A woman with dark, wet hair is shown in profile, looking upwards and to the left. She is holding a large, vibrant green palm frond in front of her. The background is a lush, out-of-focus tropical forest with various shades of green. The overall mood is serene and refreshing.

# PAMPER YOUR SENSES

ARAMU SPA

Infused with Maldivian spirit  
wellness awaits you

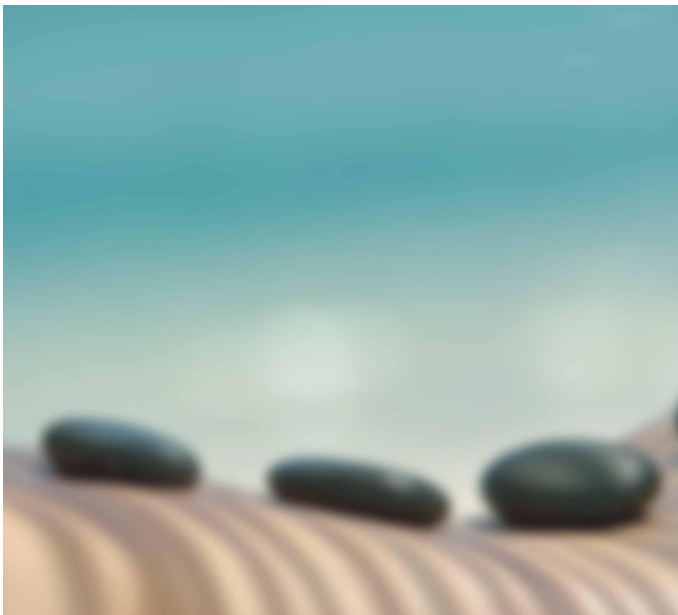
# WELCOME TO ARAAMU SPA

A voyage of the senses starts at Araamu Spa, an enchanted garden sanctuary where time doesn't move from hour to hour but mood to moment.

Let us melt away the layers of tension and transport you to a sublime world of inner calm as the restorative power of the island allows you to bring your life back into balance.

Indulge in progressive health and wellness concepts including classic body and face treatments, ancient Ayurvedic healing therapies as well as beauty care.

We are Araamu Spa, a multi award-winning resort spa group, the ultimate oasis on your journey to personal health, wellness and rejuvenation.



SERENITY  
RITUALS



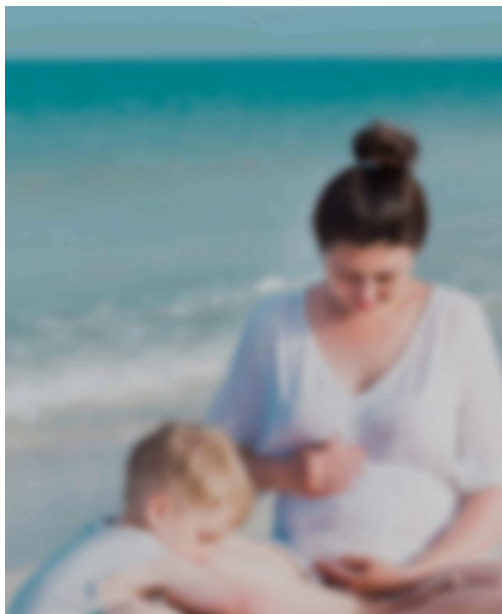
ISLAND  
JOURNEYS



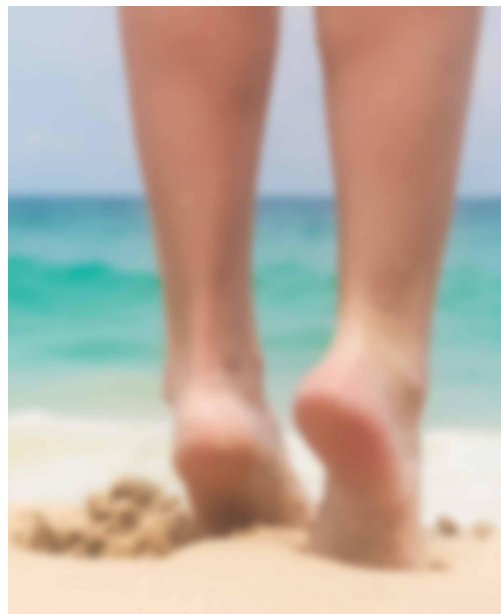
WELLNESS  
THERAPIES



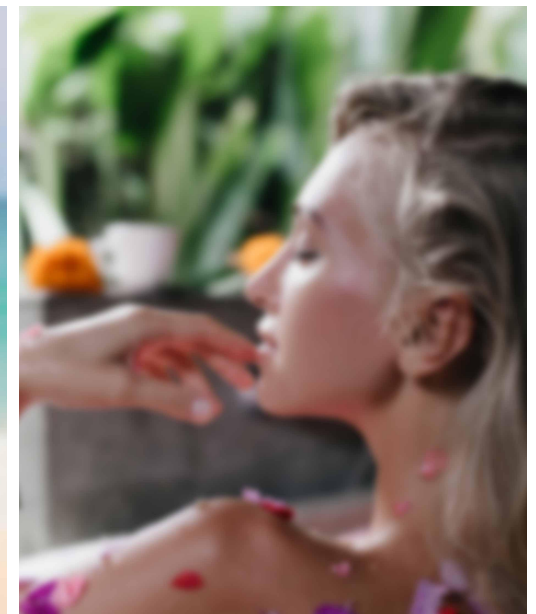
FACIAL  
ESSENTIALS



MOMMY  
& KIDS



GROOMING  
NEST



WET  
FACILITIES

# SERENITY RITUALS

Head to Toe Collection to Pamper your Senses

## LOABI LOABI

**Romance escape for couples** ————— **90 Minutes | \$380**

Honeymoon is never over! Disconnect from the world and reconnect with the one you love. Start with head over heels full body massage to open energy channels and release accumulated tension. Continue with aromatic flower bath while you and your soul mate sip red wine or sparkling juice surrounded by candlelight, lush greenery and zen peacefulness.

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## COMFORT TOUCH

**Hot stone warming experience** ————— **90 Minutes | \$210**

Feel the warmth seep through your muscles while the comfort touch of hot stones puts your mind into a state of deep relaxation. This grounding ritual is a combination of gliding massage strokes with heated basalt stones. Ease muscle aches and expel coldness to fully restore the body's vitality from the inside out.

## EXOTIC COCOON

**Island inspired skin smoothing** ————— **60 Minutes | \$150**

Wrap yourself in an exotic aroma of the Maldives. Start with a gentle coffee and coconut body scrub, followed by a smoothing coconut yogurt body cocoon. Finish your island inspired ritual with a nourishing hair treatment and a relaxing pressure point scalp massage.

## SUN KISSED

**Head to toe cool wave** ————— **50 Minutes | \$110**

A total blast of cooling Aloe Vera and cucumber freshness. This after sun remedy, combines a cooling Aloe Vera & fresh cucumber body wrap with SOS soothing face treatment and invigorating foot massage. A head to toe ultra-light cooling wave to heal your sun kissed skin and help revitalize tired feet.



# ISLAND JOURNEYS

Sensory Body Treatments Designed to Awaken Your Senses

## ARAAMU IMMERSION

**Wake up** ————— **60 Minutes | \$160 — 90 Minutes | \$210**

Wake up and loosen up. Start with back warming sand poultice therapy, followed by medium to deep pressure full body massage. During this treatment, therapist will combine dry pressure points and invigorating massage strokes to re-activate your body from head to toe.

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## VOYAGER

**Let go** ————— **60 Minutes | \$160 — 90 Minutes | \$210**

Let go of muscular tension, shoulder knots and stiff joints. Start with stimulating bamboo brooming followed by deep tissue massage. During this treatment, therapist will combine powerful stretching techniques and joint rotations to help facilitate muscle recovery and release deeply accumulated tension all throughout the body.

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## GOOD VIBRATION

**Be still** ————— **60 Minutes | \$160 — 90 Minutes | \$210**

Be still, focus the mind on healing sound and discover a new sense of wellbeing. Start with sound energy activation to balance body and mind, followed by a restorative massage replicating the movement of the sea. During this treatment, therapist will focus on deeply relaxing, long and gentle strokes to ease emotional and physical fatigue and tap into your inner calm.

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## ENERGY STRETCH

**Be well** ————— **60 Minutes | \$160 — 90 Minutes | \$210**

Boost overall wellbeing with mindful, active body work. Start with rebalancing sound therapy followed by twisting, stretching, bending and joint rotations. This dry, Thai inspired massage combines acupressure, shiatsu and muscle stretching techniques to free your body of blocked energy, restore flexibility and increase range of motions.

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## BACK REJUVENATOR

**Focus** ————— **45 Minutes | \$120**

A focused massage directed at the most common areas of stiffness in the body. Designed to work deep into the muscle groups of the back and shoulders, this massage starts with warm back compress and extra attention is given to release stiff neck, tight knots and muscular tension.

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## ADD ON

**Body scrub** ————— **20 Minutes | \$60**

A choice of coconut or citrus.

**Body wrap** ————— **20 Minutes | \$60**

A choice of seaweed or coconut yogurt.

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# WELLNESS THERAPIES

Ayurvedic Treatments Infused with Holistic Powders & Oils



## SHIRODHARA

**Energy flow for mental exhaustion** ————— **90 Minutes | \$210**

Unblock the natural flow of energy, experience clarity and peace of mind. This holistic treatment starts with stimulating scalp massage, followed by meridian body massage with friction-based strokes. The therapy ends with a warm, herbalized oil steadily poured onto your forehead to improve blood supply to the brain, reduce restlessness and improve sleep quality.

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## ELAKKIZHI

**Heat therapy for vitality** ————— **90 Minutes | \$210**

Cleanse the body of accumulated toxins and release muscular soreness. Begin with stimulating scalp massage followed by a combination of energetic massage strokes and heated herbal poultice therapy. This purifying experience have remedial effect on the full body, helping to manage back pain and easing down any swellings or inflammatory conditions.

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## UDWARTHANAM

**Targeted fatty tissue reduction** — **90 Minutes | \$210** — **70 Minutes | \$180**

This toning massage is designed to break down excess fatty tissue and reduce cellulite. Start with stimulating head massage followed by vigorous, dry herbal powder massage. Finish with a 20min steam bath to improve the lymphatic flow, reduce water retention and encourage a sense of lightness in the body.

\*\*\* best results over a period of continued therapy

\*\*\* 70min not including steam bath

## NASYA ABHYANGA

**Clearing therapy for congestion** — **60 Minutes | \$170** — **90 Minutes | \$210**

The ultimate treatment for healing and cleansing. Begin this treatment with stimulating head massage and full body abhyanga massage. The therapist will concentrate on foot reflexology, chest and face marma points followed by an application of a warmed herbal oil to the nasal cavity. This cleansing therapy helps to clear sinus and blocked ears, reduce mucus production and restore better sleep patterns.

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## LYMPHATIC REJUVENATION

**Toxin drainage** ————— **60 Minutes | \$170** — **90 Minutes | \$210**

This lymphatic-based rejuvenation massage is designed to drain excess toxins from the body and strengthen immunity. Therapist will use slow, gentle strokes combined with a firm circular touch to awaken the body's inner healing system, boost energy and improve circulation.

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## CHAMPISSAGE

**Indian head massage** ————— **30 Minutes | \$90**

An ancient harmonizing therapy, this holistic treatment performed in a seated position puts attention on massaging acupressure points along the head, neck, and shoulders, often using circular massage strokes to improve hair and scalp condition as well as to alleviate brain-fog and stress.

# FACE ESSENTIALS

By Elemental Herbology

Araamu Touch You Can Feel Driven by Results You Can See

## METAL

### Fountain of youth age support ————— 75 Minutes | \$140

Focus on personal skin care goals combined with anti-aging solutions. Target present skin condition while adding advanced benefits of Rose Quartz lymphatic face massage and regenerating Kambucha mask. Results-oriented, this high performance facial reaches deeper into the layers of the skin improving micro-circulation, elasticity and visibly reducing signs of aging.

#### Active Ingredients

- o A blue-green algae to stimulate collagen synthesis
- o Millet extract to nourish and strengthen cell structures
- o Peptides to remodel collagen and increase hyaluronic acid production

## EARTH

### Radiance booster ————— 50 Minutes | \$120

A deeply resurfacing facial with an intense boost of brightening actives to dramatically enhance the skin's tone and texture. Perfect for all skin types, this illuminating treatment will encourage cell renewal, restore fatigued, sun damaged, or mature skin. Improve clarity and reveal smoother, glowing skin.

#### Active Ingredients

- o Kambucha, a fermented black-tea known as the "Elixir of Life" to plump and deliver a dose of probiotics
- o Fruit acids and enzymes to stimulate cell renewal
- o Vitamin C to brighten and reduce pigmentation

## WATER

### Hydrator for thirsty skin ————— 50 Minutes | \$110

Fall in love with your skin again and bring your natural beauty to full bloom. This plumping facial treatment concentrates on multi-level hydration to dramatically improve skins moisture content and absorption of nutrients into the skin. A "super hydrator" for anyone and everyone!

#### Active Ingredients

- o Hyaluronic acid to hydrate and plump
- o Black oat and soy lecithin to lock in moisture
- o Argan oil to protect and strengthen skin's protective barrier

## FIRE

### Active purity ————— 50 Minutes | \$110

Bring your best face forward with a deeply cleansing facial. The mineral rich ingredients and purifying botanical extracts encourage the skin to purge and detoxify while rebuilding skin texture. A must have for problematic or congestion prone skin!

#### Active Ingredients

- o Oat flour to calm breakouts and mattify skin
- o Green tea to support skin hydration and repair
- o Lavender and rosemary essential oils to help balance sebum production

## WOOD

**In harmony** ————— **50 Minutes | \$110**

Balance and harmonize your skin with combination of healing botanicals, vitamins and marine extracts. This targeted treatment will focus on different areas to restore equilibrium, balance oil production and create a visibly healthier complexion. Classic choice, ideal for a combination or blemish prone skin.

### Active Ingredients

- o An AHA complex to improve skin's texture and minimize congestion
  - o Grapefruit as a natural astringent; a sugar complex to boost hydration
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## EXPRESS GLOW

**Pick me up refresher** ————— **20 Minutes | \$50**

Beauty on the go. This customized express facial is uniquely designed to give maximum results in minimum time. Perfect to get you on your way feeling refreshed and renewed.



# MOMMY & KIDS

Natural Luxuries for Mummies and Little Spa-Goers 4 to 12 Years

## MUM-TO-BE

**Prenatal** ————— **60 Minutes | \$160**

A moment of joy and perfect pick me up for mums-to-be with soothing relief from pregnancy discomforts. Safe massage techniques include specialized positioning to ensure support for the joints and allowing you to enjoy this nourishing treatment with extra cushioning and comfort.

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## MINI ME

**Kiddie scrub & massage** ————— **60 Minutes | \$100**

Even kids can achieve a total bliss! This nurturing massage followed by gentle oatmeal scrub therapy helps to relax the little ones, reduce constipation and prepare them for a good night sleep.

## SWEET DREAMS

**Kiddie body massage** ————— **30 Minutes | \$60**

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## BUSY BEE

**Kiddie coconut yogurt body cocoon** ————— **30 Minutes | \$60**

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## BABY FACE

**Kiddie facial massage** ————— **30 Minutes | \$60**

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## HELLO KITTY

**Little ladies head & foot massage** ————— **30 Minutes | \$60**

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## BUBBLE TROUBLE

**Little gents head & foot massage** ————— **30 Minutes | \$60**



# GROOMING NEST

Smooth Away the Rough Edges of an Active Lifestyle

## HEALING FOOT PRINT

**Reflexology inspired** ————— **60 Minutes | \$140**

Beyond the feel-good factor, this targeted foot massage promotes total body wellbeing and relaxation. Stimulate pressure points on your feet while healing energy is directed to your internal organs to restore the body's inner balance.

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## BAREFOOT BLISS

**Foot & leg massage** ————— **30 Minutes | \$80 — 50 Minutes | \$120**

An incredible way to bring relief for those tension saturated areas. This ultimate foot and leg massage is designed to reduce ankle stiffness, decrease water retention and energize tired feet and legs.

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## ARAAMU MANICURE

**Polish for her – buff for him** ————— **60 Minutes | \$90**

Luxury at your fingertips! This indulgent manicure combines nail & cuticle grooming with aromatherapy hand massage and nourishing mask. Finish with a high shine buff or an application of your choice of polish.

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## ARAAMU PEDICURE

**Polish for her – buff for him** ————— **80 Minutes | \$120**

A decadent yet results oriented pedicure! This pedicure starts with foot exfoliation, nail & cuticle grooming, followed by invigorating foot massage to alleviate muscle and joint tension. Your choice of high shine buff or polish completes your service.

## POLISH CHANGE

**Includes shaping and polish application** ————— **15 Minutes | \$30**





# WET FACILITIES

Fragrant and Aromatic Bath Therapies are Perfect as an Individual Treatment  
Yet Best Enjoyed as a Complement to any Spa Experience

## LUXURY BATH CEREMONIES

**Herbal vitality** ————— **30 Minutes \$70 Single — \$90 Couple**

A powerful, herbal powder bath experience infused with lavender-chamomile aroma to reduce skin inflammation, ease the tension and boost energy levels.

**Healing aroma** ————— **30 Minutes \$70 Single — \$90 Couple**

A delightful, flower bath experience infused with jasmine aroma to deeply calm the mind and uplift the mood.

**Exotic milk** ————— **30 Minutes \$70 Single — \$90 Couple**

A nourishing, milk bath experience infused with geranium-orange aroma to combat dry skin, improve skin firmness and invigorate the senses.

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## JACUZZI | SAUNA | STEAM BATH

————— **60 Minutes \$50 Single — \$80 Couple**

Breathe in the scent of eucalyptus essence and melt away the stress and muscular tension. Herbal sauna or steam creates the perfect healing space for your cardiovascular and respiratory body systems while decreasing asthmatic conditions, mucus and toxins from the lungs.





## BESPOKE BUNDLE PACKAGES

**Bundle 3 treatments of your choice** ————— **Save 10%**

**Bundle 5 treatments of your choice** ————— **Save 15%**

**Bundle 10 treatments of your choice** ————— **Save 25%**

\*\*\* Not valid with any other offers or promotions

# HOW TO SPA

## SPA TREATMENT HOURS

The spa opens from 0900 to 2000 hours each day. The last treatment ends at 20:00 hours. You may experience the spa outside of these hours with a minimum of 24 hours' advanced booking. Additional charges may apply.

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## AMBIENCE

To ensure peaceful atmosphere, please turn your phone off or place it on silent.

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## RESERVATIONS

To ensure we can accommodate your spa experience, we recommend you book at least 1 day ahead for all the treatments. The spa will provide you with a disposable underwear, robe, towel, slippers and a personal locker.

Please bring your swim attire if you plan to enjoy the unisex wet facilities.

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## CHECK IN

Please arrive 15 minutes prior to your scheduled treatment. Should you arrive late, we may reduce your treatment time as not to inconvenience other Guests.

## SPECIAL CONSIDERATION

We encourage you to disclose any health conditions that may affect your spa experience as certain treatments may not be advisable for you. In the event you choose to withhold relevant medical information, Araamu Spa will not be held responsible for any injury incurred.

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## SMOKING AND ALCOHOL

Smoking and consumption of alcohol within the spa is prohibited.

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## VALUABLES

Please refrain from bringing valuables to the spa. Araamu Spa Management accepts no responsibility for the loss or damage of valuables.

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## CANCELLATION POLICY & CHARGES

- o Please provide at least 3 hours' cancellation notice to avoid 75% cancellation fee.
- o Cancellations without notice will incur a 100% charge. If you are running late for your appointment, please call us as soon as you know that you will be delayed, and we will make every effort to accommodate your treatment
- o Prices are in USD and inclusive of 10% service charge and 16% TGST.