

# PAMPER YOUR SENSES

ARAA MU SPA  
PAMPER YOUR SENSES



# 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.

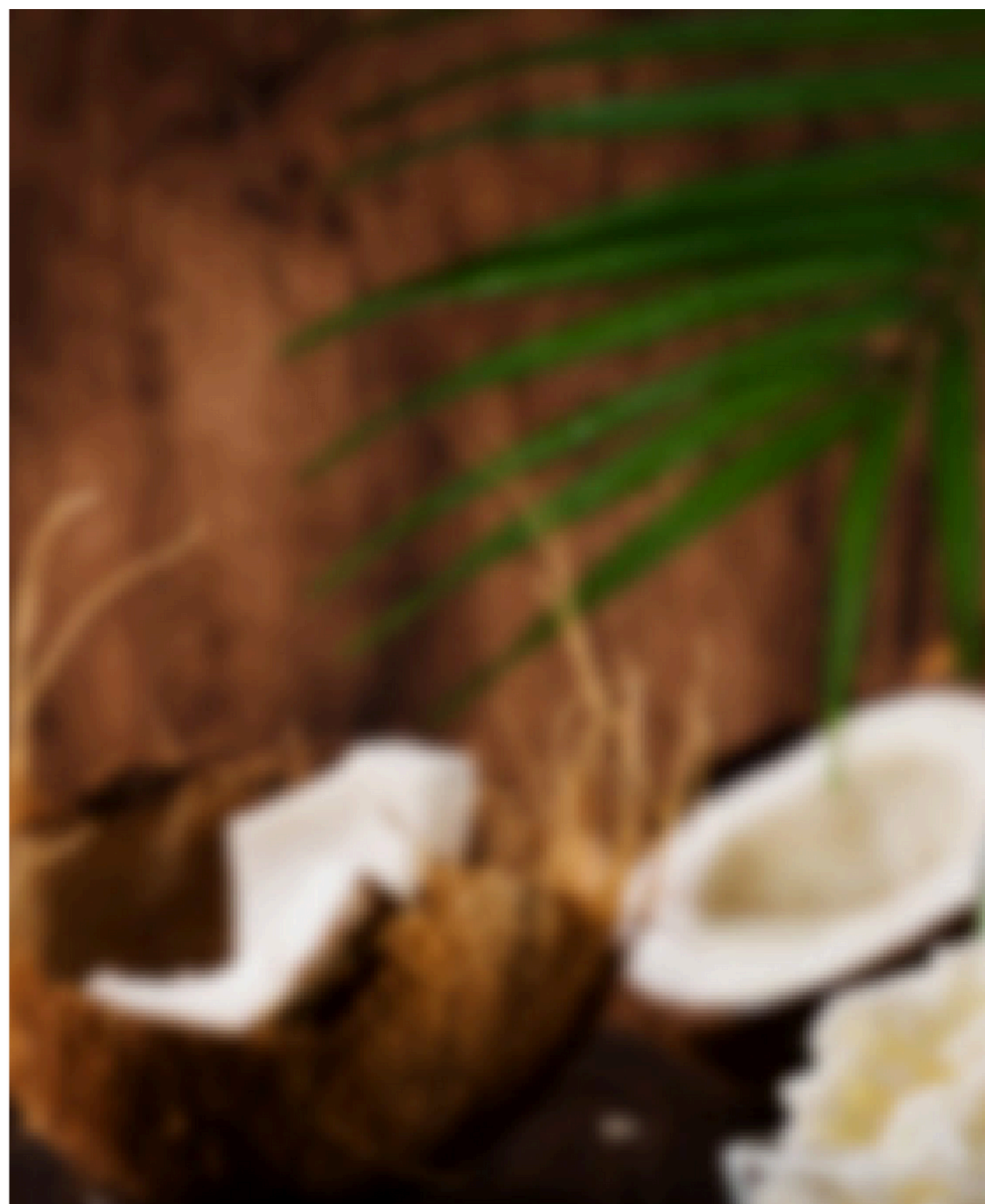




**SIGNATURE  
EXPERIENCE**



**SERENITY  
RITUALS**



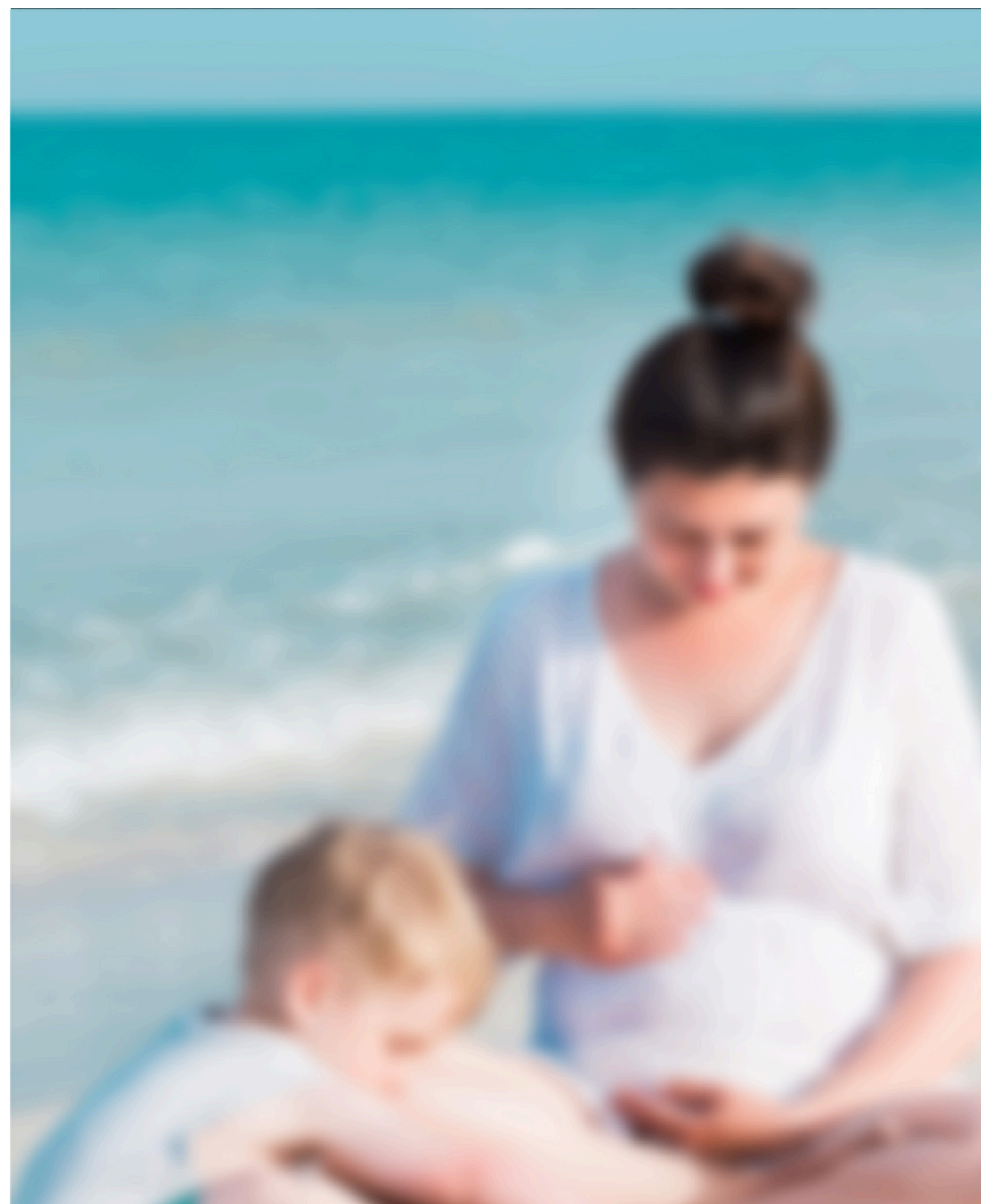
**ISLAND  
JOURNEYS**



**WELLNESS  
THERAPIES**



**FACIAL  
ESSENTIALS**



**MOMMY  
& KIDS**



**GROOMING  
NEST**



**WET  
FACILITIES**



SWEPT AWAY

Digital detox for singles 100 Minutes | \$195  
Digital detox for couples 100 Minutes | \$390

Inspired by the purifying energy of the ocean, navigate through complete detoxifying experience. To start, reset the immune system with warming ginger lemonade, detoxifying foot ritual and deep abdominal breathing.

Continue this journey with Himalayan salt pulling therapy combined with scalp reflexology to alleviate electromagnetic field and brain-fog caused by overuse of electronic devices. To further boost body purification, combine cool Himalayan salt stone massage with warm herbal vitality bath. During this rejuvenating massage, essential minerals found in the stones will absorb into your skin helping to neutralize free radicals while herbal bath will reduce muscular tension and chronic inflammation.

To complete your detoxifying experience, sit back, relax and enjoy fresh papaya shake. Empty the mind of all stagnant energies and allow ocean breeze to flow through your fully cleansed body and mind.





# SERENITY RITUALS

Head to Toe Collection to Pamper your Senses

*Your SPA EXPERIENCE starts with detoxifying foot ritual, aromatherapy with deep abdominal breathing followed by full body massage/treatment.*



## 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.

## 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

*Your SPA EXPERIENCE starts with detoxifying foot ritual, aromatherapy with deep abdominal breathing followed by full body massage/treatment.*



## ARAAMU IMMERSION

Wake up

60 Minutes | \$169

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.

## VOYAGER

Let go

60 Minutes | \$169

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.

## GOOD VIBRATIONS

Be still

60 Minutes | \$169

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.

## 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.

## 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.

## ADD ON

Body scrub

20 Minutes | \$69

A choice of coconut or citrus.

Body wrap

20 Minutes | \$69

A choice of coconut yogurt.



# WELLNESS THERAPIES

Ayurvedic Treatments Infused with Holistic Powders & Oils

*Your SPA EXPERIENCE starts with detoxifying foot ritual, aromatherapy with deep abdominal breathing followed by full body massage/treatment.*



## 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.

## 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.

## 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.

## 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.

## 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 support75 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 booster50 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 skin50 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 purity50 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

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.





A pregnant woman with dark hair in a bun, wearing a white lace-trimmed top, sits on a sandy beach. A young child with blonde hair, wearing a white tank top and teal shorts, sits on the sand in front of her, playing with a small blue and green toy truck. The ocean with white-capped waves is in the background under a clear blue sky.

# MOMMY & KIDS

Natural Luxuries for Mummies and Little Spa-Goers 4 to 10 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.

MINI ME

Kiddie massage 60 Minutes | \$120

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

SWEET DREAMS

Kiddie body massage 30 Minutes | \$69

BUSY BEE

Kiddie coconut yogurt body cocoon or body scrub 30 Minutes | \$69

BABY FACE

Kiddie facial massage 30 Minutes | \$69

BUBBLE TROUBLE

Little ladies & gents head & foot massage 30 Minutes | \$69





# 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.

## 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.

## 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.

## 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 \$72 Single — \$99 Couple

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

**Healing aroma** — 30 Minutes \$72 Single — \$99 Couple

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

JACUZZI | SAUNA | STEAM BATH

— 60 Minutes \$59 Single — \$89 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** 

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 **Save 10%**

**Bundle 5 treatments of your choice** 

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 **Save 15%**

**Bundle 10 treatments of your choice** 

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 **Save 20%**

- \*\*\* Not valid with any other offers or promotions
- \*\*\* Non-shareable
- \*\*\* The chosen treatment will be charge all at once.



# HOW TO SPA



## SPA TREATMENT HOURS

The spa opens from 0900 to 2000 hours each day. The last treatment ends at 2000 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.

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## CONTACT US

Tel: +960 730 8932  
Ext: 345/245  
E-mail: [park@araamuspa.com](mailto:park@araamuspa.com)

## 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 17% TGST.
- o All-Inclusive discount applicable for selected treatments.