



AYSPA



We use ESPA *products in our spa.*





Treatment Suites & Packages

Welcome to spa luxury: our private AySpa treatment suites offer you a blissful spa experience in complete privacy. Each suite has two spa beds, a relaxation area with day bed, stream shower, private bathroom, an outdoor courtyard with sunken bath and waterfall shower. These treatment suites are created to give you a heavenly cocoon, perfect for sharing with your partner or simply by yourself.



HEAVEN (120 MINUTES)

\$420

One hour's relaxation time and your choice of any TWO hours of treatment time



OASIS (180 MINUTES)

\$560

One hour's relaxation time and your choice of any THREE hours of treatment time



PERFECT PARADISE

\$515






The complete top to toe body package to get beach ready or return home looking amazing after your AYADA experience. This treatment package can be taken on different days throughout your stay; our AySpa reservation team will assist you in booking the perfect times to enjoy your treatments.

- PACKAGE INCLUDES :
- Salt & oil body scrub
 - 60 minutes personalized massage
 - Advanced manicure-pedicure
 - Skin radiance facial



Detox Five Days Program

Perfect for those looking to kick start the body towards a healthier lifestyle or if you suffer from fluid retention or are concerned with cellulite. Our AySpa team will assist you in booking your appointment in any combination you prefer.

-  **DAY 1** Detox salt & oil scrub followed by detox algae wrap : 60 minutes
-  **DAY 2** Detox body massage : 60 minutes
-  **DAY 3** Anti-cellulite treatment followed by Purifying Facial : 120 minutes
-  **DAY 4** Revitalize Hammam Ritual : 60 minutes
-  **DAY 5** Detox Body massage : 60 minutes

\$760

Please contact the AySpa team to create your dream private spa experience



Signature Rituals



BALANCING RITUAL

120 MINUTES

- Full Body Exfoliation with Vichy rain shower
- Personalized massage with Vichy rain shower
- Re-Balancing Facial

This signature treatment has been designed as the ultimate balancing body treatment tailored to your individual needs. It begins with an intensive full body exfoliation under the Vichy rain shower, using a salt & oil scrub followed by your choice of massage to release all your tension. This treatment is completed with a re-balancing facial.

\$280



Signature Rituals



DETOX RITUAL

120 MINUTES

- Full Body Exfoliation and Algae Wrap
- Detoxifying Body Massage

This treatment combines a body wrap and special techniques of elbow movement in the full body massage using specific oils to target low resistance making it effective in balancing the body. The detoxification treatment starts with body exfoliation followed by marine algae wrap. This wrap will activate the circulation, increase metabolism and relieve muscular aches and pains. A full scalp massage at the end of the treatment will complete the experience.

\$280



Signature Rituals



DE-STRESS AND RELAXING RITUAL

120 MINUTES

- Body Exfoliation
- Hot Stone Massage
- Face Cleansing

Renowned as our “hero” treatment and loved by all, this experience delivers triple results by targeting three key areas: the body, face, and scalp, making it the ideal treatment for anyone.

\$280



Signature Rituals



INTENSIVE MUSCLE RELEASE RITUAL

120 MINUTES

- Marine Mud Wrap
- Deep tissue massage with restorative body oil

This treatment combines a body wrap and deep tissue massage to relieve all tension and muscle pain help restore mobility and reduce aches and pain. It starts with a body exfoliation followed by a marine mud body wrap. While the marine mud wrap is working on your cleansed skin, the therapist will perform the healing scalp massage. Once you have taken a refreshing shower, a full body massage with restorative oil take place, leaving your skin cleansed and revitalized.

\$280



Signature Rituals



SKIN NOURISHING RITUAL

90 MINUTES

- Body Exfoliation
- Full Body Massage followed by Scalp Massage

Prepare your skin for the Maldivian sun or maintain your healthy glow with this intensely nourishing treatment that combines stimulating exfoliation with a deeply relaxing full body massage. This treatment uses a blend of finest quality products to suit your individual needs leaving your skin soft and supple while releasing stress and tension, followed with a deeply nourishing pink mud scalp and hair conditioning treatment.

\$210



Signature Rituals



TROPICAL AROMA RAIN MASSAGE

90 MINUTES

- Body Exfoliation with Vichy shower
- Aromatherapy and healing scalp massage

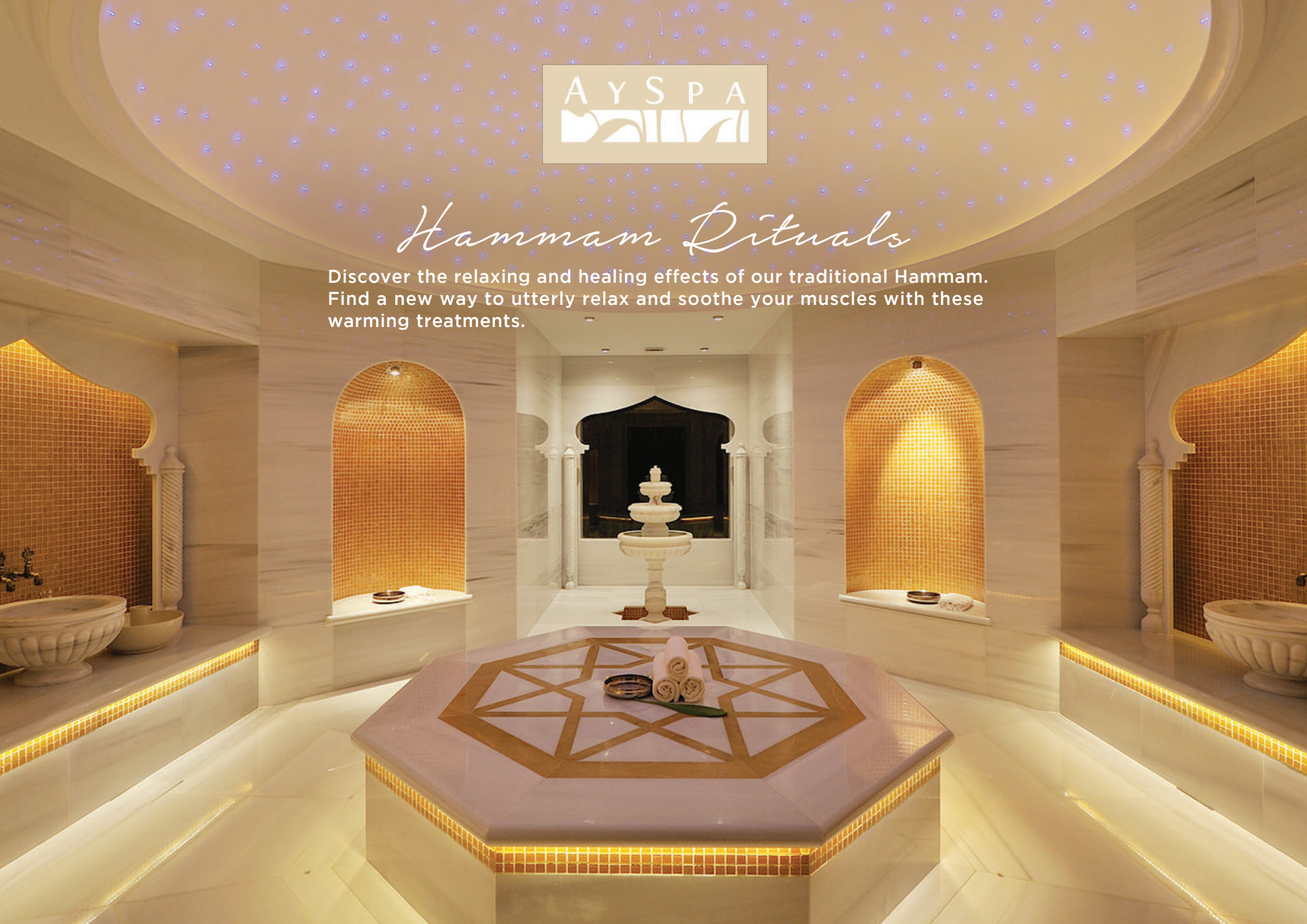
While relaxing under the cascading rain shower, the body receives an intensive exfoliation with salt&oil scrub to remove dead skin cells and increase circulation. The treatment continues with a full body aromatherapy massage to relieve tension, calm the mind and bring back vitality.

\$280



Hammam Rituals

Discover the relaxing and healing effects of our traditional Hammam. Find a new way to utterly relax and soothe your muscles with these warming treatments.





Hammam Rituals



INDULGENCE HAMMAM RITUAL

60 MINUTES

A total body experience that caresses your skin, revitalized your body and calms the mind. This traditional experience starts by deeply cleansing the skin with a revitalizing body scrub, followed by a full body foam massage. A nourishing body mask with aromatic oils of sweet orange and rose geranium is then applied, followed by a refreshing hair wash and hydrating conditioning scalp massage treatment.

\$140



Hammam Rituals



REVITALIZING BODY SCRUB

30 MINUTES

This deeply cleaning full body scrub combines energetic techniques, using a traditional Kese Mitt and olive soap to exfoliate, leaving your skin refreshed and feeling like silk.

\$85



Facial Therapies

Our facials begin with a detailed consultation and in-depth skin analysis using technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage and mask. Finally, skincare products are chosen for your individual needs to achieve the best possible results.





Facial Therapies



AGE-DEFYING FACIAL WITH ACTIVE SERUM

90 MINUTES

This regenerating facial and firming eye treatment helps minimize fine lines, combat the signs of ageing and visibly improves the appearance of your skin. Special age-defying massage techniques help hydrate and project your skin with particular focus on the delicate area around the eyes, neck, and lips that are prone to fine lines. Skin is left feeling fresh, replenished and nourished.

\$220



Facial Therapies



REGENERATING FACIAL

60 MINUTES

A luxurious and regenerating facial for maturing skin to help minimize lines and wrinkles around the eyes, neck, lips and jawline. This treatment visibly improves the appearance of the skin by using a selection of age-defying products to replenish and revitalize the skin, leaving your complexion toned, radiant and rejuvenated.

\$150



Facial Therapies



DE-SENSITISER FACIAL

60 MINUTES

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished. De-sensitizing natural plant extracts and calming aromatherapy oils such as chamomile and benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity and minimize high-color, leaving skin calmed, nourished and comfortable.

\$150



Facial Therapies



RE-HYDRATOR FACIAL

60 MINUTES

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturize and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

\$150



Facial Therapies



SKIN RADIANCE FACIAL

60 MINUTES

This revitalizing facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturizer, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

\$150



Facial Therapies



SKIN PURIFYING FACIAL

60 MINUTES

Ideal for oily, congested and problematic skin, or for those suffering with hormonal imbalance. This deep cleansing facial helps regulating oil secretions and refine open pores. Essential tea tree and white thyme oils, which are naturally decongesting and anti-inflammatory are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

\$150

A woman is lying on her back on a white towel. Her back is the central focus, with several dark, smooth hot stones placed along its length. Bright orange daisy-like flowers are scattered around her back and on the towel. The woman's face is visible on the left side of the frame, looking down. The overall scene is peaceful and relaxing.

A Y S P A

Body Therapies and Rituals

We offer solution-led body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits for your needs.



Body Therapies and Rituals



REVITALIZE ENERGY BOOSTER RITUAL

120 MINUTES

- Body Exfoliation
- Algae Wrap
- Body Massage with energizing oil
- Scalp Massage

This treatment combines a body wrap and massage to restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

Following body exfoliation, an algae wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a full body massage with energizing oil takes place leaving you with a sense of well-being, energized and revitalized.

\$280



Body Therapies and Rituals



STRESS RELIEVER RITUAL

120 MINUTES

- Body Exfoliation
- Algae Wrap
- Scalp Massage
- Body Massage with calming oil
- Body Silk

This treatment combines a body wrap and massage to restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

Following body exfoliation, an algae wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a full body massage with calming oil takes place bringing deep relaxation to body and spirit.

\$280



Body Therapies and Rituals



BODY CONTOUR THERAPY

120 MINUTES

- Body Exfoliation
- Hydrotherapy bath
- Lymphatic body massage

Enjoy an invigorating exfoliation, then relax and soak in the outdoor bath filled with a fusion of detoxifying seaweed and oils of juniper berry and grapefruit to stimulate the lymphatic system to begin the detoxifying process. This is followed by an advanced lymphatic body massage to tone and firm the skin and increase lymphatic drainage to aid in the elimination of toxins leaving you refreshed and revitalized.

\$280



Body Therapies and Rituals



SUN SOOTHER RITUAL

120 MINUTES

- Body Exfoliation and Body Wrap
- Full Body Massage with Healing Scalp Massage

A cooling and calming ritual to soothe sun-drenched skin and relax the mind. The treatment begins with a relaxing foot ritual using special bath oils. Following this spiritually uplifting beginning, experience a cooling and light aloe vera exfoliation to soothe the skin, then a total body envelopment using the finest, softest linen. An indulgent body and head massage follow, using skin repairing calendula and mineral-rich sweet almond oil to intensely nourish the skin and leave you with a deep sense of well-being.

\$280



Body Therapies and Rituals



STRESS BUSTER

90 MINUTES

- Body Exfoliation
- Full Body Massage
- Face Cleaning

An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance. The treatment begins with body brushing and exfoliation to smooth and soften skin followed by a luxurious massage using nourishing essential oil to soothe tired, aching muscles. The ritual ends with a tension releasing scalp massage and face cleanse. Afterward your body and mind allows you to relax and unwind.

\$210



Body Therapies and Rituals



BODY WRAP

60 MINUTES

This personalized body wrap is a tailor-made experience designed to comfortably raise the body temperature, nourish the skin and increase the effect and absorption of the wrap. It begins with skin brushing and exfoliation, followed by a complete body wrap of algae and marine mud combined with essential oils blended and applied to meet your specific needs. The skin feels nourished, hydrated and totally relaxed.

\$140



ANTI-CELLULITE & THIGH THERAPY

75 MINUTES

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture that uses potent marine extracts, iced mitts and a deep detoxifying massage to achieve great results. Ideal for people concerned by the appearance of cellulite.

\$150



Massage Therapies

Experience various massage techniques and surrender your stress to the nurturing hands of our massage specialists. We invite you to indulge the results of total stress free-ness and blissful relaxation.





Massage Therapies



AROMATHERAPY

60 MINUTES / 90 MINUTES

Surrender your stress to the nurturing hands of our aromatherapy specialists, who will relax you with slow, rhythmic massage movements. The healing essences of our unique aromatherapy oil blends stimulate your senses and relax your body. Aromatherapy is the ancient art of combining healing scented oils with the power of touch to create a complete sense of well-being.

60 MINUTES / 90 MINUTES

\$120

\$190



Massage Therapies



BALINESE

60 MINUTES / 90 MINUTES

Experience a variety of massage techniques, gentle stretches, acupressure and aromatherapy oils to stimulate the flow of blood, oxygen, and Qi energy around your body. Relax, boost your circulation and feel spiritually renewed at the same time. Developed in Bali, with influence from the traditional medicine systems of India, China, and Southeast Asia, Balinese massage techniques include acupressure, skin rolling and flicking, firm and gentle stroking, percussion, and application of essential oils.

60 MINUTES / 90 MINUTES

\$120

\$190



Massage Therapies

HOT STONE 60 MINUTES / 90 MINUTES

A deeply restorative massage to nourish a weary mind and body. Using heated volcanic stones and a calming massage technique, sore and aching muscles melt away. The heat from the stones is both deeply relaxing and helps warm up tight muscles in order to create a therapy that works deeply and intensely. The treatment begins with a traditional body massage, and then slowly heated stones are introduced. Throughout the treatment, many stones of various shapes and sizes are used. The effects are pure relaxation.

60 MINUTES / 90 MINUTES
\$120 \$190



Massage Therapies



SWEDISH

60 MINUTES / 90 MINUTES

Ideal for relieving deep muscular tensions aches and pains, this classic deep massage promotes a sense of well-being by increasing blood circulation and lymphatic flow, and by improving muscle tone, skin texture. This technique is designed to relax the entire body by massaging the muscles with long gliding strokes in the direction of blood returning to the heart to create a sense of utter relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing physical tension.

60 MINUTES / 90 MINUTES

\$120

\$190



Massage Therapies



TRADITIONAL THAI

60 MINUTES / 90 MINUTES

Relax as our trained therapist combines acupressure techniques with stretching postures to harmonize your body's internal energies resulting in an extraordinary sense of well-being. Developed in Thailand, and influenced by the traditional medicine systems of India, China, and Southeast Asia as well as by yoga, this treatment is conducted without oils and you wear loose clothing throughout the massage. Thai massage encourages the recipient to become more engaged and energized, for increased mindfulness.

60 MINUTES / 90 MINUTES

\$120

\$190



Massage Therapies



JAPANESE SHIATSU

60 MINUTES / 90 MINUTES

Shiatsu is a time-honored therapy, known for over 2,000 years a healing art and is a form of Japanese bodywork based on the theoretical framework of traditional Chinese medicine. Our skilled therapist will work along the meridian lines of your body using gentle pressure of the fingers, palms, knuckles and elbows to give you a truly personalized experience. Techniques include massage with fingers, thumbs, and palms; assisted stretching; and joint manipulation. Therapeutic benefits include relief from muscle tension, back pain and migraines.

60 MINUTES / 90 MINUTES

\$120

\$190



Massage Therapies



FOOT REFLEXOLOGY

60 MINUTES / 90 MINUTES

Refresh and support swollen feet and ankles. Amazingly relaxing, reflexology is a therapy based on the principle that there are small and specific areas on the feet that correspond to specific muscle groups or organs of the body. By application of pressure on these particular areas, reflexology is said to promote benefits such as the relaxation of tension, improvement of circulation, and support of normalized function in the related area in the body. Your treatment commences with an aromatic feet and lower legs scrub followed by a deeply relaxing massage.

60 MINUTES / 90 MINUTES

\$120

\$190



Maternity Therapies





Maternity Therapies



PRE-NATAL THERAPY

90 MINUTES

- Body Exfoliation
- Nourishing Massage

A deep nourishing body treatment designed to target areas prone to stress and tension during pregnancy. Gentle body exfoliation is followed by a nourishing massage, then a moisture-rich body mask is applied. Finally relax your mind and body whilst your scalp is being massaged.

\$210



Maternity Therapies



POST-NATAL THERAPY

90 MINUTES

- Detoxifying Salt Scrub
- Detoxifying Massage

This is a completely personalized treatment to meet your post-baby needs, whether you wish to tone and firm your skin, aid weight loss, or simply to relax and restore energy.

\$210



MATERNITY MASSAGE

60 MINUTES

A relaxing full body massage to help improve skin elasticity and reduce fatigue, targeting areas prone to tension during pregnancy.

\$120



Especially for Men



茶清心骨



Especially for Men



TENSION RELEASE

90 MINUTES

- Deep Tissue Massage
- Face cleansing

A skillful therapist will release tension with the deep tissue massage, with long stroking movements, deep palm pressure and elbow techniques. Complete your treatment with face cleansing to remove all roughness leaving skin soft and renewed. Feel free from all tension and melt into completely relaxed well-being after the treatment.

\$210



SKIN SOS

90 MINUTES

- Marine Scrub and Mud Mask
- Back Massage and Foot Massage

An energizing treatment with deep cleaning of dulled skin. Begin with an energizing back scrub and marine therapeutic mud mask to help draw out impurities and soften the skin. Whilst the mask goes to work, your therapist will work on detoxifying your entire system using a foot pressure point massage. Refresh after a shower and continue with a soothing back massage leaving you feeling fresh and tension free.

\$210



Especially for Men



AGE REBEL FACIAL

90 MINUTES

An effective, age-defying facial designed to deliver immediate results to tired looking skin and reduce fine lines and wrinkles.

\$220



REVIVER FACIAL

60 MINUTES

This purifying facial awakens the sense and brightens the face, perfect to enliven and refresh tired looking skin.

\$150



VITALITY BODY CARE

90 MINUTES

- Body Exfoliation
- Balinese Massage

A sumptuous total body treatment, to help promote complete relaxation in the body and mind. Skin brushing to promote blood circulation and freshen the skin is followed by an uplifting Balinese massage. Ideal to ease away tension and to help you combat the stresses of the modern life.

\$210



A Y S P A

Spa Enhancements

Choose one of the following treatments to pair up with your chosen massage or body treatment.



Spa Enhancements



FLOWER BATH

30 MINUTES / \$60

Before your chosen treatment begins, slip into this relaxing, peaceful moment with your loved one in our specially decorated flower bath where your mind and body are induced into a deep sense of contentment and peace.



SEA SALT & OIL SCRUB

30 MINUTES / \$60

This exceptional skin-softening body exfoliation combines sea salt with essential oils to leave your skin nourished, smooth and supple. Perfect as additional treatment or in preparation for any other treatment. Choose from three styles of scrub: invigorating, relaxing, or detoxifying.



BACK, NECK & SHOULDER MASSAGE

30 MINUTES / \$60

Enhance the effects of your facial or body treatment with this tension relief massage.



Spa Enhancements



SCALP MASSAGE

30 MINUTES / \$60

Enjoy a deeply relaxing scalp massage with a facial or body treatment to add to your relaxing moment. Scalp massage is one of the best additional treatments for a total spa experience.



VICHY RAIN SHOWER & BODY EXFOLIATION

\$80

Enhance your spa treatment with a Vichy shower: a special seven-way adjustable shower that will bring you a wonderful experience of water therapy. This will improve your blood circulation, pampering your skin with an invigorating body exfoliation.

REMARKS

- Our spa enhancements need to be booked alongside with other treatments.
- Spa treatments in your villa are available upon request, at an additional charge.

A Y S P A

Beauty Bliss





Beauty Bliss



SPA MANICURE

60 MINUTES / \$95

Enjoy this luxurious manicure to clean and nourish hands and nails. Your nails are shaped and a nourishing cuticle softener massaged into the cuticles to work away trapped dirt. This is followed by a relaxing hand massage and thorough nail buffing to induce a stunning shine. For the finishing touch, your therapist will apply a hydrating moisturizer leaving your hands soft and nails beautiful.



SPA PEDICURE

75 MINUTES / \$105

Let your feet reveal their natural beauty with this deep cleansing pedicure. You are welcomed with a cooling and refreshing footbath and then your feet are gently exfoliated using a nourishing foot scrub to stimulate weary and tired feet. Your nails and cuticles are then groomed followed by a soothing massage to stimulate reflex points and release tension from your feet. Nail varnish included if desired. If you wish to have French polish please inform us while booking your appointment.



NAIL RESHAPE & POLISH HANDS OR FEET

30 MINUTES / \$65

Essential maintenance for hands or feet. Includes : nail file and shape - moisturizer - polish or buff.





Waxing and Hair Removal

Our waxing treatments use premium hot or cold Lycon wax

 **FULL LEG WAX**
60 MINUTES / \$70

 **UPPER LIP WAX**
15 MINUTES / \$15

 **HALF LEG WAX**
30 MINUTES / \$50

 **BACK OR CHEST WAX**
45 MINUTES / \$65

 **FULL ARM WAX**
30 MINUTES / \$45

 **BIKINI WAX**
15 MINUTES / \$40

 **HALF ARM WAX**
15 MINUTES / \$30

 **EYEBROW THREADING**
15 MINUTES / \$15

 **UNDERARM WAX**
15 MINUTES / \$20



Hair and Make-up

-  **WASH AND BLOW-DRY**
60 MINUTES / \$60
-  **HAIR CUT AND BLOW-DRY**
90 MINUTES / \$75
-  **HAIR STYLING**
60 MINUTES / \$60
-  **HAIR TREATMENT**
60 MINUTES / \$50
-  **CHILD'S HAIRCUT**
30 MINUTES / \$20
-  **MEN'S HAIRCUT**
45 MINUTES / \$40
-  **MAKE-UP APPLICATION**
45 MINUTES / \$70





How to Spa

SPA TREATMENT TIMES

Monday to Sunday 09.00-21.00

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our AySpa team who will be able to guide you to the right choice. To ensure your preferred time and service is available, we recommend booking in advance.

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a spa consultation form and/or health questionnaire. We recommend you arrive up to one hour in advance of your treatment so that you can change, fully relax and enjoy the spa facilities. Please be advised that if you arrive late for your appointment, your treatment may be shortened or cancelled.

SPA FACILITIES AND ACCESS

We provide luxurious towels, robes, slippers and any amenities required for use during your spa visit.

All Guests can enjoy these facilities before or after the treatment.

- Sauna
- Steam Room
- Male and female changing room
- An outdoor courtyard with warm and cold vitality pools
- Relaxation area



How to Spa

CHILDREN POLICY

We are delighted to offer manicure, pedicure and treatments for children between the ages of 12-16 years in our Nail Salon. Please contact the AySpa team for details.

Access to the rest of the Spa including the changing facilities, heat experiences and gym are restricted to children aged over 16.

CANCELLATION POLICY

A 100% cancellation fee will be charged for any treatment not cancelled at least 6 hours prior to your scheduled time. Late arrival will shorten your treatment time.

SPA ETIQUETTE

Our spa environment is created for total relaxation and tranquility. Please respect all spa guests' right for privacy and serenity. For this case, AySpa is a smartphone, Blackberry, camera and smoke free zone.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.



How to Spa

PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

HEMOCARE

To continue your spa experience at home, most products used in our treatments are available at AySpa reception.

VALUABLES

AySpa accepts no responsibility for loss of valuables and jewelry at any time on the spa premises.

LOST PROPERTY

All lost property found on the premises should be handed in at AySpa reception.

PRICES

All prices are quoted in US dollars and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.