

CLASSIC

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INFORMATIONS

EXCLUSIVES TO ARAAMU

ARAAMU FACIALS & EYE THERAPY

ARAAMU BODY SPA

ARAAMU SPA PACKAGES

ARAAMU ONE WEEK CLASSIC PACKAGE

ARAAMU HAND & FOOT BEAUTY THERAPY

ARAAMU BATHING CEREMONIES

ARAAMU SALON



Please be informed

ETIQUETTE

We humbly request all visitors to keep the noise to a minimum. Use of Cellular phones and electronic devices are highly discouraged.

RESERVATIONS

To ensure that we can accommodate your spa experience on your preferred date and time, we recommend you to book 1 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 reduced treatment time. Please be informed that late arrivals will result to a shorter treatment to ensure that the next guest treatment is not delayed.

SPA TREATMENT HOURS

The spa opens from 0900 to 2000 hours. The last treatment ends at 20:00 hours.

SPECIAL CONSIDERATION

Guest who has high blood pressure, heart conditions, 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 is strongly prohibited.



VALUABLES

We recommend that no jewelry must be worn during the 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 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.



Exclusives to Araamu

ARAAMU THEYO DHEMUN

MALDIVIAN TRADITIONAL SIGNATURE MASSAGE FOR HOLISTIC WELLNESS

50 minutes US\$125.00 | 80 minutes US\$167.00

The local traditional full body Signature massage with “geranium – orange” Oil (or) “Virgin Coconut Oil”. The techniques used are, short firm strokes with the thumbs, pressure points working along the meridians and pressure strokes using the heel of the hand.

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

VELI MODUNUS\$113.00

50 minutes

The traditional full body sand massage at the beach with “virgin coconut oil and smooth sand”. The exotic treatment of Islands is not just a massage but rather a massage plus a body scrub. As you lie on the beach where waves break gently, listening to the songs of the sea our expert therapists will invigorate your body with fine wet salty sand. (It is ideal to have an oil massage after this treatment).

Benefits: Leaves your skin glowing and supple, fresh salt water & sands relieves your tired skulls & muscles and keeps it that way for a long time.



All prices are inclusive of 10% Service Charge and 8% Government Service Tax

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SWEDISH MASSAGE

GERIATRIC MASSAGE FOR GENERAL WELLNESS

50 minutes US\$125.00 | 80 minutes US\$173.00

A full body massage with “lavender – chamomile” oil. The massage combines long gentle strokes, kneading and firm circular movements. This is based on European folk massage, to increase circulation of blood and lymph. This massage uses basic massage techniques for relaxation of the mind and muscles.

Benefits: Nourishes and gently nurtures physical, emotional, and spiritual body.

SARAWAK MASSAGE

BALINESE MASSAGE FOR RELAXATION

50 minutes US\$120.00 | 80 minutes US\$167.00

A full body deep-tissue massage with “grapefruit–cedar wood” oil. This massage derived from Ancient Indonesian and Malay methods is ideal for relieving the stress and tension. The techniques used are apply pressure by forearms and hands.

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 FOR THE MIND AND BODY

50 minutes US\$120.00 | 80 minutes US\$167.00

A full body massage with “rosemary – eucalyptus” oil. This is an uplifting massage that will bring you back to life and restores positive energy. It is excellent combination of 10 cultural touches and techniques for muscular aches and pains.

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



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BACK REJUVENATOR US\$60.00

FOR OVERALL BACK REJUVENATION

25 minutes

This therapeutic massage helps to alleviate the built-up stress and blocked energy that we all tend to accumulate in the back. Whether your problem is a temporary one caused by a long-haul flight, or a long-term problem caused by too much office work. This anti stress massage will leave you feeling calm, revitalized and tension free.

Benefits: *This deep tissue massage helps to loosen tight muscles in the back shoulder and neck area leaving you with light and comforting feeling.*

FOOT AND LEG MASSAGE US\$60.00

FOR WELLNESS OF YOUR FEET

25 minutes

A massage only for foot with "oil" The ultimate soothing experienced for those tired feet that will leave them refreshed, relaxed and ready for more life. A foot soak with essential oil and fresh flower petals is followed by a deluxe 15-minute foot massage.

Benefits: *Soothes aching and tired feet. Ideal to have after a long day of adventure in the island.*

FOOT REFLEXOLOGY US\$107.00

FOOT WELLNESS THERAPY

50 minutes

A special Ancient Healing Therapy with "powder". Experience holistic balance and deep relaxation in this fascinating treatment that 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.

Benefits: *Stimulates senses, detoxifies and test your healthiness. Relieves stress, relaxes muscles, helps manage pain improves flexibility & range of motion.*

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HEALING AROMA MASSAGE

50 minutes US\$125.00 | 80 minutes US\$179.00

A full body massage with the "oil" of your choice. Indulge yourself in the total relaxing healing aromas of the earth for a complete experience of rebirth. Aromatherapy is the perfect re-energizer and will leave your muscles and mind relaxed to the maximum. You can choose the massage oil that appeals to you most for the treatment.

Benefits: *Ideally good to have a total relaxation, relaxes the mind, body and spirit.*

TRADITIONAL THAI MASSAGE

FOR PHYSICAL WELLNESS

50 minutes US\$125.00 | 80 minutes US\$179.00

A dry pressure for full body. holistic Thai yoga massage is a 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.*

BABY MASSAGE US\$60.00

25 minutes

A full body special massage with "Sweet Almond or Coconut Oil". This massage is merely for kids from 1 to 8 years old. A massage uses special mild healing oils. It will improve the physical appearance for growth of the body and muscles of a child.



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LOABI-LOABIUS\$250.00

WELLNESS FOR YOU AND YOUR PARTNER

80 minutes

A Special Couple massage for 50 minutes & 30 minutes "bath with "Ayurveda oil & Herbal powder "This massage is especially for couples or honeymooners. This is one of the most delightful and memorable spa experiences, sharing such a relaxing and memorable occasion which provides opportunities for connecting and bonding with your loved one in a unique and meaningful way.

Benefits: *This will help to regenerate hormonal system, improves blood circulation, stimulates nervous system and increase sexual desire. Relaxes and revitalizes the body and mind from physical and mental stress.*

SAMUNPRAIUS\$173.00

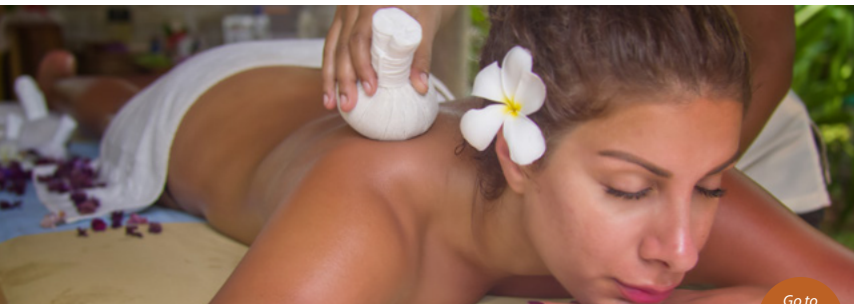
(THAI HERBAL HEAT ENERGIZER MASSAGE)

SAY GOODBYE TO STRESS AND WELCOME WELLNESS

80 minutes

Drift away tensions while enjoying this unforgettable hot Thai massage, unchanged since the Thai Ayutthaya period (14th-18th Century) when a hot pack was administered to war-soldiers returning home with muscle and aches and bruises. The balancing poultice opens pores and brings a deep medicinal heat to the muscles to release tensions and revitalize your mind. Then an invigorating massage with a synergy of peppermint and mandarin essential oils will take your body on a journey of total renewal.

Benefits: *Provides overhauling effect by relieving muscles pains and aches, tensions and deep stress.*



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KRA-CHAP SLIMMING BODY RITUALUS\$309.00

150 minutes

Slim down while you relax. A gentle body scrub is applied to eliminate impurities and prepare your skin for a slimming wrap containing 100% natural ginger extract that will improve blood circulation and help eliminate toxins. The treatment is then followed by a deep tissue aromatherapy massage using a blend of long pepper and cinnamon essential oils that will break down fatty deposits. Active elements will be absorbed by your skin and released in small quantities for several hours after treatment.

Benefits: *This treatment is ideal to re-contour your silhouette by improving skin tone and lumpy appearance of cellulite. A course of treatments is recommended for maximum results.*

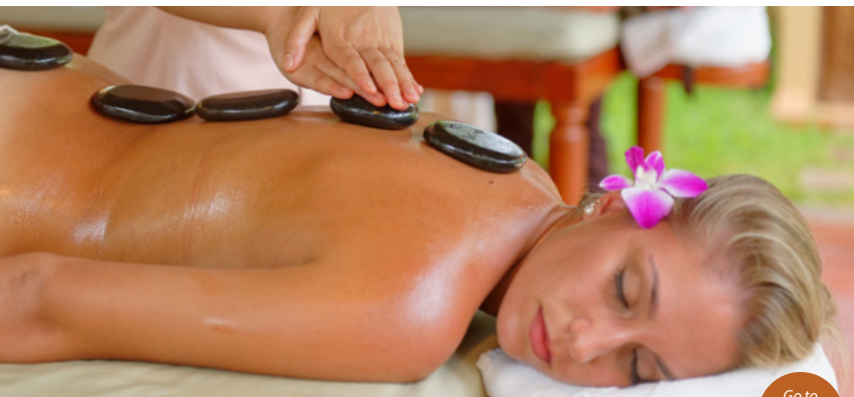
HEALING STONE MASSAGEUS\$155.00

FOR ENHANCING THE WELLNESS FACTOR IN YOU

80 minutes

Heated black basalt stones are used to massage the whole body, releasing deep tension; ideal for anyone suffering with muscular aches and pains and in need of a little TLC. Relieving stress at the deepest level, this exceptional treatment is a comforting and energizing therapy for the mind body and spirit.

Benefits: *Improves poor circulation, for rheumatic and arthritic conditions, back pain, for stress, anxiety, tension, insomnia and depression.*



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DETOXIFYING BODY SPAUS\$173.00

FOR PREVENTIVE AND HOLISTIC WELLNESS

80 minutes

Suitable to those who have fluid retention in the body, and poor lymph drainage. An excellent combination of a marine detoxifier and a rebalancing mask, which effectively helps to remove toxins from the body. The marine mask also mineralizes, oxygenates and nourishes the skin at the same time. Lymphatic drainage spa oil will be massaged over the whole body and wrapped with the marine mask. Very suitable to those who have poor lymph drainage system and water retention problems. The body self-defense system will be improved by this detoxifying body spa.

Benefits: *Reduces body water retention, improves lymph drainage, Improves blood circulation. Helps removes toxin from the body. Skin oxygenated and nourishes. Body self-defense system improved.*



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Araamu Facials and Eye Therapy

ARAAMU DEEP CLEANSING FACIAL ...US\$107.00

50 minutes

Ideal for combination, oily, congested, problematic skin, this complete deep cleansing purifying treatment combines traditional steam and extraction techniques with rebalancing lymphatic drainage massage. A detoxifying and anti-inflammatory mask and aromatic intensive complexes are used to soothe calm and rebalance the skin to encourage a visibly clear complexion.

Benefits: *Promotes radiant skin and removes dirt that causes pimples black heads and white heads.*

AROMA THERAPY FACIAL MASSAGE AND MASKUS\$131.00

80 minutes

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

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



All prices are inclusive of 10% Service Charge and 8% Government Service Tax

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ROYAL HONEY FACIALUS\$101.00

50 minutes

The principal ingredients in this treatment are honey, lime and cucumber. They all enjoy an age-old reputation as skin healers, softeners and moisturizers.

Benefits: *Moisturizes and refreshes your face.*

ANTI- STRESS FACIAL US\$60.00

25 minutes

A gentle facial, neck and shoulder massage using the finest essential oils. It makes your skin feeling smooth, fresh and invigorated.

Benefits: *Provides relaxing and reviving feeling to your face.*

TA SUAY RESTORATIVE EYE SPA TREATMENT US\$96.00

50 minutes

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 sooth the lids. Then the light touch of a shiatsu and lymphatic drainage massage will reduce puffiness and dark circle complemented by the application of a quenching floral serum. The treatment finishes with a face and cranial pressure points massage while your eyes rest under a relaxing aromatherapy eye cushion.

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

BEAUBELLE LUXURIOUS FACE SPAUS\$131.00

80 minutes

Skin type: Suitable to all skin types. A potent double mask therapy of therapeutic & detoxifying face spa, with special masks to counter and treat skin disorders, a special enzyme is also use to emulsify or dissolve dead surface skin cells without scrubbing the skin harshly. Facial that has minimum time but with optimum results.

Benefits: *Reduces all skin types of its disorders. Relaxing and soothing.*

All prices are inclusive of 10% Service Charge and 8% Government Service Tax

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LUXURIOUS SPA EYE THERAPY US\$90.00

FOR EYE WELLNESS AND REJUVENATION

50 minutes

On its own or perfect as add-on to any facial.

Eye contour condition: Suitable to all eye contour condition especially fine lines, wrinkles or crows' feet, dark eye rings, puffy eyes and eye bags. Skin surrounding the eyes are the thinnest and is the most delicate area, but are mostly neglected. As the eyes blink almost 10,000 blinks per day, this is the first area to show signs of ageing. Photo-ageing is one of the causes. This therapy helps to subdue and diminish the lines around the eye contour, lighten dark eye ring, reduced puffiness and eye bags, improving and firming the texture around the eyes. A special bio matrix phytol fiber mask with energizer and with key ingredients of plant cellulose and soluble collagen is applied over the eye contour after the soothing eye contour massage.

Benefits: *Prevents and reduces dark eye rings, puffy eyes and eye bags. Subdue and diminish lines around eye contour. Hydrates and moisturizes eye contour area. A soothing and gentle eye massage to contour the eye area with special biomatrix phyto fibre mask to firm eye contour texture.*



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Araamu Body Spa

COCONUT & SANDALWOOD SCRUB US\$66.00

FOR WELLNESS, AND SHINE OF THE SKIN

25 minutes

Using locally harvested coconut the body is gently exfoliated, which not only cleanses and softens the skin but condition it as well. This treatment is good for cleansing, detoxifying and excellent for confusion and anxiety. This is a special treatment for those who have sensitive skin.

Benefits: Ideal for those who have sensitive and dry skin. Helps to exfoliate, softens and conditions the skin texture.

HONEY CITRUS BODY BLISS US\$60.00

FOR WELLNESS AND FOR TENDER SKIN

25 minutes

A very uplifting and awakening treatment which will leave your skin velvety soft and relaxed and will evoke feelings of happiness, bliss and self-confidence.

Benefits: For fairly dry skin. The blended dry orange peel, yogurt and honey provide velvety skin and aromatic smell to whole body.

FINI KELA US\$96.00

50 minutes

A skin treatment with "sandal wood powder". Fini Kela Veshun is a Traditional Maldivian favorite for an over all affect of beauty and wellness. The Sandalwood and Rosewater base applied expertly by the fingertips smoothens and softens skin and removes excessive oil from oily skin. This treatment is especially good after a long day in the sun, since the cooling effect of both Rosewater and Sandalwood is very soothing and it revitalizes both the body and mind.

Benefits: Gently exfoliates, smoothens and softens the skin.



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FRUIT AND LAVENDER WRAP US\$96.00

50 minutes

Since fruit is the major ingredient in all kinds of skin products, there is nothing more seductive than a courting of a mixture of freshly picked different fruits combined with essential oil of Lavender. Try this treatment for a long lasting effect on the skin while you are wrapped in fresh banana leaves to penetrate the nutrients deep down your skin with the help of the preservative properties of Lavender.

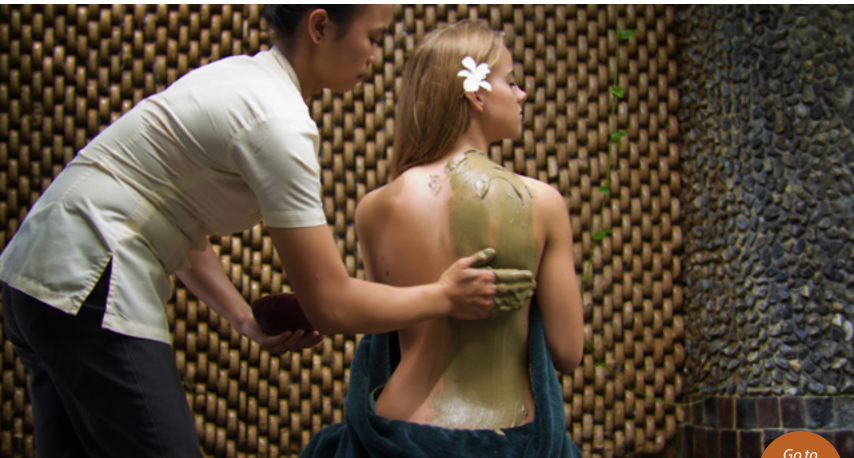
Benefits: *Relaxes body and mind thru lavender oil, refreshes and softens dull skin.*

COOLING BODY WRAP US\$96.00

50 minutes

A natural cool body mask of cucumber, yogurt and fresh mint is applied to 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 already suntanned body. It is very softening and nutritious and will cool any hot skin or burning sensation condition. It is also very relaxing and it is like you are feeding your skin of good food.*



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Araamu Spa Packages



TENDERNESS **US\$179.00** per person

75 minutes

Two treatments make up this package, starting with a Healing Aroma Massage followed with Coconut and Sandalwood Scrub.

PASSION **US\$161.00** per person

75 minutes

Complete combination of stress relief treatment. You begin with full body Araamu Theyo Dhemun massage and completed with Anti-Stress Facial.

TROPICAL TREAT **US\$155.00** per person

80 minutes

*Jasmine Flower Bath
Well Being Massage
Freshly blend smoothies*

SOUL TO SOLE **US\$262.00** per person

160 minutes

US\$499.00 per couple

*Lemon Grass Steam Bath
Jacuzzi
Back Rejuvenator
Honey Citrus Body Bliss
Thai massage
Freshly Blend Smoothies Freshly blend smoothies*

ABSOLUTE SPA RITUAL **US\$262.00** per person

125 minutes

US\$499.00 per couple

*Well Being Massage
Coconut and Sandalwood Scrub
Reflexology
Freshly Blend Smoothies*

All prices are inclusive of 10% Service Charge and 8% Government Service Tax

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Araamu One Week Classic Package

**7 DAYS PAMPERING BEAUTY & WELLNESS
PROGRAMME US\$1,644.00 per person**

DAY 1 190 minutes

US\$333.00 per person

US\$642.00 per couple

Luxurious Face Spa

Detoxifying Body Spa

Jasmine Flower Bath

Freshly Blend Smoothies

DAY 2 160 minutes

US\$250.00 per person

US\$476.00 per couple

Healing Aroma Massage

Reflexology

Sauna Bath

Lemon Grass Steam Bath

Jacuzzi

Freshly Blend Smoothies

DAY 3 100 minutes

US\$185.00 per person

US\$357.00 per couple

Well-Being Massage

Tasuy Restorative Eye Treatment

Freshly Blend Smoothies

DAY 4 150 minutes

US\$297.00 per person

US\$571.00 per couple

Healing Stone Therapy

Reflexology

Anti-Stress Facial

Jasmine Flower Bath

Freshly Blend Smoothies



All prices are inclusive of 10% Service Charge and 8% Government Service Tax

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DAY 5 **160 minutes**

US\$220.00 per person

US\$416.00 per couple

Sarawak Massage

Luxurious Eye Spa Therapy

Sauna/Steam

Jacuzzi

Freshly Blend Smoothies

DAY 6 **150 minutes**

US\$286.00 per person

US\$547.00 per couple

Anti-Cellulite Body Spa

Aromatherapy Facial

Freshly Blend Smoothies

DAY 7 **160 minutes**

US\$226.00 per person

US\$428.00 per couple

Fruit and Lavender Wrap

Araamu Manicure

Araamu Pedicure

Freshly Blend Smoothies



All prices are inclusive of 10% Service Charge and 8% Government Service Tax

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Araamu Hand and Foot Beauty Therapy

ARAAMU MANICURE **US\$72.00**

50 minutes

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.*

FRENCH MANICURE **US\$84.00**

60 minutes

A hand massage, cleaning procedure and famous French tip application.

Benefits: *Leaves the hand looking presentable and seductive.*

POLISH APPLICATION **US\$30.00**

10 minutes

A normal polish application only.

ARAAMU PEDICURE **US\$84.00**

60 minutes

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



A great way to relax before any treatment.

DE-STRESS BATH US\$48.00 per person
HOLISTIC WELLNESS BATH US\$66.00 per couple

30 minutes

A power full synergy of lavender and chamomile will awaken the senses through the touch of aroma.

Benefits: Deeply relaxing synergy soothes the mind, melts away tension and relaxes the body.

JASMINE FLOWER BATH US\$54.00 per person
HOLISTIC WELLNESS BATH US\$78.00 per couple

30 minutes

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.

Araamu Hydro Facilities

JACUZZI 60 minutes US\$30.00 per person
SAUNA 60 minutes US\$24.00 per person
STEAM BATH 60 minutes US\$24.00 per person

Special Package

SAUNA/STEAM PLUS JACUZZI US\$42.00 per person
60 minutes

All prices are inclusive of 10% Service Charge and 8% Government Service Tax

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Araamu Salon

LADIES HAIR

HAIR CUT

30 minutes US\$30.00

HAIR SHAMPOOING CUT & BLOW DRY

50 minutes US\$66.00

HAIR SHAMPOOING – BLOW DRY

30 minutes US\$36.00

HAIR TREATMENT (CURE)

30 minutes US\$36.00

MAKE-UP

30 minutes US\$30.00

EYEBROW PICKING & EYE MASSAGE

30 minutes US\$30.00

HAIR STYLE

45 minutes US\$60.00

MEN'S HAIR

HAIR CUT

30 minutes US\$30.00

HAIR SHAMPOOING/ HAIR CUT/BLOW DRY

45 minutes US\$42.00

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, herbal tea and relaxation.

All prices are inclusive of 10% Service Charge and 8% Government Service Tax

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Sun Island Resort & Spa

Paradise Island Resort • Royal Island Resort & Spa
Holiday Island Resort & Spa • Fun Island Resort & Spa

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