



balance

WELLNESS BY ANANTARA





LIFE IN BALANCE

REJUVENATE WITH WELLNESS JOURNEYS BY THE BEACH

At Anantara, holiday relaxation and wellness go hand in hand. With a host of healing practitioners, therapists and chefs to guide you, embark on a personalised journey of transformation. All therapies are designed to promote overall wellbeing and assist your spiritual journey for a longer, healthier life. We have carefully created holistic and restorative journeys by incorporating traditional Indian philosophies of wellness with results-oriented clinical therapies to address and balance your overall WELLNESS.



SIGNATURE TOUCHES

SIGNATURE TOUCHES



VELI HOLISTIC MASSAGE

Connect your mind and body through breathing techniques and holistic massage therapy to release elements of heaviness and build inner peace. Clear your energy channels through a mindful massage combination.
(60/90 minutes)

ESSENCE OF VELI

An island with its own distinct aura, evoking positive vibrations and a sense of connection with loved ones and most importantly oneself. Your journey encompasses the essence of Veli, working primarily on strengthening the Anahata, the heart chakra. Carefully designed with a salt scrub to purify, detox, and cleanse, following a massage combination to uplift and rejuvenate your senses. Balance your emotional and physical energies, empowering your Anahata and inspiring love, compassion, and kindness.
(120 minutes)

SUNDARI HEALING RITUAL

Sundari, meaning beautiful, is a delicate and thoughtful healing ritual that is designed to achieve harmony and balance in mind and body; creating an inner calm and outer radiance. Your ritual begins with breathing exercise (pranayama), helping to align your five pranas (life force). Open up any blocked channels with Abhyanga massage techniques, aiming to balance your core chakra. Your therapist will use a combination of massage techniques best suited for you to achieve this.

Further stimulating the body's natural healing process; reflexology will be performed on your feet with the application of pressure to specific points and areas. These points correspond to different organs and systems helping to increase energy levels and circulation, eliminate toxins, and promote general wellbeing.
(90 minutes)

SHANTI COUPLES MASSAGE

The Shanti Mantra is chanted three times to evoke peace for body mind and spirit. Our Shanti couples massage is designed for couples to reconnect by achieving higher vibrations together. Your journey begins with an Ayurvedic massage combination, where warm oils are blended with medicinal herbs for healing and detoxifying the body. Rhythmic massage techniques are applied to work along the meridian lines and restore the flow of vital energy. A hand, foot and scalp ritual is performed to complement your massage experience and ensure your body is relaxed, your mind is at peace and your spirit is uplifted.
(75 minutes)



HEALING TOUCHES

HEALING TOUCHES

AYURVEDA THERAPY

The world's oldest system of holistic healing, designed to heal the body and create a balance between mind, body, and spirit. The philosophy holds that there are three basic constitutions, or doshas—vata, pitta, and kapha—that make up our physical, mental, and emotional selves - our Ayurvedic journeys seek to balance the three principle energies.

ABHYANGA

Warm oils are blended with medicinal herbs for healing and detoxifying the body. Rhythmic massage techniques are applied to work along the meridian lines and restore the flow of vital energy. (60/90 minutes)

PINA SWEDA

Warm herbal pouches are applied to the body to open the energy channels. Medicinal herbs are absorbed into the underlying tissues, improving blood circulation and repairing neuromuscular conditions to ease joint pain and leave the body feeling revitalised. (90 minutes)

SHIRODHARA

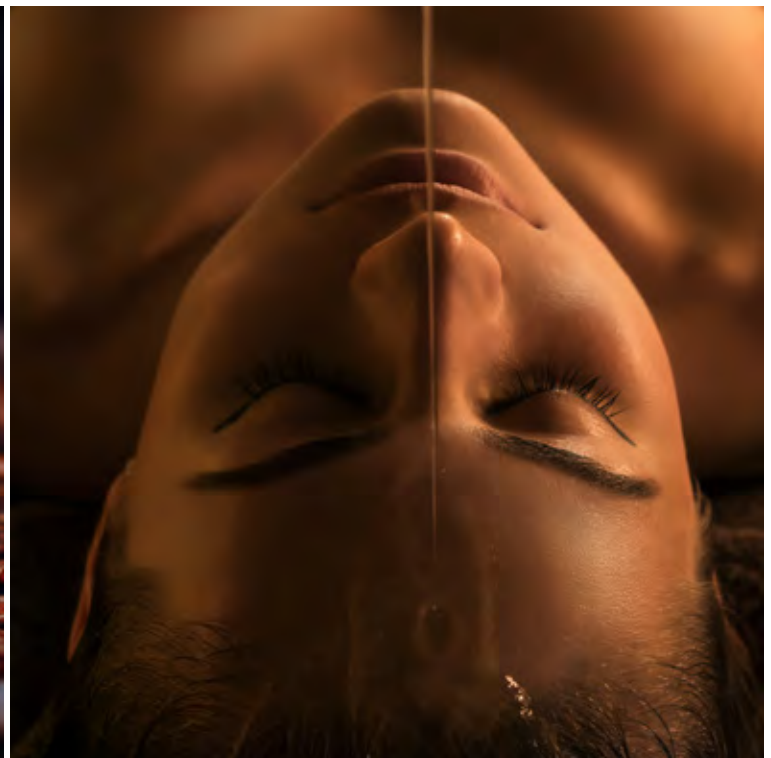
Restore natural balance and calm the mind and spirit with this gentle Ayurvedic treatment. After a gentle massage on the neck and shoulder area, warm oils are poured over the forehead and a head massage is performed. This therapy enhances blood circulation, improves concentration and further promotes relaxation. (45 minutes)

LOTUS INDULGENCE

Abhyanga rhythmic massage techniques combined with a focal Shirodhara head massage. A stunning blend of warm oils and medicinal herbs to help enhance the body's immunity while inducing a state of deep relaxation and emotional wellbeing. (90 minutes)

KATI BASTI HEALING RITUAL

A localised Ayurvedic treatment that relieves ailments associated with the lower back through the application of specially prepared warm medicinal herbs and oils. The oils are poured into a small reservoir made of herbal paste on the lower back area and absorbed directly by the body. This unique treatment helps strengthen the bones, muscles, and soft tissue in the area, providing relief from back pain, spinal disorders, sciatica, and other ailments. Your treatment includes a healing back massage. (60 minutes)





COCOON
— MEDICAL SPA —

COCOON MEDICAL SPA

Cocoon's philosophy is simple – we are results orientated to give noticeable differences in your skin, health, and beauty. There are no gizmos, no fads, just the most experienced doctors administering the highest quality, proven aesthetic treatments, and technologies.

Rejuvenate your body from the inside out with innovative new therapies that detoxify and cleanse. Experience total relaxation in our beautiful spa sanctuary whilst your body is transformed using holistic treatments by our qualified team. Our cutting-edge therapies can help with weight loss and skin problems to reveal a happier, healthier you

AESTHETIC FACIAL TREATMENTS

COCOON SIGNATURE FACIAL

(90 minutes)

- Deep Clean
- High Frequency
- LED Light Therapy
- Facial Massage
- Algae Peel-Off Mask
- Gold Hyaluronic Acid Moisturizer
- Steam Extraction
- Sunscreen

Cocoon's signature marine brightening facial rejuvenates skin and visibly reduces imperfections. This facial is perfect for congested skin with blackheads and whiteheads caused by pollution or stress. After a deep cleanse and a facial massage, clogged pores are manually extracted under a steamer. The high frequency and LED light therapy calms skin and has antibacterial properties to prevent future breakouts. An algae peel-off mask further extracts any remaining impurities. Once the skin is thoroughly cleansed, hydrating serum and moisturizer are applied to stimulate the growth of new skin cells promoting a smoother, tighter, and brighter complexion.

DEEP CLEANSING AND PURIFYING FACIAL

Professional deep-acting treatment that gives a complete deep cleanse and hydration. This is a safe, gentle, and effective way to facilitate the removal of dead cells from the superficial layers of the epidermis. This treatment activates natural cell renewal and collagen production and oxygenation to awaken tired, sallow, dull skin.

Silver package: (60 minutes)

Facial massage, deep cleanse, gold collagen hyaluronic acid mask, oxygen therapy

Gold package: (90 minutes)

with added Diamond Microdermabrasion and LED red light therapy

CLEOPATRA 24 CARAT GOLD FACIAL

(90 minutes)

Diamond Microdermabrasion • LED Light therapy • 24-Carat Gold-Leaf Mask • Gold Hyaluronic Acid Serum • Gold Collagen Moisturizer

Described as the 'queen' of luxury facials, this experience combines three results-driven treatments to improve skin elasticity, reverse cell damage, increase blood circulation, and regenerate natural collagen.

The diamond microdermabrasion prepares the skin by exfoliating dead skin cells and increasing blood flow to support collagen production. The LED Light Therapy delivers deep stimulation to the skin and improves natural collagen levels. The nourishing 24-Carat Gold-Leaf Mask and Gold Collagen Moisturizer coupled with the application of Gold Hyaluronic Acid stimulates the skin's natural collagen production. The end result is a reduction in the appearance of wrinkles and fine lines, revealing luminous glowing skin.

SILK PEEL DERMAL INFUSION

(90 minutes)

Diamond Microdermabrasion • Galvanic Iontophoresis • LED Light Therapy • Gold Collagen Mask • Gold Hyaluronic Acid Serum • Gold Collagen Moisturizer

Reveal a truly luminous holiday glow through non-invasive exfoliation and the application of skin-specific topical solutions to revitalize your skin. The Diamond Microdermabrasion deep cleans by buffing away clogged pores and removing the outermost layers of dry, dead skin in preparation for the Galvanic Iontophoresis which applies serum directly into the deeper layers of the skin for hydration. The LED Light Therapy and Gold Collagen Moisturiser leave skin glowing, hydrated, and radiant.

MESO-NEEDLING FACIAL

(120 minutes)

Diamond Microdermabrasion • Derma pen Micro-needling • LED Light Therapy

Achieve smoother and younger-looking skin with this rejuvenating facial treatment that penetrates deep into the skin, treating fine lines and wrinkles, improving texture and color, and stimulating collagen growth. The Dermapen's multiple, vibrating needles pierce the skin several hundred times per minute to enhance results. The deeply hydrating LED Light Therapy promotes additional collagen production.

AESTHETIC & ANTI AGEING TREATMENTS



DIAMOND MICRODERMABRASION

(30 minutes)

Slough away dead skin cells, reduce the size of pores, improve the appearance of sun damage, wrinkles, fine lines, age spots, acne scarring, and other skin-related concerns. The advanced Diamond Microdermabrasion system renews overall skin tone and texture and is strong enough to clear and exfoliate but gentle enough for the most sensitive of skins. This minimally invasive procedure increases blood flow and helps to produce collagen.



OXYGEN THERAPY

(30 minutes)

Overcome jet lag, boost energy levels, increase concentration, mental function, and overall health. Oxygen is a source of life and this therapy delivers pure oxygen to the blood cells to counter fatigue, dissolve headaches, ease hangovers, and alleviate sinusitis. Additional benefits include alertness, relief from stress, and a sense of renewed relaxation. Practicing oxygen therapy energizes all muscles, calms the heart rate, lowers blood pressure, boosts resistance to disease, lifts mood, and improves sleep. Long-term use of oxygen therapy helps detoxify the body and boost the immune system. This therapy is a perfect add-on while having Vitamin IV infusion.

WELLNESS, DETOX AND BODY CONTOURING

COLON HYDROTHERAPY

(60 minutes)

Do you suffer from bloating, constipation, tiredness, fatigue, indigestion, headaches, or nausea? These are all symptoms of an underactive and clogged bowel. With our modern lifestyles and unhealthy diets, our digestive systems have a tendency to become sluggish, affecting the elimination of waste which can lead to problems such as constipation, IBS, extreme fatigue, and premature aging.

Colon hydrotherapy is ideal for cleansing the colon, flushing out the impacted matter, toxic wastes, yeasts, and other undesirables that build up over time. In doing so, your internal system is instantly hydrated increasing bowel motility and improving nutrient absorption, as well as replacing gut bacteria, contributing to liver, blood and kidney cleansing, raising energy levels, managing the symptoms of IBS and restoring bowel regularity.

Cocoon Medical Spa uses a closed system for colon hydrotherapy. The treatment is gentle and involves your expert therapist massaging your stomach. It is relaxing and you will feel completely cleansed after the treatment.

VELASHAPE FAT BLAST

1 area | 2 areas | 3 areas

Eliminate stubborn fat • Reshape “problem” areas - perfect for those last pockets of fat that diet and exercise simply cannot move No downtime - the fat blaster is a walk-in walk-out procedure and you may resume your normal routines the same day

The Cocoon Fat Blast Package is fast, safe and an effective weight loss solution. Cocoon’s Slimming Package offers a harmonious blend of the latest scientific technologies to remove the stubborn fat that diet and exercise have been unable to shift. This treatment will reduce cellulite, shape, and firm the skin, and reduce body fat in the areas of abdomen, hips, thighs, and arms. The advanced treatment works by using a combination of technologies, including cavitation and radiofrequency, to target and destroy fat cells, while normal body tissue remains unaffected. Once the fat cells are broken down, the body naturally removes them through its normal elimination process. Expect to see results in just one appointment!

VITAMIN IV INFUSIONS

A mixture of vitamins and minerals are administered intravenously while you relax. This treatment boosts the immune system, improves energy, and alleviates hormonal problems and hangovers.

- Saline – for rehydration
- Vitamin C – 5000mg – for skin brightening and improving immune system
- Neurobion – for anemia
- Vitamin B Complex – to increase energy
- Tationil – for detoxification

JET LAG HYDRATION

(60 minutes)

Do not let a long flight ruin your holiday with tiredness and sleepless nights. A therapeutic cocktail of high-dose Vitamin C and saline will reboot your system.

DETOX AND RECHARGE

(60 minutes)

Similar to the famous Myers Cocktail from Johns Hopkins, Vitamins C and B Complex, Neurobion and Glutathione detoxify the liver, improve your immune system, and provide a much-needed energy boost.

ANTI-AGING

(60 minutes)

The ultimate combination of vitamins and minerals bring back youthful skin: Vitamin B Complex, Glutathione, and the miracle skin ingredient Alpha-Lipoic Acid with collagen and Vitamin C.





WELLNESS PROGRAMMES

WELLNESS PROGRAMMES

Wellness programmes designed around promoting your ultimate wellbeing. Each ensures significant results, whether you wish to dispel stress and renew focus, shift unwanted heaviness or promote overall physical and mental wellbeing for a longer, healthier life.

APANA “The air that moves away”

We aim to address the damaging effects of modern life, unhealthy lifestyle choices and built-up stress and anxiety. Our programme offers a variety of therapies and treatments to naturally stimulate the detoxification pathways of the body, offering you a sense of renewal and vitality. Your program includes lifestyle consultation, supplementation, treatments and personalised reports to facilitate your post detox transition.

3 Day:

Nutrition & Lifestyle Consultation
Colon Hydrotherapy
Detox Scrub & Wrap
Customised Detox Massage

5 Day:

Nutrition & Lifestyle Consultation
Colon Hydrotherapy
Detox Scrub & Wrap
Customised Detox Massage
Healing Ayurvedic Massage
Customised Detox Massage

7 Day:

Nutrition & Lifestyle Consultation
Colon Hydrotherapy
Detox Scrub & Wrap
Customised Detox Massage
Vela Fat Blast by Cocoon
Customised Detox Massage
Detox & Recharge IV
Healing Ayurvedic Massage

SAMANA “The balancing air”

We aim to address obtaining and sustaining a healthy lifestyle, being active and maintaining ourselves mentally and physically. Your program offers an opportunity to upgrade your dietary and lifestyle habits with scientifically backed guidance and treatments. We want to provide you with solid foundations to address the hurdles which commonly prevent achieving ideal weight goals: diet, water retention, inflammation, nutrient assimilation, hormone imbalance and exercise.

3 Day:

Nutrition & Lifestyle Consultation
Energizing Scrub & Wrap
Vela Fat Blast by Cocoon
Energizing & Firming Massage

5 Day:

Nutrition & Lifestyle Consultation
Energizing Scrub & Wrap
Vela Fat Blast by Cocoon
Energizing & Firming Massage
Vela Fat Blast by Cocoon
Energizing & Firming Massage

7 Day:

Nutrition & Lifestyle Consultation
Colon Hydrotherapy
Vela Fat Blast by Cocoon
Energizing & Firming Massage
Dead Sea Mud Massage
Vela Fat Blast by Cocoon
Energizing Firming Massage
Vela Fat Blast by Cocoon

UDANA “Upward moving air”

Designed for those seeking balance, a pathway to a more refined focus and will to achieve an overall peace of mind. The mind moves with Udana Vayu. This takes us to the states of dream and deep sleep. Your programme offers an opportunity to explore dietary and lifestyle behaviours which may be inhibiting your ability to have deep and restful sleep. Explore a variety of therapies and treatments that help with balancing our consciousness and opening us up for spiritual growth and longevity.

3 Day:

Nutrition & Lifestyle Consultation
Veli Holistic Massage
Vitamin IV Therapy by Cocoon
Healing Ayurvedic Treatment

5 Day:

Nutrition & Lifestyle Consultation
Veli Holistic Massage
Cloud 9 Scrub & Wrap
Healing Ayurvedic Treatment
Healing Ayurvedic Treatment
Vitamin IV Therapy by Cocoon

7 Day:

Nutrition & Lifestyle Consultation
Veli Holistic Massage
Cloud 9 Scrub & Wrap
Healing Ayurvedic Treatment
Aromatherapy Massage
Sundari Healing Ritual
Vitamin IV Therapy by Cocoon
Healing Ayurvedic Treatment

All Programs Include: Nutrition & Lifestyle Consultation • Personalised Report • Daily Group Yoga • Daily Treatments





NUTRITION

NUTRITION AND LIFESTYLE



KELLY MANNING *Nutritionist and Balance Wellness Consultant*

Nutrition and Lifestyle

Nutritional Therapy is a holistic healing art which addresses the overall nutrient value of your daily diet to ensure optimal wellbeing and sustained health. A nutrition and lifestyle consultation at Anantara Maldives is based on the science and philosophy of naturopathic medicine principles. This traditional approach acknowledges you as a whole person taking into consideration your individual needs and goals, whilst identifying and addressing the root cause of your health conditions through nutrition and lifestyle application.

Nutrition and Lifestyle Consultation:

This session includes the following:

- Diet Diary Analysis
- Wellness Goal Setting
- Body Composition Test and Analysis
- Health History Analysis
- Body Systems and Lifestyle Assessment
- Diagnostic Testing: tongue, nail, hair and eyes *(if necessary)*
- Blood Pressure Reading, and waist /hip ratio *(if necessary)*
- Anantara Wellness Food & Beverage Menu Guidance

Your nutritional therapist will provide you with a personalised report within 7 days of your consultation which includes bespoke dietary and lifestyle recommendations. An optional 20minute report run- through is available in-person or on-line.

Nutrition and Lifestyle Follow-up:

This session includes the following:

- Assessment of progress made with Nutrition & Lifestyle Report
- Re-assessment of Body Composition and Wellness Goals
- Assessment of advised functional and laboratory tests *(if necessary)*

Your nutritional therapist will provide you with an updated personalised report within 7 days of your consultation which will include dietary and lifestyle recommendations.

Couples Nutrition and Lifestyle Consultation, 90 minutes

This session includes the following:

- Diet Diary analysis
- Wellness Goal Setting
- Health History Analysis
- Body Systems and Lifestyle Assessment
- Diagnostic Testing: tongue, nail, hair and eyes *(if necessary)*
- Blood Pressure Reading, and waist /hip ratio *(if necessary)*
- Anantara Wellness Food & Beverage Menu Guidance

Your nutritional therapist will provide you both with a personalised couple's report within 7 days of your consultation which includes bespoke dietary and lifestyle recommendations + meal plans. An optional 20minute report run- through is available in-person or on-line.

Wellness Consultation:

Looking for a more bespoke wellness experience during your time with us? We offer personalized wellness programs covering your personal wellness goals and preferences based on your length of stay. Your Wellness Program will include a lifestyle consultation, treatment/activity recommendations and a specially crafted wellness food menu based on results of your initial consultation.

NOURISHING CUISINE

Select from a range of wholesome dishes throughout the day. Balance Wellness dishes & beverages include fresh, unrefined and wholefood ingredients designed exclusively for nutritious balance and to promote greater wellbeing. All wellness dishes are dairy-free* and gluten-free* and include vegan and detox options for our guests who favour a plant-based lifestyle or experience.

Our chefs can tailor menu items to suit your nutritional requirements.

Further guidance on our wellness menu will be provided in your Nutrition & Lifestyle Consultation.



MASTERS OF WELLNESS

Celebrating the diverse world of holistic wellness, Anantara is proud to collaborate with a broad variety of expert alternative practitioners. Our Masters of Wellness can assist you with pain management, stress healing, sleeplessness, and mindfulness.



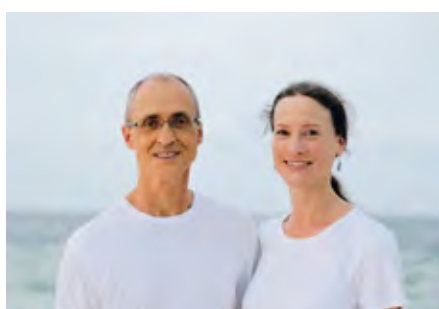
VISITING PRACTITIONERS



CAROLINA WILKINS

1 February 2021 – 14 March 2021

Carolina has a background in psychology and has participated in numerous yoga teacher trainings. She has explored several body therapies, breathing techniques and meditation tools in order to sharpen and deepen her knowledge and understanding of spirit, body, and mind. She offers organic growing therapies for your wellbeing - Thai Oil Vibration Energy massage, Breath Awakening Therapy, Natural Face Lift, METTAFORMO and a personalised approach to yoga combining all her therapeutic knowledge and inputs.



CLAUDE SIMARD AND JILL BANWELL

15 March 2021 – 30 April 2021

Claude Simard - With over 30 years experience, Claude is an internationally acclaimed Canadian Massage Specialist. He has helped people to recover from many kinds of physical and emotional issues, and specialize in remedial massage to treat physical conditions. He is also a Massage Trainer, Meditation Teacher and Workshop Leader.

Jill Banwell - Jill first encountered the healing arts over 20 years ago. The life journey has taken her into Healing, Yoga, Massage, Meditation and Tarot. As a therapist, teacher and workshop leader she has worked with people in Europe, Asia and North America, taking pleasure in gently guiding them to experience a deeper, more harmonious level of life.



DOME SRISAWAT

1 May 2021 – 31 October 2021

Dome is a certified Physiotherapist with over 16 years of experience in anatomy and bodywork who specialises in Myofascial Release Therapy. Relieve physical aches and pains with gentle yet highly effective methods by our visiting physiotherapist, Dome Srisawat. Dome is a certified Physiotherapist from the Australian College of Natural Therapies, with over 16 years of experience in Anatomy, body work and pain management. He specialises in Myofascial Release, a unique muscular manipulation technique to resolve acute pain and continuous aches by releasing energy blockages in the connective muscle tissues.



MUAYAD NAJEMEDDIN

1 December 2021 – 31 January 2022

Muayad is specialised in the healing art of Tibetan Singing Bowls and he is a certified yoga teacher, massage therapist and Reiki practitioner. Muayad's individual treatments and group sessions are filled with an abundance of energy that creates a new experience of peace, relaxation and rejuvenation.

YOGA & MINDFULNESS

Soak up the energy of the sunrise and begin the day with our morning group yoga.

Be inspired by the magical waters beneath you and untainted sky above.

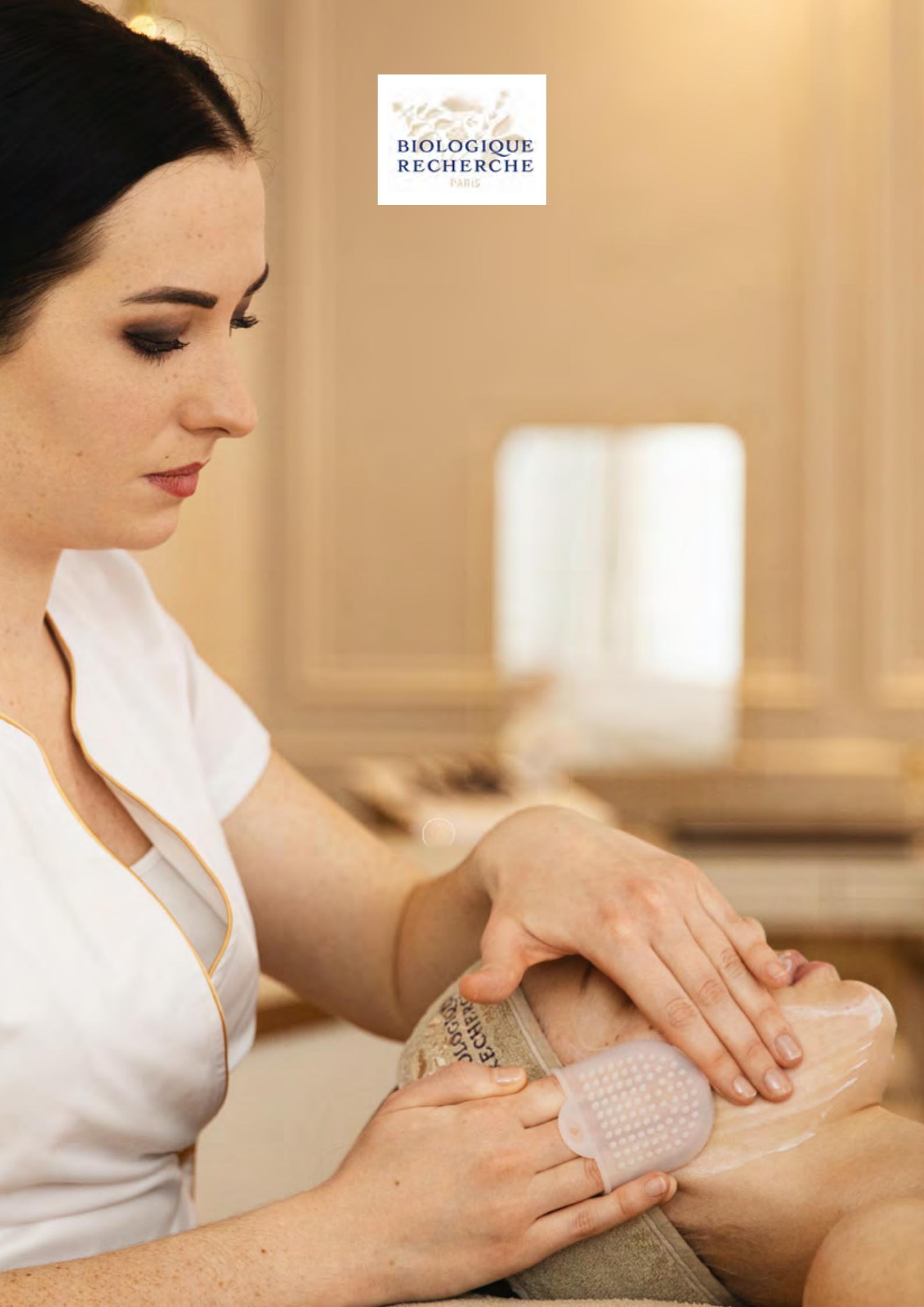
Incorporating strengthening exercises and breathing techniques; our morning yoga opens your energy channels up helping you to relax and realign.

Complimentary and private sessions are available throughout the week.



MONDAY	Morning Yoga*	Yoga Pavillion on Anantara Veli 7.30 am – 8.15 am
TUESDAY	Morning Yoga*	Aqua Pool on Anantara Dhigu 7.30 am – 8.15 am
WEDNESDAY	Morning Yoga*	Yoga Pavillion on Anantara Veli 7.30 am – 8.15 am
THURSDAY	Morning Yoga*	Aqua Pool on Anantara Dhigu 7.30 am – 8.15 am
FRIDAY	Morning Yoga*	Yoga Pavillion on Anantara Veli 7.30 am – 8.15 am
SATURDAY	Morning Yoga*	Aqua Pool on Anantara Dhigu 7.30 am – 8.15 am
SUNDAY	Morning Yoga*	Yoga pavillion on Anantara Veli 7.30 am – 8.15 am

** Please arrive 5 minutes before the scheduled timing with the mats provided in your villas. (Call Housekeeping if you need extra.)*



BODY EXPERIENCES

Biologique Recherche's body care treatments combine products and procedures that are developed with the same expertise and focus on personalisation as face care treatment. The body care treatments detoxify, re-shape, and tone the body to help restore a balanced silhouette, smooth skin, light legs, and toned buttocks.

ENERGIZING AND RECHARGING P50 SCRUB

(45 minutes)

The Biologique Recherche Lotion P50 Gommage treatment exfoliates, tones, and moisturizes your skin using a stimulating body glove. This full-body scrub eliminates dead skin cells and impurities by improving the epidermis' natural exfoliation process. The highly active ingredients of the P50 promotes skin resurfacing and stimulation of cellular renewal. Restores your skin's hydration for softer more even-toned and an all-over healthy glow.

RELAXATION TREATMENT FOR HEAVY LEGS

(60 minutes)

Soin Jambes Lourdes

Shake off the effects of long-haul air travel with a treatment that freshens and tightens. Recommended for tired, 'heavy' legs, this treatment reinforces the dermis, stimulates blood circulation and has a thermal effect that energises the skin, resulting in a taut, toned look.

SLIMMING ALGAE TREATMENT

(90 minutes)

Soin Minceur aux Algues

Feel energised and detoxified with this combined massage/wrap treatment. Thermal effects release bio-active marine ingredients that re-mineralise and purify the body, leaving you invigorated and filled with a sense of wellbeing.

CELLULITE SMOOTHING TREATMENT

(90 minutes)

Soin Booster Minceur

Look your best on the beach with a skin-boosting treatment that transforms the skin. Targeted to improve drainage and circulation in trouble spots, this treatment reduces the appearance of cellulite and smooths uneven skin textures, leaving skin looking firmed and toned.

FIRMING BODY LIFT TREATMENT

(60/90 minutes)

Soin Lift Corps Matriciel

This multi-step treatment combines proven techniques to improve elasticity and tighten skin tissue. First, an invigorating exfoliating session removes dead skin cells. Following, a bio-reflex massage is applied using a moisturising complex that nourishes and protects. A serum or firming oil is then massaged into the skin to prevent slackening and refine skin texture. This treatment is the ideal follow-up to a slimming treatment, working to firm up any softer zones.

SKIN HEALING FOR STRETCH MARKS

(60 minutes)

Soin Anti Vergetures Rouges/Blanches

Stimulate epi-dermic renewal and reduce the appearance of white stretch marks with this targeted treatment. A scrub prepares the skin, while a firming serum acts to improve dermal structures. The formulated Creme B Stria is applied to reconstruct and smooth skin, with a conditioning blend massaged in to instantly firm and tone.



FACIAL EXPERIENCES

The Biologique Recherche skincare program is formulated with highly active botanical ingredients that deliver immediate and visible results. Each facial is customized to your individualised skin type and condition.

SKIN INSTANT LAB

(20 minutes)

In the first step of the Biologique Recherche Methodology, this unique analysis allows us to identify your Skin Instant.

ESSENCE OF YOUTH

(60 minutes)

Soin Lift CVS

Enjoy a glowing, youthful visage with this pampering all-round treatment. A multi-faceted approach to revitalising skin. Exfoliates, lifts, restructures, firms, hydrates, and protects against external aggressors. Recommended for most skin types.

PLUMP AND RENEW

(60 minutes)

Soin MC110

This restorative treatment plumps up the facial volume and reduces the appearance of fine lines. Firming strokes improve blood circulation as they lift and tighten the skin, while a deep cleansing treatment, oxygenating spray, and formulated serums restructure the underlying epidermis.

SMOOTH AND REPAIR

(60 minutes)

Soin Restructurant Lissant

You'll see an instant improvement in your skin with this nourishing, reconditioning treatment. Soothe thin, sensitive, or reactive skin types and hydrate and smooth more mature skin. This facial is perfect for counteracting the effects of sun and sea, protecting the skin and calming any environmental irritations.

REPAIR AND PROTECT

(60 minutes)

Soin UV Protection or Soin UV Repair

Protect or repair your skin from the damaging effects of the sun with this indulgent ritual. Suitable for all skin types, these treatments will guard your skin against UVA and UVB light, and can help soothe, nourish, and repair skin after sun exposure.

DELUXE CAVIAR

(90 minutes)

Soin Caviar Intégral

A gorgeous facial journey hydrating and firming your skin for a revitalised look. Refine pores and replenish moisture in sun-kissed skin by tapping into the regenerating properties of caviar. A pampering treatment that promotes a youthful, radiant glow.



HOW TO SPA

Hours of Operation

The spa is open daily from 10.00 am to 7.00 pm.
(later appointments available upon request).

Reservations

To ensure you secure the time you prefer we recommend booking in advance. Please dial 4044, or visit the spa, and one of our receptionists will be able to assist you. Your reservation will be reconfirmed a day in advance. We always try our best to accommodate requests for individual therapists/specialists based upon their availability.

Spa Arrival

You are encouraged to arrive 20 minutes prior to your treatment time. This will allow for a smooth check in and the opportunity to relax before your treatment. Late arrivals will be subject to reduced treatment times.

Spa Attire and Valuables

When you arrive for your treatments you will be provided with a spa robe, slippers and a disposable underwear (if required) as well as a locker to place your belongings. We recommend you leave all valuables in your bungalow as Wellness by Anantara does not assume responsibility for lost items.

Health Concerns

If you are pregnant or have any pre-existing conditions or allergies, please inform our team before booking any spa treatments or using the spa facilities. Kindly advise your therapist before your treatment commences. This will ensure your safety before having any treatments.

CANCELLATION POLICY

Should you need to cancel or reschedule your treatment, we do require a minimum of 24 hours' notice to avoid being charged 50% of the treatment fee. No shows will be charged 100% of the treatment fee.

WELLNESS BY ANANTARA TREATMENT PRICE LIST

PROGRAM	PRICE (IN USD)
SIGNATURE TOUCHES	
Veli Holistic Massage (60/90)	185 / 230
Essence Of Veli (120)	320
Sundari Healing Ritual (90)	295
Shanti Couples Massage (75)	415
HEALING TOUCHES	
Abhyanga (60/90)	195 / 245
Pina Sweda (90)	260
Shirodhara (45)	170
Lotus Indulgence (90)	260
Kati Basti Healing Ritual (60)	195
BIOLOGIQUE RECHERCHE BODY	
Energizing and Recharging P50 Scrub (45)	115
Relaxation Treatment for Heavy Legs (60)	195
Slimming Algae Treatment (90)	260
Cellulite Smoothing Treatment (90)	260
Firming Body Lift Treatment (60/90)	195 / 260
Skin Healing for Stretch Marks (60)	195
BIOLOGIQUE RECHERCHE FACE	
Skin Instant Lab (20)	
Essence of Youth (60)	195
Plump and Renew (60)	195
Smooth and Repair (60)	195
Repair and Protect (60)	195
Deluxe Caviar (90)	260
COCOON MEDICAL SPA	
Diamond Microdermabrasion (30)	150
Cocoon Signature Facial (90)	305
Silver Package Deep Cleanse (60)	220
Gold Package Deep Cleanse (90)	305
Cleopatra 24 Carat Gold Facial (90)	245
Silk Peel Dermal Infusion (90)	340
Meso-Needling Facial (120)	465
Oxygen Therapy (30)	100
Colon Hydrotherapy (30)	185
Velashape Fat Blast (1 area / 2 areas / 3 areas)	230 / 365 / 550
Jet Lag Hydration (60)	230
Detox and Recharge (60)	280
Anti-Ageing (60)	340
WELLNESS PROGRAMMES	
3 Days	795
5 Days	1160
7 Days	1,585
NUTRITION AND LIFESTYLE SECTION	
Nutrition and Lifestyle Consultation	305
Nutrition and Lifestyle Follow-up	125
Couples Nutrition and Lifestyle Consultation (90)	365
Wellness Consultation (90)	365

All prices are in US Dollars and inclusive of 10% service charge and 12% GST