

## ***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 to keep the noise to a minimum. Cellular phones and electronic devices are discouraged.*

### ***Reservations***

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

### ***Check in***

*Please check in at the spa reception ten (10) minutes prior to your scheduled appointment to avoid a reduced treatment time. Please be informed that late arrivals will result to a shorter treatment to ensure that 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 jewelry must 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***

*For any cancellation not informed three (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.*

## *Araamu Massage Elements*



### *Araamu Theyo Dhemun / Maldivian Traditional Massage* *45 minutes USD 45.00 / 80 minutes USD 75.00*

A traditional full body massage with soft, medium and strong pressure using “**Geranium Orange**” oil. The technique includes short firm strokes using thumb and pressure strokes using heel of hand and pressure points working along the meridians.

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



### *Swedish massage / Geriatric Massage* *45 minutes USD 45.00 / 80 minutes USD 80.00*

A full body massage with soft to medium pressure using “**Lavender Chamomile**” oil. This massage originated from Europe. The massage combines long gentle strokes, kneading and firm circular movements.

**Benefits:** Increases circulation of blood and lymph, nurtures physical, emotional and spiritual body.



### *Sarawak Massage / Balinese Massage* *45 minutes USD 45.00 / 80 minutes USD 75.00*

A full body massage using “**Grapefruit Cedar wood**” oil inspired from Indonesian & Malay. It is a deep-tissue massage pressure applied with forearms and hands in long sweeping strokes all over the body. It is ideal to try after hard sports game.

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





***Well - Being Massage / Essential Balance massage***  
***45 minutes USD 45.00 / 80 minutes USD 75.00***

A full-body massage using “Rosemary Eucalyptus” oil. It is an excellent combination of 10 cultural touches and techniques for muscular aches and pain. (Soft/ Medium massage).

***Benefits:*** It will clear the mind, deeply relax the body and Strengthen the spirit.



***Foot Reflexology***  
***50 minutes USD 50.00***

An ancient healing therapy with pressure to the feet with thumb, fingers and hand technique using a special powder. This is a very detoxifying treatment using various techniques where in the therapist will stimulate reflex zones in your feet.

***Benefits:*** Stimulates the internal organs and nerve system. Prompts the deep state of relaxation.



***Traditional Thai Massage 60 minutes USD 50.00,***  
***90 minutes USD 80.00, 120 minutes USD 110.00***

A dry pressure full-body massage. This classic famous treatment 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.

***Benefits:*** Promotes flexibility of the body by lengthening muscles & strengthening bones. Press blocked energy flows, Facilitates relaxation, invigorates the nervous system and Increases the ability to absorb.





## **ARAAMU COUPLE (Romance)**

***Loabi-Loabi (Romance)***  
**80 minutes USD 160.00**



Celebrate your love with romantic special couple massage for 50 minutes with “Ayurvedic oil” followed by a 30 minute flower bath with “herbal powder”. An ambience created in a private outdoor pavilion, especially designed for the couple which helps regenerate hormonal system, improves blood circulate, stimulates the nervous system and increase sexual desire.

**Benefits:** Relaxes and revitalizes the body, mind from physical and mental stress & increase sexual desire.



## **ARAAMU HOT THERAPY**

***Thai Herbal Heat Energizer Massage , Samunprai,***  
**80 minutes USD 99.00**



It is a traditional hot, herbal Thai massage that balances and opens pores and brings a deep medicinal heat to the muscles to release tensions. It is an invigorating massage with a synergy of peppermint and mandarin essential oils.

**Benefits:** Completely revitalizes the mind and body, releases tensions, relieves muscle aches and pains, energizes the body.



***HEALING STONE SPA THERAPY/ Hot stones***  
**80 minutes USD 99.00**

A therapeutic treatment with stones that makes you feel deeply relaxed, followed by a calming oil massage releases stress that is held within the body. It is recommended for muscular aches, pain, sprains and strains.

**Benefits:** Improves poor blood circulation, best for rheumatic and arthritic conditions, back pain, stress and tension.

## ARAAMU SLIMMING RITUALS



### ***Anti-cellulite Body Spa*** ***80 minutes USD 105.00***

A full body treatment with anti-cellulite spa oil, massaged over the area to be treated to enhance the optimum result. After which your whole body will be wrapped with special formulated brown algae (seaweed) mask. A course of treatment is recommended for maximum results.

**Benefits:** Reduces cellulites, improves blood circulation and breaks down fat deposits.



### ***Detoxifying Body Spa*** ***80 minutes USD 99.00***

An excellent combination of a marine detoxifier and a rebalancing mask, which effectively helps removes toxins from the body. Lymphatic drainage spa oil will be massaged over the whole body and wrapped with the marine mask. It is suitable to those who have poor lymph drainage system and water retention problems.

**Benefits:** Reduces body water retention, improves lymph drainage and blood circulation, helps remove toxin from the body, oxygenates and nourishes the skin.





## **ARAAMU FACIAL SPA THERAPY**

### ***Deep Cleansing Facial***

***50 minutes USD 50.00***

An ideal facial for men & women that deep cleanses, purifies and removes dead skin. The mask helps to uplift face muscles.

***Benefits:*** Promotes radiant skin and removes dirt that causes pimples, blackheads and whiteheads.



### ***Aroma Therapy Facial Massage and Mask***

***70 minutes USD 65.00***

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

***Benefits:*** Best to tone up face muscles, relieves fine lines around the eyes and forehead.



### ***Royal Honey Facial***

***50 minutes USD 55.00***

A moisturizing treatment recommended for sensitive skin. The principal ingredients in this treatment are honey, lime and cucumber. It is well known as an age-old reputation skin healers, softeners and moisturizers.

***Benefits:*** Moisturizes and refreshes your face.



### ***Luxurious Face Spa***

***80 minutes USD 70.00***

An effective double mask of therapeutic & detoxifying therapy for face. Special enzyme formula is use to blend the dead surface skin cells without scrubbing the skin harshly.

***Benefits:*** Relaxing and soothing. Suitable to all skin types.





***Ta Suay, Restorative Eye Spa Treatment***  
**50minutes USD 55.00**

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 & treatment finishes with a face and cranial pressure points.

**Benefits:** Reduces fine lines, puffiness and dark circles around the eyes, gently nourishes and soothes the eyelids.



**ARAAMU BODY TREATMENT**

***Coconut and Sandalwood Scrub***  
**25 minutes USD 35.00**

A detoxifying treatment using locally harvested coconut with sandalwood and yogurt which gently exfoliates, cleanses and softens the skin. This is a special treatment for those who have sensitive skin.

**Benefits:** Helps to exfoliate, softens and conditions the skin texture.



***Honey Citrus Body Bliss***  
**25 minutes USD 35.00**

An awakening treatment with orange peel, yogurt and honey which provides a glowing and soft skin with aromatic fragrances to the full body.

**Benefits:** Recommended for normal to dry skin. It moisturizes, softens and relaxes the skin.



***Cooling Body Wrap***  
**50 minutes USD 45.00**

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



**Benefits:** This treatment is excellent for raw sunburn and excellent to nurture the suntanned body. It gives a cooling effect for burning sensation & feeding your skin of good food.



## ***ARAAMU HAND AND FOOT BEAUTY THERAPY***

### ***ARAAMU MANICURE*** ***50 minutes USD 62.00 per person***

Complete pampering experience for your hands and fingernails. 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.

**Benefits:** Softens the hands and makes the fingernails look healthier.



### ***POLISH APPLICATION*** ***10 minutes USD 25.00 per person***

(A normal polish application only)

### ***ARAAMU PEDICURE*** ***60 minutes USD 62.00 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.

**Benefits:** Relaxes tired feet, softens the sole and makes the toenails clean and healthier looking.







## ***ARAAMU BATHING CEREMONIES & Elements***

A great way to relax before any treatment.

### ***DE-STRESS BATH***

***30 minutes USD 44.00 per person  
USD 62.00 per couple***



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.

### ***JASMINE FLOWER BATH***

***30 minutes USD 50.00 per person  
USD 74.00 per couple***



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.

## ***EXTRA FACILITIES IN THE SPA***

JACUZZI	60 Minutes USD 25.00 /per person
SAUNA	60 Minutes USD 25.00 /per person
STEAM BATH	60 Minutes USD 25.00 /per person



### ***SPECIAL PACKAGE***

#### ***SAUNA/STEAM PLUS JACUZZI***

***60 Minutes USD 42.00 /per person USD 70.00 per couple.***





## ***ARAAMU SALON & Elements***

### ***Ladies Hair***

Hair Cut	30 minutes	USD30.00
Hair Shampooing cut & Blow Dry	50 minutes	USD66.00
Hair Shampooing - Blow dry	30 minutes	USD36.00
Hair Treatment (Cure)	30 minutes	USD36.00
Make-Up	30 minutes	USD30.00
Eyebrow Picking & Eye Massage	30 minutes	USD30.00
Hair Style	45 minutes	USD60.00



### ***Men's hair***

Hair Cut	30 minutes	USD30.00
Hair Shampooing/ Hair Cut/Blow Dry	45 minutes	USD42.00

Extra charges will be made for additional treatments

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

