

## ***PLEASE BE INFORMED***

***Araamu Spa – “Araamu” is a Dhivehi word which originates from Sanskrit. It denotes an individual a blissful state of total relaxation by pampering all the senses.***

### ***Etiquette***

***We respectfully request that all visitors keep noise to a minimum. Cellular phones and electronic devices are discouraged.***

### ***Reservations***

***To ensure we can accommodate your spa experience on your preferred date and time, we recommend you book one (01) day ahead for all the treatments.***

### ***Check in***

***Please check in at the spa reception 10 minutes prior to your scheduled appointment to avoid a reduce time. Please be informed that late arrivals will result to a shorter treatment to ensure the next guest is not delayed.***

### ***Spa treatment hours***

***The spa opens from 09:00 to 20:00 hours. The last treatment ends at 20:00 hours.***

### ***Special consideration***

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

### ***Smoking and alcohol***

***Smoking and consumption of alcohol within the spa strongly prohibited.***

### ***Valuables***

***We recommend that no jewellery to 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***

***If any cancellation is not inform 03 hours prior to the commencement of treatment, 75% charge will apply whilst a full charge will be imposed for no show.***

### ***Refund Policy***

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

## ***“Exclusive Indian Ayurveda”***

***AYURVEDA MEANS THE 'SCIENCE OF LIFE'. IT WAS ORIGINATED IN INDIA MORE THAN 10,000 YEARS AGO, AND IS BELIEVED TO BE THE OLDEST HEALING SCIENCE IN EXISTENCE FROM WHICH ALL OTHER SYSTEM EMERGED. PRONOUNCED “Aa-your-vay-da” - AN ANCIENT HEALING SYSTEM***



### ***Ancient Seven Steps 80 minutes USD 125.00***

A whole body massage with specific “Ayurvedic oil”. Nourishes and revitalizes the body tissue and allow the toxins to remove from the cells. This special massage has much deeper and more far-reaching effect than ordinary massage. It is a heavenly experience for those who have no particular ailments but simply needs to feel good. (A soft to medium pressure massage)

***Benefits:*** Increases tissue strength, improves blood circulation, rejuvenates the whole body, slows ageing, induces sound sleep, promotes vitality and reduces stress, mental tension, and sexual weakness.

### ***Rejuvenating Massage (Marma Massage) 80 minutes USD 125.00***



A full body anti-ageing massage with “Ayurvedic oil” In this massage, the marma points is activated by soft pressure massage technique and it has an over all affect on the immune system of the body, it stimulates tired nerves, cleanses and revitalizes the body. (A soft to medium pressure massage)

***Benefits:*** Regulates the body functions physically, mentally and spiritually. It helps to maintain optimum health. It improves flexibility of the joints and reduces chronic muscle tensions.



### ***Head, Neck & Shoulder Massage*** ***25 minutes USD 45.00***

A soothing specific massage of the head, neck and shoulder by using special herbal oil. It helps to calm the sense organs, strengthens and alleviates stiffness in the shoulder and neck muscles.

**Benefits:** Soothes headache, removes dandruff, slows down premature graying and hair loss, profoundly soothing and relaxing. It relieves tension related to headache and eyestrain.



### ***Udhvartharam (Slimming Treatment)*** ***50 minutes USD 70.00***

A treatment with special “Heated Herbal Powder” This is a special herbal treatment for weight reduction. An herbal powder is applied all over the body and massaged deeply with a specific movement. This massage stimulates hair follicles and breaks down subcutaneous fat storage. (Medium to strong pressure)

**Benefits:** Weight reduction, toning the skin and the muscles after childbirth or weight loss. Removes obesity, imparts good complexion to the skin, revitalize the sense of touch, remove the kapha toxins from the body and it give the optimum strength to the body. The most promising effect is the slimming of the body.



### ***Sirodhara (warm herbal oil flow on forehead)*** ***50 minutes USD 85.00***

Sirodhara special Ayurvedic therapy whereby stimulation of nerves in the scalp is done by pouring consists of continues flows of medicated lukewarm oil which is poured on the forehead in between the eyebrow, the location all the nerves of the body meet.

**Benefits:** It is deeply relaxing and revitalizes the central nervous system Reduce stress, anxiety. Chronic headache Reduce mental disturbance Reduce insomnia premature graying of hair. **Please note that this treatment is best effective before sunset.**



***Thakara dhara (cool concoction flow on forehead)***  
***50 minutes            USD 70.00***

Special Ayurvedic therapy this is the sister treatment of Sirodhara, in which there is specially prepared buttermilk with decoctions is continuously poured on the forehead with gentle massage.

Benefits: - Alleviates the burning sensation of scalp, eyes and gives cooling effect to the head, regain memory power, head and eye disorder, removes stress. **Please note that this treatment is best effective before sunset.**

***Nasium (Sinus treatment)***  
***25 minutes            USD 45.00***



It is a nasal administration of medication. An excess of bodily humors accumulated in the sinus, throat, nose or head area eliminated by means of the nearest possible opening, the nose; it cleanses accumulated kapha toxins from head and neck region.

Benefits: Effective in jaw, ear and throat disorder, sinus congestion, migraine, chronic headache, running nose, it is effective in ENT ailments. **Please note that this treatment is best effective before sunset.**

***Kativasthi (Oil bath on lower back)***  
***45 minutes            USD 50.00***



A special technique aim of providing relief to the lower back using warm medicated oil or herbal decoctions where bathing the lower back with light massage.

Benefits: Good for chronic and acute back pain, prolapsed disc, lumbar spondilosis, osteoporosis, sciatica.



### ***Bondithan (Medicinal treatment for injuries)***

**50 minutes      USD 75.00**

It is a highly rejuvenating and pain relieve treatment in which dried medicated herbal leaves and herbal ingredients are tied in to boluses, dipped in warm medicated Ayurveda oil and massaged all over the body., It is apply after a gentle massage.

Benefits: Effective on loss of function of a part or whole limb, joint stiffness and muscular pain, rejuvenating, sciatica, spondylitis, sprains and cramp, back pain, shoulder pain.

### ***Pizichil (Oil squeezing on full body)***

**50 minutes      USD 75.00**



Pizichili “Oil Bath” is a continuous stream of warm medicated oil soothingly poured over the body in a special rhythmic movement with soft to firm massage technique. It is extremely soothing, relaxing, strengthening and deeply rejuvenating the whole body. An effective remedy for arthritis, paralysis, nerves weakness and disorder.

Benefits: good for those who suffering from stiffness in the body, fractures, paralysis, paraplegia, monoplegia, hemiplegia. Nerve disorder & Sexual weakness

### ***Vasthi (Enema Therapy)***

**45 minutes      USD 75.00**



Ayurvedic Vasthi involves the introduction into the rectum, of herbal concoctions of medicated oil or herbal preparation in a liquid form given as enema to clean the colon. It is one of the effective treatments in Ayurveda. It cleanses the accumulated toxins from all the three doshas especially Vata toxins through the colon. It should done after the massage “Treatment can be only conducted on clients after four hours of abstention from food’

Benefits: It relieves constipation, digestive disorder, distention, soothes chronic fever, reduces sexual disorders, **NOTE: Treatment can only conducted on clients after 4 of hours of abstention from food.**



### ***Navarakizhi (Special Najavara Rice Boluses)***

***50 minutes USD 75.00***

This is a special type of massage meant to increase perspiration in the body. Pressurized massage is given with the help of cotton 'boluses' filed with a special type of cooked rice called -NAVARA-. During the massage these boluses dipped in fresh milk and special herbal paste applied to produce sweat all over the body after a gentle massage.

Benefits: Strengthens tissues and reduce certain kinds of skin diseases. It revitalizes and release the Tension of the muscles.

### ***Herbal bath***

***30 minutes USD48.00 per person  
USD60.00 per couple***



This special bath is prepared by using special herbs and herbal leaves boiled with water, specific to doshas and ailments of a person. This herbal bath of medicated lukewarm water when administered opens the pores, flushes and cleanses the skin. Its effectiveness is enhanced when done after an Ayurvedic massage.

Benefits: It helps to eliminate toxins from the body, promotes resilience, reduce stiffness and beautifies the skin and effective on certain skin diseases too.



***Punarjani - Fat Reduction and Slimming Programme***  
***7 Days Package      USD 1,050.00***

***Day – 1 (140 minutes) USD 190.00***

Udhuvartharam  
Ancient Seven Steps  
Herbal Steam bath

***Day – 2 (125 minutes) USD 140.00***

Udhuvartharam  
Vasthi (Enema Therapy)  
Herbal Bath

***Day – 3 (110 minutes) USD 165.00***

Udhuvartharam  
Sirodhara  
Herbal Steam Bath

***Day – 4 (140 minutes) USD 185.00***

Udhuvartharam  
Ancient Seven Steps  
Herbal Steam Bath

***Day – 5 (110 minutes) USD 140.00***

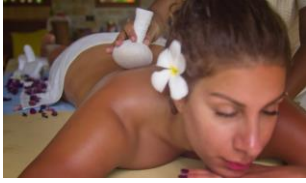
Udhuvartharam  
Thakara dhara  
Herbal Steam Bath

***Day – 6 (140 minutes) USD 185.00***

Udhuvartharam  
Ancient Seven Steps  
Herbal Steam Bath

***Day – 7 (105 minutes) USD 175.00***

Udhuvartharam  
Vasthi (Enema Therapy)  
Herbal Bath



**7 Days Package      USD 999.00**

***Recharging and Rejuvenating Programme***

***To minimize ageing process for 30 plus men and women***

***Day – 1 (125 minutes) USD 200.00***

Pizichil

Sirodhara

Head, Neck and Shoulder Massage

***Day – 2 (155 minutes) USD 230.00***

Rejuvenating massage

Vasthi

Herbal Bath

***Day – 3 (125 minutes) USD 200.00***

Pizichil

Sirodhara

Head, Neck and Shoulder Massage

***Day – 4 (75 minutes) USD 125.00***

Sirodhara

Nasium

***Day – 5 (75 minutes) USD 115.00***

Navarakizhi

Nasium

***Day – 6 (75 minutes) USD 115.00***

Navarakizhi

Nasium

***Day – 7 (155 minutes) USD 230.00***

Rejuvenating Massage

Vasthi

Herbal Bath

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