

Areka

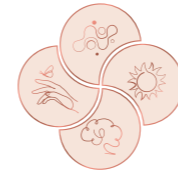


There are several different ways to experience our isle of wellbeing, be it through exploring The Discovery Sound Path, enjoying new therapies under the healing hands of our Wellbeing Therapists at AREKA, learning about natural ingredients from our Herbologist at the AKTAR, experiencing weightlessness while gently drifting away in KAASHI, or reconnecting to the innate freedom and strength of your body at CORE.



CONSULTATIONS

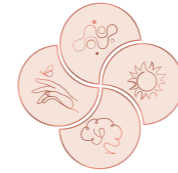
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WELLBEING WISDOM OF YOGA

60 mins

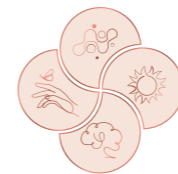
Let ancient knowledge expand your understanding of modern wellbeing. At these interactive sessions with our specialist, you can explore a plethora of practices, including yoga postures, breathwork, meditation, body alignment, energy work and mind training. The wisdom of yoga, meaning “to unite”, offers a way to strengthen all dimensions of life and bring them into harmony.



TRADITIONAL CHINESE MEDICINE CONSULTATION

90 mins

A system of health and wellbeing that has evolved over millennia, Traditional Chinese Medicine (TCM) addresses concerns by restoring the unimpeded flow of Qi (vital energy). Forming the basis of your TCM journey, this in-depth analysis relies on classic techniques like tongue and pulse diagnosis. Begin the healing process with a carefully chosen therapy, such as Acupuncture, Cupping or Moxibustion, included in your first consultation session.



NATUROPATHY CONSULTATION

60 mins

Discover a holistic approach to treatment with Naturopathy, which focuses on finding the root cause of health concerns — rather than simply suppressing the symptoms. During this session, our expert consultant will take a detailed history, ranging across diet, lifestyle, exercise, emotions and sleep, in order to provide you with a set of personalised recommendations for wellbeing.



AYURVEDA CONSULTATION

60 mins

Ayurveda is a comprehensive healthcare system based on harmony with nature — internal as well as external. Experience the profound benefits of this ancient yet highly advanced science with our in-house Ayurveda expert. An initial assessment will help you to understand your innate nature and identify imbalances that need attention. Based on these factors, our consultant will recommend appropriate lifestyle changes, dietary guidelines and, if needed, herbal remedies and formulations for overall wellbeing.



NUTRITION CONSULTATION

60 mins

Tap into the innate intelligence of your body to achieve your health goals. On a molecular level, nutrients transmit signals that can be translated into changes in gene expression. This means the correct diet has the potential to naturally bring about transformative changes in your body. Our experienced nutritionist will develop a customised plan centred around the nutrients, eating patterns and dietary protocols that will work best for you.



MESSAGES

Areka



THE FOUR PILLARS SIGNATURE MASSAGE

60/90 mins

Rebalance and renew with this transformative treatment, performed with our Four Pillars essential oil blends. Energy meridians are stimulated for a free flow of vital life force, invigorating your body's natural energy reserves. As restless thoughts are quieted and muscles are relaxed, a profound sense of calm awakens.



MIND THERAPY

60/90 mins

Leave your worries at the door and let a feeling of peace wash over you. This soothing massage uses a traditional mixture of warm myrrh, frankincense and lavender oils, blended by our herbalist at the AKTAR. The gentle sounds of singing bowls bring you into a meditative state, while your therapist stimulates reflexology points on the feet to create a free flow of Chi (vital energy). The mind feels tranquil and centred, bright with a new clarity.



SKIN THERAPY

60/90 mins

Awaken your body's natural detoxification system with the soft exfoliation of a dry brush, which stimulates the lymphatic system. Toxins are gently eliminated, leaving you ready for a deeply invigorating contouring massage, focused on toning cellulite-prone areas like the thighs, love handles, arms and buttocks. The AKTAR's nurturing immortelle essential oil blend leaves your skin nourished, energised and glowing.



MICROBIOME THERAPY

60/90 mins

Drift into serenity with this full-body massage, designed to strengthen gut health. The use of soft, circular hand movements creates a feeling of connection and flow, from head to toe. Focusing on the abdomen area, your therapist uses deep yet gentle strokes, combined with reflexology techniques, to relax and heal the muscles. Digestive wellbeing is further supported with a blend of ginger, pomegranate and clary sage essential oils, crafted at the AKTAR.



ENERGY THERAPY

60/90 mins

Replenish your energy reserves with this restorative treatment, which combines gentle stretching with carefully chosen massage techniques to ease fatigue, detoxify the body, and relieve the tension stored in your muscles and mind. Filled with freshly ground herbs from the AKTAR, our hot poultice compresses have a distinctly energising effect. Emerge feeling uplifted and revitalised, ready for a new chapter of discovery.



INTEGRATIVE MASSAGE

60/90 mins

Designed for full-body renewal, this effective therapy leaves you deeply invigorated. Feel the tension melt away as your therapist uses a combination of massage techniques to relieve aching muscles, improve range of motion, and increase circulation.



DEEP TISSUE MASSAGE

60/90 mins

Going beyond the surface to focus on the inner layers of muscles and tissues, this intense treatment relieves deep-seated stress. Strong, invigorating massage techniques are used to release trigger points and knots, ease back and neck pain, and address myofascial tension.



THAI MASSAGE

60/90 mins

Improve your range and freedom of movement with this ancient therapeutic massage. A flowing sequence of assisted stretches and rhythmic pressure helps to release muscular tension and energy blockages. Performed in loose and comfortable clothing, Thai Massage offers an ideal way to relax the body when feeling stiff.



HOT STONE MASSAGE

60/90 mins

The elements of fire, water and earth come together to bring profound relief to tight muscles and comfort a stressed, weary spirit. Medium-pressure massage is combined with the placement of hot stones on key points around the body. The heat seeps through your muscles, allowing the therapist to work more deeply and lead you into a state of complete relaxation.



AYURVEDA

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SHIRODHARA

60 mins

Awaken peace of mind with this classical Ayurveda procedure, which involves a continuous flow of warm herbarized Ayurvedic oil, gently poured over your forehead. This traditional stress-reliever is also useful in treating insomnia and hair-related concerns.



ABHYANGA

60/90 mins

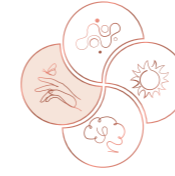
Discover the most widely loved Ayurvedic full-body massage, performed with traditional techniques and warm medicated oils. Enjoy a plethora of benefits as the body is nourished from scalp to sole. This therapy slows down ageing, alleviates fatigue and promotes tranquillity.



ABHYANGA SHIRODHARA

90 mins

Experience a potent combination of two popular Ayurvedic therapies — Shirodhara and Abhyanga. Start with a full-body massage performed with warm medicated oils, followed by a gentle stream of herbarized Ayurvedic oil poured continuously over the forehead. Deeply nurturing and healing, this blended treatment strengthens the nervous system and supports overall physical and mental wellbeing.



UDVARTANA

60 mins

Feel light in body and spirit with our specialised Ayurvedic massage, performed with carefully selected herbal powders. By reducing excess cellulite, rejuvenating the skin and toning the body, this unique full-body treatment gifts you a wondrous sense of weightlessness.



PADA ABHYANGA

60 mins

As specific Marma points (vital points) on the feet and the lower leg are stimulated, the balancing effects can be felt throughout your body. Along with promoting mind-body relaxation, this traditional massage also washes away fatigue, enhances foot health, improves vision and prepares you for restful sleep.



KATI VASTI

60 mins

Nurture the hardworking joints in your back with this targeted Ayurvedic therapy. Warm medicated herbal oil is poured and pooled over the affected joint or lumbar region, working its healing magic for an extended period of time. Feel the relief of pain and stiffness melting away, as the treatment strengthens surrounding muscles and ligaments, increases lubrication and enhances blood supply.



BODY

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BODY WRAP

60 mins

Purify and revitalise yourself, enveloped in the pure goodness of nature. A magnesium-rich exfoliation prepares the body for a detoxifying mud wrap. Feel fatigue vanish as powerful ingredients like seaweed, algae, clay and ultra-pure magnesium get to work. A head massage with botanical oils completes this replenishing journey.



LEGS, HIPS & GLUTEAL DETOX

120 mins

Designed to detoxify and tone, this treatment devotes attention to your thighs, glutes, hips and lower back. A purifying scrub sets the stage, followed by a focused myofascial massage, cupping and cryotherapy. As a final step, you will be cocooned in a detoxifying body wrap, with infrared heat allowing the ingredients to permeate deep into your skin.



FATIGUE FIGHTER

120 mins

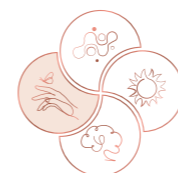
The ultimate recovery treatment for when you are feeling jetlagged, stressed or simply exhausted. Experience a series of healing therapies, including breathwork, body exfoliation, body wrap, and face and scalp massage. Rebalancing you from head to toe, this specialised treatment banishes tiredness and anxiety. A night of restful sleep awaits.



SUN SOOTHER

60 mins

A rescue treatment for when you spend a little too long in the Maldivian sun. A cooling blend of aloe vera, lavender and peppermint essential oils is lightly applied all over the body to soothe and hydrate the skin. While cocooned in the calming body wrap, a mini-massage pampers your feet.



BODY POLISH

30 mins

Brighten your JOALI journey with this skin-invigorating treatment. Rhythmic exfoliation techniques work to stimulate the flow of blood and lymph, which in turn helps to eliminate toxins and activate cell metabolism. As impurities and dead cells are removed, skin tone becomes brighter and skin texture is refined.



FACIALS

Areka



CHARCOAL DETOX

60 mins

Detoxify your skin with activated charcoal, a powerful purifier from nature's basket. A deep-cleansing Triple Action Exfoliator is followed by pore-to-pore extractions and a deeply purifying mask. Ginseng moisture heals and soothes the skin, while a targeted blend of solutions is infused using a Charcoal Rice Therapy Mask, revealing a calm and clear complexion.



ANTI-REDNESS VITAMIN K

60 mins

Calm sensitive skin with this ultra-soothing facial. An acid-free rescue peel lightly exfoliates the skin, followed by an hydrating Ginseng Moisture Mask, gently enhanced with gemstone rollers. A generous dose of vitamin K is infused through a Rice Therapy Mask, cooling the skin. Redness is noticeably reduced, and your skin's natural barrier is fortified to protect against environmental aggressors.



AGE-WELL ENERGY LIFT

90 mins

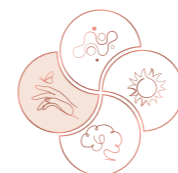
Roll back the years with this age-defying facial which harnesses the power of Teprenone, a Nobel Prize winning ingredient known to stop the decline of cellular DNA. Your journey to youthfulness is supported by rare Swiss apple stem cells and Botox-like peptides. Age-reversing actives are infused into the skin with a heated tourmaline gemstone, instantly revealing a new firmness, smoothness and lift.



TRIPLE PEEL GEMSTONE FACIAL

90 mins

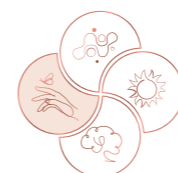
Unveil the most radiant skin of your life with this glow-enhancing facial, featuring a trifecta of peels: glycolic, papaya enzyme, and acid-free rescue. A deep cleanse with pore-to-pore extractions is followed by a purifying Volcano Charcoal Detox Mask. Your skin is treated to a blend of targeted solutions, carefully chosen to support your skincare goals. The final step is a gemstone-infused Collagen Face Mask for luminous skin and a glowing spirit.



INSTANT LIFT BAR

30 mins

Experience an instant facelift with this targeted booster treatment. We use a cocktail of solution serums, tailored to your personal skin needs, infused with a heated tourmaline gemstone for instant results.



REJUVENATING EYE TREATMENT

30 mins

Bid adieu to under-eye shadows and swelling with this targeted treatment, designed to instantly sculpt and rejuvenate the eye contour. Watch puffiness and dark circles fade away as micro-circulation is gently boosted.



SPECIALISED THERAPIES

Areka



ACUPUNCTURE

60 mins

Optimise your Qi (vital energy) to restore balance and unlock vitality. During this session, hair-thin needles are inserted into acupuncture points along energy meridians, which are conduits for blood, fluid and Qi. Each meridian passes through one or more organs to form a web structure connecting all parts of the body. In this way, acupuncture treats your whole body rather than isolated symptoms.



CUPPING

60 mins

Ease pain and inflammation with this ancient healing therapy, which involves placing specialised cups on the affected areas to create suction. This helps to alleviate symptoms by promoting close-to-skin blood circulation, aiding detoxification and improving immunity.



REIKI

60 mins

Synchronise your entire being with this holistic healing technique, which uses spiritual energy to treat physical ailments. Reiki is safe, gentle and non-intrusive: no pressure, no manipulation, no massage. Your energy is skilfully balanced to bring the body, mind, emotions and spirit into harmony. Feel your awareness expand and your spirit rise, ready to welcome a new stage of personal growth.



CHI NEI TSANG

60 mins

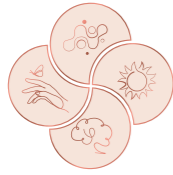
Experience the powerful benefits of centuries-old Chinese Taoist wisdom. Chi Nei Tsang focuses on the navel centre, the primary site of imbalances. The practitioner's healing touch "trains" your abdominal organs to work more efficiently and regulate the flow of Qi (vital energy). This holistic therapy weaves together the physical, mental, emotional and spiritual strands of your being.



SOUND HEALING

60 mins

Elevate your senses and restore inner balance through a healing harmony of music and vibration. Using 14 carefully designed therapeutic instruments, our practitioners take you on a wonder-filled journey, interwoven with elements from nature.



REFLEXOLOGY

60 mins

Choose between a soothing or stimulating foot reflexology and massage experience. By stimulating nerve endings and energy points on the feet, the flow of energy throughout your body is balanced and optimised. This helps to readjust the autonomic nervous system and normalise organ functions.



IMMUNITY BOOSTER

60/90 mins

Fortify and support your body's defences through this all-natural treatment, centred around the flow of lymph. Dry brushing prepares the body for a lymphatic drainage massage. Using a light touch, we help lymph fluid move towards working lymph nodes, which increases lymph circulation and reduces toxins in your body.



OCEAN DREAM MASSAGE

90 mins

Float into a state of weightlessness, cradled by warm water and healing hands. This massage is performed upon water-pillows: feel the therapist's caring movements above, and the gentle rocking of water underneath. The heat seeps in, loosening muscle tension. As the mind grows tranquil, a wave of energy cascades across the body — serene, sensorial, sublime.



HAND & FOOT

Areka



SIGNATURE PEDICURE

90 mins

Honour your feet and all that they do with the ultimate footcare treatment. Our advanced MediHeel care is designed to target dryness, soften cracks and leave your feet healthy and refreshed. A cleansing foot mask eliminates impurities and stress, while you receive a neck-and-shoulder massage. After a gemstone-infused Collagen Facial Mask, our final caring touch, you will emerge glowing from head to toe.



RAPID MEDIHEEL PEDICURE

45 mins

A healthy express treatment to ensure optimum results and healthy feet when time is limited. This treatment begins with an innovative foot peel to eliminate dry and cracked heels. Nails and cuticles are groomed, and a non-slip cream is massage into the feet, ending with a signature spritz of gold shimmer. The express treatment concludes with an application of a fortifying nail treatment.



MEDIHEEL PEEL FEET TREATMENT

25 mins

An instant heel rescue treatment designed to eliminate dry cracked heels. An innovative foot peeling treatment is followed by an application of a non-slip foot perfecting cream. Optimum health is restored, and feet are left feeling soft and smooth.



ANTI-BACTERIAL FEET TREATMENT

30 mins

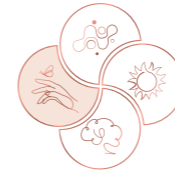
This specialised MediHeel treatment addresses nail irregularities as well as fungal and bacterial concerns. An exfoliating AHA scrub is followed by an anti-bacterial soak and fungal force treatment. Perfecting cream and cuticle rescue provide a generous dose of nourishment.



SIGNATURE MANICURE

90 mins

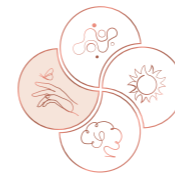
Give your hands the ultimate gift with our advanced MediHand manicure. Designed to address ageing and pigmentation concerns, this treatment leaves your hands healthy, hydrated and radiant. As you soak up the benefits of a deep-cleansing clay mask, enjoy a relaxing neck-and-shoulder massage. The final caring touch is a gemstone-infused Collagen Facial Mask.



ADVANCED MEDIHAND MANICURE

60 mins

Keep your hands radiant and youthful with this preventative MediHand manicure. Hydro-exfoliation removes dead skin cells, with a unique thermal agent to enhance the penetration of anti-ageing actives. The treatment includes nail and cuticle care, an illuminating soak, cuticle rescue and a detoxifying mask.



RAPID MEDIHAND MANICURE

30 mins

Treat your hands to quick replenishment with our express manicure, perfect for when you have limited time. This classic treatment comes with a special touch: a brightening treatment to restore the health of your nails.



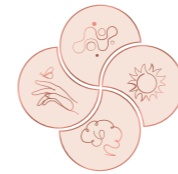
WATER & HEAT THERAPIES

Areka



WATSU 60/90 mins

Float into transcendence with this Thermal Aquatic Bodywork treatment, soothing as a lullaby. The feeling of being gently cradled and rocked by warm water, merged with the nurturing support of your therapist, unlocks healing and relaxation at multiple levels. Watsu combines elements of massage, joint mobilisation, shiatsu, stretching and water dance. Meditative and magical, it fosters a deeper connection between body, mind and spirit, opening a portal to weightlessness.



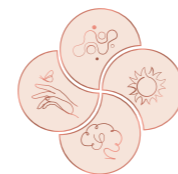
BANYA EXPERIENCE 60 mins

Immerse in age-old cleansing and healing traditions with this therapeutic bathing experience. The heat and steam that fill the Banya room help to open up your pores, eliminate toxins and improve circulation. The leafy branches of the venik (natural bath brooms) release oils that soothe and invigorate the skin. Emerge feeling wonderfully clean, calm and energised.



HAMMAM EXPERIENCE 90 mins

Experience a timeless cleansing ritual, carefully cherished and passed down through centuries. Begin your journey in the Aufguss Sauna, where beneficial vapours prepare your body for purification. Then step into our glowing Hammam, where the heated marble platform emits a gentle warmth, softening your skin and relaxing your muscles. You are ready for your immersion...



AUGUSS SAUNA RITUAL 45 mins

Embark on a multi-sensory sojourn that transports you to a new realm of wonder. Born from the idea that saunas can offer more than just healthy sweat, this hypnotic ritual is a symphony of heat, oils, fanning and music. Enriched with essential oils, snowballs placed on hot stones enhance the benefits of traditional vaporisation. Elsewhere is here, waiting for you...



AUGUSS SAUNA RITUAL WITH ICE BATH 60 mins

Experience the hypnotic wonder of our Aufguss Sauna Ritual, enhanced by the benefits of an ice bath. Alternating between two worlds, hot and cold, this ancient recovery ritual offers an excellent way to elevate your mood, reduce inflammation, and speed up muscle recovery.