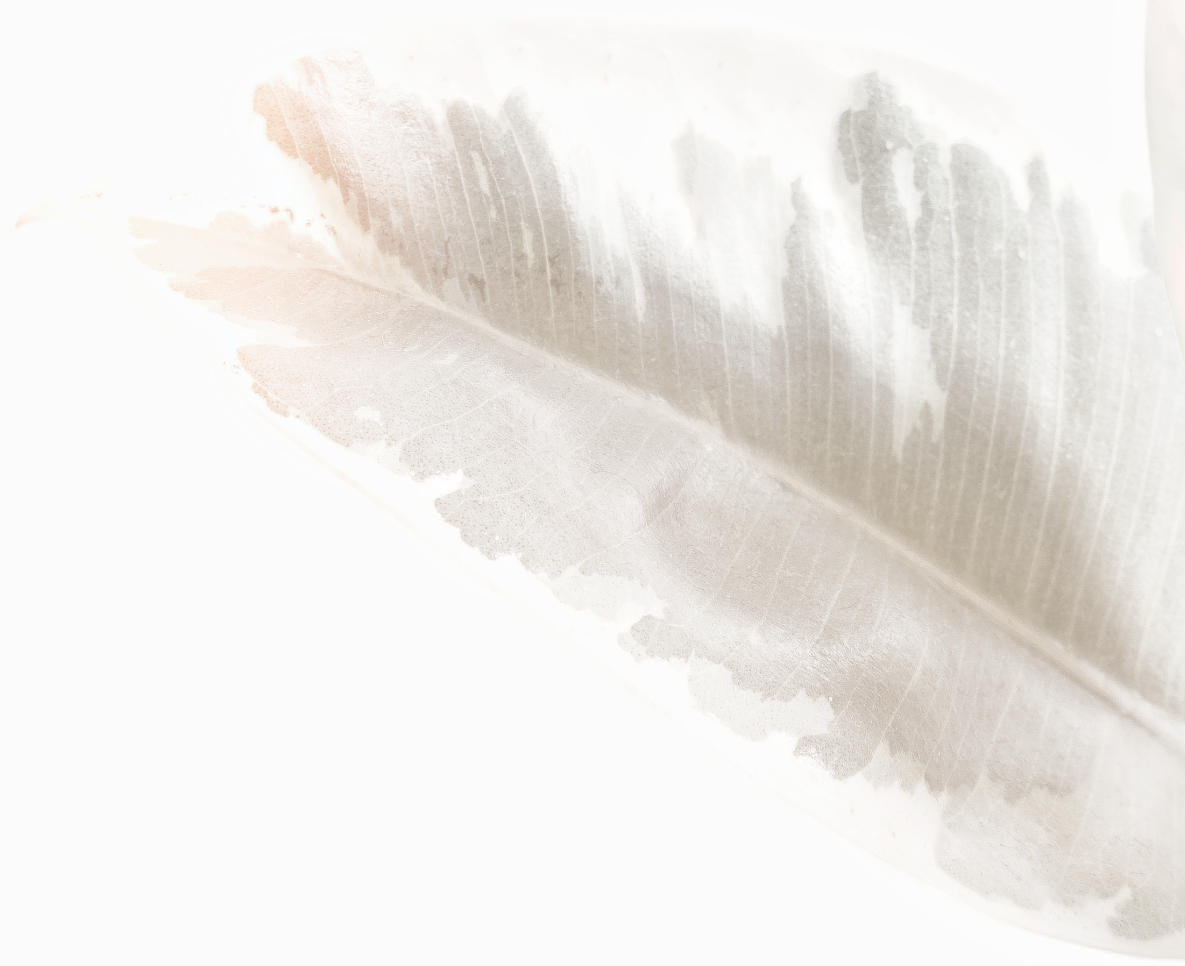




ARAMU SPA

PAMPER YOUR SENSES



WELCOME TO ARAAMU SPA

A voyage of the senses starts at Araamu Spa,
an enchanted garden sanctuary where time doesn't move
from hour to hour but mood to moment.

Let us melt away the layers of tension and transport you
to a sublime world of inner calm as the restorative power of the
island allows you to bring your life back into balance.

Indulge in progressive health and wellness concepts including
classic body and face treatments, ancient Ayurvedic healing
therapies as well as beauty care.

We are Araamu Spa, a multi award-winning resort spa group,
the ultimate oasis on your journey to
personal health, wellness and rejuvenation.

Infused with Maldivian spirit...

... wellness awaits you

ISLAND RITUALS

sensory experiences designed to awaken your senses



ARAAMU IMMERSION I signature massage

60/90 min | \$160/ \$210

Restore your rhythm and let your mind unravel from the stresses of your trip. Araamu Immersion incorporates energizing pressure points stimulation with rejuvenating full body massage. Complete this head-to-toe experience with detoxifying face reflexology, leaving you truly recovered from the jet lag symptoms.

VOYAGER I deep tissue massage

60/90 min | \$160/ \$210

Intensify your experience with powerful stretching and deep tissue massage designed to instantly relieve tightness and muscular soreness. Not only for athletes, this unique fusion massage facilitates tense muscle recovery through increase of blood flow and delivery of oxygen to the tissues.

GOOD VIBRATIONS I healing aromatherapy massage

60/90 min | \$160/ \$210

Discover a renewed sense of wellbeing with this deeply restorative massage replicating the movement of the sea. Tap into your inner calm and allow the healing power of aromatherapy restore your energy levels, soothe anxiety and invoke profound relaxation.

ENERGY STRETCH I Thai inspired

60/90 min | \$160/ \$210

Restore flexibility and increase your range of motions with active body work to alleviate deep-seated tension. This Thai inspired fusion massage combines acupressure and muscle stretching to free your body of blocked energy, reduce stiffness and improve your posture.

MUM-TO-BE I prenatal massage

60/90 min | \$160/ \$210

A moment of joy and perfect pick me up for mums-to-be with soothing relief from pregnancy discomforts. Safe massage techniques include specialised positioning to ensure support for the joints and allowing you to enjoy this nourishing treatment with extra cushioning and comfort.

*** Prices are in USD and inclusive of 10% service charge and 12% GST

ISLAND RITUALS

sensory experiences on the go

BACK REJUVENATOR | back, neck & shoulder massage

45 min | \$130

A focused massage directed at the most common areas of tension in the body. Designed to work deep into the muscle groups of the back and shoulders with special attention given to sooth tired and aching muscles, ease knots and relieve stress.

ENHANCERS | on the go add ons

20 min | \$60

ISLAND FLAVOUR | fresh coconut infused coffee scrub

CITRUS BLOSSOM | dried orange & lime scrub

MARINE SENSATION | detox marine algae body cocoon

SUNBURN SOS | aloe vera & fresh cucumber body cocoon

**** Prices are in USD and inclusive of 10% service charge and 12% GST*

ISLAND THERAPIES

ayurvedic experiences infused with holistic powders & oils



SHIRODHARA | energy flow for mental exhaustion

90 min | \$210

By far the most iconic treatment of Ayurveda, Shirodhara therapy is designed to unblock the natural flow of energy, increase clarity and bring peace of mind. This holistic experience starts with warming scalp massage, followed by detoxifying body massage focusing on transporting lymphatic fluids and enhancing the function of the nervous system.

The therapy ends with a warm, herbarized oil steadily poured onto your forehead to improve blood supply to the brain, reduce restlessness and improve sleep quality.

ELAKKIZHI | heat therapy for vitality

90 min | \$210

A combination of restorative herbal massage and heated poultice therapy infused with a selection of medicinal herbs, roots and oils. This purifying experience alternates between a lymphatic body massage and a gentle pressure of a heated poultice to open up the pores, cleanse the body of accumulated toxins and relieve muscles soreness.

UDWARTHANAM | targeted fatty tissue reduction

90 min | \$210

One of the most sought after Ayurvedic treatment for weight loss. Udwarthanam is a vigorous toning massage designed to break down excess fatty tissue and combat cellulite. The intensity of this treatment combined with a herbal powder and followed by a 20min steam bath helps to improve the lymphatic flow, reduce water retention and encourage a sense of lightness in the body.

ISLAND THERAPIES

ayurvedic experiences infused with holistic powders & oils



KAYA SEKA | detox therapy for strength

60min | \$170

Referred to as “the king of Ayurvedic therapies”, Kaya Seka builds up immunity for a healthier life. During this deeply detoxifying therapy, medicated oil is swiftly massaged onto the body to first release tension from the nerves helping to eliminate accumulated toxins and relieve muscle fatigue. Combined with gentle and warm oil bathing therapy, this rejuvenating treatment will restore physical strength and mental vigour leaving you deeply relaxed and nourished.

NASYA ABHYANGA | clearing therapy for congestion

60/90 min | \$170/ \$210

The ultimate treatment for healing and cleansing. Nasya Abhyanga is a full body therapy focusing on a chest and nasal congestion. The experience starts with full body lymph drainage massage followed by an application of a warmed herbal oil to the nasal cavity. This cleansing therapy helps to clear sinus and ears, reduce mucus production and restoring better sleep patterns.

CHAMPISSAGE | Indian head massage

30 min | \$90

An ancient complementary therapy, this holistic treatment focuses on massaging acupressure points along the head, neck, and shoulders, often using circular massage strokes to improve hair and scalp condition as well as to alleviate brain-fog and stress.

SERENITY EXPERIENCES

head to toe collections to pamper your senses



OCEAN DREAMING | ocean side experience

90 min | \$230single/ \$410 couple

Inspired by the tranquil elements of the sea and Maldivian culture of serenity, pure indulgence awaits by the ocean's shore. Listen to the hush of the waves and the crunch of the sand while you receive a divine body massage replicating the movement of the sea.

The treatment includes a deeply nourishing coconut oil scalp massage and a soothing face massage to melt away the tension and regenerate you from head to toe. Finish this beach side experience with a sip of fresh coconut water to complete your island inspired journey.

LOABI LOABI | romance escape for couples

100 min | \$380

Honeymoon is never over!

Disconnect from the world and reconnect with the love of your life. Start with the head over heels, aromatic body massage to open energy channels and set the tone for the evening. Release accumulated tension and induce a deep feeling of spiritual relaxation.

Your journey continues in an outdoor bubbly flower bath surrounded by lush greenery as you and your soul mate sip red wine or sparkling juice in a zen peacefulness.

This unique couple's experience will inspire romance and create memories of a lifetime.

HEALING RITUAL | hot stone massage

90 min | \$210

Feel the warmth and relaxation seep through your muscles while comforting warmth of hot stones puts your mind into a state of complete serenity. This healing ritual is a combination of heated basalt stones together with gliding massage strokes for a warm and dreaming experience. Ease muscle aches, expel coldness and dampness to fully restore the body's vitality from inside out.

SERENITY EXPERIENCES

head to toe collections to pamper your senses



BIRD OF PARADISE | island inspired skin smoothing

60 min | \$150

Let yourself be enveloped in a natural beauty of the Maldives. Combine a fragrant, freshly grated coconut body scrub with a smoothing coconut infused yogurt wrap. Finish your island inspired journey with a nourishing coconut oil hair wrap and a relaxing pressure point scalp massage.

Let the restorative power of the island release your stress and restore radiance and glow.

SUN KISSED | head to toe cool wave

50 min | \$120

A total blast of cooling and freshness. After sun remedy, this treatment combines cooling Aloe

Vera & fresh cucumber body wrap with SOS soothing face treatment. Finish your ultra light experience with refreshing peppermint foot massage to help invigorate and revitalise tired feet.

**** Prices are in USD and inclusive of 10% service charge and 12% GST*

FACIAL ESSENTIALS

araamu touch you can feel driven by results you can see



AQUA BLISS | hydrator for thirsty skin

60 min | \$120

Fall in love with your skin again and bring your natural beauty to full bloom. Water Bliss is a multi-level hydration treatment to dramatically improve skins moisture content. Active plant extracts restore the youthful glow while soothing botanicals calm irritation.

A “super hydrator” for anyone and everyone!

ACTIVE PURITY | deep cleansing

60 min | \$120

Bring you best face forward with deeply cleansing facial. The mineral rich ingredients and purifying botanical extracts encourage drainage of toxins, which in turn help to balance sebum production, reduce inflammation, improve texture and reveal clear complexion.

A must have for problematic or congestion prone skin!

RADIANCE BOOSTER | brightening skin refiner

60 min | \$120

A deeply resurfacing facial with an intense boost of brightening actives to dramatically enhance the skin's tone and texture. A boost of active ingredients and essential minerals helps to reduce sun pigmentation leaving your skin smoother and radiant with a brighter appearance.

Glowing skin is always in!

EXPRESS GLOW | pick me up refresher

20 min | \$50

Beauty on the go to instantly rejuvenate and refresh your skin. This express 20-minute treatment is perfect to get you on your way feeling refreshed and renewed. While the focus is not on relaxation, it is on results and time!

EYE CONTOURING | add on

15 min | \$40

A hydrating eye treatment to minimize fine lines, wrinkles, puffiness, and dark circles.

**** Prices are in USD and inclusive of 10% service charge and 12% GST*

GROOMING NEST

smooth away the rough edges of an active lifestyle



HEALING FOOTPRINT | reflexology inspired

60 min | \$140

The foot is considered to reflect your body as a whole. By stimulating pressure points on your feet, healing energy is directed to your internal organs to restore the body's inner clock. Beyond the feel-good factor, this targeted foot massage promotes total body wellbeing and relaxation.

BAREFOOT BLISS | foot & leg massage

30/50min | \$80/ \$120

An incredible way to bring relief for those tension saturated areas that are longing for attention. This ultimate foot and leg massage is designed to stimulate your tired muscles, reduce ankle stiffness, balance water retention and energize tired feet and legs.

ARAAMU SPA MANICURE | polish for her – buff for him

50 min | \$80

Luxury at your fingertips! This indulgent manicure combines nail & cuticle grooming with aromatherapy acupressure hand massage to increase hand strength and release joint tension. Finish with a high shine buff or an application of your choice of polish.

ARAAMU SPA PEDICURE | polish for her – buff for him

50 min | \$90

A decadent yet results oriented pedicure! This pedicure includes a lower leg and foot exfoliation, nail & cuticle grooming, followed by invigorating foot massage to alleviate muscle and joint tension. Your choice of high shine buff or polish completes your service.

POLISH CHANGE | file & polish

15min | \$30

Includes shaping and fresh polish application.

KIDS MENU

natural & delicious little luxuries
for the little spa-goers
4 to 12 years old



MINI ME EXPERIENCE | kiddie scrub & massage

60 min | \$100

Even kids can achieve a total bliss! Yummy oatmeal, vanilla scented scrub followed by a virgin coconut body massage. This nurturing therapy helps to relax the little ones after their activities, reduce constipation and prepare them for a good night sleep.

SWEET DREAMS | virgin coconut body massage

30 min | \$50

BUSY BEE | coconut yogurt body cocoon

30 min | \$50

BABY FACE | yogurt wash, oat mask & cucumber eye treat

30 min | \$50

HELLO KITTY | little ladies mani/pedi

30 min | \$50

BUBBLE TROUBLE | bubbly soak with mani/pedi for boys

30 min | \$50

WET FACILITIES

fragrant and aromatic bath therapies are perfect as an individual treatment yet best enjoyed as a complement to any spa experience



Luxury Bath Ceremonies

30min | \$60 single / \$90 couple

Ayurvedic Herbal Vitality

A powerful, herbal powder bath experience infused with lavender aroma to reduce skin inflammation, ease the tension and boost energy levels.

Healing Aroma

A delightful, flower bath experience infused with jasmine aroma to deeply calm the mind and uplift the mood.

Exotic Milk Bath

A nourishing, milky bath experience infused with vanilla extract to combat dry skin, improve skin firmness and invigorate the senses.



Jacuzzi / Sauna / Steam Bath

60min | \$50 per person

Breathe in the scent of eucalyptus essence and melt away the stress and muscular tension. Herbal sauna or steam creates the perfect healing space for your cardiovascular and respiratory body systems while decreasing asthmatic conditions, mucus and toxins from the lungs.

How to Spa

spa treatment hours

The spa opens from 0900 to 2000 hours each day. The last treatment ends at 20:00 hours. You may experience the spa outside of these hours with a minimum of 24 hours' advanced booking. Additional charges may apply.

ambience

To ensure peaceful atmosphere, please turn your phone off or place it on silent.

reservations

To ensure we can accommodate your spa experience, we recommend you book at least 1 day ahead for all the treatments. The spa will provide you with a disposable underwear, robe, towel, slippers and a personal locker.

Please bring your swim attire if you plan to enjoy the unisex wet facilities.

check in

Please arrive 15 minutes prior to your scheduled treatment. Should you arrive late, we may reduce your treatment time as not to inconvenience other Guests.

special consideration

We encourage you to disclose any health conditions that may affect your spa experience as certain treatments may not be advisable for you. In the event you choose to withhold relevant medical information, Araamu Spa will not be held responsible for any injury incurred.

smoking and alcohol

Smoking and consumption of alcohol within the spa is prohibited.

valuables

Please refrain from bringing valuables to the spa. Araamu Spa. Management accepts no responsibility for the loss or damage of valuables.

cancellation policy & charges

Please provide at least 3 hours' cancellation notice to avoid 75% cancellation fee. Cancellations without notice will incur a 100% charge. If you are running late for your appointment, please call us as soon as you know that you will be delayed, and we will make every effort to accommodate your treatment.

Prices are in USD and inclusive of 10% service charge and 12% GST.

refund policy

All treatments and packages are non-refundable and non-exchangeable. Prices are subject to change without prior notice.

Thank you and enjoy Araamu Spa journey!

