

# Welcome to Anantara Spa

Rooted in the beautiful country of Thailand, the essence of The Anantara philosophy, 'without end', stems from ancient Sanskrit origins and extends seamlessly to our global reach of spas located in the most exotic destinations around the world.

Our enduring belief is expressed in perfect harmony through the traditions of each locale, beyond which a yearning for ageless, natural remedies is answered by a finely tuned repertoire of health and beauty concepts that harness intoxicating authenticity.

Tune into the revitalising rhythm of the greatest paradise on earth. Synchronise with nature at Anantara Spa's Maldivian sanctuaries, where island wellness is expressed through a revelation of coconut's generous healing benefits. Soak up unique reflections of local tradition in sublime luxury through diverse indigenous journeys, complemented by a range of eclectic worldly therapies that promote advanced holistic health.

Place your utmost wellbeing in the hands of therapists trained to the highest industry standards, ensuring you receive elite levels, not just of service, but also of therapeutic skill. Sink deeper into relaxation with every passing second and leave enhanced by more than sensual memories, with our exclusive selection of unique gifts, massage essential oils and skincare from the top spa brands Elemis and Anantara, to continue your spa journey at home.

Leave with unforgettable experiences of Anantara Dhigu's over-water spa. Built on stilts over the Indian Ocean's clear turquoise waters, this natural sanctuary of serenity captures the very essence of fluidity and calm. Open a window to a colourful underwater world, glancing through glass peephole floors as you relinquish every last sign of stress and strain to our world-renowned signature treatments, or let time glide by in unhindered intimacy with rituals designed romantically for couples.

Unwind with treatments that combine rich local ingredients, including infusions of herbs and plants expertly blended to achieve delicate flavours, luxurious aromas and powerful sensations. Let us tailor therapies and signature rituals to suit your mood and wellness needs, as Anantara's dedication to the time-honoured, natural health beliefs of our ancient philosophy invites you to fulfil restorative journeys that respond to your personal ideals.

Step into the world of Anantara and experience exceptional luxury in breathtaking surrounds.

**At Anantara Spa, the greatest journeys are felt, not told.**



# Coconut Tree

The coconut tree's smooth trunk rises tall and proud from tropical shorelines to bestow welcome shade and thirst quenching, edible fruit. One of life's most recognisable exotic harvests, this humble fruit symbolises far more than tropical replenishment.

Experience coconut's revered hydrating and nourishing enrichment, with signature sequences that shower guests in Asia's most exquisite natural elixirs.



### **Maldivian Coconut Marvellous (200 Minutes)**

Coax your body into an elevated sense of renewal, with a sequence designed to rejuvenate couples from head to toe utilising coconut's prized remedial benefits.

*Floral Foot Ritual – Essence White Coconut Scrub – Shower – Essence White Coconut Wrap – Shower – Anantara Muscle Tension Release Massage – Refreshment*

### **Three Days in Paradise (405 Minutes)**

Take time out to truly relax by enhancing your stay in paradise with a collection of our most popular treatments, carefully combined in a journey of exotic signature pampering.

*Day 1: Shower – Floral Foot Ritual – Stress Release Aromatic Massage – Refreshment*

*Day 2: Floral Foot Ritual – Exotic Island Salt Glow – Shower – Seaweed Wrap – Shower – Traditional Thai Massage – Refreshment*

*Day 3: Floral Foot Ritual – Exotic Herbal Bath – Foot Reflexology – Refreshment*

### **Five Days in Paradise (680 Minutes)**

Embark on an eastern odyssey exploring the diversity of Asian therapies drawn from Thailand, Indonesia and the Indian Ocean.

*Day 1: Shower – Floral Foot Ritual – Anantara Muscle Tension Release Massage – Refreshment*

*Day 2: Floral Foot Ritual – Essence White Coconut Scrub – Shower – Balinese Massage – Refreshment*

*Day 3: Shower – Floral Foot Ritual – Anantara Signature Massage – Refreshment*

*Day 4: Floral Foot Ritual – Exotic Island Salt Glow – Shower – Elemis Musclease Ocean Wrap (for him) or Elemis Cellutox Ocean Wrap (for her) – Shower – Thai Traditional Massage – Refreshment*

*Day 5: Shower – Floral Foot Ritual – Aloe After-Sun Soother – Foot Reflexology – Refreshment*

### **Seven Days in Paradise (805 Minutes)**

Make the most of every day you spend at Anantara. Transform, relax and completely renew throughout your stay with a carefully selected treatment series designed to introduce you to our most popular therapies.

*Day 1: Shower – Floral Foot Ritual – Jet Lag Massage – Refreshment*

*Day 2: Floral Foot Ritual – Exotic Island Salt Glow – Shower – Anantara Milky Bath Collection – Refreshment*

*Day 3: Shower – Floral Foot Ritual – Traditional Thai Massage – Refreshment*

*Day 4: Floral Foot Ritual – Essence White Coconut Scrub – Shower – Essence White Coconut Wrap – Shower – Refreshment*

*Day 5: Shower – Floral Foot Ritual – Scalp, Neck & Shoulders Massage – Foot Reflexology – Refreshment*

*Day 6: Shower – Floral Foot Ritual – Aloe After-Sun Soother – Elemis Pro Collagen Quartz Lift Facial – Refreshment*

*Day 7: Shower – Floral Foot Ritual – Anantara Signature Massage – Refreshment*



### **Romantic Rituals for Couples**

Unwind in harmony with your loved one, enjoying indulgent treatments side by side. Simply select any of our romantic rituals, and discover untold intimacy together.

#### **Anantara Signature (165 Minutes)**

*Shower – Floral Foot Ritual – Anantara Signature Massage – Anantara Signature Facial – Refreshment*

#### **His'n'Hers (150 Minutes)**

For him: *Shower – Welcome Touch – Elemis Deep Tissue Massage – Elemis Skin IQ Facial – Refreshment*

For her: *Floral Foot Ritual – Essence White Coconut Wrap – Shower – Elemis Visible Brilliance Facial – Refreshment*

#### **A Maldivian Romance (195 Minutes)**

*Floral Foot Ritual – Essence White Coconut Scrub – Shower – Anantara Milky Bath Collection – Anantara Signature Massage – Refreshment*

#### **Romancing the Tropics (140Minutes)**

*Floral Foot Ritual – Exotic Island Salt Glow – Shower – Seaweed Wrap – Shower – Anantara Maldivian Signature Bath – Refreshment*

#### **Cooling Sun Soother (160 Minutes)**

*Floral Foot Ritual – Anantara Milky Bath Collection – Aloe After-Sun Soother – Foot Reflexology – Refreshment*

#### **Deep Tissue Release (105 Minutes)**

*Shower – Welcome Touch – Elemis Deep Tissue Massage – Foot Reflexology – Refreshment*





# Coconut Trunk

The strength of the coconut tree's trunk is evident everywhere you glance in the beautiful Maldives, from its use in building homes to traditional Maldivian dhoni sail boats, it epitomises the same essence of timeless natural endurance as our massage collection draws from. Take inspiration from this emblem of divine inner strength and vigour, as we coax you into a state of firmness, flexibility, and harmonious natural energy.

## **Anantara Muscle Tension Release Massage (90 Minutes)**

Relieve muscle tension with long, gliding massage movements that warm and stretch muscle fibres and balance pressure points, while the benefits of tropical coconut oil helps to prevent dryness and the flaking of your skin.

*Shower – Floral Foot Ritual – Anantara Muscle Tension Release Massage – Refreshment*

## **Anantara Signature Massage (90 Minutes)**

Our signature blend of oils, combined with purpose-designed movements, stimulates circulation and promotes deep relaxation. Restores the flow of energy, or prana, along the meridian lines.

*Shower – Floral Foot Ritual – Meridien Line Massage – Refreshment*

## **Anantara Synchronised Massage (90 Minutes)**

A truly inspiring and unforgettable spa experience, the medium pressure of Anantara's Synchronised Massage incorporates the exacting skills of two therapists working together in rhythmic tandem.

*Shower – Floral Foot Ritual – Anantara Synchronised Massage – Refreshment*

## **Thai Herbal Compress Massage (90 Minutes)**

This traditional Thai herbal therapy begins with the application of a warm herbal poultice and is followed by a full body massage.

*Shower – Floral Foot Ritual – Thai Herbal Compress Massage – Refreshment*

## **Traditional Thai Massage (90 Minutes)**

This centuries-old therapy, known as passive yoga, is the perfect answer for anyone searching for optimal health, the release of tension and the restoration of dwindling vitality.

*Shower – Floral Foot Ritual – Traditional Thai Massage – Refreshment*



### **Stress Release Massage (90 Minutes)**

Using a combination of strokes and acupressure techniques, and the specially aromatherapy signature blended oils of your choice, this gentle massage is a definite body and mind tonic.

*Shower – Floral Foot Ritual – Stress Release Massage – Refreshment*

### **Jet Lag Massage (90 Minutes)**

Experience an enhancing treatment that provides immediate relief for travellers after a long flight. This full-body massage employs long, kneading strokes to relieve muscle tension, particularly on the legs, lower back, neck, shoulders and around the eyes.

*Shower – Floral Foot Ritual – Jet Lag Massage – Refreshment*

### **Elemis Deep Tissue Massage (90 Minutes)**

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Choose your perfect massage blend from a quartet of Stress-a-Way, Detoxifying, Muscle Melt and Frangipani.

*Shower – Welcome Touch – Elemis Deep Tissue Massage – Refreshment*

### **Elemis Face and Body Sensation (60 Minutes)**

Experience pure indulgence with a unique ice-cool thermal muscle massage customised for specific problem areas to alleviate stress and ease aching muscles, combined with an intensive anti-ageing booster facial to smooth wrinkles and restore youthful radiance.

*Shower – Welcome Touch – Elemis Face and Body Sensation – Refreshment*

### **Scalp, Neck & Shoulders Massage (60 Minutes)**

Re-energise your entire system while alleviating disturbed sleep and reducing fatigue, and benefit from relief of head aches, neck and muscle pains and stiffness, at the same time as improving blood circulation.

*Shower – Floral Foot Ritual – Scalp, Neck & Shoulders Massage – Refreshment*

### **Foot Reflexology (60 Minutes)**

Experience holistic balance and deep relaxation. This fascinating treatment 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.

*Floral Foot Ritual – Foot Reflexology – Refreshment*









# Coconut Leaves & Husk

Boasting unlimited diversity and strength, the leaves and husk of the coconut tree seep into Maldivian culture through familiar rustic touches of exotic island life. Its leaves are interlaced into handsome mats and powerful ship sails, while the husk is woven into rope that is highly coveted well beyond Maldivian borders. Drawing from these promises of protection, shade, connection and renewed lease of life, comes our replenishing body treatment collection.

## **Exotic Island Salt Glow (60 Minutes)**

Inhale a calming, energy warming woody aroma as refined sea salt removes surface dead skin cells and promotes cell regeneration. Alleviate breathing problems with cedar wood. Uplift with ylang ylang, while cary sage allays anxiety and fear.

*Floral Foot Ritual – Exotic Island Salt Glow – Shower – Body Moisturiser – Refreshment*

## **Detoxifying Green Tea Scrub (60 Minutes)**

Nourish and rejuvenate your body with the therapeutic properties of green tea.

*Floral Foot Ritual – Detoxifying Green Tea Scrub – Shower – Body Moisturiser – Refreshment*

## **Essence White Coconut Scrub (60 Minutes)**

Rich in vitamins and anti-oxidants, walnut shell removes dead cells and strengthens new skin to leave it feeling completely clear and smooth.

*Floral Foot Ritual – Essence White Coconut Scrub – Shower – Body Moisturiser – Refreshment*

## **Seaweed Wrap (60 Minutes)**

Rich in organic matters, proteins, vitamins and trace minerals, this slenderising treatment effectively tones and can even re-shape the body when experienced regularly.

*Floral Foot Ritual – Seaweed Wrap – Shower – Body Moisturiser – Refreshment*

## **Detoxifying Green Tea Wrap (60 Minutes)**

Immerse yourself in a calming cocoon of gently cleansing and hydrating green tea.

*Floral Foot Ritual – Detoxifying Green Tea Wrap – Shower – Body Moisturiser – Refreshment*

## **Essence White Coconut Wrap (60 Minutes)**

Indulgently rich and gloriously fragranced, this wrap rejuvenates the skin and combats the effects of modern life.

*Floral Foot Ritual – Essence White Coconut Wrap – Shower – Body Moisturiser – Refreshment*



**Aloe After-Sun Soother (60 Minutes)**

Wonderfully soothing and calming, expert therapists apply fresh, cooling aloe vera gel and a poultice of cold black tea and mint to **decrease redness and pain.**

*Shower – Floral Foot Ritual – Aloe After-Sun Soother – Refreshment*

**Elemis Musclease Ocean Wrap (60 Minutes)**

Drift away while you are cocooned in a comforting wrap that helps ease aching, tense muscles. Finish with a pressure point facial massage and de-stress scalp treatment.

*Welcome Touch – Elemis Musclease Ocean Wrap – Shower – Body Moisturiser – Refreshment*

**Elemis Cellutox Ocean Wrap (60 Minutes)**

Combining the richness of sea plants and marine algae, this therapy helps reduce the appearance of cellulite and relieves the discomfort of fluid retention.

*Welcome Touch – Elemis Cellutox Ocean Wrap – Shower – Body Moisturiser – Refreshment*

**Detoxifying Green Tea Wrap (60 Minutes)**

Immerse yourself in a calming cocoon of gently cleansing and hydrating green tea.

*Floral Foot Ritual – Detoxifying Green Tea Wrap – Shower – Body Moisturiser – Refreshment*

**Essence White Coconut Wrap (60 Minutes)**

Indulgently rich and gloriously fragranced, this wrap rejuvenates the skin and combats the effects of modern life.

*Floral Foot Ritual – Essence White Coconut Wrap – Shower – Body Moisturiser – Refreshment*

**Elemis Musclease Ocean Wrap (60 Minutes)**

Drift away while you are cocooned in a comforting wrap that helps ease aching, tense muscles. Finish with a pressure point facial massage and de-stress scalp treatment.

*Floral Foot Ritual – Musclease Ocean Wrap – Shower – Body Moisturiser – Refreshment*

**Cellutox Ocean Wrap (60 Minutes)**

Combining the richness of sea plants and marine algae, this therapy helps reduce the appearance of cellulite and relieves the discomfort of fluid retention.

*Floral Foot Ritual – Cellutox Ocean Wrap – Shower – Body Moisturiser – Refreshment*





# Coconut Kernel





Coconut's far reaching health benefits are accompanied by an extraordinary trend; when ripe and dry, a coconut placed in damp ground forms a fruit substance from the water that is apple like, and as sweet and tender as can be. Akin to this cherished inner fruit, Anantara Spa mirrors the coconut kernel's delicate transformation in a facial series that delivers remarkable rejuvenation, radiating from deep beneath the surface.

#### **Anantara Signature Facial (60 Minutes)**

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to treat and revitalise your skin. A gentle massage induces a deep state of relaxation while the herbal mask restores the natural balance of your skin.

#### **Elemis Visible Brilliance Facial (75 Minutes)**

To combat ageing, stressed and slackened skin.

Independently tested with revolutionary results, this anti-ageing facial instantly firms, rejuvenates and plumps up the skin, whilst reducing dark circles from around the eye contour. Moisturisation levels of the skin are proven to increase by up to 38% and elasticity by 28% after just 1 treatment.

#### **Elemis Pro Collagen Quartz Lift (75 Minutes)**

See a younger, firmer future, instantly.

An anti-wrinkle facial with proven results. Special lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance.

#### **Elemis Oxygen Skin Calm Facial (75 Minutes)**

This face and eye treatment is pure soothing heaven for sensitive skin.

Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalanced delicate, fragile and sensitive skin, and reduce redness for immediate comfort to stressed skin.

#### **Elemis S.O.S. Purifying Facial (75 Minutes)**

A powerful purifying face and eye treatment for oily, problematic and congested skin.

A Japanese Sulphur Mask is impregnated with Vita-C Booster Serum to help absorb sebum, calm irritation, repair scarring and to rebalance oil-rich pores, leaving a beautiful matt complexion.

#### **Elemis Skin IQ Facial for Men (75 Minutes)**

An intelligent anti-ageing facial that adapts to super boost the skin.

Prescribed to protect against the harsh, ageing effects of shaving and environmental damage, this is the ultimate skin overhaul for men.

## **Salon Services**

#### **Hair Care**

Shampoo & Blow dry  
Shampoo, Cut & Blow dry  
Hair Trim  
Hair Mask & Deep Conditioning

#### **Nails**

Manicure/Pedicure  
French Manicure/Pedicure  
File & Polish  
Gentleman's Mani/Pedi

#### **Waxing**

Eyebrow/Lip  
Underarm  
Bikini  
Half Leg  
Full Leg  
Half Arm  
Full Arm





# Coconut milk & water





Drawing from the bounteous water found at the very centre of the coconut – the largest of which produce a good pint's worth of water that is as clear as that flowing over rocks, as sweet as sugared water, and beautifully thirst quenching – Anantara Spa's bathing rituals invite you to flourish with the fluid essence of this refreshing symbol, in a series that can be tailored to purify, relax, invigorate and energise, according to your mood and wellness needs.

## Bath rituals

### **Anantara Maldives Signature Bath (30 Minutes)**

Treat your skin to a smooth, shimmering glow as you relax in the soothing caress of a coconut and peppermint bath.

### **Exotic Herbal Bath (30 Minutes)**

Soak in an aromatic embrace of carefully selected herbs, and emerge with skin that glows radiantly.

### **Detoxifying Green Tea Bath (30 Minutes)**

Purify in a bath enriched by the detoxifying qualities of green tea, and experience the gentle benefits of natural healing.

### **Anantara Milky Bath Collection (30 Minutes)**

Choose from Anantara's signature Milk Bath Collection – Romance, Balance or Rejuvenating. Enjoy a private tea service as the exotic aromas of a relaxing floral bath balance your mind, body and spirit.

## Steam rituals

### **Thai Herbal Steam (30 Minutes)**

Experience the therapeutic effects of Thai traditional herbs. A haven in which to soothe the body and clear the head.

## In-room treatments

**Traditional Thai Massage (90 Minutes)**

**Swedish Massage (90 Minutes)**

**Foot Reflexology 60 Minutes)**

**Exotic Herbal Bath (30 Minutes)**

**Anantara Milky Bath Collection (30 Minutes)**









# Spa etiquette

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form.
- Please take time to relax in our tranquil surroundings before and after your therapy session, and enjoy a wonderful tea after your treatment.
- Please note that the Spa is unsuitable for small children and babies, as we try to ensure that all our guests benefit from the tranquillity of our surroundings.
- We recommend that you leave all jewellery in the safe of your villa before coming to the Spa.
- Please give 4 hours' cancellation notice on individual treatments and twenty-four hours' notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after oil treatments.
- For men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking or use of mobile phones is not permitted in the Spa.
- Arriving late will decrease the time of your treatment.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications are advised to consult the doctor before signing up for any treatments.
- Please notify Spa receptionists of any existing medical conditions.

Treatments are available from 10.00 am – 10.00 pm  
For reservations, please call Anantara Spa  
Email: [dhiguspa@minornet.com](mailto:dhiguspa@minornet.com)  
**Spa.anantara.com**

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SUNDĀRI

AYURVEDIC  
SPA







**SUNDĀRI**  
AYURVEDIC  
SPA

“The goddess Sundāri is the personification of beauty.  
She is honored in Indian culture for her symmetry, strength and grace.  
This reverence for Sundāri is a regard for the light in each of us.  
By honoring her, we honor ourselves.”



*Find your own personal balance  
at **SUNDĀRI Ayurvedic Spa**  
on Veli Island*

In the world's greatest paradise, the Maldivian elements of lush tropical nature, soft powdery white sands and translucent ocean provide vivid and sensual inspiration. At a resort where our focus is on individual attention to cultivate the ultimate escape, our **SUNDĀRI Ayurvedic Spa** extends a welcoming invitation to discover the beauty of personal well-being.

Believing that what we achieve inwardly changes our outer reality, **SUNDĀRI Ayurvedic Spa** offers a holistic approach that views physical beauty as an expression of internal balance. On a pathway towards harmonizing body, mind and spirit on our journey through life, we help you discover and nurture your own inherent balance through wellness treatments that use natural, traditional ingredients, blended with modern science and our skilful touch to achieve results.







## *The Essence of SUNDĀRI*

Ayurveda, a 5,000 year old traditional system native to the Indian subcontinent, is defined as “**the science of life**”, in which health, happiness and longevity is derived from harmonious well-being of body, mind and soul.

Such a lifestyle is based on an individual's constitution, diet, lifestyle and habits. **SUNDĀRI** is an essential part of that lifestyle.

The Sanskrit word sundāri defines beauty as an experience and an endeavor, not an object to attain. Beauty is about being well, a natural vitality inspired by balance, and a radiance that shines from the inside out.

At **SUNDĀRI Ayurvedic Spa**, a wonderful collection of Ayurvedic inspired luxury skin care products and treatments will help you find your individual sense of beauty and well-being.

Come into our world, leave yours behind, and find the essential balance that you need.







## THE TRI-DOSHA THEORY

In Ayurveda it is emphasized that every individual is formed by three elemental substances. It is the harmony and balance of these elements that keeps us healthy, while an imbalance invites disease.

The three elemental substances, better known as *Doshas*, are *Vata*, *Pitta* and *Kapha*.

Everyone has a unique combination of Doshas which define a person's temperament and characteristics. Each person has a natural state comprising a combination of these three elements, and should seek balance by modulating their behavior or environment.

### VATA

Vata is the force of propulsion. It governs all movement, including muscles, nerve impulses and thoughts. Vata literally means 'wind'. Vata is a subtle Doshas that goes out of balance easily. Vata people often suffer from depletion of nutrients. Their behavior is creative when balanced, or erratic and dispersed when imbalanced. Vata is the element of Ether and Air in the body. Ether has a spacey quality, and Air has movement. Vata senses are hearing and touch.

### PITTA

Pitta is the principle of heat, digestion and all transformation in the body. Pitta is the acid secretion from the stomach, bile from the liver, and inflammation. Pitta people dream in color. Pitta can also color the skin and create freckles and red hair. In the body, the element of Fire always comes with Water. Pitta is both. Pitta's sense is vision but Pitta also has a strong sense of smell.

### KAPHA

Kapha is growth of tissue, production of mucous and fat, and retention of fluids. Kapha is the stable, relaxed Doshas. It is the force of consolidation, solidity and denseness. Kapha people are great homemakers. Kapha is Water and Earth. Kapha senses are taste and smell.





## Consultation

At SUNDĀRI Ayurvedic Spa, your journey starts with an in-depth consultation with our Ayurvedic Doctor.

Using various techniques (pulse, iridology, tongue and a health interview) our Ayurvedic Doctor will identify your dosha type or combination of doshas that determine your current imbalances. According to this assessment, a personalized treatment experience, exercise program and diet will be designed for you by the Ayurvedic Doctor to ensure the balancing of your energetic constitution for good health.

At the end of your journey, our Ayurvedic Doctor will provide you with take-home information to continue an Ayurvedic lifestyle once you return to your daily routine. This practical advice will encourage your commitment to living a lifestyle that brings more balance and vitality.

## Ayurvedic Programs & Experiences

For those needing to detox, de-stress or are in great need of rejuvenation from a draining lifestyle, we offer specific programmes that focus on improving your mental, physical and emotional state through Ayurvedic treatments, diet and mind-body practices. We offer 1 day and 3 day sampler programs, however if you would like to extend your program please let us know and we will happily customise this for you.

*Each programme includes:*

- Consultation with resident doctor
- Daily yoga or pranayama class
  - Treatments
- 3 Ayurveda-inspired meals

Please request if you would like to see a sample program. The program will be tailored to your personal Dosha constitution as advised by our Ayurvedic Doctor.







## Traditional Ayurvedic Treatments

### *Abyhanga* (60 / 90 minutes)

Abhyanga is a massage of the body with large amounts of warm oil that have been blended with medicinal herbs. Its benefits are far reaching; relieving stress, toxins and fatigue, improving circulation, enhancing mental alertness, softening skin, strengthening stamina and calming the nerves.

### *Shirodhara* (45 Minutes)

With its relation to the constant flow of life, this massage coordinates and calms mind, body and spirit. It enhances blood circulation to the brain, improves memory, nourishes the hair and scalp, and generally aids the release of tension.

### *Pizhichil* (90 Minutes)

A gentle flow of warm oil all over the body is aimed to keep you fit and healthy, and also to prevent premature ageing, providing a fresh surge of energy that leaves you feeling relaxed and refreshed.

### *Udwarthanam* (60 Minutes)

This dry massage using herbal powder acts as a natural scrub, which increases overall circulation to the skin and removes dead cells, resulting in a renewed appearance.

### *Lotus Indulgence Massage* (90 Minutes)

Melt into a harmonious massage to balance body and mind. A unique combination of Shirodhara and Abhyanga massage has a positive effect on emotional wellbeing. Float out of this soothing treatment, feeling at one with yourself and carefree.

### *Pinda Swedana* (60 / 90 Minutes)

Pinda Swedana is a comforting therapy in which hot herbal pouches filled with medicinal herbs are applied to the entire body to open channels, whereby the herbs can easily enter underlying tissues. This leaves the body with improved blood circulation and neuromuscular conditions, soothed pain in the joints and a feeling of restored vitality throughout the whole body.

### *Siro Abhyangam* (60 Minutes)

This deep pressure massage, using medicated oils, focuses on the head, neck, shoulders and back, effectively releasing knots and tightness in the muscles where we tend to store the most stress and tension.







## Tanlepa (30 Minutes)

*Pada Soundhariym* (60 Minutes)

### Doctor's Specialty Remedies for Specific Ailments

### Weight Loss (3 – 5 Days)

*Abhyanga • Udwarthanam • Pinda Swedana • Yoga*

*Abhyanga • Pinda Swedana • Shirodhara • Pizhichil • Yoga*

*Abhyanga Massage • Shirodhara • Yoga*

*Abhyanga • Shirodhara • Nasyam • Jalneti*





## SUNDĀRI Ayurvedic Treatments

### Facials

#### *The SUNDĀRI Facial* (60 Minutes)

Organic active ingredients are custom blended, based on a personal Dosha assessment, for intensive exfoliation, nutrient infusion and a renewed moisture balance. Pressure point stimulation for the face and scalp, along with lymphatic stimulation, completes the experience, creating healthy, radiant skin.

#### *Age Defying Firming Facial* (90 Minutes)

Reclaim your skin's youth. This advanced treatment, featuring the regenerative properties of Gotu Kola, feels luxurious but acts powerfully, instantly exfoliating, firming and improving the skin's tone and texture. Combining focused massage therapies with our potent skin-tightening mask, this facial defies gravity and restores radiance.

#### *Intensive Healing Facial* (90 Minutes)

This facial purifies even the most delicate skin by sharing the benefits of Neem, known in India as the "*pharmacy tree*". Organic plant extracts combined with soothing oils work to heal, hydrate and firm - restoring balance to sensitive or irritated skin, to regain strength and a youthful glow.

#### *Beautiful Eyes* (30 Minutes)

Hydrate and firm the delicate eye area with this luxurious treatment. Signature massage techniques gently apply our proprietary anti-ageing formula to soothe, hydrate and release stress.

#### *Firming Neck Treatment* (30 Minutes)

Reclaim a firm, healthy appearance for the neck and décolletage. Intensive exfoliation with enzymes and Bamboo extract reduces roughness, uneven pigment and loose skin. An energizing mask and massage, calling on the rejuvenating effects of Gotu Kola and deep penetrating peptides, leaves skin firm, smooth and restored.





## Body Envelopments

### *Firming Body Envelopment* (90 Minutes)

True indulgence to beautify your whole being. The spa experience begins with an aromatic warm oil back massage with Triphala or Lotus Oils, followed by full body exfoliation with our Gotu Kola and Walnut scrub, finishing with our unique skin-firming body mask. You're left rejuvenated, refreshed and toned, all over.

### *Omega 3 Body Envelopment* (90 Minutes)

Layer upon layer of body nourishing ingredients are combined in the most luxurious of treatments. The journey unfolds in a welcoming back massage, full body exfoliation with organic sugar and Flaxseed Oil, a nourishing Soy and Mango Seed Butter massage, an aromatic mask of Vetiver, Mimosa and Babassu, finished lightly with our Loquat Body Milk, to leave the skin richly hydrated, smooth and soft.

### *Neem Body Envelopment* (90 Minutes)

A complete detoxifying experience for mind and body. This Ayurvedic-inspired therapy layers healing and cleansing ingredients to purify skin in stages. The sequence commences with our welcoming back massage, leading into full body exfoliation with our Neem and Date Seed body scrub, followed by an aromatic oil massage and a nourishing therapeutic mask.



## Signature Experiences

### *Firming Experience* (120 Minutes)

Firm and contour, and let your senses play. Our active ingredients of Cardamom, Rose Hips and Gotu Kola energize and revitalize as they improve the elasticity of skin. The ritual begins with a signature foot scrub, followed by full body exfoliation, then a massage with a stimulating aromatic oil, after which an envelopment and bath concludes the experience.

### *Healing Experience* (120 Minutes)

Restore and find balance, in both body and mind. Created around the benefits of Neem, India's "pharmacy tree", this ritual blends therapeutic and aromatic herbs to harmonize and comfort the spirit, as it treats the body first with a signature foot scrub, then full body exfoliation, a massage with restorative oil to release negative energy, and to finish an envelopment and bath.

### *Supplifying Experience* (120 Minutes)

Awaken your senses in full as you nourish your body. Infused with herbs and aromas that feed the body, this holistic ritual encompasses a signature foot scrub, full body exfoliation, a massage with lush balm to open the Marmas (*the body's energy channels*), and finally an envelopment and bath.

### *Sundari Make Over* (170 Minutes)

Spoil yourself with a pampering head to toe experience to bring out the beautiful princess within you. Begin with mini pedicure and manicure treatments, leading into a Sundari body envelopment that is personally prescribed to your needs and dosha type. Then soak in a relaxing floral bath infused with Indian herbs and a dosha specific Sundari essential oil blend.





## Ayurvedic Enhancements

### Yoga

The practice of Yoga, which incorporates flowing movement, deep stretching and rhythmic breath work, can promote the results of your Ayurvedic experience. Its benefits impact both the body and mind by toning muscles, stimulating vitality, encouraging us to be mindful about the way we live our lives, and fostering a sense of peace.

A variety of Yoga classes are available at Anantara Veli Maldives.



### *Surya Namaskar* (60 Minutes)

Formerly known as Sun Salutation, this toning exercise has been designed to warm up your whole body and integrate the body, mind and breath. This spiritual exercise stretches, compresses, arches and reinforces all the major muscles of the body, as well as the digestive and respiratory organs.

### *Chandra Namaskar* (60 Minutes)

Formerly known as Moon Salutation, this exercise helps you to channel lunar energy; which has cool, relaxing and creative qualities. Chandra Namaskar also stretches the spine and all major muscle groups in the body.

### *Pranayam & Meditation* (60 Minutes)

Combat daily stresses through Pranayam Yoga - the highest form of purification and self-discipline, covering both mind and body. Meditate and effortlessly let your mind become calm and peaceful. These two methods combined will increase your concentration, boost your productivity and relieve you from stress.

### *Weight Reduction* (60 Minutes)

Target unwanted fat pockets in the body. For centuries Yoga has been used as a way to gain and maintain a healthy body; it influences the metabolism by acting upon several hormonal secretions. In addition to weight reduction, this ancient Indian mediation art also helps achieving better muscle tone and vitality.

### *Pregnancy Yoga* - Available on request

Enhance your ability to relax and enjoy your pregnancy by preparing physically, mentally & emotionally for childbirth.

Through gentle poses, breath work and meditation techniques learn to adjust to the physical changes to your body and manage discomforts. You'll gain strength, flexibility and self confidence and learn to consciously focus on and spiritually experience your pregnancy.

### *Ayurvedic Cooking Class*

The SUNDĀRI Ayurvedic Spa is an experience that we hope will have a deep and long lasting beneficial impact in your lifestyle, long after you leave us. With this in mind we invite you to take home the skills and techniques to maintain a delicious, nutritious diet.

Learn about the intrinsic connection between Ayurveda and healthy living. Master the art of planning well balanced vegetarian meals made from grains, beans, vegetables, fruits, seeds, dairy products, fat, spices and herbs, based on fundamental Ayurvedic principles. Leave us with flavorful inspiration to help you maintain nutritional balance, which plays a vital role in overall well-being.



# Spa Etiquette

- Please arrive 15 minutes prior to your consultation in order to take time to relax in our tranquil surroundings.
- We ask that you reserve “time” for yourself rather than booking specific therapies when visiting the spa. Your Ayurvedic experience will be determined by our Ayurvedic Doctor who assesses the right treatments for your body and mind through a thorough consultation. A 2 hour reservation time is recommended.
- Please note that the spa is unsuitable for small children and babies, as we try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend that you leave all jewellery in your room before coming to the spa.
- All treatments are charged to your room and will appear on your account at check-out.
- Please give four hours’ cancellation notice on individual treatments and 24 hours’ notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after an Ayurvedic treatment.
- Men – please shave prior to all treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Arriving late will decrease the time of your experience.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications, are requested to notify the Ayurvedic Doctor who will make recommendations accordingly.
- All prices are in USD and are subject to 10% service charge and applicable Goods and Services Tax.



SUNDARI  
AYURVEDIC  
SPA

*Abyhanga*

(60 / 90 minutes) | USD

*Shirodhara*

(45 Minutes) | USD

*Pizhichil*

(90 Minutes) | USD

*Udwarthanam*

(60 Minutes) | USD

*Mukha...*





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SPA