

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 Spa’s Maldivian sanctuaries, 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 breathtaking 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 coconut's revered hydrating and nourishing enrichment, with signature sequences that shower guests in Asia's most exquisite natural elixirs.

Maldivian Coconut Marvellous (200 Minutes)

Entice your body into an elevated state of renewal, with a sequence designed to rejuvenate couples from head to toe utilising coconut's prized remedial benefits.

Floral Foot Ritual – Essence White Coconut Scrub – Shower – Essence White Coconut Wrap – Shower – Anantara Muscle Tension Release Massage – Refreshment

Dawn Renewal (165 Minutes)

Rise to a refreshing ritual of replenishing therapies. Cleanse and exfoliate with a scrub infused with green tea extract, and experience an invigorating jet lag massage.

Floral Foot Ritual – Detoxifying Green Tea Scrub – Shower – Jet Lag Massage – Refreshment

Dusk Relaxation (165 Minutes)

End your day with a soothing total body and foot massage series. Let ancient techniques restore your body's vital energy and unwind your tired mind.

Shower – Floral Foot Ritual – Swedish Massage – Foot Reflexology – Refreshment

Journey of Siam (205 Minutes)

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

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

Three-Day Anantara Recovery (205 Minutes)

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

Day 1: Chill

A Choice of In-room Welcome Bath Ritual

Day 2: Awaken

Shower – Floral Foot Ritual – Traditional Thai Massage – Refreshment

Day 3: Rejuvenating

Floral Foot Ritual – Anantara Signature Facial – Refreshment

Five-Day Anantara Well-being (505 Minutes)

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

Day 1: Chill

A Choice of In-room Welcome Bath Ritual

Day 2: Cleansing

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

Day 3: Detoxifying

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

Day 4: Awaken

Shower – Floral Foot Ritual – Traditional Thai Massage – Refreshment

Day 5: Rejuvenating

Floral Foot Ritual - Anantara Signature Facial – 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 (165 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 (195 Minutes)

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

Romancing the Tropics (140 Minutes)

Floral Foot Ritual – Exotic Island Salt Glow – Shower - Seaweed Wrap – Shower – Anantara Maldivian Signature Bath – Refreshment

Cooling Sun Soother (160 Minutes)

Floral Foot Ritual – Anantara Milky Bath Collection – Aloe After-Sun Soother – Foot Reflexology – Refreshment

Deep Tissue Release (165 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 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

Anantara Synchronised Massage (60 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

Swedish Massage (90 Minutes)

Five variations of massage strokes manipulate each part of the body to stimulate the nervous system, improve circulation and flexibility, and enhance physical and mental wellbeing.

Shower – Floral Foot Ritual – Swedish 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

Stress Release Massage (90 Minutes)

Using a combination of strokes and acupressure techniques, and the specially aromatherapy signature blended oils of your choice, this gentle massage is a definite body and mind tonic.

Shower – Floral Foot Ritual – Stress Release Massage – Refreshment

Jet Lag Massage (90 Minutes)

Experience an enhancing treatment that provides immediate relief for travellers after a long flight. This full-body massage employs long, kneading 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

Elemis Face and Body Sensation (60 Minutes)

Experience pure indulgence with a unique ice-cool thermal muscle massage customised for specific condition areas to alleviate stress and ease aching muscles, combined with an intensive anti-ageing booster facial to smooth wrinkles and restore youthful radiance.

Shower – Welcome Touch – Elemis Face and Body Sensation – 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

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

Seaweed Wrap (60 Minutes)

Rich in organic matters, proteins, vitamins and trace minerals, this slenderising treatment effectively tones and can even re-shape the body when experienced regularly.

Floral Foot Ritual – Seaweed Wrap - 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

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.

Anantara Signature Facial (60 Minutes)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to treat and revitalise your skin. A gentle massage induces deep relaxation while the herbal mask restores the natural balance of your skin.

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.

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 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.

Exotic Herbal Bath (30 Minutes)

Soak in an aromatic embrace of carefully selected herbs, and emerge with skin that glows radiantly.

Detoxifying Green Tea Bath (30 Minutes)

Purify in a bath enriched by the detoxifying qualities of green tea, and experience the gentle benefits of natural healing.

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.

In Room Treatments

Traditional Thai Massage	(90 Minutes)
Swedish Massage	(90 Minutes)
Foot Reflexology	(60 Minutes)
Exotic Herbal Bath	(30 Minutes)
Anantara Milky Bath Collection	(30 Minutes)

Salon Services

Hair Care

Shampoo & Blow dry
Shampoo, Cut & blow dry
Hair Trim
Hair Mask & Deep Conditioning

Nails

Spa Manicure Deluxe
Spa Pedicure Deluxe
Manicure/Pedicure
French Manicure/Pedicure
File & Polish
Gentleman's Mani/Pedi

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 may be charged to your account.

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 Spa receptionists of any existing medical conditions.

Treatments are available from 10.00 am – 10.00 pm
For reservations, please call Anantara Spa
Email: kihavahspa@minornet.com

Anantara Spa is managed by MSPA International Limited
www.mspa-international.com

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