



## **PLEASE BE INFORMED**

### **ETIQUETTE**

We respectfully request that all visitors keep noise to a minimum. Cellular phones and electronic devices are discouraged. At the discretion of the Spa management, guest may be asked to leave, or refused entry into the Araamu spa area if aspects of their behavior are impacting the experience of other guests within the facility.

#### **Reservations**

Advance booking is recommended to secure your preferred date and time. All Araamu Spa pricing is subject to change without notice and appointments are subject to availability. Please inform us at least 2 hours prior to change a confirmed treatment from one to another.

#### **Check in**

To maximize your treatment time, please arrive on time allowing for 15 minutes preparing for the treatment. Araamu Spa unable to extend beyond the booked treatment time should guest arrive late for treatment.

#### **Special Consideration**

Guest who has high blood pressure, heart conditions, is pregnant or has any other medical complications is advise to consult the in-house doctor before signing up for any spa services. Please inform your medical condition to your Spa receptionist.

#### **Smoking and Alcohol**

Smoking and consumption of alcohol within the spa is prohibited.

#### **Valuables**

We recommend that no jewellery is to be worn during treatment. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa premises.

#### **Cancellation policy**

A minimum of four (4) hours notice is required for cancellations. Notice within four (4) hours of a treatment time will incur a 25% cancellation fee of treatment costs. Individuals will be charged for 75% of the treatment cost if guests fail to honor their treatment time.

#### **Notice**

The Araamu Spa is reserved for the use of adults at all times. Children under the age of 12 are encouraged to utilize the other facilities of the resort. Young adults between 12-16 years must accompanied by a parent or guardian at all times while visiting the Araamu Spa.



## Massages

### "Exclusives to Araamu"

#### Araamu Theyo Dhemun

50 minutes USD 95.00 / 80 minutes USD 140.00

**The local traditional full body massage with "Passion" oil**

The techniques used include short firm strokes with the thumbs, pressure points worked along the meridians and pressure strokes using the heel of the hand.

**Benefits:** - rejuvenates the energy in the body, relaxes stiff muscles and improves skin elasticity.

#### Veli Modun,

50 minutes USD 95.00

**The traditional full body sand massage at the beach with "virgin coconut oil and smooth sand"**

The treatment of Islands is not just a massage but rather a massage plus a body scrub. As you lie on the beach where waves break gently, listening to the songs of the sea our expert therapists will invigorate your body with fine wet salty sand. (It is ideal to have an oil massage after this treatment)

**Benefits:** - leaves your skin glowing and supple, fresh salt water & sands relieves your tired skulls & muscles and keeps it that way for a long time.

## Swedish massage

50 minutes USD 100.00 / 80 minutes USD 145.00

### **A full body massage with "sweet dream" oil**

The massage combines long gentle strokes, kneading and firm circular movements. This is based on European folk massage, oriental techniques from the Middle East and the emerging knowledge of modern anatomy and physiology that uses relaxing strokes to increase circulation of blood and lymph. This massage uses basic massage techniques for relaxation of the mind and muscles.

**Benefits:**-nourishes and gently nurtures physical, emotional, and spiritual body.

## Sarawak Massage

50 minutes..... USD 95.00 / 80 minutes USD 140.00

### **A full body massage with "invigoration" oil**

This massage derived from Ancient Indonesian and Malay methods is ideal for relieving the body of stress and tension.

This massage is ideal for restoring balance to the body, mind, and soul. It is a deep tissue massage with pressure applied by forearms and hands in long sweeping strokes all over the body.

**Benefits:**-it will balance mind, body and spirit, replenishing energy. It is ideal to try after hard sports game.

## Well - Being Massage

50 minutes    USD 95.00 /    80 minutes USD 140.00

### **A full body massage with "harmony" oil**

This is an uplifting massage that will bring you back to life and restores positive energy. Its excellent a combination of 10 cultural touches and techniques for muscular aches and pains.

**Benefits:** -it will clear the mind, deeply relax the body and strengthen the spirit.

## Back Rejuvenator

25 minutes    USD 50.00

### **A massage only for back & shoulder with oil**

Most of the body's tension accumulates in this important part of the body as the back is our physical support system. This deep tissue massage helps to loosen tight muscles in the back shoulder and neck. It is a combination of Maldivian, Polynesian and Swedish technique that perfectly fits your needs.

## Foot and Leg Massage

30 minutes    USD 50.00

### **A massage only for foot with "oil"**

The ultimate soothing experienced for those tired feet that will leave them refreshed, relaxed and ready for more life. A foot soak with essential oil and fresh flower petals is followed by a deluxe 15 minute foot massage.

## Reflexology

50 minutes    USD 90.00

### **A healing therapy with “powder”**

This is ancient healing therapy. It is a holistic therapy one that treats your whole body, mind and spirit. And it is also a natural and safe form of healing which harmonizes with any other therapy. This is a very detoxifying treatment using various techniques the therapist will stimulate reflex zones in your feet.

## Healing Aroma Massage

50 minutes    USD 105.00 / 80 minutes USD 150.00

### **A full body massage with “oil” of your choice**

Indulge yourself in the healing aromas of the earth for a complete experience of rebirth. Aromatherapy is the perfect re - energizer and will leave your muscles and mind relaxed to the maximum. You can choose the massage oil that appeals to you most for the treatment.

## Thai Massage

60 minutes    USD 95.00 / 120 minutes USD 160.00

### **A dry massage for full body**

This classic treatment famous all over the world and has been a part of life in Thailand for over centuries. The treatment involves gently pulling, stretching, bending of muscles and massaging the paths of Prana [life] using elbows, feet and hands.

## Baby massage

30 minutes    USD 50.00

**A full body special massage with "oil"**

This massage is merely for kids. This massage uses special mild healing oils. It will improve the physical appearance for growth of the body and muscles.

## Loabi Loabi (Romance)

90mnts ... .. USD210.00

**A special couple massages & Bath with "ayurvedic oil & herbal powder"**

This massage is especially for couples; honeymoon massage-aphrodisiac is a combination of special herbal oils. After massage the couple will be left alone to relax in an herbal bath.

**Benefits:** - This will help to regenerate hormonal system and improve blood circulation and stimulates nerves system and sexual desire. Relaxes the body and mind from physical and mental stress and re-vitalizes the body.

## FACIALS

### Deep cleansing facial

50 minutes USD 90.00

This facial is ideal for men and women. A totally relaxing experience that cleanses, Tones and gently removes dead skin cells which promote radiant skin.

### Aroma therapy facial massage and mask

70 minutes USD 110.00

Uplifting facial using pure essential oils to cleanse and refresh naturally. Experience a rejuvenating facial massage with a mask designed to purify and promote beautiful radiant skin. This is an excellent treatment to hydrate dry or mature skin and perfect for soothing and cooling the face after exposure to sun.

### Royal honey facial

50 minutes USD 85.00

The principal ingredients in this treatment are honey, lime and cucumber. They all enjoy an age-old reputation as skin healers, softeners and moisturizers.

### Anti- stress facial

30 minutes USD 50.00

A gentle facial, neck and shoulder massage using the finest essential oils. It makes your skin feeling smooth, fresh and invigorated.

## BODY SPA

### Coconut and Sandalwood Scrub

25 minutes    USD 55.00

Using locally harvested coconut the body is gently exfoliated, which not only cleanses and softens the skin but condition it as well.

This treatment is good for cleansing, detoxifying and excellent for confusion and anxiety. This is a special treatment for those who have sensitive skin.

### Cooling Body Wrap

50 minutes    USD 80.00

A natural cool body mask of cucumber, yogurt and fresh mint is applied to the whole body and wrapped. The face is cooled with fresh cucumber slices while you enjoy a scalp massage.

This treatment is excellent for sunburn and excellent to nurture the already suntanned body. It is very softening and nutritious and will cool any hot skin condition. It is also very relaxing and it is like feeding the skin good food.

### Herbal Body Polish

25 minutes    USD 50.00

Specially blended herbs and apricot kernels are combined with an exfoliating gel to cleanse and invigorate the skin. Following a shower a gentle aromatic body lotion is applied to re- hydrate your clean and soft skin.



## Honey Citrus Body Bliss

25 minutes    USD 50.00

A very uplifting and awakening treatment which will leave your skin velvety soft and relaxed and will evoke feelings of happiness, bliss and self-confidence.

## Papaya Body Peel

25 minutes    USD 50.00

Blended papaya is used in this natural body peel. Fresh papaya is renowned for its natural fruit enzymes and papain and when absorbed it revitalizes and softens dry and dull skin. It is very gentle and soothing and is ideal treatment to feel totally pampered.

## Fini Kela

60 minutes    USD 80.00

A skin treatment with "sandal wood powder"

Fini Kela Veshun is a Traditional Maldivian favorite for an over all affect of beauty and wellness. The Sandalwood and Rosewater base applied expertly by the fingertips smoothens and softens skin and removes excessive oil from oily skin. This treatment is especially good after a long day in the sun, since the cooling effect of both Rosewater and Sandalwood is very soothing and it revitalizes both the body and mind.

## Fruit and Lavender Wrap

50 minutes    USD 80.00

Since fruit is the major ingredient in all kinds of skin products, there is nothing more seductive than a courting of a mixture of different fruits, essential oil of Lavender. Try this treatment for a long lasting effect on the skin with the help of the preservative properties of Lavender.

## Partner Massage Lesson

Enhance the quality of your life with the loving touch of giving and receiving massage. Let us help you to enjoy the lifetime benefits of relaxing massage. In this lesson one of our experienced Spa therapists will guide you and your partner through a simple series of massage.

Try it out and get the satisfaction from your own partner.

TIME: 60 minutes

PRICE: USD 110.00

## Araamu

*"Brings the essence Asian to Araamu spa"*

### **Manao, head and face treat for male**

50 minutes USD 80.00

Enjoy a deep exfoliation to remove impurities and lift ingrown hairs, followed by a quenching facial mask to re-hydrate the epidermis.

This advanced treatment incorporates a vital energy point massage the application of a cranial herbal poultice over the back, neck shoulders and head, which ease away stress and tensions. Finally, restore health and vitality to the face a floral elixir and a hydrating gel, which enhances tone and leaves the skin fresh and supple.

### **Ta Suay, Restorative eye spa treatment**

50 minutes USD 80.00

Let your eyes be pampered and rejuvenated with this amazing eye treatment that combats fine lines, puffiness and dark circles. A secret blend of warm botanical ingredients from our Asian garden will gently nourish and soothe the lids. Then the light touch of a shiatsu and lymphatic drainage massage will reduce puffiness and dark circle complemented by the application of a quenching floral serum. The treatment finishes with a face and cranial pressure points massage while your eyes rest under a relaxing aromatherapy eye cushion.

### **Sa mun prai. Thai Herbal Heat Energizer**

90 minutes USD 145.00

Drift away tensions while enjoying this unforgettable traditional hot Thai massage, unchanged since the Thai Ayutthaya period (14<sup>th</sup>-18<sup>th</sup> Century) when a hot pack was administered to war-soldiers returning home with muscle aches and bruises. The balancing poultice opens pores and brings a deep medicinal heat to the muscles to release tensions and revitalize your mind. Then an invigorating massage with a synergy of peppermint and mandarin essential oils will take your body on a journey of total renewal.

### **Saat, Complete Detox**

2 hours 30 minutes USD 250.00

Let your senses experience this wonderful treat. The synergy of cajuput and orange removes impurities and dead cells to prepare your skin for a body wrap containing 100% natural papaya and aloe Vera extracts. While your body is covered with banana leaf, simply enjoy the active fresh ingredients that will eliminate toxins and decongest your body by activating perspiration. Then, let your mind de-stress with a purifying aromatherapy massage using a unique blend of cajuput and petitgrain essential oils.

### **Kra chap, Slimming body ritual**

2 hours 30 minutes      USD 260.00

Slim down while you relax. A gentle body scrub is applied to eliminate impurities and prepare your skin for a slimming wrap containing 100% natural ginger extract that will improve blood circulation and help eliminate toxins. The treatment is then followed by a deep tissue aromatherapy massage using a blend of long pepper and cinnamon essential oils that will break down fatty deposits. Active elements will be absorbed by your skin and released in small quantities for several hours after treatment. This treatment is ideal to re-contour your silhouette by improving skin tone and lumpy appearance of cellulite. A course of treatments is recommended for maximum results.

## **ARAAMU SPA PACKAGES**

### **TENDERNESS**

Two treatments make up this package, starting with a Coconut and Sandalwood Scrub followed with Healing Aroma Massage

USD150.00

(1 Hour and 15 Minutes)

### **ROMANCE**

This package is a combination of Honey Citrus Body Bliss and completed with a Sarawak Massage.

USD135.00

(1 Hour and 15 Minutes)

## HARMONY

This package is a combination of two special treatments. You begin with Papaya Body Peel and completed with Well Being Massage.

USD135.00

(1 Hour and 15 Minutes)

## ARAAMU SPA PACKAGES

### TROPICAL TREAT

Jasmine Flower Bath

Well Being Massage

Blend of the day

USD130.00 per person

(1 Hour 30 Minutes)

## ARAAMU SPA PACKAGE

### ARAAMU DREAM

Lemon Grass Steam/Jacuzzi

Fruit and lavender wrap

Healing Aroma Massage

Blend of the day

USD210.00 per person

USD400.00 per couple

(2 Hours and 30 Minutes)

## **EXOTIC MALDIVES**

Anti- stress facial  
Fini kela  
AraamuTheyo Dhemun  
Blend of the day  
USD215.00 per person  
USD410.00 per couple  
(2 Hours and 30 Minutes)

## **SOUL TO SOLE**

Lemon Grass Steam/Jacuzzi  
Back Rejuvenator  
Herbal Body Polish  
Thai massage  
Blend of the day  
USD220.00 per person  
USD420.00 per couple  
(2 Hours and 30 Minutes)

## **ABSOLUTE SPA RITUAL**

Well Being Massage  
Coconut and Sandalwood Scrub  
Reflexology  
Blend of the day  
USD220.00 per person  
USD420.00 per couple  
(2 Hours and 30 Minutes)

## **ARAAMU SPA PACKAGES**

### **HUNDRED ISLAND**

De-Stress Bath  
Well Being Massage  
Fruit and Lavender Wrap  
Reflexology  
Blend of the day  
USD250.00 per person  
USD460.00 per couple  
(3 Hours and 30 Minutes)

### **TASTE OF ASIA**

Cooling body wrap  
Swedish massage  
Anti- stress facial  
Reflexology  
Blend of the day  
USD225.00 per person  
USD420.00 per couple  
(3 Hours and 30 Minutes)

### **ANOTHER DAY IN PARADISE**

Jasmine Flower Bath  
Fruit and Lavender Wrap  
Thai Massage 1hr  
Araamu Manicure  
Blend of the day  
USD280.00 per person  
USD540.00 per couple  
(3 Hours and 30 Minutes)

## ARAAMU MANICURE

50 minutes USD 60.00 per person

A complete pampering experience for your hands and nails. Following your manicure a wonderfully relaxing hand massage with blended oils and a toning hand cream, will leave your hands and nails looking and feeling exquisite.

French manicure USD 70.00 per person

Polish application USD 25.00 per person

## ARAAMU PEDICURE

60 minutes USD 70.00 per person

A total make over for your tired feet that will leave them refresh, relaxed and ready for the beach. Warmed aromatherapy oils nourish and condition your feet. This follows ever-refreshing pedicure. An experience that promises to leave you walking on clouds nine!



## BATHING CEREMONIES

A great way to relax before any treatment

### DE-STRESS BATH

A power full synergy of lavender and chamomile will awaken the senses through the touch of aroma; this deeply relaxing synergy soothes the mind, melts away tension and relaxes the body.

30 minutes USD 40.00 per person

USD 60.00 per couple

### JASMINE FLOWER BATH

A beautiful and romantic bathing experience to scent and nourish your skin. In Indonesia it is believed the benefits of the different chakra petals can offer you a link to the spiritual world. Your senses will be delighted by jasmine, ylang ylang tea absolute and vanilla.

30 minutes USD 45.00 per person

USD 65.00 per couple

## ARAAMU SALON

LADIES HAIR SHAMPOO BLOW DRY (SHORT\MEDIUM)	40.00
LADIES HAIR SHAMPOO BLOW DRY (LONG)	60.00
LADIES HAIR CUT SHAMPOO (SHORT\MEDIUM)	30.00
LADIES HAIR CUT SHAMPOO (LONG)	40.00
LADIES HAIR CUT SHAMPOO & BLOW DRY (SHORT\MEDIUM)	70.00
LADIES HAIR CUT SHAMPOO & BLOW DRY (LONG)	80.00
MENS HAIR CUT SHAMPOO & BLOW DRY	50.00
MENS HAIR CUT	30.00
EYEBROW THREADING	30.00

Extra charges will be made for additional treatments.

## EXTRA FACILITIES IN THE SPA

JACUZZI	60 MINUTS USD 25.00 per person
SAUNA	60 MINUTS USD 20.00 per person
STEAM BATH	60 MINUTS USD 20.00 per person

## SPECIAL PACKAGE

SAUNA/STEAM PLUS JACUZZI  
60 MINUTS USD 35.00 PER PERSON

To enhance your spa experience, 15 minutes is set-aside within your session for you to enjoy a shower, an herbal tea and relaxation.

