

## ***PLEASE BE INFORMED***

### ***Etiquette***

*We respectfully request that all visitors to keep the noise to a minimum. Cellular phones and electronic devices are discouraged.*

### ***Reservations***

*To ensure that we can accommodate your spa experience on your preferred date and time, we recommend you to book 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 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, is pregnant or has any other medical complications is advised to consult the in-house doctor before signing up for any spa services. Please inform your medical condition to your Spa therapist.*

### ***Smoking and alcohol***

*Smoking and consumption of alcohol within the spa strongly prohibited.*

### ***Valuables***

*We recommend that no jewellery must be worn during treatment. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa premises.*

### ***Cancellation Policy***

*For any cancellation not informed 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*

*50 minutes USD 113 / 80 minutes USD 167.00*

The local traditional full body massage with “Passion” oil. The techniques to be used include 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 Modun*

*50 minutes USD 113.00*



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.

### *Swedish Massage*

*50 minutes USD 119.00 /80 minutes USD 173.00*



A full body massage with “sweet dream” oil.

The massage combines long gentle strokes, kneading and firm circular movements. This is based on European folk massage, oriental techniques from the Middle East and the emerging knowledge of modern anatomy and physiology that uses relaxing strokes 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***

***50 minutes USD 113.00 /80 minutes USD 167.00***

A full body massage with “invigoration” oil.

This massage derived from Ancient Indonesian and Malay methods; is ideal for relieving the body from stress and tension.

This massage is ideal for restoring balance to the body, mind, and soul. It is a deep tissue massage with pressure applied by forearms and hands in long sweeping strokes all over the body.

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

### ***Well - Being Massage***

***50 minutes USD 113.00 / 80 minutes USD 167.00***

A full body massage with “harmony” 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.



### ***Back Rejuvenator***

***25 minutes USD 60.00***

A massage only for back & upper shoulder area with oil

Most of the body’s tension accumulates in this important part of the body as the back is our physical support system. It is a combination of Maldivian, Polynesian and Swedish technique that perfectly fits your needs.

***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***

***25 minutes USD 60.00***

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.



### ***Reflexology***

***50 minutes USD 107.00***

A special Ancient Healing Therapy with “powder”.

It is a holistic therapy that treats your whole body, mind and spirit. And it is also a natural and safe form of healing which harmonizes with any other therapy. This is a very detoxifying treatment using various techniques where in the therapist will stimulate reflex zones in your feet.

***Benefits:*** Stimulates senses, detoxifies and test your healthiness.



### ***Healing Aroma Massage***

***50 minutes USD 125.00 / 80 minutes USD 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.



### ***Thai Massage***

***60 minutes USD 113.00 / 120 minutes USD 190.00***

A dry or pressure massage for full body.

This classic famous treatment all over the world and has been a part of life in Thailand for over centuries. The treatment involves gently pulling, stretching, bending of muscles and massaging the paths of Prana [life] using elbows, feet and hands.

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



### ***Baby massage***

***25 minutes USD 60.00***

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.



### ***Loabi-Loabi (Romance)***

***80minutes USD250.00***

A Special Couple massage for 50minutes & 30minutes bath with “Ayurvedic oil & Herbal powder”

This massage is especially for couples; a honeymoon massage-aphrodisiac is a combination of special herbal oils. After massage the couple will be left alone to relax in an herbal bath.

**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.



### ***SAMUNPRAI Thai Herbal Heat Energizer***

***80 minutes USD 173.00***

Drift away tensions while enjoying this unforgettable traditional 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.



### ***Kra- Chap, Slimming Body Ritual***

***150 minutes USD 309.00***

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.



## **ANTI-CELLULITE BODY SPA**

**80 minutes USD179.00**

**Body condition:** Especially for treating cellulites.

A special formulated brown algae mask (seaweed) to be wrapped over the whole body. Algae have been known for its effect in anti-cellulite treatment to drain away toxins. Anti-cellulite spa oil will be massaged over the area to be treated to enhance the optimum result. After which your whole body will be wrapped with brown algae.

**Benefits:** Cellulites reduced. Blood circulation improved. Fat deposits breaks down. Regular visit (3 to 5 treatments) will help to slim you down.



## **HEALING STONE SPA THERAPY**

**80 minutes USD155.00**

Healing stone therapy makes you feel deeply relaxed, allowing you to let go of all the stress that is held within your body. It is really an amazing experience to offer to the ones you love.

Those experiencing a hot healing stone therapy will notice a healing improvement of the following symptoms of Muscular aches, pains, sprains, and strains.

**Benefits:** Improves poor circulation, for Rheumatic and arthritic conditions, Back pain, for stress, anxiety, tension, Insomnia and Depression.



## **DETOXIFYING BODY SPA**

**80 minutes USD173.00**

**Body condition:** 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 removes 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.



## ***ARAAMU FACIALS AND EYE THERAPY***

### ***Deep Cleansing Facial*** ***50 minutes USD 107.00***

This facial is ideal for men and women. A dual cleansing totally relaxing experience that deeply cleanses tones and gently removes dead skin cells.

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



### ***Aroma Therapy Facial Massage and Mask*** ***70 minutes USD 131.00***

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.



### ***Royal Honey Facial*** ***50 minutes USD 101.00***

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*** ***25 minutes USD 60.00***

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***  
***50 minutes USD 96.00***

Let your eyes be pampered and rejuvenated with this amazing eye treatment that combats fine lines, puffiness and dark circles. A secret blend of warm botanical ingredients from our Asian garden will gently nourish and soothe the lids. Then the light touch of a shiatsu and lymphatic drainage massage will reduce puffiness and dark circles 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.



***LUXURIOUS FACE SPA***  
***80 minutes USD 131.00***

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 used 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.



## ***LUXURIOUS SPA EYE THERAPY***

***50 minutes USD 90.00***

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 biomatrix phyto fibre 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.



**ARAAMU BODY SPA**  
***Coconut and Sandalwood Scrub***  
**25 minutes USD 66.00**

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***  
**25 minutes USD 60.00**

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***  
**50 minutes USD 96.00**

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.



### ***Cooling Body Wrap*** **50 minutes USD 96.00**

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.



### ***Fruit and Lavender Wrap*** **50 minutes USD 96.00**

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.



## ***ARAAMU SPA PACKAGES***

### ***TENDERNESS***

***75 minutes USD179.00/per person***

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

### ***PASSION***

***75 minutes USD161.00/per person***

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

### ***TROPICAL TREAT***

***80 Minutes USD 155.00/per person***

Jasmine Flower Bath  
Well Being Massage  
Freshly blend smoothies



### ***SOUL TO SOLE***

***160 Minutes      USD 262.00 per person  
USD 499.00 per couple***

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

### ***ABSOLUTE SPA RITUAL***

***125 Minutes      USD 262.00 per person  
USD 499.00 per couple***

Well Being Massage  
Coconut and Sandalwood Scrub  
Reflexology  
Freshly Blend Smoothies



## **ARAAMU ONE WEEK CLASSIC PACKAGE**

***7 Days Pampering Beauty & Wellness Programme  
USD 1664.00/ person***

***Day 1 (190 minutes) USD 333.00 per person  
USD 642.00 per couple***

Luxurious Face Spa  
Detoxifying Body Spa  
Jasmine Flower Bath  
Freshly Blend Smoothies

***Day 2 (160 minutes) USD 250.00 per person  
USD 476.00 per couple***

Healing Aroma Massage  
Reflexology  
Sauna Bath  
Lemon Grass Steam Bath  
Jacuzzi  
Freshly Blend Smoothies

***Day 3 (100 minutes) USD 185.00 per person  
USD 357.00 per couple***

Well-Being Massage  
Tasuay Restorative Eye Treatment  
Freshly Blend Smoothies

***Day 4 (150 minutes) USD 297.00 per person  
USD 571.00 per couple***

Healing Stone Therapy  
Reflexology  
Anti-Stress Facial  
Jasmine Flower Bath  
Freshly Blend Smoothies



***Day 5 (160 minutes) USD220.00 per person  
USD416.00 per couple***

Sarawak Massage  
Luxurious Eye Spa Therapy  
Sauna/Steam  
Jacuzzi  
Freshly Blend Smoothies

***Day 6 (150 minutes) USD 286.00 per person  
USD 547.00 per couple***

Anti-Cellulite Body Spa  
Aromatherapy Facial  
Freshly Blend Smoothies

***Day 7 (160 minutes) USD226.00 per person  
USD428.00 per couple***

Fruit and Lavender Wrap  
Araamu Manicure  
Araamu Pedicure  
Freshly Blend Smoothies



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

### **ARAAMU MANICURE**

**50 minutes USD 72.00 per person**

Complete pampering experience for your hands and fingernails. Following your manicure a wonderfully relaxing hand massage with blended oils and a toning hand cream, will leave your hands and nails looking and feeling exquisite.

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

### **FRENCH MANICURE**

**60 minutes USD 84.00 per person**

(A hand massage, cleaning procedure and famous French tip application)

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

### **POLISH APPLICATION**

**10 minutes USD 30.00 per person**

(A normal polish application only)

### **ARAAMU PEDICURE**

**60 minutes USD 84.00 per person**

A total make over for your tired feet that will leave them refresh, relaxed and ready for the beach. Warmed aromatherapy oils nourish and condition your feet. This follows ever-refreshing pedicure. An experience that promises to leave you walking on clouds nine.

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



## ***ARAAMU BATHING CEREMONIES***

A great way to relax before any treatment.

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

***30 minutes USD 48.00 per person***

***USD 66.00 per couple***

A power full synergy of lavender and chamomile will awaken the senses through the touch of aroma; this deeply relaxing synergy soothes the mind, melts away tension and relaxes the body.



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

***30 minutes USD 54.00 per person***

***USD 78.00 per couple***

A beautiful and romantic bathing experience to scent and nourish your skin. In Indonesia it is believed the benefits of the different chakra petals can offer you a link to the spiritual world. Your senses will be delighted by jasmine, ylang-ylang tea absolute and vanilla.

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

JACUZZI	60 Minutes USD 30.00 /per person
SAUNA	60 Minutes USD 24.00 /per person
STEAM BATH	60 Minutes USD 24.00 /per person



## ***SPECIAL PACKAGE***

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

***60 Minutes USD 42.00 /per person***



## **ARAAMU SALON**

### ***Ladies Hair***

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

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

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

Extra charges will be made for additional treatments

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