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Hair, Make-up, Wax-up

We use E S P A products in our spa.



Treatment Suites & Packages

Welcome to spa luxury: our private AySpa treatment suites offer you a blissful spa experience in complete privacy. Each suite has two spa beds, a relaxation area with day bed, steam shower, private bathroom, an outdoor courtyard with sunken bath and waterfall shower. These treatment suites are created to give you a heavenly cocoon, perfect for sharing with your partner or simply by yourself.

Heaven

One hour's relaxation time and your choice of any two hours of treatment time

Oasis

One hour's relaxation time and your choice of any three hours of treatment time

Perfect Paradise

The complete top to toe body package to get beach ready or return home looking amazing after your Ayada experience. This treatment package can be taken on different days throughout your stay; our AySpa reservation team will assist you in booking the perfect times to enjoy your treatments.

Package includes:

- Salt & oil body scrub
- 60 minutes personalized massage
- Advanced manicure-pedicure
- Skin radiance facial



Detox 5 Days Programs

Perfect for those looking to kick start the body towards a healthier lifestyle or if you suffer from fluid retention or are concerned with cellulite. Our AySpa team will assist you in booking your appointment in any combination you prefer

Day 1: Detox salt & oil scrub followed by detox algae wrap 60 minutes

Day 2: Detox body massage 60 minutes

Day 3: Anti cellulite treatment followed by Purifying Facial 120 minutes

Day 4: Revitalize Hammam Ritual 60 minutes

Day 5: Detox Body massage 60 minutes

◦ Please contact the AySpa team to create your dream private spa experience.

Signature Rituals

Balancing Rituals (120 minutes)

- Full Body exfoliation with Vichy rain shower
- Personalized massage with Vichy rain shower
- Re-Balancing Facial

This signature treatment has been designed as the ultimate balancing body treatment tailored to your individual needs. It begins with an Intensive full body exfoliation under the Vichy rain shower, using a salt & oil scrub followed by your choice of massage to release all your tension. This treatment is completed with a re-balancing facial.

Detox Ritual (120 minutes)

- Body exfoliation and algae wrap
- Detoxifying body massage

This treatment combines a body wrap and special techniques of elbow movement in the full body massage using specific oils to target low resistance making it effective in balancing the body. The detoxification treatment starts with body exfoliation followed by marine algae wrap. This wrap will activate the circulation, increase metabolism and relieve muscular aches and pains. A full scalp massage at the end of treatment will complete the experience.

Signature Rituals

De-Stress and Relaxing Ritual (120 minutes)

- Body exfoliation
- Hot Stone massage
- Face Cleansing

Renowned as our “hero” treatment and loved by all, this experience delivers triple results by targeting three key areas: the body, face and scalp, making it the ideal treatment for anyone.

Intensive Muscle Release Ritual (120 minutes)

- Marine mud wrap
- Deep tissue massage with restorative body oil

This treatment combines a body wrap and deep tissue massage to relieve all tension and muscle pain help restore mobility and reduce aches and pain. It starts with a body exfoliation followed by a marine mud body wrap. While the marine mud wrap is working on your cleansed skin, the therapist will perform the healing scalp massage. Once you have taken a refreshing shower, a full body massage with restorative oils take place and leaving your skin cleansed and revitalized.



Signature Rituals

Skin Nourishing Ritual (90 minutes)

- Body exfoliation
- Full body massage followed by scalp massage

Prepare your skin for the Maldivian sun or maintain your healthy glow with this intensely nourishing treatment that combines stimulating exfoliation with a deeply relaxing full body massage. This treatment uses a blend of finest quality products to suit your individual needs leaving your skin soft and supple while releasing stress and tension, followed with a deeply nourishing pink mud scalp and hair conditioning treatment.

Tropical Aroma Rain Massage (90 minutes)

- Body exfoliation with Vichy shower
- Aromatherapy and healing scalp massage

While relaxing under the cascading rain shower, the body receives an Intensive exfoliation with salt & oil scrub to remove dead skin cells and increase circulation. The treatment continues with a full body aromatherapy massage to relieve tension, calm the mind and bring back vitality.



Hamмам Rituals

Discover the relaxing and healing effects of our traditional Hammam. Find a new way to utterly relax and soothe your muscles with these warming treatments

Indulgence Hammam Ritual (60 minutes)

A total body experience that caresses your skin, revitalizes your body and calms the mind. This traditional experience starts by deeply cleansing the skin with a revitalizing body scrub, followed by a full body foam massage. A nourishing body mask with aromatic oils of sweet orange and rose geranium is then applied, followed by a refreshing hair wash and hydrating conditioning scalp massage treatment.

Revitalizing Body Scrub (30 minutes)

This deeply cleansing full body scrub combines energetic techniques, using a traditional Kese mitt and olive soap, to exfoliate leaving your skin refreshed and feeling like silk.



Facials Therapies

Our facials begin with a detailed consultation and in-depth skin analysis using technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage and mask. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

Age-Defying Facial With Active Serum (90 minutes)

This regenerating facial and firming eye treatment helps minimize fine lines, combat the signs of ageing and visibly improves the appearance of your skin. Special age-defying massage techniques help hydrate and protect your skin with particular focus on the delicate area around the eyes, neck and lips that are prone to fine lines. Skin is left feeling fresh, replenished and nourished.

Regenerating Facial (60 minutes)

A luxurious and regenerating facial for maturing skin to help minimize lines and wrinkles around the eyes, neck, lips and jawline. This treatment visibly improves the appearance of the skin by using a selection of age-defying products to replenish and revitalize the skin, leaving your complexion toned, radiant and rejuvenated.



Facials Therapies

De-Sensitiser Facial (60 minutes)

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.

De-sensitizing natural plant extracts and calming aromatherapy oils such as chamomile and benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity and minimize high-color, leaving skin calmed, nourished and comfortable.

Re-Hydrator Facial (60 minutes)

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished.

Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturize and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.



Facials Therapies

Skin Radiance Facial (60 minutes)

This revitalizing facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturizer, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

Skin Purifying Facial (60 minutes)

Ideal for oily, congested and problematic skin, or for those suffering with hormonal imbalance.

This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential tea tree and white thyme oils, which are naturally decongesting and anti-inflammatory are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.



Body Therapies & Rituals

We offer solution-led body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits for your needs.

Revitalize Energy Booster Ritual (120 minutes)

This treatment combines a body wrap and massage to restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

Following body exfoliation, an algae wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a full body massage with energizing oil takes place leaving you with a sense of well-being, energized and revitalized.

Includes: Body exfoliation – algae wrap – body massage with energizing oil – scalp massage



Body Therapies & Rituals

Stress Reliever Ritual (120 minutes)

- Body exfoliation with algae wrap
- Body massage

This treatment combines a body wrap and massage using calming oils to restore equilibrium, peace of mind and bring deep relaxation to body and spirit. Following body exfoliation, an algae wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a full body massage with calming oil takes place bringing deep relaxation to body and spirit.

Includes: Body exfoliation – algae wrap – scalp massage – body massage with calming oil – body silk



Body Therapies & Rituals

Body Contour Therapie (120 minutes)

- Body exfoliation
- Hydrotherapy bath
- Lymphatic body massage

Enjoy an invigorating exfoliation, then relax and soak in the outdoor bath filled with a fusion of detoxifying seaweed and oils of juniper berry and grapefruit to stimulate the lymphatic system to begin the detoxifying process. This is followed by an advanced lymphatic body massage to tone and firm the skin and increase lymphatic drainage to aid in the elimination of toxins leaving you refreshed and revitalized.

Body Therapies & Rituals

Sun Soother Ritual (120 minutes)

- Body exfoliation and body wrap
- Full body massage with healing scalp massage

A cooling and calming ritual to soothe sun-drenched skin and relax the mind. The treatment begins with a relaxing foot ritual using special bath oils. Following this spiritually uplifting beginning, experience a cooling and light aloe vera exfoliation to soothe the skin, then a total body envelopment using the finest, softest linen. An indulgent body and head massage follow, using skin repairing calendula and mineral rich sweet almond oil to intensely nourish the skin and leave you with a deep sense of wellbeing.

Stress Buster (90 minutes)

- Body exfoliation
- Full body massage
- Face Cleansing

An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance. The treatment begins with body brushing and exfoliation to smooth and soften skin followed by a luxurious massage using nourishing essential oil to soothe tired, aching muscles. The ritual ends with a tension releasing scalp massage and face cleanse. Afterward your body and mind allows you to relax and unwind.

Body Therapies & Rituals

Body Wrap (60 minutes)

This personalized body wrap is a tailor-made experience designed to comfortably raise the body temperature, nourish the skin and increase the effect and absorption of the wrap. It begins with skin brushing and exfoliation, followed by a complete body wrap of algae and marine mud combined with essential oils blended and applied to meet your specific needs. The skin feels nourished, hydrated and totally relaxed.

Anti-Cellulite Hip & Thigh Therapie (75 minutes)

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture that uses potent marine extracts, iced mitts and a deep detoxifying massage to achieve great results. Ideal for people concerned by the appearance of cellulite.



Massage Therapies

Aromatherapy

Surrender your stress to the nurturing hands of our aromatherapy specialists, who will relax you with slow, rhythmic massage movements. The healing essences of our unique aromatherapy oil blends stimulate your senses and relax your body. Aromatherapy is the ancient art of combining healing scented oils with the power of touch to create a complete sense of wellbeing. This massage is nurturing, soothing and restorative using a light to medium pressure unless otherwise requested.

Balinese

Experience a variety of massage techniques, gentle stretches, acupressure and aromatherapy oils to stimulate the flow of blood, oxygen and Qi energy around your body. Relax, boost your circulation and feel spiritually renewed at the same time. Developed in Bali, with influence from the traditional medicine systems of India, China, and Southeast Asia, Balinese massage techniques include acupressure, skin rolling and flicking, firm and gentle stroking, percussion, and application of essential oils.

Hot Stone

A deeply restorative massage to nourish a weary mind and body. Using heated volcanic stones and a calming massage technique, sore and aching muscles melt away. The heat from the stones is both deeply relaxing and helps warm up tight muscles in order to create a therapy that works deeply and intensely. The treatment begins with a traditional body massage, and then slowly heated stones are introduced. Throughout the treatment many stones of various shapes and sizes are used. The effects are pure relaxation.

Massage Therapies

Swedish

Ideal for relieving deep muscular tensions aches and pains, this classic deep massage promotes a sense of wellbeing by increasing blood circulation and lymphatic flow, and by improving muscle tone, skin texture. This technique is designed to relax the entire body by massaging the muscles with long gliding strokes in the direction of blood returning to the heart to create a sense of utter relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing physical tension.

Traditional Thai

Relax as our trained therapist combines acupressure techniques with stretching postures to harmonize your body's internal energies resulting in an extraordinary sense of wellbeing. Developed in Thailand, and influenced by the traditional medicine systems of India, China, and Southeast Asia as well as by yoga, this treatment is conducted without oils and you wear loose clothing throughout the massage. Thai massage encourages the recipient to become more engaged and energized, for increased mindfulness.

Massage Therapies

Japanese Shiatsu

Shiatsu is a time-honored therapy, known for over 2,000 years as a healing art and is a form of Japanese bodywork based on the theoretical framework of traditional Chinese medicine. Our skilled therapist will work along the meridian lines of your body using gentle pressure of the fingers, palms, knuckles and elbows to give you a truly personalized experience. Techniques include massage with fingers, thumbs, and palms; assisted stretching; and joint manipulation. Therapeutic benefits include relief from muscle tension, back pain and migraines.

Foot Reflexology

Refresh and support swollen feet and ankles. Amazingly relaxing, reflexology is a therapy based on the principle that there are small and specific areas feet that correspond to specific muscle groups or organs of the body. By application of pressure on these particular areas, reflexology is said to promote benefits such as the relaxation of tension, improvement of circulation, and support of normalized function in the related area in the body. Your treatment commences with an aromatic scrub of your feet and lower legs followed by a deeply relaxing massage.



Maternity Therapies

Pre-natal Therapie (90 minutes)

- Body exfoliation
- Nourishing massage

A deeply nourishing body treatment designed to target areas prone to stress and tension during pregnancy.

Gentle body exfoliation is followed by a nourishing massage, then a moisture-rich body mask is applied. Finally, truly relax mind and body whilst your scalp is massaged.

Post-natal Therapie (90 minutes)

- Detoxifying salt scrub
- Detoxifying massage

This is a completely personalized treatment to meet your post-baby needs, whether you wish to tone and firm your skin, aid weight loss, or simply relax and restore energy.

Maternity Massage (90 minutes)

A relaxing full body massage to help improve skin elasticity and reduce fatigue, targeting areas prone to tension during pregnancy.



Especially for Men

Tension Release (90 minutes)

- Deep tissue massage
- Face cleansing

A skillful therapist will release tension with the deep tissue massage, with long stroking movements, deep palm pressure and elbow techniques. Complete your treatment with face cleansing to remove all roughness leaving skin soft and renewed. Feel free from all tension and melt into completely relaxed wellbeing after the treatment.

Skin SOS (90 minutes)

- Marine scrub and mud mask
- Back massage and foot massage

An energizing treatment with deep cleansing of dulled skin. Begin with an energizing back scrub and marine therapeutic mud mask to help draw out impurities and soften the skin. Whilst the mask goes to work, your therapist will work on detoxifying your entire system using a foot pressure point massage. Refresh after a shower and continue with a soothing back massage leaving you feeling fresh and tension free.

Especially for Men

Age Rebel Facial (90 minutes)

An effective, age-defying facial designed to deliver immediate results to tired looking skin and reduce fine line and wrinkles

Reviver Facial (60 minutes)

This purifying facial awakens the sense and brightens the face, perfect to enliven and refresh tired looking skin.

Vitality Body care (90 minutes)

- Body exfoliation
- Balinese massage

A sumptuous total body treatment, to help promote complete relaxation in the body and mind. Skin brushing to promote blood circulation and freshen the skin is followed by an uplifting Balinese massage. Ideal to ease away tension and to help you combat the stresses of a modern life.



Spa Enhancements

Any choice of treatments, each 30 minutes to accompany any chosen massage or body treatment:

Flower Bath

Before your treatment of choice begins, slip into this relaxing, peaceful moment with your loved one in our specially decorated flower bath where your mind and body are induced into a deep sense of contentment and peace.

Sea Salt & Oil Scrub

This exceptional skin-softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as additional treatment or in preparation for any other treatment. Choose from three styles of scrub: invigorating, relaxing or detoxifying.

Back, Neck & Shoulder Massage

Enhance the effects of your facial or body treatment with this tension relief massage.



Spa Enhancements

Scalp Massage

Enjoy a deeply relaxing scalp massage with a facial or body treatment to add to relaxing moment. Scalp massage is one of the best additional treatments for a total spa experience.

Vichy Rain Shower and Body Exfoliation

Enhance your spa treatment with a Vichy shower: a special seven-way adjustable shower that will bring you a wonderful experience of water therapy. This will improve your blood circulation, pampering your skin with an invigorating body exfoliation.

- Our spa enhancements need to be booked alongside other treatments.
- Spa treatments in your villa are available upon request and at additional charge.



Beauty Bliss

Spa Manicure (60 minutes)

Enjoy this luxurious manicure to clean and nourish hands and nails. Your nails are shaped and a nourishing cuticle softener massaged into the cuticles to work away trapped dirt. This is followed by a relaxing hand massage and thorough nail buffing to induce a stunning shine. For the finishing touch, your therapist will apply a hydrating moisturizer leaving your hands soft and nails beautiful.

Spa Pedicure (75 minutes)

Let your feet reveal their natural beauty with this deep cleansing pedicure. You are welcomed with a cooling and refreshing footbath and then your feet are gently exfoliated using a nourishing foot scrub to stimulate weary and tired feet. Your nails and cuticles are then groomed followed by a soothing massage to stimulate reflex points and release tension from your feet. Nail varnish included if desired.

If you wish to have French polish please inform us while booking your appointment.

Nail Reshape & Polish (30 minutes)

Essential maintenance for hands or feet. Includes: nail file and shape – moisturizer –polish or buff.



Hair, Make-up, Wax-up

Waxing

Our waxing treatments use premium hot or cold Lycon wax.

Full Leg Wax
(60 minutes)

Half Leg Wax
(30 minutes)

Full Arm Wax
(30 minutes)

Half Arm Wax
(15 minutes)

Underarm Wax
(15 minutes)

Upper Lip Wax
(15 minutes)

Back or Chest Waxing
(45 minutes)

Bikini Wax
(15 minutes)

Eyebrow Threading
(15 minutes)

Hair and Make Up

Wash and Blow-Dry
(60 minutes)

Haircut and Blow-Dry
(90 minutes)

Hair Styling
(60 minutes)

Hair Treatment
(60 minutes)

Child's Haircut
(30 minutes)

Men's Haircut
(45 minutes)

Make-up Application
(45 minutes)



Fitness

Fitness Pavilion (08.00 - 23.00)

Our fully equipped state-of-the-art fitness center is located at the Recreation Center. Staffed by certified trainers, this center offers a range of Technogym™ equipment including cardiovascular equipment, weight machines and free weights. The trainers are available for private consultations or for private sessions.

Appropriate clothing especially footwear must be worn at all times for the safety of all guests.

Yoga / Pilates and Stretching Studio (08.00 - 22.00)

At Ayada Maldives, we greatly appreciate this ancient philosophy advocating and prescribing physical and mental discipline through a series of adapted postures and breathing exercises practiced to achieve control of the mind, body and soul.

A practiced yoga trainer will take you through an invigorating yet relaxing schedule of lessons where the tranquility of the surroundings will further add to this enriching experience.

A wide selection of yoga and stretching classes are available throughout the week.





Fitness

Tennis Court and Football Field

(08.00 - 18.00)

(18.00 - 23.00 / floodlit)

Enjoy some of the very best tennis and artificial-turf football in the Maldives.

We remind you that appropriate clothing including non-black soled footwear be worn at all times on the tennis court for the safety of all guests. Please contact the Fitness Centre for available times and equipment.



How to Spa

Spa Treatment Times

Monday to Sunday (09.00 – 21.00)

Scheduling an Appointment

To schedule an appointment for your perfect treatment, please contact our AySpa team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend booking in advance.

Arrival Time

Please allow sufficient time before your treatment to complete a spa consultation form and/or health questionnaire. We recommend you arrive up to one hour in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that if you arrive late for your appointment your treatment may be shortened or cancelled.

We provide luxurious towels, robes and slippers and any amenities required for use during your spa visit.

Spa Facilities and Access

The following spa facilities are available at AySpa: Sauna, steam room, male and female changing rooms, an outdoor courtyard with warm and cold vitality pools and relaxation area. These facilities may be enjoyed by all guests before or after their spa treatment.

How to Spa

Children Policy

We are delighted to offer manicure and pedicure and treatments for children between the ages of 12 – 16 years in our Nail Salon. Please contact the AySpa team for details.

Access to the rest of the Spa including the changing facilities, Spa and heat experiences and gym are restricted to over 16's.

Cancellation Policy

A 100% cancellation fee will be charged for any treatment not cancelled at least 6 hours prior to your scheduled time. Late arrival will shorten your treatment time.

Spa Etiquette

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, Blackberry, pager, camera and smoke free zone.

Health Conditions

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

How to Spa

Pregnancy

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

Homecare

To continue your spa experience at home, most products used in our treatments are available at AySpa reception.

Valuables

AySpa accepts no responsibility for loss of valuables and jewelry at any time on the spa premises.

Lost Property

All lost property found on the premises should be handed in at Spa reception.

Prices

All prices are quoted in US dollars and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.

