

Na'adhu

MALDIVES



Come with us, and create your own timeless moments.

Dharu Mahuri

Welcome to Naladhu In House Spa.....

.....Yours Timeless Healing Touch

By entering into our spas today, you have answered a call of your body and mind....

*Be it to heal, pamper, rejuvenate or revitalize, rest assured that your inner most desire today
will be our utmost quest.....*

*Choose from any of our spa deliciously indulgent treatments. Created with care, knowledge
and most importantly, with you in mind, our treatments aim to foster a sense of balance and serenity.
Better yet, escape the limits of time, relinquish to our discretion all allow us to tailor a program or
package that is unique only to you.*

*Wellness Regards,
Naladhu In-House Spa*

“Massage gives one a feeling of comfort and relaxation like a mini vacation from the pressures of life.....”

Massage increases mental alertness and accuracy in mathematical calculations.

Regularly Massage will make you look and feel years younger.

You owe it to yourself to give massage a try.”

Will Green

Founder of International Massage Association

How to Spa

Meeting your needs

Our PSS – Personal Spa Specialist will conduct a brief consultation to determine your five element sign and to ensure times and treatments suit your needs.

Please let your House Master know your most convenient time to meet with our PSS.

Please advise the PSS if you are pregnant or have any health issues. Our PSS is experienced in all treatments and would be delighted to assist you in planning your spa program during your stay.

What about my reservations?

To ensure the times and treatments suit your needed, we recommend making an advanced reservation for your spa treatments. Our PSS will be your assistant for any reservation needed.

Preparing for your treatment

For ladies, no preparation is necessary. Turn up and enjoy! For men, we recommend shaving prior a facial treatment for maximum comfort and benefit to the skin. Other treatments require no preparation.

What to wear?

You may wish to wear your own underwear or we can provide you with hygienic disposable briefs. Alternatively, treatment may be enjoyed without cloths. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

What if I have a special health conditions?

Your health and safety is always our first concern. Please make sure to inform the PSS of any physical conditions you have that may affect your spa treatments, including skin irritations, high blood pressure, heart condition, pregnancy, epilepsy, post-operative states, and diabetes.

Well Being at the 'Naladhu In-House Spa

Daily recommendations from our Naladhu PSS

Coconut tree

The coconut tree's smooth trunk rises tall and proud from tropic shorelines to bestow welcome shade and thirst quenching, edible fruit. One of life's most recognizable exotic harvests, this humble fruit symbolises far more than tropical replenishment. Experience coconut's revered hydrating and nourishing enrichment, with signature sequences that shower guests in Asia's most exquisite natural elixirs.

Three days in Paradise

405 minutes USD 650 / person

Day 1 Naladhu In House Spa

Stress Release Aromatic Massage

90 Minutes

Day 2 Naladhu In House Spa

Exotic Island Salt Glow

60 Minutes

Seaweed Wrap

60 Minutes

Traditional Thai Massage

90 Minutes

Refreshment

Day 3 Naladhu In House Spa

Exotic Herbal Bath

45 Minutes

Foot Reflexology

60 Minutes

Refreshment

Please note that all prices are in US Dollars and subject to 10% service charge and 3.5% GST

Seven Days in Paradise

810 Minutes 1,150 USD / person

*Day 1 Naladhu In House Spa
Jet Lag Recovery Massage
Refreshment*

90 Minutes

*Day 2 Naladhu In House Spa
Exotic Island Salt Glow
Naladhu Milky Bath Collection
Refreshment*

60 Minutes

45 Minutes

*Day 3 Naladhu In House Spa
Traditional Thai Massage
Refreshment*

120 Minutes

*Day 4 Naladhu In House Spa
Essence White Coconut Scrub
Essence White Coconut Wrap
Refreshment*

60 Minutes

60 Minutes

*Day 5 Naladhu In House Spa
Scalp, Neck & Shoulder Massage
Foot Reflexology
Refreshment*

60 Minutes

60 Minutes

*Day 6 Naladhu In House Spa
Aloe After Sun Soother
Elemis Pro Collagen Quartz Lift Facial
Refreshment*

75 Minutes

90 Minutes

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*Day 7 Naladhu In House Spa
Naladhu Signature Massage
Refreshment*

90 Minutes

Coconut Trunk

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

Naladhu Muscle Tension Release Massage

90 minute USD 180

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

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

Naladhu Signature Massage

90 minutes USD 180

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

Shower – Floral Foot Ritual – Meridian Lines Massage – Refreshment

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Traditional Thai Massage

90 Minutes USD 180

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

Shower – Floral Foot Ritual – Traditional Thai Massage – Refreshment

Thai Herbal Compress Massage

90 minutes USD 180

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

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

Elemis Deep Tissue Massage

90 minutes USD 195

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

Shower – Welcome Touch – Elemis Deep Tissue Massage – Refreshment

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Jet Lag Massage

90 minutes USD 180

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

Shower – Floral Foot Ritual – Jet Lag Massage – Refreshment

Foot Reflexology

60 minutes USD 115

Experience holistic balance and deep relaxation. This fascinating treatment provides physical and spiritual renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body.

Floral Foot Ritual – Foot Reflexology – Refreshment

Balinese Massage

90 minutes USD 180

Drawn from timeless traditions, this ancient massage technique hails from the beautiful island of Bali in Indonesia and is known for its spiritual and physical healing properties.

Shower – Floral Foot Ritual – Balinese Massage – Refreshment

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Coconut Leaves & Husk

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

Exotic Island Salt Glow

60 Minutes USD 155

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

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

Aloe After-Sun Soother

60 Minutes USD 125

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

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

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Elemis Musclease Ocean Wrap

60 Minutes USD 155

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

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

Elemis Cellutox Ocean Wrap

60 Minutes USD 155

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

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

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Coconut Kernel

Coconut's far reaching health benefit are accompanied by an extraordinary trend when ripe and dry, a coconut placed in damp ground forms a fruit substance from the water that is apple-like and as sweet and tender as can be.

Akin to this cherished inner fruit, Anantara Spa mirrors the coconut kernel's delicate transformation in a facial series that delivers remarkable rejuvenation, radiating from deep beneath the surface.

Elemis Visible Brilliance Facial

75 Minutes USD 190

To combat ageing, stressed and slackened skin.

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

Elemis Pro-Collagen Quartz Lift Facial

75 Minutes USD 190

See a younger, firmer future, instantly.

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

Elemis Oxygen Skin Calm Facial

75 Minutes USD 190

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

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

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Elemis S.O.S Purifying Facial

75 Minutes USD 190

A powerful purifying face and eye treatment for oily, problematic and congested skin. A Japanese Sulphur Mask is impregnated with Vita-C Booster Serum to help absorb sebum, calm irritation, repair scarring and to rebalance oil-rich pores, leaving a beautiful matt complexion.

Time for Men: Elemis Skin IQ Plus Facial

75 Minutes USD 190

An intelligent anti-ageing facial that adapts to super boost the skin, Prescribed to protect against the harsh, ageing effects of shaving and environmental damage, this is the ultimate skin overhaul for men.

Coconut Milk and Water

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

Exotic Herbal Bath

30 Minutes USD 75

Detoxifying Green Tea Bath

30 Minutes USD 75

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Spa Tips

Stress release & Sleeping Aids...

Stress and lack of sleep can cause a variety of health related problems, many of which can be serious.

.....Insomnia does not only apply to people who cannot sleep at all; many people suffer from sleeping disorders such as difficult falling asleep, sleeping through the night and even more commonly a lack of quality sleep. Sleep is not only necessary in quantity, but even more important quality. Some people sleep through the night but wake up exhausted.

....Hearing

Play some soft, soothing music that will lull you to sleep especially sounds of waves rhythmically breaking or the steady pattern of heartbeat.

....Smelling

An Aroma of essential oils can provide valuable psychological and physical therapeutic benefits. These benefits are usually achieved through methods including inhalation and application of the diluted oil to the skin. Essential oils contain the true essence of the plant it was derived from

...Touching

A gentle touch, of slow strokes massage, yet firm to work the tension out of your muscles and soothe you to sleep well and relaxing

....Tasting

A warm ginger tea Ginger was used in ancient times by Chinese healers to achieve balance. If something appears out of balance, add or subtract to re-balance. Drink a cup of Ginger Tea before going to bed for speeds up metabolism. Ginger is used to ward off nausea, especially nausea due to motion sickness.

If something appears out of balance, add or subtract to re-balance by our Naladhu ginger tea.



In House Naladhu Spa... Yours timeless Healing Touch