



open 10am – 10pm daily

Anantara Spa Dhigu Maldives

Dhigufinolhu, South Male Atoll

P.O. Box 2014 Male

Republic of Maldives

Tel: + 960 6644100 Fax: +960 6644150

E-mail: dhiguspa@anantara.com

Rooted in the timeless healing traditions of the world's richest cultures, Anantara Spas are designed to restore balance and harmony between body and mind in an oasis of beauty, grace and tranquility. Intoxicating aromas of the world's most exotic elixirs and oils are used in treatments designed to deliver radiance, healing and a quiet sense of inner and outer well-being.

Anantara Maldives boasts two award-winning Spas to pamper your body, soul and mind. Our therapists are highly-trained, undergoing a multi-faceted training program to ensure you receive the highest level not just of service but also therapeutic skill. Both spas have an exclusive selection of retail items – unique gifts, massage essential oils, and skincare from the top spa brands: Elemis and Anantara Spa.

Anantara Spa – Dhigu

This overwater spa, built on stilts over clear turquoise waters, specializes in romantic Couple Rituals. Choose from a diverse treatment selection designed with total indulgence in mind. The Anantara Spa on Dhigu features wood and glass peephole floors, so that you have a window on the colourful marine life below whilst enjoying world-renowned signature treatment experiences.

Anantara Spa – Veli

Nestled in the serene gardens of Veli Island, this spa offers a true oasis of tranquility. The focus here is on pure, sublime relaxation – to restore harmony and balance to tired, overworked bodies and over-thinking minds. Asian healing treatments are the specialty – different techniques and therapies are blended together to ensure you leave feeling at peace and with a sense of inner stillness.

Indulge

Unwind

Liberate

HOW TO SPA

How do I make an appointment?

Simply dial ext: 3043 and speak to our friendly spa receptionists. Alternatively, you may like to make your appointment in person: we would enjoy showing you around our beautiful spa.

How far ahead do I need to book?

Our spas do get very busy and it is suggested that you make your booking at least two days before. However, it is well worth asking on the day as well – we may have available space!

I am new to Spa and am not sure which treatments are right for me - how do I choose?

Firstly, read through our menu and see which treatments sound interesting. Then speak to a spa receptionist – let them know how you'd like to feel afterwards and which treatments interest you. Together, the two of you can design a treatment package that is perfect just for you.

I am staying at Anantara Dhigu – can I have a treatment at Anantara Veli Spa?

Of course! We encourage our guests to try both spas during their stay – the atmosphere and experience is very different at each spa.

I am pregnant – which treatments are suitable for me?

Our number one concern is the safety and wellbeing of our guests – it is not recommended for guests who are in their first trimester of pregnancy to have any spa treatments. Guests who are in their second and third trimester can enjoy some tailored treatments – please speak to a spa receptionist.

I have special health considerations – what should I do?

All guests fill out a Consultation Form prior to their first treatment: this ensures that we can tailor treatments exactly to your personal needs. If you have a special health consideration, please inform either a spa receptionist or the spa manager – we will take this into consideration when discussing treatment selection and any modifications necessary.

When should I arrive for my treatment?

Please arrive at the Spa twenty minutes prior to your treatment to take advantage of our heat facilities – in both spas we have a beautiful relaxation area with steam, sauna, plunge pool and Jacuzzi [please bring bathers]. This starts the relaxation process and ensures you have a wonderful start to your experience with us. If you prefer not to use the heat facilities, please arrive 10 minutes before treatment commencement.

What about jewelry and valuables?

Please leave all jewelry and valuables in your room safe.

What do I wear during my treatment?

We provide all guests with comfortable and hygienic disposable briefs. Alternatively, you may prefer to wear your own underwear. Choose what is most comfortable for you - your therapist will always use draping techniques to respect your privacy.

What happens if I want the therapist to adjust the pressure/music volume/room temperature etc?

Your therapist is committed to providing you with a memorable treatment experience – please ask them to make any adjustments necessary. Please don't be embarrassed – your therapist is only too happy to help ensure your complete relaxation and comfort.

What happens if I am late for my treatment?

Out of respect for all guests, your treatment will normally finish at the original scheduled time. However, if your therapist doesn't have a guest directly after you, you may be able to enjoy the full duration of your treatment.

What if I want to cancel my treatment?

The treatments you select are reserved especially for you - twelve hours notice is required to help us reschedule your appointment. Treatments cancelled with less than twelve hours notice will incur a 50% cancellation fee. Treatments cancelled with less than four hours notice and “no-shows” will incur a 100% cancellation fee.

Spa Journey – Seven Days in Paradise

690-minutes \$890 per person

<i>Day 1</i>	Jet Lag Recovery Massage
<i>Day 2</i>	Exotic Lime & Ginger Body Salt Scrub Enticing Island Flower Bathing Ritual
<i>Day 3</i>	Royal Thai Massage
<i>Day 4</i>	Divine Coconut Body Scrub Divine Coconut Body Mask
<i>Day 5</i>	Scalp, Neck & Shoulder Massage Oriental Foot Massage
<i>Day 6</i>	Soothing Aloe Vera Moisture Drench Elemis Oxygen Skin Calm Facial
<i>Day 7</i>	Anantara Signature Massage

This journey is designed for guests who want to truly relax and enjoy their time with Anantara. The treatment selection incorporates our most popular therapies, ensuring a transformation to total relaxation and renewal.

Total Spa Time: 11.5 hours
\$890 per person

Spa Journey – Five Days in Paradise

540-minutes \$650 per person

Day 1 Royal Thai Massage

Day 2 Coconut Body Polish
Balinese Body Massage

Day 3 Champissage Neck & Shoulder Massage
Ayurvedic Body Massage

Day 4 Exotic Frangipani Body Melt *for her*
Green Tea Body Polish *for him*
Exotic Island Flower Bathing Ceremony *for both*

Day 5 Aloe Vera Body Wrap
Oriental Foot Massage

Embark on a journey exploring diverse Asian therapies drawn from Thailand, Indonesia, India, Indian Ocean and Japan.

Total Spa Time: 9 hours
\$650 per person

Spa Journey – Three Days in Paradise

330-minutes \$450 per person

Day 1 Elemis Deep Tissue Massage

Day 2 Exotic Lime & Ginger Body Scrub
Coconut Body Wrap
Champissage Neck & Shoulder Massage

Day 3 Anantara Signature Body Massage
Exotic Frangipani Bathing Ceremony

Take time out to truly relax and enjoy your holiday as you sample some of our most popular treatments.

Total Spa Time: 5.5 hours
\$450 per person

Please note that all prices are in US Dollars and subject to 10% service charge

Romantic Rituals for Couples

120-minutes \$180 per person / \$350 per couple

Choose from:

Anantara Signature	Anantara Signature Massage & Anantara Signature Facial
His'n'Hers	<i>For him:</i> Elemis Deep Tissue Body Massage + Skin IQ Facial <i>For her:</i> Frangipani Body Wrap + Aromatherapy Massage
A Maldivian Romance	Coconut Body Scrub + Balinese Massage + Frangipani Bathing Ritual
Romancing the Tropics	Lime & Ginger Salt Scrub + Frangipani Body Wrap + Coconut Bathing Ritual
Cooling Sun Soother	Aloe Vera Body Wrap + Foot Massage + After Sun Bathing Ritual
Deep Tissue Release	Musclewrap + Elemis Deep Tissue Massage
Detox Ritual	Green Tea Scrub + Detoxifying Massage + Green Tea Bathing Ceremony

Please note that all prices are in US Dollars and subject to 10% service charge

Anantara Signature Massage Experiences

90-minutes \$145

120-minutes \$185

Anantara Signature

Purpose-designed wringing, kneading, stretching and effleurage movements combine with signature oils to stimulate circulation and promote deep relaxation of the muscles. Reflexology is also incorporated to remove blockages of energy, or *prana*, along the meridian lines, thus relieving tension, improving circulation, and releasing stress from tired muscles. The perfect way to start your holiday!

4-hand*

A truly inspiring and unforgettable spa experience, Anantara's 4-hand massage incorporates medium pressure and the exacting skills of two therapists working together in rhythmic tandem. The gentle and healing touch of each therapist provides you with a deeply-relaxing harmonious experience.

**This treatment is \$240 for 90 minutes*

Royal Thai

The ultimate subliminal body workout, if you haven't experienced an authentic Thai massage, you haven't lived! Incorporating pressure points, stretching and a medium to strong pressure, tension is released and vitality and flexibility improved.

Please note that all prices are in US Dollars and subject to 10% service charge

Massage Experiences

60-minutes \$110

90-minutes \$145

Aromatherapy

Lie back, breathe deep, and let go as you embark on an aromatic journey. Your therapist will combine soft pressure and a soothing touch to ensure complete relaxation.

Choose your signature massage blend:

- Spicy
- Anantara
- Harmony
- Tranquility

Thai Herbal Massage

A traditional Thai Herbal Therapy that incorporates the application of a warm herbal poultice filled with Thai herbs and spices followed by a full body massage using natural herbal oils to fully relax.

Bolus Body Massage

Hot poultices containing medicinal herbs are applied to aggravated areas of the body to balance the doshas and reduce pain and stress. Very relaxing.

Jet Lag Massage

The perfect treatment to overcome jet lag and fast-track your body to relaxation. It combines a fantastically refreshing foot massage, tension-relieving neck and shoulder massage, and finishes with a soothing back massage.

Detox Massage

A light-pressure massage designed to stimulate lymphatic circulation in the body. Perfect for fluid retention or those wishing to release toxins.

Elemis Deep Tissue

Alleviate stress, ease aching muscles and revive the senses with this powerful, customized massage.

Choose your massage blend:

- Stress-a-Way
- Muscle Melt
- Detoxifying
- Frangipani

Please note that all prices are in US Dollars and subject to 10% service charge

Body Treatment Experiences

75-minutes \$130

Signature Coconut Body Polish & Wrap

Smells heavenly! Lie back and relax with a gentle body scrub, moisturizing body wrap and soothing scalp massage – all infused with the delicate scent of tropical coconut.

Aloe After-Sun Soother

Wonderfully soothing and calming, your therapist will use fresh, cooling aloe vera gel and a poultice of cold black tea and mint to decrease redness and pain.

Seaweed Wrap

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

Signature Green Tea Body Peel & Wrap

The many benefits of green tea feature in this detoxifying body peel and hydrating body wrap with the finishing touches of an invigorating scalp massage.

Musclease Ocean Wrap

Drift away while you are cocooned in a comforting wrap that helps ease aching, tense muscles. Finish with a pressure point facial massage and de-stress scalp treatment.

Lime & Ginger Salt Glow

This invigorating scrub uses a mixture of Lime, Ginger, Salt and essential oils to energize your senses, leaving your skin deeply cleansed, replenished and softened.

Exotic Frangipani Melt

Tahitian Coconut and Frangipani flowers combine to produce a Monoi which is poured over the body before a cocooning body wrap & scalp massage provide the ultimate finishing touches.

Cellutox Ocean Wrap

Combining the richness of sea plants and Marine Algae, this therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention.

Please note that all prices are in US Dollars and subject to 10% service charge

Facial Experiences

75-minutes \$155

Anantara Signature Facial

Choose the product that suits your skin type, from chamomile and jojoba to refresh and hydrate or lavender and honey to balance and tone. With warm compresses, effleurage, tapping, acupressure and stretching, the signs of ageing will diminish while cucumber eye gels work to reduce puffiness and dark circles.

Elemis SOS Purifying

A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

Pro-Collagen Marine

The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline and Malachite to re-energize cell communication, helping to firm and uplift, achieving a more youthful looking appearance

Elemis Visible Brilliance

This anti-ageing treatment instantly firms, rejuvenates and plumps up the skin, whilst helping to reduce dark circles. Specialized micro-circulatory massage techniques are combined with the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

Elemis Oxygen Skin Calm

Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin. Gentle massage techniques are combined with a restructuring Japanese Silk Mask, to help rebalance delicate, fragile and sensitive complexions.

Time for Men: Skin IQ

Helping to calm irritation and minimize the signs of ageing, this facial is the ultimate overhaul for male skin, protecting against the harsh effects of shaving and environmental damage.

Please note that all prices are in US Dollars and subject to 10% service charge

Bathing Experiences

45-minutes \$50 for two

Choose from:

Anantara Signature

Coconut & Peppermint

Skin Nourishing Milk

Recreate the experience made famous by Cleopatra

Detoxifying Green Tea

Green Tea

Exotic Ginger

Fresh ginger to energise and stimulate

Thai Spice

Traditional Thai Herbs

Please note that all prices are in US Dollars and subject to 10% service charge

Beauty Experiences

	Her	Him
Hair Care		
Shampoo & Blow dry	\$40	\$15
Shampoo, Cut & blow dry	\$70	\$30
Hair Trim	\$50	\$30
Hair Mask & Deep Conditioning	\$60	\$20
Nails		
Manicure/Pedicure	\$50	
French Manicure/Pedicure	\$60	
File & Polish	\$30	
Gentleman's Mani/Pedi		\$40
Waxing		
Eyebrow/Lip	\$15	
Underarm	\$20	
Bikini	\$30	
Half Leg	\$40	
Full Leg	\$60	
Half Arm	\$35	
Full Arm	\$45	

Please note that all prices are in US Dollars and subject to 10% service charge